



THE DINGLEY DOSSIER

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April 2025

www.dvnc.com.au/dossier

STOP & CONSIDER THIS FEDERAL ELECTION

Australia has one of the most trusted electoral systems in the world. It belongs to voters, and we all have a responsibility to protect it. Don't risk what we have.

During the election, people or groups may try to influence the way you vote. You may come across false or misleading information about the voting process. AI-generated text, images, video and audio could be used to try and deceive you about where to vote, how to complete ballot papers or why the process may not be trustworthy.

Stop and consider the content and source of what you see, hear and read about the voting process. Check or ignore it, but don't share or repost it.

Check the content – Look for words that cause strong feelings, say things that don't make sense or only tell parts of a story.

What to look for:

- Emotional language that causes strong feelings, like shock, anger or excitement.
- Linking two or more arguments together that don't make sense.
- Showing a small number of choices instead of all of them.
- Blaming a particular group or person who is not the only person /group responsible.
- Attacking the person rather than focusing on the argument.
- Hiding false claims/statements by just asking more questions.
- Bold claims or picking facts or parts of a story without showing all the information.



Check the source – Be sceptical. Ask yourself where the info came from, how and when it was made and why it was made.

What to look for:

- Where did the information come from? Is it from a trustworthy place?
- Is it from Australia or overseas?
- How was it made? AI technology makes it easier to create false text, images, video and audio.
- When was it published? Old information can sometimes look new.
- Why was it published? Is there a reason that someone could be trying to convince you of something that isn't true.

Check info on AEC website – So you know true from false info about when to vote, how votes are counted, how a result is decided and how the AEC keeps votes safe. www.aec.gov.au



What to look for:

- When elections are held
- Ways to vote
- How to complete the ballot paper
- How preferences work
- How votes are counted
- How the result is decided (House of Representatives and Senate)
- Scrutiny, security and other safeguards

Misinformation and disinformation

Voters have access to an ever-increasing number of sources of news and information – but not all of it is trustworthy. Australians can expect there will be more misinformation and disinformation during elections, particularly online.

Misinformation is false, misleading or deceptive information, that is spread due to ignorance, by error or mistake, or without the intent to deceive. It can include made-up news articles, doctored images and videos and false information shared on social media.

Disinformation is the deliberate spread of false information to deceive or mislead for malicious or deceptive purposes. This can cause confusion and undermine trust in government and institutions. To support voters during the 2025 federal election, the Australian Electoral Commission will again provide resources to voters, including its digital media literacy campaign, Stop and Consider.

www.aec.gov.au/Elections/electoral-advertising/stopandconsider.htm

Information in this article provided by the Australian Electoral Commission

FARMERS' MARKET

SATURDAY 19TH APRIL | 8:30AM - 1:00PM



We acknowledge the Traditional Custodians of the land on which we live, and pay our respects to them, their culture, their Elders past, present and future and uphold their relationship to this land and the important role all Aboriginal and Torres Strait Islander people continue to play within Australia.

WHAT'S ON AT THE NEIGHBOURHOOD CENTRE?

LIVING IN DINGLEY VILLAGE

IMPORTANT NUMBERS

City of Kingston:
1300 653 356

Emergency: 000

Police: 131 444

Crime Stoppers:
1800 333 000

Lifeline: 13 11 14

Suicide Call Back Service
1300 659 467

SES: 13 25 00

Poisons Info: 13 11 26

Emergency Relief
(MADDV) 9551 1799

MensLine:
1300 789 978

WIRE
(Women's Information and
Referral Exchange):
1300 134 130

Safe Steps:
1800 015 188

Nurse on Call:
1300 60 60 24

Tip Smells & Dust:
EPA 1300 372 842

Aircraft Noise:
1800 802 584

Neighbourhood Centre:
8512 0505

Community Association:
dvcasecretary@gmail.com

Men's Shed:
9551 5892

VicRoads Faults
and Hazards:
13 11 70

RSPCA
9224 2222

Justice of the Peace

Marion Harriden 9551 1799

Allan Harris 9558 2591

Document Signing Station
Springvale Library
1300 630 920

Teens Games Group

Fun environment for teenagers from 13 – 17 to enjoy games together. Strategy, fantasy & sci-fi style board & role-playing. Friday 5.30 – 7.30 pm Free event.

Zumba Gold with Norma

Zumba Gold is a low- impact dance fitness class perfect for beginners of all ages and fitness levels. Thurs, 9.30am -10.30am in the Harold Box Hall, \$10.00 per class. No need to book just come along.



Seniors Body and Balance with Norma

This class focusses on balance, ranges of motion and coordination. Thurs, 11am-12pm in the Harold Box Hall, \$10.00 per class No need to book just come along.

Social Table Tennis with John

Catering to all skill levels both men & women. Come along and join this friendly group. Mon, gam & Wed 12.30pm in the Harold Box Hall \$3.00 per session. New members Welcome. No need to book just come along.

Writing for Pleasure

Beginners to Established. People write for many different reasons. Would you like to explore your creativity in a supportive group. Tues, 10am to 12pm. Free drop-in group.



Social Art group with Carla

Art group for those who would like to finish off a project while having a chat and a coffee in the evening. Every Tues evening 6.30pm-8.30pm in the 'Craft Room', near the Harold Box Hall. Free Class, no need to book.



Knit, Craft & Natter with Marlene

Have a knitting or any other craft project lying around or want to learn how to knit. Thursdays 10am -12pm in the Centre. Free Class, no need to book- Just come along.

Chatty Café

The Chatty Café Scheme aims to get people chatting to build and encourage social connections within the local community, and to help reduce social isolation and loneliness. Let's keep our community connected! Wed 10am to 12pm in the 'Harold Box Hall in the Foyer'. Free, just some along.



Collection Point

You can drop off the following items at the Centre: prescription glasses/ hearing aids, stamps & unused toiletries from hotel rooms. These items are then recycled for use by local service groups.

Playgroup Victoria for Dingley Village

Tuesdays 9 am-11 am in Dingley Village Neighbourhood Centre & Early Years Services building. Contact Neighbourhood Centre for more details.

Taekwondo with David

Mon & Thurs 5.30pm -7pm in the 'Harold Box Hall'. If you are interested in joining, contact David on 0439 304 579.

Tai Chi

Tai Chi aids the reduction of anxiety and stress, it also helps increase flexibility and balance. Wednesday 6.30 – 8.30pm. Contact James on 0430 570 460.

Southern Taekwondo
Affiliated with No's Taekwondo
Classes for men, women & children of all ages. Qualified Coaches. Gradings at all Levels.
Classes held at Dingley Village Neighbourhood Centre, Marcus Rd
For class times or more information Ph 9583 5680 or 0439 304 579

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9558 0558 | mblaw.com.au

Dingley Health Hub
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• Chiropractic • Physiotherapy
269-275 Centre Dandenong Rd
Dingley Village 3172
9551 7110
www.dingleyhealthhub.com.au

COMMUNITY

ANZAC Day

ANZAC Day on the 25th April is an anniversary of the day when Australian and New Zealand soldiers landed in Gallipoli in 1915 as part of the Allies' invasion. It is a public holiday to recognise the contribution and sacrifices of all those who have served Australia in time of war and in war like conflicts. The day is observed with the dawn service, marches and ceremonies across Australia and New Zealand.



Daylight Savings ends

This is a reminder to turn your clocks BACK one hour on Sunday 6th April 2025. It is also a good time to test your smoke alarms and change the batteries.

Found injured native wildlife?

Wildlife needs expert care, treatment and rehabilitation. Any person can legally rescue and transport sick, injured, orphaned or abandoned wildlife to a registered veterinarian or authorised wildlife rehabilitator. However, you should only attempt to capture wildlife in need of care if it is safe to do so.

