

# 2024

## “Happenings”

### Cohuna’s Community Newsletter

February 2024 Issue No: 399

## The Cohuna Show Friday 15th & Saturday 16th March Cohuna Recreation Reserve



### Pavilion entries close soon

It’s time to organise your show entries!  
Junior Handcraft and Art entry forms are due by  
12pm on March 14th.

### Show Superstars on Friday night

Kids aged 3-16 can enter the Show Superstar competi-  
tion. Signups at 6.30pm and judging at 7pm.

### Cattle & Poultry entries

Make sure you call in your Poultry entries by March 13.  
Cattle entry forms and declarations are also due 5pm on  
March 14th.

### Friday night’s live entertainment 8pm

### The Cohuna Show Young Farmers Challenge

Mixed teams of 4 aged between 18-35 are invited to  
compete in a series of farming related challenges.

For more information see [cohunashow.com.au](http://cohunashow.com.au)

### Fun for the whole family

From 5pm : Sideshow Alley, food, drinks, trade stands

From 6.30pm : Camel rides, petting zoo,  
classic car display.

9pm Cohuna CFA demonstration.

## COHUNA COMMUNITY BBQ

Hosted by Cohuna Neighbourhood House

Friday 22th March 2024

6:00pm Apex Park



The whole community is invited.  
A chance for “locals” and “newcomers” to mingle.  
Come along and share your stories in  
a relaxed, social environment.  
Make our “newcomers” welcome.  
Tell them about your activities, resources, clubs and societies.

Catering by the Lions Club

BYO chairs and drinks

ALL WELCOME

Please RSVP to  
Cohuna Neighbourhood House  
5456 4666 for catering purposes



“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



FREE

# COMPOSTING WORKSHOP

JOIN NATALIE FROM GOOD GROVE GARDENS FOR A FREE INTERACTIVE SESSION DEMONSTRATING HOW EASY COMPOSTING CAN BE!

Topics include:

- what is soil?
- what is compost?
- why and how to start composting
- what to do with your compost



NATALIE VAN-WIRTZ MATTHEWS



MORNING TEA PROVIDED

Always wanted to try composting but don't know where to start?

Discover the tips and tricks to composting at our Composting Workshop!

THURSDAY  
**29**  
FEBRUARY  
2024

COHUNA NEIGHBOURHOOD HOUSE  
29 Market St, Cohuna VIC 3568  
**10.00AM - 11.00AM**



Book via QR code or let Tanya know at the Cohuna Neighbourhood House



Free workshop provided by Cohuna Neighbourhood House, NDCH and Loddon Mallee Public Health Unit Funding.

## 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.cdch.vic.gov.au/maternity](http://www.cdch.vic.gov.au/maternity)

Or call 0417 598 491



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

### LIONS V DISTRICTS CANCER FOUNDATION INC

PATRON: MR FRANK COSTA AO (dec)  
AMBASSADOR: MR DAVID MANN AM  
DR DAVID SPEAKMAN OAM, FRACS



Lions V District Cancer Foundation, PO Box 554, Colac, Victoria, Australia 3250

## FREE SKIN CANCER CHECKING

LIONS CLUB OF COHUNA INC.

In a joint project with

The Lions V Districts Cancer Foundation Inc.

Foundation volunteers will conduct a **FREE** Skin Cancer Checking in the Skin Check and Awareness Unit at:

COHUNA

On Saturday 24<sup>th</sup> & Sunday 25<sup>th</sup> February 2024

At Garden Park

To book a free skin check appointment -

Phone: 0400 576 383

Or email: [lnwalkington@gmail.com](mailto:lnwalkington@gmail.com)



## 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](http://www.ndch.org.au) @ndchvic





# Cohuna community celebrates childcare centre commitment



ABOVE: Jye (left) and Tenielle Edge (right) pictured with their children, Tex, 5 (second from left), Jax, 6, and Oakie, 11 months, have welcomed the State Government's announcement that it will establish a government-owned childhood learning and childcare centre in Cohuna, to be open in 2027 or 2028.

Cohuna and district residents who have advocated for the establishment of a childcare centre for the town have welcomed a key step in the long journey to see this come to fruition. In December the State Government announced that as part of its commitment to improve early childhood education opportunities, it will establish a government-owned childhood learning and childcare centre, to be open in 2027 or 2028.

The announcement builds on many years of work completed by families seeking improved childcare options for Cohuna, with Gannawarra Shire Council agreeing in April 2021 to work with the community to investigate the creation of a childcare facility for the town.

