

LEOPOLD BUZZ

YOUR COMMUNITY CONNECTION

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Leopold Community & Learning Centre

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VAL MILLS & BEV SHIMMEN WITH SOME OF THEIR HANDIWORK

RED CROSS TRAUMA TEDDIES

Trauma Teddies were conceived in 1990 when an ambulance superintendent saw a teddy bear given to a child being treated by the ambulance service. He was impressed by the calming effect the bear had on the child so he asked the Red Cross to assist in providing bears for children. Red Cross swung into action and the Trauma Teddy was born.

Across Australia over 50,000 Trauma Teddies are given out each year to Doctors' surgeries, Children's Wards, Ambulances, Aged Care facilities etc. and to people affected by fire, floods or other disasters. Every Trauma Teddy must undertake a strict quality inspection for safety before distribution to people both big and small, who need comforting.

Local members of the Leopold Red Cross, Val Mills and Bev Shimmen, have been knitting Trauma Teddies for over 25 years – that adds up to a lot of teddies reaching a lot of people! Both Val and Bev are unassuming about their contribution to this great cause, considering it a very rewarding past time.

If you would like to become involved with Trauma Teddies visit: www.redcross.org.au/get-involved/connect/volunteer/knitting-for-charity-trauma-teddies



WHERE TO GET HELP

Encompass Coronavirus Assistance Hotline is a telephone-based support service available free of charge. If you or someone you know is experiencing feelings of distress, financial hardship, social isolation or anxiety, please call 1800 943 055.

The phone lines operate between the hours of 8:30am - 4:30pm Monday to Friday.

The following agencies can provide you with advice about assistance that you may be able to access if you are experiencing financial hardship.

- Centrelink: 132468
- National debt helpline: 1800 007 007
- Victorian Concessions Information Line: 1800 658 521
- Utility relief grant scheme: 1800 658 521
- Good Shepherd Microfinance: 13 64 57
- No interest loan scheme - St Vincent de Paul: 5229 8829

For further information visit City of Greater Geelong Coronavirus Support page
<https://www.geelongaustralia.com.au/covid19>

KEEPING CONNECTED Welcome to the 13TH edition of Leopold BUZZ. You can view or download all issues of the newsletter on our website: www.leopoldcommunitycentre.com.au or email us: info@leopoldcommunitycentre.com.au
TEMPORARY OFFICE HOURS:
Tuesdays & Wednesdays: 10.30 - 2.30
By appointment only Ph.: 52501301

The Cat's Diary

Day 1001 of My Captivity

I am in a quandary; after yesterday's triumphant escape, I find the outside world has not met my expectations. This entity called a tree is uncompliant with my comfort standards and my glorious fur is now lank and damp from the night air. In addition to these trials I now have a headache from all the noise the little tree snitches make and I almost lost my dignity when I tried to snack on one, ending up with a mouthful of feathers and nearly tumbling to the ground when I unleashed my attack.



My plans to investigate the world at large have been stymied by the problem of being trapped in this tree and being under constant watch by captors. I must consider my options... Do I voluntarily attempt to descend to a lower tree branch or do I try to wait them out? I examine my magnificent claws and test them on the surface of the branch to see if they will penetrate the bark to sufficiently hold my weight so I may descend the tree in a dignified manner if I choose to do so.

I survey my surrounds once again, I have been without food for some time now and I know I must act before my strength wains. I perceive two more captors have arrived at the base of the tree with some kind of mechanism which they lean against the trunk – what cruel and devious deed are they going to execute? I am alarmed! One of the captors is using the contraption to ascend the tree.

I act with alacrity and launch myself, claws extended at the head of this captor I shall use them as the midpoint for my decent. Catastrophe ensues! As I fly towards the captor it captures me in its arms; I use my claws like talons to secure my release as they fall backwards off their contraption and land with a thud to the ground I am triumphant and secure my release!

Panic ensues, the other captor emits a high pitched noise, the Flunky jumps up and down and the captor who had me in its clutches is lying on the ground groaning. I use this distraction to execute my escape and return to my pedestal inside the house, as I do so I think “one captor down, three to go,” and then I hear “Bad Cat” and I am very satisfied with today's outcome.

What has happened to the captor on the ground? What will be Bad Cat's next move?

Leopold Community and Learning Centre are looking to develop programs around mental wellbeing and programs/activities for people with disabilities and their carers, this may also include connecting with a carers support network in our local community.

If you are interested please contact us by email
info@leopoldcommunitycentre.com.au

Or phone us on **52501301** and leave a message with your details and we will call you back. We are eager to hear from you!

