

COHUNA HAPPENINGS

Cohuna's Community Newsletter

10th May 2022 Issue No: 374

COHUNA

Cohuna Folk: Sue Hofman



Sue and her partner Mike moved to Cohuna from Daylesford in 2013 for two important reasons: Cohuna was flat and sunny; Daylesford was hilly and cold. She was also encouraged by her long-time friend Tanya Black (Manager of the Neighbourhood House) who had already made the move. Their kids played together in Daylesford, and they liked to play pool at the RSL club. Tanya said, "there's a lovely house you'd like in Sampson Street" (the Mathers' house).

Mike made a few modifications to the house to make it accessible for Sue, who has multiple sclerosis. Among other things, he put a ramp out front and made an accessible shower area.

"In my early twenties, on one of those freezing Daylesford days, one side of my body got pins and needles," Sue says. "I thought it was just the cold, but I felt really strange". The doctor sent her away for tests and she received the diagnosis.

Fortunately, Sue was largely unaffected for twenty years, but these days (Sue is about to turn sixty-two) the disease is becoming progressively worse. "Physically my brain has let my legs down. The messages don't connect. I want to do something, but the legs don't want to do it! MS is brain damage. It can affect memory, particularly when I'm stressed."

Sue has always loved gardening and planting flowers, bushes and other pretty things. (Mike's in charge of the vegie patch.) But she has had to stop because the bottom half of her legs keep collapsing. Mike said, "I'm not going to pick you up out of that garden again."

Somehow, Sue always manages to get out of bed in the morning and motivate herself. "If I don't do it, no one else will! I feel I have to do something. I can't do nothing." She has recently joined the Senior Citizens group and she does exercises at the NDHC once a week. "I also have an exercise bike that I should be using more regularly."

"We're going to Queensland with the caravan again this year. Somewhere warm. I don't function well in varying temperatures. It's hard to keep warm. I like it about 25 degrees."

They have two boys (now aged 32 and 38) and three grandchildren. The family is spread between Daylesford, Melbourne and the Gold Coast. She grew up with five siblings, but her diagnosis is never discussed in the wider family. MS is like the elephant in the room – in plain sight but ignored. "They might be being polite, or they're embarrassed, or maybe it's too difficult."

Sue and Mike were introduced by mutual friends in a pub in Daylesford. She was a waitress, and he was a house painter. Together they developed three businesses: house painting (Mike), sewing (Sue made clothes, curtains, cushions) and holiday accommodations (three houses). Sue still sews and the sewing machine light is glowing between us as we talk. "I have always expressed myself in crafts like sewing and baking cakes," she says. "I'm thinking of taking up painting. When I was a kid I used to draw. Then comes kids, businesses, married life."

pto ...continued

"Mike bowls every day. He's one of the guys who does the greens. He's very supportive. He tries to make things easy for me. He brings in the washing and even folds it!"

"I like living in Cohuna. The community is moving forward, progressive, not stagnant. I like the Neighbourhood House. I like the people here, the sense



of community. It's not fading; it's a go-ahead town. People have been warm and friendly. When you go up the street it's like scooter city. We all wave and chat. I try not to stop on the footpath because it jams the path."

NDCH

Achievement Program celebrates healthier workers at Northern District Community Health

Northern District Community Health (NDCH) has been recognised for improving the health of their workforce and community through the Achievement Program, delivered by the Cancer Council Victoria. The Program is a free evidence-based health and wellbeing framework that helps workplaces, schools and early childhood services create a healthier workplace, caring or learning environment. This month NDCH met the best-practice benchmarks in two priority areas: **Smoking and Alcohol & Other Drugs**. These latest awards add to the Physical Activity priority area previously achieved by NDCH. NDCH CEO Mandy Hutchinson said the organisation and staff are proud of this recognition and are excited that they are able to lead by example in the health promotion space and share their experience with others in the community. "Investing in the health and wellbeing of our staff by creating a healthy workplace culture and environment has fantastic benefits, not only for our staff but also for our clients and the wider community," she said.

NDCH are currently working towards the remaining two priority areas of the Achievement Program: **Healthy Eating and Mental Health & Wellbeing. Across Victoria**, over 1,000 workplaces, 700 schools and 1,300 early childhood services have already signed up to the Achievement Program. Other workplaces are encouraged to get involved in this free initiative by registering at <https://www.achievementprogram.health.vic.gov.au/>. To hear more about the program contact Health Promotion Worker Rachel Brooks on 03) 5451 0200 or rachel.brooks@ndch.org.au.

