LEOPOLD BUZZ

YOUR COMMUNITY CONNECTION

ISSUE 46 | AUGUST, 2023



31-39 Kensington Road, Leopold 3224

Phone: 52 501 301

info@leopoldcommunitycentre.com.au



TUESDAY 5TH SEPTEMBER 2.00 P.M.

HIGH AFTERNOON TEA

Special Performance by 'Sing Out Strong' Community Choir

Due to the expected popularity of this event, places are limited. Contact the Centre on 52501301 to book your place. Cost: \$10.00

Please note that payment is required prior to the event.

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the Leopold Community & Learning Centre will be held at the Leopold Community Hub, Kensington Room, Level 1, 31-39 Kensington Road, Leopold on Monday 18th September 2023 at 4.00 p.m.

All are welcome to attend.

COMMITTEE OF MANAGEMENT POSITIONS: EXPRESSIONS OF INTEREST BEING SOUGHT

LC&LC are seeking expressions of interest from prospective community members and professionals interested in joining the Management Committee to fill vacancies and complement the balance of skills and experience of existing Committee members. (See inside for details)

KEEPING CONNECTED

Welcome to the 46th edition of Leopold BUZZ. You can view or download all issues of the newsletter on our website:

www.leopoldcommunitycentre.com.au or email:

info@leopoldcommunitycentre.com.au **OFFICE HOURS:**

Monday-Thursday 9.00 - 4.00



AROUND THE CENTRE

Gurli, a valued member of our 'In Stitches' Craft Group, celebrated her 80th birthday recently.
A special birthday cake made by June was enjoyed by everyone who attended the group and also the office staff





Level 1, 31-39 Kensington Road, Leopold

FREE CHILD CAR RESTRAINT

FITTINGS & SAFETY CHECKS

Leopold Community & Learning Centre invites local parents and carers to book in for a free child car restraint fitting or safety check!

Where: 31-39 Kensington Road, Leopold

When: 10th August 2023

Bookings are made online:

https://safeseatssafekids.com.au/venues-mec/

Please use drop down box and choose your venue.

Note: if you need to have more than one child car restraint fitted/checked you will need to make multiple appointments.

AND WELL PROGRAM

Mel Bald the Passionate Nutritionist

NOURISH YOUR GUT

The health of your gut also affects so many aspects of your health including your digestive system, your immune system, weight, inflammation, mental health and allergies. Come along to learn:

- ·How your gut works and why you should care
- •The most common symptoms of poor gut health and how you can improve them
- •The top foods to feed your healthy gut bugs and the foods to avoid

What prebiotics and probiotics are, and how to incorporate them

Wednesday 9th August at 10.00 a.m.

Cost: Free

Bookings are essential - Phone: 03 5250 1301

Leopold Community & Learning Centre Level 1, 31-39 Kensington Road, Leopold





Slow Stitching Workshop

Come along and join in the fun of this age old technique and learn different embroidery stitches

\$15 includes all materials Thursday 17.8.23 10.00 am



Bookings Essential: Phone 52501301

Committee of Management Positions

The Leopold Community & Learning Centre is seeking expressions of interest from prospective community members and professionals interested in joining the Committee of Management (COM).



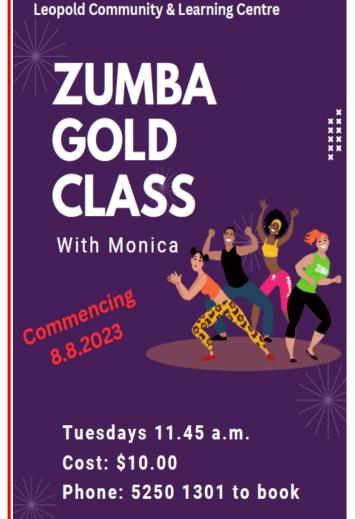
The Centre is located at 31-39 Kensington Road, Leopold and is governed by a volunteer COM We are a Not-for-Profit organisation offering a range of services including; health and well-being activities, personal development, social activities, various craft classes, technology support etc. for the community.

