



## PS Alexander Arbuthnot Centenary Art Exhibition & Sale

Goods Shed, Koondrook Wharf  
4-8pm Friday 27<sup>th</sup> October, 2023



(T. Cravor, 1894. Koondrook Murray River)

Theme: Paddleboats, river, nature, flora and fauna, history  
(other paintings also welcome to enter)

**No entry fee**

**No commission**

Prize: People's Choice \$200 Barham/Koondrook voucher

All enquiries or for more information please contact:

Val Smart 0428 434 061

Sandie Kershaw 0429 021 464

This art exhibition is part of the free community event to celebrate the centenary of the launch of the PS Alexander Arbuthnot. A fun family event with music, children's activities and entertainment.

### Arbuthnot Art Exhibition & Sale Details

Entries close Friday 20<sup>th</sup> October 2023.

Up to 4 entries per person, delivered to Goods Shed, Koondrook Wharf on:

Thursday 26<sup>th</sup> October 4-6pm, or

Friday 27<sup>th</sup> October 10-11am

Or by arrangement with Sandie and Val.

Completed entry form to be emailed to [koondrookdevelopmentcommittee@gmail.com](mailto:koondrookdevelopmentcommittee@gmail.com) or posted to PO Box 404 Koondrook VIC 3580 to be received by 20<sup>th</sup> October.



Photo: Craig Veale

Koondrook Development Committee presents

## PS Alexander Arbuthnot 100 Year Celebration

Family friendly community event

Celebrate Koondrook's paddleboat heritage

Free kids entertainment & bush dance

Art show

BYO picnic or food available

FRIDAY 27 OCTOBER 2023

4PM - 8PM

KOONDROOK APEX PARK & WHARF

Check out the Facebook page to stay up to date:  
PS Alexander Arbuthnot 100 Year Celebration 2023

## PAINT & SIP

WITH JO GUTHRIE



SUNDAY 29<sup>TH</sup> OCTOBER 1PM

COST : \$50.00

**NO EXPERIENCE REQUIRED**

Come and enjoy

Cohuna Neighbourhood House  
29 Market Street Cohuna  
Book Call 54564666



COHUNA NEIGHBOURHOOD HOUSE  
The Heart of Our Community



"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



Are you having a baby? – Enquire

about CDH's Midwifery Group

Practice today!



### Cohuna District Hospital continues to care for women and their families

Cohuna District Hospital Midwifery Group Practice can provide flexible pregnancy and post-birth care for all women in the Gannawarra and surrounds.

Our biggest driver is to deliver care to our local women and families as close to home as possible. Let us provide you with individualized, publicly funded maternity care on the doorstep of the Gunbower creek. Call 0417 598 491.

[www.cdh.vic.gov.au/maternity](http://www.cdh.vic.gov.au/maternity)

## Remembrance Day

Saturday 11th November 2023  
Speaker: Mayor Charlie Gillingham  
Assembly 10.45am  
RSL Memorial Park



Everyone welcome!



## Cohuna U3A Inc. 20<sup>th</sup> Birthday Celebration.



The Cohuna U3A is looking forward to celebrating its 20<sup>th</sup> Birthday on October 20<sup>th</sup> this year.

Planning is underway for a luncheon to be held at Jen on George (Waffles), commencing at 11.30 am. All present and past members are invited to attend, share memories and enjoy each other's company. The cost is \$20.00 per head. Numbers are required for catering. Tickets are available at Cohuna Neighbourhood House until October 13<sup>th</sup>. We do hope to see you there!  
Phone 5456 4666



*Have you ever wondered what prayer is?*

*Have you ever wanted to know the purpose of prayer?*

To answer these questions come and join us at,  
**Cranmer Anglican Church**

**Sunday the 8<sup>th</sup> of October**

**@2.30**



Where we will begin a 6 weekly 2 hour DVD series on Prayer, these sessions are informative for both those that know the answers to these questions and those who don't.

All welcome



### ENGLISH CONVERSATION CLASS

Tuesdays 6.30pm start  
at Cohuna Neighbourhood  
House. All Welcome

Cohuna Neighbourhood House  
29 Market Street Cohuna 3568  
Call 5456 4666



## IS COMING TO COHUNA!

FRIDAY 13th OCTOBER

10:30am - 11:30am

Cohuna Garden Park

Come and join 250 participants, including sporting legends and see some fabulous vintage cars!



