

MATTER OF FACT

a free community newsletter published by
Venus Bay Community Centre

OCTOBER 2021 Vol 14 Issue 10



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.

COASTAL PROMONTORY WARD CANDIDATES

SOUTH GIPPSLAND SHIRE COUNCIL ELECTIONS 2021

We asked each of our candidates to provide information for Matter of Fact so that our community can make an informed choice about who represents us in Council.



Sarah Gilligan

Hello, I'm running for council to put my professional skills and love of this place to work. As a mother, environmental and community advocate and professional leadership coach – I know a lot can happen in three years.

I want to help drive the change our region needs to cope with the impacts of rapid population and tourism growth. Change that draws on our strengths, change that honours the past and protects the future.

We need big picture thinking and a new style of council leadership that values collaboration - our roads and footpaths CAN be made safer; development and tourism CAN grow sustainably; our rates CAN be better spent; and our services CAN be improved.

But only if we put accountability and community back at the centre of local

government; only if we listen, as well as lead.

Politics too often trades on weakness; on the fuel of division and argument; on the economy of individuals. On personality, and not on the purpose for which we serve, the job of working for the people who pay the rates.

It's time for a new kind of council, a new relationship with the community, a new way of working, together. We deserve nothing less. www.gillyforgippy.com



David Liebelt

I am married to Darlene and have 4 children and 8 grand children.

I have been a resident of Venus Bay and Tarwin Lower for 21 years. We owned the Venus Bay General Store for 7 years.

Over the years I have been involved in the Venus Bay Pippie Reference Group where we assessed the impact of pippie hunting and the sustainability of the mollusc.

As a member of the local Business Association I worked on having domestic rubbish collection introduced to Venus Bay and Tarwin Lower. The Business Association strongly supported Friends of Venus Bay in the quest to "Save our Reserves". As owner of the Venus Bay General Store we were a major sponsor and supporter of the Venus Bay Surf Life saving Club.

I would like to represent the "quiet majority."

The Coastal Ward has not seen a decent return on their rates. That needs to stop. I will maintain a close eye on the Council's budget with a view to minimising waste and duplication. I pride myself on honesty and collaboration with all community members. We may not agree at times, but let's talk. My job will be to represent your views. Not mine.

David Liebelt. Phone: 0437637588. davidliebeltsgsc@outlook.com



Sue Plowright

Hello, I'm Sue Plowright, you'll see me second from bottom on the ballot paper!

I'm standing because I'd like to help build a trusted and dynamic Council that makes things happen for the whole shire, including small towns and outlying areas. Along with years of experience teaching, I've worked both in a local shire council as a Social Planner and in a large government department on state-wide homelessness projects. I have a doctorate in democracy and governance in education and as a researcher I'm trained to listen, observe carefully and think deeply, which are skills I'd like to contribute. One of the things I'm currently hearing from parents, partly because I co-run a youth group, is the need for more recreational, social and other opportunities for our young people. Rural young people often face extra disadvantages and while our Shire is working on

important mental health projects, I do see other Shires doing great things that I'd like to see happening here. I'm also hearing many people worried about the environment and changing climate, so turning the climate risks into opportunities is a priority for me. Please don't hesitate to contact me via www.sueplowrightcandidate.net, sue@sueplowrightcandidate.net or by calling 0413085736.



Moyha Davies

I am running for council because I care deeply for our community. I bring years of experience working and volunteering in South Gippsland. I am committed to the restoration of a strong shire council that can be trusted, respected, and most importantly, one which the people of South Gippsland can be proud. I have a proven history of involvement within the community. I am a “Gippy” girl born and bred and am passionate about our Region. I am a local business and farm owner, having raised a large family in Foster for over 40 years.

