



*“Happenings”*

*Cohuna’s Community Newsletter*

*July 2023 Issue No: 393*

# Cohuna Debutante Ball



Cohuna Community Debutante Ball for 2023 was held on Friday 23rd June at Cohuna Memorial Hall. Debutantes and partners were presented to Wendy and Dennis McGlone together with Dance Instructors, John Hawkins and Joanne Dehne.

## Snaps of 2023



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





Currently showing at the Cohuna Art/Craft Gallery  
 Local group "Golden Rivers Artists"  
 Membership Available: Beginners to Established Artists  
[goldenrivers@gmail.com](mailto:goldenrivers@gmail.com)



*Keen to Get to Work,  
 Heather Stanmore*



*A Pipe Dream, Brian Duffy*



*Morning Talk, Pam Moore*



*Blue Wren, Pam Moore*

**Cohuna Neighbourhood House Community Garden**

Our garden is progressively improving with thanks to our hard working volunteers.

The Cohuna Men's Shed assembled and Alan and Greg installed our new raised garden beds kindly donated by Bunnings in Echuca.

Alan has planted seedlings, miniature cauli, leeks, onions and parsley. We have also plenty of silverbeet growing and a little Bok choy and snow peas. Please pop down and pick some food from our garden to take home.

A big Thankyou to Lipps in Kerang for supplying us with a generous amount of fertilizer for the Garden. We love our community!





# WOMEN RISING

## EMPOWERING FLOOD RECOVERY IN COHUNA

Innovative, creative and engaging focus groups, documenting women's experiences of flood recovery to build understanding, and advocate for the needs of women and girls in our region. Participants will be reimbursed for their time.

Wednesday 19 July  
11am-2pm

NORTHERN DISTRICT  
COMMUNITY HEALTH  
3 King Edward St, Cohuna



REGISTRATION: <https://events.humanitix.com/flood-recovery-focus-group-cohuna>



4th Sunday of Every Month  
Next Market 23rd July 2023

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.



We have assisted over 200 households in postcode 3568 to receive their \$250, totalling \$50,000 collectively. You have until August to claim your Bonus, so pop in with your latest power bill and bank details.



# NOCH

NORTHERN DISTRICT COMMUNITY HEALTH

### ALLIED HEALTH SERVICES

- Occupational Therapy
- Diabetes Education
- Endocrinology Telehealth
- Speech Pathology
- Healthy Hearts & Lungs
- Dietitian
- Podiatry



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

9am to 4pm - Monday to Friday  
[www.ndch.org.au](http://www.ndch.org.au) @ndchvic



# "What's On?"

## Coming Events 2023

June/July	Golden Rivers Artists' Exhibition <b>Cohuna Art/Craft Gallery</b>
Tues 4th July	Echuca Movies - <b>ACE CLUB</b> Bus trip
Fri 7th July	Queen Show- ACE Club bus trip to Swan Hill <b>BOOKED OUT</b>
Sat 15th July	Bee Gees Revival Night Fever-ACE Club bus trip to Barham
Sun 30th July	Faulty Towers Dining Experience ACE Club bus trip to Swan Hill <b>BOOKED OUT</b>
Thurs 10th Aug	Anh Do, The Happiest Refugee. Stand up comedy.
Fri 11th Aug	INXS Tribute "Live Baby Live", Swan Hill
Sat 26th Aug	Elton & Billy, Swan Hill
Thurs 31st Aug	Robertson Brothers 60s Variety Show, Swan Hill
Friday 13th Oct	Bjorn Again, Thank Abba for the Music, Swan Hill
Fri 13th Oct	Daniher's Drive for Motor Neurone Disease visiting Cohuna

Bookings essential for ACE CLUB events call

## 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 (during school terms)

## 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



Gannawarra  
Arts Culture &  
Entertainment  
Club

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

Contact Cohuna Neighbourhood House on 5456 4666  
Gannawarra ACE Club Members will have the best seats in the house.

**All Welcome!**

**Bus Leaves from Cohuna Neighbourhood House  
29 Market Street Cohuna**

## UPCOMING SHOWS



**AHN DO**  
Swan Hill  
Thursday 10th Aug  
Bus & Show \$80.00  
Bus Leaving CNH  
@ 6.00pm

Ahn Do - The Happiest Refugee Live!



