

"Happenings"

Cohuna's Community Newsletter

December 2023 Issue No: 398



JOIN US FOR OUR
FREE COMMUNITY
Christmas Lunch

25
December
12 NOON

Cohuna Memorial Hall
Call Cohuna Neighbourhood
House to BOOK 5456 4666
Catered by Cohuna Lions Club

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

COHUNA Community
CHRISTMAS CAROLS

Wednesday 20th DECEMBER
COHUNA GATEWAY GARDEN PARK

Arrive at 6pm for a 6.30pm start
BYO Chairs, Snacks & Drinks

Cohuna and District Progress Association supporting our Community

COHUNA
COMBINED CHURCHES

**CHRISTMAS
CAROLS**
IN THE PARK

**FREE COMMUNITY EVENT
with CHILDREN'S ACTIVITY**

DECEMBER | **16** | STARTS AT
7.00 PM
WITH SUPPER TO FOLLOW

THE GATEWAY IN COHUNA

FOR MORE DETAILS PLEASE CONTACT:
REV. SUE ALLEN
0417365386

BYO CHAIR OR PICNIC RUG AND MOSQUITO REPELLENT

Cohuna Whole Town

GARAGE SALE

Sunday 28th January 2024
8am - 2pm

Registrations now open
\$15 per household
Early bird fee (before 12th Jan) \$10

Contact Cohuna Neighbourhood House
5456 4666 or
nhcohuna@bigpond.com

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



"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.





NORTHERN DISTRICT COMMUNITY HEALTH



REGISTERED
NDIS
PROVIDER

COMMUNITY NURSING SERVICES

"NDCH - Your first port of call in the pursuit of good health."

- Diabetes Support Nurse
- Cardiac Rehabilitation
- Wound Management
- Respiratory Management Program
- Continence Support Nurse
- Chronic Disease Management

33 KING EDWARD STREET, COHUNA - (03) 5451 0250
8.30AM TO 4PM - MONDAY TO FRIDAY

www.ndch.org.au @ndchvic



Cohuna District Hospital's Midwifery Group Practice is here for you!



Cohuna District Hospital is now taking enquiries for women to have pregnancy care under the Midwifery Group Practice (MGP)

What does this mean for local women?

If you are pregnant you can be cared for during your pregnancy & post-birth by a known midwife locally. The majority of your appointments will be with your allocated midwife on a day & time that suits you!

You will have 24/7 access via mobile to a midwife for enquiries and advice.

Your midwife will provide care to you at home after birth

When possible your midwife will provide labour care for you at Echuca Regional Health

To find out more visit our website:

www.cd.h.vic.gov.au/maternity

Or call 0417 598 491



www.cd.h.vic.gov.au/maternity

Extended Summer Opening Hours for Cohuna Outdoor Pool!

Extended operating hours of 10am to 8pm will be in place until Thursday, 29 February 2024. Opening hours will be from 12 noon to 7pm on public holidays, including Boxing Day and Australian Day, but will be closed on Christmas Day.

The summer opening hours coincide with the start of the popular Morning Laps program, which begins next week and runs until Thursday, 29 February. Sessions will be held at the Cohuna Swimming Pool 6am-8am Tuesdays and Thursdays.

The Cohuna pool will be closed on days the Bureau of Meteorology website's forecast temperature for 23 degrees Celsius or lower.



JOIN US AT JEN'S ON GEORGE FOR A MORNING TEA FOR

Empower Her

with

Host

MANDY HUTCHINSON

Northern District Community Health | CEO



JO BEAR & MEG LAST

Jo and Meg, Loddon locals will share their heart-warming story of volunteering overseas to spread the joy of netball and teamwork with rural women in India. A fascinating journey of women connecting in unexpected ways!

Empower Her | Founders



FRIDAY
8 DECEMBER 2023
10.00AM-11.30AM



Jens on George (previously Waffles)
-105 King George St, Cohuna

NO COST, BUT BOOKINGS ESSENTIAL

Limit of 100 tickets.

Open to all Gannawarra & North Loddon residents.

<https://www.trybooking.com/CMJWR>

or phone NDCH 5451 0200



In 2023, Respect Victoria and Safe and Equal are partnering to deliver and support local community engagement with the 16 Days of Activism against Gender-Based Violence state-wide campaign. Gannawarra Shire Council has been funded under Respect Victoria's 16 Days of Activism grassroots initiative, as part of the Gannawarra Goes Orange campaign, promoting awareness and action against gender-based violence.



SAFE + EQUAL

RESPECT WOMEN CALL 1800 737 737

GeoffSwim 2024

January 3-Week School Holiday Program

Learn to Swim & Water Familiarisation

Cohuna Swimming Pool

Mobile 0428 563395



Email: geoffdale29@gmail.com

Lessons 11am to 1.30pm

Week 1 8th, 10th, 12th

Week 2 15th, 17th, 19th

Week 3 22nd, 24th, 25th

\$12 per lesson, plus entry fees

Please do not allow children to enter the water before lessons. Parents of pre-school children may be asked to accompany their child in the water.



