



"Happenings"

Back to School

Cohuna's Community Newsletter

February 2023 Issue No: 388



An annual charity event to raise funds for the Cohuna District Hospital

SAVE THE DATE!

The 30th Cohuna Bridge to Bridge Sunday, 5th March 2023

We're excited to offer the same seven events as last year, to keep the whole family happy, plus a virtual option for each one. If you run, cycle or walk – we've got you covered. If you're a seasoned athlete, a social runner, a walker, in your 80s, or in pre-school – we've got you covered. Here's what's in store for 2023:

Half marathon (21.1km) trail run (through the stunning Gunbower Forest)

- 12.5km trail run (also through the stunning Gunbower Forest)
- 6.5km fun run/walk
- Kids K for the juniors
- 6.5km junior cycle
- 25km cycle
- 50km cycle
- Virtual options for each event.

The day is shaping up to be a jam-packed fun-filled day for locals and visitors of all abilities.

Trail runners!

Important information...

Due to flooding in the forest, we have alternative courses for the 12.5km and 21.1km (half mara) trail runs. They are completely different just for this year. So, if you were thinking you've been there, done that - think again! You get to do the Bridge to Bridge on a different course and see more of our gorgeous Gunbower Creek and Gunbower Forest. The 21.1km will start out at Dalton's Bridge but the 12.5km will start in town. Check the courses out on our website

www.bridgetobridge.org.au



VOLUNTEERS NEEDED ON THE DAY!

If you can spare some time on the day, we'd love to see you. We're after people who can do some admin, marshal or

man aid stations, help set up, help pack up etc. Maybe you have a friend/family member who is coming with you but not competing - we can use their help. See FB page or email cohunabridge2bridge@gmail.com



"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





Cohuna District Hospital Annual General Meeting

Life Governors, contributors and interested members of the public are cordially invited to the 70th Annual General Meeting of Cohuna District Hospital to be held on Wednesday 15th February 2023, 6.00pm at Northern District Community Health Meeting Room, King Edward Street, Cohuna.

In accordance with the Health Services Act 1988, the meeting is open to the public, and will be available live via a Zoom link. The meeting will also be recorded and available for viewing on our Facebook Page from Thursday 16th February 2023.

If you would like to attend live via Zoom, please contact: Helen Cramer, hrcramer@cdh.vic.gov.au to arrange an invitation link.

A copy of the 2021-22 Annual Operations & Financial Report will be available on the website Thursday 16th February 2023.

All correspondence must be submitted by the close of business 5.00pm Wednesday 1st February 2023 to be considered.

For further information, please contact Helen Cramer, Executive Governance Officer 54565302 or email hrcramer@cdh.vic.gov.au

Ms. Bernadette Loughnane



“ Home Grown ”

Current exhibition featuring works by artists from Cohuna District.

Please support our Artists.

Open Hours –

Friday -10-12 1.30 -3.30

Saturday 10-12

Or by Appointment -0429103180 or 0407508348

Gallery located at Civic Centre, King Edward St Cohuna (look for the Yellow flags)

Incorporating Cohuna Rock 'n 'Roll history



TIMEOUT SINGLE/SOLO PARENT GROUP

*Being a Single/Solo parent can be challenging
We all need someone to have a chat with.*

*The TimeOut group welcomes you to join an inclusive,
compassionate, peer-led safe place to have a yarn over
a cuppa.*

1st Friday of each month

11am - 1pm



Kerang Neighbourhood House
Enter via the rear of building

Contact Alison for more details 0477 260 544



NDCH

NORTHERN DISTRICT COMMUNITY HEALTH

COMMUNITY NURSING SERVICES

- Diabetes Support Nurse
- Continence Support
- Chronic Disease Management
- AgriSafe Clinic



**33 KING EDWARD ST, COHUNA
5451 0250**

9am to 4pm - Monday to Friday

www.ndch.org.au @ndchvic



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: _____

Glass Recycling Changing for the Better



The *A Small Change Makes a Big Impact* campaign, supported by Sustainability Victoria and the State Government, encourages residents to take all household glass items, such as wine, jam and sauce bottles, to their local transfer station for recycling, rather than placing these items in their yellow household recycling bin. When glass breaks in your yellow household recycling bin, it makes it harder to recycle other items like cardboard, paper and plastic. By taking your household glass items to a transfer station, it will increase the amount of glass recycled and turned into new products such as roads and construction material.

