

June 2024



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## Hard Collection dates for 2024:

June	Wed	12th
August	Wed	14th
October	Wed	9th
December	Wed	11th

### Please note:

*All large bulky items to go in hard waste, small items to go in red bin.*

*Editorial content submitted by Independent Living Contributors.*

*Reports submitted by Cooinda.*

## Hub Report

With the colder weather setting in, please keep warm, but catch a few rays of sun when you can, to keep up the Vitamin D intake.

We take this opportunity to thank all those in the village who give of their time so generously. In particular, gratitude goes to Arlene Jensen who organises the monthly bus trips and copes with the headaches associated with these and often steps into help with other matters. Thanks also to Beryl Roe for opening and closing the Hub each day; to Eileen Kealey for collecting the monthly menu and names of attendees; to Pam, Maggie, Maxine and Arlene for organising the Saturday night teas. We appreciate your efforts and are grateful.

The menu for this month's dinner will be Roast Pork or Shepherd's Pie, both with Vegetables and Sweets will be Sticky Date Pudding. Don't forget to order with Eileen Kealey as soon as you can.

Celebrating birthdays this month are June Bezett, Joy Poole, Val Nicholas, and Jan Williams. Happy birthday everyone and we hope you enjoy another year of good health and happiness.

Just a reminder – when using the front door of the Hub, PLEASE CLOSE IT AFTER YOU. We have noticed that this door is often left open and since mice and other pests are about again, the door must be kept closed. Thank you.

If anyone would like to join in with the events at the Hub but finds it difficult to get there, please don't miss out on the opportunity for companionship, ring any of the mobiles listed and we will gladly organise transport for you.

Maxine 0407-509-132

Judy 0427-433-193

Maggie 0421-042-780

It is good news that our dear friend Doug Williams has been transferred back to Cooina and is now settled in the hospice wing. We are all glad to have him "home" with us and hopefully, to have him share time with us again.

Stay safe and enjoy this first month of winter. Remember to use your walking aids to prevent any falls!

Maxine and Judy

## ***Important notice from the Hub Committee***

**CONCERT – 5<sup>TH</sup> JUNE at the Hub, RODNEY VINCENT, singer and entertainer.**

**5.15-7.30pm. BYO drinks and nibbles.**

Cover charge \$5 to help defray expenses.

It will be a fun night, Rodney sings rock & roll and you will all enjoy a wonderful night of fun. Anyone needing transport and also to book a seat, please ring Brian Colman on 0435-807-427 or Judy Taylor 0427-499-193.

Bring a friend/s if and some spare cash if you'd like to purchase a CD of Rodney's.

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### **SCRABBLE:**

We are wondering if anyone would be interested in participating in an afternoon's game of Scrabble? No costs involved.

We aim to start in July, and the games to take place at the Hub on 2<sup>nd</sup> and 4<sup>th</sup> THURSDAY afternoons, 1.30pm-3.30pm.

This can be a great deal of fun as well as keeping our minds active.

Please call Cath O'Connor on 0428-286-556 to register your interest.

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### **MONTHLY DINNER:**

Early notice – for next month we will celebrate “Christmas in July” so expect to come bedecked in all your Christmas finery.

## **Married Four Times**

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation. "He's a funeral director," she answered. "Interesting," the newsman thought... He then asked her if she would not mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

**(Wait for it...)**

- She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

## **Unrecognisable**

A middle-aged woman had a heart attack and was taken to the hospital. While on the operating table, she had a near death experience.

Seeing God, she asked, "Is my time up?" God said, "No, you have another 43 years, 2 months and 8 days to live." Upon recovery, the woman decided to stay in the hospital and have a face lift, liposuction, and tummy tuck. Since she had so much more time to live, she figured she might as well look even nicer.

After her last operation, she was released from the hospital. While crossing the street on her way home, she was hit and killed by an ambulance. Arriving in front of God, she demanded, "I thought you said I had another 40 plus years? Why didn't you pull me out of the path of the ambulance!?"

God replied, "My child, I am sorry, I didn't even recognize you."



