

May 2025 Vol 16 Issue 5

MATTER OF FACT

Providing information for Venus Bay, Tarwin Lower
and Walkerville district



A free community newsletter published by

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.

ARTCUBES UPDATE



The Venus Bay Community Centre Artcubes project can only be described as a resounding success. The behind-the-scenes work started about the middle of 2024 when the shopkeepers were asked if they agreed that the overflow carpark on the corner of Jupiter Boulevard could be used to situate the Cubes. Having been a construction site for the previous two years, they agreed it was a good site and Council approved.

The concept was to make the site a welcoming usable community space attractive to locals and visitors alike and a place to have good experiences throughout the summer and all the major public holiday weekends. A million ideas were floated, discussed, and sifted through, finally settling on a series of site activations that would encourage people to the site for the benefit of the community and the benefit of the artists.

The project kicked off in style with a well-attended launch in summer sunshine. The band Travelight & Gerard Evans provided a festive atmosphere for all. There were dancers enjoying the live music, picnics, and children experimenting with art activities and physical games rather than devices. Smiling faces were everywhere. We know there were plenty of takeaway dinners from the local shops eaten onsite that night. South Gippsland Water provided us with a water trailer to provide free water to people in town that whole weekend.



This set the scene for the next three months as the program delivered a range of activities to support the rotation of artists through the cubes. Amanda Diamond, Sonia Zalucki and Terrie Thompson introduced us to their creative skills with a smile and plenty of conversation. The denim whales were introduced to the public and 12 lucky owners got to take one home. The KOGO (knit one give one) knitting became a popular activity onsite and elsewhere and is continuing.

Next came Kate Stuart, The Men's Shed and Claire Wieland; we have such a colourful and diverse mix of people, skills, organisations and talents in Venus Bay. How good was the handmade cannon? Sonia Weston chose to do her Cultural Heritage talk on the site to a willing and interested audience even though it was an extremely warm day. The shade of the banksia trees on the corner gave relief from the heat.

Soon after came the Open Mic— it turned out to be a sweltering day but the talented musicians who chose to join in with Wally's leadership, encouragement and organisation, were loudly applauded. On that same day you could talk to the CFA about fire plans and get all your burning questions answered – children trialled shooting water at targets while Mum and Dad chatted with the CFA members and looked through the Art Cubes. The next rotation there was a space, so Kate Stuart stayed on, working on investigating the geology of the Tarwin River, the colour of the clays, how they respond to shaping and firing. You cannot get more local than that. Tracie Mitchell continued to dig into her Waste Experiment, focussing this time, on the scraps, the minutiae of textile waste. Venus Bay's own Ben Everitt filled a cube with his latest book illustrations introducing us all to 'Grandma's Stuff.' Jorja returned to provide another Arty workshop table for children while parents wandered through cubes and talked to artists.





We then trialled an outdoor cinema. The conditions were perfect, and the blankets, chairs, picnics and rugs were rolled out. The movie 'Blueback' was based on a story by Tim Winton and proved to be quite fitting for an art space. The main character, when young, was obsessed with drawing under sea life. Those drawings went on to be the catalyst for their town council declining a large development. Let's hope our creative community comes together if the developers try to 'improve' Venus Bay.

And after all that were exposed to the very accomplished Lily Palmer, Jade McAlear, Mandy Gunn and Cathy Hayward who brought their own highly refined and unique skills to the Artcubes. The grand finale event was touch and go as we watched the weather apps all morning and into the early afternoon. The sky cleared, the clouds of rain went around us and Karavana Flamenca had people up and dancing in no time. The Artcubes shone brightly with their handmade items and the crowd helped us celebrate the end of a wonderful three-month project.

As a Community Centre one of our main aims is to connect community to each other in healthy, respectful ways. The ArtCube project was an ideal vehicle to showcase the skills of local artists and create an environment that people would want to come to whilst experiencing the heart and soul of our unique Community and in one public space!



We know that Art can serve as a powerful catalyst for creative solutions. It encourages unconventional thinking and fosters innovation. Through all its forms, art challenges individuals to perceive problems from new perspectives and explore ideas. Art can stimulate emotion, imagination, conversation and often new approaches and out-of-the-box strategies. The Artcubes are getting ready to leave Venus Bay but the conversations have only just started.

We are all feeling pretty good about that.

What will the legacy of the Artcubes be for Venus Bay? Let us know your ideas.

ADDENDUM:

South Gippsland Shire Council invested in the the ArtCubes as a way to support and enable creative development and community vibrancy in small-towns. Each region that has had the Artcubes has been able to put their own stamp on how they think they will work best for their particular requirements. They are designed to encourage creative experimentation and expression. As the spaces are intimate, they offer unusual creative possibilities, for artists, performers or community members, as stand-alone venues, or in the context of a larger event or festival.



They are going to Leongatha next where they will undergo a brand-new external look. A mural artist has been engaged for the work and will be providing mentoring to a couple of young people as part of the arrangement.

