

CONNECTING COBDEN

COMMUNITY



NEWSLETTER

EDITION No 1

SEPTEMBER 7th, 2011

Cobden State Emergency Service Serving the Community 24/7



Cobden SES members Chris Whitewood (left), Murray Kelson and Jeff Mason carry out a training exercise on the rail trail.

As the name indicates, the State Emergency Service (SES) responds to emergencies in our community. The nature of the emergencies is varied. Our main aim is to contain the event and promote a satisfactory outcome.

Emergencies come in many forms - from a cat stuck up a tree to a three car accident and everything in-between. SES is the combating authority for flood and windstorm. We assist the police with road accident rescue, search and rescue, and crime scene protection. The ambulance service calls on our assistance in patient recovery, and the CFA for lighting and traffic control.

Cobden SES unit is one of the oldest in this region. Granted its charter in October 1977, it was originally founded by the Heytesbury Shire Council, with the first controller being shire engineer Colin Campbell. In the early days, membership was mainly made up of shire employees.

The unit's current membership totals 16 which includes two females, and two original members are still listed on our membership list.

Operational members of SES become highly-trained in all phases of their duties - first aid, road accident rescue, search and rescue, roof top safety, off-road driving and general rescue - with many more qualifications in other fields.

Another membership category is non-operational. These members are responsible for manning the radios and general administration duties. Finally we have auxiliary members who support the unit in small ways around the depot - washing and cleaning vehicles and equipment, fundraising and general housekeeping duties.

Like many SES units around the State, the Cobden unit trains every week - on a Tuesday evening, when we hone our skills and practise our procedures. Some weekend regional training may be required from time to time for members to gain additional qualifications,

The main satisfaction members receive is the joy of helping other members of their community when they are in their greatest need eg when their roof is damaged in a storm, when they are trapped after a road accident or when a love one is missing and needs to be found.

The management structure within SES is very different from any other organisation. We are led by our controller, Jeff Mason who is assisted by two deputy controllers, Bob Menzies and Murray Kelson. Then, there are two crew leaders, Chris Whitewood and Jeff Price. Each person has a job description and is responsible for that aspect of SES activity.

Cobden SES is a vibrant group of young and older members with an ages spanning from 16 years to 60 years. Regardless of age, they are all dedicated to serving their community 24/7. How about joining us?

(by Murray Kelson for the members of the Cobden Unit Vic SES)

NOT YOUR NORMAL BIRTH NOTICE

September 7th, 2011: Cobden and district proudly announces the arrival of **Connecting Cobden**, a community newsletter which aims to give our organisations the opportunity to promote themselves - the chance to "strut their stuff" on centre stage and "show off a bit".

Progressing Cobden's Twenty20 Vision process identified our community organisations as important to Cobden being a great place to live. We have always prided ourselves as a town that gets things done and looks after its own - young, not-so-young, not-so-old and older!

Connecting Cobden wants to build on that "caring community" tradition and give everyone in the district the opportunity to get involved and continue working together to provide a wide range of activity and interest groups for all ages.

In a nutshell, Connecting Cobden wants to increase community awareness of our groups and encourage participation and involvement. We want to support you as you strive to provide activities and services to the people of Cobden and district.

So welcome to the first edition of your newsletter.

How do we plan to go about it? In each issue of Connecting Cobden, we will feature several organisations with details of their history, their activities and programs and, most importantly, ways that all members of the community can get involved with these groups. These profiles will be provided by the groups themselves, using a question template as a guide. Answers to the questions, or a one page article based on the questions can be contributed.

We are also keen to use photos where possible - historical or present-day - although we stress that they do need to be good quality so they reproduce well.

Apart from publishing an article and photos about your organisation, we will also be listing your contact details in a comprehensive organisation contact list, and we will be including a "Cobden Calendar". There will also be space for letters and smaller articles about items of community interest. News boxes are located at Ritchies IGA and David Falk Real Estate, or you can email items to kelvin@swllen.net.au.