- As an ethical Councillor, 2008-2016
- Substantial business networks
- 30 years involvement with Early Childhood Education.
- 15 years as owner of a Tourism based business
- 30 years as a board member of the South Gippsland Hospital



Mat Morgan

I am proud to be the Greens-Endorsed Candidate for Coastal Promontory ward in the South Gippsland Shire Council election. I work locally for a small business and co-founded the Bass Coast Climate Action Network . As a hard-working Foster local, I will show up for the people of our community and ensure everyone is represented. Our area has faced its share of challenges, but with a collaborative council that really listens to people, I believe we can rebuild trust and improve the everyday lives of residents in South Gippsland. Our beautiful coast and rural farmland need protection, and our council can lead the way with solutions that create jobs while caring for our air, lands and waters, including supporting ecotourism and regenerative agriculture. As your councillor, my priorities will be: 1) Declaring a climate emergency and forming a community-led climate action plan to address

climate change, reduce emissions and invest in renewable energy; 2) Deliver the quality services that care for our community’s health and wellbeing, while rebuilding small businesses and supporting local arts and tourism; 3) Protect our natural environment; 4) Address gendered violence along with all forms of discrimination and promote respect and equality for all.

Please contact me at mat.morgan@vic.greens.org.au to let me know about what matters to you.



Anda Banikos

Anda Banikos - Independent Candidate for Coastal Promontory Ward

I am a primary school teacher and community organiser who has lived near Fish Creek for three decades.

I am running for Council because I see an urgent need to restore trust in our Council, and for genuine community input into planning and the future of our Shire.

As a councillor, my core priorities would be to:

- restore trust in Council;
- involve the community in decision-making;
- recognise the climate emergency and plan a sustainable future;
- support regenerative farming; and
- advocate for fair housing.

During my community volunteer work - organising festivals, exhibitions, workshops and performances and volunteering with Landcare and Friends of the Prom - I have met many inspiring individuals and helped our wonderful communities grow.

I therefore know we have many great community welfare, environment, farming and business initiatives already happening here. Council should make connections with these organisations, businesses and individuals, listen to their concerns, and provide leadership and support. We need to work together for a sustainable future.

I am ready to listen to what you care about in our Shire. You are welcome to contact me on 0409 180 346 or through my website at andabanikosindependent.org

Authorised by Anda Banikos, 150 Meikle Road, Fish Creek



Scott Rae

A Beef, Sheep and Timber farmer. I moved to sth Gippsland 7 years ago and found this to be one of the best decisions of my life, with plenty of recreation opportunities for fishing foraging for edible mushrooms, growing your own fruit and vegetables, In my opinion South Gippsland is truly a paradise, even if the roads are in need of some additional attention. I believe our council should first focus on the 4 R's that local government manages; Roads, Recreation, Rubbish & Rates independently and free of outside interference or party agendas.

I am passionate about protecting the right to farm

I have a strong desire to see a council well run with transparency, spending within our means and a high satisfaction approval from residents & ratepayers, who see the value in their councils investments.

If elected I look forward to working with my fellow councillors and the people of South Gippsland to continue to make South Gippsland a destination of choice for new residents, tourism and shopping for the great produce we grow. Please feel free to contact me at Scott.Rae.Candidate@Gmail.com

Phone 0402298574. Written and authorised by S.Rae 985 Ameys Track Foster Nth 3960.

All the candidates

Coastal-Promontory Ward	Strzelecki Ward	Tarwin Valley Ward
RAE, Scott	AMOR, David	CURTIS, Jeremy
DAVIES, Mohya	FORBES, Jim	LOVE, Lindsay
LIEBELT, David	FELTON, Michael Patrick	CORCORAN, Andrew
BANIKOS, Anda	HIRST, Frank	DARAKAI, Adrian
MORGAN, Mat	McEWAN, Andrew	COUSIN, Rosemary
PLOWRIGHT, Sue	HERSEY, Nathan	SCHELLING, John
GILLIGAN, Sarah	KEERIE, Jenni	EDWARDS-GALAL, Nicole
		WILLIAMS, Clare
		HILL, Don
		HARMER, Leslie John

Local Government responsibilities

Local councils make decisions on a range of local issues. Their responsibilities include, but are not limited to:

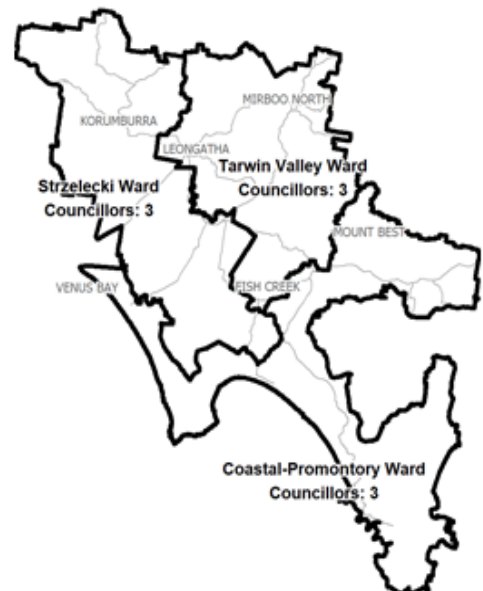
- maternal and child health care centres
- child care
- meals on wheels and home help
- sporting facilities and recreation reserves
- libraries and community centres
- animal registrations
- rubbish and recycling collection
- town planning and building regulations
- local roads and footpaths.

The election will be conducted entirely by post.

Voters who were correctly enrolled for the South Gippsland Shire Council election by 4 pm on Friday 27 August should start to receive their ballot pack from Thursday 7 October, which they must complete and return as soon as possible using the reply-paid envelope provided.

Voters can also hand deliver their completed ballot material to the election office between 9 am and 5 pm, Monday to Friday. The election office is located at 37 Bair Street, Leongatha.

Voting closes at **6 pm on Friday 22 October.**



AN OPPORTUNITY TO BE IN CONVERSATION WITH COUNCIL CANDIDATES



South Gippsland Community members
are invited to attend 'virtual'
Candidate forums.

All candidates have been invited to present short speeches, followed by an audience Q&A. Facilitated by Colin Pidd and Jen Young, this is a great opportunity to hear from candidates in your ward and assist you to make an informed voting decision.

All forums via zoom from 7 – 9pm.

Tues 5th – Coastal - Promontory Ward

Wed 6th – Strzelecki Ward

Thurs 7th – Tarwin Valley Ward

SouthGippsland.CandidateForum@gmail.com

Organised by

Venus Bay
Community Centre
Foster Chamber of
Commerce

Leongatha Business
Association

Mirboo Country
Development Inc

Mirboo North Times

Korumburra Round
Table

To attend, go to
www.zoom.us

click join meeting
and add the
following Zoom

Meeting ID:

931 8058 5693

Passcode:

r8JkSc

Please use your full name and
turn camera on. Meeting will
be recorded.

COMMUNITY ENERGY RESILIENCE PROJECT – update

We are thrilled to say our Energy resilience project at the Venus Bay Community Centre has now started. As part of our work to champion Community energy and community resilience, we were thrilled to be part of the Sustainability Victoria funding for implementation ready projects- the large application was submitted by Gippsland Climate Change Network, Energy Innovation Cooperative & Mallacoota Energy Group to establish a COMMUNITY POWER HUB in Gippsland (more information in following pages). There was additional funding allocated to shovel ready projects – and we were thrilled that our project to be a Centre of energy resilience for our community was one of those chosen.

For us, we are adding additional solar panels, along with a significant lithium battery and we will also purchase a back up generator. This will enable the Community Centre to be available as a resource when the power goes out/down; be a centre of information and continue to progress our Community Energy for Venus Bay project. Funding of \$60k was received and the Centre will contribute a further \$15k to achieve the project.



We know our many of our community members are doing it tough with COVID restrictions and are not able to come to their homes in Venus Bay and district.

We know this is worrying and we are happy to help by doing a DRIVE BY PHOTO of your property to give you some piece of mind.

Please text your address to

Alyson 0416 242 331 and we'll do our best to help.

