

# MATTER OF FACT

a free community newsletter published by  
Venus Bay Community Centre

NOVEMBER 2021 Vol 14 Issue 11



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.

# WELCOME BACK

A WARM WELCOME BACK to our WHOLE community!!

As we join together again after a very challenging couple of years, we are thrilled to welcome back our METRO community members and visitors.

As we all navigate COVID compliance with recent mandates about vaccinations, we trust that everyone will be understanding and show compassion and kindness. Many of our venues and business will now be required to ask for vaccination status to participate/enter the premises.

We know it's been difficult for some to download digital certificates and records, if you need assistance with this, please come into the Venus Bay Community Centre and we'll do our best to assist you.

*A message from our VBCC Board:*

*As we come out of the long and painful lockdowns of the past couple of years, the Venus Bay Community Centre, like every organisation, needs to understand and follow the rules and guidelines laid down by the government on reopening our centre and managing the services that we offer.*

*We have implemented the COVID vaccine mandate for all of our staff and volunteers, so that we do comply with government policy, while also maximising the safety of our team and the broader community members that we support.*

*For visitors to the centre, please understand that we are still trying to understand the evolving requirements and how we will manage the next few months. At a minimum, QR code check-in (or manual sign-in) as well as the wearing of a properly fitted face mask will continue to be required for all adults. Density limits are likely to impact the number of visitors that we can have to the Centre and we are still wrapping our minds around the need to see proof of vaccination status.*

**\*Masks inside,  
Vax and  
QR check in  
are compulsory**

**We encourage you to  
follow the health  
advice around masks,  
hygiene, physical  
distancing when  
visiting the Centre**

**WELCOME  
BACK**

**\*Proof of vaccination  
or exemption is  
required for all  
visitors over the age  
of 16 years.**

*But we do want to reiterate the objectives of the Venus Bay Community Centre to be inclusive and to provide support and services to all in our community. We are not simply a place to visit. If you are uncomfortable or unable to visit us in person, do call. We can provide services in a range of ways – perhaps sitting out in our garden, over the phone, via Zoom.*



# Volunteers wanted



We are currently looking for people who have **BUSINESS/ENTERPRISE** Development skills to help us with some exciting project ideas. We'd love to hear from you: [info@vbcc.org.au](mailto:info@vbcc.org.au)



**WE ARE  
LOOKING FOR A  
BICYCLE  
MAINTENANCE  
/REPAIR  
PERSON**

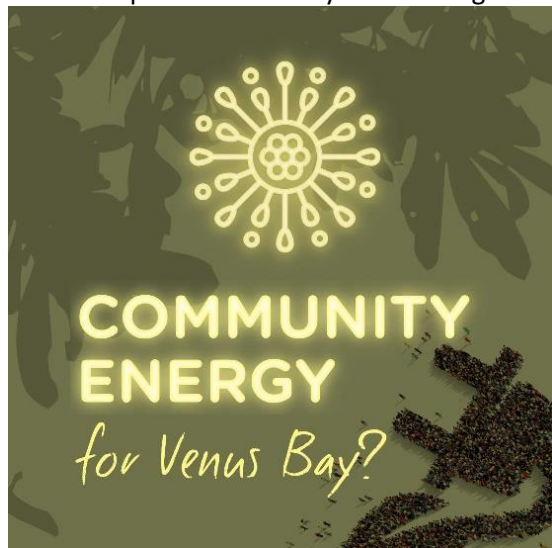
**Contact the Centre  
for more info or  
pop in to talk with  
one of our team.**



# COMMUNITY ENERGY FOR VENUS BAY

In May this year VBCC hosted two events about developing Community Energy for Venus Bay.

The concept was to start by establishing an 'Islandable'\* renewable energy system at the Community Centre that could keep the power going when the grid is down. This is now in the final stages of being built, and so shortly the Centre will be in a position to operate as normal even when there is no power to the rest of the Venus Bay. This model presents a microcosm of what we wish to establish to improve resilience of the town, so that even when there are extended power outages Venus Bay can continue to operate.



The analysis work to identify a suitable model is being led by Heather Smith, energy and climate change expert and Chair of the Coalition for Community Energy.

Heather is an electrical engineer and is working on the MyTown microgrid project in Heyfield whilst also completing a PhD about microgrid opportunities. We have been speaking with Ausnet to obtain data about Venus Bay's energy consumption. The events in May also gave us insights into the priorities the community holds for energy use and energy generation. In the meantime, the Victorian government

has increased its support for community energy projects and has been experimenting with the possible role of community batteries.

Microgrids for Venus Bay could happen in a number of ways. If the electricity system could offer an islanding point between Tarwin Lower and Venus Bay, then a system that powers the whole town when the main grid is unavailable could be designed. A more modest approach would be to island a single transformer during blackouts and create a system that powers the cluster of shops or homes that are currently connected to that transformer. We intend to investigate both large and small options. The analysis will also point to useful initiatives that will improve electricity costs and solar uptake even without an investment in an islandable microgrid.

Over the next 6 months we hope to improve the analysis of microgrid options for Venus Bay and to understand which options might be supported by Ausnet and/or the Victorian Government.

\*Why is it called islanding? Under normal circumstances the main electricity system provides exactly the amount of energy required by your home or business, delivered via Ausnet's poles and wires. When the main system is unavailable, the local solar generators and/or batteries need to supply to a precise region so that the supply can be managed to match the demand. The precise region is therefore disconnected from the main system to form its own islanded system, for the duration of the outage.