Members of the COM are expected to:

- Have a genuine interest in supporting a local grass-roots community organisation
- Have a strong connection to the greater Leopold area, either as a resident, worker, or business owner.
- Exhibit a strong collaborative approach to achieving community outcomes
- Contribute skills and experience to support the COM, Manager and local community.

The COM meets bi-monthly usually on a Monday evening with the average commitment time estimated at 2-3 voluntary hours per month.

Expression of Interest forms are availble at the Centre or: email: info@leopoldcommunitycentre.com.au



TRISTAN'S TECH TIPS

You may want to stop using your Internet provider email address Personal Opinion

Bigpond, iinet, Optusmail, the list goes on. These emails are provided to you when you sign up to these companies but are shut down when you leave them.

This is the first reason I would recommend against them. Competition is a great thing and when an internet deal that is \$20 a month cheaper comes around, there's nothing more frustrating than having to slowly migrate all your various internet accounts and correspondents to a new email account because they are going to shut yours down. Not only that but they may decide one day to discontinue email services, while that is unlikely it could happen.

Another reason is bugs and glitches. Free Gmail and Outlook accounts are not perfect, but don't seem to have a fraction of the problems internet service provider emails have. This includes emails disappearing, emails reappearing after deletion, unable to delete emails, saying the password is wrong when it isn't, unable to send emails and more. The hassle honestly makes me avoid my internet providers email address and just use a free one.

Gmail and Outlook also have programs and applications tailored to them which provide an easier user experience free from drama. In my opinion the Gmail and outlook apps on mobile phones are essential and a much better experience than the phones own email app.

Some internet provider emails don't offer a lot of space either which means your email account can get "full" of emails really quickly and you will have to delete a bunch in order to receive more emails. This can happen with Gmail and Outlook too of course but they are much more generous with space.

Finally, Gmail and Outlook will work anywhere in the world so you can have peace of mind getting your emails even if you go on holiday to other countries and don't have to worry about trying to get internet providers emails to work which can often be fiddly or downright aggravating to change settings around. Sometimes they do work well, but when they don't they are a nightmare.

While this is just my opinion, I really do think your life will be easier with either a free Gmail or Outlook account.

Leopold Garden Club



The July Garden Club meeting could be described in one word......... Compost.

It was the theme topic for the month which led into a lot of discussion and questions. Plants do not thrive unless fed and watered which is the case for all living things. Compost heaps are almost like a living being. They also need feeding and watering. The organisms that generate the compost need to be fed and kept watered to function as the breakdown agents for the production of compost. The raw materials are often described as green and brown components. The green are the easy first digested materials such as lawn clippings, weeds, vegetable peelings while the brown are the woody weeds, small branches, wood chip and shredded paper. The initial break down of material is the work of aerobic (need oxygen to function) bacteria. These prefer warmer conditions (mid 20's) which is why compost heaps work more quickly at warmest times of the year. This also allows fungus to develop and start on the woody material. The temperature in the initial phase can get to 40°C. Worms will also become active but as the temperature increases, they will retreat to cooler zones. After 40° the bacteria changes to those that are still aerobic loving but survive at higher temperatures. The heap can get up to 70°C. These elevated temperatures will kill seeds and other pathogens as part of the composting process. All this heat can dry a heap so an eye must be kept on the moisture level. Too wet and the process can become anaerobic (no oxygen) and smelly. Too dry and activity will also slow down or cease. That is why turning the heap helps aerate and mix the materials. It will take 6-8 weeks under good conditions to produce compost. It should be dark brown or black and crumbly with a sweetish smell. This is the result of fungus breaking down the cellulose in the woody components.

The ultimate aim is to make humus which will add to the water holding capacity of soil as well as increasing the fertility of the soil by making the minerals more water soluble after the composting process.

If you feel like getting more information or just meet fellow gardening enthusiasts, come along on the 3rd Monday of the month at the Leopold Community Centre at 1.30pm.

Cost \$5.00 – includes a cuppa and biscuit

Dimitrij Betz Garden Club Co-ordinator