COUCH-POTATO



So the masks are off! You're finally out and about, busy catching up with family and friends, returning to your old routines such as the gym, the club and the market. But who needs an excuse to settle down by the tele? Check out these new recommendations for binge-watching.



Don't Look Up Netflix ★★★★★ Movie, USA

Two astronomers try to warn humankind of a comet hurtling toward Earth - but no-one is listening. *Don't Look Up* is a clever satire about a future America so consumed with celebrity worship, infotainment, social media and political games that it refuses to take the impending destruction of planet Earth seriously. A star-studded movie with Leonardo DiCaprio and Jennifer Lawrence. Meryl Streep plays a distracted, selfish, social media obsessed President. Don't turn off before the credits finish or you'll miss a LOL moment.



Beforeigners SBS On Demand ★★★★★ 1/2

Norwegian series, two seasons.

One night in Oslo, strange flashes of light illuminate the bay from below.

Suddenly, living, breathing, humans pop up out of the water. They are one-way time travellers: Stone Age primitives, Vikings from the Middle Ages and Victorians from the late 1800s who have been mysteriously (and unwillingly) thrust into the 21st century. Time-igrants are treated like displaced persons, refugees who are barely tolerated. A tattooed Stone-age woman is found dead. A quirky and fascinating mash of buddy cop genre and sci-fi time travel.



The Victim SBS on Demand ★★★★★

Four-part Scottish mini-series.

Grieving mother Anna Dean is accused of identifying online the man she believes killed her son. This gripping thriller follows a court trial and will keep you guessing. Has Anna found the right man? Does she have the right to take matters into her own hands? Is he really a notorious child murderer or a tragic victim of mistaken identity? Brilliant performance by Kelly McDonald (of *Gosford Park*, *Line of Duty* and *Harry Potter & the Deadly Hallows*).



You are invited

Monday 16 May 9.30-11.30am Kerang Atkinson Park

Tuesday 17 May 9.30-11.30am Cohuna Garden Park

Volunteers in the Gannawarra are invited to join a special event in the park.

An amazing opportunity to meet other volunteers and to celebrate the 50th year of Meals on Wheels



Free event. Morning tea provided
Please BYO chair



NATIONAL FAMILY READING MONTH!

Read more in May 2022!

Brought to you by NDCH

As you know, reading at home for fun has long-lasting benefits. It builds vocabulary, comprehension, and phonological awareness.

Celebrate reading more this May by borrowing 1 of the donated 10 books to the Gannawarra Library as part of the Gannawarra Goes Orange Campaign. The new books:

- promote boys and girls as equals
- help challenge gender stereotypes
- support strengths and interests of all activities and occupations.

Borrow the books for **FREE** from Gannawarra Library Service



Take the Reading Challenge.

1. Read one of the above books during May
2. Provide us with a book review



3. Send the book review to Rachel.Brooks@ndch.org.au or drop it into your nearest NDCH office.

ELMAR
Extravaganza 2.0

ALL DAIRY ENTHUSIASTS WELCOME
on farm -
123 Mansfield Road
Leitchville

WEDNESDAY 18th MAY 2022

Cohuna Art/Craft Gallery

King Edward St., opposite IGA carpark

Presents

“Colours of Moulamein”



An exhibition from Moulamein Art Group

Open Fridays 10am—12pm

1.30pm—3.30pm

Saturdays 10am—12pm

FREE ENTRY

Or by appointment—Phone Denise 0407 508 348

Lorraine 0429 103 180

Please support our artists.

Cohuna Gallery incorporating Cohuna's Rock "n" Roll history.

Take a walk down memory lane.

Jazz High Tea



Gannawarra
Arts Culture &
Entertainment
Club

Bus Trip to JAZZ High Tea at Lake Charm

Saturday 14 May 2022 4:00 PM - 6:00 PM

BUS will leave Cohuna gateway carpark at 3.15pm sharp

LOCATION—LAKE CHARM HALL
HALL RD, LAKE CHARM VIC 3581
COST : \$20 HIGH TEA PLUS \$10 BUS TOTAL \$30
An indulgent afternoon of High Tea and great music.

Featuring special guest and divine melody maker Tamara Kuldin, Jazz High Tea is an elegant, relaxing and fun excuse to indulge in some freshly brewed tea and a selection of delicious savory and sweet treats while enjoying some of Australia's finest jazz performers. CovidSafe event.

