

“Happenings”

Cohuna’s Community Newsletter

May 2023 Issue No: 391

Lions’ Club Good Friday Regional Town Children’s Hospital Appeal



Maree Purton



It happens on Good Friday every year. If we forget, we soon remember when we hear the jingle of coins, and a knock on our front door. But who makes it all happen? This year Cohuna Lions’ Club member Maree Purton took on the job of coordination, for the first time.

“I anticipated it would be hard because of the financial situation coming out of COVID, but we thought we’d have to give it a go. It’s such an important fundraiser.

I personally know many locals who have been helped by the Royal Children’s Hospital. The more I talked to people, the more I was aware how many people had accessed it for all sorts of things, such as children with birth disorders, teeth complications and other emergency issues.

The Lions’ Club is small, and we were short on volunteers for various reasons – mostly because of all the sporting events that were running at the same time: tennis, netball, football.

Cohuna is small, but it’s spread out. Kids over fifteen have to go out in pairs and children must be accompanied by an adult. Fortunately, word spread to the Water’s Edge Walkers’ group, who stepped up, and we also contacted the high school, who sent a couple of great kids.

The rain didn’t help. The Murray River camping area was inaccessible because volunteers didn’t have the 4-wheel drive vehicles.

Nevertheless, despite all the setbacks and difficulties, it was the best fundraiser we’ve had for a number of years. So far, we have a tally of \$11,219, made up from doorknockers, street raffles, online donations and the purple shop collection containers. Sub-totals are still being processed.

People gave generously. A big thanks to the Newsagency and Gifts & Things for contributing to the street raffle prizes and to Neighbourhood House for all the photocopying at a discounted price. The football spectators gave \$1500 and the camping ground filled more than two tins.

I was amazed at the number of non-club members who turned up and embraced the job with enthusiasm. Without them we would not have achieved the success we did.”

Maree was born in Cohuna and grew up here. She attended school at the Red Brick Building and remembers picking the peppercorns off the tree. As an adult, she lived in Melbourne for 35 years, working as a teacher, but she returned when her mother Maureen Purton, who was a member of the Cohuna Hospital Auxiliary, became ill with dementia.



“Cohuna Happenings” is published at the beginning of every month. 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



COUCH-POTATO



A couple of engaging TV series in the domestic drama genre. And *Ted Lasso*.

Close to Me ***

Domestic drama series: ABC iView



Jo is found at the bottom of the stairs in a pool of blood. She wakes from an induced coma in hospital, having lost a year of her memories. Gradually – over six episodes - she learns the truth about what happened. Did she fall or did her husband push her? *Close to Me* has some clunky plot points, but who doesn't love an amnesia story? Starring Christopher Eccleston and Connie Neilson.

Bad Sisters ****

Domestic drama series: Apple TV+

A cleverly structured whodunnit. The series opens on the funeral of John Paul, the abusive husband of one of the four sisters. We move



backwards and forwards in time, observing two of the sisters as they plan to kill him. John Paul is revealed to be a domestic tyrant and a sociopath, and we begin to realise that anyone could have murdered him. You will want to kill him. Brilliant. Deliciously dark.

Ted Lasso **** (3 seasons)

Comedy drama: Apple TV+

The premise doesn't do it justice. An American football coach is brought to England to coach "soccer", because the owner of the club has been dumped by her husband and wants to run the club into the ground. The series is about love, life, relationships and everything in-between. Delightful, hilarious, warm, laugh-out-loud funny, beautifully constructed and written.



OFFICE / Meeting Rooms AVAILABLE

at Cohuna Neighbourhood House. Full reception facilities, access to internet, full colour printing, faxing and waiting room. Hourly Hire \$10 Half Day \$25 Full day \$50 Community Groups - 50% less!



4th Sunday of Every Month
Next Market 28th May 2023



Cohuna Art/Craft Gallery

King Edward St Cohuna - (look for yellow flags)

"Full Circle"

Brian Williams

Growing up in Koondrook, Brian has travelled widely and now lives bayside in Melbourne. By returning to this area 55 years later he feels he has completed a Full Circle

Opening Night
Thursday 30th March at 6 PM- All welcome !
The Exhibition will run until the end of May.