FREE MULCH LOADING AT VENUS BAY TRANSFER STATION

The Shire loader will be on site on the weekend of **October 23 & 24** to assist loading free mulch from the transfer station in Venus Bay. Following this, the Green Waste amnesty starts in November & December – this is a chance to drop your green waste for free.



TOGETHER TO A CLEANER GIPPSLAND



WHAT IS THE GIPPSLAND COMMUNITY POWER HUB?

The Gippsland Community Power Hub is a program that supports community organisations transition to renewable energy and be part of helping Victoria move towards zero carbon emissions by 2050.

By shifting to renewable energy, you are contributing to the future of Gippsland and its position as the renewable energy centre of Victoria.

You're inspiring others to consider possibility, creating meaningful change in your communities, establishing new energy systems that reduce the long-term cost of energy, and forging a pathway for a better, more sustainable Gippsland.



Technical Advice

Support to understand the technical and legal requirements for community energy projects including behind the meter agreements and power purchase agreements.



Financial Support

Assistance with project budgets and funding sources.



Connecting Communities

Providing links and partnerships between communities of shared interest and building support for renewable energy service providers in Gippsland.

DO YOU HAVE A RENEWABLE ENERGY PROJECT IDEA?

Talk to us.

East Gippsland

andrea.lane@gccn.org.au

beth.ripper@gccn.org.au

Southern Gippsland:

tammy.logan@gccn.org.au

Central Gippsland

rowena.mcnaughton@gccn.org.au

WHAT'S ON AT THE CENTRE

We are pleased to have been able to open the Centre again – albeit with some restrictions on numbers and of course with COVID safe plans in place.

There are lots of things on at the Centre if you'd like to get involved, come and try activities or just come in for a cuppa and a chat.

Plant group on Monday mornings from 10am to 12 noon – a group that gets together to propagate native and indigenous plants, and also helps to grow manna gums for our koala food program.

The Centre garden has been getting some love and attention from our marvelous volunteers – new veggies planted, fruit trees pruned and fertilized and new beds created. Come along for some garden fun on Thursdays.

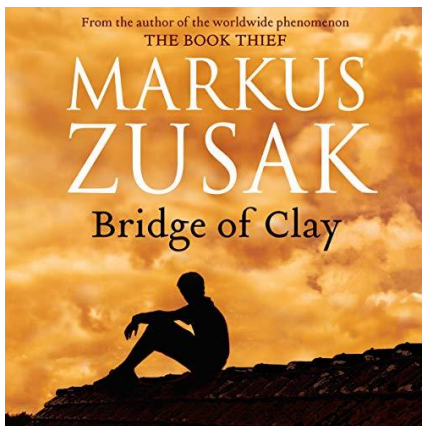


Every Wednesday we have a **FREE community lunch** – come along at 12 noon to share some food and meet others.

Our Community **PLAYGROUP** welcomes all families and children every Thursday morning from 10.30 – 12 – a great way to connect with each other –



everyone welcome.



Book Club on the first Tuesday of each month from 5pm – 6.30 – our current book is Bridge of Clay by Markus Zusak.

Community YOGA is back on Friday and Sunday mornings at 9.30am – 10.30am.



Bookings are essential – Tracie 0421 300 407

Our **Community Recycling Enterprise** is open from 10am to 2 pm on Monday, Wednesday, Thursday, and Saturday.

We have lots of **POP UP** things coming up (hard to plan during these uncertain times) to keep in touch via our Facebook page.



Power Saving Bonus Rebate

Bring in the right paperwork and we can submit online for you. It only takes about 5 minutes to complete.

You must be receiving benefits and have a current pensioner or healthcare card.



VENUS BAY COMMUNITY CENTRE

The Venus Bay Community Centre held its Annual General Meeting in September. The Annual Report that details the work of the Centre over the past 12 months was presented and a new Board of Governance was elected. We are pleased to welcome the following members of our Board for 2021-2022:

- Wendy Lawrence – President
- Jon Hall – Treasurer
- Debbie Kraushofer – Secretary

Returning members

- Tracie Mitchell
- Henry O 'Clery
- Jennine Rouget
- Margaret de Wolff

New members:

- Robb McGregor
- Judy Walker

The Board accepted resignations from Sue Peterson and Sue Flere with many thanks for their contribution to the Board over many years.