Temporary Hours: Tuesday & Wednesday 10.30 – 2.30

EXERCISE YOUR BRAIN



1. It's shorter than the rest, but when you're happy, you raise it up like it's the best.
What is it?
2. What word of five letters has only one left when two letters are removed?
3. A bus driver goes the wrong way on a one-way street. He passes the police but they don't stop him. Why?
4. What word looks the same upside down and backward?
5. What happens once in a minute, twice in a moment, but never in a thousand years?

Last Edition answers: 1. Computer Keyboard 2. Its lid 3. A hole
4. Because a cane basket can't take pictures, only a camera can 5. A barber

TECH TEA-ROOM IS BACK!!

Strictly by Appointment Only
Tuesdays & Wednesdays
10.30 – 2.00

Why not phone us on 52501301 to
book an appointment with
Tristan for help with all your
Technology questions. Cost: \$5.00

GARDEN CLUB

Interested in joining our newly formed
Garden Club?

The Garden Club meets once a month in
the afternoon for approx. 1 ½ hours.

Contact us at:
info@leopoldcommunitycentre.com.au
or phone 52501301 to find out more
information

SUDOKU

Here is a little harder Sudoku Puzzle for you to try

8			2	6				4
	1			8	3		6	2
2	6		7	4		1		
		6		7	8	2	1	
		4		3	2		8	
	2				9			7
7	4			1	6		2	
	3		8		4		7	1
		1		2	7			6

Last Edition Answers

8	6	7	5	3	4	2	1	9
1	4	9	8	6	2	3	5	7
2	3	5	9	1	7	4	8	6
6	1	4	7	8	5	9	3	2
9	5	3	2	4	1	6	7	8
7	8	2	6	9	3	1	4	5
5	7	1	4	2	9	8	6	3
4	2	8	3	7	6	5	9	1
3	9	6	1	5	8	7	2	4

TRISTAN'S TECH TIPS

Device Cleaning

Even before a pandemic put life upside down, devices got dirty. Whether its grubby fingerprints or dust clogging up the intake fans, cleaning a device occasionally is needed. But remember, the delicate electronic internal components of gadgets and water *do not mix* so be careful not to wet the insides of a computer or phone, though if your phone is waterproof, that risk is lessened significantly. Turn off and unplug desktop PCs before any cleaning.

Phones and Tablet cleaning:

Needed: Anti-bacterial wipe, microfiber cloth/paper towel.

Method: Gently wipe down the phone or tablet, pay extra attention on the screen if grubby. Now get your microfiber cloth and gently rub on screen until pristine, use paper towel on phone/tablet body. Avoid getting moisture from wipe into charging bay!

LCD Monitor:

Needed: Water, microfiber cloth

Method: LCD screens that do not have a glass screen on them like phones and tablets are delicate. Wet one end of microfiber cloth and *gently* wipe screen to remove finger prints and grime then *gently* rub clean the screen with dry end of microfiber cloth

Desktop case, Laptop shell, keyboard and mouse:

Needed: Anti-bacterial wipe, paper towel

Method: Wipe down with wipe and thoroughly dry with paper towel, **avoid** power supply and any openings as well as any ports such as USB ports ext.

Desktop fans and inside of desktop:

Needed: compressed air can

Method: Because we are dealing with delicate components (*which vacuum cleaners will break due to the static it creates!*), I would only recommend cleaning with canned compressed air. Please follow instructions on label for how far away to point the nozzle. Spray away dust and other such particles from the inside and hold fans *still* when spraying them, spinning them with the compressed air can actually wear them out. Technically individual components such as the RAM can be removed and cleaned with isopropyl alcohol on a cotton bud and placed back in when thoroughly dry but I would not recommend that unless you are confident in your technical knowledge of computers.

Very dusty computers can easily overheat or even die, so if you notice a lot of dust in your computer fans, a cleaning with compressed air is recommended. But potentially it can take years to accumulate (in not super dusty environments) so don't stress too much.

PROJECT CORNER

English Toffee Hot Chocolate

Why not start your own Hot Chocolate book club with some friends?

Here is a recipe and a book suggestion to get you started.



Ingredients

Toffee Syrup

1 cup (200g) white sugar
1 cup (240ml) water

In a medium saucepan, combine sugar and water. Bring to a boil, stirring, until sugar has dissolved. Allow to cool.

Hot Chocolate

1 tbsp. grated Dark Chocolate
1 tbsp. Toffee Syrup
1 cup milk

Combine milk, chocolate and toffee syrup in a saucepan whisk until chocolate is completely melted and well incorporated, about 2 minutes. Serve immediately.

As our recipe is for toffee hot chocolate, to keep with the theme I have chosen the book **Toffee** by Sarah Crossan.

The book is a little different as it is written in verse and the poetry style enhances its charm.

Allison and Marla meet through the most unusual of circumstances and somehow become incredibly close despite the huge difference in age.