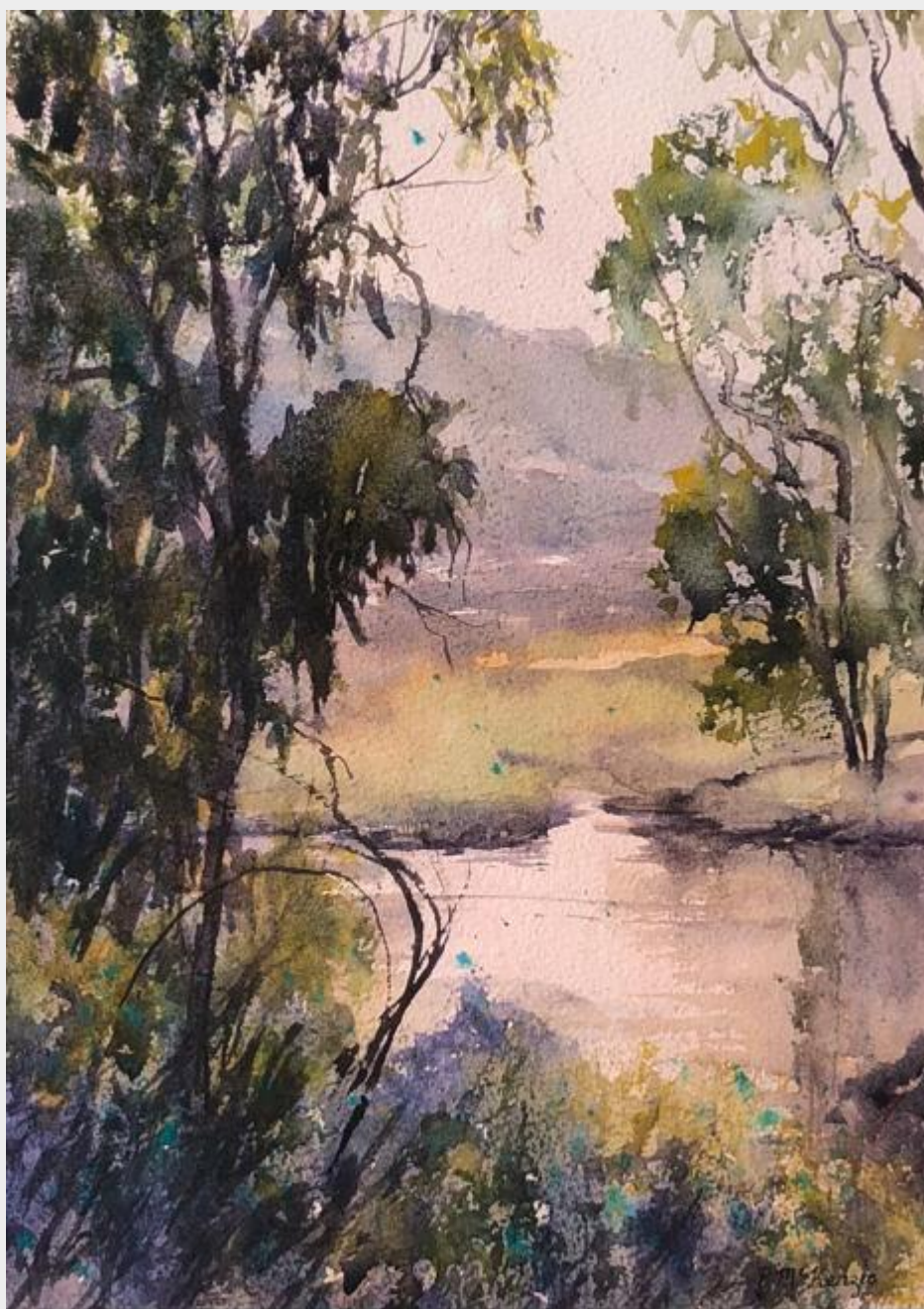




## The Art of Watercolour



Pat McKenzie, the artist who created this lovely watercolour painting, is offering her skills and talent to teach a one-day workshop in May.

Whether you are looking for a new creative outlet or would like to enhance your skills, this workshop could be a perfect place to begin.

See page 2 for more details on the Watercolour Workshop.