Important

- Keep the animal in a dark, warm and quiet place to minimise stress if possible.
- Keep children and domestic pets away.
- Never offer an injured animal food or drink.
- Handle the animal as little as possible and do not pose wildlife for photos.

If you're unable to pick up the animal, please place a washing basket (or such like) over the bird/animal, then place a towel over the basket so as to keep it away from predators.

Phone Wildlife Victoria's 24/7 wildlife emergency response service on (03) 8400 7300 or your local vet immediately, the first 24 hours are critical to the animal's survival.



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Special Dates in April

13th - 20th April: Passover/ Pesach* Judaism

Passover is the first and most significant of the Jewish pilgrim festivals. It celebrates the redemption by God of the Jewish people from slavery in Egypt. Work is not permitted on the first two and last two days. Many Jews refrain from work during the whole festival.



13th - 19th April: Holy Week Christianity

The last week of Lent before Easter, Holy Week comprises several important events. These include Palm Sunday, Tenebrae, and the three days of Jesus's final journey (Triduum): Maundy Thursday, Good Friday, and the Great Easter Vigil.

20th April - 1st May, Festival of Ridvan* Baha'i

Ridvan is the most significant festival of the Baha'i faith and is celebrated over 12 days. The First Day of Ridvan is the most important of the Baha'i Holy Days. It is the day Baha'u'llah declared his mission as a messenger of God in the Garden of Ridvan. The festival's first, ninth and twelfth days are considered significant days and work is suspended.



6th April: Rama Navami ** Hinduism
Ram Navami, the birthday of Lord Rama, is among the important Hindu holy days. The Vaishnava sect in particular honours Rama as the seventh avatar of Vishnu.

Many believers fast on this day or throughout the nine days. They pray for Lord Rama's blessings, offer flowers and fruit and decorate temples and images of him.

14th April: Vaisakhi, Sikh

Vaisakhi is one of the most important dates in the Sikh calendar, originally a spring harvest celebration that gained a special

religious significance. In 1699, Guru Gobind Singh, the last living guru for Sikhs, chose the festival as the moment to establish the Khalsa and Sikhism was born as a collective faith

20th April: Easter Sunday, Christianity

The most important Christian holy day, Easter Sunday is regarded by Christians as the day of the resurrection of Jesus Christ.

In 2025, Protestant, Catholic and Orthodox Christians commemorate this on the same date.

* Holy days (mainly Jewish, Islamic and Baha'i) which begin at sundown on the previous day listed.

** Local or regional customs may use a variation of this date.



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Dingley Village Police Update



Crime Stoppers (1800 333 000)
To provide crime information, it can be anonymous.



neighbourhoodwatchkingston



www.nhw.com.au

Your Local Police Station



In the February edition, Springvale Police Station was listed as the local station for Dingley Village. Whilst it is the nearest Police Station, Dingley Village is covered by Cheltenham Police Station

Cheltenham Police Station

1224 Nepean Hwy, Cheltenham 3192

Phone: (03) 9583 9767

Reception counter open daily, 8:00am to 4:00pm.

You can contact your local police station to report a non-urgent crime or seek help with a number of matters, including:

- general enquiries - status updates (such as following up on an incident you've reported) - family violence-related matters
- reporting traffic incidents - discussing documents that need to be witnessed, certified, or signed by an authorised officer.



Neighbourhood Watch & Victoria Police would like to remind everyone to always securely lock your vehicle and never leave valuables visible.

Little Villagers Childcare

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You do not have to be eligible for Commonwealth Childcare subsidy for your child to attend, we offer affordable fee for service rates.



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Monday - Friday

8512 0509

Dingley Village Community Hub

31B Marcus Road, Dingley Village

Email: lvcc@dvnc.com.au

Our caring, nurturing staff invite you to check out our new modern Childrens' Centre



DINGLEY VILLAGE COMMUNITY ASSOCIATION

Kingswood Submissions Needed From Every Resident

The Victorian Department of Transport and Planning released the detailed plans for the proposed Kingswood Development on Tuesday 11 March. On the 53.4Ha site, they show 914 lots, and 8.66Ha of usable open space. There is a large playground, but no services like medical centres, aged care and the Marcus Rd pedestrian link is not confirmed.

The plan can be found at:

<https://engage.vic.gov.au/Kingswood> and this is also where you make your submissions. It closes on 17 April. If this issue is important to you - you MUST make a submission, and tell your family members and friends to do one each. Make it as long or as short as you like - just do not forget to do one. Getting 8,000 submissions was instrumental in 2016. Satterley appear to be more professional than the previous owners, having at least met with us for updates, but this plan:

- is far too dense
- does not provide net community benefit
- is not in keeping with the neighbourhood character of Dingley Village.

We expected that Satterley would propose housing, but to a far more balanced and appropriate scale - but they have in fact gone for more. For the reasons above, DVCA will be submitting an OBJECTION to the plan, and encouraging every resident to make submissions of their own. Ultimately, the Victorian Planning Minister the Hon. Sonya Kilkeny will make the final decision, based on all of these submissions, not the Council. Here are some things you can remind her of on your submissions:

Dingley Village currently

- 10,727 at 2.6 residents per household
- Average lot size of 610 square metres at the last census
- No train or tram, very few shops and services

Dingley Village, if this development is approved

- 941 new residences @ 2.6 people (estimated) would equal 2,446.6 more people
- many lot sizes are incredibly small (see the plans)
- This equals a 22.81% increase to the population of Dingley Village
- There is no precedent for an increase this large, this quickly
- Such an increase would require an equivalent 22.81% increase in infrastructure and services, which is clearly not evident in the plan.
- Still no train or tram, very few shops and services

A development of some sort, some day, is likely. But with community action, we can fight dense plans, and force them back to drawing board until a plan provides net community benefit, as required by the government's own Golf Course Standing Advisory Committee Report 2021.

Snap/Send/Solve

This App continues to be a positive method to improve our Village. Residents are reminded that they can use this App to send a photograph of a local problem to the appropriate authorities.

Bottles Refunds – Reminder

If you are a local resident who would like to help the DVCA but you don't know how, one option is to contribute your recycling bottles and cans to our 'Return It' CDS Vic Depot fund by using our Barcode number, C2000009985. We welcome everyone's support and contributions.



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AND SO MUCH MORE - COME IN AND SAY HELLO

DIRECT TO THE PUBLIC

OUR COUNCIL

Leanne Maloni and Dr Nirali Shah are the joint Kingston Women of the Year for 2025

Community champion Leanne Maloni and leading stem cell scientist Dr Nirali Shah are the joint Kingston Women of the Year for 2025. Kingston Mayor Georgina Oxley presented the awards at the annual International Women's Day (IWD) event at Kingston City Hall, with contributions throughout the event from Kingston councillors, former winners and nominees, and our Junior Mayor.

Cr Oxley praised the remarkable contribution of all 29 of this year's nominees. "Theirs are stories of innovation, volunteerism, creativity, community outreach, skill sharing, personal sacrifices, and risk taking. Of business success, motivation, passion and incredible acts of kindness," Cr Oxley said.

"You can't be what you can't see. And I know that in our nominees today, and those who have been recognised through these awards over their seven-year history, there are so many positive role models for women and girls of all ages, cultures, and abilities.



"I feel like momentum is on our side, but it will take a collective and long-term effort to reach our goals. Representation and celebrating the remarkable achievements of women and girls is so vital in this pursuit."

With such a strong group of nominees, award winners were also honoured across four categories: Courageous Commitment, Excelling in Art or Sport, Inspiring Innovation, and Success in STEM.

