

# MATTER OF FACT

a free community newsletter published by  
Venus Bay Community Centre

July 2023 Vol 7 Issue 14



Providing information for  
Venus Bay, Tarwin Lower  
and Walkerville district

**VENUS BAY**  
COMMUNITY CENTRE

We acknowledge the Traditional Owners of Country throughout Australia and recognise their continuing connection to land, waters and culture.

We pay our respects to their Elders past, present and emerging.





## Community Energy Project update

On 24 June we hosted the fourth workshop for our Community Energy Feasibility Study for Venus Bay and Tarwin Lower - *Applying Community Wealth Building principles to our Community Energy Action Plan*.

Starting with an overview of the study so far, how we had started the study with discussions about community connectedness, vulnerabilities and resilience and meeting essential, enough and everything energy needs were our main focus at Workshop #1, back in October 2022.

We had to pivot in our original workshops plan because of delays in receiving community energy data.

So, at Workshop #2 we shifted our focus to discussing community values and how they need to be applied to the energy options we were exploring, that could meet our essential, enough and everything energy needs.

The team received and analysed these energy data and presented some of the findings at Workshop #3, including five pathways we might take to realise the most promising energy options.

This enabled a focus of how we might organise to deliver the five pathways, including working with existing organisations, partnerships and possible new entities.

In Workshop #4 we looked at the Energy Options pathways x 5 that can contribute to community resilience and reliable energy for our district. We focused on 3 particular pathways – being community facilities, local businesses and households and together looked at what some of the first steps towards the implementation of a community plan.

Collectively we discussed what kind of organisational structures could support the individual and collective contributions that will be required – what kind of features would support the community aims. Using the framework of Community Wealth Building – examples of how all parts of the implementation can harness local skills, build capacity and secure local benefits.



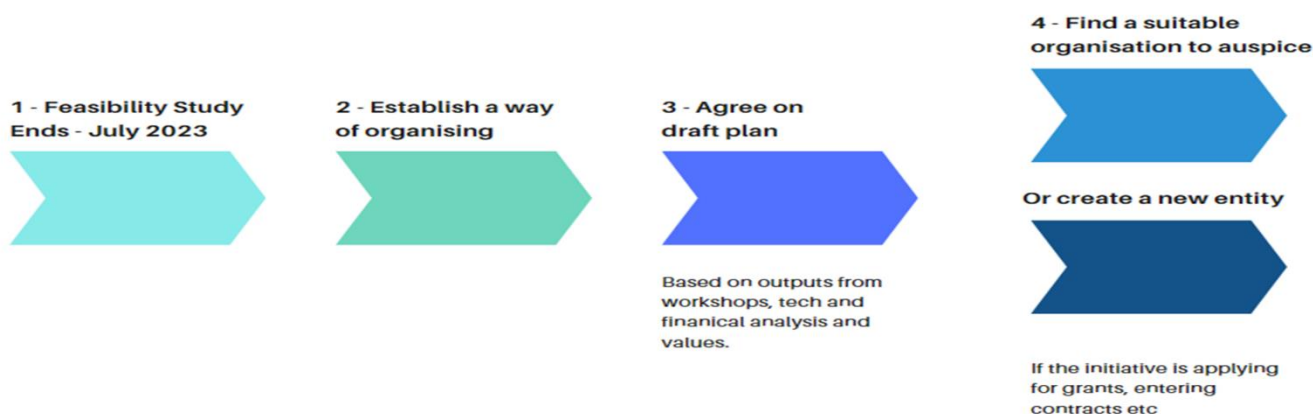
## The aims of the workshop:

1. Continued support and understanding of the value and potential of the initiative for local people and our community
2. A deeper understanding of what we can do and what resources are needed
3. Identify what makes sense as first step activities to inform the basis of a community action plan.
4. How can we organise? What governance is needed to ensure decisions are in line with community values and what partnerships could be utilised?
5. How might individuals contribute in small ways – every little bit helps.



## Overview and Next Steps

The Feasibility Study will be complete at end of July with a report completed for the Federal Government. But there's still plenty of work to be done – this was always the very start of an ambitious long term project.



For those who missed the session, the Harvest report will be forthcoming which details the content of the workshop. While it is outside the scope of the study we will hold a workshop in August to present and discuss the draft plan for community action; we also plan to host a Webinar for those who want to find out more, or know more about the research behind the study.



## UPCOMING DATES:

ENERGY PROJECT WEBINAR – 5.30 PM WEDNESDAY 9<sup>TH</sup> AUGUST

WORKSHOP #5 – SUNDAY 20 AUGUST – Sharing the Draft Community Energy Action Plan

Online discussions – details to be confirmed - regarding partnership opportunities with Mycelia

Release of short film documenting the project so far...

There's LOTS of information on our website – [www.vbcc.org.au/communityenergy](http://www.vbcc.org.au/communityenergy) we welcome your feedback



# COMMUNITY WEALTH BUILDING

- Workshop #1**
  - Resilience & Community connection
- Workshop #2**
  - Introduction to energy options
  - Values
- Workshop #3**
  - 5 energy pathways
  - House holds & community facilities
- Workshop #4**
  - Today!
  - Ethical fields
  - community wealth building
- Workshop #5**
  - NEXT!



