

LEOPOLD BUZZ



Leopold Community &
Learning Centre

YOUR COMMUNITY CONNECTION

ISSUE 47 | SEPTEMBER, 2023

31-39 Kensington Road, Leopold 3224

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We live in a beautiful part of the world and the LC&LC Walking Group are making the most of it by organising their walks around the area.

Pictured above are some of the members of the walking group with the Co-ordinator (Lin Betz) behind the camera. The latest walk was at Ocean Grove but they also take walks around Portarlington, Curlewis, Queenscliff, Barwon River and of course Leopold.... just to name a few.

If you are interested in joining the group they meet every Monday morning at 10.00 a.m. at the scheduled location and finish the walk with a cuppa. Contact us at the Centre for more details on 5250 1301.

KEEPING CONNECTED Welcome to the 47th 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 am – 4.00 pm

UPCOMING EVENTS: SAVE THE DATE

WISER DRIVER

To be held over four consecutive Mondays:
November 6, 13, 20, 27

1.00pm to 3.00pm

Wiser Driver is a refresher course made available for free with thanks to Vic Roads. The course is designed for people in their senior years which includes information on road safety, changes in road rules with no driving involved. Topics include how driving has changed over the years, the effect medicines can have on driving, how to keep a car in good condition, how to assess your own driving and how to plan for the future.

HIGH AFTERNOON TEA

With thanks to the City of Greater Geelong Positive Ageing Grant, a High Afternoon Tea will be held on Thursday 16th November at 2.00pm. Cost: \$10.00
Tickets will be available in October.

CHRISTMAS FABRIC GIFT CONTAINERS WORKSHOP

The next Craft Workshop will be held on Thursday, 19th October at 10.00 a.m.
Cost is \$15.00 which includes patterns and all materials. Class numbers are limited and bookings are essential. For more information contact the Centre.

HEALTHY COOKING CLASSES

As part of our 'Living Healthy and Well' program we will be offering cooking classes on how to prepare and cook nutritional food. These classes will be held in October and November. More details to follow.



AROUND THE CENTRE

These lively looking gentlemen are enjoying a game of 500. Why not come along and join the Card Group that meets every Thursday at 1.00 p.m. to play 500, Rummy, Euchre, Uno and more.. Cost is \$5.00 which includes a cuppa and biscuit!



Discover the world around you

Are you keen to connect with nature and meet other like-minded friends? Why not take a Nature Stewards course!

- Learn more about your local and Victorian environment.
- Explore new employment opportunities.
- Hear from experts spanning Traditional Owners, CSIRO, Council, volunteering and industry.
- Find ways to connect with and care for nature.

Applications close 10 Sept
For more info & to apply go to
vnpa.org.au/naturestewards

Details

10 x classes and 4-6 x field sessions
Open to all over 18yrs

When

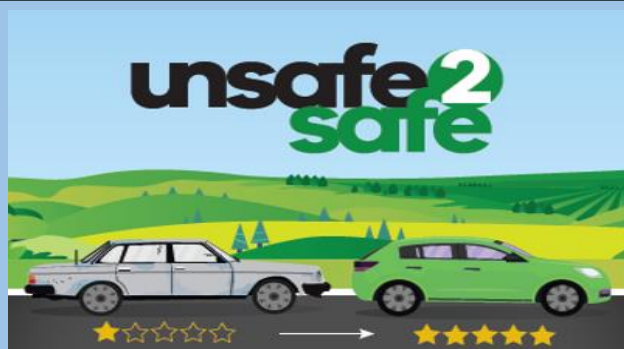
Saturdays, 23 September to 9 December
excluding AFL and Melbourne Cup long weekends
Classes: 9.30-12.30pm Field: 1.30-4.30pm

Where

Leopold Community Hub, Leopold

Cost

City of Geelong residents: \$140/\$70 conc*
Non-residents: \$350/\$90 concession*
*full time students, health care card & pensioner card holders



VicRoads unsafe2safe trial program is helping young drivers – 18 to 25 years – in regional Victoria into newer and safer vehicles.

The unsafe2safe trial program will provide up to 1000 eligible young, regional Victorians a \$5000 subsidy to purchase a newer, safer vehicle, when they scrap an old one.

A young driver is 15 times more likely to be killed in crashes involving older vehicles than the state average. By driving a newer car, drivers reduce the risk of dying in a car crash by up to 80%.

Register your interest engage.vic.gov.au/unsafe2safe.



Safe Seats Safe Kids visited the Centre in August and helped correctly fit child car restraints.

