



THE DINGLEY DOSSIER

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www.dvnc.com.au/dossier

PAY IT FORWARD DAY APRIL 28TH



Have you ever been touched by a random act of kindness? Perhaps a stranger held the door open or offered a helping hand when you were feeling overwhelmed. These simple, kind gestures can have a far-reaching impact, and that's the essence of Pay It Forward Day.

The beauty of Pay It Forward Day lies in its simplicity. The core belief is that even a small act can create a ripple effect of positivity. These seemingly modest gestures, when combined, have the collective power to cultivate a more compassionate society.

Pay It Forward Day Australia is celebrated annually on April 28th, encouraging people to perform at least one to three acts of kindness without expecting anything in return. Founded in 2007 by Australian Blake Beattie, it is a global initiative aiming to create a ripple effect of positivity across the nation.

Ideas for Action

Getting involved in the Pay It Forward Day is easier than you might think. Whether you're looking to spread kindness in your own neighbourhood or contribute to a larger community effort, there are plenty of opportunities to make a difference. Here are some practical ways to start your own pay it forward journey:

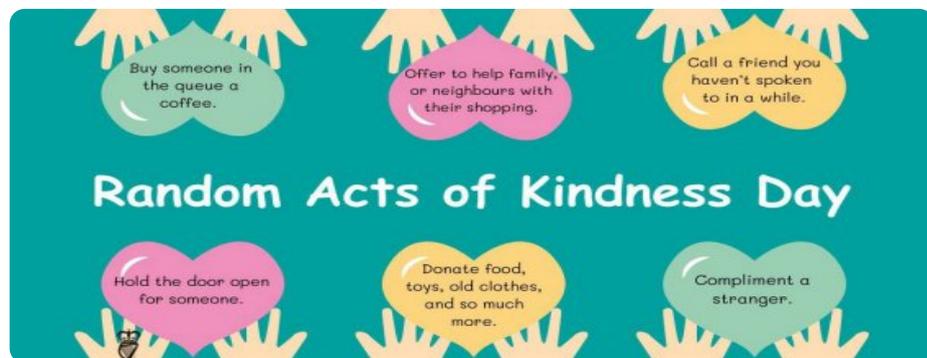
- **Start small, spread kindness:** A simple compliment can brighten someone's day. Compliment someone's outfit, work, or positive attitude.
- **Surprise a neighbour:** Bake some cookies or offer a helping hand to a neighbour in need.
- **Donate to those in need:** Make a food donation to a local food bank or contribute to an animal shelter. Even a small donation can make a significant difference.
- **Leave a positive note:** Spread positivity by leaving inspirational sticky notes in unexpected places. You never know whose day you might brighten!
- **Offer a helping hand:** Offer to hold the door for someone or help them carry groceries. Simple acts like this can make someone's day a little easier.
- **Call a friend:** Reach out to a friend who might be going through a tough time and schedule a coffee date to offer your

support. Sometimes, all it takes is a listening ear to make someone feel supported.

- **Volunteer your time:** Dedicate a few hours to volunteering at a local organisation, and rally your friends and family to join you.

- **Pay it Forward in line:** Next time you're at a cafe or grocery store, consider treating the person behind you to a coffee or a meal. This unexpected gesture can not only make their day but also inspire them to pay it forward.

The day aims to create a 'ripple effect' where one act of kindness inspires others to do the same.



FARMERS' MARKET

SATURDAY 18TH 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?

31B Marcus Road, Dingley Village. 8512 0505 admin@dvnc.com.au

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

Vic Emergency Hotline
1800 226 226

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

Document Signing Station
Springvale Library
1300 630 920

Dingley Village Social Group

Looking to meet new people in a fun, relaxed setting? Playing cards, games, bingo, scrabble & mahjong.



Every Monday from 1.00pm-3.30pm in the Harold Box Hall at the Dingley Village Neighbourhood Centre. 31b Marcus Rd Dingley Village VIC 3172. \$2.00 per visit & light refreshments are provided.

Enquiries: admin@dvnc.com.au or Ph: **8512 0505**.

Neurodiverse Parents Support Group with Geraldine

Parent lead group for children under the age of 16 with Autism, ADHD, Dyslexia and Dyscalculia. Meet in Meeting Rooms 4/5 every 3rd Wednesday of the Month from 6.30pm-8.00pm Contact Geraldine Howley on **0449 150 415** or email: geraldineahowley@gmail.com

Music with Mummies

An interactive and personable experience for both you & your child. Ages: 6 months -3 yrs, Wednesdays in the Library Meeting Room 2. All enquires contact Emma: Ph: **0412 796 424** or email: musicwithmummies@gmail.com



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 in DVNC meeting room 4,5 & 6. **Free event.**

Dingley Village Playgroup

Monday 9.00am-11.00am
Tuesday 9.30am-11.30am
\$40.00 Term fee in the Playgroup room. In the new DVNC centre & Early Years services building. Email: admin@dvnc.com.au or Ph: **8512 0505**



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.



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

Catering to all skill levels both men & women. Come along and join this friendly group. Mon, 9am & Wed 12.30pm in the Harold Box Hall \$3.00 per session. New members Welcome. No need to book just come along.



Pilates

Mums and Bubs Pilates Tuesdays 11.15am-12pm \$12 session. Mat Pilates Tuesdays 12.30 - 1.15 pm \$12 per session in the Harold Box Hall but please pay at reception first. Need to bring Yoga Mat, Water bottle and towel. All enquires please contact admin@dvnc.com.au or Ph: **8512 0505**.

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 DVNC meeting room 4 & 5. Free Class, no need to book, just come along.

Chatty Café with Sue & Jo

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 staff room in the new DV Neighbourhood centre. 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.

Taekwondo with David

Mon & Thurs 5 -7pm in the 'Harold Box Hall'. If you are interested in joining, contact David on **0439 304 579**.

Tai Chi with James

Tai Chi aids the reduction of anxiety of stress; it also helps increase flexibility and balance. Sessions are held in the Harold Box Hall. Tuesdays - 9am - 11am. Wednesdays - 6.30pm - 8.30pm Contact James: **0430 570 460**.

Agna Yoga with Sneha

Yoga & Meditation class in the Harold Box Hall, weekly on Fridays from 6pm-7pm. All enquires to agnayogawellness@outlook.com or Ph: **0421 876 858**

Sound Healing with Danielle

Bio tuning session weekly on Tuesdays from 7pm-7.45pm in the Harold Box Hall. All enquires contact Danielle at Biofieldbayside@outlook.com or Ph: **0478 736 675**.



