

# Cohuna's Community Newsletter

19th July 2022 Issue No: 379

## *Small Business Matters in Gannawarra*

### **Do you own a small business (maximum of 20 people) in the Gannawarra Shire?**

The Cohuna Neighbourhood House, along with our partners, NDCH, Quambatook and Kerang are inviting small business owners and their staff to attend a range of events as part of the **Small Business Matters** campaign being rolled out throughout July and August.



- 22<sup>nd</sup> July: **Quambatook.** Small business owners and their staff can have a laugh at the Comedy Night, featuring Billy Stiles, Dave O'Neil and Jarryd Goundrey.
- 7<sup>th</sup> August: **Cohuna.** Champion AFLW footballer and Star Australian Diamonds netballer **Sharni Layton** and notable wellbeing speaker **Warren Davies, 'The Unbreakable Farmer'** will speak about their lives and achievements.
- 7<sup>th</sup> August: **Koondrook.** An exclusive opportunity for small business owners under the beautiful gum trees, where you can enjoy an afternoon with Zoe's Little Flower Farm participating in a wreath making workshop.

### ***Lunch On Us - see details inside to enter***

Businesses can enter to have a free lunch, delivered on site, to their staff through the *Lunch On Us* campaign – designed to bring a smile to staff faces and have a bit of fun! This campaign will support local food businesses who supply the lunch each Wednesday and Friday over eight weeks. The first week saw three small businesses enjoy lunch, including Rumbold's Auto Electrical (Sh'marnas Place delivered onsite) on Hump Day Wednesday, and Quambatook Café and Northwest Ag Quambatook (Kerang Sporties delivered) on Hey Hey it's Friday.

*"Small Businesses are the backbone of the local economy, providing vital goods and services, employment as well as helping us to all live in thriving and vibrant communities," Northern District Community Health Service CEO, Mandy Hutchinson said. "It's wonderful to see that we as a community can offer something back to small business given the past couple of years which have been incredibly stressful for them".*

### ***Gannawarra Wellness Wheel - see details inside to register***

The Gannawarra *Wellness Wheel* will be a feature at all Small Business Matters in Gannawarra campaign events, and all small businesses in Gannawarra are invited to be involved and are encouraged to attend events for a chance to win a voucher from participating businesses across the shire. This is a great opportunity to showcase your business, network with the local business community and market your service .

All we ask of you is to be a part of the WELLNESS WHEEL by registering your interest and we will purchase a voucher from you.

The Small Business MATTERS campaign has been made possible with funding from the Mental Wellbeing of Business Communities Grant Program – Small Business Victoria and through the collaborative efforts of Cohuna Neighbourhood House, NDCH, Kerang Neighbourhood House and Quambatook Community Resource Centre and The Cohuna Progress Association.

For more information visit the Facebook pages of NDCH, Cohuna Neighbourhood House, Kerang Neighbourhood House or Quambatook Community Resource Centre.

**Let us cover costs while we nurture your mental health.**



"Cohuna Happenings" is published fortnightly on **Tuesdays**. This publication is compiled at Cohuna Neighbourhood House for the community. Please feel free to submit any stories or articles of interest. nhcohuna@bigpond.com (03) 5456 4666 or 0490 255 450



FESTIVAL OF EVENTS



LUNCH ON US- REGISTER TO WIN

JUL & AUG | 12PM-1PM | WEDNESDAY & FRIDAY



WELLNESS WHEEL- REGISTER

JULY | REGISTER FOR US TO PURCHASE A \$50, \$100, OR \$200 VOUCHER FROM YOUR SMALL BUSINESS



COMEDY NIGHT- DAVE O'NEIL + MORE

22 JUL, 2022 | 7PM | QUAMBATOOK MEMORIAL HALL



SHARNI LAYTON & WARREN DAVIES

7 AUG, 2022 | 12PM-2PM | COHUNA KANGAS CLUB ROOMS



WREATH MAKING WORKSHOP

7 AUG, 2022 | 11AM-2PM | KOONDRUCK SENIOR CITIZENS CENTRE



ONE MORE EVENT TO BE ADDED

COMEDY NIGHT

WITH DAVE O'NEIL  
JARRYD GOUNDRY & BILLY STILES  
JULY 22

QUAMBATOOK MEMORIAL HALL



TICKETS



FRIDAY 22ND JULY, DOORS OPEN 7PM

TIX \$10 - INCLUDES SUPPER PRESENTED BY QUAMBATOOK RESOURCE CENTRE

ACCOMMODATION AND BOOKING  
PH (03) 5457 1229  
OR

[HTTPS://WWW.TRYBOOKING.COM/CAUGY](https://www.trybooking.com/caugy)



WHAT'S THE JOKE

Small Business MATTERS in Gannawarra is supported through the Victorian Government's Mental Wellbeing of Business Communities Grant Program.



