

LEOPOLD BUZZ



Leopold Community & Learning Centre

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www.leopoldcommunitycentre.com.au

YOUR COMMUNITY CONNECTION

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CARING FOR CARERS LAUNCH

On 10th November the Leopold Community & Learning Centre launched the Caring for Carers Program. This program was made possible by receiving a grant from the State Government and enables us to offer Carers in our community free workshops, access to support services and community lunches.

Paul Koury, publisher of the Australian Carers Guide (pictured above left) was the guest speaker at Wednesday's event and described how he saw a great need for resources and information for those who were carers of relatives or friends. LCLC Caring for Carers program aims to also help and equip Carers within our community.

The launch also recognised the Centre's status as an official 'Carer Friendly' Neighbourhood House. Chairperson Alan Davis (pictured above right) placed the official decal on our door as an acknowledgement of this achievement.

Carers play a vital role in our community and we applaud all that they do so if you are a Carer of a loved one and are looking for connections and support, or you know of someone who is, we would love to hear from you.

WHERE TO GET HELP

COVID -19 VACCINATION CERTIFICATE

Do you need help in downloading your Vaccination Certificate?

The Leopold Community & Learning Centre can assist you in linking your digital vaccination certificate to the Services Victoria mobile app on your phone.

We can also help you to create a MyGov account, link to the Express Plus Medicare app and download your vaccination certificate.

Cost: \$5.00

If you have any questions or would like to make a booking to help you download your vaccination certificate, phone us at the Centre on: 52 501 301

KEEPING CONNECTED

Welcome to the 25th edition of Leopold BUZZ. You can view or download all issues of the newsletter on our website: www.leopoldcommunitycentre.com.au

OFFICE HOURS:

Monday – Thursday 9.30 – 3.30

Phone: 52 501 301

Email: info@leopoldcommunitycentre.com.au

Remembrance Day

Thursday, 11th November, 2021



Magpie Larks

Week 9

Home is where the heart is

All I can say is it is good to be back home and no sign of White Van Man! I give the Missus a peck and take flight to survey the street before checking out what delicious delights Mrs Greyhead has left out for us.... I may have a splash in the bath while I am there. Everything is looking good as I swoop past a band of pigeons scattering them in a flutter of feather before landing next to Swipes on the fence.

"Giddy mate," he says while he munches on his breakfast. "The old girl has outdone herself today, juice strawberries and nectarines", proven by the pink dribble running down the front of his chest. "You know Swipes I think pink suits you," laughs Baldy as he settles on the other side of Swipes on the fence who gives him a fierce stare then pretends to ignore him.

Hops is hopping about and singing in the bird bath making a splash, I decide to join him, both in the bath and with a trill. We are all feeling joyous to be back home in our street and as if to confirm our happiness, Mrs Greyhead pops out of the back door with more magpie treats and she is chirping away happily too. She is obviously celebrating our victory with us as neither White Van Man nor the Hulk have been spotted round here all week.

After wallowing in the bath for a while I perch on the edge of the bath, shake myself dry and then check out Mrs Greyheads new offerings. Mmmm, fresh apricots, my favourite! What a nice old girl she is! While I am enjoying my second helping of apricots I hear the familiar caw of Horace as he lands on the lawn nearby. "Howdy Bomber, just came to give you the latest on the White Van Man." We all go silent and the feathers on my back quiver with anxiety.



"It looks like the guy has been sent out to catch cats now...and you will never guess who he got in his trap!" Horace is chuckling to himself as we give him a steely stare as he takes his time sharing the news. "Poor guy cannot get a break, I see him pick up the trap as a black paw comes out the side and seriously scratches his arm, he starts screaming and howling and so does the cat...it's the Black Hulk! White Van Man still manages to load him into the van, and they drive off into the sunset!"

Horace is now rolling around on the grass laughing, I just feel relief and a small sense of triumph that we no longer have to deal with those two adversaries. I say farewell to my friends and fly back home to the missus to give her the good news. Hopefully we can all live peacefully ever after...Although the odd bit of excitement would not go astray.

THE END

This is the final instalment of 'Magpie Larks' written by our Manager, Kerrie Tomkins who has written all the short stories produced by Leopold BUZZ since its inception.

Kerrie has been the Manager of Leopold Community and Learning Centre for the past five years and has contributed to the Centre in so many ways, too numerous to mention, in fact it would take a whole Leopold Buzz edition to list!!

Kerrie is undertaking a new adventure and moving to Queensland at the end of the month.

We will miss her and wish her all the very best in this new Chapter of her life.



**DUE TO POPULAR DEMAND
A THIRD SEMINAR IS BEING
SCHEDULED!**



**Home is where
the heart is.
Stay there longer.**

HOW TO LIVE AT HOME LONGER

Our health needs change as we age, but one thing stays the same: our desire to remain living in our own home.

Living at Home for Longer is a **free seminar** that provides advice, tips and insights on how to continue living in your own home well into your senior years.

The seminar conducted by Latrobe Community Health is tailored for those aged over 65 years who want to know how to access government-funded subsidies to help them live happily at home for longer. The seminar also provides advice on navigating the 'My Aged Care' system.