COMMUNITY

ANZAC Day

ANZAC Day, on the 25th April, 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.

There will be a dawn service held at the memorial in Marcus Rd on ANZAC Day and a Schools Event for Kingswood PS, Dingley PS and St Marks at 10am Friday 24 April at the memorial.



Daylight Savings ends

This is a reminder to turn your clocks BACK one hour on Sunday 4th April 2026.

It is also a good time to test your smoke alarms and change the batteries.

Dingley Football Netball Club

Football season kicks off on the 3rd of April (Good Friday) with a double header for Dingley Division 1 and Reserves against Springvale at Springvale Reserve.

At the time of going to print the 2026 Netball season fixture had not been released. Go Dingoes 2026.

Dingley Village
Neighbourhood Centre

is now on

 Instagram

We would love for you to follow us.

Please either scan the code or search
Dingley Village Neighbourhood Centre
on Instagram



Special Dates in April

1st – 30th April: Parkinson's Awareness Month

Parkinson's Awareness Month provides opportunities to learn more about the issues facing people living with Parkinson's every day and how their lives can be improved – particularly through exercise, social opportunities, and community activities.



1st – 30th April: Sexual Assault Awareness Month

April is dedicated to raising awareness about sexual assault. Stand with us to support survivors and organisations working tirelessly for change!

2nd – 9th April: Pesach/ Passover * Judaism

Pesach also known as Passover is an eight-day festival when Jews commemorate the Exodus from their slavery in Egypt. The festival begins with the Seder meal during which time the story of their deliverance is told.

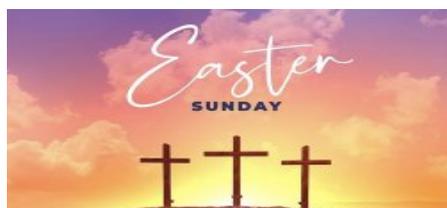


3rd April: Good/Holy Friday Christianity

Good Friday is a solemn day of mourning and reflection, commemorating the suffering and crucifixion of Jesus Christ, considered by Christians to be the Son of God.

5th April: Easter/Pascha Sunday Christianity

The most important Christian holy day, Easter Sunday celebrates the resurrection of Jesus Christ, three days after his death by crucifixion.



14th April: Yom HaShoah* Judaism

Yom HaShoah, or Holocaust Remembrance Day, remembers the victims of the Holocaust, emphasizing respect for human dignity. Observed by Jewish and other faiths.

14th April: Vaisakhi Sikhism

Vaisakhi is one of the most important dates in the Sikh calendar, commemorating the birth of the Sikh community and is celebrated with nagar kirtan (processions), special Gurdwara services, and community service, coinciding with the Punjabi harvest.



21st April – 2nd May: Ridvan * Baha'i

Ridvan is the most significant festival of the Baha'i faith and is celebrated over 12 days. It is the day Baha'u'lláh declared his mission as a messenger of God in the Garden of Ridvan.

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

** 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.

HOLIDAY PERIOD ROAD SAFETY

Victoria Police and the Transport Accident Commission (TAC) are launching major, multi-day road safety operations over the Easter and ANZAC Day periods to reduce trauma.

- * Plan Ahead: Anticipate heavy traffic and allow extra travel time.
- * Manage Fatigue: Take breaks every two hours and avoid driving when you would normally be asleep.
- * Drive to Conditions: Reduce speed in rain, fog, or heavy traffic, particularly on regional roads during dawn/dusk to avoid wildlife.
- * Vehicle Maintenance: Check tires (including the spare), oil, coolant, and windscreen wiper fluid before departing.
- * Avoid Distractions: Keep your phone out of reach or in "Do Not Disturb" mode.
- * Be Patient: Expect congestion and allow for extra time for delays.

Police will be increasing patrols, drug/booze bus deployments, and supporting Driver Reviver sites to encourage rest breaks.

neighbourhoodwatchkingston www.nhw.com.au

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

Limited Spots available!

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- ✔ Low turnover of staff, high commitment.

A program of Dingley Village Neighbourhood Centre



ENQUIRE TODAY!

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Dingley Village

Ph: 8512 0509

Kennedy Community Centre

As part of their commitment to the residents of Dingley Village, the Kennedy Community Centre are offering 20 hours per week of Community Access. If you are a sporting club and believe you could make use of their facilities, please contact the Kennedy Centre for further information.

Kingswood Golf Course Discussion Update

As part of their commitment to the residents of Dingley Village, the Kennedy Community Centre are offering 20 hours per week of Community Access. If you are a sporting club and believe you could make use of their facilities, please contact the Kennedy Centre for further information.

As we are all aware, the State Government has granted approval for the residential development of the former Kingswood Golf Course by the Satterley Property Group. Once construction begins, the most effective strategy for the DVCA is to position our association as a constructive partner advocating for better outcomes for both existing and future residents.

Developers and councils respond far better to organised, solution-focused groups than to protest alone. Even though the Development Plan is approved, each of the 17 stages of construction still requires individual council planning permits (roads, drainage, landscaping, open space etc).

This is where Dingley residents will still have leverage. We will be able to:

- Submit formal objections or improvement requests for each permit
- Request conditions be added (e.g. more trees, wider setbacks, extra visitor parking)
- Ask for independent engineering reviews on drainage and flood modelling
- Push for open space to be increased or redesigned
- Demand better off-street parking and traffic management
- Challenge the adequacy of flood mitigation
- Advocate for missing community services (medical, educational, childcare, aged care)
- Fight for more open space and tree retention

For Dingley residents who border the golf course and have concerns regarding fencing and fencing options and wish to discuss these, please contact kingswoodinfo@satterley.com.au. Satterley have also informed us that there will be action taken regarding dust that will emanate from the works on the site.

There will be regular water trucks spraying water every day and possibly hessian netting around the perimeter.

Spring Road Reserve

A friendly reminder to dog owners, please ensure that you continue to clean up after your dogs. There is a new plastic bag disposal unit at the entrance opposite Toorak Road. Residents are aware that the demolition of the dilapidated house is progressing well and it should be removed in the very near future.

Dingley Village

FARMERS' MARKET

SAT 18th APRIL
8.30 am - 1 pm

Reserve, 31 Marcus Rd

Fruits, Vegetables, Live Music
Bakery, Treats, Local Crafts
Preserves, Hot food & coffee
Spirits and more Community Stalls

Free Entry - Free Parking

www.dvnc.com.au/farmersmarket

Rowans Road Traffic Lights

Residents may be aware that traffic lights have been installed at the intersection of Rowans Road and Westall Road Extension. Please be aware that this does not function as a fully controlled traffic light intersection and that drivers still need to be particularly cautious when navigating it.