Our Annual Report is a great snapshot of our Centre and can be found on our website.

VENUS BAY COMMUNITY CENTRE INC ANNUAL REPORT

2021

VENUS BAY COMMUNITY CENTRE



UPCYCLE, REVAMP OR REPURPOSE.

Like many other recycling enterprises we can be overwhelmed by the amount of items that are donated. We are looking for inspiration and ideas for many common items and would love to see your project pictures and stories.

Share to our facebook page or email us with your project so we can share it with others. info@vbcc.org.au



Inspiration pics
from Helen
Parker



IDEAS AND INSPIRATION



IS YOUR **BBQ** SAFE?

3 simple steps to keep your family safe

1

**Check the
cylinder**

2

**Check the
hose and
connections**

3

**Check that
its clean**

cfa.vic.gov.au

Enjoy a fire safe barbecue



**Been a while since you last used your gas barbecue?
Follow these **three steps** to be sure it's safe.**

1. Check to see if the cylinder is damaged

Don't try to refill a damaged cylinder – exchange it at a reputable supplier.

2. Check the hose to make sure it hasn't deteriorated

Spray the hose and regulator connections with soapy water – if soap bubbles appear, you'll know that gas is escaping. This means you'll need to either correct the connections or replace your hose.

3. Check that your barbecue is clean

Excess fat or residue can cause a fire.

**If a fire does start from a gas leak, don't try to extinguish the flames.
Turn off the gas at the cylinder, but only if it's safe to do so.**

More safety tips

Keep plenty of clear space between your barbecue and anything flammable.



Be aware that if wind blows the flame out, unburnt gas can build up to dangerous levels. If this happens, turn off the gas at the cylinder, and wait a few minutes before you light the barbecue again.

Using a barbecue indoors is illegal.

Tarwin Lower Union Church

News



Regular services:

Saturday 5:30 p.m. Catholic
and Mass 6.30 p.m. (every Saturday after 2nd
Sunday of the month)

Sunday 10.30 a.m. Anglican/Uniting

Our mission is to be a welcoming, sharing Christian community

General church notices

- We are delighted to be back worshipping in the church
BUT
- We are saddened by the death of Lillian Farrar who was a loved and valued member
of the congregation and community
A private service (for family only) will be held on Friday
Check the Handley and Anderson Wonthaggi website for details of the live stream

COMMUNITY GUIDE AVAILABLE

Community Guide to local health services and supports



The Community guide to health services second edition available now.

This is a fantastic resource of local health and support services across South Gippsland and Bass Coast – publication coordinated by South Coast Primary & Community Partnerships.

Easy to download [here](#): or come in to the Centre and pick up a copy.

Tarwin Lower Film Society

The Tarwin Lower Film Society was able to continue our 2021/2022 season in September with the film "The Kite Runner". As the Covid regulations allowed for only a maximum of 20 people, we decided to run the film over 2 nights, which proved successful. We had just under 20 people on both nights. The film rating from attendees was 4.7 out of 5!!

We will have to delay the film night in October due to work being done on Tarwin Lower hall floor. I'll advise a new date when available.

ISLE OF DOGS – 2018 USA/German co-production – Rated PG

Synopsis: Isle of Dogs is a 2018 stop-motion animated science-fiction comedy film written, produced, and directed by Wes Anderson. It features the voices of Bryan Cranston as the dog Chief and Koyu Rankin as a young human called Atari. The film's large ensemble cast includes Edward Norton, Liv Schreiber, Bill Murray, Jeff Goldblum, Scarlett Johansson, Kunichi Nomura, Tilda Swinton, Ken Watanabe, Akira Ito, Akira Takayama, Frances McDormand, Yoko Ono and Harvey Keitel.

