

"Happenings"
Cohuna's Community
Newsletter

March 2024 Issue No: 400

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 competition. 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

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

Who's invited? The whole community
Why? It's 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









Garden Park 9am-1pm Next market Sunday 24th March 2024 Easter Sunday 31st March 2024



"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. hello@cnh.org.au (03) 5456 4666 or 0490 255 450



"A MIXED BAG"

Of Local Talents

Cohuna Art Gallery King Edward St

- Marita Garby -Art works
- Neil's rabbit trap & tool collection
- Martin Luck . Hand made model engines
- Lyn Sewing Machine collection
- **Tegan's Shaker Collection**
- Heather's and Michelle's Art works
- Rock 'n' Roll memorabilia







Open Hours -

-10am -12md 1.30 -3.30 Friday Saturday -10am -12m

Or by Appointment-Phone 0429103180 Lorraine 0407508348 Denise



Meet Georgia

Do you care for

someone a little,

or often?

We are here to

connect

with you!

Contact Georgia for further information

S 5451 0200

LOCAL AREAS WE COVER;

 Gannawarra Loddon

 Buloke Swan Hill



SUPPORT

FOR CARERS

If you are an unpaid carer, of any age and an Australian resident then you are eligible for assistance through NDCH.

Services we provide

- in-home or community support/respite
- group support and activities
- o counselling
- financial assistance for respite related needs

NDCH seeks to connect and support all carers in any circumstance.



Are you having a baby?

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

We listened to our community and designed a maternity service based on your needs.

We have now launched the Cohuna District Hospital's Midwifery Group Practice.

A sustainable and accessible public maternity service free for all women in the Gannawarra shire & surrounds

Our midwives can care for all women

- · During pregnancy
- In labour at Echuca Regional Health Services
- · After birth at home, or as an inpatient at Cohuna District Hospital.

To find out more visit our website

www.cdh.vic.gov.au/maternity Or call 0417 598 491



INTERNATIONAL **WOMEN'S DAY**

Join us to celebrate International Women's Day.

Help raise awareness and inspire the actions needed to continue the work towards a gender equal future.

Our MC: Amanda Wilson **Director of Corporate Services** Gannawarra Shire Council





Fri 8th March 2024 7.00AM - 8.30AM

Inside at Sir John Gorton Library, Kerang

Our Guest Speakers:







Bookings preferred for catering purposes: https://www.trybooking.com/COMTC







MDAS











Women Rising Report + Exhibition Launch 19 March 2024

Please join <u>Women's Health Loddon Mallee</u> at the upcoming launch of the Women Rising: Empowering Flood Recovery report and exhibition at the Cohuna Gateway to Gannawarra Visitors Centre.



Date + Time: 11am-12pm, Tuesday 19 March.

Followed by a light lunch and refreshments.

Venue: Gannawarra Visitors Centre

Registration Essential: Please register for catering purposes.

For more information about the launch, please contact Alison Jones:
ajones@whlm.org.au

For more information about the Women Rising: Empowering Flood Recovery project, please visit: Women Rising - Women's Health Loddon

Mallee (whlm.org.au)



COHUNA FIRST AID TRAINING COURSES



First Thursday of every month.
Upcoming Courses
Thursday 7th March
Thursday 4th April

Book Online at www.richriverfirstaid.com.au Or call Cohuna Neighbourhood House 03 5456 4666

Need Financial Help?

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

NEW LEADERS FOR COHUNA/LEITCHVILLE RSL

President Geoff Dale welcomed 18 members to our Annual Meeting held on Thursday 15th February. After reading his report, he stood down and did not seek reelection for 2024. John Brown took the chair and Vice President Trevor Powis was duly elected as incoming president with Bryan Roberts accepting the role of Vice President. Kathy Easton and Joy Crellin were elected again as Secretary and Treasurer for the coming year.

Presidents Report (abridged)

It has been an honour to represent the Cohuna/ Leitchville RSL Sub-Branch for the past 9 years. To my knowledge, I am the first non-service (affiliate) member to hold the position of President of our branch. With our Secretary and Treasurer also affiliate members, it is important that our and other sub-branches reach out to include affiliate membership and engage with the community in recruiting new members. I thank all the past secretaries I have worked with and have helped guide me through my role as President. My thanks to Secretary Kathy and Treasurer Joy, together with Ross and Glennis Bateman as Appeals Officers, for their time and commitment to their roles.

Lastly my thanks to everyone involved in our organisation, who have maintained such a high level of enthusiasm in the activities of our Sub-Branch, officials and informal.