As part of the Kerbside Reform program, all households in the Gannawarra will receive in the coming weeks information regarding what items can

be placed in their yellow household, red general and green waste bins, as well as what items can be taken to any of Council's transfer stations for recycling. Residents are encouraged to keep these items on their fridge or near their household bins and use them as a guide when it comes to disposing of their household waste.

For more information regarding Council's waste services, including how to sign up for green waste services, please visit www.gsc.vic.gov.au/waste

Cohuna Transfer Station, Chuggs Road
Open Fridays 9-11am
Sunday 1-4pm
Free for all household glass bottles

COHUNA HISTORICAL CENTRE

Cullen Street

(behind Post Office)

Meets 4th Thursday of month

1.30 pm

New members welcome

Archives Open Friday 10am-3pm

TRASH & TREASURE

Monday, Wednesday, Friday, Saturday

10am-12noon

Phone 5456-2345

"What's On?"

Coming Events 2023

JAN/ FEB	"Home Grown" works by local artists Cohuna Art/Craft Gallery
Fri 17th FEB	8pm. Ace Club trip to Swan Hill (see ad this issue)
Sat 18th	Bust trip to Quambatook Silo Cinema (ACE Club)
Fri 3rd MAR	7.30pm Vika & Linda Bull ACE Club trip to Swan Hill (see ad this issue)
Sun 5th MAR	Bridge to Bridge—Annual charity event to raise funds for the Cohuna Hospital. Run, cycle or walk.

CNH - Ongoing Activities - all welcome

WED	FREE Movies on the BIG Screen 1pm -3pm
	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 become a member.
For times, details and other activities contact
Marilyn Flinders 0412 942466

Cohuna Happenings is now Monthly

Please send contributions to
nhcohuna@bigpond.com
by third week of the month.
Read *Happenings* online, on our website,
on FaceBook,
or pick up a hard copy.

Tuning into Teens™ at headspace

EMOTIONALLY INTELLIGENT PARENTING

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

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.

Details:
When: Commencing Wednesday 22 February for six weeks
Where: Kerang Library (1-3pm) or headspace Swan Hill (5:30-7:30pm)
Register: headspace@shdh.org.au or 1800 975 115

headspace
Mental Health Support & Wellbeing

PANCAKE DAY SHROVE TUESDAY



Tuesday 21st February 10.am
Morning Tea with
Pancakes - Op Shop Fashion Parade -Competitions

At the Cohuna Anglican Church

32 Channel Street Cohuna
(Next to Shire Car Park & RSL)

\$10

Everyone Welcome

Marilyn : Ph. 0418 755 289

PANCAKE DELIVERIES

Tuesday 28th Feb. 2023

Pancake Orders Taken.

\$5 Serve

2 pancakes with Jam & Cream

Orders can be collected or delivered in Cohuna
Order forms will be delivered the week prior and
collected from businesses **Friday** morning **24th Feb**

Orders delivered for Morning Tea on

Tuesday 28th February

Or Phone/ Text orders to : Marilyn Ph. 0418 755 289

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

9th February 2023
9th March 2023
13th April 2023

To make an appointment

contact Cohuna Neighbourhood House
phone 5456 4666 email nhcohuna@bigpond.com



DIGITAL SKILLS

Register for 1 or more of these
Group Classes
Fridays 1pm-3pm



Fri 10th Feb
Managing Apps on your
Phone or Tablet



Fri 17th Feb
Managing Photos



Fri 24th Feb
Managing Computer/Laptop
Files and Folders



To book call 5456 4666 or via website enquiry form.
\$20 per person per class.
Includes cheat sheet to take home and practise.
Cohuna Neighbourhood House
29 Market Street Cohuna



Did you know that membership with us is **FREE** and you will have access to...

