



YOUR COMMUNITY CONNECTION

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31-39 Kensington Road, Leopold 3224

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The Leopold War Memorial Committee has planned an Anzac Day service, starting at 8.00 am Tuesday, 25th April at the Leopold War Memorial on the corner of Stringer Lane and Melaluka Road.

“Come and join us on Anzac Day to pause and reflect on the service and sacrifice of generations of Australians and New Zealanders who went to war and those who suffer in silence the effects of war. Now more than ever is a time to pray for peace.”
Keith Pettigrew, Chairman Leopold War Memorial Committee.

The Leopold Lions Club will assist at the service, including provision of a gunfire breakfast at the conclusion of the service.



A brand new FREE Digital magazine for Geelong, Local Not-For-Profits and small business owners has arrived.

The Find Geelong was established in 2019 and is owned by the Find Foundation, a Not-For-Profit organisation with its core focus of helping other Not-For-Profits, schools, clubs and other similar organisations in the local community – to bring everyone together in one place and to support each other. They provide the above organisations FREE advertising in the community paper to promote themselves and to also make the community more aware of the services these organisations can offer. The Find Geelong has a strong editorial focus and is supported via local grants and financed predominantly by local business owners. If you'd like to receive your FREE copy register online:

<https://findgeelong.com.au/welcome-to-find-geelong-community-paper/>

KEEPING CONNECTED

Welcome to the 42nd 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 – 4.00

Living Healthy & Well

'BACK TO BASICS 2'

This session contains ideas on making simple basics into many healthy, tasty and versatile foods. Knowing what is in your food and starting to fill the pantry with basics you know and trust.

- Basic muesli into birchers muesli & muesli bars.
- Basic stock into fridge ready, freezer & powder storage.
- Basic homemade rubs, seasoning and condiments.

Wednesday
12th April 2023

10.00 a.m.

Phone: 52501301



Refresher course for responsible older drivers

Cost: FREE

4 sessions x 2 hours over 4 weeks

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.

Where: Level 1, 31-39 Kensington Rd, Leopold

When: Monday 1, 8, 15 & 22 May 2023

Time: 12.30 – 2.30 p.m.

Phone: 03 52501301 to book



Consolidation of Classes – Term 1 Weights & Balance and Core & More classes were offered at two different times each week; however Term 2 will see a consolidation of times, with one class each per week.

The Classes will be in recess over the school holidays and recommence on Wednesday 26.4.23 -Weights & Balance and Thursday 27.4.23 - Core & More

WEIGHTS & BALANCE **Wednesdays 1.00 p.m.**
CORE & MORE **Thursdays 9.15 a.m.**

WEIGHTS & BALANCE (60 minutes) focusing on functional strength, balance and range of movement, this class uses interval and circuit style training to build muscular strength with a range of upper and lower body exercises to create a whole-body workout!

CORE & MORE (60 minutes) a lower intensity class focusing on core and postural strength using Swiss-balls and chair exercises, as well as optional floor-based exercises. This class incorporates dynamic stretching and simple body weight exercises to encourage better range of movement and flexibility.

For more information phone: 52 501 301

Cost: \$10 per class or \$8.00 per class per term



Document Signing



Greg Burgess, Justice of the Peace, is making himself available for document signing on the first Thursday of each month from 1.00 – 2.30 p.m. at the Leopold Community & Learning Centre. He will also be available by appointment on every other Thursday, bookings are essential. Phone: 52 501 301 to make an appointment.

Justices of the Peace are volunteers who offer a valuable service to the community and there are a small number in Leopold who also offer their services within the area.

BELLARINE WRITING COMPETITION

Short Story Competition 2023

First Topic: Through the Window

Winner: "Moonlight" by Kirsten Aplin

Kirsten's winning story can be found on Our website:

www.leopoldcommunitycentre.com.au
Under "Community Noticeboard"

Always wanted to sing?
Want to meet new people?

'Sing out Strong' Community Choir

Tuesday afternoons
2.00 – 3.00 p.m.
During school terms

It doesn't matter whether
you are a complete beginner
or a regular performer.
We'd be delighted to hear
from you!