The timing hasn't quite worked out for the move, and we have been asked, by Council, to extend the occupancy of the Artcubes onsite for another four to six weeks while they work behind the scenes to finalise the details of the move. We will not be activating the site in the same way but will be offering the Cubes as a workspace / studio for up to three people for that time.

Workshop with Samuel McLennan

Thursday May 8th

11.00 – 2.00

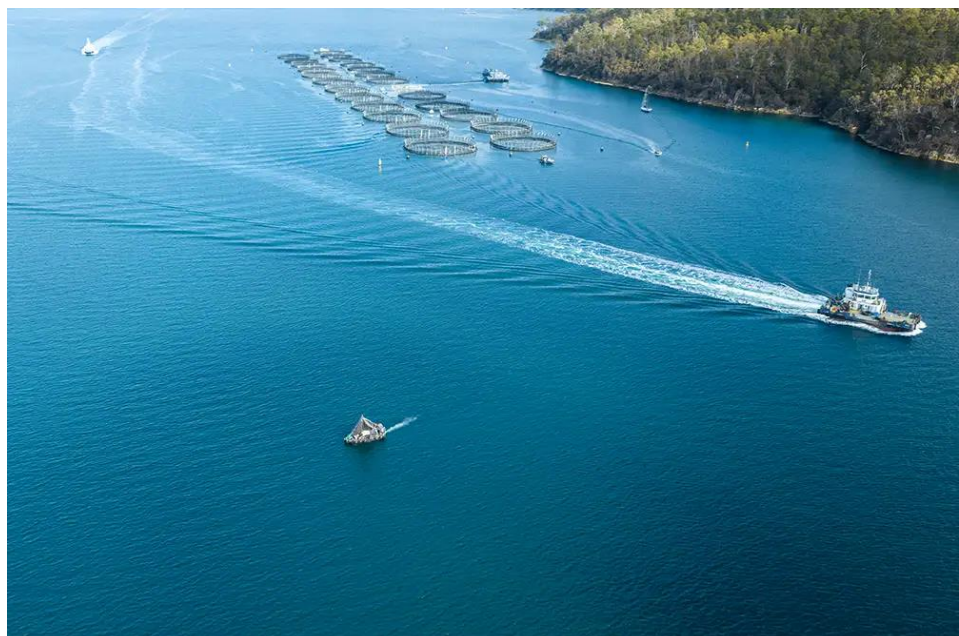
This is a One-Off Opportunity to come and learn more about Samuel's story. Details are still being finalised, but we guarantee it will be interesting, and it will be fun!

Samuel McLennan has hand built a raft entirely from rubbish and waste found on Tasmania's coastline and waterways.

It was created on a property near Port Arthur in Southern Tasmania and is now being prepared for Sea Trials on waters close by.

Samuel is willing to challenge himself and many others' beliefs by sailing the vessel from Hobart to Sydney and beyond – he has significant global experience in many disciplines.

The project is inspiring people to take new actions to shift the unworkable situation we have created for ourselves, future generations and mother earth. This is a project to interrupt the way human beings think, speak and act about themselves and other people – because the current result is waste showing up in the environment.



An Artist's perspective - Artcube Residency
FEB/MARCH 2025

Room with a view to



What could an artist possibly achieve in a residency the size of half a shipping container? One may well ask. Big things come from small packages is my response.

At first the ideas build to hoarder capacity – ending with no wriggle room to breathe. I take a step back. And then....

For me the gold was in pairing back – sitting and letting the size of the small space tell me what to do. Does that sound strange? My aim for this arts residency at Venus Bay was giving myself creative permission to meander into new territories for making.

I wanted to get as loose as possible – to not have to make an object that was for sale – such as the yoga bolsters and floor cushions that I make from discarded fabrics and textiles. To let a flow of making be the driver of my time in the cube.

The cube over a four week period was a small space – to sit in it felt like I was being hugged. I felt supported by the space. It was safe and most significantly it was a moment in time to disengage from the to do list of everyday life.



To make art the priority.

Over the four weeks I felt an incredible sense of freedom. Often as a maker I feel my history as a maker of dance and film inform my identity as an art maker. That that is the limit of my making. But working in the residency I am reminded that my background on dance and film are skills and knowledge that over decades I have gained and I can use and incorporate those skills in anyway I want.



But first I needed to give myself permission to be free from labels. To sit and listen.

This is what the artcube has given me.



Timothy, the Last Recycled Denim Whale.

Timothy, a handmade whale crafted from recycled denim, has officially been handed over to his new owner. He was the final piece in a small batch collection of fabric whales. The whales made their debut at the Venus Bay Artcube project in January, made by Terrie, each one was constructed using repurposed denim that would have otherwise been sent to landfill.

The collection was created as part of a sustainable crafting project aimed at giving new life to discarded textiles. Each whale featured unique characteristics depending on the denim used—faded washes, distressed details, and sometimes recognizable elements like seams or rivets from the clothing's original form. All the whales came with a name and a story about sustainability and the effects on our oceans.

Unlike the rest of the pod Timothy was crafted especially for his owner and stood out with his barnacles and debris with a set of button eyes salvaged from a shirt. Like the rest of the pod, he was made by hand. The entire collection has now been sold, marking the end of this limited series. Timothy's departure closes the

chapter on the pod of recycled denim whales, all of which have been distributed to buyers who value eco-conscious design and handmade craftsmanship.