Paint & Snip masterpieces in October with Artist Jo Guthrie



Join in the Fun!

For children aged 0-18 years

How to play:

- Scan the QR code below using a mobile phone or tablet
- Download and register your details on Beanstack
- Read or listen to 10+ books between December 1 - January 31 and log them on the Beanstack app
- Complete challenges to earn character badges
- Enter the Gannawarra Library Service prize draw for a chance to win a summer bumper pack!

Visit your local branch or call 5452 1546 for more details

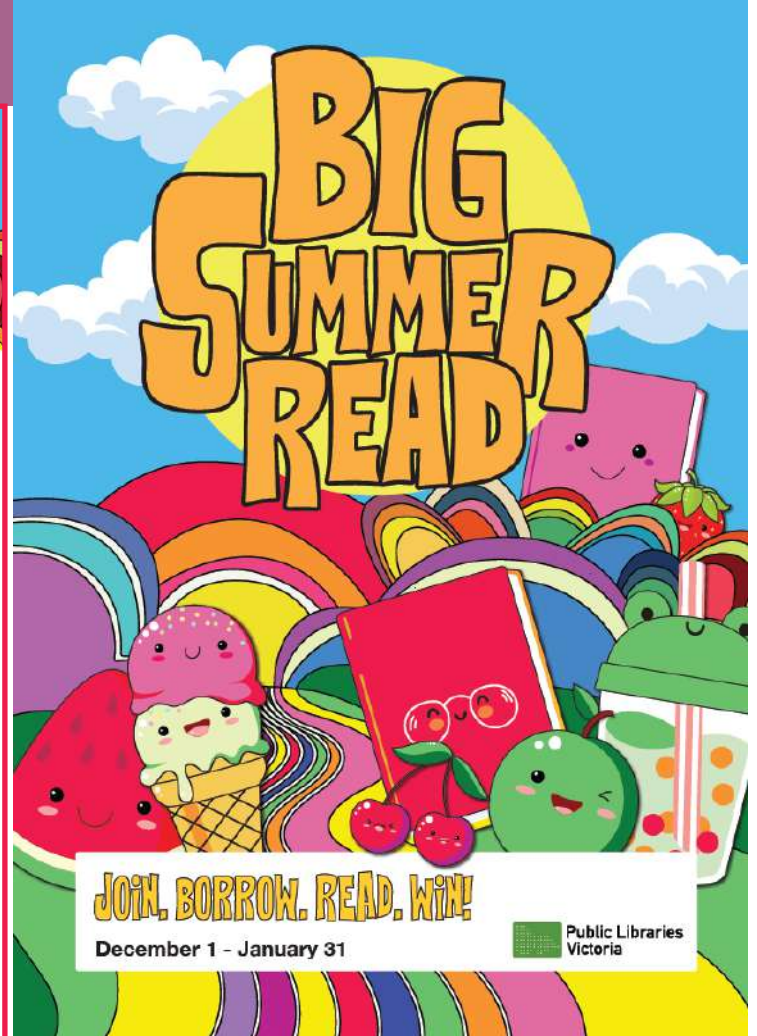


ENTER AND WIN!

To enter the State Wide Major Prize Draw - register at plv.beanstack.org and log your ten books online with Beanstack



For terms and conditions visit <https://www.plv.org.au/contact/big-summer-read/>



JOIN, BORROW, READ, WIN!

December 1 - January 31



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**

Jokes from the Christmas Bon Bon

What do reindeers say before they tell you a joke?

This one's gonna sleigh you!

Why don't you ever see Santa in the hospital?

Because he has private elf care!

Why is it getting harder to buy Advent calendars?

Their days are numbered!



Cohuna District Hospital Annual General Meeting

Tuesday 12th December 2023
6.00pm

Northern District Community Health Meeting Room
King Edward Street, Cohuna

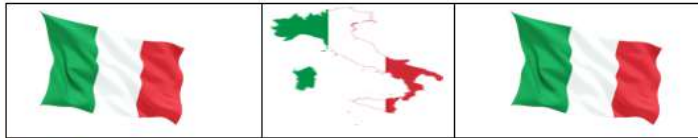
All Welcome to attend in person
or via Zoom link - please contact:

Helen Cramer, hcramer@cdh.vic.gov.au

The meeting will also be recorded—available for viewing on our Facebook Page from
Wednesday 13th December 2023.

All correspondence must be submitted by the close of business, 5.00pm Friday 1st December 2023

"A Little Piece of Italy"



Featuring -

Classical Italian Guitarist-

Massimo Scattolin

& Mezzo -Soprano Opera Singer

Sally-Anne Russell



Friday 23rd February 8pm.