Meanwhile, the Venus Bay Community Centre is progressing with our Community Energy Resilience project, solar panels installed and battery and housing coming this week-SO IMPORTANT in these times of seemingly more frequent power outages!! *This project received a \$50,000 Gippsland Community Power Hubs Program grant from the Victorian Government through Sustainability Victoria . Financial support of \$15,000 from Venus Bay Community Centre along with in-kind support.*



# YOGA

## NOVEMBER/DECEMBER LONG WEEKEND

FRIDAY 9:30AM

SUNDAY 9:30AM

VENUS BAY COMMUNITY CENTRE

\*NO CLASSES CUP TUESDAY 2ND NOVEMBER

### FIVE WEEK BLOCK

STARTS FRIDAY 5TH NOVEMBER & ENDS SUNDAY 5TH DECEMBER 2021

FRIDAYS AND SUNDAYS 9:30AM

VENUS BAY COMMUNITY CENTRE

TUESDAYS 9:30AM BEGINNERS

5:30 INTERMEDIATE

MINIMUM 2 YEARS EXPERIENCE

TARWIN LOWER COMMUNITY HEALTH CENTRE

\$20 PER CLASS

BOOKINGS ARE ESSENTIAL FOR ALL CLASSES

TO SECURE A PLACE SIMPLY TEXT ME ON 0421 300 407

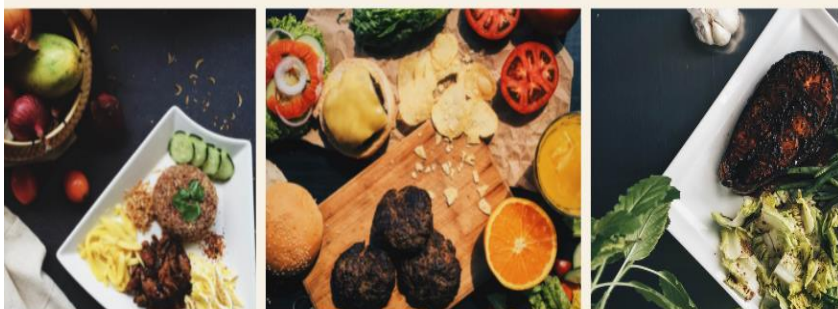
STAY UPDATED TWIRLING SHELA PRODUCTIONS LIKE FB AND INSTAGRAM

In light of current restrictions and guidelines these community yoga classes are available for double vaccinated only. Stay updated for further updates

Venus Bay Community Centre

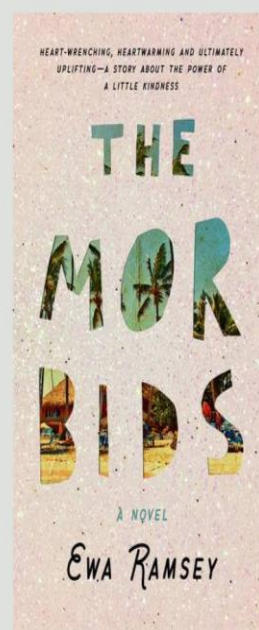
## FREE COMMUNITY LUNCH

EVERY WEDNESDAY AT NOON



A chance to get together and meet others in our community -  
share some food and conversation - everyone welcome. 12

noon



CURRENT BOOK

SECOND  
TUESDAY  
BOOKCLUB  
5.00 - 6.30

VENUS BAY COMMUNITY CENTRE



# Inspirational Ideas

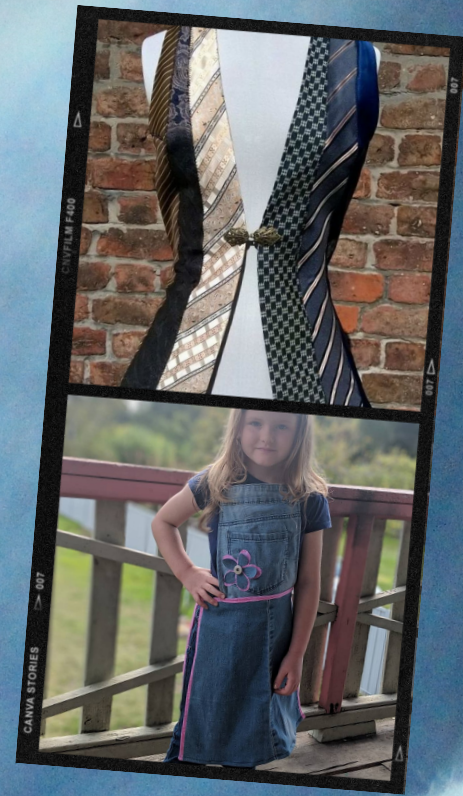


Ties turned into a vest  
Jeans into a skirt or an apron  
Table cloths into a summer dress

Using secondhand linen seems to be popular at the moment.  
We would love to hear what you are creating.

Share to our facebook page or email us with your project so we can share it with others. [info@vbcc.org.au](mailto:info@vbcc.org.au)

*Made from  
Ties, Tablecloths and Jeans*



Images from  
[www.trishstitched.com](http://www.trishstitched.com),  
[www.sunflowersbluejeans.com.au](http://www.sunflowersbluejeans.com.au)  
& Samantha Green via pinterest

## Are you interested in a Social Stitch group?

**WEDNESDAY AFTERNOONS**

**CHAT AND SEW  
(OR KNIT OR CROCHET)**

**SHARE IDEAS, SHARE SKILLS,  
SHARE A CUPPA  
LAUGH AND MEET PEOPLE  
GET OUT OF THE HOUSE**

**BRING YOUR OWN PROJECTS**

**SEWING MACHINES AVAILABLE**

**GOLD COIN DONATION APPRECIATED**



We are local residents concerned about  
energy stress on households in our community.

Did you know you can get government help to reduce your home energy  
use and your energy bills, and help the environment?

Are you a concession card holder, live near Wonthaggi or Venus Bay,  
and find it hard to pay energy bills?

# COSY HOMES

## WE WANT TO HELP YOU:

- Apply for a \$250 power saving bonus
- Check you are on the best deal with your energy company
- Get a free energy audit on your house and identify how to make it more cosy
- Our trained volunteers can make changes recommended by the audit – sealing draughts on doors, windows and fans
- Check if you are eligible for funding for heating and cooling upgrades

**Apply for  
a \$250  
energy  
bonus –  
offer  
ends  
January  
2022**

**Saturday 13th November  
10-1 at Venus Bay  
Community Centre,  
27 Canterbury Rd,  
Venus Bay 3956**

**Saturday 27th November  
10-1 at Mitchell House,  
6 Murray St,  
Wonthaggi 3995**

## NEXT STEPS...

Book in for our open  
day so we can sign you  
up and assess your  
needs. Email or call  
the number below.

