

LEOPOLD BUZZ

YOUR COMMUNITY CONNECTION

ISSUE 16 | FEBRUARY, 2021



Leopold Community & Learning Centre

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LEOPOLD GARDEN CLUB

The Leopold Garden Club is a recently formed group that meets at 1.00 pm every third Monday of the month at the Leopold Community and Learning Centre (Cost \$5.00) led by Dimitrij Betz, Horticulturist. Dimitrij will also be a regular contributor to Leopold Buzz, offering gardening advice and tips every month. In his own words.....

"After accepting the position of voluntary Garden Club Co-ordinator, I thought I would tell you a little about myself and my plans for the Garden Club in 2021.

I have qualifications in Horticulture and run my own plant business; even taught Horticulture to tertiary students, but also to prisoners at Margoneet and Barwon Prisons.

At this stage the Garden Club is only for 2 hours on the 3rd Monday afternoon of each month. My plan is to break those 2 hours up into a ½ hour talk about a topic of interest, ½ hour of Q & A not only on the topic but any gardening questions that may be troubling those in need of guidance and the last hour hands on gardening practices. I hope we can start a seed bank, also start specialist interest groups within the Garden Club.

My own current interests are apples (have over 90 varieties in my home orchard areas), tomatoes (have grown and tried about 150 varieties), Bearded Irises (have dozens of colour variations), I have experimented with many different types of plants over the years and grow a lot of plants in pots from flowers to fruit trees.

I hope this wets your appetite for more and inspires you to come along to the Garden Club. So why not attend our next meeting on 15th March and get answers to the most interesting questions. Who is this strange man? What could he tell me that will make my garden bloom and grow? You'll be surprised."

Dimitrij Betz

WHERE TO GET HELP

Carers Victoria is delivering 'Mind the Step', a FREE four-week online program for carers who feel they would benefit from building their personal resilience and connecting with others in similar situations. The program is facilitated by qualified counsellors via Zoom for 90 minutes each week to support carers in Western Victoria. Participant numbers are kept small to provide a safe and supportive environment.

Come along and join other carers to:

- Enrich your mental health and wellbeing
- Explore how to create balance in your life
- Build awareness of resources and support services
- Connect with other carers and support networks
- Share your experiences in a safe space
- Feel more empowered as a carer

This program is for anyone living in Western Victoria who is in a caring role.

REGISTER YOUR INTEREST AND FIND OUT MORE BY VISITING

www.carersvictoria.org.au/mindthestep or email mts@carersvictoria.org.au

KEEPING CONNECTED

Welcome to the 16th 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 9.30 – 3.30

Phone: 5250 1301

Magpie Larks

I start singing up the sun, now my mate Swipes joins, he is in his usual spot on the branch below me. In the tree across the road Hops and Baldy start up and soon the whole gang is helping me as we chorus together to warble in the dawn.

“Right, I’m off for some breakfast, who’s joining me?” I ask; “wait for me Bomber” calls Hops as I take off for my usual haunts. I start at Greyhead’s back fence – she’s a good stick and always has something on the back fence for me. I select myself a tasty treat and alight onto the lawn to tuck in and then bam! I am knocked over, rolling around on the grass. As I get up and shake my head I see Hops rolling around on the grass too – he thinks he is hilarious! “Got you a good one mate!” I give him my best death stare, “Can’t a magpie have his breakfast in peace? You’re a real pain in the tail feathers, do you know that?” He is such a joker and comes over to bounce me again.

Right, I think as I charge into him with my head butt move and bowl him over, he comes in with his hopping attack, but I am ready for him and dodge out of the way and he runs past. I make a quick flight manoeuvre and land on his back and he crumples to the ground – I win! Just as we finish our joust I get the sense that someone is watching and I see Mrs Greyhead at the back door, she is making funny gurgling sounds so I move closer to check she is ok. Whoa, get back lady, she moves forward towards me with her hand out to pat me...Is she serious? I am a wild creature and nobody’s pet, yeah sure I like the old girl but I am not letting her mess with my tough bird rep!

I alight onto the fence, grab a treat and take off to sit in the nearest tree and tuck in. Just as I am wondering where Hops has got to I see him pecking away at his own breakfast on the branch below. “Looks like someone is Mrs Greyhead’s favourite magpie...kissy kissy, ha, ha!” Hops thinks he is so funny... I fix him with my deadliest death stare again. “Shut your beak and finish your breakfast, we got magpie parliament soon, so hurry up you joker,” I tell him.

We head off to the gathering tree together, we have important matters to discuss, “cat matters,” there seems to be an increase in numbers lately and they are a real danger – there is a lot to discuss, the two legged ones seem to be at home more and this matches with the increase in cats and dogs. Dogs are bearable as they usually just shout and run at us, but, the cats are sneaky and

use ambush tactics – we have already lost three of our parliament to them. We need to act now before more of us are killed. My missus is really worried for the young ones.

Arriving at the territory tree by the river that marks the edge of our patch I see most of our charm are there and Baldy is sitting on a branch leaning over the river – I see the missus on the branch above him so I land next to her and give her neck a rub with mine in greeting. “Okay then, we were just waiting for you two, the magpie parliament next door is joining us today as they are having the same problems as us so we are just waiting for the last of their charm to arrive,” he says puffing his chest up like he is important or something.

While we wait I give the missus a treat that I got from Mrs Greyhead as she does not usually venture too far from the nest as the young ones are still learning to fly and scavenge, I notice they are on the branch further up messing about and I tell them to cut it and sit quiet. Baldy greets the charm from next door who are on the tree opposite and puts on his ‘I’m an important bird look, “Thanks everyone, as you know we are here to discuss the problem of threat of The Cats and work out a strategy for dealing with them, welcome to our neighbouring charm, we’ll start by listening to what they have to say.

