

Cohuna's Community Newsletter

7th June 2022 Issue No: 376

"HUG IN A RUG" PROJECT, LISMORE

Cohuna LEOS and Cubs watched the floods in Lismore and around the country and wondered what they could do to help in these areas. It was decided that Lismore kids would be our focus. A project idea was hatched: we needed to send them a big hug to let them know someone was thinking of them.

"A Hug in a Rug" was born!! Sending a big hug in the form of a teddy with their own

sleeping bag, as some kids didn't have homes or their own possessions.

Leos, Cubs and members of the public got on board and began sewing Teddy bags. The Leos were presented with two new sewing machines from Faye Donaldson to assist them to get the project bags done.

The idea was to have a road trip and deliver the bears, but with the price of fuel, the distance (16,000+ kilometres) and accommodation. We were going to send the bears to

be distributed by the Lismore Lions Club members. In the end, it was decided that LEO Advisors, Fiona Smith and Lee Walkington along with the Cohuna Lions Club President Norm, would fly, with financial support from the Lions Club.

Arriving in Lismore, Lee's sister took us on a tour of the town or what is left of it!! It is so hard to comprehend the extensive devastation and destruction not only of the buildings and homes but the lives of the population of Lismore. The other thing that struck us, was the level the water rose to - 6 meters in some areas. It is hard to understand that water can collect and stay in an area at that depth.

The sad sight of gutted homes tore at our hearts, no windows or doors, no internal walls, just a shell. Most will not be rebuilt; the owners are just broken and can't start again. Others will one day, but it is going to take ages, as there are no tradies or supplies to get the work started. Many homes and business have hearts on them, showing the love for their town and each other.

With winter approaching, it is hard to see how the population living in tents and caravans are going to manage. Many have moved away to nearby communities, supported by family, friends and strangers.

We met with members of the Lismore Lions Club (Lismore is the birthplace of Lions in Australia) for lunch on Monday then visited Our Lady of Help Christian Primary School. There are 10 schools in Lismore, only a few are back to 'normal', and many children are attending schools in other areas. The school was badly impacted by the floods and is now using an old kinder to get their students back into classes. It was decided that the students in grades Prep and 1 would be the recipients of the Teddies.

It was an absolute privilege to meet the principal and teachers working in the school. The students were delightful, so grateful for the small gifts that we gave. We were all so pleased that we took the Teddies rather than sent them. We would have missed the look on their faces. Priceless!

We will continue to be in contact with the school, as time goes on, see what else is needed to assist them back into their own school and as normal a life as possible. The biggest thing that we will take out of this is that Lismore and the other town that have been impacted by this enormous flood event **must never be forgotten!**

Lee Walkington



COUCH-POTATO



You're finally out and about, busy catching up with family and friends, returning to work and/or your old routines such as the gym, the club and the market. But what if you need to quarantine? What if you actually catch COVID? What if you just want to blob out in front of the tele for fun? Check out these recommendations.

Life iView ★★★★★½

Mini-series, UK

Life is an exploration of the human condition – with just the right amount of sentimentality. The title is inspired by David



Attenborough, but instead of animals, we look at ourselves. A big Victorian house in Manchester has been divided into four flats. The residents are isolated by their interweaving stories of heartache and hope, but eventually, they find ways to connect across dividing walls. An engaging drama written by Mike Bartlett (*Doctor Foster*).

Missing Angel SBS On Demand ★★★★★½

French crime drama, one season (4 episodes)

In June 2012, Suzanne Brunet's 17-year-old daughter Julie vanished. Eight years later, while caring for an in-home patient, Suzanne comes across an old newspaper with a photo

at a farmer protest in a tiny village. One of the protestors is wearing the same striped t-shirt Julie was wearing the day she disappeared. It's



the first sign Suzanne's had and it gives her a new surge of energy. Both mother and female detective are unconventional characters: Suzanne is an alcoholic and the detective is overweight.

Ten Percent Prime ★★★★★½

British comedy series

In London's high-pressure entertainment scene, the Nightingale Hart talent agency is among the best in its class, but after the unexpected departure of the agency's founder, the office is thrust into chaos. *Ten Percent* is based on the French series *Call Your Agent* (Netflix). The British series isn't quite as quirky, cutthroat, or funny, but it has its own charm. It is absorbing and includes familiar stars such as Helena Bonham Carter playing themselves.



For FREE... drop down to Cohuna Neighbourhood House anytime and grab plenty of food in our community cupboard including donated limes..yummo! We also have community garden with ready to pick herbs and vegetables.

Come inside from 9am-3pm and pick up easy to cook meal kits from our pantry and freezer -all created with recipes by our amazing volunteers. We are so proud to have this service in Cohuna ..all welcome!



