



YOUR COMMUNITY CONNECTION

ISSUE 53 | APRIL, 2024

LEST WE FORGET

ANZAC DAY

25th April

Remembering those who
gave their lives for our
freedom.

WHERE TO GET HELP

Free information session for help with dementia

One of Australia's leading experts in dementia, Associate Professor Steve Macfarlane, a geriatric psychiatrist, will be in Geelong to offer practical advice for carers on Thursday, April 18.

Dementia Support Australia (DSA), an Australian Government-funded dementia behaviour support program, is hosting the events for anyone caring for a person living with dementia. Prof Macfarlane said it was important for carers to know when it was time to access support. "Psychiatric symptoms are common in dementia. Care staff and family carers will often see symptoms and not know where to best seek help," he said. "When a person living with dementia is experiencing changes to their behaviour, DSA works with you to understand the causes and helps you to improve their quality of life.

Head of DSA Marie Alford said a feature of the event will be an opportunity for carers to ask questions of the experts during the session and the post-event in a casual networking space. For more information and to register for this free event go to www.dementia.com.au/events. The public session is on Thursday, April 18 at Rydges Geelong's Broadside Room, corner of Myers & Gheringhap streets. The event is from 10am to noon.

KEEPING CONNECTED

Welcome to the 53rd edition of Leopold BUZZ.

Phone: 0352 501 301

OFFICE HOURS:

Monday-Thursday 9.00am-4.00pm

The 2024 Anzac Day service will be held at the Leopold War Memorial, on the corner of Melaluka Road and Stringers Lane, Leopold on Thursday, April 25.

The service will be conducted by the Leopold War Memorial Committee with the assistance of members of the Australian Defence Force, Lions Club of Leopold, Australian Red Cross Leopold Unit, staff and students from the Leopold Primary School, Leopold Uniting Church minister Sani Vaelaga, Leopold Scouts, Peninsula District Venturer Unit and Leopold Fire Brigade.

The service starts at 8.00 am and members of the Lions Club of Leopold will provide a "gunfire breakfast" at the conclusion of the service for a gold coin donation.

AROUND THE CENTRE



You've heard of
'Where's Wally'
well now there is a
new saying
around LC&LC.....

'Where's Sue?'

Due to a mechanical breakdown of the office window, we have had to move out of our designated office and become portable!

Hopefully the window will be fixed quickly and if you visit us soon, you won't have to search too far to find Sue and things will be back to normal.



CHATTY CAFÉ

Mondays & Wednesdays

10.00 am to 12.00 pm



SATCHEL BAG

Workshop

Thursday 18th April at 10.00am



Stylish and
practical.

Useful for
carrying books
and any number
of things.

Cost: \$20 - includes all materials.

Phone: 52501301 to book your place



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.

Monday 6, 13, 20 & 27 May 1.00-3.00 p.m.

Bookings essential: Phone: 52501 301





BELLY DANCE WORKSHOP

Thursday 11th April at 1.00 p.m.

This one-hour workshop offers a crash course into the world of belly dance. A fun, interactive experience, suitable for absolute beginners.

For women of all ages, all shapes and all abilities. Expect to laugh, to connect with community, to improve all aspects of your wellbeing and to celebrate life.

Hip scarves provided. Wear comfortable clothing that allows freedom of movement. Cost is free!

If there is enough interest we will be offering classes commencing Term 2

Phone us on 52 501 301 to book in



Leopold Community & Learning Centre

Level 1,
31-39 Kensington Road, Leopold
Phone: 52 501 301

Weights & Balance Class

with Janet Ashton



Classes are held during school terms

Wednesdays 12.50 pm
2.00 pm

Thursdays 1.00 pm

Cost: \$10.00 per class

Bookings are essential Ph: 52501301

Classes are in recess over the school holidays and will recommence on 17th April/18th April

Shedding the Blues Music Scholarship Program

2024

About our Scholarships

One Vocal Scholarship

Tuition Fees up to the value of \$500

One Instrumental Scholarship

Tuition Fees up to the value of \$500

Criteria

The person is under 18 years of age ☒

The person demonstrates a keen interest in developing their musical, vocal and/or performing ability ☒

The person's participation in musical lessons will provide a much needed kick start to their musical journey. ☒

More info

sheddingtheblues.weebly.com

Shedding the Blues, a community music / wellbeing group on the Bellarine, is offering two music scholarships for young people wanting to kick start their musical journey.

More info at: sheddingtheblues.weebly.com

TRISTAN'S TECH TIPS

Scam Watch

Scams are an unfortunate constant threat in our lives. It doesn't matter if you are a novice or an expert, everyone can potentially fall victim to scams.

According to *ScamWatch*, Australians lost \$40 million to romance scams in 2022, equating to up to \$109,000 a day or \$4500 an hour. I would recommend downloading "*The Little Black Book of Scams*" from the Australian Governments ACCC website for a comprehensive list of scams but for now I will paraphrase The ACCCs 3 Simple steps for scam protection:

1. **STOP:** Don't give money or personal information to anyone if unsure – Scammers may pretend to be "official people" like bank, police or government employees to scare or reassure you.
2. **THINK:** Ask yourself: "Could the message or call be fake?" – **Never** click on a link in a message or email if unsure. Use official channels such as websites and apps instead. Say no and delete.
3. **PROTECT:** Act quickly if something feels wrong. – Contact your bank if you notice anything unusual or if a scammer gets your money/information.

What can I do if I get scammed?

- Contact your bank, freeze any cards or accounts compromised.
- Contact IDCARE on 1800 595 160 or Visit www.idcare.org for free support to limit the damage.
- Do security Scans on your devices.
- Take your Computer/Device to a IT shop if scammers have accessed or downloaded onto it.
- Don't panic, this has happened to tens of thousands of people and it is OK.

Stay safe out there and remember, if something seems too good to be true, it usually is.

Leopold Garden Club



The March Garden Club meeting was not as well attended as the last, but it meant more seedlings for those that did come along.

Coriander, cos lettuce, chrysanthemums, Romanesco, broccoli and aquilegia (columbine/Granny's bonnet) in four different colours – pink, white, yellow and purple. Several other plants were available as well.

Many questions were asked about things citrus. The biggest issue may be the lack of rain, even though many are watering - I think that not enough watering is being done considering how hot and windy it has been.

Citrus trees have their roots very close to the surface and unless you ensure a good wetting out the top area dries out very quickly particularly with the conditions we have had.

If the leaves of your citrus are going yellow and falling but you have still got new growth, then the issue is a lack of nitrogen, the plant is taking nitrogen out of the old leaves (causing them to yellow). It is now time for a feed and water.

Come to the next meeting to have any citrus questions answered as well as other gardening questions you may have.

The meetings are on the 3rd Monday of the month (15th April) at 1.00 p.m. until 3.00 p.m. Cost is \$5.00 which includes a cuppa and biscuit with some very good company and conversation.

Dimitrij Betz
Garden Club Co-ordinator

Next Meeting: 15th April at 1.00 p.m.