Support Our Dingley Village Shops

Please remember - it's in your interest to do so - each dollar you spend locally helps keep our shopping centre strong and vibrant and continuing to provide us with great local services right here in Dingley Village.

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. This could be in relation to uneven footpaths, traffic hindrances, damaged infrastructure and so on.

Bottle 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.

Can We Help?

If you have a local issue, you need help with - don't hesitate to contact us and we will see if we can assist you with this.

DVCA Contact Info

Contact us by email at dvcasecretary@gmail.com or come to our monthly evening meeting.

DVCA Meeting Info

Meetings are held in the Library Meeting Rooms, on the second Tuesday each month, February-November, at 7.30pm. Located at 31b Marcus Rd., our next meeting is on the 10th March.

The DVCA is always looking for interested residents to join the association and help further the various issues for the improvement of Dingley Village.

The DVCA is a voluntary group of Dingley Village residents, not affiliated to any political party and membership is open to all residents who genuinely care about our village.

For further information please contact the DVCA Secretary at dvcasecretary@gmail.com.

OUR COUNCIL

Cr Caroline White: Caruana Ward

Cr White is currently on leave from the City of Kingston Council until 4 May 2026. Dingley Village residents who wish to contact a local councillor can speak to the Mayor, Cr Georgina Oxley on 0429 222 504 or email georgina.oxley@kingston.vic.gov.au

Marina Kyriakou is Kingston's Woman of the Year

Women's health advocate and changemaker Marina Kyriakou is Kingston's Woman of the Year for 2026, recognised for transforming her own lived experience with endometriosis into a powerful national movement for awareness, education and reform.

As the founder and CEO of Fight ENDO Foundation and Adenomyosis Australia, Marina has built national platforms that provide education, support and advocacy for women living with complex gynaecological conditions.

Drawing on more than 25 years' experience in senior executive roles across the pharmaceutical and healthcare sectors, she has combined professional expertise with personal resilience to drive systemic change. Her leadership empowers women to be seen, heard and supported and she is at the forefront of helping shape a brighter future for women's health in Australia.



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.

Cr Oxley praised the remarkable contribution of all 20 of this year's nominees. "Every year I am blown away by the calibre of women and girls we honour through these awards and the leadership, courage and commitment shown by this year's nominees and winners is nothing short of extraordinary," Cr Oxley said.

"I love that through these awards we can shine a light on the quiet achievers and powerful changemakers who strengthen our community every single day.

"This year's International Women's Day theme, Balance the Scales, reminds us that progress happens when people care enough to show up and take action, because when women and girls thrive, our whole community thrives with them."

With such a strong group of nominees, award winners were also honoured across four categories: Courageous Commitment, Excelling in Arts or Sport, Impact in STEM or Innovation, and for the first time, a Young Woman of the Year was also presented.

Courageous Commitment: Gabriela Ammendola

Gabriela is the Founder and Director of GA Industrial and a respected leader in a male-dominated industry. An immigrant entrepreneur, she combines business success with deep community service through major charity events, domestic violence support and mentoring migrant women. Her leadership is defined by courage, generosity and impact.

Excelling in Arts or Sport: Jessica Adkins-Barber

Jessica is the owner of The Little Swim School and a leader in trauma-informed, neuroinclusive aquatic education. Her innovative programs support over 700 swimmers and influence industry standards statewide. She also leads inclusive community sport and delivers free water-safety education across Kingston.

Impact in STEM or Innovation: Nally Pillay

Nally is the founder of the We Rise Kingston branch, creating inclusive networking opportunities for women in business. Through locally focused events and partnerships, she has built a thriving support ecosystem for female entrepreneurs. Her leadership strengthens Kingston's local economy and community connections.

Young Woman of the Year: Anastasia Bearsley

Anastasia (Anna) is a 22-year-old emerging leader and advocate for inclusion, accessibility and the arts. As Co-Chair of the Better Health Network Community Advisory Board, she amplifies lived experience in health services and champions mental health and wellbeing. She also volunteers to reduce social isolation among older residents, creating accessible pathways to arts and culture.

To find out more about the awards, our winners and all the nominees, visit kingston.vic.gov.au/women-of-the-year.

Information in this article provided by City of Kingston



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LOOKING AT LOANS



Interest Rate Changes

The beginning of 2026 has proven uncertainty is the only certainty in interest rates, as in world affairs. Australia's interest rate landscape has become increasingly unpredictable, leaving borrowers, lenders, and mortgage brokers navigating one of the most complex environments seen since the rapid tightening cycle of 2022-23.

The Reserve Bank of Australia (RBA) moving to a rising cycle was a move widely considered "entirely unlikely just months ago," according to Herron Todd White's

Month in Review - February 2026 report. This surprise hike reinforced what many in the lending industry already sensed: Traditional indicators are becoming harder to read, and volatility is now the baseline.

As a mortgage broker working directly with households feeling the pinch, the message to clients is simple: Forecasting rate movements has never been more difficult.

In 2026 we are seeing household stress becoming more visible. Rising credit card debt, now at a four-year high, and record levels of personal loan issuance suggest families are relying more heavily on short-term credit to manage everyday expenses.

At the same time, strong travel demand and persistent spending in certain sectors complicate the inflation picture, making RBA decision-making harder to anticipate.

Yet the housing market remains resilient. Low housing supply continues to prop up prices despite rate pressures. This creates a difficult balancing act: Renters and borrowers are squeezed by higher monthly housing payments but still face competitive market conditions if they want to buy.

Ultimately, predicting interest rates has become an exercise in weighing conflicting signals. Inflation is moderating, but not enough.

Consumer sentiment is weakening, yet spending remains high in specific categories. Most banks expect hikes, but some economists still see room for stability.

So, should you fix your interest rate?

To fix or not to fix is a very individual question - relative to specific circumstances, not a general information article. However, it is an important question.

The current data is pointing to one thing: In this environment, uncertainty is the safest prediction of all. That means the need for an experienced financial team around you assisting in financial decision making is more important than ever.



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 loans@ifafinance.com.au, or call us on **03 9511 8883**

Daryl Borden, your Dingley Village Mortgage Broker, ACL 392184

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ANZAC DAY SERVICES

At Dingley Village Memorial

Dingley Village Community, in conjunction with Rotary Club Noble Park and Springvale Sub Branch RSL invites you to attend this year's ANZAC Day Commemoration Services.

Schools Service
on Friday 24th April
commencing at 10.00 am

Dawn Service
on ANZAC Day, 25th April
commencing at 5:45 am

Lest We Forget.

