

# Cohuna's Community Newsletter

December 2022 Issue No: 386



Merry Christmas!



## Christmas Community Lunch 2022



Wondering what to do on Xmas Day?  
Join us for a sumptuous traditional  
hot Christmas dinner

When:	12pm
Where:	Cohuna Memorial Hall
Cost:	Free—donations welcome
Bring:	Just you & a smile



Booking essential as numbers are limited  
Call Cohuna Neighbourhood House 5456 4666

A big thank you to the Cohuna Lions Club  
who will be cooking and serving your dinner

*"The secret ingredient is always love"*

A community project by  
Cohuna Lions Club &  
Cohuna Neighbourhood House



## Cohuna Whole Town

# GARAGE SALE

Sunday 29th January 2023

8am –2pm

Registrations now open

\$15 per household

Early bird fee (before 13th Jan) \$10

Contact Cohuna Neighbourhood House

5456 4666 or

[nhcohuna@bigpond.com](mailto:nhcohuna@bigpond.com)

Loads of people in town -  
a great opportunity  
to clear out the cupboards  
& make some cash!



Merry Christmas!

"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](mailto:nhcohuna@bigpond.com) (03) 5456 4666 or 0490 255 450



**COHUNA COMBINED CHURCHES**

*Christmas Carols*

**SATURDAY 17TH DECEMBER 2022**  
**7PM THE GATEWAY COHUNA**  
 (WET WEATHER LOCATION: UNITING CHURCH HALL)

JOIN US FOR CHRISTMAS CAROLS & KIDS  
 ACTIVITIES FOLLOWED BY FREE SUPPER

BYO PICNIC RUG/CHAIR & MOZZIE REPELLANT

DETAILS: REV. SUE ALLEN 0417365386

**Lions Club of Cohuna**

**Celebrating**  
**60 years of**  
**service to the**  
**Cohuna Community**

**Join us for a**  
**FREE**  
**Party in the Park**  
**Sunday**  
**4th December 2022**

**NDCH** REGISTERED  
 NDIS  
 PROVIDER

**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)

[ndisendch.org.au](http://ndisendch.org.au)

**Harcourt North**  
**Blackwood Orchard**



**Cohuna Neighbourhood House**

**Cherry Xmas BUS TOUR**

**Tuesday 13th Dec**

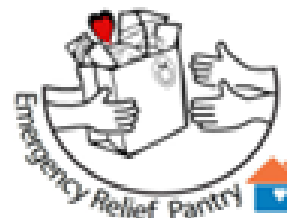
Meet at Cohuna Neighbourhood House at 9.15am  
 arrive back at Cohuna approx. 4.30pm

Visit Colin & Suzanne Pickering  
 Growers of Fine Berries and Cherries

**Lunch at Lansell Plaza (buy your own)**  
 Cost: \$10 per person  
 Bookings essential 5456 4666



# 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: \_\_\_\_\_

No of people? \_\_\_\_\_ Cohuna? \_\_\_\_\_ Y/N \_\_\_\_\_ Date: \_\_\_\_\_



### The BIG Summer Read Gannawarra Library Service 1 December 2022 until 31 January 2023

The Big Summer Read aims to arrest the 'summer slide' by engaging children and their families in a fun and dynamic reading campaign through public libraries.

Open to library members, participation is free and pre-registration is open via - <https://plv.beanstack.org>  
Run through the portal 'Beanstack', participants need to log 10 (or more) books they have read or listened to, to go into the draw to win some great prizes.

This year the competition is open to pre-readers, through to secondary students (0 to 18 year-olds) with the following prizes on offer:

0-8 years: \$250 Readings gift voucher

9-12 years: \$250 Readings gift voucher

13-18 years: \$500 Readings gift voucher

3x \$100 variety gift cards (Gannawarra Library Service prize)

For more information, visit the Gannawarra Library Service Facebook page or contact 5452 1546.

# “What’s On?”

DEC	Coming Events in December 2022
To JAN 5th	One Woman’s Collection... <i>a trip down memory lane</i> Cohuna Art/Craft Gallery
SUN 25th	Cohuna Community Christmas Lunch, Memorial Hall Call Cohuna Neighbourhood House. Book 5456 4666
JAN	Coming Events in January 2023
SUN 29th	Cohuna Whole Garage Sale 8am-2pm. Book 5456 4666

CNH - Ongoing Activities - all welcome	
MON	FREE Movies on the BIG Screen 1pm –3pm
WED	8.30 am Waters Edge Walkers - walking Group meets at Gateway Carpark—coffee 9.30 Bower 4.30pm Cohuna Weight Loss Support Group
THUR	Community Garden catchup 10- 12 noon
FRI	Phone, Digital and Online assistance 9am—3pm
FRI	“Miners Lair “ Youth Club - 3.30 –5.30pm Gaming, Music, Karaoke, Fun