**INXS Live Baby Live**  
Tribute Show  
Swan Hill  
Friday 10th Aug  
Bus & Show \$66.00  
Bus Leaving CNH  
@ 6.00pm

The Australian INXS show



**ELTON & BILLY JOEL** Face to Face  
Swan Hill  
Saturday 26th Aug  
Bus & Show \$87.00  
Bus Leaving CNH  
@ 6.30pm

Elton & Billy Joel - Face to Face 25 Anniversary Tour



**RHYTHMS OF IRELAND**  
28 August 2023

**RHYTHMS of IRELAND Show**  
Echuca  
Monday 28 August  
BUS & SHOW \$87.00  
Bus Leaving CNH  
@ 6.00pm



## MOVIE LOVERS



Bus Trip to Echuca Movies  
First Tuesday of every month  
Bus leaves Cohuna Neighbourhood House at varying times  
Bus \$10 and purchase your movie ticket at cinema.  
Call Cohuna Neighbourhood House 5456 4666.

What a thoughtful young man!

A big thankyou to Connor for making some Chicken & Mushroom Risotto meals for our Healthy Menu Program at Cohuna Neighbourhood House



Some people in our community are struggling at the moment, with a real housing crisis, and some do not have the cooking facilities or funds to create healthy meals. We love supporting our community with these easy microwavable healthy meals.

## RECONNECT

### Supporting learners to re-engage and succeed in their employment, education and training.

The Reconnect program strives to support Victorians experiencing disadvantage. The program assists participants to overcome the barriers preventing them from engaging in education and training and provides support into further study or employment pathways.

For information about your eligibility please call 1300 478 648 or email: [reconnect@sunitafe.edu.au](mailto:reconnect@sunitafe.edu.au) Website: [www.sunitafe.edu.au](http://www.sunitafe.edu.au)

Working together to achieve your goals!

Kain from Sunitafe comes to Cohuna Neighbourhood House regularly. Call 1300478648 to book a time when he is in Cohuna.



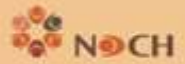
### FIRST AID TRAINING COURSES



First Thursday of every month.  
6th July

Book Online at [www.richriverfirstaid.com.au](http://www.richriverfirstaid.com.au)  
Or call Cohuna Neighbourhood House  
03 5456 4666

Professional, confidential care.  
5451 0200  
[www.ndch.org.au](http://www.ndch.org.au)



Hi,  
I have just joined the Community Support team at Northern District Community Health. As a student, before I graduate, I am able to provide a high level of support, in a safe space that is free of judgement. In this space, you are very welcome to share your story and any personal and emotional challenges you may be experiencing.

Before retraining to become a counsellor, I worked in schools as a teacher and manager. I had the privilege of helping to support the mental health and wellbeing of young people. I also collaborated with their parents and caregivers to devise ways to support student needs at home. The joy I found in doing this helped inspire my career change.

I grew up in regional NSW and while I have given city life a go, I have learnt that living in regional Victoria is the right fit for me.

I like to think that I'm a good listener and collaborator. I was as a teacher and will continue to do so as a counsellor. If you would like support in achieving your goals and are 18+ then please get in contact. These goals may include things like exploring how to manage stress, relationship issues (for example, developing strategies as a parent to support students in your life), or finding ways to overcome feelings of loneliness. I can also collaborate with you to help strengthen your sense of self or find ways to improve your mental health.

If you feel like I could be of help, then please get in contact with NDCH to see if I am the right fit for you.



Grant

**Intro To Bookkeeping-xero**  
Computerised & Small Business Start up Tips

Xero is a cloud accounting software that has all the features you need in an easy to understand format and is great for small business.