We are not competing with the Cobden Timboon Coast Times. In fact, we'll be working with them to ensure that our groups get the coverage they need to promote themselves. Of course, we do need to ensure that space in our newsletter is shared as equally as possible by our organisations. Western District Newspapers in Camperdown will be printing our newsletter, and copies will be available on shop counters as well as being distributed locally with the Times.

The production costs of Connecting Cobden are being borne by Progressing Cobden which successfully applied for Corangamite Shire funding to launch some of our Twenty20 Vision projects. We thank the shire for their ongoing support.

We hope to publish at least ten issues of Connecting Cobden over the next twelve months before reviewing the success of the project and deciding its future. Your feedback will be important.

Enclosed in this edition is a copy of our editorial policy for your information. We are happy to come and speak with your group if it will assist you to prepare your newsletter contribution. We will try to give you as much notice as possible.

Please contact us if you have any questions or suggestions.

Michelle de Bie
(0408 175662)

Kelvin White
(0429 921876)



Chris Inglis captures the cool, calm and collected atmosphere in the editorial room of the Connecting Cobden nerve centre minutes before we go to press... absolute mayhem!



 **Cobden Spring Festival**
October 14, 15, 16, 2011

www.cobdenspringfestival.com.au

EDITORIAL POLICY

**our own Community Newsletter
- September 2011**

- To inform the people of Cobden and district about our voluntary organisations and groups – service, social, cultural, sporting, recreational, hobby, community, fund-raising, church, art, craft, youth groups . . .
- To promote community involvement in the activities of these groups and organisations.
- To encourage our groups and organisations to work together for the mutual benefit of their members and Cobden and district generally.
- To keep Cobden and district residents informed about the activities and progress of the Twenty20 Vision Action Groups.
- The newsletter will contain organisation and member profiles, feature articles on fund-raising activities and awareness campaigns, and consistently include organisation contacts and an events calendar .
- The newsletter will publish articles about groups and organisations that might not normally be found in the news and sports pages of the local newspaper.
- The newsletter will try to appeal to readers of all ages and approach its task positively and with a sense of humour. We would like it to be a good read for everybody!
- The editorial committee will take all reasonable care to ensure the content of "Connecting Cobden" is fair and accurate. It should be noted that the majority of the newsletter will be contributed by various community groups.

**PROGRESSING COBDEN'S
TWENTY20 VISION
ORGANISATIONS and VOLUNTEERS
Action Group**

ARTISTS ON SHOW

Cobden Art Group members are busy preparing art works for their Art Show which takes place at the Cobden District Health Services gym on Saturday and Sunday, 17th/18th September.

All works are for sale and have been produced by the following members: Merrilyn Giblett, Marilyn Kimber, Gwen Benallack, Val Sweatman, Valerie Coverdale Wilma Fagan, Jean Wallace and Linda Castaldo.

Funds raised from the weekend will benefit the health services. Please enter via the Clarke Street entrance.

The Cobden Art Group meets each Thursday at the Education Centre, Cobden Health Services from 10.30 to 2.30 during school terms. Entry is via Clarke St where ample parking is available. New members are always welcome. Those interested may contact Wilma Fagan on 5595 1679.



SPOTLIGHT ON PROBUS
**Club prepares to celebrate its
10th birthday next February**

Cobden Probus Club president **Ken Unwin** responded to our probing questions . . .

Briefly explain your organisation's overall aim or purpose:

The aim of the club is to advance intellectual and cultural interests among adult persons who have retired or are semi-retired from their former occupations. It offers opportunities for fellowship and development of acquaintance and social interaction. It strives to be seen as a worthwhile organisation by the local community, it shall be non-political & non-sectarian and it shall not be, or seen to be, a fund raising body.