Cohuna U3A Ongoing Activities	
MON	YAH Singers, Visiting Group, Out & About
TUE	Chair Exercises
WED	Cribbage and Scrabble alternating
THUR	Collectors, Dining Out
FRI	Cryptic Crosswords, Lets Talk Books Travellers Tales

Contact Cohuna U3A to join, for times, details and other activities. Marilyn Flinders 0412 942466

Need a little boost for Christmas presents?  
We can help you claim your  
**\$250 POWER SAVING BONUS**

Neighbourhood Houses Victoria | Good Shepherd | VICTORIA State Government

## It's time to Beat the Bite!



We need to protect ourselves from being bitten at this time of year as mosquitoes become more prevalent in the environment. The recent floods and wetter than usual winter have created ideal breeding conditions for mosquitoes.

“With residents and visitors starting to enjoy the outdoors and explore our lakes, rivers and waterways, it is important to take some simple steps to reduce the risks of being bitten by mosquitoes,” Gannawarra Shire Council Chief Executive Officer, Tom O’Reilly said.

“Whilst most mosquitoes are just a nuisance, others can carry diseases, such as Ross River Virus Disease and Japanese Encephalitis.”

### How can you protect yourself?

- limiting outdoor activity when mosquitoes are most active (dawn, dusk, night)
- wearing long, loose fitting clothes, and applying a mosquito repellent containing picaridin or DEET to exposed skin when outdoors.
- removing stagnant water from around the home to reduce mosquito breeding sites.
- using a knockdown fly-spray or surface spray to reduce adult mosquitoes and the risk of being bitten around homes.

Council officers have been undertaking mosquito control activities across the Gannawarra over the past two weeks as part of the annual Victorian Mosquito Management and Control Program, overseen by the Department of Health.

“Some targeted fogging to kill adult mosquitoes on public land may also occur.”

“Items like pot plant stands, animal watering containers, rainwater tanks, blocked guttering, and unmaintained swimming pools can become significant breeding sites on private land,” Mr O’Reilly said. To reduce mosquito breeding on larger properties, mosquito control products are readily available from local rural supply and select hardware stores or by engaging the services of a licenced pest controller.



For more information, visit [www.betterhealth.vic.gov.au/campaigns/beat-the-bite](http://www.betterhealth.vic.gov.au/campaigns/beat-the-bite)

# Flood Information: Gannawarra Community Support

If you are in immediate danger and require urgent assistance, Dial 000

## EMERGENCY ASSISTANCE

- If your home is about to flood call the Victorian SES on 132 500. The SES will contact the local Gannawarra and surrounding Country Fire Authority for extra help as required.
- Go to the State Emergency Service website for information [www.ses.vic.gov.au](http://www.ses.vic.gov.au)
- Stay informed: Local ABC radio. Vic Emergency Hotline 1800 225 226
- Subscribe to Vic Emergency App for ALERTS  
If you don't have the App go to [www.emergency.vic.gov.au](http://www.emergency.vic.gov.au)

## FLOOD RECOVERY HOTLINE

Flood Recovery Hotline is a single state-wide number that Victorians impacted by the floods can call for help or assistance with:

- Navigating available supports
- Mental Health and wellbeing support
- Financial support

The recovery hotline is open from 7.30am-7.30pm every day **Call 1800 560 760**

## INDIVIDUAL SUPPORT

The Psychological First Aid service helps individuals through disasters like floods and other emergencies. People who contact the service will be provided with emotional support for their individual needs.

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

## 24 Hour Support

- Lifeline 13 11 14
- Kids Help Line 1800 551 800
- Beyond Blue 1300 224 636

**Local Counselling at Northern District Community Health 5451 0200**

## FARMING AND BUSINESS SUPPORT

Talk about the next steps following the floods. Accessing grants, negotiating banks, planning for the next few months. Confidential, free and understanding rural communities.

**Call RFCS North West 1300 735 578 or visit [www.wswrcs.com.au](http://www.wswrcs.com.au)**

**EMERGENCY RELIEF CENTRES: Kerang Memorial Hall & Swan Hill Basketball Stadium**

**URGENT ANIMAL WELFARE ISSUES CALL 1800 226 226**

*See back pages for more Flood Support Information*

At Cohuna Neighbourhood Houses, our awesome volunteers have organised some cleaning kits to assist with any flood affected homes within our community. A big thankyou to Foodbank Victoria and Riverland Milk & Trading Co for your support. Please help spread the word.