2025 Kingston Women of the Year (joint winners)

Leanne Maloni and Dr Nirali Shah

Leanne founded The Ladies of Lochiel in 2014, a collective of households in Edithvale whose purpose is to provide food packs for vulnerable people in our community.

The You Are Special food packs are the initiative of two charities, Servants of the Two Hearts and Reaching Out Because We Can. The packs contain non-perishable items to ensure the recipients have enough food to see them through to their next meal.

Leanne's household started by supplying 10 bags and as neighbours heard, the group quickly expanded and now delivers 50 bags monthly. The group also provide clothing, hand knits, and bulk food.

Dr Shah has a PhD in stem cells and regenerative medicine and is pioneering research to treat osteoarthritis through stem cell therapies.

Her PhD thesis in the "Use of stem cells for cardiovascular tissue engineering applications" has contributed to crucial advances in regenerative medicine, with her work on regenerating cartilage tissue offering hope for millions suffering from the condition. Her groundbreaking contribution to advancing stem cell therapies not only impacts the scientific community, but also patients and healthcare providers.

Courageous Commitment: Ria Breider

Ria has made significant contributions through her volunteer work with the Chelsea SES and Disaster Recovery Australia. As Deputy Unit Controller for Chelsea SES, she ensures operational readiness and manages resources for emergency responses. Ria also supports disaster survivors nationwide, offering both practical and emotional care, with her dedication and selflessness, despite the physical and emotional toll, showcasing her remarkable commitment to community service.

Excelling in Art or Sport: Monica Cashin

Monica is a community-spirited musician who co-founded Music and the Brain Foundation in 2014 and oversees the great work this charity delivers. The foundation's vision is to improve public health by engaging people in music making, playing, listening, singing, dancing, sharing resources and expertise in evidence-based programs. Indicative of its success, 7,500 Australians with dementia enjoy ready access to curated playlists in preference to chemical restraints.

Inspiring Innovation: Brenda Robinson

Brenda is an award-winning entrepreneur, founder of ROBINSONS® Honey and NATURES BLEND®, offering sustainable Australian honey and health products.

Growing her business to number one in independent grocers, Brenda also exports internationally, advocating for sustainable beekeeping and maintaining agricultural biodiversity, while employing people with a disability. A generous sponsor of local sports clubs, she was also a founder of the Bobcats Basketball Club, giving underprivileged kids the chance to play basketball and enjoy being part of a team.

Success in STEM: Vanessa Henry

The founder of Dentures with Dignity, Vanessa is a dedicated healthcare professional and dental appliance manufacturer who advocates for better dental access for vulnerable groups, particularly the elderly and women escaping domestic violence. A qualified dental prosthetist and dental technician, she has owned and operated Dentures with Dignity in Kingston for over 18 years. Vanessa's special interests include treating the elderly and patients with additional needs, visiting aged care facilities and private homes.


To find out more about the awards, our winners and all the nominees, visit


kingston.vic.gov.au/community/events/upcoming-events/kingston-women-of-the-year-awards and kingston.vic.gov.au/community/awards/women-of-the-year.


Information in this article provided by City of Kingston




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This is the year to make positive change!

Get To Know Your Local Agent

EVA CUMMING



When it comes to selling your home, you need to choose an agent who is focused on delivering the best possible results, time and time again.

A Dingley Village resident with over 20 years' experience, extensive local knowledge and her renowned passion for real estate, you can rely on Eva to deliver an excellent result.

Thinking of selling?

Want to find out what your home is worth?

Call us today for a professional appraisal.

Eva Cumming
Licensed Estate Agent
9B/79 Centre Dandenong Rd, Dingley
0400 955 184
ecumming@barryplant.com.au

Barry Plant Bayside
barryplant.com.au/bayside
9586 0500
bayside@barryplant.com.au

LOOKING AT LOANS



Rate Relief

One could almost hear the collective sigh of relief through the nation when the Reserve Bank finally lowered the interest rates! Even if it is only by 0.25% so far, at least it is a starting move in the right direction.

By now that decrease should have flowed through to your bank's variable rate loan. Have you checked yours?

I know this is an old drum beat, but so many people do not check their rates. As a starting guide, if you are a quality borrower you should definitely be on a rate less than 6% for your home loan, with many banks below that mark.

If you are paying too much, then you should call your bank or broker and query why. If you are not satisfied with the answer, call me.

The most asked question I have had this last month:

Our bank has not yet passed on any rate cuts and we were wondering whether they will?

For the benefit of all

Whilst major banks will headline announcements of their rate reductions, the effective date is never immediate. They will always state a future date from which the reduction applies in the small print. The smaller banks will follow similarly without the media headlines.

Note that your rate reduction will not necessarily automatically reduce your monthly repayments – at most banks the minimum required monthly repayment will decrease, but the actual amount paid will remain as previous.

In effect, if you leave the repayment that way, it will mean you are paying a little extra off your loan each month to reduce the debt faster.

Bank computer systems will have adjusted what your new minimum repayment is by now. You will be able to see that calculation in your net banking. If you want to adjust the monthly repayment down, you will be able to do so direct at the bank.

If cash flow is most important to you, then making that repayment adjustment will be beneficial. However, leaving the repayment a little higher will be more beneficial to you in the long run, assisting in paying off that mortgage.

Lower rate plus higher repayment equals owning your own home faster!

Integrity Finance Australia has been serving the Dingley Village community since 2006. If you have any questions on the issues raised in this article or borrowing capacity or your home loan in general, then please email support@ifinance.com.au, or call us on 03 9511 8883.

Daryl Borden, your Dingley Village Mortgage Broker, ACL 392184
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Nangs are popular with young people. But are they aware of the serious harms of nitrous oxide?

THE CONVERSATION

Academic rigour, journalistic flair

Published: February 28, 2025, 3:15pm AEDT

Nitrous oxide – also known as laughing gas or nangs – is cheap, widely available and popular among young people. Yet it often flies under the radar in public health programs and education settings. For example, it's not included in the drug education curriculum in Australian schools.

In our new study(1), we spoke to young people (aged 18 to 25) who have used nitrous oxide. We found they were unaware of its risks – even when they reported symptoms such as "brain fog" and seizures.



What is nitrous oxide?

Nitrous oxide is regularly used for sedation and pain relief in dentistry and childbirth.

The gas, which has no colour or flavour, is also used recreationally and is known as nangs, nos, whippits and balloons. In fact, nitrous oxide has been used to get intoxicated since its creation in 1722 and wasn't used in surgery until 1842. It can create a feeling of dissociation from the body, changes in perception and euphoria. This lasts about one minute.

In Australia, nitrous oxide is cheap and accessible. This is because the gas is also used in baking, for example to whip cream. So, while it's not legal to sell nitrous oxide for recreational use, the canisters or "bulbs" are widely available online via 24-hour delivery services.

People usually discharge the gas into a balloon or a whipped cream dispenser and then inhale. Nitrous oxide is intensely cold – minus 40 degrees Celsius.

How common is it?

We still don't have much data about who uses nitrous oxide and how often. Compared to other drugs, there is minimal research on its recreational use. However, researchers believe it is becoming more common globally, especially among young people. For example, in 2022, nitrous oxide was the second-most used controlled substance among 16–24 year olds in the United Kingdom after cannabis.

In January 2023, the Netherlands banned the sale and possession of nitrous oxide after 1,800 road accidents, including 63 fatal crashes, were linked to the drug in a three-year period.

The Global Drug Survey reported a doubling in nitrous oxide use between 2015 and 2021, from 10% of respondents to 20%. But this voluntary survey is not representative of all people who use drugs. While it is an indication of people's nitrous oxide use, the picture remains patchy.

What are the health risks?

