

May 2022

# Village Voice



# Cooinda

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Building & Environment  
Report

## Hard Waste Collection Days for 2022

Wed 1st June

Wed 3rd August

Wed 5th October

Wed 7th December

*Please note: all large bulky  
items to go in hard waste,  
small items to go in red bin.*

## Hub Report

Hello friends,

We are thankful for the recent rains and the beautiful autumn days that have accompanied them.

It is regretted that the calendar of activities was not produced for April resulting in some confusion and anxiety. Please accept my apology for this administrative failure which I trust will not be repeated.

The May menu is Shepherds Pie or Tuna Mornay, both with vegetables. Chocolate Pudding is the sweet to accompany the main course.

At the time of writing, one has to report that Joy Poole, our President, is not her chipper best and Leo Ginnivan is convalescing following surgery. On behalf of all, I extend to both our best wishes for a return to good health. The absence of Joy and Leo has meant that other Hub Committee members are undertaking additional responsibilities. In this regard, a special thanks is extended to Maggie Boyle for guiding us through the last couple of dinners and to Eileen Kealey who has volunteered to receive the dinner bookings.

It is regretted that owing to the lack of numbers, the bus outing for April had to be cancelled. This could be due to our communication failure and COVID. As this activity has been an important part of Cooinda's social activities over many years, its continued support would be welcomed.

Kind regards

**John Robinson (Hub Secretary)**

# AUSTRALIA—SOME INTERESTING FACTS

## 1. AUSTRALIA'S MUCH BIGGER THAN YOU THINK

When planning your trip, it's important to take Australia's vast size into account. Those three million square miles make it slightly bigger than the USA's contiguous states. Overall, Australia's the world's sixth-biggest country after Russia, Canada, China, the USA including Alaska and Hawaii, and Brazil.

The country has three biomes, namely, desert, grasslands, and forests. These are further divided into tropical and temperate grasslands, subtropical, temperate, and tropical forests, and Mediterranean woodlands. Australia has ten deserts, located in the inland reaches of the country, so you'll find most of the infrastructure and major cities along the coast, where 90% of the population lives.

## 2. PEOPLE HAVE LIVED IN AUSTRALIA FOR 65,000 YEARS

When Willem Janszoon first landed in Australia in 1606, he wasn't the first person there. Australia's Aboriginal people were already spread far and wide across every area of the continent.

The artistic, spiritual, and musical traditions are among the longest surviving in the history of the Earth. You can find out more about these original inhabitants of Australia at Melbourne's Bunjilaka Aboriginal Cultural Center and the Aboriginal Museum in Sydney.

The National Museum of Australia also pays homage to these interesting people and is the source of many other historical facts about Australia.

## 3. ULURU STRETCHES FOR 15 MILES UNDERGROUND

Uluru is surely one of Australia's most iconic sights and a [must-visit destination](#) during your trip. It's recognized by UNESCO as both a natural and cultural area of significance and a favorite spot for interesting tours and activities. The entire Uluru area is a sacred site for native Australians and belongs to the local Anangu tribe. One of the best ways to experience this magical place is on a [sunrise](#) or [sunset tour](#), where you'll get to enjoy breakfast or a barbecue as part of the package. At dusk, the rock famously glows red as the sun dips below the horizon. There's more to this 600-million-year-old landmark than meets the eye.

According to geological studies, the rock formation continues for 15 miles out of sight. It curves downward and up again to join the Olgas, another one of Australia's stand-out geological features.

## 4. THE WORLD'S LARGEST REEF ECOSYSTEM

The Great Barrier Reef sweeps along the Western shore of Australia and boasts over 3,000 individual reefs. It's the only living thing on Earth [visible from space](#). It's home to a massive array of creatures including 1,500 fish species, 134 different kinds of sharks, most of the world's rarest turtle species, and 30 types of marine mammals. One-third of the world's soft corals and 411 types of hard coral occur on the Great Barrier Reef.

## 5. THE WORLD'S LARGEST SAND ISLAND

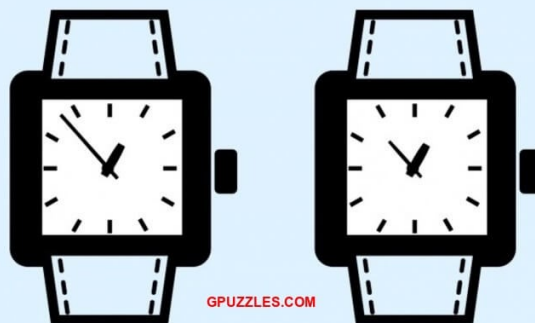
Fraser Island, off the coast of Hervey Bay, [Queensland](#) is the world's largest sand island, but there's a lot more to this landmark than desert landscapes. In fact, it's covered in lush forests as far as the eye can see. The island boasts many notable sights like the tranquil Champagne Pools, beautiful Lake Mackenzie, and miles of pristine beaches. It's also one of the best places to spot some of Australia's dingoes since 150 of these wild dogs live on Fraser Island.

Here, you can drive along 75 Mile Beach, hike the Great Walk, stroll in the rain forest at Central Station, climb the dunes at Lake Wabby, or drift down Eli Creek. The Indian Head Lookout Point showcases lovely panoramas over the island.