The Cohuna Progress Association will be hosting morning tea. Come down to enjoy a fabulous sausage sizzle for a gold coin donation to FightMND. All funds raised will help fund critical MND research.

Can't get to KNH?  
You can join the course  
online, if required.

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



Duration: 5 weeks  
Day: Mondays  
Dates: October- 16th, 23rd 30th  
November - 13th, 20th  
Time: 6.15 -9.15pm  
Cost: \$80, Cons \$50



KERANG  
NEIGHBOURHOOD  
HOUSE  
T: 4403 6640  
E: [bookmein@kerangnh.org.au](mailto:bookmein@kerangnh.org.au)

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.

### Get to know your local Rural Financial Counselling Service (RFCS): Confidential, independent, free business and wellbeing support for our region's farmers and small business owners

Rural financial counsellors and small business  
financial counsellors are a great resource for  
your farm or small business operation.

- Understanding your financial position
- Identifying and exploring options and opportunities
- Accessing grants and government support
- Negotiating with banks, creditors or insurance providers
- Planning for the next months and for the future.

Wellbeing counselling is available to ensure  
anyone working with a financial counsellor is  
fully supported.

Appointments are always free of charge.  
Call 1300 735 578



North Central CMA  
in partnership with  
Cohuna Art Gallery  
warmly invites you to

## A WETLAND WONDERLAND PHOTOGRAPHY EXHIBITION

OPENING NIGHT

Thursday 5 October

6pm-8pm

@ Cohuna Art Gallery, 23 King  
Edward Street, Cohuna

CONNECT WITH CMA STAFF ABOUT LOCAL  
ENVIRONMENTAL ACTIVITIES  
TALK TO LOCAL ARTISTS  
FOOD VAN

RSVP essential by Friday 29 September by



Cohuna Golf  
Bowling Club  
Golf Links Road Cohuna



## WEDNESDAY NIGHT SOCIAL BOWLS

7.30pm - 10pm  
Starting 18th October

COME & TRY SESSION  
Wednesday 11th Between 5-7pm  
New Bowlers Welcome

All welcome from beginners to experienced.  
Flat rubber soled footwear is required, Thongs will do!  
Cheese & Biscuits and Raffles after the Game

Enquiries to Graeme (Tucker) Peace 0417 341 142

This newsletter relies on information submitted by organisations, businesses and community 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.



ABN 24 416 208 103

All work done to your satisfaction  
Phone Lesiel on mobile 0412 179 496

BUS TRIP TO MELBOURNE

**Moulin Rouge the Musical**



Cost: Bus and Show \$100  
Bus Leaving Cohuna Neighbourhood House at 7.30am, picking up in Kerang 7.00am



Gannawarra Arts Culture & Entertainment Club

Call Cohuna Neighbourhood House to Book 03 5456 4666



A Cohuna Neighbourhood House Program

POP THE CHAMPAGNE BOHEMIANS! THE SPECTACULAR RETURNS TO MELBOURNE!

"A love affair with theatre itself, sensual and passionate and ridiculously entertaining" THE GUARDIAN

"Dazzling sets and costumes, dynamic choreography, vocal power and as much glitz and sparkle as anyone could ask for" THE AGE  
A theatrical celebration of truth, beauty, freedom, and — above all — love, Moulin Rouge! is more than a musical; it is a state of mind.

Join Our Club! Come with us to enjoy shows and performances within our Shire and beyond. Gannawarra ACE Club Members will have the best seats in the house. All Welcome!