Nitrous oxide is not the most harmful drug people can use but that doesn't make it safe. Inhaling nitrous oxide has short-term health risks, including:

- cold burns from the gas
- injuries from falling over
- nausea and dizziness.

Using a lot of nitrous oxide at one time can result in passing out (from lack of oxygen) and seizures. Calling an ambulance is necessary if this happens. Longer-term health problems may include:

- vitamin B12 loss (causing numbness of hands and feet and eventually paralysis)
- urinary incontinence
- strokes
- memory loss
- depression and psychosis.

The availability of much larger canisters (including flavoured varieties) is also linked to an increase in significant harms. These can deliver roughly 70 times the amount of nitrous oxide as traditional small canisters. Larger bulbs allow people to consume more of the gas at one time and they often experience health problems more quickly as a result. However, there is still limited knowledge about nitrous oxide in the health system. This means its health risks are often compounded because it is overlooked by those assessing medical conditions and because people deny using it.



Our research

During the first stage of our 2025 Australian study(1), we interviewed seven young people (aged 18 to 25) who had used nitrous oxide at least ten times. While the number of interviewees was small, the stories they told were very similar.

They were either unaware of, or unconcerned about, the drug's potential risks. This is despite their own experiences of psychological and physical problems. They reported becoming unconscious, getting burns from the gas on their hands and faces, sores around the mouth and even having seizures. Of particular concern to us was use before driving because people did not recognise the lingering effects of the gas on concentration.

Our study participants also spoke about "memory zaps" or "brain fog". Regular use of nitrous oxide affected people's ability to participate in work and study, with some saying it was also bad for their mental health.

These thinking problems are a concerning side effect. Yet it's one that has not been adequately investigated.

The role of social media

Videos of young people using nitrous oxide can easily be found on social media. This not only points to its popularity but suggests social media could be a good place to reach young people with information about the drug and harm reduction.

In the second stage of our research we worked with 30 young people who used nitrous oxide to co-create harm reduction resources. As a group, we developed videos, photos and text for our nitrous oxide specific social media accounts on Tik Tok and Instagram and for posts on various sub-reddits.

These describe ways to use the drug more safely. For example, the "take a breath" messaging suggests breathing the nitrous oxide in for only ten seconds at a time to ensure enough oxygen. "Take a seat" advises sitting down while using nangs, to avoid injuries from falling.

<https://www.emerald.com/insight/content/doi/10.1108/add-07-2024-0012/full/html>

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Disclosure statement

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Helen Simpson, Jacqui Cameron, and Kenny Kor do not work for, consult, own shares in or receive funding from any company or organisation that would benefit from this article and have disclosed no relevant affiliations beyond their academic appointment.

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Authorised by Mark Dreyfus MP, ALP. 566 Main Street Mordialloc 3195.

KINGSWOOD – COUNCILLOR UPDATE

Vic Government opens consultation on latest Kingswood Golf Course Plans

Dear Dingley Village residents and businesses,

Kingston Council is committed to keeping you informed about significant planning matters in our community. We know there has been strong local interest in the future of the former Kingswood Golf Course site, and we want to ensure you have every opportunity to have your say on the new development plans.

What's happening?

The latest plans for the former Kingswood Golf Course have been released by the Victorian Government for community consultation. Having rezoned the land in 2023 to provide for housing, the Victorian Government is the decision maker on the Development Plans for the site.

How can I find out what's proposed:

- View the plans at engage.vic.gov.au/kingswood
- Hard copies of the plans can be viewed at Dingley Village Library
- Find out more at a community information session hosted by the site owner, Satterley.
- Drop by Harold Box Hall (next to the Dingley Village Library) anytime between 4pm-8.30pm Thursday 3 April to view the plans and talk with the developer.

How can I give my feedback on the plans:

Lodge your submission at the Victorian Government's engage.vic.gov.au/kingswood by 5pm Thursday 17 April.

What is Council doing?

Although Council is not the decision maker, we are committed to keeping the community informed and flagging community feedback about the project.

- Council is reviewing the plans and will make a submission to the State Government.
- We are sending this update to all homes and businesses in Dingley Village to make sure you are aware of the opportunity to have your say.
- Council has written to the Victorian Planning Minister requesting genuine engagement with the community and adequate time to properly assess the plans and provide feedback.
- What happens next?

The Victorian Government will consider all feedback before determining any final plans for the site.

Thank you for your ongoing interest in shaping the future of Dingley Village.



Kingston News.

Sign up to receive the latest updates from the City of Kingston

As your representative in the Victorian Parliament, I'm determined to stay in touch and be a strong voice for you and our local community.

I'm also here to help you and your family with any issues you might have with state government services.

Please don't hesitate to contact me anytime.



Meng Heang Tak MP

State Labor Member for **Clarinda District**

- ✉ MengHeang.Tak@parliament.vic.gov.au
- 📍 Level 1, 1312 Centre Road, Clayton South Vic 3169
- 🌐 mengheangtak.org.au
- ☎ (03) 9543 6081
- 📘 @mengheangtakmpforclarinda



Authorised by M H Tak, Level 1, 1312 Centre Road, Clayton South VIC 3169.



Mayor Georgina Oxley
Longbeach Ward



Cr Caroline White
Caruana ward

ndis

NDIS Support Coordination

ADMIN@GERALDINESC.COM

0494 022 401



What is Eyelid Myokymia?

Eyelid myokymia refers to the involuntary, fine, and repetitive twitching of the eyelid muscles, typically involving the lower eyelid but occasionally affecting the upper eyelid. While generally harmless, it can be an annoying and sometimes persistent condition.

Causes of Eyelid Myokymia

Myokymia is often triggered by various lifestyle and environmental factors. Fatigue and lack of sleep can lead to muscle twitching, while stress, whether emotional or physical, is a common contributing factor. Excessive consumption of caffeine, tea, energy drinks, or certain medications may overstimulate the nervous system, leading to eyelid spasms.

Eye strain from prolonged screen time, reading in poor lighting, or uncorrected refractive errors can also overwork the eye muscles, making them more prone to twitching. Additionally, dry eyes, often caused by excessive screen use or contact lenses, may lead to irritation and involuntary muscle contractions.

Other contributing factors include excessive alcohol consumption, which can overstimulate the nervous system, and nutritional imbalances, particularly deficiencies in magnesium, potassium, or vitamin B12, which have been linked to muscle twitching. Allergies can also play a role, as histamine release due to eye irritation may trigger twitching, especially if the eyes are rubbed frequently.

Symptoms of Eyelid Myokymia

The most common symptom of eyelid myokymia is involuntary, rhythmic twitching of the eyelid. Episodes can last from a few seconds to several days and typically affect only one eye at a time.

While the condition is not usually painful, it can be bothersome and distracting.

When to Seek Medical Attention

Although eyelid myokymia is generally benign, medical evaluation may be necessary if the twitching persists for more than a few months, is accompanied by facial spasms or drooping, or if there are vision disturbances or difficulty opening the eye. Additionally, if other muscles in the face or body begin twitching or if there is a history of neurological disorders, professional evaluation is advised.

Management and Treatment of Myokymia

Most cases of eyelid myokymia resolve on their own without intervention. However, several steps can help alleviate symptoms. Reducing stress through relaxation techniques such as meditation, yoga, or deep breathing may help.

Ensuring adequate sleep, ideally seven to eight hours per night, can also be beneficial. Cutting back on caffeine, nicotine, and alcohol can help prevent overstimulation of the nervous system.

Limiting screen time and following the 20-20-20 rule—looking 20 feet away for 20 seconds every 20 minutes—can reduce eye strain. Using artificial tears to lubricate the eyes may relieve dryness-related irritation, while applying a warm compress can help relax the affected muscle.