## **Tomato planting – Italian style**

An old Italian man lived alone in New Jersey.

He wanted to plant his annual tomato garden; but it was very difficult work as the ground was hard. His only son, Vincent, who used to help him, was in prison.

The old man wrote a letter to his son and described his predicament:

**Dear Vincent,**

**I am feeling sad, because it looks like will not be able to plant my tomato garden this year. I am just getting too old to be digging up a garden plot. I know if you were here my troubles would be over. I know you would be happy to dig the plot for me, like in the old days.**

**Love, Papa.**

A few days later he received this letter from his son:

**Dear Pop,**

**Do not dig up that garden.  
That is where the bodies are buried.**

**Love, Vinnie**

At 6 am the next morning, FBI agents and local police arrived and dug up the entire area without finding any bodies. They apologized to the old man and left. That same day the old man received another letter from his son:

**Dear Pop,**

**Go ahead and plant the tomatoes now.  
That is the best could do under the circumstances.**

**Love, Vinnie**

## **Stage 2.**

Forming and pouring of the concrete slab for the new activities and administration areas was completed this week.

This month we will see continued work with:

- Erection of structural steel framework.
- Construction of timber framed walls.

Items of note are:

- Trucks may continue to cause some interruptions to traffic in front of the building site.

By the end of this month, we will be able to see the full scale and size of the building. Final completion is scheduled for October 31<sup>st</sup>

## **Vacant Units**

All ILU's are now occupied.

## **Village Grounds and Watering Restrictions**

Autumn is a lovely time of year, and we have had fantastic weather. As the last of the leaves fall, the grounds team will carry out our site wide gutter cleaning.

Please remember we are on permanent water restrictions year round 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 do not hose concrete paths or driveways.

## ***Executive Manager Building & Environment, June 2024***

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.

### **Maintenance**

Reminder to please request or report all maintenance jobs to reception on **5761 3300**. This includes urgent after-hours reporting.

### **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 now cost \$48 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.

### **Scheduled hard waste collection dates for 2024**

June	Wednesday 12th
August	Wednesday 14th
October	Wednesday 9th
December	Wednesday 11 <sup>th</sup>

## ***Executive Manager Building & Environment, June 2024***

### **Cooinda Achievers**

When thinking of changing over or downsizing of furniture etc. please consider donating unwanted items that may be re sellable 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**.

**Daniel Whipps**

**Executive Manager Building and Environment**



# WASTE SORTING



## What *can* go in the green lid organic waste bin

All food scraps including:

Fish, Meat and bones, Tea-bags, Coffee grounds

Garden waste such as:

Pruning's, Grass clippings, Sticks, Weeds, Flowers

Contaminated paper such as:

Paper towel, Pizza boxes, Shredded paper, Tissues

Only correct biodegradable bags which are available from Council or Reception



## What can't go in the green lid organic waste bin

Normal plastic bags, General household waste, Old clothing, Disposable face masks, Cardboard



## What *can* go in the red lid rubbish bin

Plastic bags, Cling wrap, Rope, Polystyrene, Disposable nappies, Broken plates and Oven dishes, Disposable face masks




## What can't go in the red lid rubbish bin

Large heavy items, Liquids




## What *can* go in the yellow lid recycle bin

Paper and cardboard, Glass bottles and jars, Steel and aluminium cans, Empty aerosol cans, Plastic bottles and containers marked with the  Recycle Symbol



## What can't go in the yellow lid recycle bin

Plastic bags, Cling wrap, Scrap metal, Wire, Clothing, Polystyrene, Window glass, Disposable face masks, Plastic that does not have the  Recycle Symbol