Gallery Hours are:
Friday: 10am- 12noon 1.30 -3.30pm
Saturdays: 10am- 12noon
By Appointment Lorraine -0429103180. Denise -0407508348

Please come and enjoy the exhibition.





NOCH

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



REGISTERED
NDIS
PROVIDER

33 KING EDWARD ST, COHUNA
5451 0250

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



Watch this Space!
ACE Club Bus Trips for Women

Cohuna Neighbourhood House has been awarded \$5000 flood recovery grant from Women's Health, Loddon Mallee and very soon, we will be offering subsidized travel costs and entrance tickets to women to attend events near and far. In the past few months, the ACE club has been running buses again, almost weekly. The latest excursions have included: Vika & Linda Bull in Swan Hill, the Quambatook Silo Cinema, "Enlighten" at the Great Stupa in Bendigo, Holiday Outing for Teenagers, and a monthly bus to Echuca for the "Movie Lovers" group.



JOIN US FOR
Mother's Day
Morning Tea

Come & spoil yourself, bring your mum or friends & Enjoy Morning Tea on Us

Friday 12th May 10am—12 noon
 Cohuna Memorial Hall "Supper Room"




BE CONNECTED



LEARN ABOUT THE INTERNET, COMPUTERS, IPADS & PHONES

Helping older Australians thrive in a digital world with the FREE Be Connected Program

FRIDAYS 9-12

One On One DIGITAL Assistance with your phone or tablet
1/2hr appointments donation \$20
 Call Cohuna Neighbourhood House to make appointment 5456 4666

We want to hear from you!

Do you have ideas or experience to contribute towards improving sexual and reproductive healthcare and information available in your community?

For more information:



SCAN ME

Enquire about joining the Women's Health sexual and reproductive health community advisory group now!




SMALL TOWNS, BIG DIFFERENCE

TUESDAY 6 JUNE 2023 10AM-3PM
 Charlton Park, Calder Highway, Charlton

GUEST PRESENTERS: Derek Guille (ABC radio) and Brad McEwan (Brad McEwan Media)

JOIN US AT A FORUM TO HEAR HOW SMALL TOWNS HAVE MADE A BIG DIFFERENCE

through community-owned models, diverse funding sources, new ways of delivering services, improved facilities and fabulous events.

Hear about the magic ingredients to success.
DON'T MISS IT!



Brought to you by Mallee Regional Partnership and Regional Development Victoria

Morning tea and lunch provided
FREE REGISTRATION - PLACE ARE LIMITED.
REGISTER VIA: <https://www.eventbrite.com.au/e/small-towns-big-difference-forum-tickets-593925716807?aff=ebdoporgprofile>
 For more information, contact Wendy Holland on 0438 433 555 or wendy@communityibe.com.au




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





Save the Date!

Friday 13th October
 At 11.30am, Garden Park
 Daniher's Drive for Motor Neurone Disease
 Will be visiting Cohuna.
 Call out to all locals, including school children
 Everyone is invited to support MND
 For more information call **0409 702031**
 Cohuna Progress Association



"What's On?"

Coming Events 2023

May	Brain Williams "Full Circle" Exhibition Cohuna Art/Craft Gallery
Tues 2nd May	Echuca Movies - ACE CLUB Bus trip
Tues 9th May	ACE CLUB Bus trip to Swan Hill to see David Strassman in the Chocolate Diet
Tue 9th May	Cohuna Neighbourhood House OPEN DAY
Fri 12th May	Mothers Day Morning Tea 10am-12 in Supper Room at Cohuna Memorial Hall. All welcome. FREE
Sun 21st May	ACE Club Bus trip to Murrabit to enjoy Song Writing Workshop by Nancy Bates Trio

Bookings essential for ACE CLUB events call Cohuna Neighbourhood House 54564666

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,
TUE	Chair Exercises
WED	Cribbage and Scrabble alternating
THUR	Collectors, Dining Out , Games, Card making
FRI	Cryptic Crosswords, Art in the Making, Travellers' Tales

Contact Cohuna U3A to become a member. For times, details and other activities contact Marilyn Flinders 0412 942466

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



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!