## Cohuna and Kerang swimming pools

2022/23 season begins 3pm  
Thursday, 24 November 2022





# Cohuna Christmas Shopping Spree



Shop local this festive season!

8th - 10th December

Late night trading til 7:30pm, Thursday 8th

RAFFLE ENTRY  
WITH EVERY  
PURCHASE

SANTA PHOTOS &  
LETTER TO SANTA  
WORKSHOP

ASK YOUR  
FAVOURITE  
STORES  
ABOUT  
THEIR  
DEALS ON  
OFFER!

SHOP TIL YOU DROP. THEN DROP AT  
YOUR FAVOURITE EATERY!



## RFCS Victoria West

GET TO KNOW YOUR LOCAL

Rural Financial Counselling Service



Confidential, independent and free business and wellbeing support for farmers and small business owners navigating financial stress and uncertainty, including operating through drought, bushfire and COVID-19. All industries across Victoria's regional west.



1300 735 578

RFCSVictoriaWest.com.au

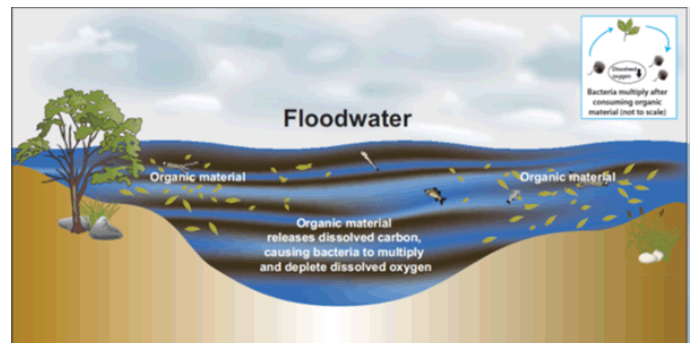


## What is Blackwater?

**Blackwater events** occur when flooding washes organic material into waterways, where it is consumed by bacteria, leading to a rise in dissolved carbon in the water.

Water appears black due to the release of dissolved carbon compounds, including tannins, as the organic matter decays, similar to the process of adding water to tea leaves.

Rising levels of dissolved carbon causes a sudden depletion of dissolved oxygen in water, which is essential for aquatic organisms that need to breathe underwater.



Eating fish contaminated by blackwater can cause illness. Avoid contact with the water, and don't allow your pets to swim or eat fish found in it. Community members can report fish deaths to the Environment Protection Authority (EPA) by calling 1300 372 842. Press Option 2, then Option 1.

Cohuna Art/Craft Gallery

King Edward Street, Cohuna

presents

## One Woman's Collection

.....a trip down memory lane

EXTENDED TIL  
JAN 7TH 2023

OCT 6th - NOV 26th 2022

An exhibition of clothing and  
memorabilia through the decades

Opening hours:

FRI: 10am—12pm

1.30pm—3.30pm

SAT: 10am—12pm

or by appointment:

Ph: Denise 0407 508348

Lorraine 0429 103180



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

This newsletter relies on information submitted by organisations, businesses, community and club members. While Cohuna Neighbourhood House staff and volunteers make every effort to print accurate and relevant information, it does not guarantee that the publication is without error and therefore disclaims all liability for any error, loss or other consequence which may arise from you relying on information in this publication.

## COUCH-POTATO



### More Aussie delights to enjoy

**Summer Love.** ABC iView \*\*\*\*

Comedy romance series, Funny and uplifting. Eight love stories, starring an impressive line-up of local talent, including Miranda Tapsell, Alison Bell and Nazeem Hussain. Each episode shares the same setting – a dream holiday house by the beach, and each is a self-contained story. In one episode, two people find themselves at the holiday house as the result of an accidental double booking. In another, two couples meet for their annual couples' getaway, only to discover that their lives are no longer on similar tracks. The series is created by *Upper Middle Bogan's* Robyn Butler and Wayne Hope.



**Significant Others.**

iView \*\*\*1/2

ABC drama series, Engrossing, clever and moody. When Sarah, a single mother of two teenagers, suddenly vanishes in the sea, her chaotic family are drawn back to their crumbling home. Doubts surface about Sarah's disappearance as her family struggles to put the pieces back together. The six-part series uses a missing persons case to draw tensions to the surface. Starring Rachael Blake, Alan Dukes, Todd McKenney and Alison Bell.



