



Photo Shayne Mostyn

2022 DEBUTANTE BALL

The 2022 Cohuna Deb Ball will be the last ball held under the auspice of Cohuna Neighbourhood House. We would like to thank the Cohuna Secondary School for presenting such a wonderful event over the last decade. Thanks also go to the parents, the volunteers, St Mary's School for catering, the dance teachers, all the individuals who have worked so hard, including Sally and John Hawkins, Joanne Dehne, Cathy Donehue, and all the glittering participants. Betty Thompson recalls the phone call she received in 2012 asking if she and Geoff would teach the debs to dance. They agreed on the condition they could teach dances from their rock 'n roll repertoire, such as the R&R Waltz and the Box Rhumba. Betty says it's always a special night and it brings the young people together in a formal situation. "I always tell them it's something you'll never forget," she says. Betty remembers her own Deb Ball in Pyramid Hill in 1958. "You feel like a princess."

SILAGE WRAP RECYCLING SERVICE

Local farmers can now dispose of their silage wrap for free at Council's Cohuna Transfer Station. Wrap needs to be shaken and as clean as possible and will be accepted in Bulka bags, wool bags or Plasback bags without net wrap or twine. Silage wrap is made of a high quality linear low-density polyethylene plastic which is a wasted resource if sent to landfill. Please note that burning silage wrap is illegal and it also releases harmful chemicals into the atmosphere. The Cohuna Transfer Station is at 150 Chuggs Road, Cohuna. Open 9-11am Fridays and 1-4pm Sundays.



"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





WELLNESS WHEEL- REGISTER

JULY | REGISTER FOR US TO PURCHASE A \$50, \$100, OR \$200 VOUCHER FROM YOUR SMALL BUSINESS (MAX 20 PEOPLE)



LUNCH ON US- REGISTER TO WIN

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



SHARNI LAYTON & WARREN DAVIES

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



WREATH MAKING WORKSHOP

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



STORY TELLING & LIVE PAINTING WITH LOCAL INDIGENOUS ARTIST TOBIE CAMERON

21 AUG, 2022 | TBC | QUAMBATOOK

CONTACT ANNE AT QUAMBATOOK COMMUNITY RESOURCE CENTRE 03 5457 1220



A NIGHT OUT WITH PAIGE DAVIES FROM FRANKIE AND CO & STEVE COLOMBO

2 SEP, 2022 | 7PM-9PM | KERANG MEMORIAL HALL



Are you a Small Business in Gannawarra?

WE WANT TO PURCHASE A VOUCHER FROM YOU!

REGISTER YOUR INTEREST HERE

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.

SMALL BUSINESS MATTERS IN GANNAWARRA

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 | KOONDROOK 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

SMALL BUSINESS MATTERS IN GANNAWARRA

Star Netballer | Champion Footballer | The Unbreakable Farmer

SHARNI LAYTON & WARREN DAVIES

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.



Drawing Competition

Reimagine a page of 'Animalia' to celebrate its 35th Anniversary.

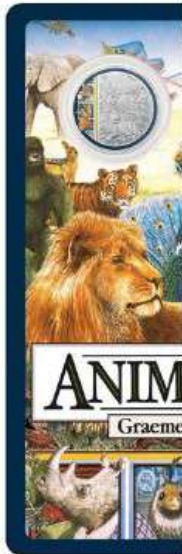
Open to primary students in Gannawarra.

Win two mystery Graeme Base books plus a special edition 'Animalia' Coin!

(Prizes for P/1/2, Year 3/4 & 5/6 students)

Phone 5452 1546 for more details

Entries close Friday 19 August



Cohuna Senior Citizens AGM

1pm, Friday 12th August.

All Welcome



Science Week Special Event Robotics and Coding Workshops!

Join a member of Echuca's twistED

Science team and learn how to

program ozobots

For primary school children

Saturday, 13 August

Kerang - 10.00am and Cohuna - 1.00pm



Adults to accompany children

Bookings are essential

Phone (03) 5452 1546



FUTURE READY YOUTH 17-19 SEPT 2022

ADAPT youth climate network retreat

Are you between 15-25 years of age living in the Loddon Mallee?