The mayor of Megasaki orders all the dogs to be quarantined on an island after the outbreak of canine flu. 12-year-old Atari sets off alone in a miniature Junior-Turbo Prop and flies across the river in search of his bodyguard-dog, Spots. There, with the assistance of a pack of newly-found mongrel friends, he begins an epic journey that will decide the fate and future of the entire Prefecture.

Critic reviews:

- A canine tale of strange beauty. With none of the archness of his Fantastic Mr Fox, Wes Anderson's gorgeous new stop-motion tale is a funny, touching, doggy delight.
- Just as the look of the film is breathtaking, the scripting is astounding.
- Meticulously crafted, well-acted and often hilarious.

See link to trailer: https://www.youtube.com/watch?v=dt_kig8PVU

Films are screened at the Tarwin Lower Mechanics Institute Hall.

It's not too late to purchase your membership. Memberships are available at Trybooking.com (just search for Tarwin Lower Film Society). 12 months - \$60 3 months (consecutive) - \$25.

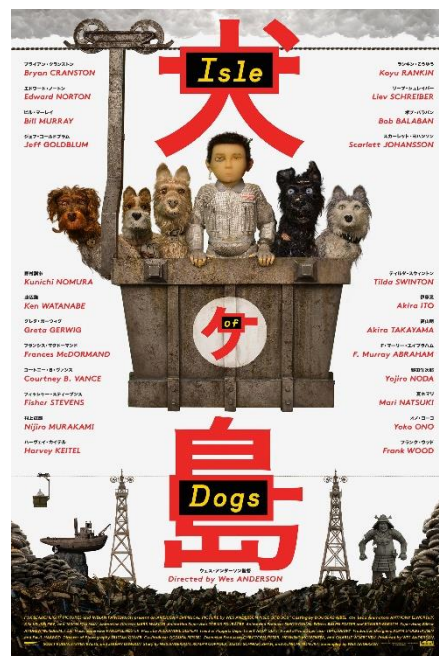
Alternatively, you can find a TryBooking link at the tarwinlowerhall.com website. For convenience, a link to Trybooking website can also be found below: <https://www.trybooking.com/BTOXM>

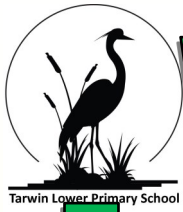
We look forward to seeing you in October.

4. 15 October 2021 - The Isle of Dogs (2018 American animated film)
5. 19 November 2021 -The Peanut Butter Falcon (2019 American film)
6. 21 January 2022 - Boy (2010 New Zealand film)
7. 18 February 2022 - First Reformed (2017 American film)
8. 18 March 2022 - Mrs Carey's Concert (Australian documentary)
9. 15 April 2022 - A Fantastic Woman (2017 Spanish Film) – subtitles
10. 20 May 2022 - I, Daniel Blake (2016 British film)
11. 17 June 2022 - The Hunter (2011 Australian film)

Any queries can be sent to tarwinlowerfilmsociety@gmail.com Regards,

Anne Cox, Secretary Tarwin Lower Film Society, 0432 494 531





What's been happening at Tarwin Lower Primary School...



We're so happy that some of our students can come back to school.



We had fun this week with pizza making (below) and crazy hair day (above).

Fingers crossed that our senior students can return next term.



Shed Extension

The Venus Bay, Tarwin Lower and District Men's Shed Inc have a new addition. The Shedders have recently completed the long anticipated addition to the main building. Council have given the final sign off on all documentation and the extension is being put to good use.



The local shed which started under the auspice of the Venus Bay Community Centre back in 2007 became autonomous in 2012. The men were able to build the first incarnation of the shed with a grant from the Department of Planning and Community Development. At the time they constructed a building they thought would suit all future needs, but is often the case with a new shed of any sort, there is always more things to put in it.

Subsequent grants have enabled them to put in a fully functioning kitchen and storage shed for the 'Bus about Town.' The kitchen has proven to be an important meeting point for tea, coffee and a multitude of stories and friendship.