"Last week's announcement by the State Government is a major relief. To know that all our hard work over the last few years has come to fruition is an unbelievable feeling," Tenielle Edge, who coordinated a community-led campaign for improved childcare availability for Cohuna, said. "Over the course of the journey, we have hit so many brick walls, at many times it felt as if all the hard work was for nothing, but that is all a distant memory now. I understand that the announcement does not fix the predicament that families are in right now, but it was never going to be fixed overnight. In years to come, it is my hope that families in Cohuna don't have a childcare issue, and that accessing childcare is as simple as making a phone call."

Council Chief Executive Officer, Geoff Rollinson said "Council will work with the State Government and educational providers regarding the location of the new centre at Cohuna and construction timelines, as well as the rollout of a Pre-Prep program, which will replace the current four-year-old kindergarten structure across the Gannawarra from 2025."



## COHUNA FIRST AID TRAINING COURSES



First Thursday of every month.  
Next course Thursday 1st Feb  
Book Online at  
[www.richriverfirstaid.com.au](http://www.richriverfirstaid.com.au)  
Or call Cohuna Neighbourhood House 03 5456 4666

I CAN'T READ MY NEW YEAR'S RESOLUTIONS - I MUST HAVE SPILLED BEER ON THEM LAST NIGHT.



RETURNED & SERVICES LEAGUE OF AUSTRALIA

Cohuna/Leitchville R.S.L. Sub-Branch Inc.

Annual General Meeting

Thursday 15th February 2024 7.00 pm

30 Channel St, Cohuna

NEW MEMBERS WELCOME

Without new membership, our little

RSL Sub-Branch may not continue

Please come along and join in

it is very rewarding to be a part of

## 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



# FREE 'FARMER HEALTH' CHECKS.

Free 30 minute Health Check onsite - get your team involved & checked.

Caring for the individuals in your business is important; they are your most valuable asset.

Become a champion employer by caring for your employees like: Caleb Smith of KiaOra Piggery.

Pictured below are employees who recently had their health checks.

Are you part of a CFA or a Sporting group seeking FREE Health Checks? Eligibility requires individuals to be over 18 years old and employed in the Ag industry.



## HEALTH & LIFESTYLE ASSESSMENT

*The farmer Health & Lifestyle Assessments promote the importance of health, wellbeing and safety in various settings to our farming men, women and agricultural workers.*



Rosi is our Community Health Nurse, trained and experienced in farming and agricultural health and medicine.

### What is a Health & Lifestyle Assessment?

- ✓ a survey covering lifestyle behaviours, farm safety practices, and social and emotional wellbeing
- ✓ blood pressure measurement
- ✓ cholesterol levels measurement
- ✓ blood glucose measurement and risk of diabetes
- ✓ height, weight and waist measurements
- ✓ eyesight testing

The assessment provides you with immediate results in a take home 'personal health passport' along with recommendations and relevant education and resources to help you take follow-up action.

The Health and Lifestyle Assessment's can be completed onsite (business or farm) or in groups - CFA, Sporting groups etc.

**Eligibility** - Anyone working in Agricultural Industry over the age of 18 living or working in Gannawarra and North Loddon including Boort and Pyramid Hill.

### FREE SERVICE.

**No referral needed.**

### Contact Us:

- ☎ 5451 0200
- 🌐 [www.ndch.org.au](http://www.ndch.org.au)
- 📍 24 Fitzroy St, Kerang



NDCH welcomes people of any age, gender, sex, sexuality, culture, religion and ability. We acknowledge that we are on Aboriginal land and pay our respect to Elders, past, present and emerging.





## VICTORIA'S CONTAINER DEPOSIT SCHEME



### 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

<b>GLASS</b> Glass Steel	<b>PLASTIC</b> PET (Clear, Coloured, HDPE) Other Plastics	<b>CANS</b> Aluminium	<b>CARTON</b> 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



## VICTORIA'S CONTAINER DEPOSIT SCHEME

# WHAT CAN YOU RETURN?



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](http://www.cdsvic.org.au)



## "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 lawns for nibbles from 7.30pm.

Tickets \$35.book with Trybooking.

<https://www.trybooking.com/CNME1>

Tickets available Cohuna Neighbourhood House.

Limited tickets at Door.



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

## All Welcome!

Drop down to Cohuna Neighbourhood House @ 29 Market St and grab plenty of food from our community cupboard.

We also have a community garden with ready to pick herbs and vegetables.