This event kindly supported by

Rotary
Club Noble Park- Dingley



Community Bank
Dingley Village

B Bendigo Bank



DINGLEY VILLAGE
NEIGHBOURHOOD
CENTRE

VILLAGE REFLECTIONS

Reverend Dick Pethybridge

The Pethybridge family came to Australia from England in the mid 1800's. As their children grew up and married, they moved to the Goulburn Valley where they were one of the pioneer families. Richard Hamlin Pethybridge was born on 19 September 1902 at Tarradale, in Victoria and died in 2001 at Dingley Village.

At the age of 9 Dick (Richard) was assisting with the milking and feeding of the stock. He enjoyed his long journeys to church for choir practice and bible classes.

Ordained in 1932, Dick was appointed Home Secretary of the Victorian Church Mission Society (CMS) in 1933 and 1934. Serving in parishes in Cullenswood, Scottsdale, Yallourn, and Northcote he was also associated with the Springvale Church of the Ascension and Christ Church, Dingley.

He was chaplain of the Melbourne Immigration Department from 1959 – 1968. Retiring from the church in 1972 Dick lived in Dingley pursuing his gardening and writing interests.

Dick acquired a love of gardening from his mother and was responsible for planting and maintaining the Dingley Village flower beds along Centre Dandenong Road.

In 1987 shoulder injuries forced him to retire from gardening after 7 years. He was also a writer, writing a biography of his sister Maud (a missionary in Kenya) as well as a gardening column in a community newspaper. Dick Pethybridge was awarded Springvale's senior citizen of the year in 1987 for outstanding service to the community, aged 85.



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: The Dingley Village Historical Society enquiries@dvhs.com.au or visit us at 31A Marcus Road, Monday, Tuesday or Thursday from 10am to 12.



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GARDENING GUIDE



Autumn Gardening Guide

Autumn in Victoria (March–May) is a prime, highly productive planting season for cool-weather veggies like broccoli, kale, spinach, carrots, and garlic. As soil is still warm, it is ideal for establishing root systems, planting spring bulbs, and dividing perennials. Focus on improving soil health, clearing spent summer crops, and mulching to retain moisture.

Autumn is an important time to be feeding your soil. Top dress with compost and use an organic manure or slow release for your new seedlings. Deciduous fruit trees can also have a feed before they go dormant. Citrus will have small fruits by now and you can add some potash and Epsom salts to help them mature or simply use an organic citrus fertiliser.

Key Victorian Autumn Tasks & Planting Guide

Vegetables to Plant:

- March: Broccoli, kale, cauliflower, carrots, leeks, lettuce, rocket, spinach, and silverbeet.
- April/May: Broad beans, garlic, peas, onion, and spring onions.
- Seedlings: Ideal for quick establishment, but leafy greens grow easily from seed.

Fruit & Herbs:

- Plant bare-rooted fruit trees, strawberries, and rhubarb.
- Plant herbs: Coriander, parsley, oregano, thyme, and sage.

Soil and Garden Prep:

- Incorporate compost or manure into veggie beds.
- Plant green manure crops (e.g., lupin, oats) in fallow beds to improve soil fertility.
- Apply mulch around plants to suppress weeds and retain moisture.

Garden Maintenance:

- Turn the compost heap regularly.
- Divide and replant perennials, such as clumping plants or ornamental grasses
- Plant spring-flowering bulbs like tulips, daffodils, and hyacinths.
- Check citrus for gall wasp and prune off affected branches.
- Prune back any finished flowering perennials and tip prune natives to keep compact.

Top Tips for Victoria

- **Manage Pests:** Keep an eye out for snails, slugs, and citrus gall wasps.
- **Watering:** While cooler, still monitor moisture levels, especially for new seedlings.
- In Melbourne/central VIC, take advantage of the milder, longer autumn to establish crops before the winter chill.

Useful resources

Australian Gardening Calendar: A comprehensive book that provides a month-by-month guide for all climatic zones in Australia.

CERES Nursery: Offers a planting guide and seasonal gardening advice specifically for Melbourne's temperate climate.
www.ceres.org.au/nursery/seasonal-gardening-advice

The Diggers Club: Provides monthly gardening guides for specific regions, including the "cool region" which covers Melbourne.
www.diggers.com.au/pages/my-garden-path

Sustainable Gardening Australia (SGA): Offers monthly garden tips and guides to help you plan your gardening activities seasonally.
www.sgaonline.org.au



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Surprise at Essendon Fields

A phone invitation to be part of a "Behind the Scenes Tour" of a unique Australian service to folk in remote outback locations was just too good to decline.

Having accepted the offer and laughingly committed to wear an appropriate uniform I found myself at the old Essendon Airport (now Essendon Fields) on a Saturday morning in February '26.

To my surprise there were upward of 70 attendees all of whom were in casual gear apart from the staffers and volunteers associated with this iconic service provider.

Immediately my apparel caused me to stand out from the crowd. It was an inspiring and educational tour covering many, but not all, of the variety of services provided especially to folk living and working in remote Australia.

This iconic and unique Australian service is of course the Royal Flying Doctor Service (RFDS).

Due to the size of the crowd attending we were allocated RFDS guides. Each guide took us around the various stations where the specialist staff of that service gave us a brief run down of what they did and how they did it. Services included road transport to and from medical and hospital appointments, dental care, accident and trauma care and air transport to facilities able to deal with the emergency.

The whole experience was 'eye opening' to say the least. However what amazed me as much as anything was that much of the funding for this essential service relies on public and private donations.



In just two years time (2028) RFDS and it's predecessor will have been providing this service for no less than 100 years. During this time countless folk who might never have had this level of care have benefitted from the wide variety of services provided.

Although a long time supporter of the organization I came away with a renewed confidence and understanding. What has been achieved over nearly 100 years will, I hope, continue into the future ensuring that many more country folk will enjoy the kind of care and assistance that we in the cities take for granted.

So where does the DVMS come in?? Having joked about wearing an appropriate uniform I was fortunate to find a fellow member who not only had been a pilot before retirement but had a 'Captains' uniform in his wardrobe that fitted me – well almost. So, I was able to be the "Belle of the Ball". Had this not happened my little joke would have fallen flat.

It only happened because I was a member of our Dingley Village Men's Shed.

- Geoff Hergt



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My mind keeps on going blank. How worried should I be?

THE CONVERSATION

Academic rigour, journalistic flair

Published: March 11, 2026 12.25pm AEDT
Sophie Andrews: Associate Professor and Lead, Healthy Brain Ageing Research Program, Thompson Institute, University of the Sunshine Coast

We've all been there. Whether it's at a crucial moment of an exam, walking into a room for a specific purpose, or making an impromptu speech, your mind goes blank. It can be frustrating, stressful or worrying. But what's really going on in your brain? And when should you go to your GP for a check-up?