Terrie initiated the project as a fundraiser for the Community Centre and to highlight the story of textile waste. The project has made a wonderful donation to help with the services that the Community Centre provides.

No word yet on whether more denim creatures will be produced in the future but keep your eyes open.



WORKING BEE – May 28th

Can you spare an hour or two to help out at the Community Centre? We are after some helping hands for a site clean up morning. Pathways, cobwebs, a bit of gardening and general site clean up work to keep the Centre in good shape as we move into the cooler months.

There is always some cleaning up to do around the yard. Come along on Wednesday 28 May between 10 and 12 – and then stay for a yummy, shared lunch. We'd love to see you then.



The VBAC May competition will be held on 23rd-25th May starting at 12 noon on the 23rd and finishing at 3.00 p.m. on the 25th May. There will be a weigh in each day 4pm-6pm at Gerald's Shed with the final weigh in Sunday 2.30-3.00pm when the winner will be announced. Members prize is a \$50 voucher from The Cavity. Non members can enter the comp for \$5 which includes entry to the bbq dinner Saturday night starting at 6.00.

We would like to thank our local sponsors - The Cavity, Agapi Fish & Chips and 4Shore Pizza for their support and are happy to announce that we have a new sponsor, Cruza, the new E-Bike shop in Venus Bay. These sponsors donate vouchers for the monthly raffle and are much appreciated.

Our Easter weekend winners were both new members, Shane took out the Senior prize and Nathan took out the trophy for the Juniors.





🔥 Thinking About Building Your Own Spit?

🔧 🔥 Come See How It's Done!

Ever dreamed of slow-roasting over an open fire — the old-school way? Whether you're into backyard cooking, bushcraft, or just love a good DIY project, this talk is the perfect way to see if building your own spit is for you.

Join us for a **free discussion and demonstration** where Kevin will show you how to create **two different types of Spits**:

🔧 What will be covered:

- Two different styles Gas burner and woodfired
- Materials and tools needed
- Add ons for the billy, hotplate, thermometer
- Basic skills involved: measuring, cutting, assembling
- Building supports, handles, and rotation mechanisms
- Key differences between spit types and what suits your needs

🌿 This demo is a chance to:

- Ask questions
- See what is involved from start to finish
- Understand what tools, costs and time are required
- Decide if you'd like to **book into the hands-on course** to build your own

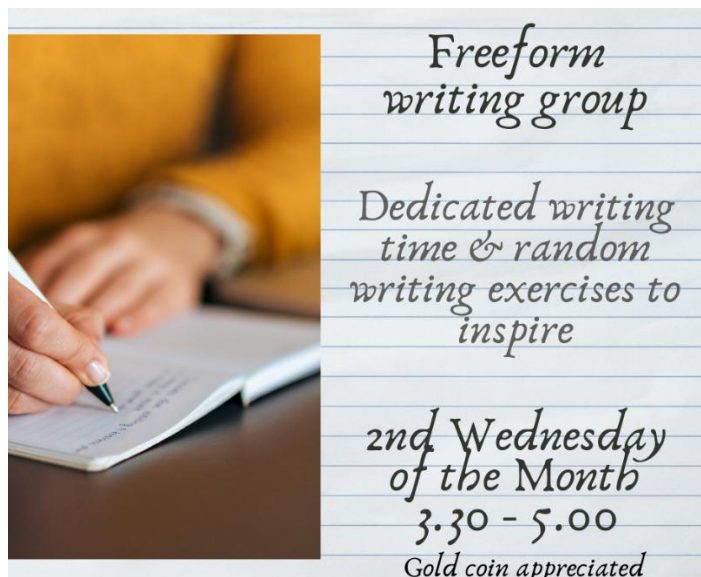
📅 When: Venus Bay Community Centre

📍 Where: May 31st 11am

💬 Cost: Free demo — optional sign-up for full course afterwards

🔥 Come for a look, stay for the know-how — and decide if you're ready to take the next step and craft your own spit!





Regular activities



Silver Banksia plant group
Mondays
10.00 - 12.00



JOIN THE GROUP THAT PROPGATES AND GROWS LOCAL PLANTS



'LIVING AT HOME FOR LONGER'

SEMINAR



Living at Home for Longer is a free information session delivered by Latrobe Community Health Service. We provide advice and insights to help you continue living in your own home – well into your senior years.

The information session is tailored for those aged 65 years and older, who want to know how to access government-funded subsidies and programs that will help them live happily at home for longer. The seminar also provides advice on navigating the 'My Aged Care' system. The seminar covers eligibility, Available programs, and costs. Our Customer Service officer will endeavour to answer your questions and assist if required to help you access these programs.

If you would like to attend this Living at Home for Longer seminar, please let us know. We are taking bookings for this information session now.

How to live at home for longer

Our health needs change as we age, but one thing stays the same: our desire to remain living in our own home. Hear our service experts explain how you can access government funding to help you stay living at home for longer.