Do you want to create a climate ready future?

Join us at the DOXA Youth Camp in Malmsbury.

Connect **Inspire** **Create**

Free event! All accommodation, food and transport to the venue is provided. Find out more here




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!

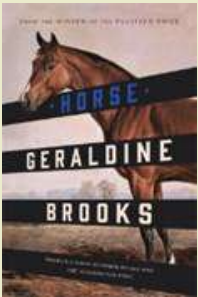
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THE LOCAL BOOKSHELF

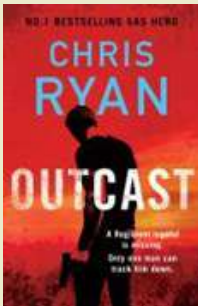
"If you don't like to read, you haven't found the right book." J.K. Rowling. Here's a mixture of titles to tempt a range of interests....



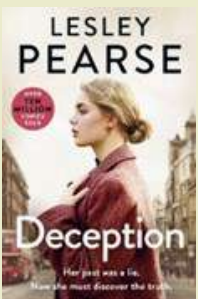
Lisa, by Lisa Curry and Ellen Whinnett.
Lisa Curry is a person who everybody feels they know something about, especially after her visits to our home town. Here Lisa reflects on a life well lived and the experiences that shaped her: swimming, family, marriage, divorce, and love found again. It is a powerful story of resilience, of highs and lows, and of starting out and starting again.



Horse, by Geraldine Brooks.
Pulitzer winner Geraldine Brooks's latest book is a sweeping tale that uses the true story of a famous 19th-century racehorse to explore the roots and legacy of enslavement. Moving, inspiring and vividly told.



Outcast, by Chris Ryan
Outcast is a fast-paced military thriller centred around Jamie "Geordie" Carter. He's a strong, straightforward character who can ruffle the feathers of those in power. There's a real authentic edge to the tale, the setting within Afghanistan after the withdrawal of western troops which gave the perfect backdrop for this story.



Deception, by Lesley Pearse.
This story is centred on a woman who finds out at her mother's funeral that everything she thought she knew about her family and identity is a lie. Over ten million of Pearse's books have sold worldwide, despite waiting until the age of forty-nine to become a published author, and Deception shows off her writing at its best. Fast-paced, and packed with surprises, this is an intriguing mystery which explores the lasting impact of trauma.

All titles are available from the Cohuna Library.

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
-   



NDCH

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



33 KING EDWARD ST, COHUNA
5451 0250

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



MOVIE MONDAYS

- 1/8 Top End Wedding
- 8/8 Last Cab to Darwin
- 15/8 The Black Balloon
- 22/8 The Merger
- 29/8 Rabbit-Proof Fence
- 5/9 Muriel's Wedding
- 12/9 The Man from Snowy River
- 19/9 Looking for Alibrandi

MOVIE WEDNESDAYS

- 3/8 Bombshell
- 10/8 Shine
- 17/8 Silver Linings Playbook
- 24/8 I, Tonya
- 31/8 The Piano
- 7/9 Slumdog Millionaire
- 14/9 Shrek
- 21/9 Marriage Story

Come along to Cohuna Neighbourhood House and enjoy watching great movies on the new BIG screen in a warm cosy room.
FREE MOVIE. FREE coffee and tea supplied
MONDAY afternoons 1-3pm **AUSTRALIAN** movies
WEDNESDAY mornings 10 -12noon **OSCAR** winning Movies

Cohuna Art/Craft Gallery

“Patches of Colour “

By Cohuna Patchwork Group



Civic Centre King Edward St (look for yellow flags)

Open Hours

Friday 10-12 1.30 -3.30


Saturday 10-12

Or By Appointment.


Denise 0407508348 Lorraine 0429103180

“Please support our local artists”

MOVIE LOVERS



Bus trip Cohuna to Echuca
1st Tuesday of the Month
 Next Trip 6th September
To book your seat
 call Cohuna Neighbourhood House
 54546 4666 Bus leaves Cohuna
 between 5.30 - 6.30 pm.



Sometimes we visit Maccas afterwards

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

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 : 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.