

MATTER OF FACT

a free community newsletter published by
Venus Bay Community Centre

October 2023 Vol 10 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.

We're getting a kitchen upgrade!

The Venus Bay Community Centre was thrilled to be successful in a grant application to Stronger Communities Fund recently – with funds to support replacing our 2 gas ovens/cooktops with induction ovens, as well as installing a new compliant rangehood, splash back and induction cookware. Funds also support helping to upgrade the power supply to 3-phase. This is part of our project to fully electrify the Centre – so we can use renewable energy harvested from our solar array and stored in our battery system. (we only have one more piece of the puzzle to replace the gas hot water system).



This project dovetails into the Community Energy work we've been undertaking – including making the Centre a place of resilience so that we can have power when the grid does down.

This will also help our volunteers with programs and activities that support the community – including our weekly FREE LUNCH- all welcome!

Did you know that you can borrow an induction cooktop from your local library? This gives you a chance to try it at home and see how it works for you.



HOME ENERGY AND WATER EFFICIENCY KITS

You can also borrow an energy audit kit from the Library – a device that can identify where you are losing heat/cooling so you can make

your home more energy efficient, more comfortable and save on power bills as well as reducing carbon emissions.

The Kit includes:

- **Power-Mate Lite**

The power-mate lite shows how much electricity an appliance is using and what this is costing you.

- **Thermal Imaging Camera**

The thermal imaging camera shows where hot and cold areas are around your house. It highlights areas where draughts, water leaks and missing insulation might be present.

- **Energy Saving Thermometer**

The energy saving thermometer shows the appropriate operating temperature for heating, cooling, hot water service, fridge, and freezer. It will inform you if you need to adjust your settings.

- **Water-Flow Measuring Cup**

The water flow measuring cup will tell you the flow of your shower and taps in litres per minute.

For more information: <https://www.myli.org.au/resources/home-energy-and-water-efficiency-kits/>

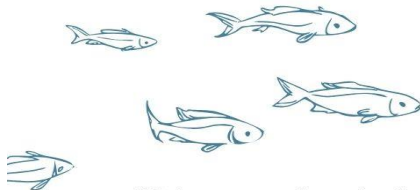




Venus Bay Angling Club.

The Venus Bay Angling Club October comp starts on Friday 13th October at 12 noon. There will be a weigh in Fri 4-6pm, Saturday 4-7pm and the final weigh in Sunday 2.30-3.00pm. 1st prize is a voucher for a local business for financial members.

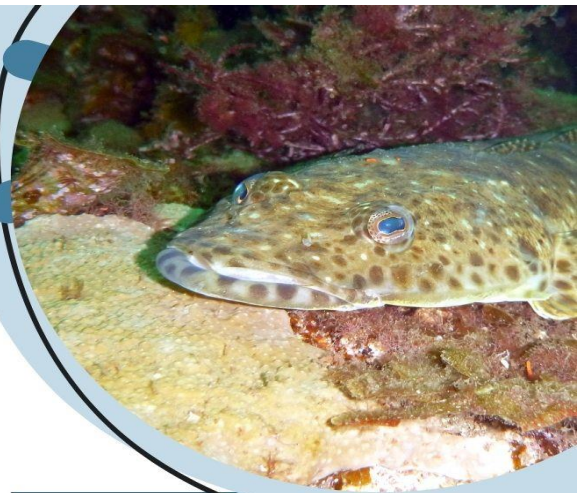
For non-members \$5 covers the cost of entry to the comp and the Saturday night BBQ. We ask everyone to bring along a salad/hot dish/dessert to share, the club provides the meat. Hopefully the weather will be better for this comp!



We will have a basic introduction to fishing, no experience required, just bring your enthusiasm. We'll cover what bait to use and guide you through how to set up your rod and tips on how to cast. We will also give you some tips on reading the local tides to optimize your fishing success and good spots to throw in a line whether you are land based or have a boat

Our club welcomes new members, learn more about club functions and join our fishing community. Embrace the social side, fishing isn't just about the catch - it's about laughter, friendship and memories created.

Whether you're a beginner or an experienced angler VBAC welcomes everyone to join in the fun. If you're not sure yet if fishing is for you, come along and have a chat and join in the sausage sizzle. Bring the kids and make it a family event!



VENUS BAY ANGLING CLUB PRESENTS:

GET HOOKED ON FISHING!

VBAC WILL BE HOLDING AN OPEN DAY AT GERALD'S SHED, FISHERMANS ROAD ON SATURDAY 28TH OCTOBER, 2023 BETWEEN 12 NOON AND 4.00 P.M.