Your organisation's activities:

Activities are many and varied. Throughout the year, day bus trips are organised to visit many venues – last month the club visited Queenscliff where we were given a conducted tour of the fort. An annual five day trip is organised for members. Tours have been to places like Wentworth where we do day-tours to see the many places of interest in that region. These tours are enjoyed for their fellowship and sight-seeing.

When was your organisation established? How was it established? Who was involved?

The club was formed on February 22nd, 2002, by its sponsoring body, Cobden Rotary Club. The first elected president and secretary of the club were Val Maynard and Joan McQuinn.

Current membership numbers:

The club has a ceiling on membership of 90 members, at present we are two short of that number.

Any membership categories, conditions or qualifications:

As mentioned, membership is open to retired and semi-retired professional and business people and others from any worthy vocation who appreciate and value opportunities for social contact with others in similar circumstances. Applications for membership must be sponsored by two members of the club and approved for membership by a majority of the management committee.

Meeting/activity time and place:

Cobden Probus Club meet on the second Thursday of the month, on the Thursday preceding that meeting the executive committee meet and deal with matters arising. The meetings commence at 10 am when the general meeting takes place and reports are given by our trips committee, bowls committee and welfare officer etc. At the end of this meeting, a fines session takes place which adds to the moment with some members being fined for "misdemeanors".

Significant organisation events, milestones or achievements-past present or future:

The club will celebrate its 10th anniversary in February, 2012. This is a great achievement and arrangements are being made to celebrate this very special occasion.

Any accidents, humorous or otherwise, worth relating:

From time to time a numbers of humorous moments do occur but none to mention that come to hand.

Any characters/members of interest- with a quick profile:

Every organisation has their characters but I will pass on this one.

Current office-bearers:

President: Ken Unwin Secretary: Val Maynard
Treasurer: Mrs Joyce Roberts

Anything else we should know?

I think I have covered all facets of our wonderful organisation.



ABOVE: Vi Jehu tests her competitive skills during the Probus Club trip to Woop Woop. Onlookers include Wilma Robertson, (left), Betty Richards, Norma Wheaton, Helen Watts, Enid Smith, Val Maynard, Joan Anson, Adriana Bekker, Delia Robertson and Kath Lucas.

LEFT: Probus members Betty Hallyburton and Jo Clarke stroll across the restored rail bridge over the Curdies River at the limeworks.

**CHECK YOUR ORGANISATION
AND ITS DETAILS, PLEASE**

"Connecting Cobden" is all about organisations – so we need to know if we have you on file . . . and if we have your correct details. Please check our list and let us know of any mistakes or omissions. Email kelvin@swllen.net.au or ring 55951700 if you want anything amended or added. We're happy to add email addresses if they are provided.