Volunteer Needed

Cohuna Neighbourhood House is looking for a volunteer to help with English lessons

Phone:

Cohuna Neighbourhood House
5456 4666



An evening with **Kutcha Edwards**

FRIDAY 17 JUNE 6:00pm
Kerang Memorial Hall

CIRCLING TIME

SONGS & STORIES

Celebrating Reconciliation Week and NAIDOC Week 2022

FREE EVENT

LIMITED CAPACITY

BOOKING ESSENTIAL

www.trybooking.com/BZIDX

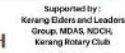
arts@gsc.vic.gov.au

(03) 5450 9333



6:00pm Welcome to Country
Aboriginal Art Exhibition
6:15pm Story time with puppets
6:30pm Opening performance by Kinja
8:00pm Kutcha Edwards

BYO picnic / food available for purchase



World Blood Donor Day



June 14th



Cohuna Leo Lions & Cubs
In the Park

Saturday 18th June
10 - 1pm

Come down, purchase a yummy donut & enjoy a range of free games.
(Cash only sorry)



Every Saturday run or walk. Meet 7.45 am at Garden Park. Free timed event.

Don't forget your barcode
www.parkrun.com.au/cohuna/



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.

RECONNECT
Are you thinking of returning to education or training but unsure where to start?
Contact Kain your SuniTAFE Reconnect case worker 0436 321 376

RECONNECT IN 2022

SUPPORTING LEARNERS TO RE-ENGAGE AND SUCCEED IN THEIR EMPLOYMENT, EDUCATION AND TRAINING.

The Reconnect program aims to support learners to find suitable further education and training opportunities. If you are thinking of improving your skills or gaining new qualifications but unsure how to start the Reconnect program may be able to assist. Providing an outreach service to Cohuna and the Gannawarra shire please contact Kain via phone 0436 321 376 or email





If you test positive for COVID-19, you must:

- Report your result to the Department of Health if you tested positive on a rapid antigen test. Visit www.coronavirus.vic.gov.au/report, or call 1800 675 398 as soon as you can. You don't need to report your result if you tested positive from a PCR test.
- Immediately isolate for 7 days from the day you took your positive RAT or PCR test.
- Tell your close contacts, workplace and/or education facility you have COVID-19 and follow your checklist:

www.coronavirus.vic.gov.au/checklist-cases

ECHUCA MOAMA SLEEPOUT

FIGHTING HOMELESSNESS

Sign up today.....

WILL YOU TAKE THE CHALLENGE & BRAVE THE CHILL!

VENUE: MOAMA FOOTBALL GROUND- KIRCHHOFFER STREET, MOAMA

DATE: AUGUST 5TH 2022
START TIME 4.30PM


REGISTRATION FEE \$30 PER PERSON (UNDER 18 FREE)
FUNDRAISE AS A TEAM, FAMILY OR INDIVIDUAL

FOR MORE INFORMATION CONTACT
CROSSENVALE@GMAIL.COM
0469049474/0354803683

REGISTRATION LINK
HTTPS://WWW.EVENTBRITE.COM.AU/E/338587282677







QUEEN'S BIRTHDAY PUBLIC HOLIDAY

Monday 13th June



NORTHERN DISTRICT COMMUNITY HEALTH

COUNSELLING & SUPPORT SERVICES

- Alcohol & Other Drugs Counselling
- Alcohol & Other Drugs Withdrawal
- Specialist Homelessness Service
- Generalist Counselling
- Mental Health Nursing
- Stop Smoking



REGISTERED NDIS PROVIDER

33 KING EDWARD ST, COHUNA
5451 0250

9am to 4pm - Monday to Friday
www.ndch.org.au    @endchvic

Call out: music fans, singers and local choirs to join
SOUND OF YOUR TOWN By Mama Kin Spender



This amazing community project is finally coming to the Gannawarra, after being postponed due to Covid-19. ARIA-nominated Mama Kin, producer Dingo Spender and Choir Master Virginia Bott are coming to Kerang to share a residency and live performance experience with local singers, music fans and local choir members.

Our local singers will have the opportunity of joining Mama Kin Spender's team for rehearsals and performance on Friday 19 August 2022 at Kerang Memorial Hall.

People interestd in joining the special choir group for this project please contact: Claire Gillen on 0427 579 355 or Angela Ginnivan on 0409 252 550.



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!

Did you know
your household
could be eligible for

\$250

off your power bill?

Bring your Pensioner card and power Bill to Cohuna Neighbourhood House

Ask us today



Cohuna Men's Shed



Opening Hours:

Tuesday 9am to 3pm

Wednesday 9am to 3pm

Thursday 9am to 12noon

Call in for a cuppa or chat or try your hand at woodwork, repairs or your own project.

New members and visitors welcome anytime!

3 William Street Cohuna

Ph: 0490 184181

20 May - 26 June

CHANGED FOREVER

LEGACIES OF CONFLICT
A Shrine of Remembrance Touring Exhibition

Exhibition open

Wed, Thu, Sun 11:00 am - 3:00 pm

Fri 1:00 - 4:00 pm

Open at other times by appointment
Email: changedforeverloc@outlook.com

Pyramid Hill Memorial Hall
Kelly St, Pyramid Hill



SPONSORS

VICTORIAN VETERANS COUNCIL



AUSTRALIAN NATIONAL VETERAN HELP SERVICE



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.