**Wreath Making Workshop**  
with Zoe's Little Flower Farm

A day out under the beautiful gums in Koondrook!  
Refreshments and great company! Limited spots- \$10 per person.  
Exclusive opportunity for small business staff in Gannawarra.

7 AUG, 2022 | 11am-2pm | KOONDRUCK SENIOR CITIZENS CENTRE  
2 Station St Koondrook

Bookings essential: <http://www.ndch.org.au/events.html>

Follow NDCH for more Small Business MATTERS events @ndchvic

**SHARNI LAYTON & WARREN DAVIES**

Star Netballer | Champion Footballer | The Unbreakable Farmer

Join us for lunch as we hear from Sharni and Warren. They will speak about their lives, achievements and provide practical tips on how to care for both yourself, your friends and your colleagues.  
FREE EVENT. ALL WELCOME.

7 AUG, 2022 | 12PM-2PM | COHUNA KANGAS CLUB ROOMS

Bookings essential: <http://www.ndch.org.au/events.html>

Small Business MATTERS in Gannawarra is supported by the Victorian State Government.

**SMALL BUSINESS MATTERS IN GANNAWARRA**

**Are you a Small Business in Gannawarra?**

**WE WANT TO PURCHASE A VOUCHER FROM YOU!**

**REGISTER YOUR INTEREST HERE**

The wheel features various voucher amounts: \$50, \$100, and \$200.

Small Business MATTERS in Gannawarra is supported by the Victorian State Government.



Small Business Matters in Gannawarra *Wellness Wheel* will be at all campaign events where business employers or employees can drop their business cards in to be drawn for a spin of the wheel to receive a cash voucher from other local businesses.

**Draft Aquatic Strategy survey open until 31 July**



**Please complete the Survey.**

Since development of the draft strategy began in late 2020, the passion our communities have for their local outdoor swimming pools is evident. The survey is one of the ways residents can provide feedback on the draft strategy up to 5pm Sunday, 31 July, with comments accepted in the following ways:

By completing a Have Your Say form available at

[www.gsc.vic.gov.au/aquatic](http://www.gsc.vic.gov.au/aquatic)

By emailing [council@gsc.vic.gov.au](mailto:council@gsc.vic.gov.au)

By writing to Gannawarra Shire Council, PO Box 287, Kerang VIC 3579

The link to the survey is

<https://www.surveymonkey.com/r/SK9SNLY>

There is paper copies located at Cohuna Newsagent, Cohuna Post Office and Cohuna Neighbourhood House

**WHAT TO DO IF YOU HAVE COVID-19**

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](http://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](http://www.coronavirus.vic.gov.au/checklist-cases)

**All Welcome!**

Drop down to Cohuna Neighbourhood House anytime and grab plenty of food from our community cupboard—including donated lemons & limes. *Yummo!* We also have a community garden with ready to pick herbs and vegetables. Come inside from 9am-3pm for easy to cook meal kits from our pantry and freezer—all created with recipes by our amazing volunteers. Pick up a hamper. We are so proud to have this service in Cohuna . Come Monday morning and “shop” in the store.

*Food Voucher*

**Cohuna Neighbourhood House  
Emergency Relief Pantry**



Are you experiencing financial hardship? In need of assistance. Cut out this voucher and bring it to Neighbourhood House, 29 Market Street, between 9am & 3pm Monday to Friday and exchange it for a food hamper.

*All welcome!*

Name: \_\_\_\_\_



## MOVIE LOVERS

**Bus trip Cohuna to Echuca  
1st Tuesday of the Month**

Next Trip 2nd August

**To book your seat**

call Cohuna Neighbourhood House  
54546 4666 Bus leaves Cohuna  
between 5.30 - 6.30 pm.

Sometimes we visit Maccas afterwards



### 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/](http://www.parkrun.com.au/cohuna/)



LEARN ABOUT  
THE INTERNET, COMPUTERS,  
IPADS & PHONES

Helping older Australians  
thrive  
in a digital world

### *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



4th Sunday of Every Month  
Next Market 24th July 2022

## COUNSELLING SUPPORT & SERVICES

Brought to you by NDCH

We have a range of professional, confidential counselling and support services. Our staff are professional, ethical, qualified and highly skilled.