**Organised by the  
Energy Innovation Co-op**

**More info: Jessica 0438 174 029  
cosyhomes2122@gmail.com**



**energy innovation  
CO-OPERATIVE**

The Energy Innovation Co-op will assist 30 low-income households in Bass Coast and South Gippsland in the next few months.

Volunteers are trained to undertake **free** home audits & recommend improvements to householders, as well as helping understand electricity bills.

We will also assist all eligible households to apply for the \$250 energy saving one-off grant from the State Government, which ends in January 2022.

Later, volunteers will make a second visit to the householders, to carry out improvements as recommended by the audit.

**Venus Bay Cosy Home Event coming up : Saturday 13th November** at Venus Bay Community Centre 10-1pm.

Bookings for home energy audits can be made on the day. You can apply for your \$250 energy grant and get advice about the best energy company for your needs.

Give-aways on the day will be cosy blankets, LED lights and draught-stopping snakes.

At midday we will have questions and answers on "Low Cost, Eco-Friendly Ways to Save \$\$ on Energy Bills"

If you can't make it, but want to book an audit, contact Jessica 0438174029 or [cosyhomes2122@gmail.com](mailto:cosyhomes2122@gmail.com)

Facebook Event Page:

<https://www.facebook.com/events/903880460243262?ref=newsfeed>



## COMMUNITY COMPOSTING COMING TO VENUS BAY!

You may have noticed some active volunteers in the Community Centre Garden of late – a great bunch of passionate and energetic folks have been coming together on Mondays & Thursdays to give our garden a bit of love and care. A new veggie box has just been installed with soil and plants going in this week. Our native plants have been given a bit of a prune and weed, with some understory planting of indigenous species to showcase our Native Plant Group (who meet on Monday mornings at the Centre).

On our radar for ages has been establishing a community composting system – taking a bit of inspiration from what other communities are doing, we will be creating a system of composting bays with information about the lifecycle of compost. Community members who don't have composting systems at home are encouraged to bring their compostable material to the Centre – we hope to source some recycled lidded buckets to give away too.



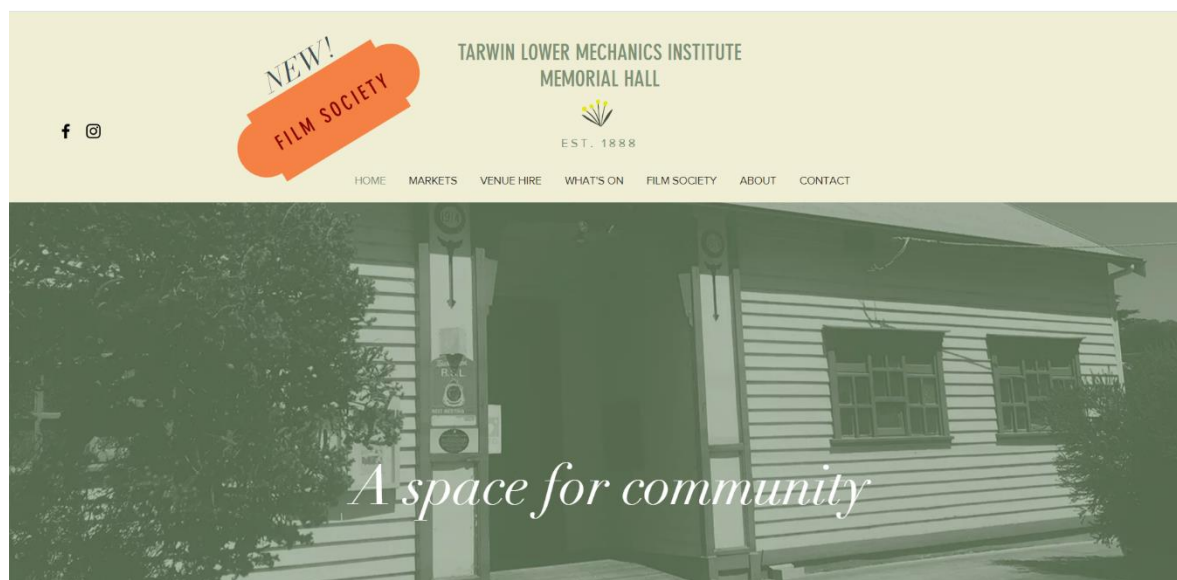
If you are keen to help, we are keen to hear from you!

We need:

- Lidded plastic buckets to give to community members
- Muscles to help construct the system
- Coordination assistance
- Promotion and information
- Any other help you can think of! 😊



SAVE THE DATE: 19 November 2021 -TARWIN LOWER FILM SOCIETY.



### The Peanut Butter Falcon (2019 American film)

The Peanut Butter Falcon is an adventure story set in the world of a modern Mark Twain that begins when Zak (22), a young man with Down syndrome, runs away from the nursing home where he lives to chase his dream of becoming a professional wrestler by attending the wrestling school The Salt Water Redneck. Through circumstances beyond their control Tyler (32), a small-time outlaw on the run, becomes Zak's unlikely coach and ally. Together they wind through deltas, elude capture, drink whisky, find God, catch fish, and convince Eleanor (28), a kind nursing home employee with a story of her own, to join them on their journey.

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](https://www.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](https://tarwinlowerhall.com) website.