## CASE STUDY

### YACKANDANDAH

Invest in community  
 petrol station = important asset  
 Population = 2000  
 wide spread ownership

## CASE STUDY

### SOUTHERN CORE FUND

Communities offered interest free loan  
 Partnership with parks vic  
 revolving fund  
 Strong partnerships

## CASE STUDY

### Z-NET URALLA

Energy efficiency improvements  
 Advocacy & workshops  
 Solar on buildings being rented  
 online home assessment  
 Physical offices

## CASE STUDY

### GEE LONG SUSTAINABILITY

local people invest  
 receive dividend  
 Hire 7 people  
 80% grant funded  
 locally generated solar  
 Education programs  
 Effective tender process  
 solar on 8 community facilities

## CASE STUDY

### THE PEOPLES GRID

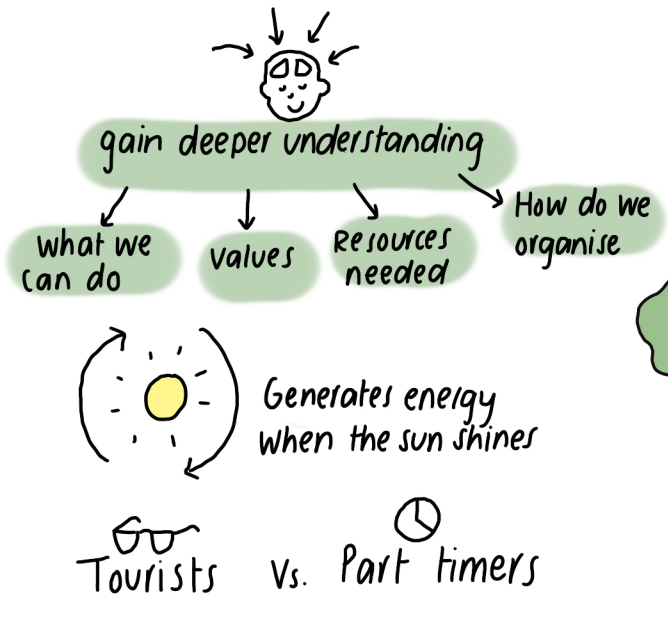
Enabler for communities  
 virtual power grid  
 Aggregator  
 Communities sign up  
 creates a platform/marketplace  
 cheaper power  
 People purchase  
 excess solar