Supported by Gannawarra Shire Flood Recovery Funding through the Gannawarra Community Resilience Committee



4th Sunday of Every Month  
Next Market 22nd October 2023



Cohuna Neighbourhood House  
Emergency Relief Pantry  
OPEN Mondays 10-12 for Self Service.  
Parcels available other days.  
Please make contact if you need assistance Call 5456 4666  
29 Market Street Cohuna



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

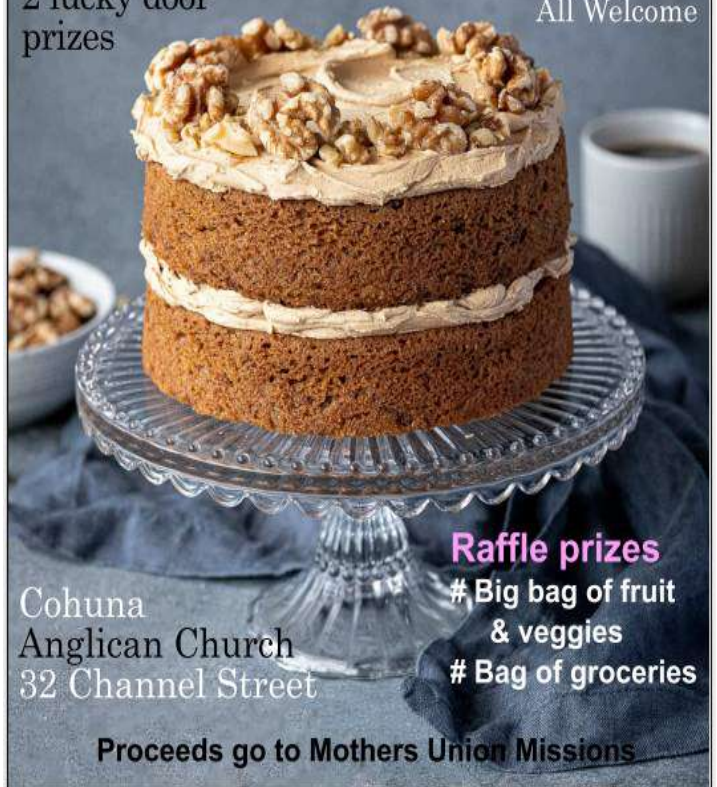
## Anglican Mothers Union Coffee Morning

Tuesday, 24th

October 2023 10:00 am

\$10 Includes  
2 lucky door prizes

Big Trading table  
Light entertainment  
Beautiful morning tea  
All Welcome



Cohuna Anglican Church  
32 Channel Street

Raffle prizes  
# Big bag of fruit & veggies  
# Bag of groceries

Proceeds go to Mothers Union Missions

**CELEBRATING SENIORS**  
**FREE !!**  
**SAUSAGE SIZZLE & ENTERTAINMENT**  
**THURSDAY**  
**12th OCTOBER, 12 NOON**  
**COHUNA GARDEN PARK**  
 Come along and enjoy

Learn. Love. Live.

Victorian Seniors Festival 2023

GANNAWARRA  
 ANNA CARRUTHERS

COHUNA NEIGHBOURHOOD HOUSE  
 29 MARKET STREET COHUNA

LEOPOLD L

**Cohuna Lawn Tennis Club Inc.**  
**Season 2023/24**

The NDLTA season will commence  
 On 21st October 2023  
 Anyone interested in playing  
 Saturday afternoon tennis  
 Please contact Shirlene Barker 5456 2053 or  
 Harrison Cleave 0488 971 087  
 Names must be in by 2<sup>nd</sup> October 2023  
 Saturdays' morning & twilight  
 Start dates to be advised.  
 Please check Facebook page for updates

NEW PLAYERS WELCOME

**Wabi Sabi**  
**Sculptural Garden**

Open by appointment  
 Call (03) 5456 8414

Admission: \$5

**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

Art Gallery, Photo by Trevor Proewis

**FIRST AID TRAINING**

Thursday 7th September 9am  
 (First Thursday of each month)

Book direct online or  
 Call 1300 046 381

Cohuna Neighbourhood House  
 29 Market Street Cohuna 3568  
 Call 5456 4666

**ST. MARY'S PLAYGROUP**

Playgroup is back!  
 Join Mrs Fry on Thursday mornings  
 from 10am - 11am under the COLA

**BUBS & CARERS GROUP**

0 - 5 years old

EVERY FRIDAY | 10AM - 11.30

ANGELICAN CHURCH  
 32 CHANNEL STREET  
 COHUNA

ENTER BY SIDE DOOR DOWN THE DRIVEWAY

REV FAYE DONALDSON 0488 043 339  
 MRS CHRISTINE ROMANO 0497900 879  
 REV SUE ALLEN 0417 365 386

**GARAGE SALE**

Saturday 7<sup>th</sup> October  
 From 8am

Plants, pottery pots,  
 fishing rods, old wrought  
 iron gates and Lots  
 More!!!