- | | |
|---|--|
| Cobrico Public Hall Reserve
Janet Ovens Ph: 5595 1796 | Cobden and District Pony Club
Cheryl Oates Ph: 5595 1706 |
| Red Hill Public Hall Reserve
Colleen Baynes Ph: 5594 6231 | Cobden Angling Club
Les Blake Ph: 5595 1136 |
| Bostocks Creek Public Hall
Maree Coverdale Ph: 5595 1526 | Cobden Airstrip
Kevin Osborne Ph: 5595 2021
kevoborne@bigpond.com |
| Cobden SES
Murray Nelson Ph: 5595 1549
kelsonanasonic@bigpond.com | Cobden Aero Club Inc
Duncan Morris Ph: 5505 1089 |
| Cobden & District Historical Society
Alma MacDonald Ph: 5595 1162 | Airport Fundraising Committee
Phillip Robertson Ph: 5593 3095 |
| Cobden Art Group
Wilma Fagan Ph: 5595 1679 | Lake Elingamite Reserve
Les Blake Ph: 5595 1136 |
| Cobden Cemetery Trust
Joanne Beard Ph: 5595 1951
jobeard78@yahoo.com.au | Cobrico Recreation Reserve
Cheryl Oates Ph: 5595 1706 |
| Cobden Country Women's Assoc.
Dawn Robertson Ph: 5595 1181 | Cobden Recreation Centre
Geanelle Searle Ph: 5593 3014 |
| Cobden District Health Services
Jeannine Creely Ph: 5595 3100
admin.cdhs@swarh.vic.gov.au | Cobden Swimming Pool
Alma MacDonald Ph: 5595 1162 |
| Cobden Fire Brigade
Ashley Fagan Ph: 5595 1939
robbo@tca-online.com.au | Cobden Recreation Reserve
Harry Umland Ph: 5595 1186 |
| Elingamite/Glenfyne Rural Fire
Brigade
Greg Free Ph: 5595 1454 | Cobden Sports Club
Kelvin White Ph: 5595 1183 |
| Cobrico Rural Fire Brigade
Ken Smith Ph: 5595 4259 | Progressing Cobden
Kelvin White Ph: 5595 1183 |
| Jancourt Rural Fire Brigade
Les Sumner Ph: 5594 6253 | Cobden Civic Hall
Kevin Johnston Ph: 5595 1842 |
| Bostocks Creek Rural Fire Brigade
Christine Clark Ph: 5593 2104
lepacl@tac-online.com.au | Cobden Miniature Railway/Mini Golf
Gary Kimber Ph: 5595 1275
mazzgazz@bigpond.net.au |
| Cobden Joey's, Cubs and Scouts
David Luker Ph: 5595 1015 | Cobden Pioneer Dairy Park
Heather Walsh Ph: 5595 1524 |
| Cobden Playgroup Inc
Jedda Couch Ph: 5595 1769 | Cobden Rotary Club
Kevin Moran Ph: 5595 1882 |
| Cobden and District Kindergarten
Liz Roberts Ph: 5595 0256 | Cobden Safety House Committee
Pam Savage Ph: 5595 1565 |
| Cobden Primary School
Peter Lee Ph: 5595 1087
lee.peter.p@edumail.vic.gov.au | Cobden Senior Citizens Club
Irene Wyles Ph: 5595 1850 |
| Cobden Technical School
Peter Rock Ph: 5595 1202 | Probus Club of Cobden
Ken Unwin Ph: 5594 3407 |
| Cobden and District Night Netball
Tanya Davis Ph: 5595 2074 | Quota International of Cobden
Sue Robertson Ph: 5593 3095 |
| Cobden Cricket Club
David Hallyburton Ph: 5595 1566 | Cobden Men's Shed
Frank de Koning Ph: 5595 1175 |
| Cobden District Tennis
Sharyn Finlayson Ph: 5594 6272
shazfin@bigpond.com | South West Restoration Group
Ian Wilson Ph: 5595 1438 |
| Cobden Football Netball Club
Kelli Pekin Ph: 5595 1791 | St Vincent de Paul Society
Helen Watts Ph: 5595 2210 |
| Cobden Golf Club
George Readings Ph: 5595 1393
www.cobdengolf.com.au | Meals on Wheels
Kate Daffy Ph: 5595 1020 |
| Cobden Indoor Bowling Club
Joan Hammond Ph: 5595 1235 | Red Cross – Cobden Unit
Helen Chivell Ph: 5595 1364 |
| Cobden Olympic Basketball
Kathryn Robertson Ph: 5595 2256 | Cobden Garden Club
Barbara Cowley Ph: 5595 4243 |
| Cobden Ladies Bowling Club
Lorraine King Ph: 5595 1598 | Cobden Quilters
Mrs Helen Smith Ph: 5595 1258 |
| Cobden Squash Club
John Fallon Ph: 5595 1787 | Cobden Walking Group
Joyce De Koning Ph: 5595 1175 |
| Cobden Swimming Club
Matthew Coverdale Ph: 5595 1526 | Cobden Orchid Club
Leanne Rethus Ph: 5595 1527
llrethus@westvic.com |
| Cobden Under 16 Football Club
Phyllis Finlayson Ph: 5595 1645 | St Brendan's Catholic Church
Kate Daffy Ph: 5595 1020 |
| Cobden Volleyball Association
Mark Rantall Ph: 5595 1730 | St Mary's Anglican Church
Kaye Hanks Ph: 5595 1210 |
| Cobden Zen Do Kai Martial Arts
Craig Davis Ph: 0419 387 462
craigtanya.d@bigpond.com | Christian Reformed Church
John van Leerdam Ph: 5595 1676 |
| South West Kart Club Inc
Bevan Walker Ph: 0418 995 015 | Uniting Church
Fred Wheaton Ph: 5595 1272 |
| Camperdown Timboon Rail Trail
Pat Robinson Ph: 5593 1104 | Kingdom Hall
Gary Clissold Ph: 5593 2336 |
| | Heytesbury Dist Landcare Network
Geoff Rollinson Ph: 5598 3755 |
| | Elingamite Cobrico Landcare Group
Ian Gaut Ph: 5595 4213 |
| | Glenfyne Public Hall Reserve
Pat Robinson Ph: 5593 1104 |

