

# "Happenings"

## Cohuna's Community Newsletter

April 2024 Issue No: 401



Massive thanks to John Webb and the Gannawarra Memorial Toy Run for their donation of \$4000 for the Cohuna Neighbourhood House Emergency Food Pantry. L-R John Webb (Toy Run), Tanya Black (Manager CNH), Dana Lander (CNH Volunteer Foodbank).



**Garden Park 9am-1pm**  
**Next market**  
**Easter Sunday 26th March 2024**  
**Sunday 28th April 2024**

### Alan Fry attains his OBN (Over Bloody Ninety!)

Around seventy people gathered at Greg and Jane Wood's house (son and daughter-in-law) in late March to celebrate Alan's big birthday. The guest list included at least six other members of the OBN Club.

Alan has always been a stalwart of his local communities in Cohuna and Leitchville.

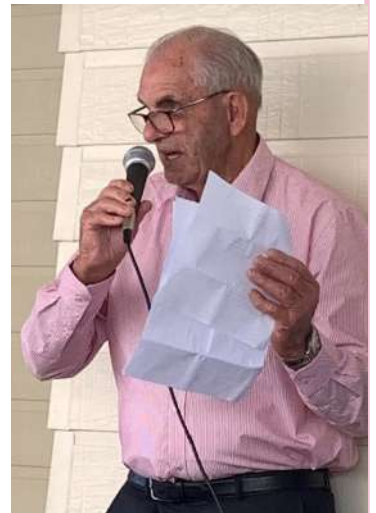
In his business, AT & P Fry Farm Supplies, Leitchville, he looked after local farmers for 48 years.

He was on the Cohuna Hospital Board for 18 years and its President from 1973 to 1975. He was made Life Governor of Cohuna and District Hospital in 1988 and Shire of Cohuna Citizen of the Year in 1992. He has been a Justice of the Peace for 47 years and a devoted member of the Lions' Club since 1976. In 1993, the Lions' Club awarded him the Melvin Jones Fellowship Award.

Alan has never been afraid of hard, humble work. When he was on the Leitchville Swimming Pool Committee he helped to regularly paint and clean the pool. He was also in the Leitchville Progress Association, the Leitchville School Committee and the Cohuna School Committee.

These days, Alan is volunteering at the Cohuna Neighbourhood House, where he is responsible for maintaining the All-Abilities garden.

Last week, this 90-year-old was seen standing on top of one of the garden beds, digging!



"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. [helo@cnh.org.au](mailto:helo@cnh.org.au) (03) 5456 4666 or 0490 255 450





**COHUNA**  
**FRIDAY 12 APRIL**

**LEVEL UP?**

RETRO GAMING

VIRTUAL REALITY

LET'S PLAY

CONSOLE GAMING

**'LEVEL-UP!' GAMING EVENT FOR THE LOVE OF GAMING!**  
FOR ANYONE INTO GAMING, AGED 12 TO 18

**VR GAMING EVENT**

**FREE** COHUNA MEMORIAL HALL  
21 KING EDWARD STREET  
COHUNA  
1PM - 5PM

RSVP TO AVOID DISAPPOINTMENT  
[LEVELUPGAMINGEVENTS.COM/RSVP](https://LEVELUPGAMINGEVENTS.COM/RSVP)

FULLY SUPERVISED  
DRUG, ALCOHOL, SMOKE & VAPE FREE EVENT

**STOP MOTION ANIMATION WORKSHOP**  
With Elaine Keely

SCHOOL HOLIDAY FUN  
3hr CREATIVE WORKSHOP FOR KIDS  
**Outer Space Claymation**  
Thursday 11th April 9.30am - 12.30

Learn the basics of this creative medium.  
Ages 8-12yrs Places limited  
COST \$15 per child - Materials supplied  
(iPads and iMotion App Required)

TO BOOK  
Call Cohuna Neighbourhood House  
**5456 4666**

COHUNA NEIGHBOURHOOD HOUSE  
The Heart of Our Community

**GANNAWARRA LIBRARY service**

We have a great School Holiday Program planned this April, including two shows on Monday 8 April by 🐝🐝 'Friends with Honey' 🐝🐝

The first show, 'Friends with Honey: Help the Bees In-cursion' can be booked here  
<https://bit.ly/trybookinghelpthebees>

The second show, 'Bee for Biodiversity In-cursion Program' can be booked here  
<https://bit.ly/trybookingbeebiodiversity>

Kerang Library on 03 5452 1546 during business hours if you need assistance.