Celebrating Reconciliation Week & Mothers' Day

NANCY BATES TRIO

Lainie Jamieson

Flik Freeman



**Sunday
21 May
2pm
Murrabit Hall**



ENJOY AN AFTERNOON OF ACTIVITIES:

- Song Writing Workshop with Nancy Bates (optional 12:30pm to 2pm)
- Performance by local group Typien Kwe
- Presentation of workshop song
- Nancy Bates Trio performance
- Afternoon tea by The Ladies of Murrabit Art and Culture Group

Tickets

\$25 individual / \$60 family / Under 5yo Free



Online: trybooking.com/CHNWG

In-person: contact: 03 5457 2205

More information: (03) 5450 9333



Nancy Bates Trio

An afternoon of celebrations for Mother's Day and National Reconciliation Week in Murrabit next month when the Nancy Bates and her talented Trio, including Lainie Jamieson and Flik Freeman, come to the Gannawarra.

Creative Gannawarra, in conjunction with The Ladies of Murrabit Art and Culture Group, is supporting this special event at the Murrabit Hall on Sunday, 21 May from 2pm. A proud and strong Barkindji Woman from New South Wales, Nancy spent four years touring as a backing vocalist and rhythm guitarist for Archie Roach.

Local children's group, Typien Kwe will also perform during the afternoon.

Tickets are \$25 per person or \$60 per family, which includes an afternoon tea by The Ladies of Murrabit Art and Culture Group. For bookings and more information, please visit www.trybooking.com/CHNWG, phone (03) 5457 2205, or book to come on the bus with the ACE Club by ringing the Cohuna Neighbourhood House.

The Nancy Bates Trio performance is supported by Creative Gannawarra, Regional Arts Victoria and Creative Victoria.

Bus Trip to Swanhill to see

DAVID STRASSMAN IN "THE CHOCOLATE DIET"

Tuesday 9th May

Bus leaves Cohuna Gateway Carpark at
5.30pm Cost is \$70

Please call Cohuna Neighbourhood House
on 5456 4666 to book your seat.



Answers to April Crossword

G	A	R	B	Y		U	N	I	O	N	
R		I		E					W		R
A	R	C	H	A	R	D		S	E	M	I
H		H		R		E	T	O	N		C
A		A		L		N		S			H
M	E	R	R	Y		T			W		A
						A	W	M	A		R
R	U	S	S	E	L	L		C	L	A	D
O	N	O						I		L	S
B	A	N	K	H	E	A	D			O	
I										W	E
N											
		M	O	L	O	G	A				E

NEIGHBOURHOOD HOUSE WEEK

8 - 14
MAY 23

Community Fun Day!

JOIN US TO CELEBRATE ALL THE GREAT THINGS AT

Cohuna Neighbourhood House OPEN DAY

Come along and enjoy Afternoon Tea

Meet our Volunteers ... Bring your Power Bill so we can help you
claim your \$250 Power Saving Bonus

Find out more about Cohuna Neighbourhood House

WHEN:

Tuesday 9th May 1pm—2.30pm

WHERE:

29 Market Street Cohuna

CONTACT:

035456 4666

Locals connecting Locals

MOVIE LOVERS



Bus Trip to Echuca Movies

First Tuesday of every month

Bus leaves gateway carpark at varying times

Bus \$10 and purchase your movie ticket at cinema.

Call Cohuna Neighbourhood House to

book 035456 4666



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

Tues & Weds



FIRST AID TRAINING COURSES



First Thursday of every month.

4th May & 1st June

Book Online at www.richriverfirstaid.com.au

Or call Cohuna Neighbourhood House

03 5456 4666



All Welcome!