- New release Fiction and Non-Fiction titles for adults, teens & children
- eBooks, eAudio books, eMagazines, comics, TV, music and movie streaming
- DVDs for all age groups and audio books on CD & MP3
- Magazines & local newspapers
- Local History and in-library access to ancestry.com
- Regular children's programs including Story Time and School Holiday activities, along with access to online stories read by popular Australian storytellers with Story Box Library
- Books on Wheels home delivery for those unable to physically come to our branches due to illness or disability
- Book Chat, author talks, events and exhibitions
- IT and academic help with access to the Computer School and Britannica online
- Wi-Fi and public computer access & scanning
- Printing & photocopying (charges apply)

Scan the QR code to become an online member and have instant access to our eLibrary, or drop in to one of our branches at Kerang, Cohuna, Leitchville & Quambatook

ancestry library edition



The Computer School



Britannica Library



Library Story Time

Develop language and fine motor skills through songs and stories. Suitable for pre-school children.



Cohuna - Tuesday, 10.30am
Kerang - Wednesday, 10.30am
Victorian School Terms

Commencing 7 February



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.



COUCH-POTATO



Looking for something new to keep you on the edge of your seat? Check out these recommendations.

Black Snow. Stan. Crime drama. 6 episodes ****
Starring Travis Fimmel (local boy from Lockington, best known for his Ragnar Lothbrok in *Vikings*), *Black Snow* is a cold case investigation. Detective James Cormack travels up to north Queensland to investigate the murder of 17-year-old Isabel Baker on the night of her high-school formal, back in 1994. While he's there, he unravels a mess of secrets and lies that holds the town of Ashford together. Elements of the area's shameful past are woven into the tense narrative – specifically, the trade in Pacific Islanders, brought to Australia to work in the cane fields. “Blackbirding” was a form of slavery that affected more than 60,000 people. On top of being a great crime drama, *Black Snow* gives us a sense of the Islander community as a unique and complex part of Australia.



Woman of the Dead. Netflix Thriller Series ****
More ugly secrets exposed in another small community, but this one is filmed with a spectacular backdrop of Austrian mountains. In a vengeful quest to find out who killed her husband, a woman (Blum) ends up becoming the hunted, but those she is chasing grossly underestimate her. The lead character has a tragic backstory and some personality quirks. *Woman of the Dead* is fresh and original - a dark and tense revenge thriller with lots of twists and turns. Definitely worth a look.

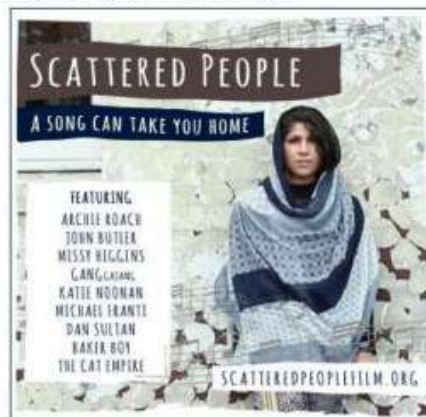


SCATTERED PEOPLE

A SONG CAN TAKE YOU HOME

It is a story of restitution and hope, of shared humanity and the role music can play in forging bonds of friendship and respect and giving voice to otherwise unsung heroes. It features interviews with music icons including Missy Higgins, John Butler, Archie Roach, Michael Franti, Katie Noonan, Dan Sultan, Baker Boy, Harry James Angus and more.

Through the eyes and hearts of two Iranian musicians, *Scattered People* is a story about the healing power of music, bringing together people, cultures and countries while exploring Australians' attitudes towards people seeking asylum. *Scattered People* is about the power of music to create change and restore hope.



The Gannawarra Refugee Support Group are showing this film on March 3rd at the NDCH function room in Fitzroy Street, Kerang at 7:30pm. Admission is free.

As this will be an indoor event masks are advised.

For details contact Judy Worrall 0417514449

Social Meals in Cohuna resumes

The Gannawarra Council's popular Social Meals Program, which was postponed during the floods, resumes monthly. Attendees are able to socialise and enjoy a home-cooked two-course meal for just \$11.

From 12 noon.

Bookings are essential. Phone 5450 9333

Cohuna Memorial Hall

21 King Edward Street

Friday	17th Feb
Friday	17th March
Friday	21st April
Friday	19th May
Friday	2nd June



Social Meals





Gannawarra
Arts Culture &
Entertainment
Club

Join Our Club! Come with us
to enjoy shows and
performances within our
Shire and beyond. Contact

Neighbourhood House on 5456 4666 to join.