For convenience, a link to Trybooking website can also be found below: <https://www.trybooking.com/BTOXM>

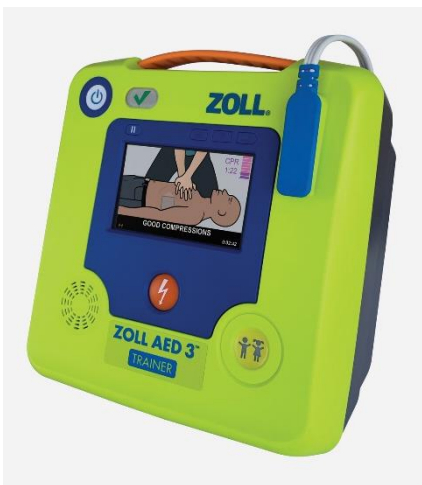
Venus Bay & District Community  
Emergency Response Team Inc.  
PO Box 458 Tarwin Lower Vic 3956  
Inc. A0050219U ABN: 47 386 677 037



The Committee of Management along with our dedicated Responders would like to thank Bald Hills Wind Farm 2021 for the successful funds of \$2000.00.

We were able to purchase 2 x Zoll AED 3 training aids. These Zoll training aids will enable our 6 new Responders and existing Responders on training days which have made an incredible difference to the way we practice our cpr training, allowing us to train in such a way, that it helps us replica what we would do in a real call out situation.

Thanks to Bald Hills Wind Farm we have been successful with funding in 2015 Training injection arm, 2016 Banner and lockers, 2017 Community AED in Venus Bay near pharmacy.



## **SUMMER EXHIBITION - Tarwin Lower Health Centre**

**Saturday 27 November 4pm to 7pm**

**'Meet the Artist'**

Tarwin Lower & District Community Health Centre - 19 Walkerville Road



**LIVE MUSIC: STILLETTO GROVE BAND**

**PAINTINGS BY LOCAL ARTISTS**



**Finger food and  
beverages are  
supplied**

**BOOKINGS: Tarwin**

**Health Centre - 03 5667 - 5680** if no answer leave phone number and we'll get back to you

Fundraiser for Health Centre - Entry Donation Fee: **\$5 per person**





*"Small School, Big Opportunities"*  
Kindness, Cooperation, Resilience, Respect

**Tarwin Lower Primary School**  
School Road  
Tarwin Lower 3956  
Ph. 5663 5263  
Fax. 5663 5474  
tarwin.lower.ps@education.vic.gov.au

## **TARWIN LOWER PRIMARY SCHOOL TRANSITION DATES FOR PREPS BEGINNING IN 2022**



<b>1.</b>	Friday 12 <sup>th</sup> November 2021	11.30am – 1.30pm
<b>2.</b>	Friday 19 <sup>th</sup> November 2021	11.30am – 1.30pm
<b>3.</b>	Friday 26 <sup>th</sup> November 2021	11.30am – 1.30pm
<b>4.</b>	Friday 3 <sup>rd</sup> December 2021	11.30am – 1.30pm
<b>5.</b>	Tuesday 7 <sup>th</sup> December 2021	09.00am – 11.00am



School tours are very welcome.  
Please call 5663 5263 to arrange a visit.





# What's been happening at

# Tarwin Lower Primary School...

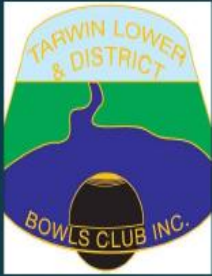


The students were so happy to get outside and enjoy the lovely Spring weather .

We are very excited to welcome all our students back to school at the same time from Friday 22nd October.







## COME AND JOIN IN THE FUN AT TARWIN LOWER BOWLS CLUB

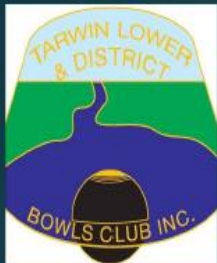
Have a go at learning or being a part of;

- Men's and Women's Programs (pennant)
- Barefoot Bowls
- Social Bowls
- Bowling with babies
- Fully Licenced facilities
- Social event calendar
- Full or social memberships available

Meet new people, join in the fun



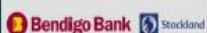
0356 63 5584  
Walkerville Rd, Tarwin Lower  
tarwinbowls@bigpond.com



## LEARN TO BOWL WHILE YOUR LITTLE ONES ARE LOOKED AFTER - ALL WELCOME



- Come & join in the bowls fun knowing your little ones are looked after by our members (All carers have a Working With children's Certificate)
- Have a laugh & meet some new local friends
- Commences Thursday Nov 18 (to Dec, recommences Feb 22)
- 10am to 12pm
- \$5 / session
- Flat Shoes or bare feet
- Coaching available
- **To find out more contact;**  
Sharon 0428 636 202 or Pat 0408 581 573



0356 63 5584  
Walkerville Rd, Tarwin Lower  
tarwinbowls@bigpond.com

# Tarwin Lower Union Church

## News



### Regular services:

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

Sunday 10.30 a.m. Anglican/Uniting

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

## General church notices

**Date for the diary:** Christmas carols and BBQ, Wednesday 22<sup>nd</sup> December  
(further details next month)

### No Interest Loans for things you need now



Borrow up to \$1500  
Pay back \$1500

**No Fees. No Charges. Ever.**

Talk to the people you know and trust



### What is NILS?

No Interest Loans (NILS) provide individuals and families on low incomes with access to safe, fair, affordable credit with no fees and charges applied.



### Am I eligible?

- ✓ I hold a Health Care Card / Pension Card or earn less than \$45,000 a year after tax (\$60,000 for couples or people with dependants)
- ✓ I have lived at my current or previous address for at least 3 months
- ✓ I can show that I can afford to repay the loan

### What can I use NILS for?

Loans are available up to \$1,500 for essential goods and services including:



Other items may be available upon request.

Loans are **not** available for:

✗ Bills ✗ Cash ✗ Debts ✗ Food ✗ Rent



**"With NILS, there's no interest, no fees and no charges, you only pay for what you get."**

— Marisol



Talk to the people you know and trust

1800 286 260

[nils.gippsland@anglicarevic.org.au](mailto:nils.gippsland@anglicarevic.org.au)





# 'Step Outside. Move Your Way'

## Step outside as the days get longer.

As the temperature starts to warm up and the days are getting longer it's the perfect time to step outside and take advantage of the sun, light and all the fresh air.