## RECAP

Hourly energy needs for the whole community = 2.5 MW

- Top 3 pathways:
- Households **'BIGGEST'** users
  - Community
  - Businesses

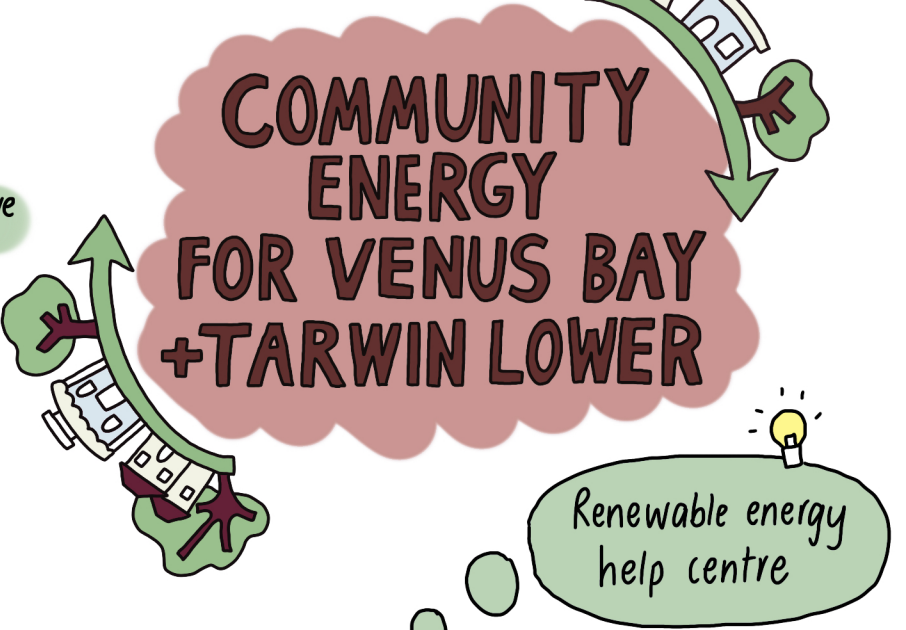


## FLEXIBLE Energy use

Match load to generation  
 change time of use

Do 'MORE' with Less

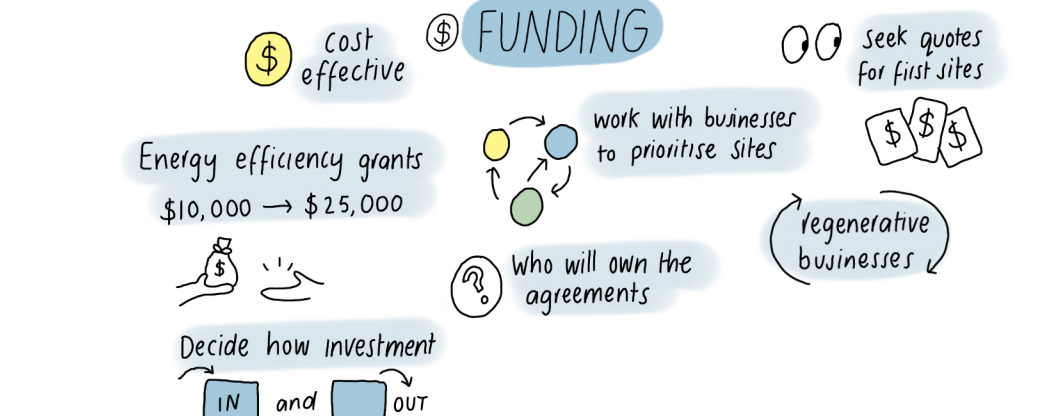
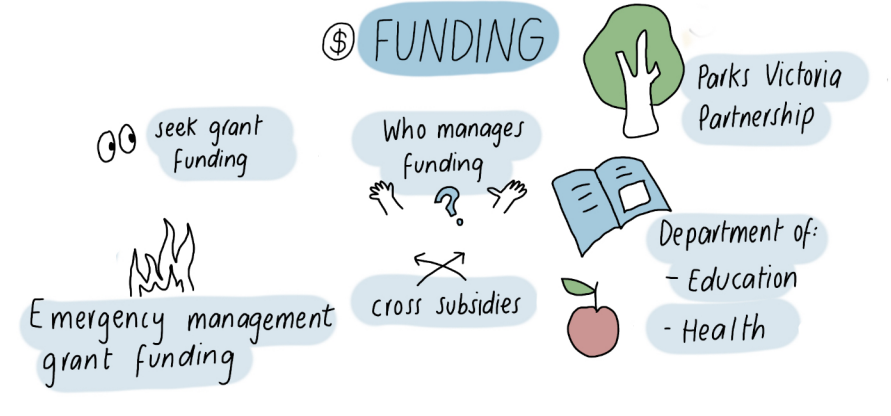
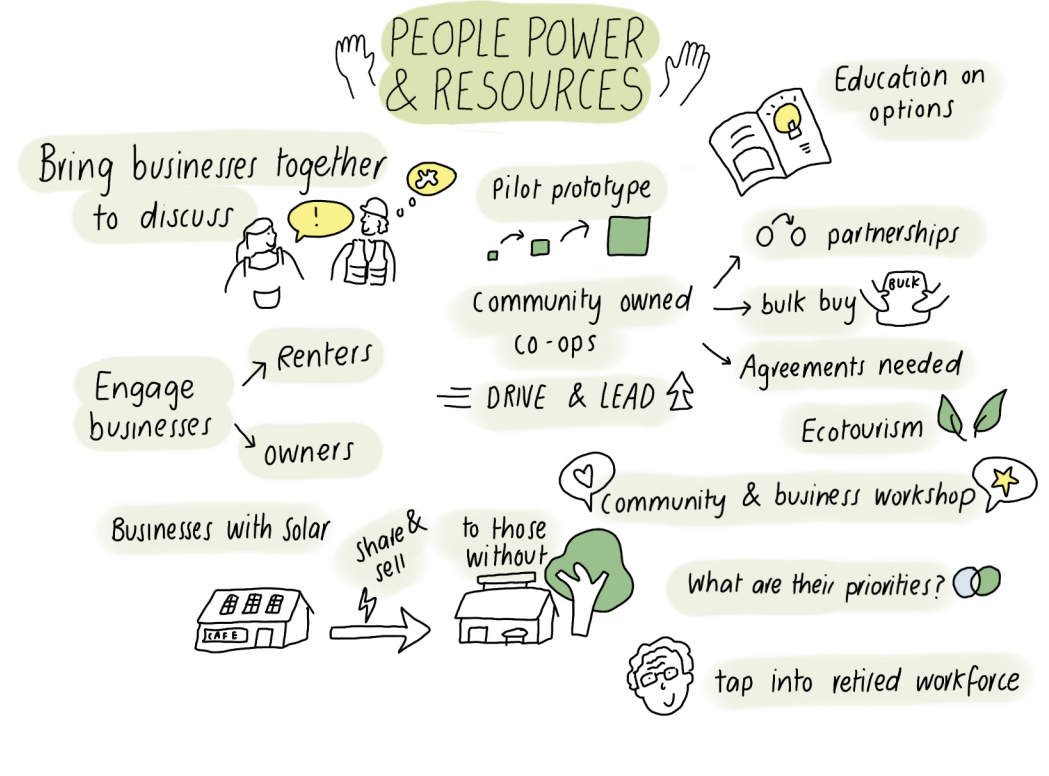
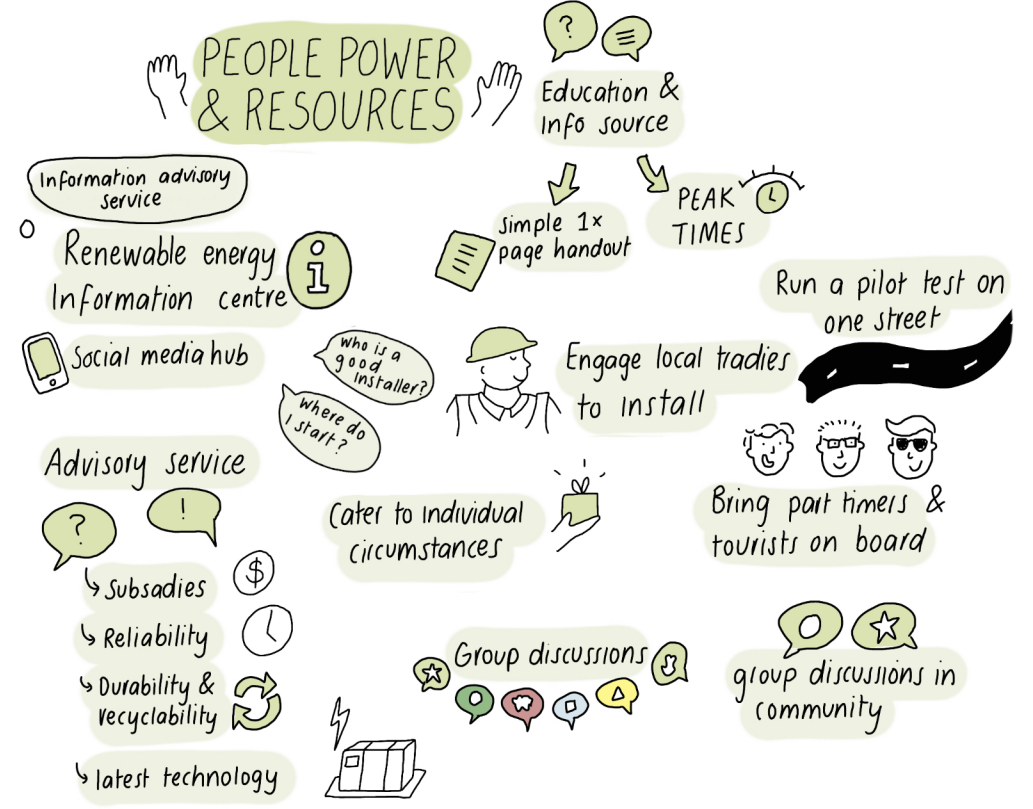
**NOW**  
 24% of energy = RENEWABLES  
 GOAL = Triple our solar will become 37%