When: Wednesday 7th of May at 1pm

Where: Venus Bay Community Centre

RSVP: 2nd of May

Contact: Laura Corbett – 0483 289 683 or laura.corbett@lchs.com.au

DO YOU HAVE A WILL? WHAT ABOUT A POWER OF ATTORNEY?

FREE INFORMATION SESSION – THURSDAY 22 MAY FROM 12 NOON TO 1PM

Venus Bay Community Centre.

Come along to an information session with Vince and Janine Maripa to find out more about how to go about it and why it's important. Vince and Janine are now based in Venus Bay and have very generously offered to host this session to help our community members navigate this.

M & Co. LAWYERS & CONVEYANCERS

**NOW BASED IN VENUS BAY AND SERVICING THE SURROUNDING AREAS.
FAMILY OWNED BUSINESS WITH A COMMUNITY BASED FOCUS**

AREAS OF LAW WE PRACTICE:

FAMILY LAW	COMMERCIAL LAW
CRIMINAL LAW	CONVEYANCING
PROBATE	SALES OF BUSINESS
POWERS OF ATTORNEY	WILLS
PROPERTY LAW	LEASES
ADMINISTRATION OF ESTATES	

First consultation is free – A chat costs you nothing and we offer pensioner discounts to make our Legal services affordable.

Wills and Powers of Attorney are very important in later life even if you can't afford it, please call us and let us see how we can help you.



MARIPA & CO.
LAWYERS

CALL US ON: 0437009648

For an Appointment

email: maripalawyers@live.com.au

FEDERAL ELECTION 2025

VOTING ON SATURDAY 3 MAY WILL BE AT THE TARWIN LOWER PRIMARY SCHOOL

SCHOOL DRIVE, TARWIN
LOWER

POLLING PLACES WILL BE OPEN
FROM 8AM TO 6PM

(you might want to
bring cash for the
Democracy sausages,
a fundraiser for the
school)



Seeking Plan Feedback

Published Wednesday, 30th April 2025

Provide feedback on key plans for South Gippsland including the draft Council Plan and draft Budget. Feedback is open until Wednesday 7 May.

At the April Council Meeting key plans for South Gippsland were endorsed for community consultation. The suite of strategic documents will provide direction to Council and help to shape South Gippsland in-line with the aspirations of our local community, as outlined in the 2040 Community Vision.



The following plans are available for community feedback until **Wednesday 7 May 2025**.

- *Draft Council Plan 2025 – 2029*(External link)
- *Draft Financial Plan 2025/26 – 2034/35*(External link)
- *Draft Revenue and Rating Plan 2025 – 2029*(External link)
- *Draft Budget 2025/26 – 2028/29*(External link)
- *Draft Asset Plan 2025 – 2035*(External link)
- *Draft Municipal Public Health and Wellbeing Plan 2025 – 2029*

You can submit feedback here: <https://yoursay.southgippsland.vic.gov.au/provide-feedback-on-key-plans-for-south-gippsland>

Everyone is welcome to this Tarwin Landcare community tree planting!

Get your ticket here: <https://events.humanitix.com/planting-bee>

TARWIN LANDCARE GROUP
PLANT THEN PIZZA
at Flock Stock & Basil

 the Tarwin

PRESENTATIONS ABOUT
FISH AND RIVER HEALTH

MORNING TEA AND WOOD-
FIRED PIZZA FOR PLANTERS

Sunday 25 May
9am - 3pm

Scan to register





Join Tarwin Landcare group along with Chris and Anna from Flock Stock and Basil farm for this community planting event.

We cannot wait to see this naked escarpment be returned to native forest and we will need plenty of support from the community to get the trees planted

Everyone is welcome to attend, you do not need to be a Landcare member.

The area for planting is quite steep and uneven in places a moderate level of fitness is required. Children are welcome to attend but must be supervised at all times.

This event is part of the "We Love the Tarwin Project" In addition to the tree planting there will be short presentations from Victoria Fisheries and the West Gippsland CMA on fish and river health

Chris will be firing up the woodfire pizza oven and providing lunch at the end of the planting :)

Please wear sturdy footwear BYO gardening gloves.

Any questions email Kirby kirbypleary@gmail.com

Eco warriors cooking up a storm

On Thursday, 24 April the first Eco Cooker workshop was held at the Venus Bay Community Centre. The Eco cooker is a home device that can dramatically reduce your electricity and gas usage in the kitchen. It also allows you to spend less time in the kitchen or camp site hovering over cooking pots, because once you have brought the pot to the boil, you place it in the Eco Cooker and walk away until you are ready to eat. The Eco cooker will cook your rice, stew, or soup for you and also keep your food piping hot for hours.

There were six enthusiastic participants from around the area who all contributed to making their own Eco Cooker. With plenty of support the people who had never sewn before and those with rusty sewing skills were able to cut and sew their own with confidence in a very short space of time.

There was also a cooking demonstration on how to use the Eco Cooker, making a basmati rice vegetable pilaf which cooked while we were cutting out the patterns and sewing the Cookers. Midway, everyone took a well-deserved lunch break and could experience first-hand the joy of opening the Eco Cooker and being surrounded by the aromas of a steaming and fragrant lunch.

