

# LEOPOLD BUZZ



Leopold Community &  
Learning Centre

## YOUR COMMUNITY CONNECTION

ISSUE 57 | AUGUST, 2024

31-39 Kensington Road, Leopold 3224

Phone: 52 501 301

info@leopoldcommunitycentre.com.au



## SAVE THE DATE!

Live Love Leopold is a Community Day event to bring ALL of Leopold together surrounded by the 8 domains of wellbeing (emotional, physical, occupational, social, spiritual, intellectual, environmental, and financial)

The Lions V Districts Cancer Foundation Inc. Free Skin Cancer Check and Awareness Unit will be there as well as many other groups, organisations etc. More details to come.



### Welcome to the 57<sup>th</sup> edition of Leopold BUZZ

Previous issues can be found on our website:

[www.leopoldcommunitycentre.com.au](http://www.leopoldcommunitycentre.com.au)

Office Hours: Monday-Thursday 9.00am to 4.00pm

## WHERE TO GET HELP



Dying to Know Day is a nationally recognised health campaign which aims to break down the stigma and awkwardness associated with talking about death, dying and grieving. The day is held annually on August 8<sup>th</sup> and will be marked with a free public event at the Leopold Community Hub Organised by **Compassionate Hearts on the Bellarine (CHoB)** a not-for-profit charity.

Topics include:

- \*Palliative care and social support at home
- \*Legal aspects related to dying
- \*Spirituality as death approaches
- \*Care of bodies, funerals and memorials
- \*Carers' support
- \*Volunteering with CHoB

CHoB has been operating for five years across the Bellarine. Trained volunteers work with individuals and their families who are experiencing a life-limiting illness, offering non-medical, 'good neighbour' support, it also advocates for a deeper understanding of the importance of living well and preparing for death.

### Dying to Know Day

Thursday 8<sup>th</sup> August

2.00pm – 4.00pm

Leopold Community Hub

Afternoon Tea provided

Contact:

Pauline Nunan 0417 433 142

## Are you ready to get your game on?

Why not come along and check out our various game groups. Each group meets weekly. Cost: \$5.00 which includes a cuppa and biscuit.



**MAHJONG** Mondays 1.00 p.m.

**CANASTA** Tuesdays 1.00 p.m.

**SCRABBLE** Wednesdays 1.00 p.m.

**EUCHRE** Thursdays 1.00 p.m.

For more information, phone us on 52501301

## COMMUNITY COOKBOOK

We have had a great response from the community with many delicious recipes already sent in for our Cookbook. It's not too late to share your favourite recipe/s and perhaps a story of what it recalls to you.

You can drop in your recipe/s to the Centre or email: [manager@leopoldcommunitycentre.com.au](mailto:manager@leopoldcommunitycentre.com.au)

We expect to produce the Cookbook in November and it should be available for purchase then. Those who have submitted a recipe will be given a free copy of the Cookbook.



### The course covers:

- Getting around without a car
- Safe use of public transport and using Myki with confidence
- Tips for taxi use
- Community transport and support services
- Travel planning and discounted travel passes
- Being a safe pedestrian
- Practical outing using public transport
- Customised to the transport options in your local area
- Promotes health benefits of continuous exercise and social interaction
- Up to date information
- Travel safely and confidently in your community

If you are interested in attending this FREE course register your details with us. Phone: 52 501 301

The course will run over 3 consecutive weeks on a Monday in September/October

Community Road Safety Grants | vicroads

BOOKINGS ESSENTIAL: 52 501 301

# TRIVIA WITH AFTERNOON TEA

**FREE**

Seniors Festival 2024

**MONDAY**  
**7TH OCTOBER AT 1.00 PM**

LEOPOLD COMMUNITY & LEARNING CENTRE  
Level 1, 31-39 Kensington Road, Leopold  
PHONE 52501301

Leopold Community & Learning Centre

CITY OF GREATER GEELONG



## AROUND THE CENTRE



Lorayne is doing a wonderful job teaching the ladies how to crochet a tartan rug.

It seems to take a lot of patience and skill to create these rugs but according to Lorayne 'anyone can do it'.

If you haven't crocheted before, Lorayne is offering to teach you how!