Additionally, checking for nutritional deficiencies and ensuring sufficient intake of magnesium, potassium, and B vitamins through diet or supplements may prevent recurring episodes of myokymia.

Eyelid myokymia is a common and generally harmless condition that often resolves with lifestyle adjustments. However, persistent or severe cases may

warrant further investigation by an eye care professional. If you experience prolonged or concerning symptoms, consulting an optometrist at Dingley Eye Centre can help ensure proper evaluation and management.

Dingley Eye Centre - Insightful Eye Care™
We are your local optometrist.
Ph: **9551 4244**
116 Centre Dandenong Rd, Dingley Village
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(Book appointments online)
Email: dingley@insightfuleyecare.com.au



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VILLAGE REFLECTIONS

R.L. Marriott & Sons Market Garden Cart

The first big development of market gardens outside Melbourne was on the sandy soil that starts about five miles south of Melbourne city then runs through Brighton, Moorabbin and Cheltenham, towards Bentleigh, Keysborough and Dandenong through to Lyndhurst and Cranbourne.

There were no permanent streams, only wells and tanks and the first settlers thought the soil poor and useless. By 1843 melons, vegetables and other annual crops were being taken to market in Melbourne and by 1849 vines and trees were in production.

Robert Marriott had arrived in Melbourne in 1869 on the Bay of Bengal and settled in what is now the City of Caulfield. He returned to England and brought his brother John and four sons: Tom, John, Robert and William back to Australia. Robert had a total of 61 acres under production and originally the family sold their produce in the South Melbourne Market, then they moved to the Queen Victoria Market.



The family was the largest producer of market gardening produce in the colony. In 1890 he was elected a councillor for St Kilda and in 1891 was elected mayor.

The Dingley Village Historical Society has a collection of documents, photographs and information on the history of Dingley Village and its early families, we are always looking to add to our collections and would welcome any information people would like to share with us. If you would like information or would like to share any information with us please contact us.

The Dingley Village Historical Society

enquiries@dvhs.com.au or visit us at 31A Marcus Road Monday, Tuesday or Thursday from 10am to 12pm.

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52-70 Centre Dandenong Rd, Dingley Village VIC 3172, (03) 9558 3322, gvillege@tpg.com.au

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www.dingleyvillageshoppingcentre.com.au

SCAN ME



Rotary Club of Noble Park-Dingley

ANZAC Day Notice

The Rotary Club of Dingley Village (now the Rotary Club of Noble Park-Dingley) together with the City of Kingston and the local Branch of the Bendigo Bank were instrumental in the funding and construction of the ANZAC Memorial in Marcus Road in 2011.

After coordinating the two ANZAC services in Dingley Village since that time, the Rotary Club has been finding it increasingly difficult to stage these events due to increasing compliance requirements and diminishing member resources.

Last year we started the process of approaching other local community groups, individuals and organisations to help assist with the administration and logistics of organising the two ANZAC services. Unfortunately we have been unable to find anyone able to assist us.

As it has become increasingly difficult for us to coordinate, administrate and run all aspects required to run these events, the Rotary Club regrets to advise that we are now unable to conduct our ANZAC Schools and Dawn services for this year and possibly beyond. However, there is the likelihood that the three Dingley schools will hold their own ANZAC service for their students, either individually or combined but there will be no Dawn Service.

If there is a community group interested in taking over the organisation and running of the ANZAC services in the future, the Rotary Club of Noble Park-Dingley will be delighted to hear from you and will give you their support and guidance.

We are very grateful to the organisations, community groups, schools and participants for their support at past services.

Nearby ANZAC Day Services on 25th April

CHELTENHAM MOORABBIN RSL

Dawn Service

Rear of the RSL, 289 Centre Dandenong Road, Cheltenham
Service commences 6.00am arrival time 5.45am

March and Commemorative Service

March commences at 1.50pm,
Corner of Grange and Centre Dandenong Road Car Park
Service will commence at 2.00pm followed by afternoon tea.

Lest we Forget



Hard Rubbish Day

When moving countries and cities your life you expect to rearrange, Some things are slightly different and others just down-right strange, But here in Melbourne they have a thing called Hard Rubbish Day, You put big old stuff out on the kerb and the council takes it away.

Soon consigned to the nature strip was a stove recently retired, It joined a broken basketball hoop no longer used or desired. Duly carried and neatly placed they sat abandoned and forlorn, Then the hoop was removed and the pile shrank on the front lawn.

Next the base so carefully drained of water joined the departed, I watched with interest this mini recycling process I had started. Then the pile grew as someone added fragments of TV inners, The addition made us look like technology abusers and sinners.

Overnight, mushroom like, a dark and scratched side table grew, Where it came from was a puzzle, the answer no one knew. Piles up and down the street likewise waxed and waned, As people removed and added in a fashion unrestrained.

The stove went early the next morning to a man with a truck, He was collecting things put out by folk who didn't give acare Like a farmer he went along the street harvesting the heaps, The white ware and electrical goods he picks and keeps.

Then as I drove to work a bench seat on the kerb I did spy, It was wrought iron 'n' wood, so recycling I decided to try. There was a spot in the garden sun just right I decided, A quick stop and in the back it soon snugly resided.

Then I saw another one on the nature strip carefully laid, I had a spot in mind for it too, hidden in the garden shade. Feeling happy and so lucky I thought this system was great, That bench in the back soon went to be joined with its mate.

Now here I am sitting in a cold and dismal basement cell, Waiting till this, sad but true, story to the Judge I'll tell. For it seems that even on Hard Rubbish Day, Taking bus stop seats is a crime they say!

L Risk



The Dingley Village Writing For Pleasure Group meets each Tuesday from 10am to 12pm at the Dingley Village Neighbourhood Centre. Our small group is comprised of members with varying talent and experience. Some have never written at all prior to joining us.

DINGLEY PRIMARY SCHOOL

Dingley Primary School

Dingley Primary School will proudly celebrate 100 years of education and community, and we invite our amazing Dingley Primary School community to be part of this historic milestone!



Our Centenary Celebration will take place on Wednesday 15 October, featuring a special assembly, morning tea, an art show, and a historical display showcasing our school's journey over the past century.

We are also hosting a Centenary Carnival on Thursday 16 October- more information regarding this event will be provided at a later date.

We encourage all past and present students, families, and staff to register their interest in attending so we can plan for this momentous occasion.

Register via the QR CODE

If you have memories, photos, or stories from your time at Dingley Primary School, we would love for you to share them as part of our celebration- share this via emailing here at

dingley.ps@education.vic.gov.au



SAVE KINGSWOOD

Kingswood development plans released. We as a community must report flaws and objections by April 17th.

We are now finally allowed to see the plans for Kingswood and, oh what a mess. The new owners are Satterley, a Perth based company. They assured us they were known for very good developments in keeping with the existing character.

In a giant leap away from that and surely encouraged by the Planning Minister Sonia Kilkeny, they have devised the most intensive lots that a computer could dream of. Our worst nightmare. Plans were with council for a considerable time under strict orders from government to be kept secret.

We must remember none of this would be happening if the state government had not imposed the Golf Course Advisory committee to determine if the site could be built on. Before then, there were enough protections that would have made it near impossible to develop.

Surprise! The committee announced it could be built on. They did however set some guidelines which appear to have been trashed.

One of those guidelines was considerable attention had to be paid to flooding and the chairman acknowledged Kevin Poulter made the flood risk very clear.

Despite a number of approaches to Melbourne water, council, and government, none of them have agreed to look at Save Kingswood's 50-page document on flooding.

Because we are fighting government more than the developer, we are in the critical phase where it's vital for you to send in at least one objection per person. In addition to any objection ideas you can think of, like lack of services, medical facilities and emergency vehicle access, there are many more ideas at www.savedingley.com.