There was great satisfaction from each person when they had their completed and filled Eco Cooker, ready for use. It was a great moment!

The Eco Cooker comes from an initiative in 1976 by a South African woman, Bridget Oppenheimer who created a similar device known as the Wonderbox. The project was aimed at supporting rural women who relied on wood for fuel to cook with and the Wonderbox was going to reduce the fuel required by 80%, which means a lot of wood was not needed to be carried for kilometres to prepare meals for the family. Very soon, the practical and cost-effective Wonderbox made its way into many households over South Africa and now to South Gippsland, Australia.

The way the Eco Cooker works is known as Heat Retention Cooking, which is not a new concept. Over the millennia indigenous people had different ways of retaining heat to cook food with. The Eco Cooker is a semi-modern version that has become indispensable in many kitchens and is completely portable.

The Venus Bay Community Centre is sustainability focused and will be hosting more Eco Cooker classes, as well as offering cooking demos with recipes for creative ways to use the cooker. Keep an eye open for adverts in our newsletter if you are keen to join the Eco Warriors in cooking more sustainably or contact Carol to put your name down for the next workshop. She can be reached on 03-5663 7499 or register via carol@vbcc.org.au

For more information on the history of the Wonderbox, use this link:

<https://www.csmonitor.com/1987/0924/obox.html>



Introduction to Acrylic Painting

We are excited to announce a brand new workshop for absolute beginners!

This workshop is for those who are new to art and want to explore how to paint without having to go out and buy all the supplies first.

This workshop will be open and relaxed, you do not need any prior experience to take home a completed artwork of your own.

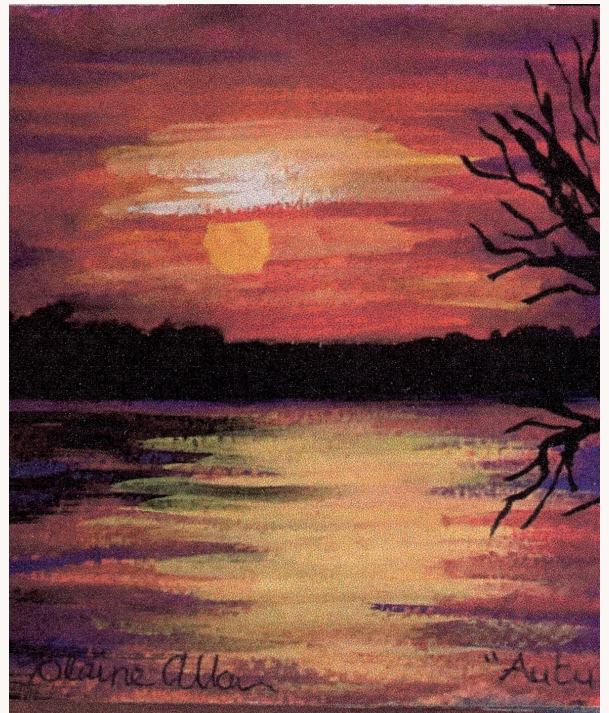
This workshop is lead by artist Elaine who is an accomplished painter and teacher.

To get you started Elaine will provide everything you need in the class and provide a set of examples each week for you to learn from and recreate in your own way.

Commencing: Monday May 5th
Where: Venus Bay Community Centre
Time: 1.30 - 3.30
Duration: 4 weeks
Cost: \$80 (covers all materials and tuition)
To be paid in advance to secure a place, cash preferred.

Bookings in person at the Community Centre or email carol@vbcc.org.au

www.vbcc.org.au



With artist
Elaine
Allan

DON'T MISS OUT ON THIS FABULOUS OPPORTUNITY TO HAVE A LAUGH WITH GERALDINE & FRIENDS – AND
RAISE FUNDS TO SUPPORT OUR WILDLIFE CARERS.

A massive thank you to Geraldine for doing these gigs to support the community!!



