

# Cohuna's Community Newsletter

30th August 2022 Issue No: 382

Photo by Ros Dwyer

## Exquisite Quilts!

### Don't miss the latest Exhibition at Cohuna Art Gallery

Add a little colour and warmth to your day by visiting the Cohuna Patchwork Group display now on at the Cohuna Art Gallery. There is a fantastic range of quilts on display showcasing the work of local crafters Carolyn Ryan, Sue Barton, Marie Manners, Chris Coates, Judy Senior, Pam Carmody, Kath Crichton, Margaret Henery, Hellen Hill, Pat Pollock, Jan Porker and Dianne Woolhouse. From the more traditional designs such as log cabin, to shimmering quilts and stunning colour combinations there is something sure to catch your eye.

The art Gallery is open on Fridays from 10am until noon and 1.30pm to 3.30 pm, and Saturdays from 10am to 12 noon. Visitors have come from as far away as Yarra Glen and Benalla – don't miss this great exhibition right on your doorstep.

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.

## MOVIE MONDAYS

All Australian  
1-3pm

- 5/9 Muriel's Wedding
- 12/9 The Man from Snowy River
- 19/9 Looking for Alibrandi

## MOVIE WEDNESDAYS

Oscar-winners  
10am-12noon

- 31/8 The Piano
- 7/9 Slumdog Millionaire
- 14/9 Shrek
- 21/9 Shine

# Morning Tea On Us @ Garden Park Friday 19th August

*Festival of Events, Small Business Matters in Gannawarra.*

On a sunny winter's morning last Friday about 80 people pulled up in trucks, utes and cars to enjoy a moment away from work and "morning tea on us". A mix of tradies, retired farmers (and a few ring-in tourists) enjoyed a chat and an egg and bacon or sausage and onion roll with a cup of coffee.

Thanks to Victorian State Government funding.



L-R. Peter Walsh, Member for Murry Plains;  
Tanya Black, Manager Cohuna Neighbourhood House;  
Glenn Hall, Chairperson Neighbourhood House.



Photos by Linda Moloney



## 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)

## A NIGHT OUT FOR SMALL BUSINESS & THE WIDER COMMUNITY



### STEPHEN COLOMBO-SMALL BUSINESS ENTHUSIAST

Passionate about creating simple, seamless, and positive experiences that highlight the importance of advertising businesses, products, and services.



### DEAKEN FAWCETT-LOCAL MUSICIAN

"Positive, motivated and talented"

\$50, \$100 & \$200 VOUCHERS FROM LOCAL SMALL BUSINESSES TO BE WON



### PAIGE DAVIES-FRANKIE AND CO CLOTHING

From kindergarten teacher to retail entrepreneur. Hear the story of Paige's successful retail boutique, how she created a huge online following and how she won Bendigo Business of the Year Award.



2 SEP, 2022



7PM-9PM

KERAG MOTEL FUNCTION ROOM (KBAR)

\$5 PER PERSON FOR CATERING PURPOSES

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



## 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



## 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.

## Food Voucher

### Cohuna Neighbourhood House Emergency Relief Pantry



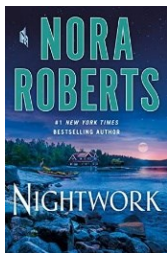
Are you experiencing financial hardship? In need of assistance. Cut out this voucher and bring it to Neighbourhood House, 29 Market Street, between 9am & 3pm Monday to Friday and exchange it for a food hamper.

All welcome!

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

## The Local Bookshelf

Sometimes we look for the tried and true. Here are some new titles from best-selling authors.



**Nightwork** by Nora Roberts. Nightwork has a bit of everything – crime, love, revenge and redemption. Harry Booth starts stealing at nine to keep a roof over his ailing mother’s head. When his mother passes away, he leaves Chicago but keeps up his nightwork. A stand-alone novel.