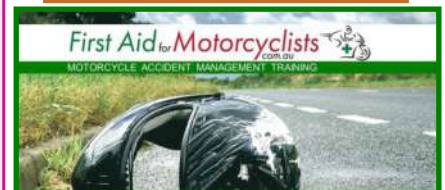
Call Cohuna Neighbourhood House to Book your seat
Phone 5456 4666



Lions Split Firewood FOR SALE

\$145 cubic metre delivered

Phone : 0486 025 303



VOTE 1 SOPHIE BALDWIN INDEPENDENT FOR MALLEE A VOICE FOR YOU IN 2022

The federal election is just around the corner, what future do you want to see for Mallee? Mallee deserves a voice that isn't suppressed by party politics, from agriculture, infrastructure, health and the cost of living, our children deserves a brighter future!

Want to be involved and have a few hours to spare? Contact polling co-ordinator Jodie Hay 0458 067 617



@SophieB4Mallee

sophiebaldwin.com.au



@SophieB4Mallee

Written and authorised by Sophie Baldwin independent candidate for Mallee.



RAT TESTS



Cohuna Neighbourhood House has free **Rapid Antigen Tests** available for community members with a Concession card. If you have symptoms please get tested.



OFFICE / Meeting Rooms AVAILABLE

at Cohuna Neighbourhood House. Full reception facilities, access to internet, full colour printing, faxing and waiting room. Hourly Hire \$10 Half Day \$25 Full day \$45 Community Groups - less!



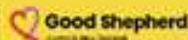
Off-leash Dog area
Second oval

Did you know
your household
could be eligible for

\$250
off your power bill?

Ask us today

Bring your Pensioner card and power Bill to Cohuna Neighbourhood House



NORTHERN DISTRICT COMMUNITY HEALTH

COUNSELLING & SUPPORT SERVICES

"NDCH - Your first port of call in the pursuit of good health."

- Rural Withdrawal Program
- Counselling
- Specialist Homelessness Service
- Drink or Drug Driver Behaviour Change Program
- Stop Smoking
- Mental Health Carer Support
- Alcohol and Other Drug Counselling
- Alcohol and Other Drug Recovery and Support Program

33 KING EDWARD STREET, COHUNA - (03) 5451 0250
8.30AM TO 4PM - MONDAY TO FRIDAY

www.ndch.org.au



@ndchvic



REGISTERED
NDIS
PROVIDER

Donate your phone to us!

Are you looking to upgrade your phone or have a couple in the drawer?

If your old phone is in good working order please consider dropping it to Cohuna Neighbourhood House to be used by someone in our community who needs it. All phones will be reset to factory settings prior to distribution. Please remember to take your sim cards out and include a charger



Cohuna Neighbourhood House
The heart of our community

Cohuna Neighbourhood House
29 Market Street, Cohuna

BE
CONNECTED



Cohuna Neighbourhood House
The heart of our community

Helping older Australians thrive in a digital world

LEARN ABOUT
THE INTERNET, COMPUTERS, IPADS
& PHONES

Be Connected

Come along every Friday morning to Cohuna Neighbourhood House and learn more about your Phone or Ipad.

FREE - for more information call 5456 4666



Cohuna Neighbourhood House
Emergency Relief Pantry
OPEN Mondays 10-12 for Self Service.
Parcels available other days.
Please make contact if you need
assistance Call 5456 4666
29 Market Street Cohuna

COMMUNITY GROUPS AND MEETING NOTICES

Social Support Group

Open Monday & Thursday
Seniors Room, Market St. Contact Cohuna Hospital.
Phone 54565300.

Cuppa & Chat

Every Wednesday morning 9.30 am, Bower Tavern

Cohuna A.P & H. Society

Meets at 7.30pm on the 4th Tuesday of month, at the Historical Society. New ideas for Cohuna Show always welcome.

Cohuna Community Service Group

Meets : 1st and 3rd Thursday of each month at Cohuna Water Tower. Danny White 0418359242

Paper collection -1st Sunday of month. Please leave on nature strip by 9am. #Train Hire Available#

Cohuna District Hospital Ladies Auxiliary

Meets on the 1st Friday of each month (excluding Jan, July & Aug) 10.00am at the CDH Multi-Purpose Meeting room. Secretary Joy Crellin 54562170

Cohuna/Leitchville Sub-Branch R.S.L

30 Channel St, Cohuna, meets 3rd Thursday of each month, 7.30pm. Enquiries: Geoff Dale 0428 563395

Cohuna /Leitchville RSL " Crazy Whist"

Wednesdays -1.30pm @ Club Rooms - Channel St.
\$4 to Play-includes Raffle and Cuppa. All Welcome.