In the past we thought we were on home run, but this is absolutely our final chance to have a say and to tell government we don't want what they are bulldozing onto us.

We don't expect to stop the development, but demand government greatly moderate the density and to demand adequate services.

Kevin Poulter
President

Save Kingswood Group incorporated
Ph: **0435 378 678**
savedingley@gmail.com
www.savedingley.com



LOCAL SPORTS

Dingley Football Netball Club



After extensive preparations for season 2025 both our football and netball squads are champing at the bit for real competition. Our Netball teams have recruited extensively and under head coach and manager A. J. Ballantyne are deep into practice games.

Similarly, the senior Football team has had successful hit outs against strong opposition and its season will kick off on April 5th with the first of two away games, firstly against reigning premier Cheltenham and then Port Colts on April 12.

Football comes to Souter oval on Good Friday April 18, when we host arch local rivals, Springvale Districts. We urge you all to mark that date and get along as the new Dingley Pavilion will be on full display for the first time.

Our U19s are looking to top up their numbers as a number of last years lads graduate into senior football. DFNC recognises that a strong Under 19 squad is an absolute necessity in modern football and it leads directly into senior ranks with many senior players experiencing their first senior game whilst being part of that group. The club offers free registration, employment opportunities and first class facilities for the U19 squad.

Contact coach Brodie Ferguson on **0432 582 898**. Training is on Mondays and Thursdays at Souter oval. Our aim is also to field 8 Junior teams ranging from Under 8s through to Under 16s in 2025.

Our juniors provide a similar pathway with first class facilities and committed coaches and back up staff. Potential players can register their interest on our website or simply turn up to become a young Dingo pup.

Auskick is again going to be big this year and will be held on Souter Oval starting in May. All details and updates from all grades appear on the club website.

Go Dingoes in 2025





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Navigating Your Inheritance: A Practical Guide

Receiving an inheritance can be a very difficult event to navigate. It often comes at a time of loss, bringing mixed emotions. While an inheritance can provide financial security, it also requires careful management to ensure it benefits you in the long term. Here's what you need to consider when handling an inheritance in Australia.

1. Take Your Time

Losing a loved one can be overwhelming and making big financial decisions too soon can lead to regret. Take your time to process the situation before making major choices about how to use the funds. If you receive a lump sum, consider parking it in a safe place, such as a high-interest savings account, while you weigh your options.

2. Understand the Assets Involved

Inheritances come in many forms, including:

- Cash
- Property
- Shares or investments
- Superannuation benefits
- Personal belongings

Each type of asset has different financial implications, such as tax considerations or legal requirements. Understanding what you have inherited is the first step in making informed decisions.

3. Seek Professional Advice

Consulting with Financial Advisers, Accountants, or legal professionals can help you navigate the complexities of your inheritance. Key areas where expert advice is valuable include:

- Tax obligations (such as capital gains tax on inherited property)
- Estate distribution laws
- Investment opportunities
- Superannuation implications
- Impacts on Centrelink benefits you may be receiving

4. Tax Considerations

While Australia does not have an inheritance tax, some taxes may still apply depending on the assets received. For example:

- If you inherit an investment property, you may be liable for capital gains tax when selling it.
- Superannuation death benefits may be taxed depending on your relationship to the deceased and how the funds are distributed.
- Understanding these potential tax impacts can help you plan effectively.

5. Managing Property Inheritance

If you inherit a property, consider whether you want to:

- Sell it and use the proceeds for other financial goals.
- Rent it out for passive income.
- Live in it yourself.

Each option has financial and emotional implications. If selling, factor in market conditions, selling costs, and tax considerations before deciding.

6. Investing Your Inheritance Wisely

Rather than spending the money quickly, consider how it can contribute to your financial future. Options include:

- Paying off debts (such as a mortgage or credit cards)
- Boosting your superannuation for retirement
- Investing in diversified assets like shares, managed funds, or term deposits

A financial advisor can help you tailor a strategy that aligns with your long-term goals.

7. Emotional and Family Considerations

An inheritance can sometimes cause tension among family members. Open communication and transparency can help manage expectations and reduce conflicts. If disputes arise, legal mediation may be necessary to resolve issues amicably. Additionally, some people feel a strong emotional connection to inherited assets, making it difficult to sell or repurpose them. It's okay to take time before making these decisions.

8. Updating Your Own Estate Plan

Receiving an inheritance is a good reminder to review your own estate planning. Ensure your will, power of attorney, and beneficiary nominations reflect your current wishes. Proper estate planning can help protect your own assets and ensure a smooth transition for your beneficiaries.

Final Thoughts

An inheritance can be a valuable financial opportunity when managed wisely. By taking your time, seeking professional advice, and making informed decisions, you can ensure your inheritance supports your financial security and future goals. If in doubt, reach out to us or legal professionals to help guide you through the process with confidence.

Written by Richard Vaughan, Senior Financial Adviser at Highview Accounting & Financial. Richard has written his article for general information purposes only and it does not constitute personal advice. This information has been prepared without considering any individual's objectives, financial situation or needs. You should not act solely on the basis of material contained in this article. We recommend that formal advice is sought which considers all your individual objectives and needs.



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OR CALL US ON (03) 5990 1000.

CIRCLING THE CLUBS



Country Women's Association Dingley Village



"All women, all ages, all places. grow, connect, improve."

The ladies in our branch are gearing up for our fabulous annual Mother's Day Stall! Mark your calendars for Friday May 9th, Woolies Dingley Village, 9am to 3pm or unless sold out. Lots of goodies on offer - our signature plain and date scones (baked fresh that morning!), lots of slices, cakes, preserves and relishes. Handmade gifts for mum and as always a selection of baby items and knits.

If you have been thinking of becoming a member of our CWA Dingley Village branch, why not come and say hello, we are always happy to chat. Or just come and say hello! At CWA Dingley Village, we are a vibrant collective of women dedicated to fostering friendships and supporting those in need across Victoria. Whether your passion lies in cooking, crafting, or connecting with others, CWA offers diverse activities to cater to your interests and talents.

Join us and unlock a world of possibilities. Through our volunteering initiatives, you'll have the opportunity to make a positive impact on the lives of women, children, and families in the community. Together, we can create meaningful experiences and memories while spreading kindness and support. Our monthly meetings occur on the 4th Wednesday of each month, running from 10am to around 11.30am. Following the meeting, we come together for a delightful cuppa and share a light lunch, nurturing a warm and inclusive environment where friendships blossom and thrive.

Join us, make friends, and create beautiful memories while leaving a positive imprint on the world around you. If you would like to know more, please contact Sue on **0434 879 875**.

Dingley 60 Plus Social Group

Our gatherings adjacent to the Sports Bar of the Dingley International Hotel are being held only on the 2nd Thursday of the month so the next one will be on the 10th of April and the May one is on the 8th. Starting time is 7.00 PM and meals and snacks are available if you want to make a night of it. Of course, you have the usual wide choice of beverages being dispensed for your indulgence.

Our regular dinner is held on the last Saturday of the month and the April one will be on the 26th. Advice of future activities and venues are made at the Thursday gatherings and to facilitate bookings you can indicate which particular events you wish to attend.

A number of 60 Plusers were entertained by Gavan Chattellier at the Keysborough Seniors Club in March. Our activities are suitable for those in the 60 plus age group and provide an opportunity to socialise with your peers. Events can be proposed by members and those interested can get on board.

Still no new faces in 2025 so don't be shy as we are more than happy to welcome new members to the Group. Enquiries can be made to Graeme on **9551 3462**.

Probus Club Dingley Central



Our clubs 34th annual meeting was chaired by fellow member Greg Pullen. It was pleasing to see that all positions were filled.