**Meet Georgia**  
Carer Support Facilitator

“Do you care for someone a little, or often?  
We are here to connect with you!

Contact Georgia for further information  
☎ 5451 0200

**LOCAL AREAS WE COVER:**

- Gannawarra
- Loddon
- Buloke
- Swan Hill

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.

**NDCH**  
Northern District Community Health

**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
- counselling
- financial assistance for respite related needs

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

**FREE SERVICE**

**FRIENDS WITH HONEY HELP THE BEES INCURSION**

SING, DANCE, LEARN.  
All about our friends the bees

Mon 8 Apr 2024 10.30am

Sir John Gorton Library Kerang  
**FREE EVENT**  
Book online via QR code or phone 5452 1546

Book tickets

Bees are so important to our Planet, you see!  
[www.friendswithhoney.com.au](http://www.friendswithhoney.com.au)

**BEE FOR BIODIVERSITY INCURSION PROGRAM**

LEARN ABOUT THE FASCINATING WORLD OF BEES AND THEIR IMPORTANCE TO THE WORLD AROUND US

Minibeasts, Lifecycles, Pollination, Sustainability & Biodiversity

Mon 8 April 2024 2pm

Sir John Gorton Library Kerang  
**FREE EVENT**  
Book online via QR code or phone 5452 1546

Book tickets

Bees are so important to our Planet, you see!  
[www.friendswithhoney.com.au](http://www.friendswithhoney.com.au)

**VICTORIA** State Government

**GANNAWARRA** Shire Council

**Gannawarra** Community Recovery

SUPPORTED BY GANNAWARRA SHIRE FLOOD RECOVERY FUNDING THROUGH THE GANNAWARRA COMMUNITY RESILIENCE COMMITTEE

Australian Government





## Cohuna Neighbourhood House

### Dog Obedience Class

6 Weekly sessions  
Every Wednesday 5pm  
starting **3rd April**  
Cost : \$180  
Call Cohuna Neighbourhood House to book  
Ph: 5456 4666



## GARDENING WORKSHOPS

at Cohuna Neighbourhood House

### PROPAGATION

10am Thursday 18th April

Learn with our local Gardening Guru Christine Morris



Cuttings



Using Mediums



Re-potting



**Call to Book**  
5456 4666



Next Upcoming Workshop 10am Thursday 9th May  
"Exploring regional and local Plants that are edible or medicinal with the "Lazy Gardner"



## COHUNA FIRST AID TRAINING COURSES

First Thursday of every month.

Upcoming Courses  
Thursday 4th April  
Thursday 2nd May

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



### OFFICE AVAILABLE

at Cohuna Neighbourhood House on Fridays  
Full reception facilities, access to internet, full colour printing, faxing and waiting room.  
Hourly Hire \$10  
Half Day \$25  
Full day \$45  
Community Groups - less 50%

Drop in for inspection or call 5456 4666 to make a booking

# riac

Rights Information and Advocacy Centre

## RIAC's Tips for Carers/Parents of ASD and ADHD children

### Cohuna Carer Self-Care Hub

**When:** 1pm – 2.30pm

**3<sup>rd</sup> Wednesday** each month

**Where:** Northern District Community Health  
25 King Edward Street, Cohuna

### Mealtimes can be challenging if your child refuses to eat or is a picky eater!

If there are no medical reasons for the food refusal, these tips may help make mealtimes a little less stressful.

#### Try the following tips to help your child...

- Have meals and snacks at consistent times during the day.
- Use a timer to show your child how long the meal will be and how long they have to sit at the table.
- Before asking your child to eat a new food, let them explore the new food by touching, smelling, and talking about it. Then have the new food on the table at mealtime. When they are ready, offer a small portion or a single bite.
- Neurodivergent children often choose their food solely based on texture or colour. Try adding new foods that are similar to their preferred foods (e.g. - if they eat celery, add a food that is crunchy. If they prefer a smooth texture, try blending new foods).
- Remember encouraging children to eat a variety of foods takes patience and persistence. Try to remain calm and offer regular praise.

Come along to our **Carer Support groups** to learn more tips and enjoy a cuppa and a chat with other parents who have faced similar struggles.