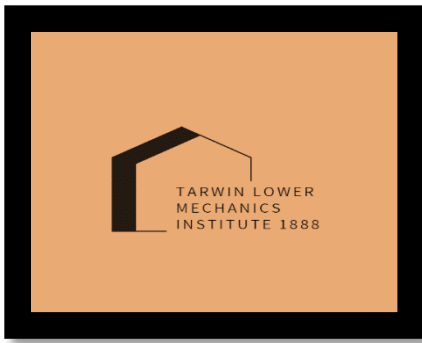
People with & without solar can contribute

keep track through  
 Reports  
 online  
 10am - 3pm = cheapest power









## Tarwin Hall News

Great news! The weatherboard repair project is progressing well and thanks to a grant of \$2,000 from the Bald Hills Wind Farm, our new pendant 'schoolhouse' lights have been installed and they look wonderful! The Film Society can now enjoy dimmable house lights adding to the cozy atmosphere for our movie buffs.

School Holidays are upon us. Thankfully, the Tarwin Lower Primary School is providing two nights of movies for the

whole family. By the time this lands in your inbox the first screening will have been enjoyed by many. Scan the QR code on the poster for booking details and get organised! Money raised goes towards the construction of a new playground. This event is proudly supported by the Tarwin Lower Hall Committee.



Photo credit – Ponch Hawkes

## Sally Ford and the Idiomatics

Playing songs of life, love and lived experience Sally Ford and the Idiomatics perform an expansive sonic palette of keyboards, samples and electronica is enhanced by trombone, saxophone, flute and even a bit of old-fashioned whistling. Original tunes and freshly interpreted classics come together in this richly imagined musical experience.

Patrick Cronin and Michael Xavier provide lush backing arrangements to Sally Ford's wryly observed lyrics. These musicians bring to the Idiomatics their collective legacy of leading or performing with bands such as the ARIA-winning Melbourne Ska Orchestra, the Spaghetti Western Orchestra, Texicali Rose, Yothu Yindi, Sally Ford and the Pachuco Playboys, Joe Camilleri's Black Sorrows. **July 22, 7:30pm**

**Tickets on sale NOW!** <https://www.trybooking.com/CISFG>

Our **Tarwin Lower Film Society** has launched their new season of films for 2023/24! Kicking off with "Ali's Wedding" – a romantic Australian comedy (2017 Rated M) screening on **Friday 21 July, Doors 7pm; Film 7:30pm** BYO your drinks and snacks. [Trybooking.com](https://www.trybooking.com)

**Tarwin Lower Primary School**  
Presents  
school holiday movie nights



30th June 2023





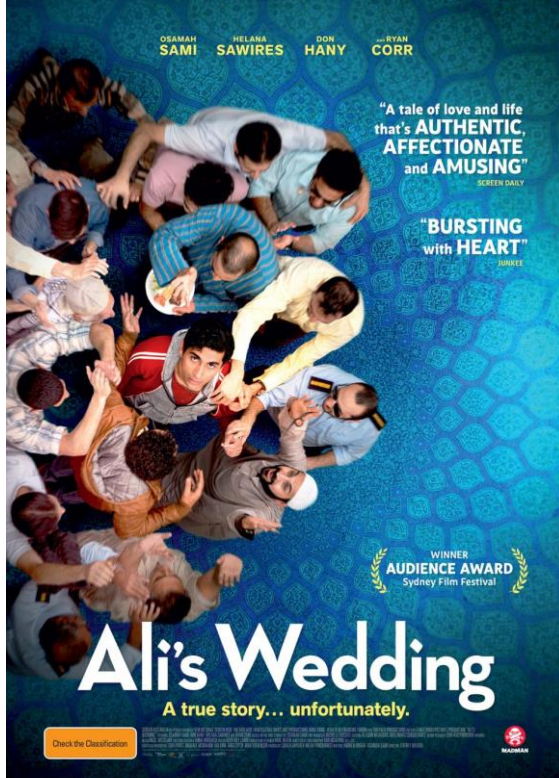
7th July 2023



 **Movie starts 6pm**  
Sausage sizzle from 5.30pm  
**Tickets \$10 each**  
Includes small popcorn  
Children under 3 free  
Purchase online or at the door

Tarwin Lower Hall  
River Drive, Tarwin Lower

All funds raised support our playground fundraiser



OSAMAH SAMI HELANA SAWIRES DON HANY RYAN CORR

"A tale of love and life that's **AUTHENTIC, AFFECTIONATE and AMUSING**"  
SCREEN DAILY

"BURSTING with **HEART**"  
JURNEK

WINNER  
**AUDIENCE AWARD**  
Sydney Film Festival

**Ali's Wedding**  
A true story... unfortunately.

Check the Classification



**Every Dog Behaviour & Training Sunday School** is held behind the Hall in amongst the gum trees each Sunday with Christine Grant contact and class info [here](#). Christine brings experience and good will to our community and has now expanded to Mirboo North helping more doggos manage their badly behaved owners.