Geoff Dale

L



-R Geoff Dale, Trevor Powis, Bryan Roberts. Photo credit Koondrook & Barham Bridge newspaper

Cohuna Men's Shed

3 William St, Cohuna
Open Tuesday & Wednesday
9am - 3pm
Thursday 9am - 1pm
0408 103179 (Lionel)
0400 583618 (Bob)

NEW MEMBERS and VISITORS WELCOME!!!



The Cohuna Men's Shed is calling for more blokes!

At about ten in the morning, as is their habit on a clear day, the Cohuna "blokes" sit beside their Shed enjoying a cup of tea - under a gazebo that one of the members, Jim, made with shade cloth and battening. It's cooler and more comfortable in the fresh air.

There are seven blokes here today: (photo L-R) Jim, Rob, Alan, Norm, Lionel, Trevor and Ken. All come from different backgrounds. Alan is a Shopfitter, Norm a woodworker, Jim a brickie, and Trevor, Ken, Rob and Lionel are dairy farmers.

They've lost a few members in the past twelve months, including Trevor Geysin, Charlie Raffin and Keith "Tag" Garner (who is remembered as knowing everything that was happening around town). The blokes attend every funeral.

Lionel and Trevor have been members of the Shed since its inception seventeen years ago. It started in the Red Brick Building beside the high school, where they had two rooms. They remember building cubby houses outside because there wasn't enough room.

The expansive, high-ceilinged Shed they have now is an impressive facility, full of worktables and tools. 'Not many have a Shed like this,' Trevor says proudly.

People think it's all about woodwork, but it's absolutely not. You can do anything you like - bring your own project if you have something you want to make, help out on something else, take over the garden (We need a gardener!), or just have a cuppa.

The blokes go on excursions regularly, to a range of places, including other Men's Sheds, the Spanner Man, the Barham Koondrook Historical Society and the Lake Boga Flying Boat Museum.

They try not to tread on any tradies' toes by taking on similar work, but welcome new jobs. Last year they relined a caravan and repaired some fiberglass canoes. They are keen for more work, so feel free to pop in with your broken chair, shabby old table or shattered toy. Every request will be considered. They repair and restore old furniture, help people assemble flatpacks and even help put a lamp together.

They say they are often surprised at what comes through the door.

Being part of the Men's Shed is about companionship, getting out of the house, keeping mentally healthy and having a laugh. Many men, especially after retirement, find themselves alone, often living in isolation and needing to connect with their community and find new purpose. Others just want to learn a new skill or revisit old ones. Mateship is important – the Shed is a place for men to knock about with a group of like-minded mates.

And it's not just for older men. It's not just a shed full of tools and old blokes getting crafty with bits of wood. That is partly true, but that's just how the movement started. Younger men may have missed the opportunity to learn skills from their grandfathers but find themselves a mentor (or mentors!) at the Shed.

The blokes drink tea together every morning and admit to chatting for up to an hour, depending on what's on for that day – and the good news is - you are welcome to join them!

They say men don't talk face to face, they talk shoulder to shoulder.

VICTORIA'S CONTAINER DEPOSIT SCHEME



Cohuna Neighbourhood House **CDS Operating hours**

MON 10am - 3pm

TUE 10am - 3pm

WED 10am - 5pm

THU 10am - 3pm

10am - 5pm FRI

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

in bag limits of 100 containers



WHAT CAN YOU RETURN?







Still unsure? Ask us or use our website container eligibility scanner.

□ visit www.cdsvic.org.au

BE CONNECTED



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



Friday is "Digital Day" at CNH

Helping Australians thrive in a digital world

Join the FREE Be Connected Program

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



LADIES AUXILIARY

AGM

Friday 1st March 2024

Commencing at 10.00am

Cohuna Hospital Multipurpose Room

New & Current Members Most Welcome





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

Thursday 9-3 by appointment

CLOSED WEDNESDAY

Hampers are available when

pantry is closed

We are so proud to have this service

in Cohuna

FRIDAY.8 SATURDAY.9

11 - 19-2

Cohuna District Hospital

MARCH

MONDAY MARCH.4

Melanoma-skin cancer awareness

www.melanoma.org.au

FRIDAY MARCH.8

International Women's Day

Hosted by Council, in partnership with

Sir John Gorton Library, 2 Shadforth St

MONDAY MARCH.11

Brain Awareness week

FRIDAY MARCH.15

March 15 | 5:00pm to 8:00pm

Cohuna Show -Cohuna District Hall stall

FREE Nurse health checks + free CDH

TUESDAY MARCH.26

Purple day for Epilepsy

www.epilepsy.org.au

MARCH.8.9.16.22

Murray to Movne Fundraiser

Selling Raffle Tickets at Cohuna IGA

www.brainfoundation.org.au

NDCH & various agencies March 8 | 7:00am to 8:30am

Kerang

showbag

FREE breakfast

Connection Corner

SATURDAY.16 9 - 2

FRIDAY.22

Bike riders raising money for Patient Care & equipment for Cohuna District Hospital

\$2 tickets

15 prizes to WIN

RAFFLE drawn Friday March.22 1pm @Cohuna IGA

SATURDAY + SUNDAY APRIL 6.7



www.murraytomoyne.com.au

















Coming Events 2023/24

Cohuna Art/Craft Gallery: "A Mixed Bag" featuring local talents.