South Gippsland Coastal Strategy Adopted

The Coastal Strategy has been implemented to provide strategic direction for our coastal areas and help guide sustainable land use and development.

It covers the following topics:

- Population pressure and development.
- Environment and landscape.
- Development and infrastructure land management.
- Community and economy.



The document is vital for our coastal communities as it helps us to understand, and plan for future challenges such as, increasing demand for residential and commercial development in coastal areas, climate change risks, and ageing infrastructure.

This strategy has been informed and developed through two rounds of extensive community consultation; around 800 people provided comments and submissions which aided in identifying issues and opportunities faced by our coastal areas. Council acknowledges that this document could not have been developed without community feedback and are thankful for the opportunity produce this plan for our region.

To read South Gippsland Shire Council's Coastal Strategy, please visit: [Coastal Strategy](#)

For those following the progress of the Cape to Cape Resilience Project – which covers areas between Cape Paterson and Cape Liptrap including:

- The open coast from Cape Paterson along the coastal cliffs adjacent towards Inverloch
- The open foreshore and surf beach at Inverloch
- The dynamic estuaries and tidal mudflats of Anderson Inlet
- The open coast and dunes of Venus Bay south to Cape Liptrap
- Inland from the coastline, allowing for assessment of estuary and groundwater impacts.

The results and progress of the study is available here:

<https://www.marineandcoasts.vic.gov.au/coastal-programs/cape-to-cape-resilience-project>



In August 2023, the Project Control Board endorsed the final draft of the Resilience Plan. The team is actively engaged in briefing project partners, including the two local government authorities and Parks Victoria, ensuring alignment with the broader goals of partner agencies, local communities, and other coastal land managers. These briefings are vital to secure the necessary support and identify how partners will be involved in implementing the actions in the Resilience Plan.

The Cape to Cape Resilience Project aligns with stages of Victoria's Resilient Coast – [Adapting for 2100+ framework](#) which:

- outline Victoria's strategic approach to coastal hazard risk management and adaptation
- were developed with collaborative partners across the State over 2021–2022
- are made under the *Marine and Coastal Act 2018*, and must be followed when planning, assessing and managing coastal hazard risk under the *Marine and Coastal Policy (2020)*.

These pages are just a snapshot of the Community Plan for Community Energy that has been developed over the last 12 months – and the full document will be available on our website later this week!

And if you haven't already seen it – here is the link to the film we of the project: <https://vimeo.com/843591326/7806c33a6f>



COMMUNITY RESILIENCE AND RELIABLE ENERGY FOR Venus Bay & Tarwin Lower 

Our plan for action

Five energy pathways

Five possible pathways for co-ordinated installation of renewable energy that could result in a microgrid for Venus Bay and Tarwin Lower.

When the pathways are combined, we can reach a target of 0MW of energy imported from the main grid, increasing our resilience and self-sufficiency.

The benefit of developing Pathways #1, #2 and #3 early could result in significant savings in energy costs for households, community organisations and local businesses.

Pathways #4 and #5 can support the households, businesses and community facilities that are not able to install rooftop solar and batteries and provide the balance of electricity for everyone.




COMMUNITY ENERGY ACTION PLAN 9



What will it take for this action plan and longer-term outcomes to be realized?

Many ideas were shared, and actions co-created at Workshops #3 and #4 that form the basis of the suggested immediate next steps and longer-term activities for achieving our community energy goals. Much detail has been written up in the supplementary tables in Appendix A, which cover the critical elements of any successful community energy initiative, as listed below.

These action plan tables will be the main focus of Workshop #5, where participants will be offered the opportunity to focus in on the specific parts of the plan that most interest them and discuss how they might be involved.



SHORTER TERM

- Overall co-ordination and implementation
- Organising - existing organisations and partnerships
- Community Champions
- Working Groups for the pathways
- Communicating and engaging
- Financial resourcing

LONGER TERM

- Capacity building
- A potential new legal entity
- Further research
- Undertaking pilots
- Communicating and engaging
- Financial resourcing

Monitoring and review

A co-ordinating group and several working groups are the most likely ways of organising and governing the implementation of this plan. Advisory Group members and additional community members are invited to continue their involvement and how they choose to monitor and evaluate this plan will be determined by them, based on final agreed action plans. The suggested starting point for co-ordinating, monitoring and evaluating action is bi-monthly working group meetings for Pathways 1, 2 and 3, and quarterly combined meetings of the Working Groups with the Co-ordinating Group. Quarterly community updates on progress and an annual event focussing on what's been achieved and what's next to do are also recommended.