**Commencing: Friday 4th August**  
**Duration: 3 weeks (4/8, 11/8, 18/8)**  
**Time: 10am -3.30pm**  
**Cost: \$80, Cons \$50**

**ENROL NOW**  
54 522 522  
OR EMAIL  
[bookmein@kerangnh.org.au](mailto:bookmein@kerangnh.org.au)

Must be a Victorian resident

**KERANG NEIGHBOURHOOD HOUSE**

Kerang and District Community Centre Inc, trading as Kerang Neighbourhood House, is a not-for-profit organisation with the objective of advancing social and public welfare and providing benevolent relief to individuals in need.



# WOMENS DOMESTIC VIOLENCE PEER SUPPORT GROUP

WELCOMING ALL WOMEN WHO HAVE AND/OR ARE IMPACTED BY DOMESTIC VIOLENCE

PHYSICAL ABUSE    EMOTIONAL ABUSE    FINANCIAL ABUSE  
SEXUAL ABUSE    SOCIAL ABUSE    SPIRITUAL ABUSE    ELDER ABUSE

## Women's Domestic Violence Peer Support Group

Kerang Neighbourhood House's Women's Domestic Violence Peer Support Group supports women who have and/or are impacted by domestic violence.

This includes:

- Physical abuse
- Emotional abuse
- Financial abuse
- Sexual abuse
- Social abuse
- Spiritual abuse
- Elder abuse

This peer-led group aims to support each other in a safe and strictly confidential manner.

Sessions are held on 1.30pm-3pm on the first Monday of each month at Kerang Neighbourhood House (11 Scoresby Street, Kerang). Enter via the rear of the building, which can be done via the laneway next to Kerang Primary School.

For more information, contact Sue on (03) 5452 2522.



Vicki & Mal Johnson  
Wabi-Sabi artists



## WABI-SABI

Meet our local *Wabi Sabi's*, Vicki and Mal Johnson. Together they have journeyed through life, and outback Australia, collecting discarded or broken treasures, resurrecting items into beautiful sculptures and creating artworks throughout their garden and home. In June Vicki unveiled her latest garden sculpture "Trees are Life".

Cohuna Neighbourhood House is taking expressions of interest to run a bus tour to visit our Wabi-Sabi's. Please call 5456 4666.

"Japanese art of finding beauty in imperfection and profundity in nature, of accepting the natural cycle of growth, decay and death. It's simple, slow, and uncluttered - and it reveres authenticity above all. It celebrates cracks and crevices and all the other marks that time, weather, and loving use leave behind. It reminds us that we are all but transient beings on this planet - that our bodies as well as the material world around us are in the process of returning to the dust from which we came."



BE CONNECTED



## LEARN ABOUT THE INTERNET, COMPUTERS, IPADS & PHONES

Friday is "Digital Day" at CNH  
*Helping Australians thrive in a digital world*

- 9-12 join the FREE Be Connected Program
- 1-3 join the Digital Workshop Training Sessions (\$20pp)

Or drop in anytime **9-12 & 1-3** for assistance (donations appreciated)

*Bring your problem to us!  
Come on a Friday afternoon and we can help you work out what you need to do.*