21 Railway Ave

# "What's On?"

## Coming Events 2023

Sept	<b>Cohuna Art/Craft Gallery</b> Recycled materials make art!
Friday 13th Oct	Bjorn Again, <i>Thank Abba for the Music</i> , Swan Hill
Fri 13th Oct	Daniher's Drive for Motor Neurone Disease visiting Cohuna
Fri 20th Oct	<i>Johnny Cash &amp; June Carter Show</i> at Swan Hill
Fri 27th Oct	PS Alexander Arbuthnot 100 Year Celebration
Sat 4th Nov	Ross Wilson, Swan Hill
Fri 10th Nov	<i>Marcia Hines</i> at Swan Hill
Wed 22nd Nov	Moulin Rouge, Melbourne
Thurs 7th Dec	<i>Menopause the Musical</i> at Swan Hill
Sat 9th Dec	<i>Ian Moss</i> at Swan Hill

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, table tennis (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 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.

**All Welcome!**  
**Bus Leaves from Cohuna Neighbourhood House**  
**29 Market Street Cohuna**  
**UPCOMING SHOWS - Call Cohuna Neighbourhood House to Book your seat**

BUS TRIP TO SWANHILL

**BJORN AGAIN - THANK ABBA FOR THE MUSIC 2023 TOUR**



13  
OCT

Cost: Bus and Show \$72  
Bus Leaving Cohuna Neighbourhood House at 6:30pm, picking up in Kerang 6:45pm

Call Cohuna Neighbourhood House to Book 03 5456 4666

**ACE** Gannawarra  
Come With Us

**Gannawarra Arts Culture & Entertainment Club**  
A Cohuna Neighbourhood House Program

BUS TRIP TO SWAN HILL

**GET RHYTHM - THE JOHNNY CASH & JUNE CARTER SHOW**



20  
OCT

Cost: Bus and Show \$70  
Bus Leaving Cohuna Neighbourhood House at 6:00pm, picking up in Kerang 6:30pm

Call Cohuna Neighbourhood House to Book 03 5456 4666

**ACE** Gannawarra  
Come With Us

**Gannawarra Arts Culture & Entertainment Club**  
A Cohuna Neighbourhood House Program

BUS TRIP TO SWANHILL

**Ross Wilson - Live**



4  
NOV

Cost: Bus and Show \$77  
Bus Leaving Cohuna Neighbourhood House at 6:30pm, picking up in Kerang 6:45pm

Call Cohuna Neighbourhood House to Book 03 5456 4666

**ACE** Gannawarra  
Come With Us

**Gannawarra Arts Culture & Entertainment Club**  
A Cohuna Neighbourhood House Program

BUS TRIP TO SWAN HILL

**MARCIA HINES "STILL SHINING" 50TH ANNIVERSARY TOUR**



10  
NOV

Cost: Bus and Show \$82  
Bus Leaving Cohuna Neighbourhood House at 6:00pm, picking up in Kerang 6:30pm

Call Cohuna Neighbourhood House to Book 03 5456 4666

**ACE** Gannawarra  
Come With Us

**Gannawarra Arts Culture & Entertainment Club**  
A Cohuna Neighbourhood House Program

BUS TRIP TO MELBOURNE

**Moulin Rouge the Musical**



22  
NOV

Cost: Bus and Show \$78A  
Bus Leaving Cohuna Neighbourhood House at 7:30pm, picking up in Kerang 7:00pm

Call Cohuna Neighbourhood House to Book 03 5456 4666

**ACE** Gannawarra  
Come With Us

**Gannawarra Arts Culture & Entertainment Club**  
A Cohuna Neighbourhood House Program

BUS TRIP TO SWANHILL

**Menopause the Musical**



7  
DEC

Cost: Bus and Show \$90  
Bus Leaving Cohuna Neighbourhood House at 6:00pm, picking up in Kerang 6:30pm