IF IN DOUBT PLEASE ASK OR PUT IT IN THE **RED** BIN

### Winter Wordsearch

R C S M S P X Y V A S S O P C K D  
W P Y N M E A X R N R K T P Z D F  
S E A S O N Y C O E J J A O R Z E  
I L H A I L I W T U P R V A O K T  
G C E L E C S D V I K P Z Z A B E  
O L E D U H S O K A N Z I L O P C  
L Q O F O K F O Y T I K F L U L I  
Y K Q V I R E W O L B W O N S E T  
M W E I E S U E B S O H T L H G S  
P L N S Q S H R P N N X Y Y O O L  
I G I T T Y F I S P M U J X C N O  
C K E Z E E R F N H T L B X K G S  
S L A V I N R A C G P G U O E G K  
G M I P C H R I S T M A S E Y E D

BLIZZARD

FREEZE

CHRISTMAS

HOCKEY

OLYMPICS

GLOVES

SEASON

SKIING

EGG NOG

FIREWOOD

ICE FISHING

KNIT CAP

BOOTS

CARNIVAL

PARKA

GLOVES

HAIL

SKIS

SLED

SLIPPERY

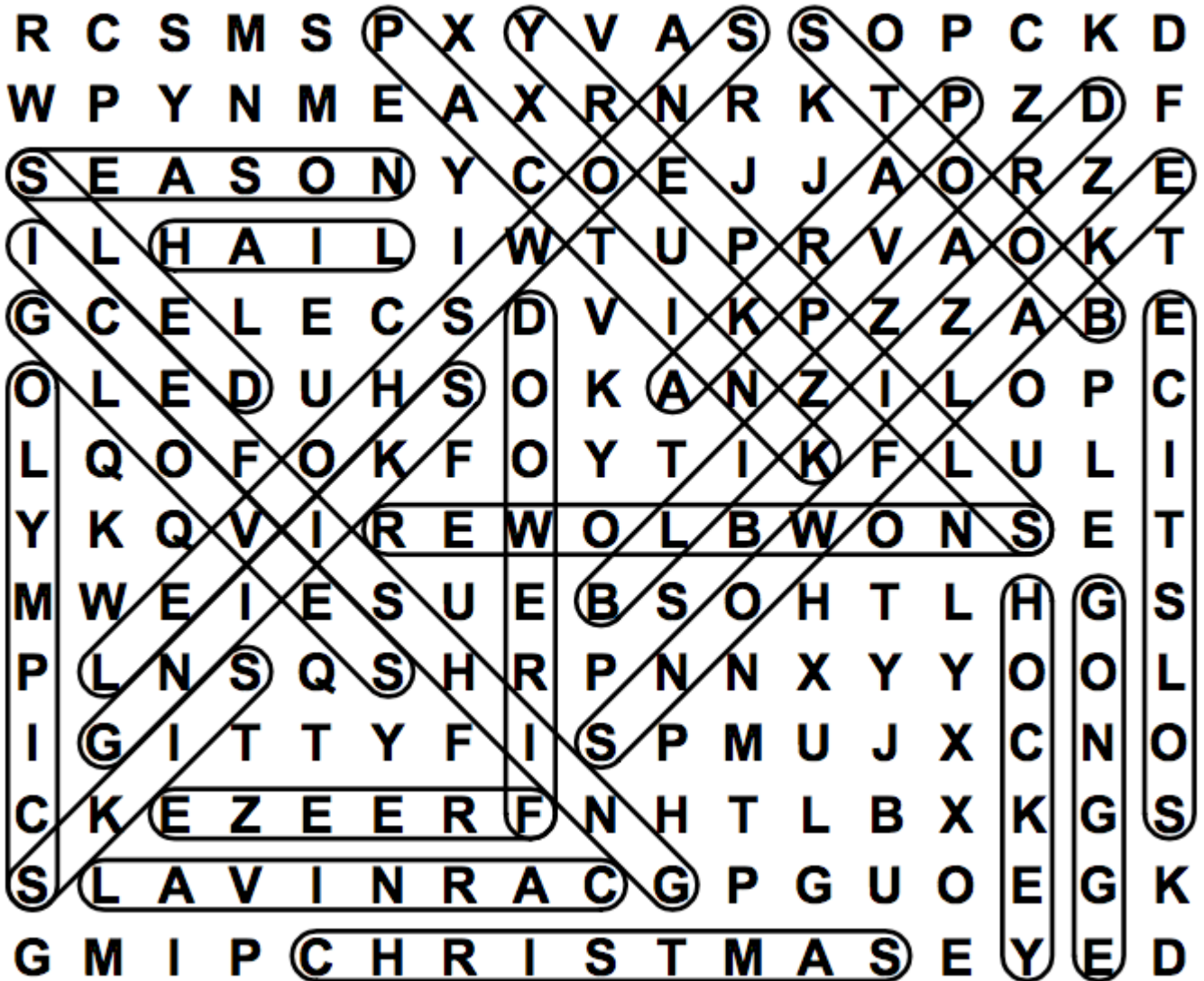
SNOW BLOWER

SNOW SHOVEL

SNOWFLAKE

SOLSTICE





**\*ILU VILLAGE ACTIVITIES - JUNE 2024**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1<sup>st</sup> JULY</b>					<b>1<sup>ST</sup></b>	<b>2<sup>nd</sup></b>
<b>3<sup>rd</sup></b> Monday Movies – cancelled for June, to resume in July. <i>Thank you for your understanding!</i>	<b>4<sup>th</sup></b> Crafters Group Bring your crafts 10- 12noon Cooinda Sub_C'tee 2.30-4pm	<b>5<sup>th</sup></b> 5pm. BYO nibbles & drinks	<b>6<sup>th</sup></b> Singing for Fun 10-12noon	<b>7<sup>th</sup></b> 10-11.30a.m. Morning Cuppa All Welcome	<b>8<sup>th</sup></b> 5pm. BYO nibbles & drinks Chinese (Pam E.)	<b>9<sup>th</sup></b> <b>King's Birthday Long Weekend 9-11<sup>th</sup> &amp; start of Ski season!</b>