What is mind blanking?

One of the earliest observations in psychology is that our thoughts usually produce a stream of consciousness, flowing almost constantly. Often our attention and thoughts are focused. Other times, our mind wanders. But less often (perhaps about 15% of the time) our mind goes completely blank. So in recent years, researchers have begun trying to find out why.

Mind blanking can happen when we intend to retrieve a memory, and find it gone. This could be completely forgetting the answers to questions in an exam, or forgetting why we walked into a room. It can also happen when we are not aware of thinking at all. Someone might ask us a question, and we realise we had "zoned out". Sometimes this zoning out is due to our mind wandering, and we are aware of our thoughts. However, at other times, when we're not sure where our mind went, this is mind blanking.

Some people are much more likely than others to say their mind goes blank. These include people with ADHD (attention deficit hyperactivity disorder) or anxiety. Mind blanking is also more common in certain kinds of dementia, such as Lewy body dementia, and in people who are sleep deprived, or after intense physical exercise.

Let's start with the brain

To understand what causes our mind to go blank, we need to start with how our brain usually pays attention and learns new memories.

A key brain network involved in these processes is the executive attention network. This is a network of interconnected brain regions that's important for being alert, paying attention and feeling motivated. These brain areas are connected to regions in the outer layer of the brain, the frontal and parietal cortex, which support our planning, decision-making and sensory integration. This executive attention network is used both for passing information to our memory systems for storage, and then later retrieving those memories when we need

them. One of the key brain chemicals that supports this network is noradrenaline, also known as norepinephrine. This controls our alertness and readiness for action.

So what happens when our mind goes blank?

Disruption in any part of the executive attention network can impact the brain's ability to pay attention and retrieve memories, leading to a blank mind.

When we're sleep-deprived

Fatigue caused by sleep deprivation or sleep disorders can impact the alerting part of the network. When we are very tired, we can experience "local sleep". This is where the activity in parts of our brains is sleep-like even if we are awake. This can cause the attention system to temporarily shut off, which researchers think may lead to mind blanks. Neuroimaging research shows parts of the executive attention network are "deactivated" during mind blanking. This likely explains what causes the "zoning out" kind of mind blank.

When we're stressed

High levels of stress or anxiety, such as what we might experience in an exam room, can result in high levels of noradrenaline. This puts the body in "fight or flight mode". This focuses our attention on immediate threats, reducing its ability to retrieve what it sees as non-essential memories, such as information you've been revising the day before.

When we're multi-tasking

If the executive attention network doesn't encode a memory efficiently in the first place – because for example, we were multi-tasking or distracted – then it might not be easily retrieved later on. This can also lead to a mind blank.

When is it time to see your GP?

While mind blanking is common and usually no cause for concern, frequent mind blanking can be a sign of a medical condition.

Some conditions that affect these attention network systems, include depression, anxiety, dementia or stroke. A condition that affects the memory systems themselves, such as Alzheimer's disease, can also look like mind blanking, as can some kinds of seizures.

So, generally speaking, if you've noticed mind blanking becoming more common, if there has been a sudden onset of symptoms, or if your friends or family have raised concerns, see your GP for a check-up. If you've noticed any changes to your ability to undertake your daily activities, or you find yourself confused or disorientated, you should also see your GP.

If you go to your GP for a check-up, they may take a medical history, and ask you some questions to assess your thinking and memory skills. They may also refer you for neuropsychological or neurological assessment, or request a brain scan (like a CT or MRI scan) to check for any brain changes caused by stroke or dementia.

Disclosure statement

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Take your pick from local cafes or restaurants, also ask about catering options from your favourite take-away spot.



Blue Light, Sleep, and Vision: What Actually Matters

Over the past decade, blue light has become one of the most discussed topics in eye care. Many patients now arrive at their eye examination asking whether they need blue light glasses, whether screens are damaging their eyes, or whether blue light is responsible for headaches and fatigue. As optometrists, part of our role is helping patients separate marketing claims from what the evidence actually shows.

Blue light is not something new or unnatural. It is a normal part of the visible light spectrum and is produced in large amounts by the sun. In fact, natural daylight contains far more blue light than any phone, tablet, or computer screen. Blue wavelengths play an important role in regulating our circadian rhythm, the internal biological clock that controls sleep and wake cycles. During the day, exposure to blue light helps keep us alert and supports normal mood and cognitive function.

The conversation becomes more relevant in the evening. Exposure to bright light, particularly blue-enriched light, can suppress melatonin, the hormone that signals to the body that it is time to sleep. This is why scrolling on a phone or working on a laptop late at night can sometimes make it harder to fall asleep. The issue here is not necessarily eye damage, but rather the timing of light exposure and its effect on the brain's sleep signalling pathways.

One of the most common misconceptions is that blue light from screens causes permanent damage to the eyes or leads to conditions such as macular degeneration. Current scientific evidence does not support this claim. The levels of blue light produced by consumer screens are far below those known to cause retinal damage. From a clinical perspective, when patients experience discomfort after long periods of screen use, the cause is usually digital eye strain rather than blue light toxicity.

Digital eye strain occurs because we tend to blink less when concentrating on screens. Reduced blinking leads to faster tear evaporation, which can result in dry, irritated, or tired eyes. Prolonged near work also places sustained demand on the focusing system of the eyes, which can contribute to headaches or blurred vision. In most cases, these symptoms are related to visual habits rather than the specific wavelength of light being emitted.

That does not mean blue light filters are completely useless. Some patients find them helpful for reducing screen brightness or glare, and using night-mode settings on devices can make evening screen use more comfortable.

However, the most effective strategies are often simpler: taking regular breaks from screens, maintaining appropriate viewing

distance, ensuring adequate lighting, and limiting device use before bedtime.

In clinical practice, the goal is not to eliminate blue light but to manage how and when we are exposed to it. Daytime exposure to natural light is actually beneficial for both sleep regulation and general wellbeing. At night, reducing screen time and dimming lights can help the body transition more naturally toward sleep.

Blue light has become a popular topic in the optical industry, but the reality is more nuanced than many headlines suggest. Screens are unlikely to harm the eyes through blue light exposure alone.

The real challenge of modern visual life is how much time we spend looking at close digital devices and how little time we spend giving our eyes a break.

As with many aspects of eye health, balance tends to be the most effective solution. Regular eye examinations, healthy visual habits, and awareness of how light affects our daily rhythm will do far more for long-term comfort and sleep than any single lens coating.