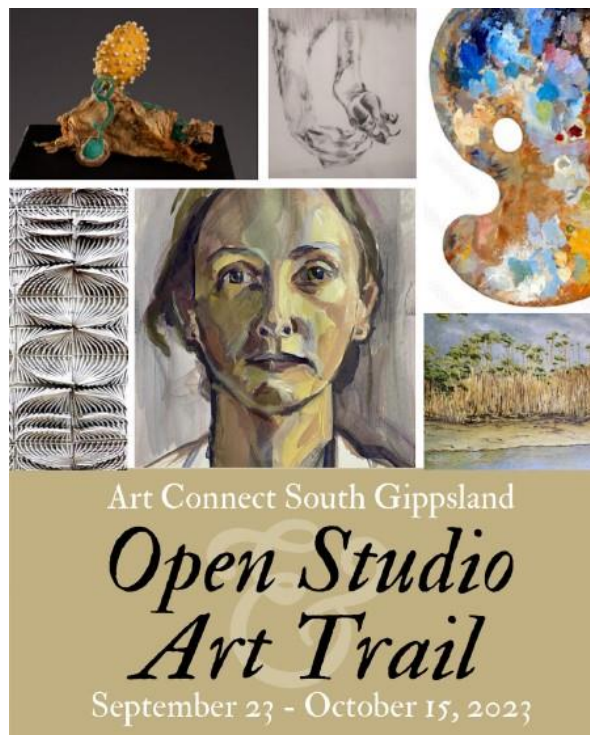
Open Studio Art Trail

Art Connect South Gippsland invite you to explore and discover more of South Gippsland through a range of exhibits, open studios and galleries in towns across South Gippsland. A great opportunity to meet with a range of artists and learn more about their work and artistic processes whilst visiting their gallery spaces.

The Open Studio Art Trail is being held on the following weekends:

- 7 and 8 October
- 14 and 15 October

For more information, click on the attached brochure: [Art Connect South Gippsland](#)



WOMBAT WALKERS GROUP



Wombat Walkers - Venus Bay/Tarwin Lower Walking Group >

The WOMBAT WALKERS GROUP is now 1 year old!

This fun group is open to everyone – they meet on Wednesday and Sunday mornings and take a stroll together either along the beach or river – you can come and go as you please – no need to commit every week. Well done to these folk for getting out there together to walk n talk. Dogs on leads are welcome too!

For more info jump onto the dedicated Facebook page: Wombat Walkers – Venus Bay/Tarwin Lower Walking Group

Youth Mental Health First Aid Courses

Youth Live4Life are hosting two free courses for parents, carers, teaches and anyone over the age of 18 years connected with young people.

The course teaches adults how to:

- Identify the signs and symptoms of developing mental health problem in a young person.
- Have a conversation with them when they are in distress or crisis.
- Support them in receiving help.

Where and when:

- Wonthaggi, 3 - 4 October

Ensure you don't miss out by registering your participation at: [Youth Live4Life](#)



Canva TRAINING



Canva is a great free online design tool that is easy to use. It is preloaded with templates you can customise or you can create your own design from scratch. This class is for anyone who uses social media, wants to make promotional flyers..

October 26th 2023 12.30 pm - 2.30 pm
Venus Bay Community Centre

\$5.00

Fantastic program for those involved with Community groups

VENUS BAY COMMUNITY CENTRE

The ANNUAL GENERAL MEETING of the Venus Bay Community Centre will be held in November on Saturday 24th at 10am.

This is a chance to report on the work of the Centre over the last year, to present our Annual Report and audited finance statements and to formally elect the board who will govern the Centre for the next 12 months.

The role of the Board is to oversee and guide the operation of the Venus Bay Community Centre – by developing and reporting against a strategic plan, and to ensure we meet our regulatory guidelines of the Neighbourhood House Coordination Program (yes – we are a Neighbourhood House!) as well as ensuring the finances are managed in a sustainable way while meeting all our fiduciary duties. We are a registered not-for-profit incorporated organization with charity status from ACNC.

Do you have what it takes to join our Board?

We are seeking active members who can contribute their skills, expertise and interest to the work we undertake to serve and represent our district - we have achieved some great projects and initiatives over many years, with ongoing and new initiatives.

Why should I put my hand up to join the Board?

- Actively participate in decision making and planning
- Share your ideas and expertise.
- Make a positive impact on our community.
- Collaborate with like-minded individuals.
- Develop new skills and gain valuable experience.

We are actively seeking new Board members with either financial/ business skills or legal expertise to complement the skills we currently have on our Board. We hold 8 board meetings a year, each for 2 hours. Beyond that there are opportunities to contribute to sub-groups or steering committees relating to specific projects.