<b>10<sup>th</sup></b> Indoor Bowls 1.30-3pm	<b>11<sup>th</sup></b>  Cooinda Sub_C'tee 2-5pm	<b>12<sup>th</sup> POOL</b> 10-12 all welcome Come and try a game 5pm. BYO nibbles & drinks	<b>13<sup>th</sup></b> Singing for Fun 10-12noon	<b>14<sup>th</sup></b> 10-11.30a.m. Morning Cuppa All Welcome	<b>15<sup>th</sup></b> 5pm. BYO nibbles & drinks Pies/Pasties (Maggie)	<b>16<sup>th</sup></b> Last day to Book for Hub Dinner with Eileen Kealey 0407-710-899
<b>17<sup>th</sup></b>	<b>18<sup>th</sup></b> Crafters Group Bring your crafts 10-12 Cooinda Sub-C'tee 1-2.45pm Hub C'tee meet 3pm	<b>19<sup>th</sup></b> Hub Monthly dinner <b>5 pm for 6 pm meal</b> \$25 / BYO nibbles & drinks	<b>20<sup>th</sup> U3A</b> C'munity Singing 10-11.30a.m.	<b>21<sup>st</sup></b> 10-11.30a.m. Morning Cuppa All Welcome	<b>22<sup>nd</sup></b> 5pm. BYO nibbles & drinks. Chicken + potato bake &/or salad (Maxine	<b>23<sup>rd</sup></b> Last day to book for bus trip – ring Arlene Jensen on 0407-556-538
<b>24<sup>th</sup></b> Indoor Bowls 1.30-3pm All Welcome.	<b>25<sup>th</sup></b>  Cooinda Board Meet 5pm-7.30pm	<b>26<sup>th</sup></b> POOL - 10-12 all welcome, come & try a game 5pm. BYO nibbles & drinks	<b>27<sup>th</sup></b> Singing for Fun 10-12noon	<b>28<sup>th</sup> <u>Bus Trip</u></b> <b><u>leaves Hub @</u></b> <b><u>10a.m.</u></b> 10-11.30a.m. Morning Cuppa All Welcome	<b>29<sup>th</sup></b> 5pm. BYO nibbles & drinks Fish & chips (Arlene)	<b>30<sup>th</sup></b>