After all the formalities, our retiring President George and fellow committee members were thanked for their tireless work throughout the year, which contributed to a very successful year for the club. Best wishes were extended to the incoming President Pam and her committee for the coming year. A video prepared by Colin, our clubs publicity officer, highlighting the activities members enjoyed throughout the year, was shown at the conclusion of the meeting. Our day tour was to the beautiful Blue Lotus Water Gardens, followed by lunch at the same venue.

Activities planned for April: Happy Hour, Wine Tasting, Camera Club, Legs and Morning Coffee, Morning Melodies, Dine Out, Film Day, Ladies Lunch, Games Day and Craft Group.

Our meetings are held on the first Monday of the month, at The Salvation Army Kingston Centre, 13/12-16 Garden Boulevard, Dingley Village. New members are always welcome.

For further information please contact Jean on **0438 272 232**.
Website: dingleycentralprobus.wix.com/dingleycentralprobus

Dingley Village Senior Citizens Club Incorporated

The Dingley Village Senior Citizens Club Inc welcomes new members to join their weekly meetings every Monday from 12:30 PM to 3:30 PM.

- **7th** Games, Cards, and Dominoes
- **14th** Lunch Outing
- **21st** Public Holiday
- **28th** Bingo

For more information, feel free to reach out to our President, Margaret, at **9580 4321**, or our Secretary, Asha, at **0417105646**

Dingley Village Historical Society



DVHS aims to document and collate information regarding our local history. The society holds information on early families of Dingley Village and the surrounding areas as well as the market gardens, farms, clubs and societies in the area. We welcome any information or photographs of Dingley Village through time that we can copy. Located at 31A Marcus Rd, (near the library) we are open Monday, Tuesday and Thursday from 10am - 12pm. We are also open on the third Saturday of the month during the Farmers Market and other times on request.

Contact by email: enquiries@dvhs.com.au

Dingley Village Men's Shed



Opening Hours and General Activities:

Day of Week	Open Hours	General Activities
Monday	9:00am - 1:00 pm	Metal Work, Wood Work, Art, Bicycle & Car Maintenance
Tuesday	9:00am - 12:00 pm 1:30pm - 3:30pm	A' Team workgroup & Bike Riding Group Photography
Wednesday	9:00am - 12:00 pm	Bike Riding Group & Music Group
Thursday	9:00am - 12:00 pm 1:00 pm - 3:00 pm	A' Team workgroup Pool / Snooker
Friday	9:00am - 1:00pm	Members Muster This is our main day!

Every Friday Morning (except holidays as designated), come along, enjoy a cuppa, a chat & meet with your fellow shedders.

We also hold a great Raffle (fundraiser) for members & visitors, and also a Golf Putting Comp. Other Activities from time to time include Golf Days, Special Event Days e.g., Cup Day & Australia Day BBQ's. plus, the occasional outing to places of interest.

The Dingley Village Men's Shed is in Cypress Drive, Braeside Park (near Visitors Centre), Lower Dandenong Road.

Ph. **9551 5892**, E-mail: info@dvms.org.au
Web: www.dvms.org.au

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Lions Club of Dingley Village



If anybody has any of the following items, they can be left at the Dingley Village Neighbourhood Centre. Pre-loved spectacles, sunglasses and hearing aids and used stamps are still needed. Thank you to all who have donated, please keep them coming in.

Our meetings are held on the 4th Monday at 7.00pm at the Dingley Village Neighbourhood Centre, 31B Marcus Road, Dingley Village (Public Holidays excluded). These meetings are informal and friendly.

For any enquiries, please contact Lynne - 9551 3770 / 0488 004 809. dingleylions@gmail.com

Rotary Club Noble Park – Dingley



Active Rotarians – making friends and making a difference.

The Rotary Club of Noble Park-Dingley has an active social and project program. Our members love being part of our club and enjoy participating in our activities. Once you get to know us you might like to join us in being part of a network of 1.2 million Rotary volunteers worldwide.

We meet at 6.30pm on the first three Thursdays of each month at the Keysborough Golf Club in Hutton Road. Please email info@npdrotaryclub.org.au for more information.

Dingley Cheltenham VIEW Club (Voice Interest Education of Women)



New members are most welcome to join our monthly meetings and learn from our guest speakers and enjoy our monthly social outings. VIEW (Voice Interests, and Education of Women) Clubs support The Smith Family and their Learning for Life Programme which provides education for vulnerable Australian children. Australia has over one million children living below the poverty line.

Dingley Cheltenham VIEW Club are currently sponsoring 7 Children with their education. Women from all walks of life are most welcome to join us please contact Fran Thomas for further information. franniet@gmail.com or 0419 309 931.

Meeting: Second Tuesday of the month at 10am. Where: Keysborough Golf Club, 55 Hutton Rd Keysborough, easy parking.

Italian Senior Citizens of Kingston - "La Baracca"

The Italian Senior Citizens of Kingston offer a two course homecooked lunch with coffee and biscuits every Wednesday and Sunday at 12 pm.

\$17 for members, \$20 non-members. New members welcome. All are welcome to socialise, play billiards, bocce and cards and once a month Sunday Bingo. The first Sunday of every month we hold a lunch dance at 12pm offering a three course meal with coffee and a live band. Booking essential Giovanna 0421 045 648.

Braeside Park Walking Group

We need more walkers. Friendly mixed group meets Tuesday and Friday at the Visitors Centre Carpark. Arrive 9.20am for a 9.30 start to Circuit 5 km or shorter. Stay around for a chat afterwards, no booking just come along.

Keysborough & District Multicultural Senior Citizens Inc.

This over 55s club is located at the Rowley Allan Reserve 352 Cheltenham Road Keysborough and the following activities are available for members and visitors:

Tuesdays – Bingo on the 1st, 2nd and 4th of the month 1pm to 3pm. \$3.00 entry and \$1.50 per book. **Concerts** with professional entertainers are on the 3rd and 5th Tuesday of the month 1pm to 3pm. \$3.00 entry.

Wednesdays – Line Dancing 1pm to 3pm \$3.00 entry.

Thursdays – Ballroom dancing from 1.00pm to 3.00pm. Entry \$3.00.

Club members and visitors enjoyed an afternoon with Gavan Chattellier giving us a heap of popular country and Rock and Roll songs.

Future entertainment

15 April: Col Perkins, 29 April: Jennifer Lee

Club membership for F/Y 24/25 is \$10.00. Contact is Julie on 0428 561 694.



Spring Park YWCA Golf Club



A friendly welcoming group of ladies of varying standards meet at 7.45am for an 8.00am start on Monday mornings at Dingley's Spring Park Golf Course. Cup of tea & biscuit is shared after the round.

We play 9 holes & provide an excellent starting point for those who have completed golf lessons & are ready to hit the fairways.

Further information: Jillian Sanders 0419 501 365 (Captain), Julie Westcott 0438 269 622. (President), Jan Boyes 0497 096 377 (Secretary)

Kingston Communicators Toastmasters Club

Here you get to gain valuable skills in Effective Communication & Leadership at all our meetings. Join us at a club meeting as a guest! We meet each 2nd, 4th and 5th Wednesday of the month from 7:15 pm for a 7:30pm start at Mentone Activity Hub, 29 Venice Street, Mentone, VIC, 3194

For more information call 0432 676 952 or visit us at <https://kingston.toastmastersclubs.org/>

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Our Mission: Reach, Restore, Relate, Resource And Release.
Ph: **8551 6600**, Fax: **8551 6690**.
Web: www.kcc.crm.org.au
Email: admin@crm.org.au

Senior Pastor: Dan Parker

Sunday Services: 10am Service has Children's Ministry.