Are you interested? For more information or to chat about what's involved: chairperson@vbcc.org.au

OUR ORGANISATION – VENUS BAY COMMUNITY CENTRE

VISION – our goal

Venus Bay and district - a strong, healthy, sustainable and connected community.

This is the dynamic reason for our existence. This is the 'why' that drives our work.

MISSION – how we will reach our goal

In our rules we have committed to 9 purposes or goals. We believe they will help our community to be stronger, healthier, sustainable and more connected:

Check our website for more information about the range of activities, programs and initiatives:

www.vbcc.org.au

ENERGY BILL RELIEF FOR HOUSEHOLDS IN VICTORIA

Eligible Victorian households can get help with their energy bills from 1 July 2023 through the [Energy Bill Relief Fund](#). The Victorian Government is administering the bill relief.

If you meet one of these eligibility criteria, you may be entitled to a \$250 rebate on your energy bill:

- Department of Veterans' Affairs (DVA) Gold Cards
- Health Care Cards (including Low Income Health Care Card)
- Pensioner Concession Card
- Carer Allowance
- Commonwealth Seniors Health Card
- Family Tax Benefit A and/or B
- DVA Gold Cards (Dependent)



How to get it

In most cases your electricity provider will automatically apply the bill relief to your electricity account to reduce the amount you owe on your next bill. How and when this happens depends on your situation.

If you already get help from your state government

If you already get a [Victorian electricity concession](#), you don't need to do anything. You will start getting the bill relief from 1 July 2023.

If you are eligible for help from your state government but do not currently get it

If you think you are eligible for a Victorian electricity concession but aren't getting it, you should contact your electricity retailer to register. You will then also get the new bill relief from 1 July 2023.

If you have an eligible card or get a payment from Services Australia

If you aren't already eligible for a [Victorian electricity concession](#), but you have one of the eligible concessions from Services Australia on 31 July 2023, you will be contacted directly by Services Australia in September 2023 to tell you what you need to do.

If you have an eligible card from DVA

If you aren't already eligible for existing Victorian electricity bill concession schemes, but you have an eligible DVA card on 31 July 2023 please contact your electricity provider from now up until 31 June 2024 to apply. They will ask you for your Unique Identification Number (UIN) or Veteran File Number and consent for them as the provider to check your eligibility

When you will get it

If you already receive a concession from your state government, your energy retailer will automatically apply the first instalment of \$125 to your account in August; you do not need to provide any further information. A second and final instalment of \$125 will be applied to your account in February 2024.

If you aren't already eligible for a [Victorian electricity concession](#), but you have one of the eligible concessions from Services Australia on 31 July 2023 you will be contacted by Services Australia in September and asked to lodge your consent through an online workflow. Once your consent has been lodged, your retailer will start to apply the single payment of \$250 from November.

Website: <https://www.energy.gov.au/rebates/energy-bill-relief-households-victoria>

Tarwin Lower Union Church



Regular services:

Saturday 5.30 p.m.

Catholic

Liturgy/Communion on the Saturday before the 7th, 2nd, 4th and 5th Sunday of the month

Saturday 4 p.m.

Mass before the 3rd Sunday

Sunday 10.30 a.m.

Anglican/Uniting

Our mission is to be a welcoming, sharing Christian community

Coming up:

*Women's discussion group: 12th, 26th October at 10.30 a.m.

*KYB (Bible study): (not meeting in October)

Keep the date free:

Christmas carols and sausage sizzle: Friday 22nd December from 6.30 p.m.



Tarwin Lower & District Community Health Centre Inc.

19 Walkerville Road, Tarwin Lower VIC 3956

Telephone 03 5667 5680

Fax 03 5667 5679

ABN: 54 549 578 717 Incorp: A0012733G

www.tarwinhealth.com.au

info@tarwinhealth.com.au

Tarwin Lower and District Community Health Centre Committee of
Management 32 second Annual General Meeting at
19 Walkerville Rd, Tarwin Lower
commencing

11.00am followed by lunch and refreshments.