Well, I never heard such a raucous, they all start warbling at once till Baldy calls it quits and tells them to go one at a time. Eventually they stop and the one on the lowest branch starts, “the increase of cats in our branch have unfortunately lead to the deaths of more than five in our charm. The problem is they are out hunting us both day and night and we have identified one black and white cat that is raiding our nests in the dead of night.” The missus shakes all over, this is one of her fears. “We have started night watches with a male on guard at each nest, but the cat waits for its opportunity when we doze off to sleep and then whop, it pounces!”

We all nod our heads – Baldy in a particularly sage manner – as we have experienced the same thing. Swipe says, “I think we need to be proactive and hit the cats full on before we get to our nests – day and night!” I agree with him, but we need to do it strategically. I think, “It is time to become singing assassins and deal with these cats!”

What strategy will the magpies come up with? Will they defeat the cats? Find out next edition.

[Discover interesting facts about magpies on page 4](#)

WELLBEING FORUM

BREAKING DOWN DEPRESSION



Breaking down Depression

A **free** 40-minute presentation given by a trained presenter from Black Dog Institute who has personal experience living with depression, or of caring for a loved one. It is suitable for anyone with or without a depression condition, helping you to boost your knowledge and get better support, while building stronger resilience and better relationships.

Topics covered

- * Causes, signs and symptoms of mental illness
- * When and where to seek help
- * Practical strategies for helping a friend or family

This is the first in a series of free forums focusing on mental wellbeing

TUESDAY 2ND MARCH, 2021

11.00 a.m.

31-39 Kensington Road, Leopold

You are invited to join us for a light lunch following the presentation

To register contact the Leopold Community & Learning Centre by phone: 52501301 or email:

info@leopoldcommunitycentre.com.au

Registrations close: 25th February, 2021

GUITAR & UKULELE LESSONS

Ever wanted to learn how to play the guitar or ukulele?

Learn in a group or one on one, no experience required.



Mondays 12.00 – 4.00 p.m.

\$15 for 30 minutes or

\$10 for 40 minutes in groups of 3

Bookings essential: Phone 52501301

Technology Tearoom

**Mondays, Tuesdays and Wednesdays
10am—2 pm**

Trouble shoot those one off problems you are having with your phone, tablet, online form or computer.

Cost: \$5.00 for 20 minutes.

You will receive one on one assistance.

Phone: 52501301 to make an appointment
Bookings essential



Beer Bread and Ricotta Cheese Workshop



Never go without bread or cheese again with these easy and tasty recipes







To be held on a Tuesday afternoon 12.30-2.30

Cost: \$30 (Concession \$20) Includes most ingredients

Bookings Essential 52501301

TRISTAN'S TECH TIPS

Useful tech gadgets

-  **Bluetooth FM car Transmitter:** \$14 Kmart. This device plugs into your cigarette lighter spot on your car and lets you to play your own music/make or receive calls through your car radio using your phone.
-  **Wireless charger:** Various Prices. Allows you to charge Wireless capable devices, just place the device on the podium.
-  **Wireless Ear buds:** Various Prices. Cut the cord and listen to your music with no tangled wires.
-  **Smart watch/Fitness trackers:** Various Prices. Not only tells the time, but it also tells you your heart rate, blood oxygen levels and more. Very useful for people who need to keep an eye on their heart's BPM.
-  **USB C dongle/adaptor:** can be used to expand the usability of your Laptop and Smartphone, provided they use a USB C port, which most modern devices do, iPhones being a noticeable exception. Gives you access to more USB ports, an HDMI port and more, depending on what "dongle" you buy.
-  **Bluetooth speaker:** Various Prices. Can be big or small, portable or stationary. Connects to your phone, tablet or Laptop and can provide, depending on quality better sound than the devices themselves. Some are waterproof and can be taken to the beach, pool or even into the shower. I won't tell you how to have fun.

5D DIAMOND PAINTING

Sarah Baker runs the 5D Diamond Painting Group meeting at the Leopold Community and Learning Centre on the 1st and 3rd Monday of the month at 12.30 p.m.

For those who are not familiar with 5D Diamond Painting, it is very similar to colour by numbers. A key chart is provided indicating what symbol represents what colour you need to use. Instead of using pencils, paints etc. you're using small rhinestones, called Diamonds. Using a special pen, the canvas has a layer of glue specifically designed to make your diamonds stay on.

Design options are huge: pre-selected prints are available or a photo of a person or animal can be printed on the canvas to make that special memory into a 5d work of art to hang or gift to someone special.

According to Sarah, It's a really inexpensive craft that's very relaxing and rewarding.



The picture above is a work in progress and a fund raiser for the Royal Children's Hospital.

Paul Dixon, a member of the group is using 238 colors on this 'Bubble' painting measuring 1.5 x 2.5 metres!

If you would like to support Paul and his efforts to donate money to the Royal Children's Hospital, visit his Facebook page:

<https://www.facebook.com/Pauls-RCH-Fundraiser-102823094804699/>

Some facts about magpies:

- * They recognise other magpies and the faces of people
- * Only around 10% of magpies will swoop.
- * Magpies mate for life.
- * Magpies can mimic about 35 species, as well as dogs, horses and car alarms.
- * A group of magpies is called a charm, gulp, murder or parliament.
- * Each charm consists of around 10 to 12 magpies.

Exercise your Brain: Answers

1. When it is 9 AM, add 5 hours to it and you will get 2 PM.
2. They are pronounced differently when the first letter is capitalized
3. A plate
4. They were not playing against one another!
5. Five