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Dealing with spam

There are things you can do to reduce or stop spam. You can also make a complaint or forward spam to Australian Communication and Media Authority (ACMA).

What is spam?

Spam is an unwanted electronic marketing message you receive, including by email, text or instant message. To be spam, the message must be commercial. That means it must contain one or more of the following: offers, advertisements and promotions.

Messages are generally not spam if they:

- have no advertisements
- are appointment or payment reminders
- notify you of a service or product fault
- are about a service you use.

Telemarketing calls are also not spam. Different rules apply to these. Learn more about how to deal with unwanted calls or faxes.

Spam rules

There are rules that senders must follow when they send you a marketing message. To send you marketing messages, the sender must:

- first have your consent
- include their contact details in the message
- have a way for you to say 'stop' to getting messages.

Some organisations have an exemption to send you marketing messages without your consent. However, they must still include their contact details in the message. These include:

- registered charities
- education institutions contacting you as a former or current student
- government bodies
- registered political parties.

Ways to give consent

There are lots of ways businesses might seek your express consent to receive marketing messages, including:

- ticking a box in an online form
- as part of terms and conditions when entering a competition
- during a transaction when you are buying products or services (online or in person)
- over the phone
- in person.

How to unsubscribe

Businesses must include a way to stop, opt out or unsubscribe from their marketing messages. It must be easy, clear, and at low or no cost to you (a return SMS is OK). Senders cannot ask you to log into an account or provide personal information to unsubscribe (other than the email or phone number to be unsubscribed) unless you've agreed in advance.



You can unsubscribe at any time by using a provided link or even contacting the business via other channels. Businesses must generally stop sending you marketing within 5 business days of your request.

Get spam smart: Avoiding or reducing spam

Do:

- make informed choices about giving your consent: be wary of competitions – promotions or gift card lotteries (online or in-person) are often designed to obtain your personal information and you may be agreeing to be contacted
- look out for pre-checked boxes when you buy products or sign up for services – untick them if you can
- check the terms and conditions to see if you are agreeing to receive marketing
- check you understand who you are giving consent to and for how long – is it one company, or does it include 'third parties' or 'affiliates' (which could be anyone)?
- check how long the consent lasts – do you really want to give consent for long periods?
- check how you can unsubscribe in future if you want to
- use the unsubscribe facility (such as a link, or instruction to reply STOP) if you no longer want to receive marketing messages from an organisation
- block the sender if they continue to send you unwanted marketing messages, using your email filters or your phone settings
- contact your telco provider for advice on spam filtering or phone blocking.

Don't:

- tick 'subscribe' boxes (online or in paper forms) without being sure what you are agreeing to
- give your contact details for competitions, surveys or rewards systems without being sure what you are agreeing to – if you're getting something for free, the cost might be your personal information.
- click on links in an email or message if you can't verify the sender – it could be a scam.

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Dingley Football Netball Club



Both the DFNC Football and Netball departments have been in training for several months and are eagerly anticipating their 2026 seasons.

Practice Matches are now referred to as 'Match Simulations', I mainly because one of the hundreds of people employed at AFL House thought it was another way to perpetuate another good idea.

A sausage is still just a sausage however, no matter what it is called and our footballers had 'sausage sizzles' against Edithvale-Aspendale FC and Rosebud FC in March to give our many new recruits and most of the familiar faces, 'practice' in competitive matches.

Similarly, our netballers, who are looking as strong as in previous seasons if recruitment of new talent is a guide, have had 'practice games' against opposition teams in recent weeks.

Under Manager/Coach A.J. Ballantyne, great things are again expected from Dingley Netballers in 2026 as they plan to field no less than nine teams throughout the various divisions of SFNL.

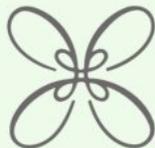
The football season proper kicks off against our old rivals Springvale Districts at Newcomen Rd Springvale on Good Friday, April 3. Reserves game commences at 12 noon with the Seniors on show at 2pm. Now is the time to purchase a Club Membership for 2026 at a cost of just \$80, which admits members to all 18 home and away games. Join online at dfnc.com.au and get on board for another great year of local footy.

All the club news appears on the club website for supporters to keep up to date. The club is working hard to establish an Under 19 team under coach Andrew Gough and numbers are encouraging at this stage, although more players are keenly sought.

Likewise, we are fielding a Thirds team again, which is a ten week open age competition playing games on Friday nights at 6pm or 7pm throughout the season.

Captain/Coach Colin Craney [0417350016] is keen to hear from any new talent who want to have a game of footy and still leave their Saturdays free. In closing, we thank all our loyal local sponsors, supporters and volunteers as we work towards another year of local sport.

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PRE-SCHOOL EDUCATION

All it takes is paint and pancakes. How to boost your preschooler's science skills.

THE CONVERSATION

Academic rigour, journalistic flair

Published: March 11, 2026 6:10am AEDT
Goutam Roy: PhD Candidate in STEM Education, Charles Sturt University
Shukla Sikder: Lecturer in Early Childhood Education, Charles Sturt University

Parents of young children will be aware of the need to encourage early reading and math skills in their kids.

They know it's important to make time to read with their children. Or point out that "cat" starts with the letter "c". Similarly, they will help their children begin to count ("how many sausages are on your plate?").

But what about science skills? Studies suggest parents may not be as confident about teaching these skills in everyday family life. Our study, published in *The Australian Educational Researcher* outlines five practical ways parents can help their children develop their science skills and scientific literacy at home.



Parents can lack confidence.

We know Australians science skills are slipping. For example, there are gaps in Year 12 enrolments in key areas including agricultural science, artificial intelligence, biotechnology, data science and climate science.

One way we can address this is by fostering scientific knowledge from a young age. Children can gain scientific knowledge from everyday contexts.

We know parents can play a significant role in extending children's science literacy at home before they go to school. But studies have found many parents believe they do not have adequate science knowledge to teach their children or respond to their questions.

However, parents do not need to be experts in science to do this. Simple science activities at home can gradually enhance scientific learning. Here are five ways to do it.

1. Encourage science play at home.

Helping your child's science skills does not need to be about formal lessons and explanations. You can do this through play. Parents can regularly arrange small activities at home to extend children's interest in science. For this, they do not need specialised knowledge. They can build upon a child's existing areas of interest.

For example, if a child shows interest in colours, provide three primary colours (red, yellow, and blue) in paints and ask children to experiment with how many colours they can produce using those three. This experiment provides children with a greater sense of colour mixing. Parents do not need to discuss chemistry, but this experience plants a root in children's minds about chemical reactions.