COMEDY NIGHT FUNDRAISER

**EXTRA SHOW ADDED!
TIX ON SALE NOW
for the 4pm show!**

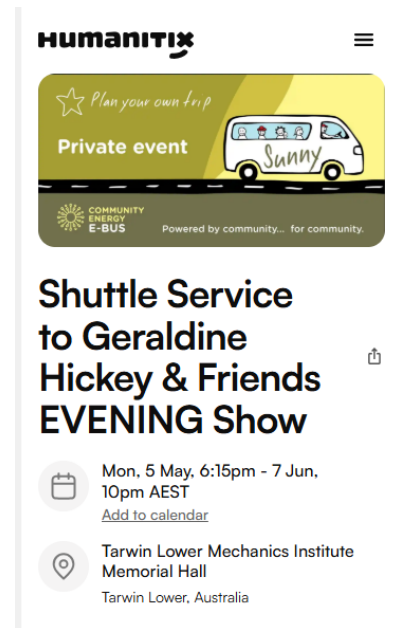
**GERALDINE
HICKEY
& FRIENDS**

**@ Tarwin
Hall 4pm**

\$40

Saturday, June 7th

Tickets <https://www.trybooking.com/DBBCG>



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Plan your own trip

Private event

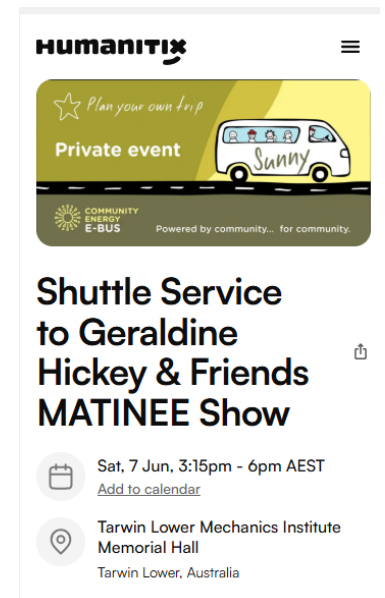
COMMUNITY ENERGY E-BUS

Powered by community... for community.

**Shuttle Service
to Geraldine
Hickey & Friends
EVENING Show**

Mon, 5 May, 6:15pm - 7 Jun,
10pm AEST
[Add to calendar](#)

Tarwin Lower Mechanics Institute
Memorial Hall
Tarwin Lower, Australia



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Plan your own trip

Private event

COMMUNITY ENERGY E-BUS

Powered by community... for community.

**Shuttle Service
to Geraldine
Hickey & Friends
MATINEE Show**

Sat, 7 Jun, 3:15pm - 6pm AEST
[Add to calendar](#)

Tarwin Lower Mechanics Institute
Memorial Hall
Tarwin Lower, Australia

THE VENUS BAY COMMUNITY CENTRE HAS A FREE FOOD PANTRY OUTSIDE – IT'S OPERATED ON
TRUST AND A 'GIVE WHAT YOU CAN, TAKE WHAT YOU NEED" BASIS.

We welcome donations of food items (non-perishable) so that those who need a bit of extra help can find it.

Items that would be useful are:

- Cereals
- Long life milk
- Cans of tuna, beans etc – things you don't need a stove to heat
- Dog food
- Personal items like toothbrush, soap, shampoo
- Pasta sauces
- Noodles
- Tea/coffee/hot chocolate

Tarwin Lower Community Health Centre

Monday to Friday 10am-2pm. 19 Walkerville Rd Tarwin Lower. Phone 03 5667 5680.

Email- tarwinlowerchc@gmail.com

Nurse Practitioner Deb Garvey

Wednesday mornings from 8am. Please book at the Health Centre or call and leave a message on 03 5667 5680.



Community Food Cupboard

Thank-you to everyone who donates. People are very appreciative of the support from the Community Food Cupboard.

We always need breakfast cereals and spreads for toast, kids school snacks, soup, tinned tomatoes, tinned veggies, beans, corn, tuna, long life milk, pasta, rice, 2-minute noodles, pasta sauce, flour, sugar, tea, coffee (And while not essential...biscuits and treats get big smiles!). Household cleaning products- dishwashing liquid, washing powder also welcome.

Drop off to the Tarwin Lower Community Health Centre- 19 Walkerville Rd. Monday to Friday 10am- 2pm or the Tarwin Lower IGA donations box.

Thank-you again for your ongoing support.

Gardening Bee & Brunch

Help keep the Health Centre gardens beautiful.

Saturday 3rd May, 10-11am followed by brunch.

Please bring garden gloves and a small plate of something to share if you can. Everyone welcome.

Friday Friendship group

Friday Friendship group gets together for picnics, music, entertainment, games and more!

Please contact Michelle at Gippsland Southern Health on 03 5654 2791.



Red Cross Meets once a month. Contact Margaret Fisher (Secretary) on 03 5663 5256.

Pilates on Tuesday mornings. Improve your strength, balance and flexibility in friendly and welcoming class.

Classes \$15

For class times and to book, please call Jeanette on 0409 252 863.

Got an idea for a new club or group?

The Centre has wonderful indoor and outdoor spaces, kitchen and bathroom facilities.

Please get in contact if you have an idea for a social or health related new club, group or activity that you want to organise

Email: tarwinlowerchc@gmail.com

SUNNY OUT' N' ABOUT IN MAY

 Scheduled service
Wonthaggi
Monday

 COMMUNITY ENERGY E-BUS
Powered by community... for community.

Mon, 3 Mar, 10:30am - 3:30pm... + 39 dates

Wonthaggi Weekly Monday Community E-Bus Service

Venus Bay Community Centre From Venus Bay Second Estate to Wonthaggi Bus...

 Scheduled service
Leongatha
Friday

 COMMUNITY ENERGY E-BUS
Powered by community... for community.

Fri, 28 Feb, 9:30am - 3:30pm... + 21 dates

Leongatha Fortnightly Friday Community E-Bus Service

Venus Bay Community Centre From Venus Bay Second Estate to Leongatha

Wonthaggi

"Sunny" will be heading to Wonthaggi on Monday EVERY WEEK

Leongatha

"Sunny" will head to Leongatha on a Friday EVERY FORTNIGHT.