Phone 52501301



Leopold Community &
Learning Centre

Bendigo Bank

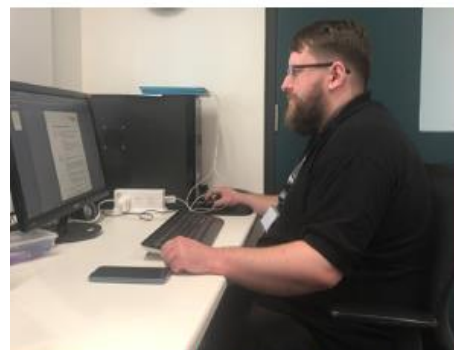
Community Bank
Leopold

The Choir will be in recess over the school
holidays and recommence 2nd May 2023.

Tech Assist - Plus

For those with a pension/concession card who have little or no knowledge of technology or just need a little assistance.

With thanks to the Community Bank Leopold, the Leopold Community & Learning Centre is offering, for a limited time, free consultations with our Technology Tutor, Tristan.
To be eligible, you will need to hold a pension/concession card.
Simply phone us on 52501301 to make an appointment.



Tristan is available Monday -Thursday by
appointment

Bendigo Bank

- ✓ Help swapping to a new phone - transfer contacts and photos etc.
- ✓ Help with using laptops, phones etc
- ✓ Help with on-line forms
- ✓ Windows 10
Windows 11

TRISTAN'S TECH TIPS

Second-Hand vs Refurbished

We have all considered buying some preloved tech at a discount price. I have a preloved keyboard; it would have retailed for well over \$150 maybe more when new but I got it for \$40. Nearly 3 years later and it's still good as new apart from some cat hair in between the keys.

But some anxiety is absolutely normal when buying old tech. Here is the difference between Second Hand (Preowned) and refurbished.

Second Hand:

Consider this an "as is" purchase. It could be barely touched or heavily used. Its condition/battery etc. is all potentially unknown. To an extent we need to trust the buyer on their word. If possible, ask to inspect and confirm its working order before you buy. This is the most common way to sell old things. You could buy it from Gumtree, Facebook Marketplace etc. The point is, it is usually bought from just another person and not a company. However, many companies still sell products "As is" and it's important to read descriptions if buying the product online. You can get absolute bargains buying second hand so it can be well worth your time, just watch out for the occasional scammer.

Refurbished:

Refurbished products are inspected, graded (the higher the grade the less scratches ext.) and often have components replaced like screens (if cracked) or batteries (which often die after a few years) They cost more on average than just buying Second Hand but have a warranty attached and are generally a good idea for smart phones for the new battery alone.

Generally refurbishers know what price the product commonly sells for so don't expect a huge bargain.

I hope that clears up some confusion around buying old tech. Buying Second Hand or Refurbished can be a great way to buy a product at a cheaper price and reduce electronic waste in an increasingly disposable world.

Leopold Garden Club



Another successful meeting of the Leopold Community Centre Garden Club was held in March. Not only did the meeting cover details over the planting of spring bulbs but many types of bulbs were given out.

These bulbs included: Dutch irises, daffodils, jonquils, daylilies, all generously given by members and friends of the group. Plants were also given out these included - Alstroemeria (lily of the Incas), Ginger, Rhubarb, Lemongrass and strawberries. The next meeting has Lillium bulbs on the list of possible give aways to attendees.

March also saw the attendees partake in a tomato tasting covering four different heritage types; seedlings of which were made available for members to have and grow earlier in the season.

Questions were answered and a demonstration of how to re-establish strawberries from old tired out plants. This plus a friendly chat over a cuppa made for a most enjoyable meeting.

The April meeting will specifically cover the sharpening of garden tools in particular secateurs. There will also be plenty of time to ask questions and enjoy the company of fellow gardeners.

So come along on the 3rd Monday of the month (17th April) to the Leopold Community Centre at 1.00 pm. Cost: \$5.00

Dimitrij Betz
Garden Club Co-ordinator