Or you could cook something like pancakes together. This shows how mixing certain ingredients and adding heat can transform them into another form. At the same time, children gain an understanding of a step-by-step approach.

2. You already have the materials.

Parents do not need to offer high-cost or specialist materials. The household or nature can provide what you need. What happens if you mix flour and water? How many different-shaped leaves can you find in the park? What insects live in our garden?

Existing toys can also help. Lego blocks can be used to build an understanding of engineering (how high can you stack the tower before it wobbles?). Toy cars can be used in a game to see what surfaces are quickest.



3. Keep the emphasis on play.

With little kids, creating interest in science is not about talking about abstract concepts. It's about helping a child to understand the concept in action. And hopefully, extending their curiosity. This is why it's important to play or engage in the activity together.

For example, rather than discuss what textbooks say about photosynthesis, role play what happens to a flower in the sun. The flower needs the sun to grow, but too much sun (or not enough water) will see the flower wilt. Sometimes parents can initiate play activities, sometimes they can follow their children's lead.

4. Try and answer questions.

Children's questions can be tricky. And sometimes we don't know the answer. But rather than say "magic" or "I don't know", tell your child you can find out together. This might be through looking something up or doing your own experiment. For example, "why does ice cream melt so quickly when we eat it but not in the freezer?"

You could then experiment by keeping ice cream in different places, such as at room temperature, in the freezer, and in the refrigerator. You could see how long it takes for the ice cream to melt at each temperature.

5. Get suggestions from your child's educators.

If you need some ideas for science-based games or activities, talk to your child's educators at daycare or preschool/kinder. Educators regularly arrange a variety of play activities at early learning centres and know how to tailor play to children's specific interests and needs.

What now?

Keep in mind, not all development is visible. Children can internalise their learning and apply it in a new situation in their own way. But if parents regularly talk about science and incorporate it into play, they can help build their child's logical thinking, problem-solving, and conscious decision-making. This paves the way for them to enjoy and engage with science subjects when they reach school.

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Home and aged care visits also available

Ph 9585 8170

KINGSWOOD DEVELOPMENT UPDATE

Former Kingswood Golf Course Site – Project Update

Satterley continues to progress early works associated with the proposed redevelopment of the former Kingswood Golf Course site. In recent weeks, the project's Sales and Information Centre has been installed within the existing car park area off Centre Dandenong Road.

The modular building was constructed off-site and transported to Dingley Village before being positioned on site, where it will operate throughout the delivery of the project.

Works are currently focused on internal fit-out of the building, completion of the surrounding car park, service connections and initial landscaping works to improve presentation of the area.

These activities are contained within the previously developed car park footprint and form part of project establishment works ahead of broader development activity, which remains subject to planning approvals.

Concurrently, Satterley is continuing to work with the Department of Transport and Planning as well as the City of Kingston to work through the necessary planning approvals prior to subdivision works commencing later in 2026.

Further site works will be communicated to the community as the project progresses.

Community members with questions about site activity can contact the project team at: kingswoodinfo@satterley.com.au

Information provided by Satterley.

FRIENDS OF BRAESIDE PARK

The Friends of Braeside Park invite the community to explore the nocturnal creatures of the park. During each school holidays, take the opportunity to meet our iconic night residents, starting with the bats.

Dates: Friday 10 & 17 April 2026
Who: Bats
Time: 7 pm to 8:30 pm
Venue: Visitors Centre



Begin with a talk from a local expert and then walk out into the dark looking and listening for bats. Register numbers at braesideparkfriends@gmail.com.

Friends of Braeside Park - Draining the Swamp

After Victoria separated from New South Wales in 1851, the old squatting leases for grazing cattle at Braeside were withdrawn, surveyed, and sold as Crown land. Gold-rush prosperity swelled Melbourne's population, and the new colony needed food. Farmers took on the swamp. Drawing on British drainage techniques, they cut channels and reclaimed the wetlands from 1868 onwards. Dairying and market gardens soon flourished where reeds and waterbirds once stood.

Yet the transformation was never absolute. After heavy rain, the paddocks still glisten and the drains strain — quiet reminders that beneath the market gardens lies a landscape that remembers its swamp parentage. Early market gardening will feature on the third wooden panel along Cypress Drive Braeside Park at a Friends' celebration of Phar Lap and the Park's history on Saturday, the first of August 2026.

The Men's Shed Art Group have begun painting the first three panels — the swamp, the grazing cattle, and the market gardeners. Maps and photographs from the Dingley Village Historical Association guide their work and evoke a quiet wonder: how past events, decisions and people continue to shape the land beneath our feet.

History invites reflection in some, and doubt in others. One cannot help but wonder whether the constructors of the freeways that now encircle Dingley Village — and the developers pressing further into this once-swampy ground — have paused to consider its hydrology. The land remembers what it was. The question is whether we remember it too.

- Judith Sise



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Community Information & Night Walks for 2026



Friends of
Braeside Park

The Friends of Braeside Park invite you to attend an information and night walk to view the animals of the park

On Friday Nights at 7pm on school holidays on the 10th & 17th of April about Bats, the 3rd & 10th of July about Possums and the 25th September and 2nd of October about Tawny Frogmouths

Meet at the Visitors Centre

enter @ Lower Dandenong Rd, Braeside

Cost: A Gold Coin Donation per person

Numbers Limited - Bookings Are Essential

Via email: braesideparkfriends@gmail.com or

contact Margaret Hunter on 0417323460

www.braesideparkfriends.org.au for more info

CIRCLING THE CLUBS



Dingley Superules Football club Over 35s & Over 50s



Dingley Super Rules are looking for players and volunteers for the over 35s & Over 50s 2026 competition. Superules Football provides the opportunity to enjoy competitive matches in a safe and well-structured environment, players are eligible if they turn 35 or older in 2026 or turn 50 or older in 2026.

Please contact Shannon Hughes **0401 656 061** or email dingleysupers.committee@gmail.com if you would like to join or for further information.

Country Women's Association Dingley Village



CWA of Victoria Inc is a non-party and non-sectarian organisation for all city and country women. The Dingley Village branch is just one of over 360 branches throughout the state. This group is open to women of all ages who are interested in enhancing the community in which they live.

CWA Dingley Branch meets at the Dingley Village Neighbourhood Centre on the 4th Wednesday of the month at 10am. If you need any further information about CWA or would like to consider becoming a member, please contact Sue **0434 879 875**.

Probus Club Dingley Central



There was a good attendance for our clubs 35th annual meeting, which was chaired by fellow member Greg Pullen. It was pleasing to see that all positions were filled.

