

LEOPOLD BUZZ



Leopold Community &
Learning Centre

YOUR COMMUNITY CONNECTION

ISSUE 49 | NOVEMBER, 2023

31-39 Kensington Road, Leopold 3224

Phone: 52 501 301

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The Leopold War Memorial Committee will hold the 2023 Remembrance Day service at the Leopold War Memorial, 91 Melaluka Road, Leopold on Saturday 11th November at 10.30am.

Members of the wider Leopold community are invited to attend where there will be an opportunity to lay wreaths and floral tributes during the service.

Members of the Lions Club of Leopold will provide tea and coffee following the service

INVITATION TO CELEBRATE CHRISTMAS IN THE COMMUNITY

The Leopold Community & Learning Centre warmly invites members of the greater Leopold community to celebrate Christmas 2023 on Wednesday, 6th December at 1.00 p.m.

‘Sing out Strong’ Community Choir will be performing as well as community singing and other exciting happenings including a DIY Christmas Photo Booth, so come ready with your camera or phone!

There will be nibbles aplenty and also a Coffee Cart with multiple choices of drinks.

The Centre will be closed for the Christmas period from 18th December and re-opening on Monday 8th January 2024.

KEEPING CONNECTED

Welcome to the 49th 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 9.00 a.m. – 4.00 p.m. Phone: 0352 501 301

AROUND THE CENTRE – Success at the Geelong Show for Craft members



Meg came to Australia in 1984 and soon after took her children to the Geelong Show, she saw the costumes on the dolls and thought "One day I'm going to make those costumes". Meg retired 6 years ago and did exactly that, with great success!!



Rose has been knitting since she was 6 or 7 years of age and has been entering events on and off at the Geelong Show for over 20 years, winning numerous awards.

Leopold Community & Learning Centre



Free!

WHOLE FOOD COOKING CLASSES

with Madelyn Carafa

Wednesday 18th October, 11am Breakfast

Wednesday 15th November, 11am Lunch

Wednesday 29th November, 11am Dinner

Taking the hustle out of healthy cooking with fuss-free, easy, and delicious recipes designed to nourish your body. These recipes use whole, real ingredients that will help you thrive, are (mostly) fuss-free, and most importantly, are good for the soul.

Bookings Essential: Phone 0352 501301

Level 1, 31-39 Kensington Road, Leopold



Leopold Community & Learning Centre



Leopold Community & Learning Centre
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Christmas Sewing Workshops

**Thursday
19th October &
16th November**

10.00 a.m.

**Cost: \$15.00 per workshop
includes all materials**

**Bookings essential:
Phone: 5250 1301**

Enjoy making

- *Wine bottle holder or crackers and cheese holder
- * Basket for chocolates etc.

ZUMBA GOLD CLASS

With Monica

Tuesdays

11.45 a.m.

\$10.00





Leopold Community & Learning Centre

Christmas Carols and Canapes

You are warmly invited to celebrate Christmas together as a community. 'Sing out Strong' Community Choir will be performing as well as community singing followed by delicious finger food and drinks

Wednesday 6th December 2023
1.00 p.m.

Bookings Essential: Phone: 0352501301

This event is FREE
With thanks to the 'Christmas in the Community' grant from the City of Greater Geelong




HEALTHY LIVING FREE SEMINAR

With Mel Bald
The Passionate Nutritionist




WEDNESDAY
8 NOVEMBER 2023
10.00 am

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

Do you need help reaching your health goals?
This seminar will help you gain practical insights into making health habits easier and provide diet tips to pave the way for a healthier heart, lower diabetes risk, reduce weight, and enhance your quality of life.

You will also have the chance to learn about and join the free Healthy Lifestyle Program called Life! which offers free health coaching sessions over 12 months, for eligible participants. Program sessions are run by health professionals (including Mel), and you will learn more about nutrition, physical activity, sleep, managing stress and setbacks and goal setting. You will receive a comprehensive participant workbook full of practical information and between sessions you will receive motivational emails to help you create healthy routines and habits.


REGISTER NOW: 03525 01301



**Safe Seats
Safe Kids**

**IS YOUR CHILD
TRAVELLING SAFELY?**

**FREE CHILD CAR RESTRAINT
FITTINGS & SAFETY CHECKS**






Leopold Community & Learning Centre

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: Thursday 9th November, 2023

How: Bookings are essential. Parents and carers (including grandparents!) can book in a free child car restraint fitting or check by registering through <https://safeseatssafekids.com.au/venues-mec/>
Please use drop down box and choose your venue.
Please note, if you need to have more than 1 child car restraint fitted/checked, you will need to book multiple appointments.