Bookings preferred.  
Call Cohuna Neighbourhood House 5456 4666



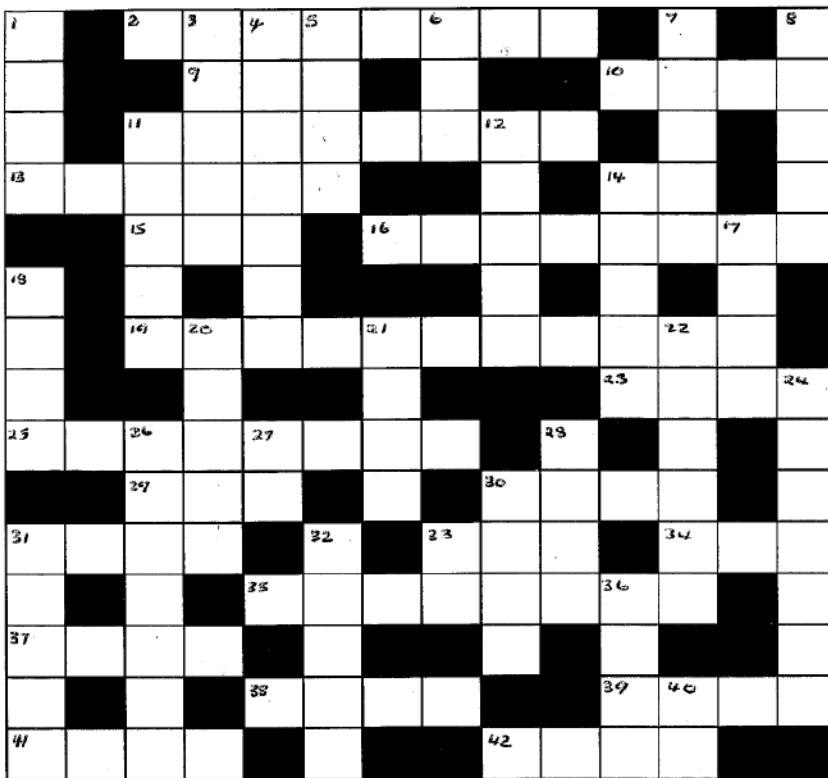
## CHRISTMAS IN JULY

Pensioner Meal Kits



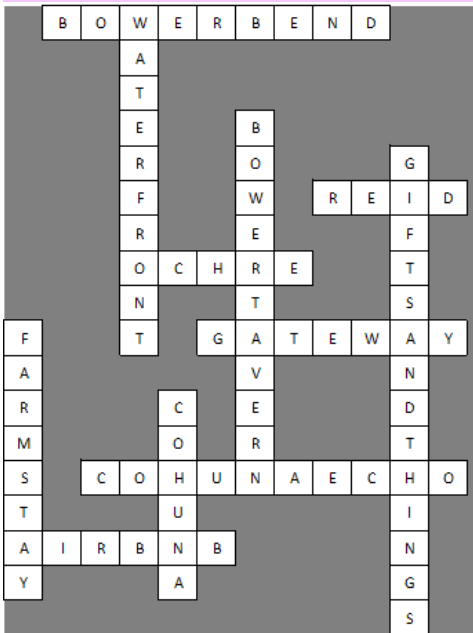
## CHRISTMAS IN JULY

Lets Celebrate ! Calling all our amazing Pensioners to pop in to Cohuna Neighbourhood House and collect your very own FREE Christmas In July Meal Kit from 19th July - 26th July



- ACROSS**
2. One of our churches
  9. To take someone to court.
  10. A fruit.
  11. A game played at Cohuna Neighbourhood House.
  13. Runner up
  14. Used before words beginning with a vowel.
  15. Registered Training Organisation.
  16. A service offered at Cohuna Neighbourhood House.
  19. A local housing estate.
  23. One of several levels or layers.
  25. Local supermarket.
  29. Spanish shout of approval.
  30. What an oven does.
  31. Surname of a local sparkie.
  33. A means of transport.
  34. Delivers water.
  35. Most people end up here.
  37. None of us want to end up here!
  38. You can find many of these on a Hollywood Boulevard.
  39. Closed.
  41. To receive for services rendered.
  42. A TV show.

Answers to July's anagram crossword  
(Apologies: FB page is actually Channel Echo, not Cohuna Echo.)

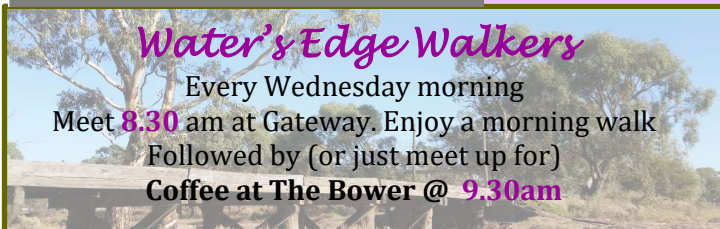


- Down**
1. A flower.
  3. English Racecourse.
  4. Surname of a lady who ran our library for many years.
  5. The upper or anterior division of the body.
  6. Abbreviation of a facility where controlled experiments are done.
  7. Temporary body art.
  8. One of these flows through town.
  11. Rugby term.
  12. Big cats.
  14. Reasonably close to, almost, on the verge of.
  17. A point in a network or diagram at which lines or pathways intersect.
  18. A local creek.
  20. My mothers brother.
  21. A park in town.
  22. To get to this age you have lived 9 decades.
  24. Kids Helpline.
  26. A youngster.
  27. A male.
  28. A receptacle for flowers.
  30. The large or thicker end part of something.
  31. Surname of a local sparkie.
  32. A store in town.
  36. A flower.
  40. An abbreviation for the most difficult gas to liquefy.