That's all for this month, if you are interested in getting involved in any of these activities or want to run your own - get in touch, our committee is completely voluntary, our mission is community – it's your hall!

Cheers,

Marg de Wolff

Secretary, Tarwin Lower Mechanics Institute

Committee of Management

[tarwinlowerhall@gmail.com](mailto:tarwinlowerhall@gmail.com)



**TARWIN LOWER CHURCH BUILDING TURNS 70 IN 2023**

and

**You are invited to attend a service of celebration**

**on Sunday 30<sup>th</sup> July at 10.30 a.m.**

to

**recognise and give thanks for the witness of this  
congregation over the past 70 years.**

**A light luncheon will follow**



# Tarwin Lower Union Church



## Regular services:

Saturday 5.30 p.m. **Catholic**

*Liturgy/Communion on the Saturday before the 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Sunday of the month*

Saturday 4 p.m. (note new time)

*Mass before the 3<sup>rd</sup> Sunday*

Sunday 10.30 a.m. **Anglican/Uniting**

***Our mission is to be a welcoming, sharing Christian community***

### Coming up:

\*Women's discussion group: 6th and 20th July at 10.30 a.m.

\*KYB (Bible study): 14<sup>th</sup> and 28<sup>th</sup> July at 3 p.m. (note new time)

\* **Sunday 30<sup>th</sup> July: Celebrating the 70<sup>th</sup> anniversary of the church building (see separate notice)**

## VENUS BAY ANGLING CLUB NEWS



Venus Bay Angling Club will hold the July competition on 14<sup>th</sup>, 15<sup>th</sup> & 16<sup>th</sup> July. There will be a weigh in at the Club Friday 4-6pm, Saturday 4-8pm and Sunday the final weigh in is 2.30-3pm. Young Marlow Batten caught this nice size eel in the last competition and won the Juniors' trophy. All welcome, if

you would like to join in as a visitor the cost is \$5 and that entitles you to come along to the BBQ Saturday night. 1st prize for financial members is a \$50.00 voucher from The Cavity. 🐟🐟 The salmon are certainly biting at the moment.



The Angling Club will be running the sausage sizzle at the Grand Opening of Bunnings in Wonthaggi on Saturday 8th July so come along and support the club and buy a sausage, or just drop by to say hello.



## School holiday fun

A huge thank you to all of the wonderful helpers and participants who came to the winter kids holiday program last week. We had fun with spaghetti painting, making a giant, crawl through worm, inventing mini golf courses and exploring homes for bugs and under the sea rock pools. We even had a few stray visitors from the beach. I am excited to say that I will see you all during the summer holidays but until then keep up the exploring, making, inventing and creating. Jorja



## Pop Up Workshops

It was great to see so many people arrive for our 2 pop up workshops. Processing your olives and making flatbread. We will definitely be running more in the future. Keep your eyes on our social media.

For those who missed out here are the recipes.

### Flatbreads

3 cups plain flour, 1 tsp baking powder, 1 tsp Himalayan salt, 1 ¼ cups plain Greek yoghurt (room temp)

2 Tbsn olive oil, 1 tsp garlic powder (optional)

Whisk all dry ingredients in bowl and make a well in the centre

Add yoghurt and olive oil mix till it all comes together. Knead until soft dough is formed it doesn't need long. Cover with cling wrap or plate and set aside to rest at room temperature.

Dust the work bench lightly with flour. Divide dough in half, then divide each half in 4 equal size pieces. You will have 8 in total. Roll each piece into a ball. Flatten them out with the palm of your hand and then using a rolling pin to roll each piece 2 mm thick and approx. 10 cm diameter

Lightly grease a nonstick frypan with olive oil spray or small brush of oil.

Heat pan on medium cook one side for about 1-2 mins or has small brown spots then spray top and flip and cook repeat with remaining flatbreads. As they come out of the pan if you place them on a clean tea towel and wrap them in the towel this will keep them warm and soft.





THANK YOU, JORJA!!!

It is with great excitement and anticipation, tinged with a bit of sadness, that this month we say farewell to our wonderful Community Centre team member Jorja Dinsmore – who is leaving to have her first baby!! Our first Community Centre baby!!



Jorja has been involved in the Centre for over 5 years – originally helping out as a volunteer until we discovered her passion for craft and holiday activities. All who know Jorja or have experienced our wonderful Holiday Program activities know that Jorja is a keen user of recycled materials and items foraged from our natural world to create an engaging and fun range of activities to entertain both kids and adults alike.

She then stepped up into the role of Recycling Enterprise/Op-shop coordinator – and for the last year has led our wonderful team of volunteers to create magic displays, sort and manage donations and been one of the faces of the community centre.

Jorja has made a fantastic contribution to our Centre in so many ways – we will all miss her vibrant welcoming smile, her calm determination and fun attitude. We know the next chapter will be exciting for Jorja and her new family and we wish them so much joy for the time ahead.

And don't worry – Jorja has promised lots of visits with new babe, and more holiday program magic for the summer ahead! For those who might wish to join in – we are hosting a farewell/baby shower on Monday 10 July from 12 noon.







## **OLIVES** – any kind.

Pick your olives and wash them in water, remove stalks and leaves

Poke holes with a fork or slit with a knife – down the side of the olive - this allows the bitterness to come out of the olives.