Call Cohuna Neighbourhood House to Book 03 5456 4666

**ACE** Gannawarra  
Come With Us

**Gannawarra Arts Culture & Entertainment Club**  
A Cohuna Neighbourhood House Program

Australian Government      GANNAWARRA Shire Council      Community Recovery Gannawarra      VICTORIA State Government

Supported by Gannawarra Shire Flood Recovery Funding through the Gannawarra Community Resilience Committee

# COME & TRY

## WALKING NETBALL

Everyone welcome to join  
(14 of age and above)

Enter your own team or register individually

Cost: \$21 Netball Vic registration (non VNA members)

\$5 per game

Social comp starting Tues 24th Oct 2023  
6 weeks  
Registration to be completed by 17th Oct

For further information please contact  
Rachel Hobson - 0417 566 177 or  
Catrina Robinson - 0429 058 971


TO FIND OUT MORE ABOUT WALKING NETBALL CLICK THE LINK  
[HTTPS://VIC.NETBALL.COM.AU/SITES/VIC/FILES/2021-09/NV\\_WALKING\\_NETBALL\\_RESOURCE.PDF](https://vic.netball.com.au/sites/vic/files/2021-09/nv_walking_netball_resource.pdf)



**Cohuna Kangas**  
in conjunction with Cohuna Neighbourhood house



# October 1st - Sunday 7th - Cohuna Seniors Week - OPEN DAY at all Senior Activities

	MONDAY 2nd	TUESDAY 3rd	WEDNESDAY 4th	THURSDAY 5th	FRIDAY 6th	SATURDAY 7th	
AM	<p><b>What: Pool &amp; morning tea</b> Where: RSL Clubrooms When: 9.15am</p> <p><b>What: Young at Heart Singers (USA)</b> Where: Uniting Hall When: 9.30am</p> <p><b>What: Cohuna Patchwork</b> Where: Cohuna Masonic Lodge When: 10am</p>	<p><b>What: Cohuna Mens Shed</b> Where: 3 William Street When: 9am -3pm</p> <p><b>What: Spinners &amp; Weavers (USA)</b> Where: Cohuna Memorial Hall (front entrance) When: 10am</p> <p><b>What: Exercise Class (USA)</b> Where: Uniting Hall When: 10am</p> <p><b>What: Social Lawn Bowls</b> Where: Cohuna Bowling Club When: 12.15pm</p>	<p><b>What: Waters Edge Walkers</b> Where: Gateway Carpark When: 8.30 am</p> <p><b>What: Cohuna Mens Shed</b> Where: 3 William Street When: 9am -3pm</p> <p><b>What: Cohuna Golf Club</b> Where: Cohuna Golf Club When: 9.30am</p> <p><b>What: Cards Crazy Whist</b> Where: RSL Clubrooms When: 1.30 pm</p> <p><b>What: Cuppa &amp; Chat</b> Where: Bower Tavern When: 9.30am</p> <p><b>What: Men's Cooking Group</b> Where: Mem. Hall Seniors Rm When: 12noon-4pm</p>	<p><b>What: Cohuna Mens Shed</b> Where: 3 William Street When: 9am -12pm</p> <p><b>What: Yoga</b> Where: Cohuna Health Balance When: 10am</p> <p><b>What: Cohuna Golf Club</b> Where: Cohuna Golf Club When: 11.30am</p> <p><b>What: Fitness DVA</b> Where: Cohuna Health Balance When: 12 noon</p>	<p><b>What: Cohuna Art Gallery</b> Where: 23/25 King Edward Street When: 10-12pm, 1-3pm</p> <p><b>What: Cohuna Hospital Ladies Auxiliary</b> Where: Northern District Community Health Room When: 10 am</p> <p><b>What: Cryptic Beginners (USA)</b> Where: Community Meeting Room When: 10am</p>	<p><b>What: Cohuna Park Run</b> Where: Garden Park When: 7.45am</p> <p><b>What: Cohuna Art Gallery</b> Where: 23/25 King Edward Street When: 10-12pm, 1-3pm</p>	
PM	<p><b>What: Social Support Group</b> Where: Where: Mem. Hall Seniors Rm When: 12noon-4pm</p> <p><b>What: Movies on the Big Screen</b> Where: Cohuna Neighbourhood House When: 1pm</p> <p><b>What: Northern District Dance Association</b> Where: Band Hall, Maxwell Street KERANG When: 8pm</p>	<p><b>What: Cohuna Senior Citizens</b> Where: Cohuna Memorial Hall Seniors Room Market Street Entrance When: 1pm</p> <p><b>What: Canasta &amp; Coffee</b> Where: RSL Clubrooms When: 1pm</p> <p><b>What: Practice Lawn Bowls</b> Where: Cohuna Golf &amp; Bowling Club When: 3pm onwards</p>	<p><b>What: Scrabble (USA)</b> Where: Cohuna Neighbourhood House When: 1.30pm</p> <p><b>What: Cohuna Weight Loss</b> Support Group (formerly TOWN Club) Where: Cohuna Neighbourhood House When: 4pm</p> <p><b>What: Cards 500 Club</b> Where: Community Meeting Room When: 7pm</p>	<p><b>What: Cohuna Social Support</b> Where: Cohuna Memorial Hall Seniors Room Market Street Entrance When: 12 - 4 pm</p> <p><b>What: Yoga</b> Where: Cohuna Health Balance When: 6pm</p>	<p><b>What: Cohuna Senior Citizens</b> Where: Cohuna Memorial Hall Seniors Room Market Street Entrance When: 1pm</p> <p><b>What: Lets TalkBooks(USA)</b> Where: Com. Meeting Room When: 1.30pm</p> <p><b>What: Fun/Practice Lawn Bowls</b> Where: Cohuna Golf &amp; Bowling Club When: 3pm onwards</p> <p><b>What: Social Lawn Bowls and light tea</b> Where: Cohuna Bowling Club When: 4pm onwards</p>	<p><b>What: Cohuna Senior Citizens</b> Where: Cohuna Memorial Hall Seniors Room Market Street Entrance When: 1pm</p> <p><b>What: Lets TalkBooks(USA)</b> Where: Com. Meeting Room When: 1.30pm</p> <p><b>What: Fun/Practice Lawn Bowls</b> Where: Cohuna Golf &amp; Bowling Club When: 3pm onwards</p> <p><b>What: Social Lawn Bowls and light tea</b> Where: Cohuna Bowling Club When: 4pm onwards</p>	<p><b>RELAX</b></p> <p>Learn. Love. Live.</p> <p>Victorian Seniors Festival 2023</p> 