Cost \$10 per year admin fee.

Gannawarra ACE Club Members
will have the best seats in the house.

All Welcome!



VIKA & LINDA BULL

Critically acclaimed duo, Vika and Linda Bull are bringing their soulful and stunning voices to Swan Hill Town Hall.



Since their multiplatinum conquest of pop radio with the Black Sorrows in the late 1980s, the sisters have traversed rock, country, gospel, reggae, R&B, soul and blues, as well as paying tribute to their rich Tongan heritage

Friday, 3 March at 7.30pm

Swan Hill Town Hall PACC

All ages Cost: Adults \$65.00

Concession \$59 (Senior / Pensioner/ Healthcare/ Student)

\$10 for the ACE Bus Book 5456 4666

KEEP THE CIRCLE UNBROKEN

Friday, 17 February @ 8:00 pm

Swan Hill Town Hall

Swan Hill Town Hall features

Vikki Thorn - The Waifs
Row Jerry Crow
Paul Woseen (The Screaming Jets)
Greg Patten (My Friend the Chocolate Cake)
Rob Hornbuckle (The Masters Apprentices)
Coberg Tipping (Russel Morris)
John Kendall (Uncle Bill)
& Delsinki
With Peter Somerville (Uncle Bill)

Special guests Artists

Paul Costa, Chloe Calleja & Elise Drake

Cost: \$49
+ \$10 for the bus

Come with us in the ACE Club Bus
Bookings: Cohuna Neighbourhood
House 54564666



QUAMBATOOK SILO CINEMA

**Seriously
RED**

18 February 2023 8.30PM

Buy tickets online from <http://www.olympicbookings.com.au/CFBKE>



Bus Trip Quambatook Silo Cinema
Bus leaves Cohuna (Gateway Carpark)
7pm ...Picking up in Kerang (RSL Drive) at 7.30 .
We can arrange movie tickets \$10 per person
Bus is \$10 per person
Call Cohuna Neighbourhood House to book your seat

Cohuna Whole Town Garage Sale 2023

The Cohuna Whole Town Garage Sale was a big success. The sprinkle of rain only added to the atmosphere, keeping us all cool. Cars were zipping back and forth all over town, many pulling trailers waiting to be filled. There were three deceased estates. More than half the shoppers came from other places: Bendigo, Echuca, Deniliquin, Barham, Lake Charm, Melbourne.

We collected a few comments from our stall-holders about their day...

Sharon Young

Awesome weekend. Very little left - and we took that to the Opp Shop today. Sold the fire pits. Made a little bit to go away for a few days.

Stephen, Jane & Derek Edmonds

Very worthwhile. People were really nice. It was a deceased estate and we got rid of about two thirds of it. People came from Melbourne, Echuca, Kerang, Bendigo. We were busy from 7.45 to about 2.20. We're from Melbourne and it was a great experience.

Averyl Fry

Not great. The big things didn't sell, like the lift chair. My 36 jigsaw puzzles didn't sell. Men wanted tools, gardening equipment and fishing stuff. But everyone was nice and we had a good day. My sister and husband helped.

Margaret Brown

It was fairly quiet, but we're a bit out of town. We sold some stuff. The rain didn't help. Sold the garden seat and some odds and sods. The people were nice and we had some good chats.

Trish Whitlock

A really good day. A lot of people, some from Wodonga, Lockington. Sold most of it. People wanted old bottles, which we didn't have. We made enough. We didn't have ridiculous prices. It tapered off at 1pm. Our first person came at 7.10am.

Brianna Waterson

Went well. Got rid of most of the stuff, except the couch. Someone tried to bargain us down on a 50cent book. What's your best price? he said.

Railway Ave

Very pleased. Lots of people. Sold nearly all of the pot plants and the old cane wheelchair. The street was chock-a-block with cars. People walked from one sale to another. It was a lot of work.

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 : 1st and 3rd Thursday of each month at
Cohuna Water Tower. Danny White 0418359242

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 & 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 Golf & Bowls Lawn Bowls Social/Pennant

Golf Road, Cohuna Golf Links Estate.
Bowls President Graeme Peace 0417 341 142
Secretary Yvonne Eckhardt 0427 562 606

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 3rd 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: 2nd 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

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: 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 -1st 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