Go for a walk down the street, on a local trail or around your neighbourhood. It doesn't have to be long or to a destination, just add some movement into your day.

Don't forget to grab a hat, pop on some sunscreen and grab a water bottle to keep hydrated and make your walk more enjoyable.

For some inspiration check out these walks available in your local area <https://www.southcoastpcp.org.au/what-we-do/step-outside-move-your-way>

(photo taken prior to masks being worn)



*move your way*



Image: Tracey & Jenny walking at Screw Creek Townsend Bluff Estuary

## ARE YOU INTERESTING IN JOINING A RIDING-FOR-FUN GROUP IN VENUS BAY/TARWIN LOWER?



**Join a group to keep it  
fun and social**



South Gippsland cycling group catching up for a cycle and a chat  
To find out where to move with others visit [southcoastpcp.org.au](https://southcoastpcp.org.au)



The Venus Bay Community Centre has a range of good mountain bikes that can be used for the group – let us know if you are interested and what days/times might suit you.

- Mid week?
- Weekend?
- Morning?
- Evening?

We have a great riding track between Tarwin Lower and Venus Bay – and can start or end with a tea/coffee.

To register your interest: [info@vbcc.org.au](mailto:info@vbcc.org.au)

# GET ACTIVE KIDS VOUCHER PROGRAM – Round 3 now open!

The *Get Active Kids Voucher Program* helps eligible families get their kids involved in organised sport and active recreation activities by reimbursing the cost of membership and registration fees, uniforms, and equipment. Eligible children may be able to receive up to \$200 each.

To be eligible children must be Victorian residents, aged 18 and under and named on a valid Health Care Card or Pensioner Concession Card, as well as a Medicare card.

Additionally, special consideration also applies for children residing in care services as well as temporary or provisional visa holders, undocumented migrants or international students.

Applicants can apply for one voucher per child in each round of the Program.

Over 22,600 vouchers have been distributed so far across the initial two rounds of the Program.

## **Round 3 key dates**

- Applications for vouchers in Round 3 of the Program open at 10am on Monday 4 October 2021 and close at 5pm on Tuesday 30 November 2021.
- Eligible expenditure dates in Round 3 (for membership, uniform and equipment costs) are from 1 January 2021 – 30 November 2021.
- Visit the Get Active Kids Voucher Program website at [www.getactive.vic.gov.au/vouchers](http://www.getactive.vic.gov.au/vouchers)
- View the Program guidelines at <https://www.getactive.vic.gov.au/vouchers/how-to-apply/>



ABOUT ▾ AROUND HOME ▾ VOUCHERS ▾ TEAMS ▾ RESOURCES CONTACT



LOGIN

## KIDS' VOUCHER PROGRAM

Helping eligible families cover the cost of getting their kids involved in organised sport and physical activities.

[Learn more](#)



## Who can apply?

To apply for a Get Active Kids voucher you must be:

- the parent and/or legal guardian of an eligible child,
- the holder of a valid and issued Australian Government Health Care Card or Pensioner Concession Card with named dependants OR
- the parent and/or legal guardian of a child named on their own valid Australian Government Health Care Card.
- MORE INFO: <https://www.getactive.vic.gov.au/vouchers/how-to-apply/>



# Are you burning-off safely?



For many people, burning-off vegetation is an effective way to prepare and maintain properties. Unfortunately each year CFA crews are called out to help people who lost control of their burn-off.

Here is some simple advice to stay safe when burning-off.

## FIRE DANGER PERIOD

You can only burn-off if you have a written permit issued by the Municipal Fire Prevention Officer or the CFA District Office.

## TOTAL FIRE BAN DAYS

All fires in the open air are banned during Total Fire Ban days.

Any permits are suspended for the duration of any Total Fire Ban days.



Have you checked your council's local law regarding when and where you can burn off?

You need to check your council's website for local laws to ensure you're allowed to burn off. Your council may have regulations and certain days that you can burn.

If CFA has declared the Fire Danger Period for your municipality, open air burning is prohibited unless a specific permit is obtained. Fines for burning off during this time without a permit can be up to 120 penalty units and/or up to 12 months' jail.

Have you checked the weather?

Check weather forecasts for the day of your burn-off and a few days afterwards. If more than light winds you should postpone your burn-off.

Also check it won't be too windy on following days, as the wind can reignite your burn.

Do you have an adequate water supply?

You need to have enough water to extinguish a possible outbreak. For small fires, it's recommended you either have access to a hose or at least 10 litres of water. For larger fires appropriate firefighting equipment and/or machinery may be required.

Clean up around your burn site.

Create a 3-metre clearance of all flammable material around your whole burn-off site.

Have you registered your burn-off?

Register your burn-off by calling **1800 668 511**. This will ensure CFA won't be called out unnecessarily to your burn-off.

Have you notified your neighbours?

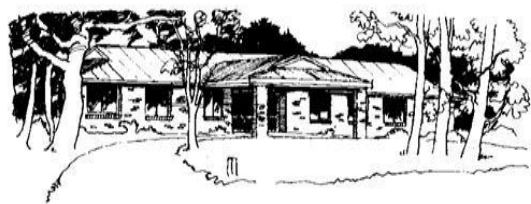
Ensure you are considerate of your neighbours when burning off. Notify them if you are in close proximity and the smoke may affect them. Also burning items that are wet or green may cause excessive smoke.

Have you put it out properly?

Make sure there are enough people to monitor, contain and extinguish your burn-off safely and effectively. Ensure that your burn-off is completely extinguished before you leave it.



