

GANNAWARRA CARES

Take time to connect with your community....

JANUARY 2020



MAYOR'S MESSAGE

Welcome to 2020! A New Year provides the opportunity to look forward with hope and confidence that 2020 will bring a greater level of joy to our community.



It's been a hot start to the year and with bushfires across Victoria, it is also time to reflect on your own plans for emergency situations. I encourage you to take the time to sit down and work through what you would do in the event of a bushfire, flood, storm, extreme heatwave situation or even a prolonged power outage. It is important to understand the risks of the area in which you live and have a plan in place that will help you to make better decisions when an emergency occurs. For more information on how to prepare, visit www.ses.vic.gov.au/get-ready

Kind regards,
Mayor Lorraine Learmonth



The Tactics for Tough Times Program delivers 30-minute sessions to support people in our rural communities to "look out for each other". Contact Paul Lacy at Northern District Community Health Ph. 5451 0200 or E: paul.lacy@ndch.org.au
www.ndch.org.au/t4tt



We have already experienced a number of extremely hot days this summer. To reduce your risk of heat related illness:

- 1) Drink plenty of water
- 2) Stay out of the heat and keep cool
- 3) Plan ahead and reschedule activities to the coolest part of the day
- 4) Help others and check on elderly neighbours and friends
- 5) Never leave anyone in a car

Remember that heat kills more Australians than any other natural disaster. If you are unwell, call Nurse on Call on 1300 60 60 24 or see your doctor. In an emergency, call Triple Zero (000).



FarmHub takes the hard work out of finding drought relief and assistance and support programs.

The website lists off assistance available through the Victorian Government, Federal Government and charitable organisations such as the Country Women's Association, Rural Aid, Salvation Army and St. Vincent de Paul. For more information, go to <https://farmhub.org.au/>

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

RESILIENCE GRANTS ANNOUNCED

Twenty-one organisations have shared in \$42,920 from Round 2 of the Community Resilience Grants Program. Projects awarded funding:

- Baptistcare Northaven (inter-generational ageless play space);
 - Cohuna Agricultural, Pastoral and Horticultural Society Inc. (Entertainment at the 2020 Cohuna Show);
 - Cohuna Combined Churches (Ladies Breakfasts);
 - Cohuna Neighbourhood House (Cohuna All Abilities Community Garden – Stage 1);
 - Kerang and District Community Centre (commercial refrigerator for emergency food relief);
 - Kerang District Health (Mirrored wall for W.D. Thomas Activity Centre gymnasium);
 - Koondrook Swimming Pool Inc. (Pressure washer);
 - Lakes Arts and Cultural Association (Community-led arts installation);
 - Leitchville Memorial Hall (War-themed mural in the entrance-way to the hall);
 - Macorna Football Netball Club (2020 season launch);
 - Murrabit Group School (chicken shed and incubator for the school's Stephanie Alexander Kitchen Garden);
 - Murrabit Playgroup (outdoor playground restoration);
 - Northern District Community Health (Continuation of Cohuna Youth Space program);
 - Quambatook Community Development Association (All Roads Lead to Quambatook Dinner Dance, planned for March 2020);
 - Quambatook Community Resource Centre (Getting Quamby Moving 10-week exercise program);
 - The Wild Ibis Club, Kerang (Bush Dance with local musicians, planned for March 2020).
 - Christmas events at Lake Charm and Quambatook and New Year's Eve festivities in Kerang, Cohuna and Koondrook and Christmas also benefited from funding.
- Congratulations to successful applicants. Projects funded through Round 2 are to be completed by 15 June 2020. It is expected that applications for Round 3 of funding will be called for soon.



- CONNECT...**
With others: your family, your friends, your community.
- BE ACTIVE...**
Exercise, dance, play. Go for a walk or run.
- TAKE NOTICE...**
Be curious. Be aware of what is going on around you.
- KEEP LEARNING...**
Try something new. Set a challenge you will enjoy.
- GIVE...**
Your time. Your presence. Your appreciation.