**Welcome to the 64th edition of Leopold BUZZ**

Previous issues can be found on our website: [www.leopoldcommunitycentre.com.au](http://www.leopoldcommunitycentre.com.au)

Office hours: Monday to Thursday 9.00am to 4.00pm



# WATERCOLOUR WORKSHOP

with Pat McKenzie

Pat has won many awards for her work over the years, including Best in Show at Lorne Art Show, Anglesea Art Show, Birregurra Show. She has obtained many commissions for portraits, landscapes and seascapes and including painting 12 watercolours for the Great Ocean Road Chocolaterie and Icecreamery, of which these images form the packaging on their gourmet range of chocolates.

Many of her paintings are now hanging in private collections both in Australia and Internationally

Learn how to paint a wash. composition, tones, reflections, gum trees etc.

Class is suitable for all standards

**When:** Saturday 10th May 2025

**Time:** 10.00am to 4.00pm

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

**Cost:** \$80 for the day - includes tea/coffee  
BYO lunch

Students will be provided with a list of items to bring

**TAKING EXPRESSIONS OF INTEREST: 0352 501 301**



## ‘A taste of life’

A series of six workshops with demonstrations and tastings of how to cook delicious, healthy food on a budget

### WORKSHOP 2: DUMPLINGS

Discover the art of dumpling-making in this exciting cooking demonstration! Watch step-by-step as we create everything from scratch, including dough, two tasty fillings, and a mouth-watering dipping sauce. You'll have plenty of opportunities to ask questions, learn new techniques, and taste the finished product!

**MONDAY 31ST MARCH 10.00 AM**  
**COST: \$5.00**

**Bookings Essential: Phone 0352 501 301**



Leopold Community &  
Learning Centre



## FAMILY HISTORY DISCUSSION GROUP



The Family History Discussion Group meets every Tuesday at 1.00pm. Each week there will be a different topic:

First Tuesday of the month:	Theme topic
Second Tuesday of the month:	Locations
Third Tuesday of the month:	DNA
Fourth Tuesday of the month:	Beginners
Fifth Tuesday of the month:	‘Show and Tell’

Cost: \$5.00 which includes a cuppa



**Level 1,**  
**31-39 Kensington Road, Leopold**  
**Phone: 0352 501 301**

Hearing Australia

**FREE**  
**15 MINUTE ADULT**  
**HEARING CHECKS**



Hear this  
**LEOPOLD**



Join us to discuss your hearing needs with a  
FREE 15-minute hearing check for adults at:

LEOPOLD COMMUNITY & LEARNING CENTRE

WEDNESDAY 5TH MARCH 9.30am-2.00pm, Ph 03 5250 1301

134 432 hearing.com.au

Conditions apply under the Australian Government Hearing Services Program

HEARS&CO2024



## About Dementia

This workshop provides an overview of dementia. It covers the risks, prevalence, types of dementia and the triggers leading to changes in behaviour, as well as where to access services and support.

### You will gain knowledge in:

- \*The nature of dementia, including prevalence, risks, types of dementia, how the brain works and signs of dementia
- \*Understanding triggers contributing to behaviour changes associated with dementia



**When:** Wednesday 12th March

**Time:** 10.00 am

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

**Cost:** Free

**PLEASE PHONE US ON 0352 501 301  
TO REGISTER YOUR INTEREST**



## A refresher course for responsible older drivers.

Join us for an informative, informal, and friendly refresher course, to upgrade your knowledge and build on your experience to keep you driving safely. The program is purely educational and there is no driving involved.

### Driving today

- How driving has changed over the years
- Our strengths as older drivers
- Overcoming the risks
- Tips for wiser driving

### Safety tips for wiser driving

- Keeping your car in good condition
- Night time driving
- Planning ahead
- Medicines and driving

### Safety rules

- Changes to the Victorian road rules
- What to do in a crash
- Fun quizzes to check your knowledge of the road rules

### Car safety features

- How safe is your car?
- New mandatory requirements
- Tips for buying a safer car
- Used Car Safety Ratings.