Every person was created to know God's presence in their life. Jesus said 'I am the way, the truth and the life; nobody comes to the Father, but through me' (John 14:6) Sin separates us from God.

The work of the cross reconciles and unites us back to God. We need to receive Christ in order to realise God's purpose and power in our life. New life is then imparted as we are slowly being transformed. We learn to trust Him in our daily walk.

Join us for our Easter services, celebrating the finished work of the cross. We will focus on the love of God shown to mankind through the death of His only Son, Jesus and His resurrection three days later.

Easter Services:

Friday 18 April @ 10am – Good Friday
Sunday 20 April @ 10am – Easter Sunday

Heatherton-Dingley Uniting Church



Cnr. Kingston and Old Dandenong Roads, Heatherton. Sunday services at 10.00 a.m. Sacrament of Holy Communion second Sunday of the month at 10.00 a.m.

All enquiries phone **0431 244 561**.
www.heathertondingleyuca.org.au

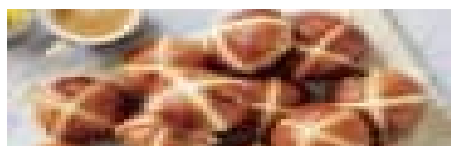
Our Vision and our Mission

To seek to connect people to God and each other. Heatherton-Dingley Uniting Church - Meeting U at the Crossroads of Life.

EASTER SERVICES

Good Friday – 9am followed by a cup of tea and hot cross buns
Easter Sunday – 10 am

Prayer: If you have a concern that you would like prayed about ring Margaret on **0401 392 772**



What's On

Wednesdays – Prayer meeting at the church 9.00 – 9.30 a.m. If you have a concern that you would like prayed about ring Margaret on **0401 392 772**.

Know Your Bible 9.30 – 11.00 a.m.

An interdenominational study of the Bible for women. For further information contact Kaye **0412 715 363**.

Second And Fourth Thursdays Of The Month

Unleash the Music in You – 7.30 p.m. at the Church. For further information contact Bob Lorraine on **0418 998 714**

Third Saturday On Odd Months Of The Year

Bark And Chat - This is an informal group of dog lovers who bring their dogs along for a chat and short information session on different topics relating to dogs, followed by morning tea. For further information contact Margaret on **0401 392 772**

Village Church Inc.



Address: 7-9 Fiveways Blvd Keysborough 3173

Pastor: Rodney Hole
Elders: Andrew Weston & Malcolm Crouch
Church Office: **8712 8254**
or admin@villagechurch.org.au

Visit our website: www.villagechurch.org.au

Village Church offers the following ministries to 'Inspire People to Discover and Develop Life in Christ':

Village Church Easter Program

Friday 18th April, Good Friday Service – 9am (no live stream).
Sunday 20th April, Easter Sunday Service – 10am.

Sunday Morning 10am Worship Service

In person or can watch livestream on our webpage.

The church service includes:

- Bible teaching through expository preaching.
- Pastor Rodney Hole is currently preaching through the book of Hebrews.
- Communion is held twice a month for those who know Jesus Christ as their personal Saviour and Lord.
- Kids Church - Younger Primary (4-8 years old) and Older Primary (9-12 years old).
- Little Blessings Preschool Program (0- 4years old)
- Tea and coffee are served after the service.

Life Groups

Meets for Bible study and fellowship in various suburbs on a fortnightly basis in Springvale, Narre Warren, Pakenham, and Lyndhurst areas.

Ladies Bible Study

Meets regularly to work through an entire book of the Bible, alternating between the Old Testament and the New Testament. Previously studied are the books of Ruth, Philippians, Genesis and James and a video teaching series on "War of Words" by Paul Tripp based on his book.

We are currently studying through the book of Daniel and Martha Peace's "The Excellent Wife".

Men of Faith

Meets once a month at Village Church on a Sunday evening for a BBQ and men's Bible study.

Village Church Youth Group (Years 7 –12)

Meets weekly on Friday nights from 7-9pm during the school term for Bible study and fellowship.

Street Ministry

Village Church partners with 'Bought with a Price Ministry' here in Melbourne. Every Wednesday and Friday from 5pm to 7pm, a team witnesses at either Dandenong, Noble Park, Glen Waverley, Ringwood, or Springvale areas.

Marriage and Family Support

At Village Church, our heart is to serve the surrounding community to support the growth of families. Families and marriages are under attack, and we are committed to helping you out in any way.

We have many gifted and equipped members who would love to listen, encourage, and give sound advice to you. Please call the church office if you need help.

Christ Church - Anglican Church Dingley Village



Vision: From within you shall flow rivers of living waters" John 7:38

Easter Services

Maundy Thursday 7pm, 17th April
Celebrate Messiah – Passover Meal explained and Holy Communion. All welcome.
Good Friday Service 10am, 18th April
Easter Sunday 10am, 20th April
- Holy Communion Service

Sunday Services

8.30am (Heritage Church) Holy Communion Service
10.30am (Auditorium) Worship Service with Kids' Church.

Next Combined Service: Sun 1st June at 10am.

Life Groups for Bible Study

For more information, please contact our office.

Youth Group Saturday

Lots of fun and engaging activities for ages 11 to 17 years. Drop off 6:30 pm, pick up 9 pm (sign-in essential) Please contact our office for details.

Pleasant Tuesday Service

2pm, 2nd Tuesday Each Month

Traditional Holy Communion Service with favourite hymns in the Heritage Church followed by a social afternoon tea. Please contact our office for transport IF needed.

Weekly Prayer Meetings

Wednesday 11am in the Prayer Rooms.
Saturday 8am in the Atrium. Healing, Deliverance & Prayer Ministry available upon request.

Roundabout Op Shop

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Saturday - 9.30am - 1.30 pm

Donations: We take clean useable items but cannot accept electrical goods, or baby/child equipment.

Supported Missions

CCD supports: Make A Difference, Dingley Village; Common Grace; Hands At Work, Africa; BCA; CMS; NCIC.

Food Parcels Available

For those in need, upon request.

Prayer Ministry

Please contact our parish office for details and bookings.

Senior Minister: Rev. Richard Loh

Parish Office: 03 9551 7871

Email: admin@ccd.org.au

Website: www.ccd.org.au

St. Mark's Catholic Church

511 Lower Dandenong Road,
Dingley Village, 3172.

Phone: 9551 6930 or 9547 4877

Email: Springvale@cam.org.au

Website for further information:

ST JOSEPH SPRINGVALE | Catholic church
Parish Priest: Fr. Joseph Truong Nguyen
OFM Conv.

Mass Times

- Saturdays, 5pm
- Sundays, 9.30am
- Confession 4.30 - 4.50 pm before Mass on Saturdays

The Salvation Army Kingston City 'You Belong'



13/12-16 Garden Boulevard,
Dingley Village. Office Phone:

(03) 9558 2045.

Facebook.com/KingstonCitySalvos

www.salvationarmy.org.au/kingstoncity/

Corps Officers (Ministers): Major Jennifer Cloke and Major Andrea Elkington.

Hours of operation

10:00am - 4:00pm Monday to Friday or by appointment.

Our Mission

The Salvation Army Australia is a Christian movement dedicated to sharing the love of Jesus, by caring for people, creating faith pathways, building healthy communities, & working for justice.

Our Vision

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia, one life at a time, with the love of Jesus.

Emergency Relief | Casework

The Salvation Army Kingston City Doorways team offers assessments for emergency relief. Please phone 9558 2045, Wednesdays, Thursdays & Fridays between 10am - 4pm to make an appointment.

Echo Church

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Giovanna, Our President on 0421 045 648. Tell Giovanna, that Grace Andolfi has recommended, the Club ... "La Barracca"

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