Then make 4 incisions from top to bottom on each olive – use a small sharp knife, or you can poke holes with a fork – 2-3 times.

The water comes out and the oil stays.

Drop them into a bucket of cold water as you do each olive.

Soak in water – make sure they are covered, and change water each day for at least 7 days (better to do it for 10 days). This removes the bitterness from the olive, while retaining the oils.

### Making the Brine

Boil water – 2 litres will make about 3 kg of olives. Let water go cold. Put 250gm cooking salt, mixing with stick until fully dissolved. Take one egg (room temperature) and float in the brine, if the egg remains at the bottom, you need more salt. Remove egg, add more salt and stir to dissolve.

Place egg back (using spoon). When the egg comes to the top of water – it needs to come out of the water with about the size of 20 cent piece, your brine is ready.

Drain olives, put into small jars (need to be sterilized), you can put oregano or herbs. Cover with brine solution, then add a couple of tablespoons of vegetable oil (not olive oil) to cover the top of water and protect the olives.

You can include slices of lemon or oregano, bay leaves (a couple) at this stage – improving the flavour of the olives.

Close the jar, and leave on shelf in cool dry area. From time to time (once a week), turn jar upside down, to stir solution, and then return to shelf.

Leave like this for 40 days.

Take one olive out, and try it to see if still bitter. If not bitter, then it is ready!! If still bitter, return to shelf for another week until they are suitable for your taste.

These olives will last you for years!!

Then they are ready to eat – some suggestions are to take some out of the jar, put into a bowl, add seasonings as needed like garlic, chilli and eat with crunchy bread and a nice glass of wine.

Olive season is usually May and June – you can use this recipe for any kind of olive.

There are LOTS of ways to preserve olives, this is only one of them. Keep your eyes peeled for future workshops.

*NOTE – make sure you dispose of the brine properly – our septic systems don't like the salt, nor does the garden or compost the salt will kill all the bio-organisms.*



# Winter

# Activities

Mondays 10.00 -  
12.00  
Silver Banksia Plant  
group

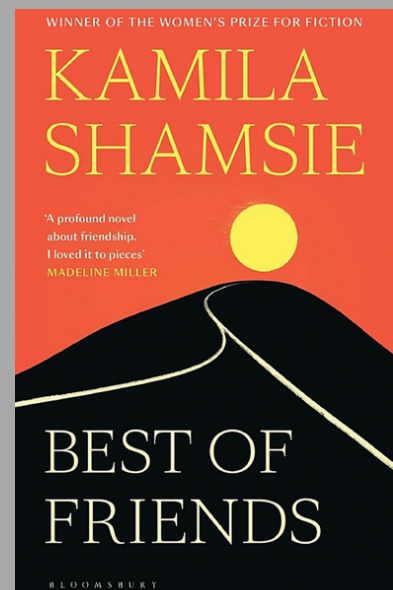


Book Club  
2nd Tuesday  
of the Month  
5.00 - 6.30  
gold coin

**FREE**  
**Community Lunch**  
**Wednesdays 12.00**



**Ukulele**  
**Thursdays**  
**7.00 - 8.30**  
**\$5.00**



Current  
book





## Do you need help with Medical transport?

Medical transport can be a difficult path to navigate, particularly if you are on your own and have medical issues that require a number of appointments in different locations.

We were recently approached by a local Community member who would like to share what they have learnt from their own recent experiences.

Some of these options you need to be registered to use in advance.

**Emergency:** always call 000 for an Ambulance if a medical emergency occurs.

**Non Emergency:** If you have an aged care package and need to go to a Local Hospital you can obtain a Cabcard from your provider. ie Mecwacare. The cost is deducted from your package.

**Transport to Doctors / Medical Appointments:** Within South Gippsland – you must give at least 3 days notice to access the FREE Royal Flying Doctors Service. A volunteer will pick you up, take you to your doctors appointment, wait and take you home.



**Royal Flying Doctor Service**

- ❖ To use the Royal Flying Doctor service you must register first.
- ❖ Call 03 7046 4664 or email [communitytransport@rfdsvic.com.au](mailto:communitytransport@rfdsvic.com.au).

**Transport to a Major Hospital:** eg Venus Bay to St Vincents and return. The Victorian Ambulance patient transport service. You must be a member of Ambulance Victoria annual membership fee approximately \$50. 24 hours notice is required and the service should be booked by your Doctor or Head Nurse.

For a booking to be accepted, it must meet the criteria set out in the Non-Emergency Patient Transport Regulations 2016 and the Ambulance Service Payment Guidelines which require the transport must:

1. be clinically necessary; and
2. the patient must require active clinical monitoring and/or supervision during transport; and
3. the transport must have been authorised by an appropriate medical professional.



**Ambulance  
Victoria**

- ❖ It would be best to check with your local Doctor next time you are there.



# ROCK FOR WILDLIFE

fundraiser



## TARWIN HALL

Saturday Aug 5<sup>th</sup>

All proceeds to Sue Moore's  
Wildlife Shelter, Tarwin Lwr  
-Old-time ROCK N' ROLL band

-ART AUCTION

Tickets: call Sue 0429016695

*Or Phone*

*Michelle @ Mitre 10*

*0487120041*

*Tickets aid before the  
night: \$30.00*

*Doors open: 6.30pm*

*Show starts: 7.30pm*

*Sue is currently looking for  
donations from Artists. If  
you can help her out  
please give her a call.*