# Victorian Seniors Festival October 2023 in Gannawarra

Victorian Seniors Festival 2023



SUN	MON	TUE	WED	THURS	FRI	SAT
1	2 Quambatook Social Meal	3 Seniors Be Connected Presentation/Webinar: Wifi & Data plans 10am-11am Kerang Library	4	5 MORNING TEA 10.30am Kerang Library	6 KDFHG Book Launch 'Ollie Said' 2pm Kerang Library Barook Social Meal	7
8	9 KERANG SHOW	10 Author visit Chris Hammer 2pm Kerang Library Lake Charm Social Meal	11 Book Chat 10.30am Kerang Library	12 Leitchville Social Meal	13	14
15	16 MORNING TEA 11am Cohuna Library	17	18	19	20 Succulent Swap 10.30am Kerang Library Cohuna Social Meal	21 BARHAM-KOONDROOK SHOW 20-21 October
22	23 National Children's Week Sun 22 - Sun 29	24 Lalbert Social Meal	25 Grandparents' Storytime 10.30am Kerang Library Murrabit Social Meal	26 Tech Time with Tami (10am-12) & (2pm-4pm) Kerang Library Kerang Social Meal	27 Macorna Social Meal	28
29 National Grandparents Day	30 Games with Grandparents 10.30am Kerang Library	<p>Social Meal bookings, please call 5450 9333. Bookings essential. KDFHG = Kerang &amp; District Family History Group</p> <p>Social Meals are from 12 noon – 2pm and cost \$11.</p> <p>For the month of October all Social Meal attendees will receive a self care pack when they attend.</p>				