#### For more information

EMAIL: [carers@riac.org.au](mailto:carers@riac.org.au)

PHONE: Carolyn – 0488 605 363

### Need Financial Help?

Free financial counselling 1800 007 007  
Budget Tools & Advice - [moneysmart.gov.au](http://moneysmart.gov.au)  
Mallee Family Care 1800 632 263



# Cohuna Art/Craft Gallery

## “A Mixed Bag”



Herbert Martin Luck migrated from England to Australia in 1957. He and his wife Phyllis retired to Cohuna in 1995 and that's when he started making models. All the parts were made on his lathe in his workshop, and all are working models. As a young man, he stowed aboard his grandfather's tug boat, which was one of the many vessels used in the evacuation of British soldiers from Dunkirk.



## “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 -

Friday -10am -12md 1.30 -3.30

Saturday -10am -12m

Or by Appointment-

Phone 0429103180 Lorraine

0407508348 Denise



**VICTORIA'S CONTAINER DEPOSIT SCHEME**



**Cohuna Neighbourhood House Container Deposit Scheme**  
**OPENING HOURS**

**MON** 10am - 3pm ( Closed 12-1pm )  
**TUE** 10am - 3pm ( Closed 12-1pm )  
**WED** 10am - 5pm ( Closed 12-1pm )  
**THU** 10am - 3pm ( Closed 12-1pm )  
**FRI** 10am - 5pm ( Closed 12-1pm )  
**SAT** 9am - 12pm  
**SUN** - by appointment only

<b>GLASS</b> Glass Steel	<b>PLASTIC</b> PET Clear/Coloured HDPE (Clear Plastics)	<b>CANS</b> Aluminium	<b>CARTON</b> Liquid Paper Board Other Materials
--------------------------------	--	--------------------------	--

**in bag limits of 100 containers for CANS, PLASTIC & CARTON**  
**in bag limits of 50 containers for GLASS(Stubbies)**

Cohuna Neighbourhood House  
 29 Market Street Cohuna  
 03 5456 4666

**VICTORIA'S CONTAINER DEPOSIT SCHEME**

**WHAT CAN YOU RETURN?**

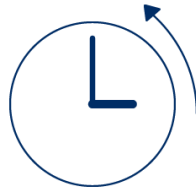


Check for the 10c mark

<p><b>Eligible</b> ✓</p> <ul style="list-style-type: none"> <li>Aluminium cans</li> <li>Plastic bottles</li> <li>Glass bottles</li> <li>Paperboard cartons (under 1L)</li> <li>Steel bottles/cans</li> </ul> <p>Most beverage containers (between 150mL and 2L) made from aluminium, glass, plastic, steel and liquid paperboard are eligible.</p>	<p><b>Ineligible</b> ✗</p> <ul style="list-style-type: none"> <li>Wine and spirit bottles</li> <li>Milk containers</li> <li>Paperboard cartons (over 1L)</li> <li>Cordial bottles</li> </ul> <p>Don't throw these out! Ineligible containers may still be accepted in your kerbside recycling bin.</p>
--	--

Still unsure? Ask us or use our website container eligibility scanner.  
 visit [www.cdsvic.org.au](http://www.cdsvic.org.au)

**Daylight Saving 2024 | Ends**



This is a reminder to turn your clocks **BACK** one hour for the end of the 2023/2024 day-light saving period on Sunday 7 April 2024. Clocks are moved anti-clockwise one hour from 3am to 2am.



*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*

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

**Friday is "Digital Day" at Cohuna Neighbourhood House**

What exactly do we do on Digital Day? We thought you might like to know, so we made a list of the various jobs we were asked to do on **JUST ONE RANDOM FRIDAY**:

- How to sell (bull) semen on-line!
- Re-installing Bendigo Bank app
- Extending ring tones and call volumes
- New phone consultation
- Recovering email accounts
- Configuring email settings
- Syncing devices
- Accessing emails from multiple devices
- Managing account details of network providers
- Welcome information for new members to the community
- Gaining a seniors card online
- Using Adobe pdf manager
- Managing photos and files



**Cohuna District Hospital Connection Corner**  
*promoting health*



**TUESDAY APRIL.2**  
 World Autism Awareness Day  
[www.autismspeaks.org](http://www.autismspeaks.org)

**SUNDAY APRIL.7**  
 World Health Day  
[www.who.int/campaigns/world-health-day](http://www.who.int/campaigns/world-health-day)

**MONDAY APRIL.8**  
 Flu Vax are open @ Terry White Cohuna for 65+ book online or in store **5456 2223**

**THURSDAY APRIL.11**  
 World Parkinson's Day  
[www.parkinsons.org.au](http://www.parkinsons.org.au)

**WEDNESDAY APRIL.24**  
 World Immunisation day  
[www.ncirs.org.au](http://www.ncirs.org.au)

**SUNDAY APRIL.28**  
 World Safety & Health day  
[www.who.int/campaigns/world-food-safety-day](http://www.who.int/campaigns/world-food-safety-day)

**MONDAY APRIL.29**  
 National Heart Week  
[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

**MONDAY APRIL.29**  
 Patient Experience week

Tell your story about your experience of care at  
**Cohuna District Hospital**

Share your community, health or aged care experience with us anonymously, no matter how good or bad, and help to improve care services. Take a moment to think about your most recent experience of care.