To be held on

MONDAY 9 October 2023

We need to fill the **POSITIONS VACANT** as follows:

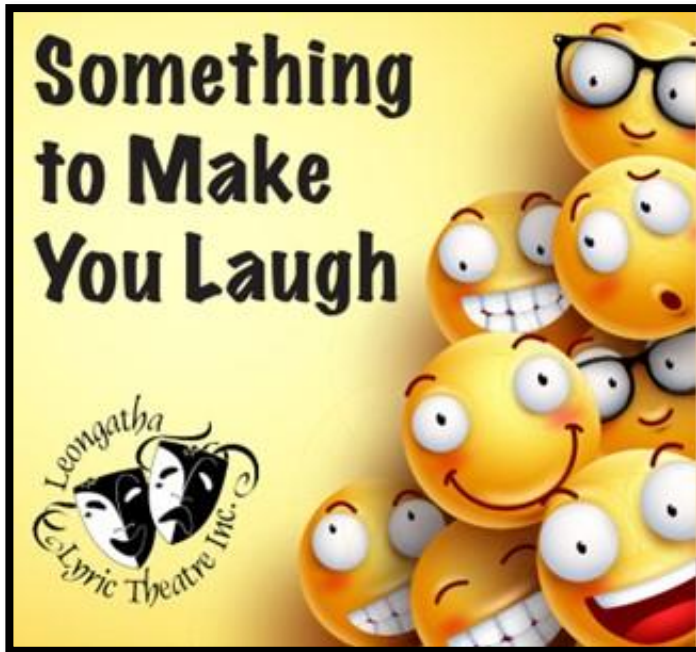
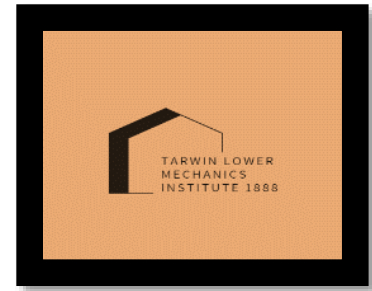
GENERAL MEMBER POSITIONS

Contact the following for further information if required to sign up or nominate for the above positions, these must be sent 10 days before meeting.

Please call Teresa Davison on 0484743290 or Brian Henderson on 0425743951

Hello all. First a report on the Weatherboard Repair Project. We are managing some challenges regarding work on the front façade but we are positive these will resolve and allow work to recommence soon!

Secondly, as you may have heard the last month's Tarwin Lower Film Society screening could not go ahead due to technical issues with the projector. Film Society members will shortly be contacted with an update on the rescheduling of the film "Misbehaviour".



On a happier note, we can announce a fresh show coming to the Hall courtesy of the Leongatha Lyric Theatre group.

"Something To Make You Laugh" is a new comical travelling show bound to hit you on the funny bone!

Friday 24 November 2023

Doors: 7:30pm

Show: 8:00 – 10:30pm with interval
BYO drinks and nibbles – tables of 8.

Cost: Full \$30 Concession \$20

Tickets available via the link below or scan the QR Code.

<https://www.trybooking.com/CMCDE>

EFTPOS Door sales available on the night.



Once again Michelle Ford and her merry band of volunteers have thrown their considerable talents behind our very own TL Primary School to raise money for their new play equipment.

Saturday 4th November at 7:00pm

Guaranteed to be a fantastic night with music from Issi Dye and Glenn Rodgers to get you up on the dance floor, massive raffle prizes and auction items.

Please note all tickets must be pre-purchased before 4 November

NO DOOR SALES. \$30 U/16 free entry

Tickets from Mitre 10 or call Michelle on 0487 120 041

All the best

Marg de Wolff

Secretary, Tarwin Lower Mechanics Institute
Committee of Management

tarwinlowerhall@gmail.com


1 of 1

TARWIN LOWER PRIMARY SCHOOL

MAJOR FUNDRAISER EVENT

SATURDAY NOVEMBER 4TH 2023.

HELP SUPPORT THE LOCAL PRIMARY SCHOOL RAISE MUCH NEEDED FUNDS FOR NEW PLAY EQUIPMENT.

 **ROCK 'N' ROLL**

STARRING AUSSIE ICON ISSI DYE ALONG WITH
GLENN RODGERS

TARWIN LOWER MECHANIC HALL RIVER DRIVE. DOORS OPEN 6.00 PM.
SHOW STARTS AT 7.00 PM.

ADMISSION \$30 CHILDREN UNDER 16 FREE. B.Y.O GLASSES, DRINKS, NIBBLES
TICKETS MUST BE PRE-PURCHASED BEFORE 4TH NOV. NO WALK-INS

TICKETS FROM MITRE 10 - SEE MICHELLE PH: 0487120041.

EFTPOS AVAILABLE ON THE NIGHT

MAJOR RAFFLE PRIZES – FANTASTIC AUCTIONS

GREAT MUSIC – FUN FOR ALL THE FAMILY

Hello all,

It's been a massive month with summer coming and lots to get ready for, the next council meeting is on the 18th of October, here is a link to the Sept one where according to the Sentinel I am "busting with enthusiasm" moving the Coastal Strategy motion 😊 <https://youtu.be/tDp4oBdig2k>

Venus Bay Streetscape Things are going well and thankfully starting in the risky weather period didn't hamper things too much, we are still due for completion before the summer holidays. Thanks everyone for your patience especially our businesses, in the meantime - shop local everyone shop local!