At St Mary's Church Cohuna

-King George St

Join us on the lawns for nibbles from 7.30pm.

Tickets \$35. book with [Trybooking](#).

Tickets available Cohuna Neighbourhood House.

Limited tickets at Door.



Garden Park 9am-1pm
Next market
Sunday 17th Dec 2023



Remembrance Day 11th November 2023
WW1 Cohuna monument with beautiful wreaths for the fallen-
never to be forgotten. Photo by Trevor Powis

Need Financial Help?

Free financial counselling 1800 007 007
Budget Tools & Advice - moneysmart.gov.au
Mallee Family Care 1800 632 263

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 to Shop Monday 9-10, Wednesday 9-12 or Pick up a
Hamper anytime the Pantry is Closed

We are so proud to have this service in Cohuna.



COHUNA NIEGHBOURHOOD HOUSE
Christmas Closure from Friday 22nd December,
Reopening on Tuesday 2nd January.
We wish Everyone a Merry Christmas and a
Happy New Year



VICTORIA'S CONTAINER DEPOSIT SCHEME **CDS VIC**

Cohuna Neighbourhood House CDS Operating hours

MON 10am - 3pm
TUE 10am - 3pm
WED 10am - 5pm
THU 10am - 3pm
FRI 10am - 5pm
SAT 9am - 1pm
SUN by appointment

Closed between 12:00pm to 1:00pm (Monday to Friday) Closed public holidays

Please sort your items into the following

GLASS Bottles Steel	PLASTIC PET (Clear/Coloured) HDPE (Other Plastics)	CANS Aluminium	CARTON Liquid Paper Board Other Materials
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in bag limits of 100 containers

Cohuna Neighbourhood House
 29 Market Street Cohuna
 03 5456 4666

VISY **CDS VIC** **VICTORIA**



VICTORIA'S CONTAINER DEPOSIT SCHEME

WHAT CAN YOU RETURN?

10c
Check for the 10c mark

Eligible ✓

- ✓ Aluminium cans
- ✓ Plastic bottles
- ✓ Glass bottles
- ✓ Paperboard cartons (under 1L)
- ✓ Steel bottles/cans

Most beverage containers (between 150mL and 3L) made from aluminium, glass, plastic, steel and liquid paperboard are eligible.

Ineligible ✗

- ✗ Wine and spirit bottles
- ✗ Milk containers
- ✗ Paperboard cartons (over 1L)
- ✗ Cordial bottles

Don't throw these out! Ineligible containers may still be accepted in your kerbside recycling bin.

Still unsure? Ask us or use our website container eligibility scanner.
 visit www.cdsvic.org.au

CDS VIC **VICTORIA**

Christmas Trivia



1. In the song "The Twelve Days of Christmas," what is given on the 7th day?
2. How many times does Santa check his naughty and nice list?
3. Who is Santa married to?
4. How big was the Grinch's heart?
5. What do naughty kids receive on Christmas morning?
6. What do we leave out for Santa on Christmas Eve?
7. Why did the other reindeer pick on Rudolph?
8. Where was Jesus born?
9. Who's the author of *A Christmas Carol*?
10. How many gifts, in total, were given in "The Twelve Days of Christmas" song?
11. What Christmas beverage is also known as "milk punch"?
12. What Christmas decoration was originally made from strands of silver?
13. What Christmas-themed ballet premiered in Saint Petersburg, Russia in 1892?
14. What much-reviled Christmas dessert is known for its long shelf life?
15. What are three alternative names for Santa Claus?
16. What is the best-selling Christmas single of all time?



Answers to Christmas Trivia Questions
 1. Swans-a-swimming; 2. Twice; 3. Mrs. Claus; 4. Two sizes too small; 5. Lumps of coal; 6. Milk and cookies; 7. Because of his red nose; 8. Bethlehem; 9. Charles Dickens; 10. 364; 11. Egg-nog; 12. Tinsel; 13. *The Nutcracker*; 14. Fruitcake; 15. Saint Nicholas, Father Christmas, and Kris Kringle; 16. "White Christmas"

More Jokes from the Christmas Bon Bon

How is Christmas exactly like your job? *You do all the work and some fat guy in a suit gets all the credit.*
 What's every parent's favourite Christmas Carol? *Silent Night.*
 Who hides in the bakery at Christmas? *A mince spy!*
 What do you call Santa when he takes a break? *Santa Pause.*
 What does Santa do when his elves misbehave?
He gives them the sack!
 What kind of motorcycle does Santa like to ride?
A Holly Davidson!
 What does Mrs. Claus say to Santa when there are clouds in the sky? *It looks like rain, deer.*

"What's On?"