**GIPPSLAND SOUTHERN**  
Health Service



## **TARWIN LOWER & DISTRICT COMMUNITY HEALTH CENTRE**

### **Your Local for Health and Wellbeing**

- Through facilities provided by the South Gippsland Shire Council and Services auspiced through Gippsland Southern Health Service, the Tarwin Lower and District Community Health Centre, staffed by a range of wonderful volunteers, has a past, a present and a future.
- The past was built on understandings of the need of the local community to build a nursing facility to deal with minor health problems. The present is being built on understandings of health, with a holistic approach to wellbeing for long term sustainability and spiritual needs. The future will also be built on understandings of the evolution of health and wellbeing at the time. The original health centre, therefore, was built to fill a need for the community- it is now viewed by the local community as a necessity and an essential service.
- Health services and activities at the centre are provided at minimum cost for participants, ensuring equity of access to quality health care. General practitioner

(GP), medical acupuncture and nurse practitioner services are bulk-billed for all patients.

- Clinical psychologist services are also bulk-billed for clients with a mental health plan and doctors referral. Yoga and tai chi are provided at low cost.
- Recent improvements include the large new sign at the corner of Walkerville Rd and School Rd, listing the services available. There is also the sparkling new maternal and child health room fit-out. There is scope for wider representation on the committee, and all members and groups in the community are invited to consider applying for membership.
- Future improvements may involve review of governance systems, occupational health and safety, technology capacity, facility management, data collection, committee responsibilities, and finances. Current partnerships may strengthen and evolve, while also allowing potential new alliances and/or increased independence. Additional funding options may be explored, in particular with the impact of changing government models of care.
- Health of the Tarwin Lower and districts community is up to all of us, both individually and collectively, and from micro to larger scale. A successful health centre, like a healthy environment incorporates diversity within shared values and goals, and can adapt and evolve with changing circumstances. The rest is up to us, all of those interested and willing, for the

coming years, and on into the future. "USE IT OR LOSE IT" still applies!!

### **COMMUNITY WELLBEING**

Our vision is to enhance community wellbeing to create an environment which enables and encourages access, good health, connectedness and safety.

Our Strategies to support this vision are:

#### **1. Social Connection**

Supporting residents to be active members of the community.

#### **2. Mental Wellbeing**

Building a healthy and resilient community that promotes emotional wellbeing and develops programs that protect the health of our community.

#### **3. Community Safety: - prevention of family violence - community violence, racism, discrimination & bullying - road safety .**

Creating a respectful community that does not tolerate any sort of violence, racism, discrimination or bullying

#### **4. Access and inclusion**

Support access for all in community life.

#### ***New : CONTINENCE NURSE***

**ADVISOR** has commenced every 3rd Thursday of the month by appointment at Tarwin Lower & District Community Health Centre Walkerville Road. To make an appointment please call **Diane** direct on 0419 516 309. Please leave your name and phone number if no answer and she'll return your call. Home visits can be arranged.



## LIFESTYLE



Our Lifestyle Vision is to contribute to providing environments and practices which encourage healthy lifestyle choices.

### 1. Active Communities

Promoting physical activity for all residents and visitors in a diverse range of sports, recreation and active transport. Advocate for improved access to transport and promote existing transport options.

### 2. Healthy and Accessible Food - Access to sustainable locally grown food

Promoting access to healthy and sustainable food and drink choices

### 3. Gambling, Alcohol, Smoking and other drugs

Minimising harm in the community from gambling, alcohol, smoking and other drugs

## SERVICES

Ph: 5667 5680 for appointments

**MONDAYS** - Maxine Macdonald, Naturopath

By Appointment

Kathleen Wilmann -  
Forensic Healer  
By Appointment

**TUESDAYS** - Dr. Linda Ford  
Apts. On line

- Maternal and Child  
Health Nurse  
By appointment

**WEDNESDAYS** – Nurse  
Practitioner

Deb Garvey  
8am until last

appointment

**THURSDAYS** - Dr Kam,  
Acupuncture (9am-4pm)  
- Continence Nurse  
– Dianne Jones  
By appointment

**FRIDAY** - Podiatry (every 4  
wks) Nathan

**SATURDAY** - Deb Garvey, Nurse  
Practitioner  
8am – last  
appointment

**Clinical Psychology** - Debbie  
Birkett; For  
appointments ring:  
ph 5662 4800.

**Massage** - Kym Dollan By  
appointment

**Massage** – Robyn Ellen By  
appointment

## ACTIVITIES

### TAI CHI

Sunday – Susan Lord Call for  
availability

### RED CROSS

First Tuesday of the month,  
1.30pm.

### YOGA

Tracie Mitchell Tuesday 10.30  
– 11.30am; Tuesday 5.30 -  
6.30pm.

**GARDEN CLUB**- Last Tuesday  
of the month, **10am**.

### FRIDAY FRIENDSHIP GROUP

Gippsland Southern Health  
Service. Fridays 10.30-2.30pm



*Tarwin Lower & District  
Community Health Centre*

*19 Walkerville Road,  
Tarwin Lower VIC 3956*

*Phone: 5667 5680*

*Visit us at -*

[www.tarwinhealth.com.au](http://www.tarwinhealth.com.au)

*Or contact -*

[info@tarwinhealth.com.au](mailto:info@tarwinhealth.com.au)

Mobility Equipment Hire  
Available

Activity Room available for  
hire

# Cape to Cape Resilience Project

STAGE 1 COMMUNITY ENGAGEMENT FINDINGS OCTOBER 2021



## Community Engagement Findings

The Cape to Cape Resilience Project is a long-term coastal hazard adaptation project, to plan for managing future changes to coastal areas between Cape Paterson and Cape Liptrap.

### Introduction

From late July to early September, we invited people who live in or visit Inverloch, Venus Bay and nearby communities to share their local coastal values and experiences of coastal hazards, such as erosion. This update provides a snapshot of what we heard, greater detail will be shown in the Community Values Study.

We've heard perspectives from many people, and we thank everyone who contributed to the activities.

### What were we asking?

Using a range of methods – a survey, interactive map and story board, we asked people to share what they value most about the Cape to Cape region and what makes the region so special. We asked people to:

- think about what was really important and meaningful to them for their coastal areas
- share their understanding and experiences of coastal hazards
- contribute ideas to build resilience, adapt to change and help retain values into the future.