Over the next few weeks you'll start seeing a streetscape not a war zone and it would be a good idea for the plant boffins amongst you to think about what these plantings should be, there are more plant beds and something tells me not pansies and daffodils!

Wastewater Issues on Jupiter Boulevard When I ran for council I said I even love the messy stuff about this place but this month has been over the top with the street dug up and the unrelated catastrophic failure of the septic in our business district!! Just to be clear this septic is not a council responsibility but an issue between the building owners and tenants, it also had nothing to do with the street works, just terrible timing.

What happened is: On 19 September, Council issued a Prohibition Notice and an Improvement Notice pursuant to the *Environment Protection Act 2017* (Vic) to the landowners of 114-116 Jupiter Boulevard, Venus Bay. The notices were issued based on inspection and independent analysis which revealed that the wastewater system that services the property had suffered a catastrophic failure and was presenting an urgent health risk to the community and the environment. The notices require the landowners to prevent any further use of the wastewater system, until it can be repaired or replaced. Council is currently working with the Owners Corporation at 114-116 Jupiter Boulevard to find a workable and compliant solution.

You can view a statement from Council's Chief Executive Officer, here:

<https://www.southgippsland.vic.gov.au/news/article/285/statement-from-the-ceo-wastewater-is-sues-at-jupiter-boulevard>

The South Gippsland Coastal Strategy This strategy is a large part of my *why* at council and I'm thrilled its finally been adopted and unanimously supported by all nine councillors.

The Coastal Strategy provides strategic direction for our coastal areas and will help guide sustainable land use and development. It covers the following themes:

- Population pressure and development.
- Environment and landscape.
- Development and infrastructure land management.
- Community and economy.

The Coastal Strategy is vital for our coastal communities as it helps us to understand, and plan for future challenges such as the increasing demand for residential and commercial development in coastal areas, climate change risks and ageing infrastructure.

The document contains 23 separate actions ranging from modification to the South Gippsland Planning Scheme and further policy development, to the promotion of community safety in coastal townships. Some of these actions Council will be able to undertake independently, however many will require extensive collaboration with key partners including other levels of government and, most importantly, local communities.

This strategy has been informed and developed through two rounds of extensive community consultation; around 800 people provided comments and submissions which helped to identify the issues and opportunities faced by our coastal areas. Council acknowledges that this document could not have been developed to this level without this community feedback, and are thankful for the opportunity to produce this plan for our region. To read the full strategy please go here [Council Strategies and Plans | South Gippsland Shire Council](#)

Summer Safety I cannot tell you how many amazing volunteers hold this place together and provide all of the emergency support day in day out of their sense of community and love for this extraordinary place.

The East Gippsland fires on Grand Final weekend were a sharp reminder to us all that we each must have a plan that considers all the different risks living in this magic part of the world brings; the best plan on very high fire danger and above days is don't be here, did you know in Venus Bay there is no safe place? In the case of the Tarwin road being cut off in flood you may need to have provisions to last a bit longer than normal. When power goes you lose water, fill water containers when you know a storm is coming or a likely power outage.

These tips may sound alarmist but to help our volunteers please make sure you and your guests and visitors know the plan. Make your plan as simple or complex as you like, make sure it includes early actions you will take so if an emergency hits you aren't starting from step 1. Here is an awesome plan template to work with: [red-cross-rediplan-disaster-preparedness-guide.pdf \(redcross.org.au\)](#)

Free Money

Sporting Club Grants Program

As part of the Australian Government's commitment to make community sports more inclusive and accessible, the latest round of Sporting Club Grants is now open for application.

If you are part of a community sporting group in need of funding for equipment, uniforms or even to promote your club, the Victorian Government's Sporting Club Grant Program could be for you.

Applications for this round of funding closes Thursday 12 October at 4.00pm. For more information and to apply, please visit: [Local Sporting Club Funding](#)

Small Regional Presenters

Small Regional Presenters is a funding program aimed at supporting regional communities to program and present shows in their areas. The funding is available to both, emerging volunteer small regional presenters, and returning volunteer community presenters. Applicants are encouraged to contact the Small Regional Presenters Project Manager to discuss their application. Funding of up to \$15,000 is available per successful applicant. Applications close Monday 30 October at 5.00pm. For more information and to apply, head to: [Regional Arts Victoria Funding](#)

Thanks and stay safe everyone, Cr. Sarah Gilligan

GRANTS AND FUNDING

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Advanced Grant Writing Workshop

This workshop is for you if you are actively involved in grant writing for your community group and have experience or have previously participated in a grant writing workshop.