Coming Events 2023/24

December	Cohuna Art/Craft Gallery: The Wonder of Water, featuring works to the theme by our local artists.
Thurs 7th Dec	<i>Menopause the Musical</i> at Swan Hill Bus Trip
Sat 9th Dec	<i>Ian Moss</i> at Swan Hill Bus Trip
Mon 25th Dec	Cohuna Community Christmas Lunch
Thurs 11th Jan	School Holiday Fun—Stop Motion Animation Workshop at 9.30am—12.30
Sun 28th Jan	Whole Town Garage Sale
Fri 23rd Feb	"A Little Piece of Italy" Guitarist & Singer St Mary's Church
Wed 20th Mar	"Wicked" the Musical, Bus Trip to Melbourne

Bookings essential for all 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
ALL	Container Deposit Scheme —Bring your empty drink containers to us for a refund 5456 4666

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



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

SMOKE ALARMS SAVE LIVES

MAKE SURE YOUR SMOKE ALARMS PERFORM AS INTENDED
- WHEN YOU NEED THEM THE MOST

- **TEST** smoke alarms monthly
- Change the **BATTERIES** every year
- Beware of **CHIRPING** smoke alarms – it's time to replace the batteries
- Replace older smoke alarms – **REPLACE** alarms that are more than 10 years old
- Know the **SOUND** of the smoke alarm and what to do if the alarm goes off



REMEMBER, ONLY WORKING SMOKE ALARMS CAN SAVE YOUR LIFE!



STOP MOTION ANIMATION WORKSHOP

With Elaine Keely

SCHOOL HOLIDAY FUN
3hr CREATIVE WORKSHOP FOR KIDS

Beginners Class

Thursday 11th January 9.30am - 12.30

Learn the basics of this creative medium

Ages 8-12yrs Places limited

COST \$10 per child - Materials supplied
(iPads and iMotion App Required)



COHUNA NEIGHBOURHOOD HOUSE
The Heart of Our Community

TO BOOK
Call Cohuna Neighbourhood House
5456 4666

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.

GANNAWARRA GOES ORANGE

SAY 'NO' TO FAMILY VIOLENCE

Between July 2022 and June 2023 there were 189 reported incidents of family violence in the Gannawarra, with close to 78 per cent of those affected by these violent incidents being female and often children and young people are involved. "We may think of Gannawarra as a safe community for all, but the reality is that gender-based violence has a real impact on lives here in the Gannawarra as it does across Australia and globally," Mayor Ross Stanton said.

Gannawarra Shire Council, Northern District Community Health (NDCH), the Rotary Club of Kerang and other agencies are uniting as part of the annual global campaign to call-out gender-based violence and encourage a future where everyone is safe, respected, and equal. Sixteen days of events are planned between Saturday, 25 November and Sunday, 10 December as part of the Gannawarra Goes Orange campaign, which coincides with the International 16 Days of Activism Against Gender-Based Violence.

Celebrations will occur at Cohuna on **Friday, 8 December from 10am, with Jen's On George hosting the free Empower Her morning tea.** Hosted by NDCH Chief Executive Officer, Mandy Hutchinson, *Empower Her* founders, Jo Bear and Meg Last will share their heart-warming story of volunteering overseas to spread the joy of netball and teamwork with rural women in India.

Businesses are also encouraged to participate in the campaign by decorating their shops and offices in orange. If your business would like to take up this opportunity, please contact NDCH on (03) 5451 0200 or Council on (03) 5450 9333.

Respect Victoria chair, Kate Fitz-Gibbon said that less than half of all Australian know that violence against women is an issue in their local communities. "Violence against women and family violence happens in every suburb and town in Victoria. We have to face that uncomfortable reality to move forward together in preventing violence in our communities," Dr Fitz-Gibbon said.

"Violence against women can be prevented if we choose to change the culture that allows it to happen. Respect Victoria is proud to walk with victim-survivors and the Victorian community towards a future where all women are safe, respected, and equal."

If you think you or your friend, partner, colleague, family member is at risk of using violence, call the Men's Referral Service on 1300 766 491 and experienced counsellors will help you take the next steps. If you are experiencing violence please call **1800RESPECT or Safe Steps on 1800 015 188.** In an emergency call Triple Zero (000).

For more information, including how to book your spot for the Empower Her morning tea and webinars, please visit www.gsc.vic.gov.au/orange



**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

Cohuna Neighbourhood House



**Keep up to date!
Like and follow us on Facebook!**

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: Sue Sheen 0405 659 475

Cohuna Spinning & Weaving Group

Tuesdays from 10am, front room at Memorial Hall
(turn right past stairs). Stay an hour or all day.

Enquiries Lorraine Learmouth 0429103180

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

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

Please contact Cohuna Neighbourhood House
with any updates to this page. 5456 4666
nhcohuna@bigpond.com
29 Market Street