**They can help you with many different life issues including:**

- mental health
- anxiety and depression
- grief and loss
- trauma
- stress
- alcohol and other drugs
- stopping smoking
- communication and relationships
- work and career
- life transitions such as the birth of a new baby, separation or divorce
- parenting
- abuse
- self-esteem
- exploring gender identity and/or sexuality,
- and much more

**What area do we cover:**

Gannawarra and Buloke Shires, and the northern end of the Loddon Shire. Please contact the team for more specific areas that we cover.

**What is the cost?**

This service is fully subsidised. There is no charge.

- NDCH Cohuna
  - 5451 0200
  - [www.ndch.org.au](http://www.ndch.org.au)
- 



### NORTHERN DISTRICT COMMUNITY HEALTH

#### OUR NDIS SERVICES:

- Support Coordination
- Occupational Therapy
- Dietitian
- Podiatry
- Paediatric Physiotherapy\*  
(\*up to 17 years of age)

If you have a NDIS plan with these services in it, give us a call.

For more information on the National Disability Insurance Scheme: [www.ndis.gov.au](http://www.ndis.gov.au)

5451 0200

[www.ndch.org.au](http://www.ndch.org.au)

[ndis@ndch.org.au](mailto:ndis@ndch.org.au)

# Movie Days



at Cohuna Neighbourhood House  
Come along and enjoy watching great movies on the  
BIG screen in a warm cosy room.

Free event coffee and tea supplied

Every MONDAY afternoon 1-3pm  
AUSTRALIAN movies

Every Wednesday morning 10 -12noon  
OSCAR Award winning Movies



## Face masks

Due to an increase in COVID-related hospitalisations, mask-wearing in indoor and crowded settings is now **strongly recommended** to protect individuals and our most vulnerable Victorians through winter.

## Cohuna Spinning & Weaving Group

We meet every TUESDAY at the Memorial Hall  
10am till 2pm

Lots of experience if you wish to  
learn these skills and more

**KNIT. CROCHET. SPIN.WEAVE. FELT.**

Or just bring your knitting and  
enjoy a cuppa and a yarn.

Contact the Secretary 0429 065 119



## FIRST AID TRAINING COURSES



**First Thursday  
of every month.  
Next Course 4th Aug**

### FIRST AID HLTAID003:

**Level 2** Pre-work book to be completed.

Cost \$150 8.30am till 4.30pm

### FIRST AID: Reaccreditation

Cost \$75 8.30am till 12.30pm

**Cohuna Neighbourhood House 5456 4666**

## Tuning into Teens™ at headspace

### EMOTIONALLY INTELLIGENT PARENTING

Parenting can be a challenge at times  
so would you like to learn how to:

- Understand what they're going through at this stage in life?
- Understand their emotions?
- Manage conflict more effectively?
- Communicate more effectively?
- Create a closer more connected relationship?
- Build on your skills as a parent?

A FREE six session parenting program for parents and carers of young people

headspace  
National Youth Mental Health Foundation

## COMING TO KERANG

### FOR PARENTS



starting Thursday 28 July



9.30AM-11.30AM for six weeks

To register interest, parents just need to give  
Headspace a call on 03 4010 7100 and  
someone will be in touch.



**RE-CONNECT**  
with your Gannawarra

*Cohuna Happenings—Community Newsletter has been supported by funding received by Gannawarra Shire Council through the Drought (Mental Health) Package, and is supported by the Gannawarra*

## 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 Community Service Group**

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

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

### **Cohuna District Hospital Ladies Auxiliary**

Meets on the 1<sup>st</sup> 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 3<sup>rd</sup> 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: 2<sup>nd</sup> Thursday of each month  
Enquiries: Ray Crellin 0428 178770

### **Cohuna Patchwork Group**

Meets at Masonic Lodge, King Edward Street  
1<sup>st</sup> & 3<sup>rd</sup> Mondays 10.00am - 3.00 pm  
2<sup>nd</sup> & 4<sup>th</sup> Tuesdays 7.30 – 10.00 pm  
Cost - \$6.00 Carolyn Ryan 0488 745 413

### **Cohuna Progress Association**

Meeting 7 pm on 3<sup>rd</sup> Monday of month  
Community Meeting Room. All welcome.

### **Cohuna Retirement Village Auxiliary**

Meets 1.30pm 3<sup>rd</sup> 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.