### PLEASE NOTE NEW PANTRY HOURS

Come inside to "Shop" Monday 9-10am,  
Tuesday 9-12 noon & Friday 9-12 noon  
**CLOSED WEDNESDAY**

Hampers are available when pantry is closed  
We are so proud to have this service in Cohuna



**Garden Park 9am-1pm**

**Next market**

**Sunday 24th February 2024**

# "What's On?"

## Coming Events 2023/24

February	<b>Cohuna Art/Craft Gallery: The Wonder of Water, featuring works to the theme by our local artists.</b>
Fri 23rd Feb	"A Little Piece of Italy" Guitarist & Singer St Mary's Church
Fri 16 & Sat 17 Mar	Cohuna Show
Wed 20th Mar	"Wicked" the Musical, Bus Trip to Melbourne
Fri 22nd Mar	Community BBQ Apex Park

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	<b>Container Deposit Scheme</b> —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

## Council Working to Control Mosquito Numbers Around Towns

Gannawarra Shire Council has increased mosquito surveillance and control following major rain events. Parts of the Gannawarra have received 200-300 millimetres of rain since Christmas Day, with stagnant water and warm weather providing ideal breeding conditions for mosquitoes over the coming weeks. Whilst most mosquitoes are just a nuisance, others can carry diseases, such as Ross River Virus Disease and Japanese Encephalitis.



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**

<p>BUS TRIP TO MELBOURNE "Wicked" the Musical</p> <p>Cost: Bus and Show \$100 Bus leaving Cohuna Neighbourhood House at 7.30pm, picking up in Kelang 7.50am</p> <p>20 MAR</p>	<p>BUS TRIP TO SWAN HILL Celebration of Creedence Clearwater Revival</p> <p>Cost: Bus and Show \$82 Bus leaving Cohuna Neighbourhood House at 6.00pm, picking up in Kelang 6.20pm</p> <p>4 APR</p>
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## 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.



Staff have started targeting known locations around population centres, including roadside drains, public parks, and residential water basins. Proactive treatment to reduce mosquito breeding will be the priority. Some targeted fogging to kill adult mosquitoes on public land may also occur where this is deemed necessary to reduce the risk to public health. Mosquito control is a community-wide issue and residents are responsible for reducing the opportunity for mosquitoes to breed on private property. Mosquitoes breed in small amounts of warm stagnant water and residents should remove stagnant water and keep the area around homes well maintained to reduce mosquito breeding sites on their own properties. A knockdown fly-spray or surface spray can be effective in reducing adult mosquitoes and the risk of being bitten around homes.



To reduce mosquito breeding on larger properties, mosquito control products are readily available. Residents can protect themselves from being bitten by limiting outdoor activity when mosquitoes are most active, wearing long, loose fitting clothes, and applying a mosquito repellent containing picaridin or DEET to exposed skin when outdoors. For more information regarding protecting yourself from mosquito-borne diseases, visit [www.betterhealth.vic.gov.au/campaigns/beat-the-bite](http://www.betterhealth.vic.gov.au/campaigns/beat-the-bite)

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.

# Christmas Community Lunch 2023



Big thanks to the Lions Club for catering and to all the volunteers who helped



BE CONNECTED




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

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

**9-12 noon** Join the FREE Be Connected Program

**1-3pm** 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

## Pancake Day

**SHROVE TUESDAY** Tuesday 13th February 10.00 am

### Morning Tea with Pancakes

### & Op Shop Fashion Parade

at the Cohuna Anglican Church

32 Channel Street Cohuna  
(Next to Shire Carpark & RSL)

\$10

Everyone Welcome

Marilyn: Ph. 0418 755 289



## 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 : 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month at  
Cohuna Water Tower. Danny White 0418359242

### **Cohuna District Hospital Ladies Auxiliary**

Meets on the 1<sup>st</sup> 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 RSL Pool & Morning Tea**

Held in RSL Clubrooms at 30 Channel St  
Monday mornings (except public hols) 9.15am – 12noon

### **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 3<sup>rd</sup> 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: 2<sup>nd</sup> 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  
1<sup>st</sup> & 3<sup>rd</sup> Mondays 10.00am - 3.00 pm  
2<sup>nd</sup> & 4<sup>th</sup> Tuesdays 7.30 – 10.00 pm  
Cost - \$6.00 Carolyn Ryan 0488 745 413

### **Cohuna Progress Association**

Meeting 7 pm on 3<sup>rd</sup> Monday of month  
Community Meeting Room. All welcome.

### **Cohuna Retirement Village Auxiliary**

Meets 1.30pm 3<sup>rd</sup> 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** -1<sup>st</sup> Sunday of month. Please leave on  
nature strip by 9am. #Train Hire Available#

### **Pigeon Racing Mallee Combine (Cohuna)**

Contact Barry Stacey 0407 406 568

### **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  
followed by coffee at the Bower 9.30.

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