Thanks to Kids Safe Victoria, State Victorian Government and Neighbourhood Houses Victoria, the service is free.

Bookings are essential with the next visit due in November. On-line bookings will be available from mid-October.

We will keep you posted on the exact date!



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GROW YOUR OWN FOOD ORGANICALLY

FREE

Workshop run by Birdland Organic Seed

A variety of
extra seeds
will be on
display and
available to
purchase

- Site selection criteria and set up
- What to grow
- Soil preparation
- Irrigation
- Sowing Seed and Raising Seedlings
- Crop protection



Wednesday
6th September
10.00 a.m.

Ph: 52501301
to book

Free seedlings and seed packets
available, as well as printed
handouts with extra info.

Level 1, 31-39 Kensington Road, Leopold Ph: 52501301



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NOTICE OF ANNUAL GENERAL MEETING



2023

Monday 18th September
4.00 p.m.

Level 1,
31-39 Kensington Road
Leopold

All are welcome to attend

Taking Expressions of Interest

Beginners Computer Class

Designed for the absolute beginner who
has no experience in computers.

Held over four consecutive weeks

Cost: \$40 for entire course

Phone: 52501301



List of Regular Classes/Activities held at the LC&LC

- LC&LC Art Group
- 'In Stitches' Craft Group
- Canasta
- Scrabble
- Genealogy
- Community Choir
- Garden Club
- Book Club
- Mens Card Group
- Writing Lines
- 'Hit and Miss' Table Tennis Group
- Weights and Balance
- Zumba Gold
- Walking Group
- Document Signing

Tech Assist: One-on one assistance with
phones, tablets and laptops

TRISTAN'S TECH TIPS

Air Purifiers

One interesting piece of tech that's getting very popular is the air purifier. This is useful for the upcoming allergy season because it can reduce the dust, pollen, mold spores and pet dander levels in the home. They typically have filters with charcoal that capture all those particles as well as their smell.

If you live in areas that get smoky during bush fire season in high summer or you or your neighbor have an outdoor fire pit it can also reduce the smoke levels in the house too and give you some breathing room.

Some are also coolers or heaters as well which can be convenient in either winter or summer.

Many claim to be anti-microbial or reduce bacteria and virus levels in the house too but I'm not a doctor or scientist so I don't know if that is just marketing speech because of the fine filters they use to trap tiny particles.

Keep in mind they have an effective area which varies by model so unfortunately one air purifier can't work for the entire house unless you periodically move it from room to room.

These things are not cheap, but may well be worth it for allergy sufferers, asthmatics and people who have houses with lots of particles in the air which have been causing them respiratory distress.



Leopold Garden Club



The August meeting was well attended with 5 new attendees; a selection of plants were given away which included strawberry seedlings, parsley seedlings, chrysanthemum seedlings, snapdragon seedlings, and plants such as Hippeastrum, ginger and geraniums.

The topic of the month was Terra Preta (Portuguese for Black Earth) a soil found in the Amazon Basin. It was not a naturally occurring soil, but a very sophisticated form of compost with its blackness coming from the charcoal used in its preparation. When analysed it was found to contain pottery shards, animal bones, animal and human faeces, vegetable waste and charcoal. The Terra Preta was extremely rich in nutrients and was very high in micro-organisms. The Amazonian Basin has very poor soils generally because of the high rainfall causing nutrients to be leached away. This has resulted in a slash and burn form of farming; the rainforest is cut down burned farmed for a year or two by which time the nutrients have been leached out and the farmers move on. Where there are Terra Preta deposits (can be up to 2 metres deep, Terra Preta can regenerate itself at around 1 cm per year) crops can be grown year after year these deposits were the basis for sustaining of large city populations in ancient Inca and Aztec times. In recent work on Terra Preta, increase in yields of 18 to 40% are not unknown, when it has been applied to poor quality soils. Much work has been done to replicate the black soil not with great success. Charcoal is a major component it helps hold moisture and absorbs many of the minerals and nutrients for use by the plants. Water holding capacity can be increased by more than 10%. Just using charcoal alone leads initially to a loss of nutrients as these are initially absorbed by the charcoal until saturation is reached. The use of charcoal as soil improver has resulted in a product called Biochar. It is available commercially but is quite expensive for broad scale farm use.

The next meeting will be about soil analysis with the chance to get some simple methods to do your own analysis at home and will include the sharing of a range of seeds both flower and vegetable. So come along to the Leopold Community Centre at 1pm on the 3rd Monday of the month Cost \$5.00 (cuppa and a biscuit included)

Dimitrij Betz
Garden Club Co-ordinator