Contact us on 52501301 for more information

## CHATTY CAFE

**Mondays and Wednesdays  
10.00 a.m. to 12.00 p.m.**



Why not join us for a cuppa, cake and chat  
Everyone is very welcome!



## SCAM AWARENESS TRAINING



**Presented by Bellarine Neighbourhood as part of  
Bellarine Police**

*Learn about scams and how to protect yourself.  
Knowing what the common types of scams are,  
and what to look out for could save you from  
becoming a victim.*

**When:** Monday 2nd September  
**Time:** 10.00 a.m. - 11.00 a.m.  
**Where:** Leopold Community & Learning Centre  
Level 1, 31-39 Kensington Road, Leopold  
**Cost:** Free

Phone 0352 501 301 to register your interest

## PRODUCE SHARE

If you have any excess fruit, vegetables etc. from your garden, please consider donating your produce to the Hub where it will be available to the community for people to take what they need.

Produce can be left at:  
Leopold Community & Learning Centre,  
Level 1, 31-39 Kensington Road, Leopold  
Monday -Thursday 9.00am to 4.00pm.

Any donations of excess produce from your garden would be gratefully received.



# TRISTAN'S TECH TIPS

## Opinion Article

### Third Party Car Tech

Dash cams, reverse cams and Bluetooth radio receivers. New cars come with all this and more standard, but they can also be added to older cars.

#### Dash Cams

I don't have a dash cam, but every time I see some crazy video on YouTube showing other drivers on the road I seriously consider getting one. Dash cams record the front (or back if you get a rear cam) windscreens when you drive and are usually absolutely not needed. Unless you get into an accident that is. Many people have gotten into accidents and been able to prove they are not at fault to insurance or police by showing footage from their dash cam of exactly what happened. A tempting buy indeed.

#### Reverse Camera

If you are having trouble reversing or even have a car with a bit of a blind spot in your rear windscreen, reverse cameras can be a lifesaver. These cameras show what is behind you, including what is directly under the windscreen which many cars with "big boots" may struggle with. They can also give you an idea of the *approximate* amount of space you have left between you and say a wall, letting you make tight parks even in big a Ute. *Do not rely entirely on these cameras though* because they aren't perfect, you can still miscalculate or miss things (or people) entirely if you rely on the camera and are not looking out the windows and rear windscreen too.

#### Bluetooth Receivers

I have this one. It takes over a radio frequency of your choice on your car radio and allows you to play music as well as make calls wirelessly from your phone using the car speakers and a microphone in the receiver. This allows you to use your phone "Hands Free" which is legal for full licence drivers but *still illegal for "P" platers in Victoria*. This can be useful for answering phone calls, playing your favourite music/ podcasts and having Google maps voice instructions from loud car speakers instead of your phone which can sometimes be drowned out by road noise and is illegal to do non hands free. Most of these plugs into the old cigarette lighter port of a vehicle for power.

# Leopold Garden Club



The July get-together was a crowded event with 30 attendees which included 5 newbies. Not a record but very close (32).

As indicated in the last article in July's Buzz, request for plants were made and the requestees were all made happy. This prompted a list being circulated to let requests be recorded and hopefully those will be filled over the next few meetings.

Several questions were asked, the one that caused heads to nod was the question of when and where to grow seeds and plants. The answer given was that this depends on the plant and the climatic conditions it comes from. As an example, consider the purple cone flower (*Echinacea purpurea*) an American plant that requires a cold treatment to ensure a better chance of germination. It is from the East Coast of Northern America which gets a good coverage of ice and snow during winter. Plant breeders have found giving the seeds 6 weeks in the fridge aids germination.

So, the advice is find out where the plant comes from and plan accordingly. Your home is a place with several climate zones. There will be hot spots, cool shady spots, wetter areas, drier areas. Take these into account with the needs of the plant.

By doing a little research, you can save money (no need to buy replacement plants) and get you plants that will enjoy the various climate zones around your house.

Come along to the next meeting on 19<sup>th</sup> August at 1.00 p.m. Cost is \$5.00 which gets you a cuppa, answers to your questions and good company.

**Dimitrij Betz,**  
**Garden Club Co-ordinator**

**Next Meeting: 19<sup>th</sup> August at 1.00 p.m.**