Here are the event details:

- Thursday 2 November.
- 5.30pm to 8.00pm.
- Leongatha Council Chambers (Meeting Room 1).
- Free Workshop.
- Light meal Included.



For more information and to reserve a spot, please visit: [Advanced Grant Writing Workshop](#)

Volunteers Wanted

We are always on the look out for more volunteers:
Do you have an interest area you would like to help out in?

gardening
vegetable gardening
helping people with computers / phones etc
assisting with the shop
running workshops
creating social media
holiday activities

once a week , once a month, only in Summer....

Get in touch to discuss options

VENUS BAY
COMMUNITY CENTRE

MONDAY

10.00 - 12.00

SILVER BANKSIA PLANT GROUP



TUESDAY

5.00 - 6.30

BOOK CLUB 2ND TUESDAY OF THE MONTH



WEDNESDAY

FREE COMMUNITY LUNCH
WEDNESDAYS 12.00



Regular Activities

phone 5663 7499
info@vbcc.org.au

THURSDAY

UKULELE
7.00 - 8.30
\$5.00





FAMILY STORY TIME AT VENUS BAY COMMUNITY CENTRE

Join us for a special Family Story Time in the morning when we will share fun and fabulous picture books, songs, movement and craft activities. Ideal for youngsters at kinder and about to start school (ages 3 - 6)

**EVERY WEDNESDAY AT 10:30 AM
FOR 6 WEEKS STARTING
OCTOBER 4TH**



**More info: myli - Wonthaggi
Library
03 5672 1875**

COMMUNITY RECYCLING ENTERPRISE

Update

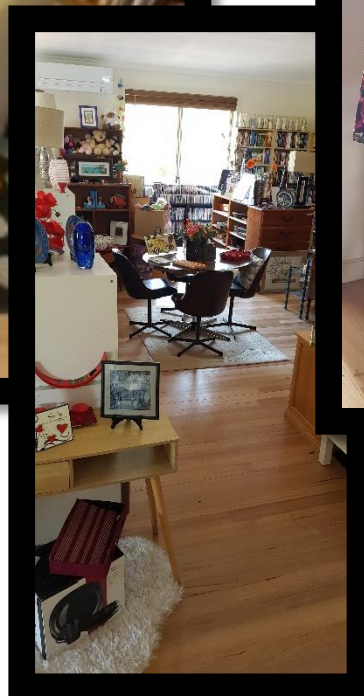
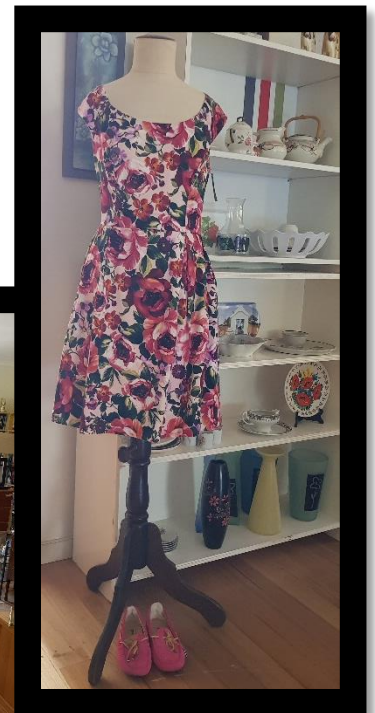
It has been a couple of months since we have had our floors refinished and things are looking great.

A big thank you to all our amazing volunteers and staff who put in an incredible effort to get things
back up and running.

If you haven't been in lately, pop in for a cuppa and check out our lovely revamped store.

We are currently accepting donations, including (but not limited to) good quality clean clothing, shoes, bric-a-brac, knick knacks, kitchenware, small furniture pieces, chairs, arm chairs, side tables, bedside tables etc.

Due to the size of our store, larger pieces of furniture can only be accepted by prior arrangement, please contact Kaz or Alyson on 5663 7499.



We welcome new volunteers whether you have only a short time to help out or on a regular basis.



REAL CONNECTIONS.
MINDFULNESS.
LAUGHTER.
THERE'S GOLF FOR THAT.

The Meeniyah Golf Club

Our program will include professional tuition as well as help from our Community Instructors. Friendly and relaxed atmosphere to learn a new skill. A home style morning tea will be provided each week where you'll be able to socialize with your fellow participants and our members. bring comfortable clothes, flat shoes, a drink and sunscreen.