Cohuna/Leitchville R.S.L. "Canasta & Coffee"

Tuesdays 1pm – at Club Rooms – \$3 to play includes Tea/Coffee & Biscuits. All Welcome.

Enquiries Judy Hughes 54 563314

Cohuna Masonic Lodge King Edward St

Meetings: 2nd Thursday of each month

Enquiries: Ray Crellin 0428 178770

Cohuna Patchwork Group

Meets at Masonic Lodge, King Edward Street

1st & 3rd Mondays 10.00am - 3.00 pm

2nd & 4th Tuesdays 7.30 – 10.00 pm

Cost - \$6.00 Carolyn Ryan 0488 745 413

Cohuna Progress Association

Meeting 7 pm on 3rd Monday of month
Community Meeting Room. All welcome.

Cohuna Retirement Village Auxiliary

Meets 1.30pm 3rd Monday of the month
in Retirement Village Multipurpose Room.

Enquiries 5456 2338

Cohuna Senior Citizens

Meet Tuesday 1pm – 4pm & Friday 1pm - 4pm

at Market St Rooms. New members welcome.

President: Marion Peatling 0417163486

Cohuna Art Gallery

23/25 King Edward St. Fridays 10am till noon and

1:30pm till 3:30pm. Saturdays 10am till noon

Leitchville Bunyips Sporting Club

Meet 2nd Monday every month, Bunyip Hut

Call Trevor for enquiries & directions 0400 581122

Cohuna Weight Loss Support Group

Support in losing weight. Join us at our friendly weigh-ins. Wednesday 4pm-4.30pm at Cohuna Neighbourhood House.

Enquiries: Dot Waterson 0428 537 845

Churches that hold weekly services

Anglican 32 Channel St, Cohuna
Ph: Rev Sue Allan 0417 365386

Baptist Belmont St, Cohuna

Catholic King George St, Cohuna

Uniting Sampson St, Cohuna 5456 2381

Cohuna Model Flying Club

lyndon.clifford@education.vic.gov.au

0429 165669

Family Drug Help

Ph 0427 567170 for more information and support.

500 Club

Every Wednesday evening at 7pm
at Community Meeting Room. All Welcome

Enquiries - Des Shelley 54562723

U3A Cohuna

Groups meet regularly to enjoy many varied activities.

Enquiries: President Ann Graham 5456 2028

Garden Lovers

Meet 2nd Friday of every month in Community Meeting Room at 1:30pm

Enquiries - Carol Hall 5456 3100

Cohuna Lions Club

Meet at the Shire Building (near dentist) on the 2nd

Wednesday of month 7pm for 7.30pm

Visitors welcome. President: Norm Walkington.

Secretary: Anne Graham 0407 316303

Leo Club:

Monthly 1st Monday of the month Cohuna Scout Hall

President: Ebony Smith

LEO Advisor: Fiona Smith 0402 305566

RSL Pool & Morning Tea

Held in RSL Clubrooms at 30 Channel St

Monday mornings (except public hols) 9.15am – 12noon

All Members and Members' friends welcome.

Enquiries – Trevor 0414 264 199

Cohuna Spinning & Weaving Group

Tuesdays from 10am, front room at Memorial Hall (turn right past stairs). Stay an hour or all day.

Enquiries Secretary 0429 065119

Northern District Dance Association

50/50 old time/nu vogue. Band Hall, Maxwell St, Kerang

Every Monday from 8pm. Also 4th Friday of each month.

Pigeon Racing Mallee Combine (Cohuna)

Contact Barry Stacey 0407 406 568

Waters Edge Walkers

Every Wednesday morning 8.30am at Gateway Carpark

Cohuna Clay Target Club Inc

Contact Stephen Bottcher 0427 656684, Giorgi

Boucher 0409 777 542

Cohuna Farmers Market 4th Sunday every month.

From 8am. Contact Sarah Mostyn 0407 476065.

Cohuna & District Historical Society

Meets 4th Thursday every month @ 1.30pm

Cullen Street. New members welcome.

Trash & Treasure open Mon, Wed, Fri, Sat 9.30-12

PH: 5456 2345

Cohuna Men's Shed

Tues & Wed 9am-3pm. Thurs 9am-12noon. 3 William

St. New members always welcome. PH: 0490 184181

Cohuna Art & Craft Gallery

Located in old library, Shire Building

Open Friday 10am-12noon & 1-3pm; Saturday 1-3pm

PH: 5456 4666

Maternal & Child Health Pram Walk

Wed 10am. Meet at roundabout carpark near bridge.

Cohuna parkrun

Every Saturday 7.45am, Garden Park.

Event Director, Alan, 0418 560252.