Drop down to

Cohuna

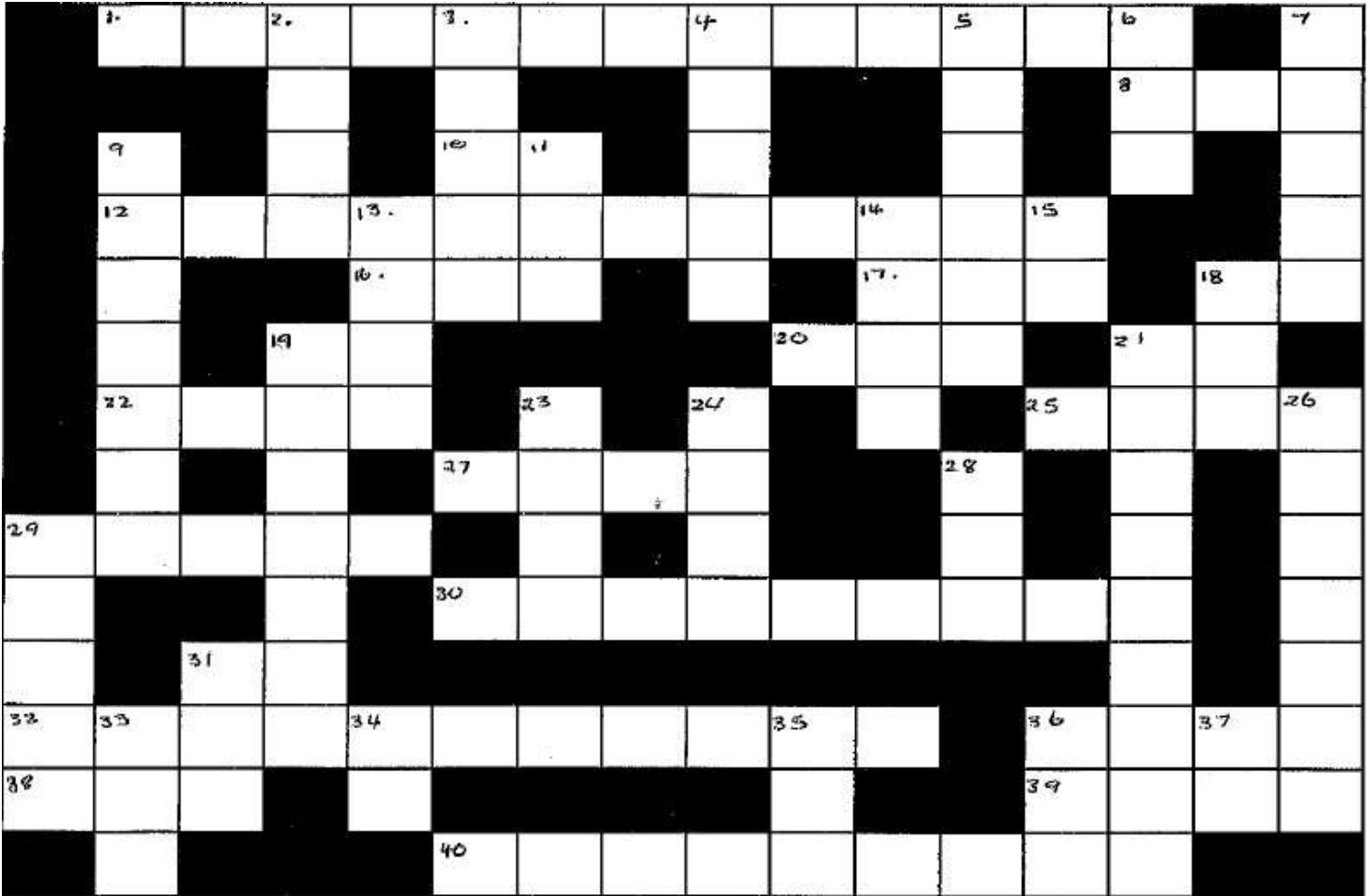
Neighbourhood House anytime

and grab plenty of food from our community
cupboard—We also have a community garden with
ready to pick herbs and vegetables.

Come inside from 9am-3pm to Pick up Hamper. Come
Monday morning and "shop" in the store.

We are so proud to have this service in Cohuna .

COHUNA CROSSWORD



Across

1. Last coach of union Football Club. 5,8.
8. You need it in a row boat.
10. Within or into muscle, also called intramuscular.
12. What show is held in March every year.
16. Stop!
17. Free TV video chat.
18. Not off.
19. What is short for Modus operandi, meaning a "way of operating".
20. Take hold or deploy.
21. This is known as the technical term for heart attack.
22. A very popular former nurses surname who also worked in the local doctor surgery.
25. A popular tournament held at easter.
27. Very handy football brothers back in their day.
29. Investigate or look around furtively.
30. A necessary shop in Cohuna.
31. Not out!
32. A climbing place. 7,4.
36. House, flat or apartment.
38. they help out in emergencies.
39. A sign you see in a shop door.
40. Number 16 in the "life in the sun". 5,4.