The latest addition to the shed, located in Lees Road, is the extension following the same building profile as the original. The extension was possible through a grant from the Men's Shed association which was complimenting with funds raised by the Men's Shed. The new space provides room to store a donated forklift and generator and eventually will enable

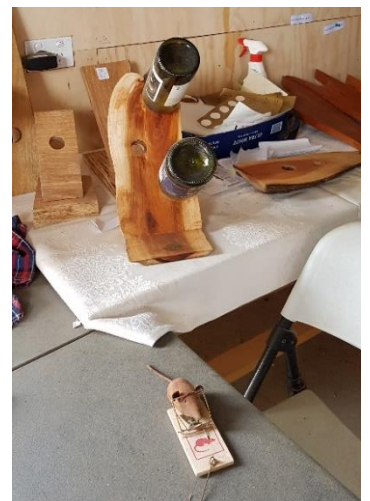


some of the existing equipment to be moved out into the space to give more working room around the larger tools.



This additional space has also allowed the shed to have a shop front where interested persons are welcome to browse and purchase woodwork pieces. The shop does have eftpos facilities for your convenience and is open when the shed itself is open.

The shed is open every Wednesday and Saturday and welcomes new members at anytime.



How to recognise anxiety in your child

beyond blue.org.au



Feeling a certain amount of stress or worry about adapting to COVID-normal is to be expected, but for some children, it may trigger anxiety. As a parent, knowing what to look for and how you can support them will help.

As life returns to some semblance of normality and we adapt to the new way of things, the COVID-19 pandemic has been and continues to be a stressful time for many people, including children.

"Different age groups will have different levels of comprehension about what's going on, but children of all ages may feel stressed, unsafe and uncertain right now, particularly as the goalposts continue to change," says Dr Grant Blashki, a GP and Beyond Blue's lead Clinical Advisor.

"This can be particularly true if they see the adults around them looking worried or stressed." While a certain level of stress and worry is one thing – and may even be expected during this time – anxiety is something different.

"There's certainly a continuum between stress and anxiety," says Blashki, "and while there's not an absolutely clear line in the sand when one becomes the other, there are some warning signs to be aware of and act on."

Recognising signs of anxiety in your child

Signs to look out for include if your child frequently gets upset or angry more easily than usual, is often worried and/or fearful, and goes out of their way to avoid new situations or doing anything that makes them feel anxious. Blashki says there are also four questions you can ask which will help determine whether your child is experiencing anxiety – rather than a normal level of stress or worry – in response to the pandemic.

- 1. Is it impacting their daily life?** "Anxiety often affects a child's ability to function normally day to day, meaning they can find it harder than usual to cope well with typical, every day stresses."
- 2. Is it all encompassing?** "This means considering whether what they're experiencing has started to affect every aspect of their life, in all settings, as opposed to just certain things or situations."
- 3. How long has it been going on?** "As rules and restrictions change, allowing for some transition time is important," says Blashki. "For example, it may take a bit of time for some children to feel confidence about being back at school. If signs of anxiety persist for more than two weeks, that's a red flag."
- 4. How severe is it?** "Compared to slight worry or stress, anxiety can result in physical symptoms like feeling sick, sleeplessness and stomach aches." Other common symptoms of anxiety in children include irritability, difficulty concentrating and sitting still, and fatigue.

What you can do

If you're concerned that your child is feeling anxious, the following strategies can help.

- Support them.** "Using your common sense regarding your child's age and personality, there's a lot you can do as a parent to support them," says Blashki. Talking to them about coronavirus in an age-appropriate way is a good place to start. "Help them achieve and keep perspective and maintain a sense of hope. Remind them that physical distancing and hygiene 'rules' are all part of helping the community look after vulnerable people. Appealing to their sense of altruism can make the changes we're living with seem like a positive, productive thing rather than a reminder for children that there's something to worry about." Find strategies to support anxious children on the Healthy Families website.
- Stay informed.** "Search for credible information about what anxiety is and how it affects children specifically, so that you understand more about it and what you can do to help." Find useful information about anxiety in children aged 6-12.
- Seek help.** "If you're worried, contact your GP. As well as providing advice and support, they may – if appropriate – establish a mental-health-care plan for your child, which allows for up to 10 Medicare-rebated sessions with a psychologist." View support options for children.