**Cargo** Netflix \*\*\*\*

Horror drama film, A zombie film set in the outback. Gruesome, thoughtful, and unexpectedly moving. This 2017 post-apocalyptic film stars Martin Freeman (Bilbo Baggins in *The Hobbit*) who is supported by locals Susie Porter, Anthony Hayes and David Gulpilil. It's more than a movie about voracious bloodsuckers; it's a metaphor for the destruction of the environment and a deep-rooted fear of foreigners. It's also about the importance of family.



## Supporting our Community



Cohuna Neighbourhood House is supporting the community and surrounding areas affected by floodwater, providing food, water and care packs to such areas as Murrabit West, Benjeroop and Torrumbarry.

Our support packages include:

- Make-up kits
- Adult care bags (dental care, sunscreen, soap, deodorant)
- Clean-up kits
- Emergency food hampers
- Hygiene kits
- Water (10 litre bottles)

We are also funding community events run by local CFAs, with the assistance of "Community Spirit Funding" Neighbourhood House Victoria.

Big thanks to Foodbank, Victoria, Foodshare, Bendigo, Murray-Goulburn Warehouse, Riverland and the Cohuna IGA for their enormous support.



Volunteer Wendy Duckworth-Veitch with new supplies



## Are you experiencing financial difficulties?

Our Financial Counsellors can provide free and confidential information, advice and support. We can help by:

- Identifying financial issues
- Providing short-term resolutions
- Advocating with debt collection agencies
- Budgeting
- Referrals to other supports

We are offering video link appointments at Cohuna Neighbourhood House, 29 Market Street on the 2nd Thursday of the month.

### Thursday afternoons

- 13th October 2022
- 10th November 2022
- 8th December 2022

To make an appointment

contact Cohuna Neighbourhood House  
phone 5456 4666 email [nhcohuna@bigpond.com](mailto:nhcohuna@bigpond.com)

**mfc**  
malleefamilycare



## COMMUNITY GROUPS AND MEETING NOTICES

### **500 Club**

Every Wednesday evening at 7pm  
at Community Meeting Room. All Welcome  
Enquiries - Des Shelley 54562723

### **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 Art & Craft Gallery**

23/25 King Edward St. Open Friday 10am-12noon  
& 1-3pm; Saturday 10am—12noon  
PH: 5456 4666

### **Cohuna Clay Target Club Inc**

Contact Stephen Bottcher 0427 656684, Giorgi  
Boucher 0409 777 542

### **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

### **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 & District Historical Society**

Meets 4th Thursday every month @ 1.30pm  
Cullen Street. New members welcome.

**Cohuna Farmers Market** 4th Sunday every month.  
From 8am. Contact Sarah Mostyn 0407 476065.

### **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/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 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

### **Cohuna Masonic Lodge** King Edward St

Meetings: 2<sup>nd</sup> Thursday of each month  
Enquiries: Ray Crellin 0428 178770

### **Cohuna Men's Shed**

Tues & Wed 9am-3pm. Thurs 9am-12noon. 3 William  
St. New members always welcome. PH: 0408 103179  
or 0400 583618

### **Cohuna Model Flying Club**

lyndon.clifford@education.vic.gov.au

### **Cohuna parkrun**

Every Saturday 7.45am, Garden Park.  
Event Director, Alan, 0418 560252.

### **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 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

### **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

### **Cuppa & Chat**

Every Wednesday morning 9.30 am, Bower Tavern

### **Family Drug Help**

Ph 0427 567170 for more information and support.

### **Garden Lovers**

Meet 2nd Friday of every month in Community  
Meeting Room at 1:30pm  
Enquiries - Carol Hall 5456 3100

### **Leitchville Bunyips Sporting Club**

Meet 2nd Monday every month, Bunyip Hut  
Call Trevor for enquiries & directions 0400 581122  
0429 165669

### **Leo Club:**

Monthly 1st Monday of the month Cohuna Scout Hall  
President: Ebony Smith  
LEO Advisor: Fiona Smith 0402 305566

### **Maternal & Child Health Pram Walk**

Wed 10am. Meet at roundabout carpark near bridge.

### **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.

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

### **Pigeon Racing Mallee Combine (Cohuna)**

Contact Barry Stacey 0407 406 568

### **RSL Pool & Morning Tea**

Held in RSL Clubrooms at 30 Channel St  
Monday mornings (except public hols) 9.15am –  
12noon

### **Social Support Group**

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

**Trash & Treasure** open Mon, Wed, Fri, Sat 9.30-12  
PH: 5456 2345

### **U3A Cohuna**

Groups meet regularly to enjoy many varied activities.  
Enquiries: President Marilyn Flinders 0412 942466  
All Members and Members' friends welcome.

### **Waters Edge Walkers**

Every Wednesday morning 8.30am at Gateway  
Carpark