Down

2. You can't trust a word he says.
3. Female relative.

4. A popular old western The ***** Dozen.
5. The chinese use this sort of oil.
6. Affirmative action.
7. My old guide leader Della McGraw was called ***** Owl.
9. Held weekly.
11. we don't look forward to this in winter.
13. A pressing tool.
14. One of the Gouldings.
15. A suffix forming verbs, denoting repeated or continuous action.
18. Your car definitely needs this.
19. A small town 21 km's away.
21. A popular picnic place not too far from Cohuna. 5,4.
23. Something you could fly at the footy oval.
24. Initials of a society run by volunteers.
26. A brigade needs these.
28. To fasten together two ends of a piece of string.
29. There are many of these in Chouana.
31. Anything to do with tax questions.
33. An English progressive rock band formed in 1968 and still going today.
34. A gentleman is known as this.
35. Be in a horizontal resting position.
36. We get bacon from this.
37. What Myalgic Encephalomyelitis/Chronic Fatigue is known as.



Cohuna

Cohuna Memorial Hall
21 King Edward Street

Friday 19th May
Friday 2nd June

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.

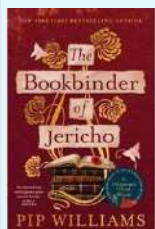
The Local Bookshelf



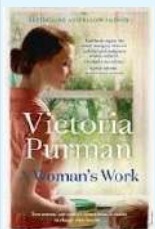
Simply lies by David Baldacci. Mickey Gibson, single mother and former detective, leads a hectic life similar to that of many moms: juggling the demands of her small children with the tasks of her job working remotely for ProEye, an investigation company that hunts down wealthy tax cheats. When Mickey gets a call from a colleague, she thinks nothing of the unusual request for her to go inventory the vacant home of an arms dealer who cheated ProEye's clients and fled. That is, until she arrives at the mansion to discover a dead body in a secret room—and that nothing is as it seems. A twisting new psychological thriller in which two women go head-to-head in an electrifying game of cat and mouse.



Homecoming by Kate Morton. When journalist Jess Turner-Bridges receives a call that her grandmother Nora is in the hospital following a fall, she leaves her home in London and returns to Sydney. While trying to comfort her grandmother Jess discovers that everything she knows about her family is a lie. The novel unfolds (sometimes slowly) as Jess searches for answers. And while mystery readers will likely figure out a big twist long before it's revealed, Morton's layered writing leaves surprises for even the keenest of detectives. An epic novel that spans generations, *Homecoming* asks what we would do for those we love, and how we protect the lies that we tell.



The Bookbinder of Jericho by Pip Williams. In 1914, when the war draws the young men of Britain away to fight, it is the women who must keep the nation running. Two of those women are Peggy and Maude, twin sisters who work in the bindery at Oxford University Press in Jericho. Peggy is intelligent, ambitious and dreams of studying at Oxford University, but for most of her life she has been told her job is to bind the books, not read them. Maude, meanwhile, wants nothing more than what she has. When refugees arrive from the devastated cities of Belgium, it sends ripples through the community and through the sisters' lives. Peggy begins to see the possibility of another future where she can use her intellect and not just her hands, but as war and illness reshape her world, it is love that threaten to hold her back. A beautiful novel from the internationally bestselling author of *The Dictionary of Lost Words*.



A Woman's Work by Victoria Purman. The rich prize of the 1956 *Australian Women's Weekly* cookery competition offers two women the possibility of a new kind of future, in this compassionate look at the extraordinary lives of ordinary women - our mothers and grandmothers - in post-war Australia. It's 1956, and while Melbourne is gearing up for the Olympics, the women of Australia are cooking up a storm for their chance to win the equivalent of a year's salary in the *Australian Women's Weekly* cookery contest. For two women the prize could be life-changing. For war widow and single mum Ivy Quinn, a win would mean more time to spend with her twelve-year-old son. Mother of five Kathleen O'Grady has no time for cooking competitions, but the prize could offer her a different kind of life for herself and her children, and the chance to control her own future. A great premise - and certainly one worthy of its own TV series - think *Julia* with a dash of *Call the Midwife*.

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: _____



ANZAC DAY
Lest We Forget

COHUNA
2023



RETURNED & SERVICES
LEAGUE OF AUSTRALIA
Cohuna/Leitchville RSL Sub-

Photos by
Trevor Powis