COBDEN'S CALENDAR

September 17-18: Cobden Art Group Show at the Health Services gym

October 14-16: CopRice Cobden Spring Festival

Other event dates welcomed —send details to kelvin@swllen.net.au

COBDEN'S OWN 'HOUSE OF STOUGH'



COBDEN RECREATION CENTRE

- the Technical School Gym(s)

Back in 1983, the Heytesbury Shire and the Cobden Technical School worked together to add a big shiny gymnasium to the original small gym. The result was the Cobden Recreation Centre which quickly became the "Mecca" of all indoor sports in the district.

Community basketball, netball, volleyball, badminton, indoor cricket and Zen Do Kai rose to new levels, and Technical School staff and students suddenly had the best physical education facilities in south west Victoria.

Today, the centre is run by a committee of management consisting of Corangamite Shire staff, Technical School staff and community representatives. Administrative details, including bookings, are handled by Geanelle Searle (Ph: 5593 3014).

Apart from badminton and indoor cricket, all the activities listed above are still available at the centre - netball on Mondays and Wednesdays, volleyball on Tuesdays, Zen Do Kai on Wednesdays and basketball on Thursdays. Organisers are always on the lookout for participants and, just as importantly, voluntary assistance.

COBDEN NIGHT NETBALL



Netball continues to enjoy a high profile with our national teams continuing to do well at all levels. One of the major reasons for the growth of the sport is the excellent development work being carried out at netball centres around Australia.

Cobden is no exception.

The main objective of this association is to encourage and promote netball in the Cobden district, by providing the opportunity to play under the rules of the All Australian Netball Association. Cobden Night Netball caters for players of varying ability, usually forming an A grade, A reserve grade and B grade running for two seasons each year and then C grade for just one season. It is also an opportunity for players, especially in the area of junior development, to improve their umpiring knowledge and ability.

Girls and boys from Year 2 (age 8) and upwards (boys up to age 16 years) are involved in organised inter-club matches to exercise their netball skills. Two seasons are played per year - they run for approximately 10 to 12 weeks plus finals. At the end of each season, finals are played and trophies are presented. Family and friends gather to form enthusiastic crowds, creating encouragement and a great atmosphere.

Cobden night netball first commenced in 1973. Cobden Technical School built an indoor stadium which permitted access for community user-groups also. This created an opportunity for interested netball players to form a committee and begin a competition.

A new season is commenced at the end of August involving about 135 registered players. All players must pay an annual fee to be registered with Netball Victoria (VNA) for insurance purposes (amount depending on age). Cobden night netball requires a door fee of \$4 or \$5 per match, depending on the grade.