- How did it feel ?
- What was good and why?
- What should change and why?



We CARE about your OPINION  
 Scan the QR code above or phone 1300 662 996



# "What's On?"

## Coming Events 2023/24

4 April	<b>Creedence Clearwater Collective, bus trip to Swan Hill</b>
April	<b>Cohuna Art/Craft Gallery: "A Mixed Bag" featuring local talents.</b>
25th April	<b>ANZAC DAY - 6am Dawn Service at Cenotaph 10 am Commemoration Ceremony at Cohuna Memorial Park</b>
Wed 22nd May	<b>"Chicago" bus trip to Melbourne</b>
October	<b>The Tina Turner Musical</b>

Bookings for Bus trips are essential 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 4pm 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



**Off-leash Dog area**  
**Second oval**  
*Please clean up after your dog.*



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 SWAN HILL  
Celebration of Creedence  
Clearwater Revival

**CREEDENCE  
CLEARWATER  
COLLECTIVE**

Cost: Bus and Show \$82  
Bus Leaving Cohuna Neighbourhood House at 6:00pm, picking up in Kerang 6:20pm

**4  
APR**

Call Cohuna Neighbourhood House to Book 03 5456 4666

BUS TRIP TO SWAN HILL  
We're going to Graceland -  
the songs of Paul Simon

**FRI 19  
MAY**

Cost: Bus and Show \$82  
Bus Leaving Cohuna Neighbourhood House at 6:00pm, picking up in Kerang 6:20pm

Call Cohuna Neighbourhood House to Book 03 5456 4666

## BUS TRIP TO MELBOURNE "Chicago" the Musical



**22  
MAY**

Cost: Bus and Show \$100  
Bus Leaving Cohuna Neighbourhood House at 7:30am, picking up in Kerang 7:00am

**ACE  
GANNAWARRA**

Gannawarra  
Arts Culture &  
Entertainment  
Club

**Cohuna Neighbourhood House . Ph 03 5456 4666**

## MOVIE LOVERS

### Bus Trip to Echuca Movies

First Tuesday Evening of every month  
Bus leaves Cohuna Neighbourhood House

at varying 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

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.



## The Local Bookshelf

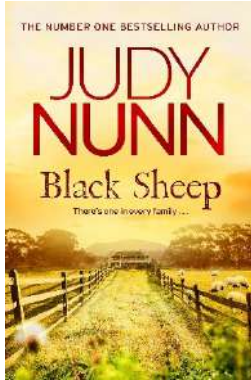
### *Foul Play* by Fiona McIntosh



Best-selling author, Fiona McIntosh, has released the fifth book in the crime thriller series featuring the charismatic Detective Jack Hawksworth. Even though it's set in England, McIntosh imbues Aussie flavour via an Aussie-raised soccer player, Luca Bruni doing great things at his UK club, supported by the club's Australian (mining magnate) owner. Luca is being blackmailed for a scandal and is desperate to protect

his home life. Jack is drawn to the creativity of the extortion, and the cunning criminal who is behind this crime and many other blackmails of high-profile athletes. Given the attention the lives of sportspeople attract and the interest in soccer this is a topical title.

### *Black Sheep* by Judy Nunn



Though her family estate in New South Wales' Southern Tablelands provides the perfect setting for her 17<sup>th</sup> novel, Nunn took inspiration from history to write *Black Sheep*. It's a sweeping family saga about a prosperous sheep-farming family and the enigmatic young man they let into their lives. The action moves from the Shearing Wars of Queensland to the exclusive gentlemen's clubs of Sydney, Melbourne and London; from

the woolsheds of Goulburn to the trenches of the Western Front. This is historical fiction at its best, pulling on the heartstrings whilst creating a vivid setting that transports us back to another era.