V/Line Connections

We are now able to offer V/Line connections to any service (based on volunteer driver availability) min \$40 donation or \$10pp if more than 4 passengers. Minimum 48 hours' notice required.

Social Outings—Thursday 22 May

Tickets here:

<https://events.humanitix.com/wonthaggi-desal-plant-nature-walk>

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Wonthaggi Desal Plant - nature walk & social outing



Get tickets

I'd like to become a friend of Sunny...

Leave a donation via bank transfer using the account details below, or pop into the Venus Bay Community Centre to donate in person or talk to us about volunteering your time.

ACC Name: Venus Bay Community Centre
BANK: Bendigo Bank
ACC No: 146 143 573
BSB: 633 000

 **V/Line connect**
via Leongatha

 COMMUNITY ENERGY E-BUS
Powered by community... for community.

Private Hire

Sunny is available to transport your guests for weddings, parties or anything really. Just drop us a line and we will do our best to help!

For more information and bookings head to www.vbcc.org.au/ebus. If you need help with bookings call 0403 108199 during business hours.

And don't forget – you can support this service for our community by becoming a **FRIEND OF SUNNY!**





VENUS BAY COMMUNITY CENTRE

May at the Centre

1	7.00 – 8.30	Ukulele group
5	1.30 – 3.30 5.00 – 6.30 6.00 – 9.00	Intro to Acrylic Painting Men's Cook First Aid class
7	12.00 – 1.00 1.00 – 2.00 5.00 – 6.30	Community Lunch Living at Home longer Board games & cards
8	11.00 – 2.00 7.00 – 8.30	Workshop with Samuel McLennan from Project Interrupt Ukulele group
12	1.30 – 3.30	Intro to Acrylic Painting
13	5.00 – 6.30	Book Club
14	12.00 – 1.00 3.30 – 5.00	Community Lunch Writing group
15	7.00 – 8.30	Ukulele group
19	1.30 – 3.30	Intro to Acrylic Painting
21	12.00 – 1.00 5.00 – 6.30	Community Lunch Knitting and crochet group
22	10.00 – 2.00 12.00 – 1.00 7.00 – 8.30	Bus Trip – Desal nature walk Free wills & power of attorney Ukulele group
26	1.30 – 3.30	Intro to Acrylic Painting
28	10.00 – 12.00 12.00 – 1.00	Working Bee – helpers wanted Community lunch
29	7.00 – 8.30	Ukulele group
31	11.00 – 12.00	How to make a spit – info session

Tarwin Lower Union Church



Regular services:

Sunday 10.30 a.m. Anglican/Uniting

Saturday 4 p.m. Catholic

PLEASE NOTE: ALL services will be held at 4 p.m. from now on.

Our mission is to be a welcoming, sharing Christian community

"Wise women" personal development discussion group will meet on

Thursday 1st and **Thursday 15th May** at 10.30 a.m.

for a cuppa and chat about the current book for discussion,

'Caring enough to confront: how to understand and express your deepest feelings toward others'

KYB (Know your bible) will meet on

Friday 9th and **Friday 23rd May** at 1.30 p.m.

For all the latest news check out our Facebook page:

Tarwin Lower Union Church

#TWIRLSHEILAPRODUCTIONS

TREEHOUSE STUDIO VENUS BAY 7 AMANDA CRESCENT VENUS BAY 3956

AUTUMN TO WINTER TERM MAY 6TH - JUNE 29TH

NINE WEEKS OF SELF CARE OFFERINGS.

INCLUDES WEEKLY MORNING CLASSES, MOTHERS DAY CELEBRATION AND CHANGE OF SEASON MINI RETREAT.



WEEKLY CLASS TIMES

TUESDAYS 8:30am- 9:40am General level

SUNDAYS 8:30am- 9:40am General level

Description Hatha Style classes offering a calm space to invest in health and wellbeing of both body and mind.

These classes cater for beginners through to more advanced practitioners *** no class Sunday May 18th due to Bass Coast Yoga Festival.

Bookings essential. Simply text 0421300407 to secure a place on the mat.

Investment \$30 per class.

Buy a term pass \$200 for 9 classes (to be used in a nine week block) Maybe you are not here for the whole term? feel free to ask about four week blocks.



HANDCRAFTED YOGA BOLSTERS, MEDITATION CUSHIONS, EYE PILLOWS make special gifts of meaning. Reimagining discarded fabrics and textiles into unique and beautiful objects of use. Part of the @wasteprojectexperience. Book in a visit to the studio to view current editions for sale Enquiries 0421300407



MOTHERS DAY OFFERING Sunday 11th May 8:30am-9:40am

CELEBRATE MOTHERS DAY WITH A LOVED ONE.
BRING YOUR MOTHER, YOUR CHILD, YOUR PARTNER OR A SIBLING. PAY ONLY \$40 FOR TWO.

(NORMALLY \$60) BOOK QUICKLY AS THIS OFFERING FILLED OUT FAST LAST YEAR!