Netball is played in the Cobden Recreation Centre gyms on either Monday or Wednesday evenings. Depending on the number of teams submitted, the times and grades can differ each season, ranging from 4.30 pm - 6.00 pm (B and C grades) and 6.30 pm - 9.00 pm (A reserve and A grade).

Current office-bearers :

President Kathryn Geddes; Treasurer Robyn Rosolin; Secretary Tanya Davis; VNA Officer Kelli Pekin; Committee Neicy Robertson, Raylene Hallyburton, Joy Errey, Belinda Rohan, Liza Blake and Beth Schulz.

Organisation contact people :

"Neicy" Robertson (5595 1557) or current secretary Tanya Davis (5595 2074)

Did you know...

In 1993, Denise "Neicy" Robertson was awarded a life membership of the Cobden and District Night Netball, for her services of over 20 years. In 1997, she was recognised for all her contributions given to netball by attending the annual dinner in Melbourne and awarded the Western Victorian Distinction Award by Netball Victoria. Over her time, "Neicy" has been best and fairest winner on many occasions and also runner-up. She has been involved in netball as a coach, a badged umpire, also coaching the Hampden League representative teams, Cobden Tech School teams in school camps in Melbourne and, of course, the Cobden Football Netball Club teams.

Today, now more than 17 years later, "Neicy" is still heavily involved, being a very active committee member and solely running C and B grade netball. Cobden and District Night Netball Committee is always grateful for the endless hours "Neicy" generously gives to this association. A wonderful ambassador for all aspects of netball!

The only male life member of Cobden and District Night Netball Association, Mr Alby Mounsey, has always been a dedicated supporter and still today comes to watch his grandchildren play each week. Fantastic effort!

It was exciting to see some mothers and daughters/sons team up taking the court. They include Janine Hutt with Molly, Belinda Rohan with Rebecca and Jessica, Sharon Finlayson with Megan and Emma, and Dianne Van Heusden with Eddie and Jack. Hope to see you all back out on the court this season!

The season just gone, clearly showed Cobden has many skilled and talented netballers amongst the young and "not-so-young" players.

BRILLIANT BENT BOYS

Bent was a formidable force in the early days of Cobden basketball, winning three premierships and having many on-court battles with great rivals Comets.

Our photo shows the 1984-85 Bent premiership team.

Back (l-r): Robert Frusher, Alan Pell, Mark Sullivan, Darren Mounsey.

Front: David Mounsey, Greg Sambell, Greg Merrett, Norm Frusher.



BASKETBALLERS ON THE ATTACK

The Cobden Olympic Basketball Association aims to provide the young people of Cobden and district the opportunity to participate in the fast and dynamic game of basketball.

The association, which was established in 1983, has been running ever since with the involvement of many enthusiastic players from all over the Corangamite Shire.

Our current membership includes junior boys, junior girls, senior boys and a ladies' competition. Last year we had 142 registrations.

The committee would like to see a men's competition re-established in the near future, returning to the feisty days of the 1980s and 90s when teams like Bent and Comets went head-to-head in their many exciting battles.

The competition runs on a Thursday night in both the big and small gyms at the Recreation Centre from October to March, breaking for the Christmas holidays.

We are very fortunate to have a fantastic group of volunteers who help on the

committee, coaching and refereeing. This allows us to keep the cost of participation to an absolute minimum.

Our annual general meeting is held early next month - in October. The exact date will be advertised in the local newspaper and school newsletters.

To play in the junior competition, you must be 8 years of age by October 1st. For any further information, please contact Current president Kathryn Robertson 5595 2256 or secretary Kelli Pekin 559 51791.

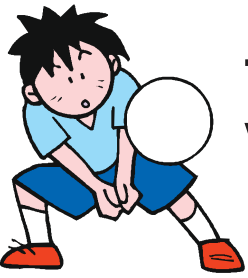


Cobden Netball A Reserve Premiers, "Fireflies" (August 8th, 2011).