BEGINNERS GROUP

## UKULELE GROUP

**EVERY  
THURSDAY  
7.00 - 8.30**

BYO Ukulele

**\$5 PER WEEK**



# Tourism & Local Commerce Assn (TALC) NEWS

**WHEN: Monday, 03 July, 6.00.p.m.**

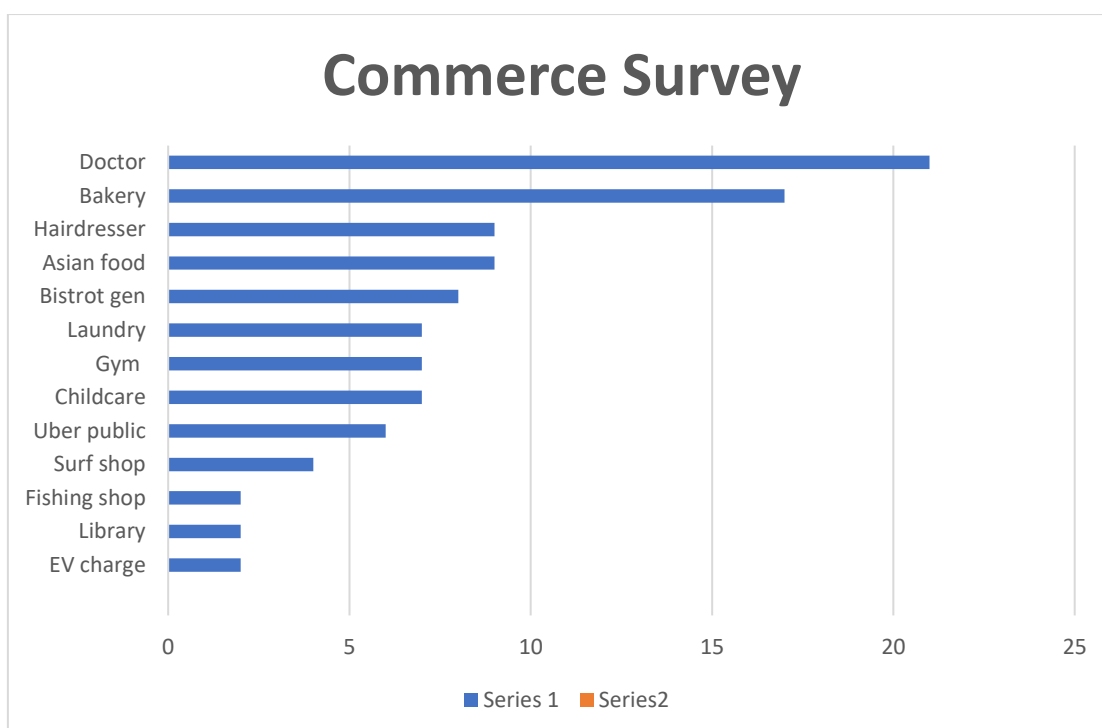
**WHERE: Venus Bay Community Centre.**

A shout out to all business operators in Tarwin Lower and Venus Bay.

1. South Gippsland Shire Business Development Manager, Pauleen Bolding, will present local financial information extracted from Spendmapp and REMPLAN.

- Do you want to know where local credit card holders use their cards in say Inverloch, Wonthaggi and Leongatha? Like to know postal codes of customers who use their credit cards in Tarwin Lower and Venus Bay? Pauleen will share this very useful market information.

2. Your enthusiastic TALC team are moving forward with a number of activities such as the proposed Streetscape Saturday, and the 2024 Wombat Festival. Come along and update yourself of progress.



Above are the results of TALC's recent commerce survey.

No surprise that a Doctor was the top rated requirement, given 65% of our resident population is aged 60+ yrs.

There was a strong demand for a bakery, which seems a little strange as The Bay Gourmet, VB General Store, the Bird and Wolf, and IGA all have a range of baked options.

Among the individual comments there were many other optional food suggestions, particularly of an Asian variety.

Also interesting was the number of comments prioritising child care/kindergarten, rated 6th=. Put together with the food comments does this represent a change in the profile of our community??

Thank you to those of you who presented the survey forms to your customers, much appreciated. There were 160 suggestions submitted. We could see much thought went into the submissions though one wag did suggest a strip club!!

Any feedback comments from you is most welcome. We will also post on our FB page tomorrow which may also attract some comment.

We will set up a meet with the Shire business team to discuss the results and how they may be able to assist.





# Tuning in to Teens

**Parenting program that teaches parents skills to help their teens begin to understand and regulate their emotions**

**Do you want to:**

- Learn how to better understand and manage your teen's emotions, such as anger, anxiety and sadness?
- improve your communication with your teen?
- Teach your teen to deal with conflict
- Help your teen learn to manage their emotions?

**Dates:** Fridays 21st July - 25th August

**Time:** 10.00am - 12.00pm

**Cost:** **FREE**

**Venue:** **ONLINE via ZOOM**

**Supporting the development of your teen's emotional intelligence will help them:**

- Have greater success with making and keeping friends.
- Be more able to calm down when angry or upset.
- Have better communication at school.
- Better manage challenges and change.