CHANGE OF SEASON MINI RETREAT

KINGS BIRTHDAY LONG WEEKEND SATURDAY 7TH AND SUNDAY 8TH JUNE 2025

Here we go into the YIN seasons- Autumn and Winter.

These cooler seasons invite us to, 'get our ducks in a row.' To sign off things on our to do list and to consolidate in order to turn inward. Some might be organising homes in preparation to feel homey and snuggy. Its time to be nurturing - to feed the soul, to celebrate rest, to invest in our foundations for health and well being. This change of season mini retreat is a moment to step off the super fast pace and tap into the slow speed that is organically this time of the year. Stop all that busi ness of the every day, shut out the outside world and invest in this time to regroup and reset.

Two offerings over the Kings Birthday Weekend.

Saturday 7th 3pm - 6pm take part in an extended practice incorporating deep breathing (pranayama - life force) Gentle Hatha practise leading into a guided meditation and finishing with Yoga Nidra.

Sunday 8th June 9:30 am - 12:30pm a two hour practice incorporating Yoga Bolsters in a Yin style practice. This practice encourages the deep muscles to let go and the nervous system to deeply relax.

Suitable for all, including absolute beginners through to the more experienced. I have designed these sessions to complement each other so that you come away from the weekend fully revived, recharged but also with a clear head.

Investment - Both Saturday and Sunday sessions \$170 (including light refreshments on the Saturday)

Early Bird Price \$140 (book by May 30th)

Can't make both days? Sessions are also available to attend individually.
Sunday Only \$110 Saturday Only \$70

STAY UP TO DATE TWIRLSHEILA PRODUCTIONS AND FOLLOW ON -





Last month the Venus Bay Community Centre coordinated an outing on Sunny – our eBus to the Tarwin Forest - the marvellous property that is cared for and preserved by Stuart Inchley and Victoria Johnson. The group walked the forest, which is located where the Tarwin River begins, the forest has cool temperate rainforest and one of the largest populations of the critically endangered Slender Tree-fern. This forest is home to many of our most loved and endangered species, such as the Gang Gang, powerful owl, pilotbird and platypus. The creeks and gullies are home to endangered and rare Spiny crayfish and underground the Strzelecki Burrowing crayfish.

After the walk the group had lunch in the forest gathering place, while hearing more about the conservation work Victoria and Stuart have been doing to preserve and protect this amazing area.

Local artist Kate Stuart then led the group in making small tiles from the local clay collected in the river area.

It was a beautiful experience and everyone left carrying a story from the forest. If you want to find out more about the area, here is some great information.

Tarwin River Forest website: <https://tarwinriverforest.com.au/>





You're invited

Inverloch & surrounds community connects

Local connections are important for our businesses, community and individuals to thrive. We're here to help foster these connections by bringing people together. Join us in making Inverloch a more connected and collaborative community.

We hope you can join us for this local event hosted by Community Bank Inverloch & District.

We're bringing Inverloch & surrounds businesses, community groups and leaders together to connect and engage. Drinks and light refreshments will be served.

When Thursday 29 May 2025

Time 5.00 – 6.00pm

Where Community Bank Inverloch, 16C Williams St
Inverloch VIC 3996

RSVP By Thursday 21 May 2025 email to:
penelope.rowe@bendigoadelaide.com.au



COMING IN JUNE - The Venus Bay Community Centre will be hosting the Community Bank Inverloch to provide an INFORMATION SESSION ON FRAUD AWARENESS – learning about what types of scams are out there, what to be aware of and what to do if it happens to you.

DV-alert

Domestic and Family Violence Response Training

1-Day DV-aware Workshop

For the general public

About 1-Day DV-aware Workshop

1-Day DV-aware is an interactive workshop where you will learn how to recognise and respond to domestic and family violence and what you can do to help make a difference.

In attending our 1-Day DV-aware Workshop, you will:

- know how to identify the different signs and forms of abuse that constitute domestic and family violence
- learn about the Cycle of Violence and the Power and Control Wheel (The Duluth Model)
- reflect on and share what you can do if you know someone who is experiencing domestic and family violence
- have an opportunity to network with other individuals • receive tools and references for domestic and family violence support and referral.

Why DV-alert?

DV-alert is led by experienced trainers dedicated to reducing violence against women and their children. Our 1-Day DV-aware Workshop provides a safe space to learn, connect and be empowered to recognise and respond confidently to those in crisis.

Who is it for?

- Anyone living in Australia
- Minimum age: 18-years-old
- Also suitable for organisations.

Cost

This workshop is free for adults.



“
A key learning I have taken from this workshop is that there is a lot of support available for people experiencing domestic violence.”

— Past participant

Date: Wednesday 21 May 2025

Time: 9:00am - 4:30pm

Venue: Leongatha Memorial Hall
Balcony Lounge
6 - 8 McCartin Street
Leongatha
VIC 3953

Click: [HERE](#) to Apply

Contact: alicia.tripodi@llg.org.au





Volunteer with us - it's fun!

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 Website: 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 Families, Fairness and Housing, the Commonwealth Government, & South Gippsland Shire Council.

Our website is 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.