# GAMES TO TEST YOU



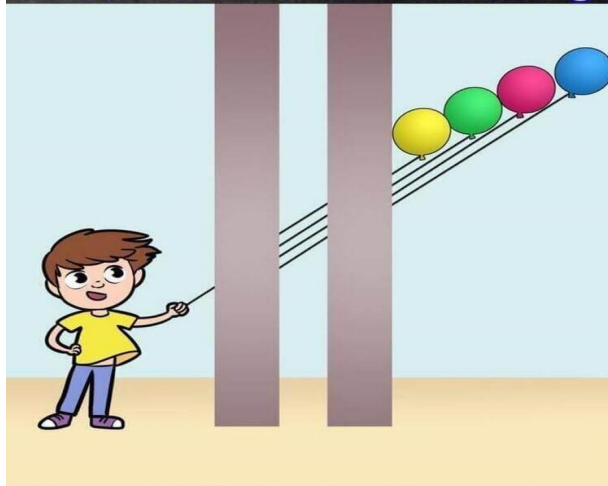
One of these watches is real,  
and the other is a toy.  
How can you tell them apart?



Find the flaw in the picture?



Which balloon is the kid holding?



# Can you find the mistake?

1 2 3 4 5 6 7 8 9

10 11 12 13 14 15

Dear residents

May already! National Volunteer Week is held between the 16<sup>th</sup> and 22<sup>nd</sup> May. Coinda will be holding an event to recognise the Achievers and Volunteers who provide their time and commitment to supporting the health and wellbeing team activities day in and day out, as well as other key functions including meeting and greeting guests to the facility, to name a few. during this week and it is timely to remind our ILU residents that we are always on the lookout for great people to form part of our volunteer team. As well, your newsletter will have a report in it each month from our Volunteer Coordinator – Adrian Daw.

We are all reminded that we are coming into the flu season. I encourage you all to consider getting your flu shots, if you haven't already.

Benalla is a beautiful township during this season with its many older trees changing colour and the grounds covered in the rich colors of Autumn. The ground can be slippery underfoot with all the leaf coverage, so take care when you are walking anywhere where this is the case.

The nights are definitely getting cooler. If you require any works done to ensure your heating systems are working properly, please contact our Reception and log your request. The maintenance team will be out to see you.

Let me also remind you that Coinda's Home Care Team offer a great many services to residents in the community. If you have any queries as to how they can assist you with a home care service, please contact Reception and they can put you through to our Home Care Service Team.

I wanted to take this opportunity to extend the best wishes to Joy Poole. Joy wears many hats, not the least of which are those she wears as a Board and Board Committee member at Coinda. All of us who work with and have any interaction with Joy wish her all the very best. We all look forward to her getting back to her good self.

Take care and stay warm!

Regards

Alex McKenna

### Village Lighting

As the cooler months approach and with daylight savings over, it is getting darker earlier and earlier. In the coming weeks, maintenance staff will be doing a night-time walk through the village to identify any external lights that need repair or replacement, as well as to identify any dark areas that need additional lighting.

As we are not often here at night, please report any street or outdoor lighting failures within the village to maintenance for repair.

### Fire Service Upgrade

Cooinda has been instructed by North East Water to undertake an upgrade to our water supply infrastructure which will have a negative effect on our firefighting water pressure for the residential care facility. As a result, we have had engineers design a solution to the problem and will shortly be calling for tenders to undertake the upgrade works which will involve installing a fire water storage tank and pumps on our Samaria Road frontage as well as numerous above ground hydrants connected to a new fire water main. This work has been advertised for tender.

### New Staff Member

We have employed Anthony to assist with gardening and maintenance across the facility as well with Homecare jobs. Similar to Brett, Anthony will be undertaking a horticulture traineeship. Please make him feel welcome and introduce yourselves if you see him about.

### Maintenance

Reminder to please request or report all maintenance jobs to reception on **5761 3300**. This includes urgent after hours' matters. Please continue to report issues as they arise, and we will endeavour to address them as soon as we can. Urgent items will certainly be attended to as a priority; non-urgent items may see a delay in response at this time. We will notify anyone in the case of delay.

### Village Grounds and Watering Restrictions

As we enter Autumn watering will slow down, however please remember we are on permanent water restrictions as noted below. The rules include three simple actions:

A watering can, bucket or hand-held hose fitted with a trigger nozzle can be used at any time.

Watering systems, including sprinklers, can only be used between 6:00pm and 10:00am.

Please don't hose concrete paths or driveways.

A reminder also to please refrain from parking on the lawn, as well as compacting the soil, this can damage the sprinklers and irrigation lines.

### Waste Disposal and Recycling

Reminder that the weekly bin collection is for basic household waste, recycling, and organic waste only. When placing items in the yellow recycling bin please **do not** put them in plastic bags. Soft plastic **cannot** go in the recycling bins.

### Hard Rubbish Collection

Cooinda offers ILU residents a bi-monthly opportunity to dispose of items that are not suitable for the weekly collection.

However, there are things that Cooinda needs to pass the cost of, back to the individuals that require the disposal, these include: mattresses and lounge furniture which cost \$46 per item. These charges are imposed by Benalla Landfill.

If anyone has bulky waste or unwanted items, these should be put out for hard waste collection on Tuesday afternoon or Wednesday morning of the scheduled pick up. For those that require help with items please contact reception to have maintenance staff assist with removal from your unit.

**The next scheduled hard waste collection is Wednesday 1<sup>st</sup> June**

### Cooinda Achievers

When thinking of changing over or downsizing of furniture etc. please consider donating unwanted items that may be resellable to the 'Cooinda Achievers'. This hardworking group of volunteers raises money for Cooinda and would welcome the opportunity to on-sell unwanted residents' items if appropriate. To contact the group please call reception **5761 3300**.