**Quicksilver** by Dean Koontz. Quinn Quicksilver was abandoned as a baby seven miles outside Pepto, Arizona. The three wise men who found him delivered him to the Catholic orphanage in Phoenix, where he grew up. Later, he thinks fate must have played a hand as he survived the coyotes and the 18-wheelers trucks that regularly rolled down that road and develops a burning need to understand who he is and why he was abandoned. This is a book that defies expectations throughout. It has monsters, bad guys, strange events and unforeseen plot twists. If you are open to supernatural themes Quicksilver is an imaginative and thought-provoking read.

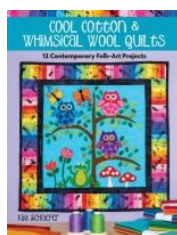


**Sarah's gift** by Anna Jacob's. At the age of 95, Sarah signs her will, pleased with how it will throw a cat among the family pigeons. She has left her luxurious home in Western Australia to two female relatives in the UK, on the condition that they live in the house for a year. A feel good story for those that

love a happy ending. (Second in the Waterfront series)

And for those who have been inspired by the beautiful quilt display at the Cohuna Art Gallery...

**Cool cotton & whimsical wool quilts : 12 contemporary folk-art projects** by Kim Schaeffer. This book contains 12 projects all in Kim's whimsical, contemporary, folk-art style for experienced or beginning stitchers. The backgrounds in the projects are constructed using cotton fabrics and the appliqué pieces are felted wool.



All titles can be borrowed from the Gannawarra Library Service.

NCM



**Where?** The Kerang Memorial Hall.

**What?** Family-friendly show.

**Why?** Fun and frivolity.

**When?** Wednesday, 14 September from 6pm.

**Who?** Suitable for 5-12 year old's and families

Enjoy 26 science experiments in 52 minutes thanks to the final Creative Gannawarra-supported performance for 2022. Renowned for their mish-mash of alphabet and science knowledge, *The Alphabet of Awesome Science* won awards at the 2019 and 2021 Adelaide Fringe Festivals. A dad-joke quipping, prank-pulling pair of polished professors strut their stuff in a performance that's equal parts explosive, messy, spectacular, hilarious, fascinating and gross.

**Cost?** Tickets are \$15 for families and \$5 for individuals. For bookings and more information, please visit [www.trybooking.com/CBSQZ](http://www.trybooking.com/CBSQZ).

*The Alphabet of Awesome Science* is supported by Creative Gannawarra and Creative Victoria.



**Off-leash Dog area**  
**Second oval**  
*Please clean up after your dog.*



# 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


 **ADAPT**  
LODDON MALLEE  
SUPPORTING PEOPLE @ PLACES @ SUCCESS

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

**Cohuna Anglican Op Shop**  
**END OF SEASON**  
**"Green Bag" Sale !!**  
**Sat. Sept 3<sup>rd</sup> to Fri. Sept 30<sup>th</sup>**  
**Cram your bag full for \$10**



**Please bring your own bag**



**Water's Edge Walkers**  
 Every Wednesday morning  
 Meet **8.30** am at Gateway  
 Enjoy a morning walk  
 Followed by (or just meet up for)  
**Coffee at The Bower @ 9.30am**

**We can assist you!**  
 Bring your Power Bill and bank account details to Cohuna Neighbourhood House

**\$250 POWER SAVING BONUS**



We can help you compare energy deals and claim your **\$250** Power Saving Bonus.

**Cohuna FARMERS & MAKERS Market**



**4th Sunday of Every Month**  
**Next Market 25th September 2022**



**Lions Split Firewood FOR SALE**



\$145 cubic metre delivered  
 Phone : 0486 025 303



**FIRST AID TRAINING COURSES**



**First Thursday of every month.**  
**Next Course 6th Oct**

**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

**LIMITED TO 25 SPACES**

**FIRST AID TRAINING**  
 (HLTAID011 Provide First Aid)

NDCH and NCLLEN are providing discounted first aid training to youth aged 16 to 25 in Buloke, Loddon and Gannawarra Shires

**When: Wednesday 7th Septeber**  
**Where: NDCH - Kerang**  
**Time: 4:00pm**  
**Cost: \$25**  
**Sign up: 26/08/2022**  
**Online Learning needs to be completed prior to in person session**

## 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: Doris Mathers 5456 4266

### **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: Alan 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.