Fri 15th & Sat 16th Mar

Cohuna Show!!!

Wed 20th Mar

"Wicked" the Musical, Bus Trip to Melbourne

Fri 22nd Mar

Community BBQ Apex Park, All Welcome!

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'

Contact Cohuna U3A Marilyn Flinders 0412 942466



Arts Culture & Entertainment

Join Our Club! Come with us to enjoy shows and

performances within our Shire and bevond.

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 Echuca Movies

First Tuesday Evening of every month Bus leaves Cohuna Neighbourhood House at varving times.

Bus \$10.

Purchase your movie ticket at the cinema. Call Cohuna Neighbourhood House 5456 4666.

EXPRESSION OF INTEREST

Would you like to go to the Echuca Movies during the day, if so please contact Cohuna Neighbourhood House

Water's Edge Walkers

Every Wednesday morning Meet 8.30 am at Gateway—All Welcome Enjoy a morning walk followed by (or just meet up for)

Coffee at The Bower @ 9.30am

WIDE CENTRELINE ROAD RULES Please take care in King George Street

Wide centrelines increase the distance between oncoming lanes of traffic, to help prevent head-on collisions. The road rules for wide centrelines are the same as the rules for double lines.

KERANG BADMINTON **CAR BOOT SALE**

SUNDAY 3RD MARCH 2024

TIME:

BUYERS: 8.30 AM TO 1.00 PM SELLERS FROM 8AM TO SET UP

> KERANG SHOW GROUNDS PARK ROAD ENTRANCE

Site Bookings (REQUIRED)-\$15 per site paid at Gate Other Items by Commission Please Contact KAYLA on 0482 668 325 Bookings close on WED 28th Feb 2024

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.



SELF-CARE HUB FOR CARERS

At the **Rights Information and Advocacy Centre** we understand how exhausting and overwhelming it can be to care for a child who is neurodiverse or lives with a disability.

That is why, in collaboration with **Northern District Community Health**, we have created our Self-Care Hub for carers. The Hub is a place where you can relax among others who understand

you. Fellow carers who experience the same struggles you do and staff who have lived experience of raising children with disabilities.

At the Hub you can try out a variety of activities aimed at reducing stress levels, such as – adult colouring, craft/art, kinetic sand and much more. Enjoy a massage from our visiting massage therapist or explore the benefits of art making with our visiting art therapist.

Or if you would prefer, enjoy a moment of quiet with a cuppa and cake.

There is no cost and no need to register. Arrive when you can and stay as long as is convenient.

For more information: EMAIL: carers@riac.org.au or PHONE: Carolyn - 0488 605 363

| KERANG | COHUNA |
|---|---|
| WHEN: 10AM - 11.30am | WHEN: 1PM - 2.30PM |
| 3rd Wednesday each month | 3rd Wednesday each month |
| WHERE: Northern District Community Health | WHERE: Northern District Community Health |
| 16 Fitzroy Street, Kerang | 25 King Edward Street, Cohuna |

GATEWAY TO GANNAWARRA VISITOR CENTRE, COHUNA

VOLUNTEERS NEEDED

Volunteers of the Gateway Centre help to provide memorable visitor experiences, and deliver tourist information on local attractions such as our forests, lakes and wetlands, self-guided walks and eateries and are supported by a range of printed materials including visitor guides, specialised brochures and touring maps. Positions are completely flexible, welcoming volunteers to assist as often, or as infrequently as they would like.



JOIN US!

Drop in and chat to our friendly Gateway staff, email gateway@gsc.vic.gov.au or call 03 5456 2047 to register your interest or to find out more.

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

Catholic King George St, Cohuna

Sampson St, Cohuna 5456 2381 Uniting

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 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 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

<u>Cohuna Mașonic Lodge</u> 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

Ćohuna 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 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

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.

<u>Paper collection</u> -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

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.

To our COMMUNITY GROUPS

Please contact Cohuna Neighbourhood House with any updates to this page.

> Phone: 5456 4666 hello@cnh.org.au 29 Market Street