Consultation was promoted through social media, emails, local media, and the [Cape to Cape webpage](#).

### Who did we hear from?

We had over 2,000 visitors to the website, this included:

- 180 surveys completed
- Nearly 180 pins on our interactive map
- 80 people following the project

**63%** of respondents were residents of the region, with **53%** living within 1km of the coast.

**28%** of respondents were holiday home owners.

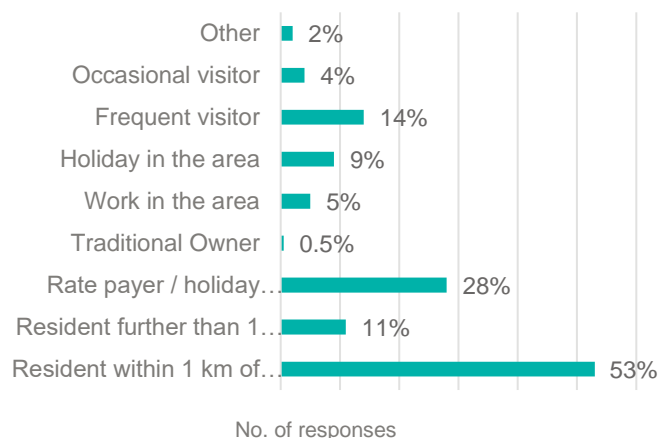


Figure 1: Consultation respondents by location

Respondents mostly came from these areas:

- Inverloch (**38%**)
- Greater Melbourne (**19%**)
- Venus Bay (**14%**)

### Acknowledgment

DELWP and the partner agencies of the Inverloch Regional and Strategic Partnership acknowledge and respect that the land and sea is of spiritual, cultural, and economic importance to Aboriginal people.

The Cape to Cape Resilience Project lies on the traditional lands of the Bunurong, Gunaikurnai and Boon Wurrung. We honour Elders past and present, whose knowledge and wisdom has ensured the continuation of culture and traditional practices.

We recognise the intrinsic connection of Traditional Owners to Country and acknowledge their contribution in the management of Victoria's marine and coastal environments.





# Cape to Cape Resilience Project

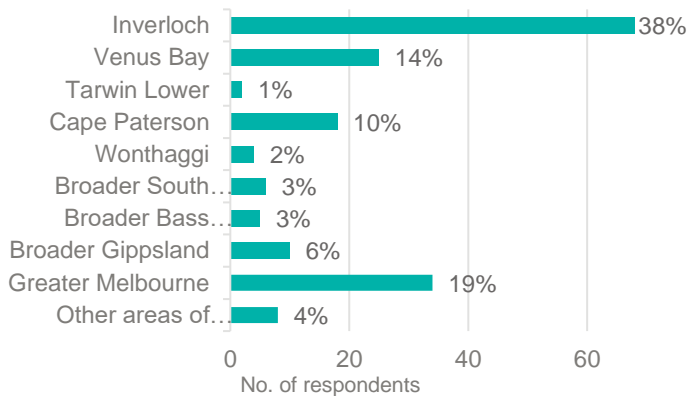


Figure 2: Consultation respondents by location

Most respondents were aged over 55 (56%), with fewer respondents in the under 35 age range (8%).

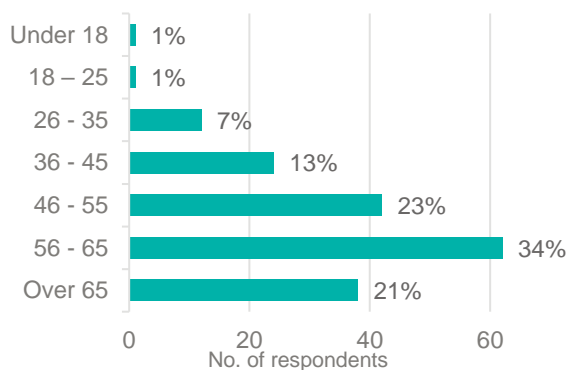


Figure 3: Consultation respondents by age

## Key findings

The themes that arose across many questions included:

### Values

Our respondents visit the coast regularly, with two thirds visiting at least once a week.

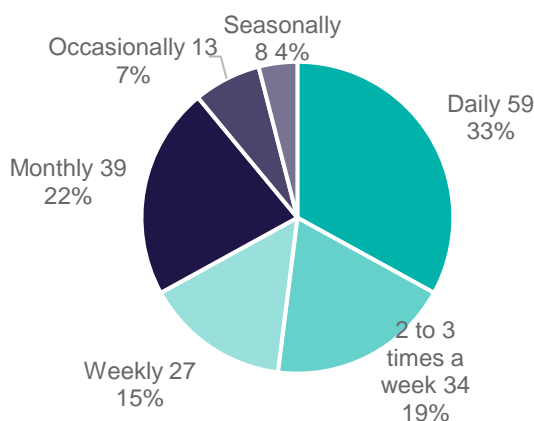


Figure 4: How frequently respondents visit the coast

Some of the things that people felt were really important and unique about the Cape to Cape area included:

- **Recreation** - opportunities for walking, cycling, surfing, boating, swimming, relaxing
- **Native flora and fauna** - including preservation of habitat for key species and managing threats
- **Landscape** - coastal views, sandy beaches, land and seascapes, including peaceful settings and small town character
- **Healthy ecosystems** - functioning coastal and marine ecosystems, with biolinks and connectivity
- **Heritage and unique history** - both Aboriginal heritage and European history, including stories, special sites and specific assets.
- **Safe access** - All abilities and safe access for everyone to enjoy the beaches and foreshore of the region

We asked people to pick the top three things they thought attracted people to visiting and living in the Cape to Cape region.