To register phone the Centre on 52 501 301



Leopold Community & Learning Centre in conjunction with the Leopold Library are pleased to present the National Gallery of Victoria 'Kids on Tour' program.

Click and collect an art activity pack from the library and go on-line for other activities during the summer holidays.

Why not register your interest now by phoning the Centre on 52 501 301

The National Gallery of Victoria 'Kids on Tour' offers children and families throughout regional and metropolitan Victoria the opportunity to engage with art and creativity through a range of free hands-on activities and workshops.

The NGV Kids on Tour program takes place during the summer school holidays with many activities running throughout the NGV Kids Summer Festival from 9–17 Jan 2021.

All activities are free



ZUMBA GOLD

Monica leads this class especially designed for older active adults and beginners

Classes are held at the Centre, 31-39 Kensington Road, Leopold
Every Thursday at 1.00 p.m. Cost: \$5.00

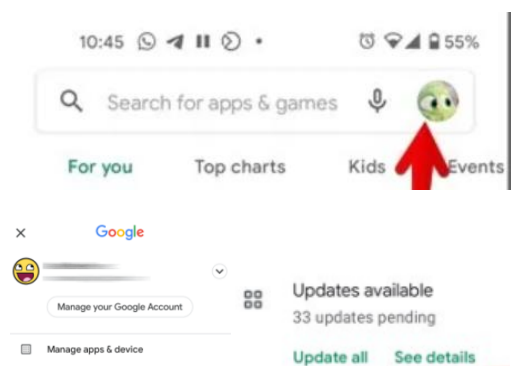
Tristan's Tech Tips

How to update an app

Google Android

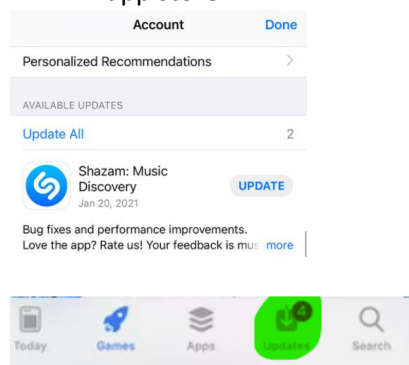
1. Tap on **Play Store**.
2. Tap on the circle (**profile icon**) to the top right
3. Tap on **Manage apps & device**.
4. Tap on **Updates available**. (If all up to date it will say *All apps are up to date* instead)

You can now **Update all** or update **individual** apps



Apple App store

1. Tap on **App store**.
2. Tap your **profile icon** at the top of the screen.
3. Scroll to see pending updates and release notes. Tap **Update** next to an app to only update that app, or tap **Update All**.
4. Note: Can vary depending on *iOS version* (there are new versions coming out every year). Updates may (or may not) also be found at the bottom of the screen of Apple app store.



Leopold Garden Club



I have just spent the morning feeding and watering all the plants I grow in pots. This includes many flowering plants: bearded irises, lilliums, gladioli and ranunculi; which are just some of those that I grow in pots that are flowering or about to flower. I also grow many vegetables in pots and foam boxes. This became my main method of gardening plants as a result of the water restrictions brought about by the drought we had some years ago. The main reason is still valid now as it was years ago water. I also found that it also brought several other advantages over time.

The obvious advantage is in water saving you only water the plant you want to water with the required amount. A collection tray or pot at the base can act as a collection point and reduce water loss. The other advantages are that as I have got older weeds annoy me more and get harder to reach when at ground level. In the pot they tend to be less of them and they are easier to get at. Weeding becomes manageable. In fact most parts of planting and maintenance become more manageable.

I can say our October meeting which was held outside with BYO chairs and in 2 groups because of number restrictions worked very well. So well; that it may become a way of enjoying the spring and early autumn weather. There was also interest expressed in increasing the number of times the Garden Club meet. This will be seriously discussed at our November meeting with the idea to formulating the club program next year.

Now for some practical information. I often see horse manure selling on the roadside. I use the horse manure to make a fertilizer tea for my plants. You often find that the manures you buy particularly horse is very fresh and full of weed seeds. The usual way around this is to make a pile and mature it and destroy the weeds by allowing it to rot down then dig it or work it through you garden beds. The fertilizer tea saves this process from needing to be done. Most home gardeners lack the space for such a pile. So make the fertilizer tea: just mix a quantity of manure in a bucket with water. Do this by putting the manure in a fabric bag (pantyhose does the trick) and sitting in the bucket of water. The length of time I leave it to soak is 1 – 2 weeks. I then put 1 litre of this liquid into a watering can and fill it with water (if too strong it can burn you plants). I then water my plants using this golden tea once a fortnight. Normal watering as needed by the plants in between feedings. The scaling up of the process of making your manure tea is dependent on the size of container you have available. The dilution is always around 1:10 when using no matter the size of your brewing container. If this has wetted your appetite for gardening then join our Leopold Community Centre Garden Club at its November meeting (3rd Monday at 1 pm).

We will still have restrictions on numbers so Phone 52501301 and speak to Sherrill to organise your spot.

Dimitrij Betz, Garden Co-ordinator