**Riddles**

1. What English word has three consecutive double letters?
2. There was a plane crash in which every single person was killed. Yet there were 12 survivors. How?
3. I make two people out of one. What am I?
4. When things go wrong, what can you always count on?
5. I am a seven-letter word. I am very heavy. Take two letters from me and you will get 8. Take one letter away and you will get 80. Who am I?
6. While rabbits have a nearly 360 degree vision, where is their optical blind spot?
7. Who said this: "It's not the years in your life that count. It's the life in your years."

Answers: 1. Bookkeeper. 2. They were married, not single. 3. Mirror. 4. Your fingers. 5. Weighty. 6. Directly in front of them. 7. Abraham Lincoln.



**MINERS LAIR**

Teenagers meet up every Friday 3.30-5.30

@CNH Cohuna Neighbourhood House NOT ON PUPIL FREE SCHOOL DAYS

Gaming  
CHAT  
Eat  
Drink  
Music  
Board games  
Art  
Craft  
Resume's  
Homework



# Changes to Community Services

## Northern District Community Health

The Northern District Community Health (NDCH) Board has expressed interest in delivering in-home and community aged care and disability services to the community of Gannawarra Shire, should Council resolve to conclude its current funding and service arrangements with the Commonwealth and Victorian Governments.

Gannawarra Shire Council recently announced its in-principle decision to withdraw from direct delivery of funded aged and disability services in response to the planned introduction of the Federal Governments new Support at Home Program.

Gannawarra Shire Council will make its final decision following feedback from clients staff and volunteers. (See flyer on this page.)

Northern District Community Health, is a locally based, public sector and values aligned provider.

We understand that the decision regarding the selection of aged care providers for the continued delivery of aged care and disability services, funded through the Commonwealth Home Support Programme and Home and Community Care Program for Younger People, will be made by the Commonwealth and Victorian governments.

NDCH will be seeking to engage with the funding bodies to actively explore our opportunity to deliver locally based, responsive quality aged and disability services under current program and funding arrangements. We see this as an opportunity to confirm our deep commitment to local community health and aged care outcomes, and strengthen our commitment to providing integrated, quality care to older people and people with disability across our community now and into the future.

NDCH has strong placed-based connections to the rural communities we serve, reinforced through the delivery of services, supports and initiatives over 32 years. We are committed to the people living in our community and to supporting the availability of local services that are needed to support people to remain living confidently and safely in their home and community.

If successful in establishing a strengthened role in aged and disability service provision, we will continue to support and grow our local workforce.

If Council decide to cease providing these services, and NDCH is appointed as a provider, we hope to attract the current workforce employed by Council, through our values aligned commitment to community, and as a respected local employer, providing attractive workforce arrangements and benefits.

Enquiries Mandy Hutchinson CEO- (03) 5451 0200.



## Community Care Services

# Information Roadshow

**Gannawarra Shire Council invites staff, volunteers, clients, carers, families and the community to come along for a cuppa and chat about the future of Aged and Disability Services in Gannawarra.**

### SESSIONS

**Monday 17 July 2023**  
Kerang: 10am - 11.30am, Kerang Seniors Hall

**Tuesday 18 July 2023**  
Koondrook: 9.30am - 11am, Koondrook Seniors Hall  
Cohuna: 11.30am - 1pm, Cohuna Meeting Room, Council Office  
Leitchville: 2.30pm - 4pm, Leitchville Hall

**Tuesday 25 July 2023**  
Lake Charm: 9.30am - 11am, Lake Charm Hall  
Murrabit: 12pm - 1.30pm, Murrabit Hall

**Thursday 27 July 2023**  
Quambatook: 9.30am - 11am, Quambatook Seniors Hall  
Lalbert: 11.30am - 1pm, Lalbert Rec Reserve