### Landscapes, natural beauty

127 responses



### Recreational opportunities

113 responses



### The beach and open coast

103 responses



### Natural ecosystems and wildlife

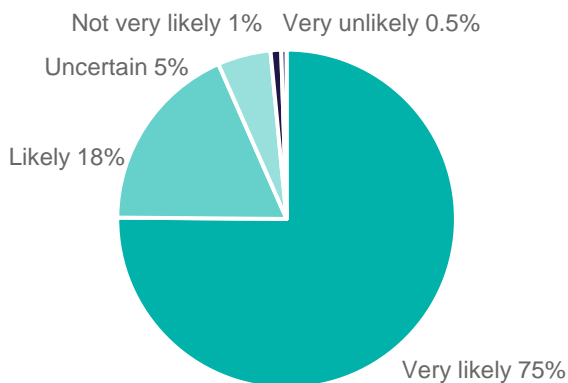
84 responses

## Change and hazards

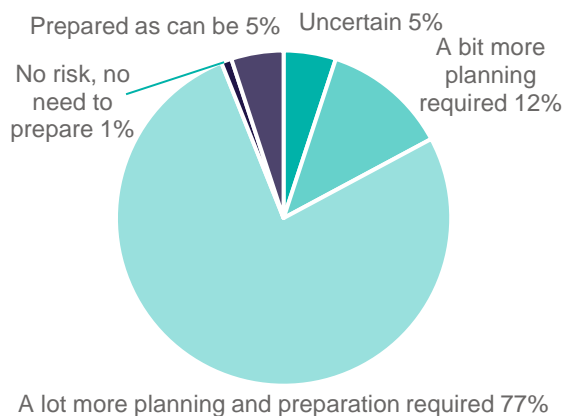
Two thirds of respondents felt they had a good or very good understanding of coastal hazards and 75% said that it was very likely the Cape to Cape area would be affected by coastal hazards in the future.

This saw 77% of respondents saying that a lot more planning and preparation is required to prepare for these hazards.

# Cape to Cape Resilience Project



**Figure 5:** Survey respondents views on the likelihood the Cape to Cape region will be affected by coastal hazards in the future



**Figure 6:** Survey respondents views on the planning and preparedness required for community and coast to withstand and recover from coastal hazards in the future



**Figure 7:** Impacts of erosion at Inverloch surf beach, 21/07/20  
Photo credit: Karyn Bugela

Many people had seen changes across the dynamic coastal zone and had some experience of coastal hazards.

Some key themes were:

- **Dynamic** - coastal zones are dynamic and change with every tide
- **Erosion** – people had more experiences with erosion than other hazards such as coastal flooding or groundwater impacts
- **Sandy beaches** – loss of beaches and access were seen as key coastal hazard impacts
- **Rate of change** - many were surprised and concerned at the rate of coastal change they had seen
- **Habitat and vegetation** - people were worried about the loss of vegetation and habitat
- **Assets and infrastructure** – people also voiced concern for impacts on road access, residential properties and open space assets.

## Ideas

While we'll be exploring potential adaptation actions in more detail later in the project, we asked people to think about their ideas for building resilience in the Cape to Cape region. Ideas included:



Planning updates



Education and stewardship activities



Modifying and moving infrastructure



Access management and dune enhancement



Eco-sensitive design



Engineering opportunities



# Cape to Cape Resilience Project

People also highlighted that research and building knowledge about the coastal environment was important, as well as taking broader action on climate change.

As the project progresses, we will continue to build on these adaptation ideas for how the Cape to Cape region and community can potentially increase its resilience.



**Figure 8:** Saltmarsh wetland on the shores of Anderson Inlet  
*Photo credit: Sarah Gilligan*

## Next steps

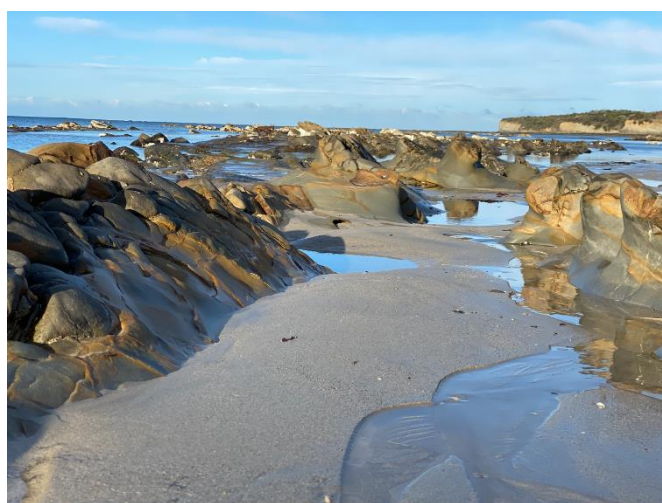
We will be incorporating all of the feedback we heard, along with information from document reviews and other data sources into a Community Values Study.

The study will identify what the community and stakeholders value about the Cape to Cape coast to help inform upcoming analyses, including understanding potential vulnerabilities and risks to these values, and shaping our approach to adaptation.

The technical studies being completed are essential to

inform detailed design and implementation of any coastal management or protection works. The studies also enable us to assess different options and their impact on the beach. The wrong approach could result in damage to the dune system, substantial loss of the high tide beach and changes to the surf break.

While the technical work progresses, short term works and emergency response will continue to be implemented and monitored by the Inverloch Coastal Protection Interagency Working Group.



**Figure 9:** Beautiful rockpools which are highly exposed at super low tides. Lots to explore  
*Photo credit: Lisa Nicholls*

## Keep up to date with the Cape to Cape Project:

- Visit the project website: [marineandcoasts.vic.gov.au/coastal-programs/cape-to-cape-resilience-project](http://marineandcoasts.vic.gov.au/coastal-programs/cape-to-cape-resilience-project)
- Sign up to receive project updates or ask us a question – email [capetocape.project@delwp.vic.gov.au](mailto:capetocape.project@delwp.vic.gov.au)

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ISBN 978-1-76105-792-2 (pdf/online/MS word)

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## 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](mailto:vbcc@bigpond.com) Website: [www.vbcc.org.au](http://www.vbcc.org.au)

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

or call Alyson 0416 242 331

Venus Bay Community Centre is supported by:

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

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

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**VENUS BAY**  
COMMUNITY CENTRE