This content is proudly funded by one of Beyond Blue's Major Partners, Future Generation Global Investment Company.

<https://coronavirus.beyondblue.org.au/covid-normal/family-life/how-to-recognise-anxiety-in-your-child.html>



COVID-19

+ Self Care Tips +

1

Creating a daily routine will help you move through your day.

Keep things realistic and flexible!



Try to be in bed at the same time each night, and up at the same time each morning.

2

3

Try not to bottle things up, reach out to a friend or help line if you need to talk.



Include small tasks on your daily to-do list to help you feel accomplished.

4

5

Write down 5 things that you're grateful for.



 mindyourmind.ca





6

Dance or sing it out – put on a fun playlist!



Create a morning routine that helps you start the day on a positive note.

7

8

Yoga or relaxing with a tea /coffee can be a nice way to start your day.



Plan a video chat with a friend or family member when you're missing them.

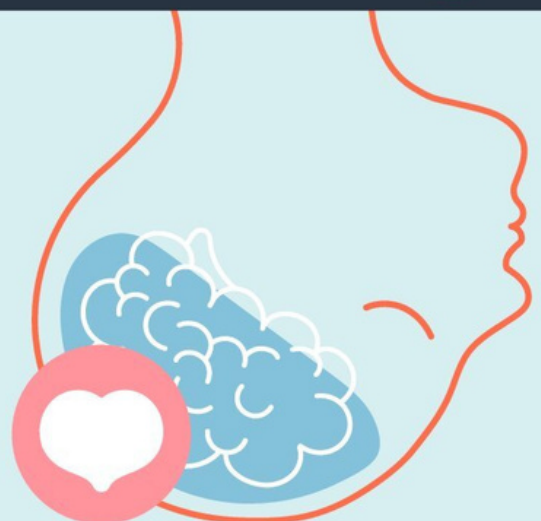
9

10

Take a news break or find a positive news source for a change.



With lots of changes happening around us, it's important to keep in mind the ways that we can take care of ourselves. These times may be tough, but so are we! We can get through this together.



Easy Gingerbread Men

Gingerbread men are straight out of fairytales - and now you can make your own with this simple recipe you can bake with your kids. Using currants as decoration, these are a healthier alternative to gingerbread men covered in sweets.

Ingredients

- 75 g soft brown sugar, sieved
- 2 tablespoons golden syrup
- 1 tablespoon black treacle
- 1 level teaspoon cinnamon
- 1 level teaspoon ginger
- 1 pinch ground cloves
- 1/2 orange, finely grated rind
- 95 g butter
- 1/2 level teaspoon bicarbonate of soda
- 225 g plain flour
- 50 g currants (optional)

Method

- 1. Pre-heat the oven to 180°C.
- 2. Put the sugar, syrup, treacle, 1 tablespoon of water, spices and rind together in a large saucepan. Then bring them to boiling point, stirring all the time.
- 3. Remove the pan from the heat and stir in the butter, cut into lumps, and the bicarbonate of soda.
- 4. Stir in the flour gradually until you have a smooth manageable dough - add a little more flour, if you think it needs it.
- 5. Leave the dough covered in a cool place to become firm, approximately 30 minutes.
- 6. Roll the dough out on a lightly floured surface to 3 mm thick and cut out the gingerbread men. Currants can be pressed into the dough for eyes, noses, mouths and buttons down their fronts.
- 7. Arrange them on the lightly greased baking sheets and bake for 10-15 minutes or until the biscuits feel firm when lightly pressed with a fingertip.
- 8. Leave the biscuits to cool on the baking sheets for a few minutes before transferring them to a wire rack.





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: 56637499, Send mail to Post Office Box 786, Venus Bay 3956

Email: vbcc@bigpond.com 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 Health & Human Services (Victoria) and the Commonwealth Government, South Gippsland Shire Council.

Our website is www.vbcc.org.au

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