Back (l-r): Alicia Blain, Prue Blake, Tess Blake, Chloe Gibson, Kate Hallyburton.

Front: Brittany Lindsay, Amy Hallyburton, Stephanie Simmonds.

Contributions to these pages were provided by Tanya Davis (Netball), "Reggie" Davis (Zen Do Kai), Kathryn Robertson, and Mark Sullivan (Basketball) and Kelvin White (Volleyball).



TUESDAY night IS VOLLEYBALL night

When volleyball started in Cobden in 1977, nobody thought it would still be going strongly in 2011.

Not seen as a mainstream sport, it has catered for people of all ages and both sexes over the last 35 years. It has involved people with wonderful sporting talent and, equally, people with very little ability.

Many systems have been used – one, two and three grades; one, two three seasons a year; 30 minute, one hour, best of three and best of five matches; sets to advantage 11, 15 and 21 points; serve to win a point, every rally a point . . . you name it, it's been tried!

Many former and current players will remember . . .

- Finals that sometimes went to midnight and beyond.
- The rivalry between inter-town teams from Camperdown, Simpson, Terang, Boorcan, Ecklin, Scotts Creek, Port Campbell and Timboon and, of course, Cobden. We don't play for sheep stations, ha-ha!
- The white line fever that would sometimes boil over and stretch reasonably solid friendships– usually around finals time. We still don't play for sheep stations, ha-ha!
- The power of Alan Pell, Phil Wood, "Banger" Pouw, Trevor Cotton, John Rix and, more recently, Jess Greagen and "Dasher" Reed; the more subtle skills of Robert Rix, David Hallyburton and youthful Thomas Rantall; the longevity of Dallas Petrie, Laurie Hickey and Gary Oates; the development of young guns like Peter Woodcock and Stuart Harrison in the early days and George McMeel and Troy Logan in recent days; and the gamesmanship of far too many to mention. Yes, we do play for sheep stations but only in finals.
- Teams of young guns trekking to Warrnambool with a couple of older guys in the early 1980s and making division 1 finals!
- A combined Cobden volleyball team beating all-comers from all parts of south western Victoria in the Glenelg Games (as it was known then). The team included Phil Wood, Trevor Clarke, Trevor Cotton, Mark Rantall, Gary Oates, Anthony Reed and Kelvin White.
- The end-of year awards that often bore no relevance to a volleyballer's ability but were accepted just as proudly as a premiership medallion. Mark Roberts won a Most Eligible Bachelor Award, Russell Smith was a perennial nomination for the Sexiest Player Award and, despite their famous training sessions, NOBTs consistently took out the This Team is Crap Award.
- Tuesday night is volleyball night in Cobden. From 7.30 pm, the big gym is alive with dig, set and spike action. The association is always looking for new players – absolute rookies or more experienced types – so drop in anytime. Next season begins week 1 of term 4.
- Our aim is to create a friendly sporting environment where competitive edge is not the highest priority . . . until finals time, at least! Ha-ha!

President: Mark Rantall (0417 119 289)
Secretary: Chris Brooks (0419 043 103)
Treasurer: Troy Logan (0448 856 401)



Slugs V spiker "Dasher" Reed slams the ball hard into the defensive block of Southern Guns players Darcy Walsh (left) and Brendan Drewry. The Guns are the current force in Cobden volleyball with the winter premiership in their sights after a convincing win in the autumn pennant over NOBTs.

Zen Do Kai - not only self-defence!

Zen Do Kai, a style of self defence in Martial Arts, was begun over 40 years ago by Bob Jones. Still today Cobden remains a very strong club and has close connection with Bob Jones Corporation.

Training in Zen Do Kai consists of self-defence skills, plus a range of boxing, kick boxing, knees, elbows etc. We also do fitness work using bags and focus mitts. Zen Do Kai also includes "form" work known as Kata, working at different levels/belts.