### *Time after time* by Karly Lane



In Karly Lane's latest rural romance, Alice Croydon is forced to choose between the love of her life and her life-long ambition. The story begins with the grandmother of the Croydon family telling her relatives that she was leaving her husband of sixty years because she had finally realised that if she didn't go out and chase her dreams now, she never would. Her granddaughter Alice offers her a place to stay, and the story then

becomes about Alice and her life. Written with the warmth and humour this is an interesting story about family, traditional expectations and a dislike of change; female assertiveness and chasing your dreams.

All titles are available at from Gannawarra Library Service

## Bus Services to local towns from Cohuna April 2024

### Day trip to Bendigo VLINE MUST BOOK - \$5.30

- MON** Depart Cohuna 7:25am change at Rochester arrive Bendigo 10:20am.  
Depart Bendigo 5:01pm train to Rochester change to bus depart 6:08pm arrive Cohuna 7:23pm
- TUE** Depart Cohuna 7:25am change at Rochester arrive Bendigo 10:20am.  
Depart Cohuna 10:18 direct -arrive Bendigo 12:16  
Depart Bendigo 12:12 change at Kerang depart 2:40 arrive Cohuna 3:00pm  
Depart Bendigo 3:05 direct -arrive Cohuna 5:01
- WED** Depart Cohuna 7:25am change at Rochester arrive Bendigo 10:20am.  
Depart Bendigo 5:01pm train to Rochester change to bus depart 6:08 arrive Cohuna 7:23pm
- THUR** Depart Cohuna 7:25am change at Rochester arrive Bendigo 10:20am. Depart Cohuna 10:18 direct -arrive Bendigo 12:16  
Depart Bendigo 12:12 change at Kerang depart 2:40 arrive Cohuna 3:00pm  
Depart Bendigo 3:05 direct -arrive Cohuna 5:01
- FRI** Depart Cohuna 7:25am change at Rochester arrive Bendigo 10:20am.  
Depart Bendigo 12:12 change at Kerang depart 2:40 arrive Cohuna 3:00pm  
Depart Bendigo 5:01pm train to Rochester change to bus depart 6:08 arrive Cohuna 7:23pm
- SAT** Depart Cohuna 7:25am change at Rochester arrive Bendigo 10:20am.
- SUN** No Service

### Day Trip to Echuca – PTV (pay driver)

- 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Friday of each month**  
depart Cohuna Memorial Hall 9:05am arrive Echuca (old post office) 10:15am  
Depart Echuca 2:00pm arrive Cohuna 3:20pm

### Day Trip to Kerang/ Swan Hill – VLINE-MUST BOOK (every day)

- Monday -Thursday, Saturday**  
Depart Cohuna 9:05 arrive Kerang 9:34 / Swan Hill 10:25  
Departs Cohuna 1:00 arrive Kerang 1:25/ Swan Hill 2:35  
Departs Swan Hill 1:35 arrives Cohuna 3:00  
Depart Swan Hill 4:43 arrive Cohuna 5:51
- Friday**  
Depart Cohuna 9:05 arrive Kerang 9:34 / Swan Hill 10:25  
Departs Cohuna 1:00 arrive Kerang 1:25/ Swan Hill 2:35  
Departs Swan Hill 1:35 arrives Cohuna 3:00  
Depart Kerang 2:40 arrive Cohuna 3:00  
Depart Swan Hill 3:50 arrive Cohuna 4:58  
Depart Swan Hill 4:43 arrive Cohuna 5:51
- Sunday**  
Depart Cohuna 9:05 arrive Kerang 9:34 / Swan Hill 10:25  
Departs Cohuna 1:00 arrive Kerang 1:25/ Swan Hill 2:35  
Departs Swan Hill 12:50 arrive Cohuna 3:01  
Departs Swan Hill 4:43pm arrives Cohuna 5:51pm

## 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  
**Uniting** Sampson St, Cohuna 0402906780

### **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 R.S.L. "Canasta & Coffee"**

Tuesdays 1pm – at Club Rooms – \$3 to play includes  
Tea/Coffee & Biscuits. All Welcome.

Enquiries Trevor Powis 0414 264 199

### **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 563 395

### **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 316 183

### **Cohuna Masonic Lodge** King Edward St

Meetings: 2<sup>nd</sup> Thursday of each month  
Enquiries: Ray Crellin 0428 178 70

### **Cohuna Men's Shed**

Tues & Wed 9am-3pm. Thurs 9am-12noon. 3 William St.  
New members always welcome. PH: 0408 103 179 or  
0400 583 618

### **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 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 Anne Graham 0407 316 183 or 5456  
2028

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*