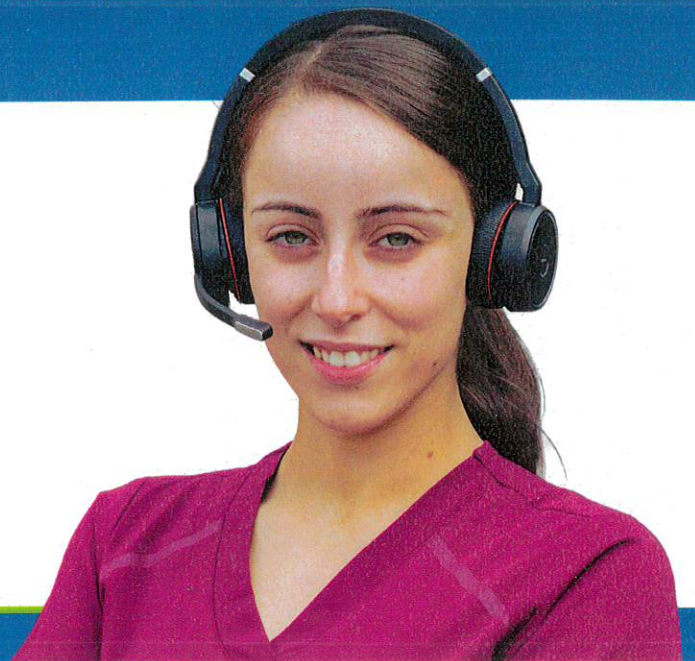
Register: via the QR code or contact  
[Parentzone.Gippsland@anglicarevic.org.au](mailto:Parentzone.Gippsland@anglicarevic.org.au)  
P: (03) 5135 9555

**PARENT**ZONE





VICTORIAN VIRTUAL  
EMERGENCY DEPARTMENT  
Northern Health



The Victorian Virtual Emergency Department allows you to access care for non-life-threatening emergencies, 24 hours a day, 7 days a week. You will be connected to our doctors and nurses via a video call, and receive medical advice from the comfort of your home.



### How do I register?

- You will need a phone, tablet or computer with a camera to use this service.
- To register, please use your phone camera and scan the QR code. You can also visit [vved.org.au](http://vved.org.au)



### What happens after I register?

- You will be linked directly to the Virtual Emergency Department waiting room and placed in the virtual triage queue.
- You will receive a text/email with the next steps.
- When it's your turn, the nurse will consult with you and advise the best course of action.



### What kind of medical help can I get?

- In many cases, we will be able to help you virtually, and organise tests and prescriptions close to your home.
- We can provide self-care advice and a GP follow up.
- We may ask you to come into the Emergency Department.



### Are interpreting services available to me?

- Interpreters are available, and you can request one during the registration process.
- You can also complete the registration form in your preferred language.

For more information,  
please visit [vved.org.au](http://vved.org.au)

Please use this service for non-life-threatening emergency conditions only. Some examples of life-threatening symptoms include: shortness of breath, severe chest pain, or weakness down one side of the body. If you think you may have a life-threatening condition, please contact **Triple Zero (000) urgently.**

Northern Health

Austin  
HEALTH

ST VINCENT'S  
HOSPITAL  
MELBOURNE  
A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

Ambulance  
Victoria

VICTORIA  
State  
Government

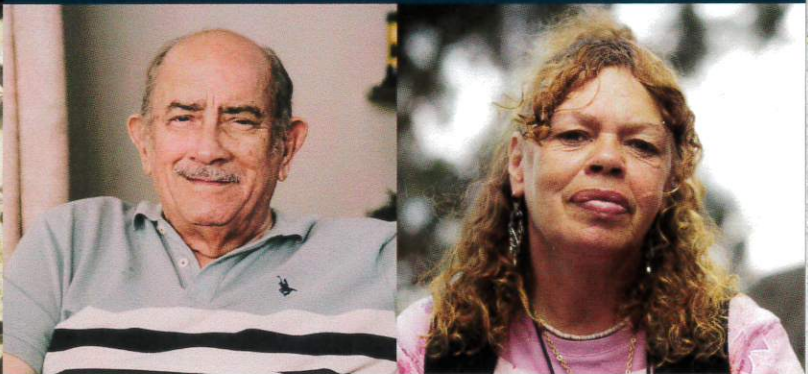


Northern Health acknowledges the Traditional Custodians of this land, the Wurundjeri people, and pays its respects to Elders past, present and future.





# Are you getting older and finding it harder to manage on your own?



## Would you like some help, but you have no idea who to ask or where to go?

Speak to the care finders at Latrobe Community Health Service today.

Care finders can help you understand what aged care services are available, and find and choose the services that are relevant to you.

### We are:

- People you can trust
- Here to help you understand and choose the aged care services you need
- Your ally – we will talk to other service providers on your behalf (if you want us to) and check in every now and again to make sure everything is OK.

### If you:

- are older than 65 (or older than 50 and identify as Aboriginal or a Torres Strait Islander), and
- you have no one who can help you, or who you trust to support you, and
- you need extra help communicating, understanding information, or engaging with aged care or government services...

### We can help!



1800 242 696



lchs.com.au

**phn**  
GIPPSLAND  
An Australian Government Initiative

**Latrobe Community Health Service**





# Do you have a few hours to spare?

We are always looking for volunteers to help out at the community centre...do you have any particular skills you can contribute? Or perhaps you have a bit of time to spend helping with filing in the office or sorting donations for the Recycling enterprise?

Every bit counts and every bit is appreciated. We could not function without our fabulous team of volunteers.

So why not come and join in!

Situated at 27 Canterbury Road, Venus Bay.

Phone: 5663 7499, Send mail to Post Office Box 786, Venus Bay 3956

Email: [info@vbcc.org.au](mailto:info@vbcc.org.au) Website: [www.vbcc.org.au](http://www.vbcc.org.au)

Opening hours reflect the season - please check our website or Facebook for details

or call Alyson 0416 242 331

Venus Bay Community Centre is supported by:

Department of Health & Human Services (Victoria) and the Commonwealth Government, South Gippsland Shire Council.

Our website is [www.vbcc.org.au](http://www.vbcc.org.au)

Find current and back issues of Matter Of Fact on our website. Please contact us if you wish to be on our email distribution list.



**VENUS BAY**  
COMMUNITY CENTRE