Cobden Club has been running for over 25 years. The original instructors included Alan Kirby, Sam Dalziel, Damien

Martin, Grant Davis and Glenn Robertson. Today the current instructors are Craig "Reggie" Davis and Tania Rowan. Many senior black belts also assist when required.

Training is held every Wednesday evenings at the Cobden Recreation Centre Gym. Boys and girls from Year 2 (age 8) and upwards can join our junior classes, commencing at 5.30 pm to 6.30 pm. Intermediate and senior training is at 6.40 pm to 8.00 pm. Additional lessons can be held on Monday nights when required.

Training begins in the first week of school (early February) and



continues through to end of November/early December. Junior classes have a break during each school term holidays.

We currently have about 28 juniors and 25 seniors.

Cobden is the only club still operating in the Western District. We hold two grading days – mid-year and end of year, where students exhibit their skills and are graded by higher ranked students. Black belt students and above attend training days and their actual grading day in Melbourne.

In 2008 Tania was awarded Black Belt of the Year (throughout Australia) at the grading in Melbourne. Then, in 2009, "Reggie" also was awarded this title. This is an outstanding achievement by both instructors. They are constantly furthering their knowledge and skills through close contact and additional training within Victoria.

More information is available from "Reggie" Davis – Probationary 4th Degree Black Belt (0419 387 462) or Tania Rowan – 3rd Degree Black Belt (0409 350 420).

Chloe Davis (left) and James Hallyburton "spar" during 2011 mid-year grading.



THANKS TO DANIEL BEARD FOR DESIGNING OUR "CONNECTING COBDEN" MASTHEAD

KEEPING OUR MEALS ON THEIR WHEELS

One of Cobden's great traditions is always looking for volunteers to give just 90 minutes of their time every six weeks.

Meals on Wheels has been an important part of Cobden's "Caring Community" since the early 1970s when it was established by the Quota Club of Cobden. Guess who are still involved today?

The idea of MOW is to provide lunches in the homes of people who are not able to shop or cook for themselves – maybe for a short period of time due to a medical issue, or for a longer period of time.

Thanks to the wonderful work of volunteers, the meals are provided to local residents seven days a week. The kitchen staff at Cobden District Health

Services prepare the meals, ensuring that each person's dietary requirements are met.

There is no doubt that MOW clients have many funny stories to tell about the volunteers who visit them – those who leave the wrong meal and have to back-track, those who walk duck poo into their lounge-rooms, those who barrack for the team that got beaten on the weekend...

If you have an hour or so every now and then, and you would like to meet a few more wonderful people, give Fran Warden (5595 1241) or Kate Daffy (5595 1020) a ring and get more details.

MOW runs begin at 11.30 am and volunteers work in pairs – so there is always plenty of opportunity for friends to do it together.

David Steel First National Real Estate is collecting old mobile phones at 45 Curdie St, Cobden. Drop them in anytime!

COBDEN KEEPS ITS FINGER ON THE TOURISM PULSE

Progressing Cobden has decided to continue its membership of **Shipwreck Coast Marketing**. Members believe the strategies of the major tourism body will support and complement the steps being taken by Cobden to boost its own

tourist stocks. Twelve Apostles website exposure and inclusion in travel and accommodation brochures will assist the town's tourism and town appearance action group to prepare its own visitor package over the next twelve months.

"We believe membership of Shipwreck Coast Marketing represents good value, an investment that will also enable us to get maximum mileage out of expertise available in the area of tourism," said action group member Julie Finney.

LOOKING FORWARD

Our next issue is planned for distribution on October 7th. Space permitting, organisations to be featured will include the Cobden Scouts, Cobden Fire Brigade, Cobden Swimming Club, Cobden Pool Committee, South West Restoration Group, Red Hill Hall and Cobden Kindergarten. Any other short items can be forwarded as well to the news boxes in Ritchies IGA, David Falk Real Estate or to kelvin@swllen.net.au. We invite your feedback too.