### Being roadworthy

- Assessing your own driving skills
- How ageing can affect your driving
- Staying safe – helpful hints

### Planning for the future

- Retaining our licences
- Occupational therapy driver assessments
- Using Public Transport to supplement driving

### Resources included:

- Vic Roads: Road to Solo Driving Handbook
- Online Videos from RACV & VicRoads
- Fun quizzes to update your knowledge of the road rules
- Visit from Vic Police to answer your questions and queries

### This course is FREE

**4 sessions x 2 hours over 4 weeks**



**Where:** Leopold Community Hub

Level 1

31-39 Kensington Rd, Leopold

**When:** Monday

28 April, 5, 12, 19 May 2025

**Time:** 10.00 – 12.00 pm

To inquire about joining the course at Leopold Community & Learning Centre

**Phone:** 03 5250 1301

# IT'S OK TO ASK FOR HELP

LIONS CLUB OF LEOPOLD  
MENS HEALTH AWARENESS DAY



**23RD MARCH 2-5 PM THE HUB LEOPOLD**

LIONS CLUB OF LEOPOLD OFFER THIS DAY WITH THE SUPPORT OF  
KENSINGTON HILL MEDICAL CENTRE  
THE MENS SHED AND LOCAL BUSINESSES  
MENS MENTAL HEALTH AND WELLBEING IS IMPORTANT

The Lions Club of Leopold is holding a Men's Health Awareness Day at the Leopold Community & Learning Centre, Level 1, 31-39 Kensington Road, Leopold on Sunday 23rd March from 2-5pm. Entry is by gold coin donation and afternoon tea will be provided. No booking required

The event is supported by the Kensington Hill Medical Centre, The Men's Shed, Strong Dads; a speaker from Barwon Health talking about Men's Mental Health and there will also be sessions run by paramedics and a local pharmacist.

It's an opportunity for men to come together in a safe space with discussions around their health needs in general, Cardiac Health, Prostate Health and Mental Health Support

The Lions Club of Leopold is grateful to the professionals and local group who are giving their support and time to this event and hope this may become a yearly event.

## TRISTAN'S TECH TIPS

### Why I recommend having at least two email addresses

When I was a child, I made my first email address. It was a "Hotmail" address, which at the time was the only free email addresses available. I signed up to all sorts of websites with that email address and learned a very important lesson nice and early: there are companies out there who *will* sell off your email address and you *will* end up with mountains of junk mail. It got so bad; I abandoned that email address and made a new one. Now I have several.

To minimise annoying spam or having your email address sold off, I highly recommend at least 2 email addresses.

The first email address will be one that you sign up to services that will probably eventually sell your address on to "marketing providers" who will then sell you to spammers. Use this email to sign up to things like "Netflix", "The Age" and real estate applications.

The second email address will be for personal correspondence or places you feel will be ok to give out your email to such as friends, family and your place of work. You will have a much cleaner and less stressful inbox where if you get an email, it is likely actually important.

You can even split off from here with even more email addresses if you like. I have a work-related email that only receives emails that are relevant to my job, an email just for my Google account and emails for specific websites and accounts. If one email address gets compromised, no matter because it has nothing to do with my other email addresses.

In today's world, two emails are essential, even if just so you don't need to wade through the spam and advertisements to get to the relevant emails you are after. So, feel free to make some free "Outlook" and "Gmail" accounts, they are free after all!

## Leopold Garden Club



The April meeting was well attended (28) with 4 new attendees.

The main topic for discussion was about testing your soil. This will be done next meeting so if you want to be involved, bring 200gms of your soil, a straight sided sealable glass or clear plastic container.

The process is very simple and will give an indication of your soil type and its likely characteristics with regard to gardening and plant nutrition.

Notes will be made available.

At the next meeting as well, the sharpening of tools will be demonstrated and an opportunity to have your tools sharpened for you. A donation to the Leopold Community & Learning Centre of \$2.00 per tool will be asked for this service.

This opportunity will be available at future meetings and if it is well subscribed, then tools for sharpening will also be taken by Joe Lovell who will sharpen the tools and return them to the Centre to be picked up.

The meeting saw several attendees bring in plants and bulbs to share with others.

If you want to be part of this community activity, it takes place on the third Monday of the month at 1.00pm – 3.00pm. Cost is \$5.00 which includes a cuppa and biscuit and very good company.

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

**Next Meeting: 17<sup>th</sup> March 2025**