Why: 70% of child car restraints are incorrectly installed or used, posing a serious safety risk to children travelling in those restraints. For peace of mind, have a professional fitter check your restraints so you know your child is safe. For more information about the program, please visit kidsafevic.com.au/road-safety/free-child-car-restraint-checking-program

LEOPOLD COMMUNITY & LEARNING CENTRE

CARD GROUP



THURSDAYS AT 1.00 P.M.

500, EUCHRE, UNO.....
COST: \$5.00 INCLUDES A
CUPPA & BISCUIT



PHONE: 5250 1301
31-39 Kensington Road, Leopold

TRISTAN'S TECH TIPS

Can't sleep after night time browsing? Try Night mode on your phone or PC.

We have all done it. Watching movies or TV, browsing social media, anything that requires a screen, we have watched or read right up until it's time to go to bed (or even later!) and now we are too buzzed to fall asleep!

As said in previous tech tips such as the eye strain tip, the bright lights from our screens are unnatural and very stimulating (or even irritating) to the eye and brain at night and can potentially stop you from getting a good night's sleep. But Devices have a Night light mode which changes the colours to a warmer hue with much less blue light, a leading cause of eye strain and stimulation.

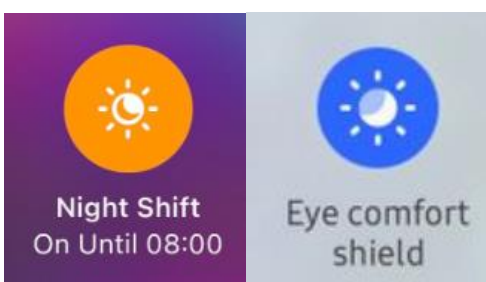
Try it out late at night before bed, I personally wouldn't use it during the daytime though because it changes colours and hue in a way that makes colour accuracy much lower.

On Android: Go to Settings, tap Display and tap (depending on the model) either "Night Mode" or "Eye Comfort Shield" to turn it on or off.

On iPhone: Go to Settings, tap on Display & Brightness then tap on "Night Shift".

It seems everyone has a clever name for the same thing.

I hope that helps you sleep after some night time scrolling!



Leopold Garden Club

Again, a well-attended October meeting with three new faces.

The topics for this meeting were - planting seeds, taking cuttings, plant division and transplanting. The secrets that came out were –

1. When planting seed, read the pack, do not over water or under water.
2. When taking cuttings, ensure you cut the base at a node and minimise the number of leaves. Use a rooting hormone for extra chance of success. The potting mix preferably, a seed raising mix. This will ensure good drainage with some water holding capacity. Put in a shady spot to minimise heat stress.
3. Plant division also calls for a balance between the number of roots and the leaves on the specimen. Err on the side of being ruthless as to leaf cover, this will reduce plant stress as the roots can only take up water at a reduced rate and less leaves means less stress. Again, a stint in the shade will also help the plant settle in.
4. Transplanting also requires a look at the root to top ratio, this becomes critical if moving a plant within the garden. Loss of roots is always a possibility so cut back the top. Again, be ruthless if not sure as an ugly alive plant which will grow back is better than a dead one. Transplanting from pot to pot is much easier. Make sure to wet out the plant in it's pot even if you sit the pot in water for a couple of hours. The wet soil will adhere to the roots much better than dry soil. Only tease the roots if the plant is pot bound. Trim some of the leaves in the teasing process (roots will be comprised). If transferring to the garden, wet out the hold before transplanting. If re-potting to bigger pot, wet out your potting mix. Often, if not always, a dry pot when watered allows the water to run between the pot wall and dry soil pouring out the holes at the bottom not wetting the soil and so not watering the plant.

The November 20th meeting will be a Christmas break-up lunch (you will be paying for) at the Leopold Sportsman Club at 12.00 noon. There is no December meeting as the Centre is closed from the 18th December. Anybody who was not at the October meeting and would like to come to the break-up, please contact the office on 52501301.

There will be a January 2024 meeting starting at 1.00 pm on the third Monday of the month (15th)

Happy New Year and Merry Christmas.

Dimitrij Betz
Garden Club Co-ordinator