Time: Sundays 10:00am – 11:00am

Dates: 15th October – 19th November

Cost: \$120

Registration: Register through the QR code or at <https://www.golf.org.au/getintogolf/programdetails?programId=32064>

Enquiries: Sue – 0429 932 467



Scan to find
a program.

GET
INTO
GOLF.

[golf.org.au/getintogolf](https://www.golf.org.au/getintogolf)



PGA
AUSTRALIA



PLANNED ACTIVITY GROUP

Social Support Program – known locally as **Friday Group**. Pick up and return from your home.

IS THIS FOR ME?

Designed for older people and under 65's if eligible. Or those with a disability who might be feeling isolated and wish for more activity and friendship. (NDIS Clients welcome).

WHAT ARE SOME OF THE ACTIVITIES?

We offer a range of activities – most popular...

- Bus trips to local parks, beaches, gardens, galleries and museums
- Pub lunches and cafes
- Picnics and BBQ's
- Shopping centres and Op-Shops
- Guest speakers and performers
- Quizzes and theme days

IS THERE A COST?

A subsidised low fee covers most activities, food and transport. Fees may be covered by your Home Care Package or NDIS Plan if you have one.

WHAT'S ON OFFER?

Weekly activities and social groups based in our local centre at Tarwin Lower Community Health Centre. Morning tea and lunch provided.

WANT TO KNOW MORE?

Contact **Kathryn** our Support Coordinator on **5654 2741**, or 5654 2721 to chat with our friendly staff.



School Holiday fun

Maria did a great job with two cooking activities that ran at the Centre in the second week of School Holidays.

The Healthy Chocolate bars were delicious and so was the flatbreads

For anyone who missed out the recipes are as follows.



Chocolate Oatmeal Bars

4 cups semi ground instant oats

2 cups of coconut

250 grams salted butter – melted

$\frac{3}{4}$ cup of maple syrup

120 grams dark chocolate powder (or cooking chocolate)

Mix all the dry ingredients together, add melted butter and maple syrup.

Mix well, Press into tray, Put in fridge to cool and set

Cut into slices

Flatbreads

3 cups plain flour, 1 tsp baking powder, 1 tsp Himalayan salt, 1 $\frac{1}{4}$ 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.





Garage Sales all over Australia

11-12 & 18-19 November

Bag a bargain this Spring

Cash in or bag a bargain when the Garage Sale Trail, Australia's festival of pre-loved stuff, comes to South Gippsland this Spring. Boasting garage sales across Australia on 11-12 and 18-19 November, the event is a great chance to turn your stash into cash and shop epic stuff at retro prices.

"Garage Sale Trail helps neighbours connect, make some money and keep their good stuff out of landfill. With free registration, how-to guides, promotional resources and even touch-free PayPal QR code payments, its garage sales made easy for sellers over two big weekends."

Before the sale weekends there will be a series of online talks featuring an all-star cast of experts and familiar faces sharing their sustainable living tips that are kind on both planet and pocket.

Featuring presenters Barry du Bois and Veronica Milsom—alongside experts in secondhand selling, styling and the circular economy—the Trail Tutorials are hosted online and are free to attend.

Participation in the Garage Sale Trail program is free. Register your sale and find the Trail Tutorial schedule

<https://www.garagesaletrail.com.au/South-Gippsland>

Garage Sale Trail is Australia's festival of pre-loved stuff, encouraging residents to sell, shop and learn about the circular economy. Registration is free at www.garagesaletrail.com.au

- Host a garage sale or shop the trail on 11-12 or 18-19 November 2023.
- Attend a Trail Tutorial online workshop on 28-29 October 2023.
- 10,000 garage sales are expected over the two sale weekends nationally.
- A likely 400,000 Australians will participate as sellers and shoppers.
- Two million items are projected to be listed nationally.



ABOUT GARAGE SALE TRAIL

Garage Sale Trail is a not-for-profit social enterprise founded by Sydney mates, Darryl Nichols and Andrew Valder. It seeks to educate Australians on the importance of reuse, and the need to take individual responsibility for the impact of our consumption habits whilst also building stronger, more connected and more resilient communities. Now into its teenage years, Garage Sale Trail has grown from a grass roots idea in Bondi Beach where it started in 2010 to being powered by over 80 councils nationally and supported by PayPal and the Victorian state government.



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

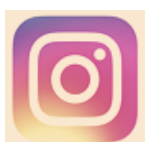
or call Alyson 0416 242 331

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.



VENUS BAY
COMMUNITY CENTRE