After all the formalities, our retiring President Pam 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 Jean and her committee for the coming year.

At the conclusion of the meeting a video was shown highlighting activities members enjoyed throughout the year.

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

Our meetings are held on the 1st 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

Keysborough Bowls Club



356 Cheltenham Road, Keysborough

Autumn / Winter Social Bowls will be commencing soon

Wednesdays: weekly from April 22nd 10 am start

Saturdays: weekly from March 21st 11am start - BYO lunch. 2 games x 10 ends both days

Why not give Bowls a go? New members most welcome with coaching available. If you have any questions or are interested in giving it a go. Call on **97982097** or **0421123495**. We would love to see you.

Dingley 60 Plus Social Group

Our friendly group of singles and couples meet at the Dingley Hotel on the second Thursday of the month from 7.00pm, with the next one on the 9th April.

We also have a group dinner at various locations on the last Saturday of the month.

The last Saturday night dinner was held at a local restaurant and attracted 21 attendees - maybe it was the warm weather that enticed the people to get out and join us - keep up the good work folks.

Please come and join us - new members are welcome! For more information contact Shirley on **0411 265 261** or Graeme on **0407 930 515**.

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

Seniors Rights Victoria

For help with elder abuse
Call: 1300 368 821

Monday to Friday
10am-5pm

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 9 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. The 2026 programme is underway and the following activities will be 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.

Tea and coffee are supplied for all activities.

Our entertainer on 17th March is Gavin Chattellier and he will help us celebrate our 45th birthday on that day.

Club membership for F/Y 25/26 remains at \$10.00 and it is not too late to join this growing organisation.

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 nine 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)

Mordialloc/Chelsea Evening VIEW Club

Mordialloc/Chelsea Evening VIEW Club is on the lookout for new members who want to give back to their community and make new connections with women in the area.

"We are always looking for women of all backgrounds and ages to join us and look forward to welcoming new faces at our next monthly meeting," said Club President Rhonda.

Our meetings are held on the first Tuesday of each month at The Bridge Hotel 1-4 Nepean Highway Aspendale at 6.30pm, includes dinner and a guest speaker RSVP Myra 0407041734.

Anyone interested in becoming a member can call Maria on 0419507384 or Helen on 0418557358 or visit www.view.org.au for further information.

Burden Park Bowls Club



The good news is that if you have been thinking of joining a lawn bowls club, this is your time to act. So come down and have a go, you will love it.

If you're interested in having a bowl, please call 9546 8851, or check out club website for more information www.burdenpark.bowls.com.au.

We are located on the corner of Springvale Rd and Heatherton Rd Springvale. We hope to see you soon.

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Kingston City Church



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 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 (includes Children's Ministry)

Easter Services

Friday 3 April @ 10am – Good Friday
Sunday 5 April @ 10am – Easter Sunday

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.



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 Kaye on 0438 873 784
www.heathertondingley.uca.vic.tas.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 – 9.30 am followed by morning tea with hot cross buns
Easter Sunday – 10.00 a.m.

What's On

Second And Fourth Thursdays Of The Month

Kingston Music Club– 7.30 p.m. in the Church Hall Community singing and music group. Instrumentalists and singers welcome. For further information contact Bob Lorraine on 0418 998 712.

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 & Warren Dean
 Church Office: 8712 8254
 or admin@villagechurch.org.au

Visit our website: www.villagechurch.org.au

Village Church has been in the Dingley and Keysborough areas since the 1930's and exists for the purpose of the advancement of the Kingdom of God as we seek to obey our Lord's command to go out and make disciples of all people.

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

Village Church Easter Program

Friday 3rd April
 Good Friday Service – 9am
Sunday 5th April
 Easter Sunday Service – 10am

Sunday Morning 10 am Worship Service

In person or can watch livestream at <https://www.villagechurch.org.au/live-stream>

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 – 4 years 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.

Bible Study

Our men and women meet regularly for more in-depth Bible studies. The women use an inductive style of Bible study with Precept Ministries.

Sisters in Christ

Meets once a month on a Saturday for afternoon tea and women's Bible study & fellowship.

Men of Faith

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

Village Church Youth Group (Years 7 –12)

Meets weekly on most 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.

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Christ Church - Anglican Church Dingley Village



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

New Monthly Sunday Service

6pm Azusa Worship Service (Auditorium)
Last Sunday of the Month.
Sunday 26th April, at 6pm.

Weekly Sunday Services

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

Next Combined Service:

Sun 31st May 2026.

**Bahasa Malaysia Service
3.00PM (Heritage Church).**

Next Combined Service:

Sun 31st May at 10am.

Special Events

Passover Meal:

6pm Friday 27th March.
RSVP Fri 13th March. Bookings essential.
Contact office for details.

ALPHA 2026

THERE'S A SEAT FOR EVERYONE

If you have always wanted to ask the BIG QUESTIONS in a safe environment, this is your opportunity. We will be running ALPHA on Tuesday evenings in Term 2 this year, starting Tuesday 28th April. Each session includes a catered dinner, a short video and group discussion.

Bookings are essential for catering purposes.

For further details, contact the office on Ph: **9551 7871**

Email: admin@ccd.org.au

We look forward to welcoming you for ALPHA. - The CCD ALPHA Team

Life Groups for Bible Study

For more information, please contact our office.

Saturday Youth Group

New leaders. Lots of fun and engaging activities for ages 13 to 17 years. Dinner provided. Drop off 6pm, pick up 9pm (sign-in essential). Saturday Youth will take a break over the school holidays and return on Saturday 25th April.

2nd Tuesday Monthly Service: NEW TIME

Traditional Holy Communion with favourite hymns in the Heritage Church followed by a social afternoon tea. Please contact our office for transport if needed. 1.30pm, Tuesday 14th April.

Weekly Prayer Meetings

Wednesday 10:30am for worship then 11am for prayers in the Prayer Rooms. Saturday 8 AM in the Atrium. Healing, Deliverance & Prayer Ministry available upon request.

Roundabout Op Shop

MEGA CRAFT SALE Saturday 11th April 9:30am-1:30pm. Huge assortment of Quality NEW craft items @ bargain prices OR Fill-A-Bag for \$10 (bags provided).

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Volunteers Welcome!

Opening Hours:

- Wednesday 9.30am – 4 pm
- Thursday 9.30am – 1.30 pm
- Saturday 9.30am – 1.30 pm

Re-opens Wednesday 4th February 2026

Donations: We take clean, useable items but cannot accept electrical goods, or baby/child equipment. Please bring donations during opening hours. Thank you.

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.

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

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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



"Your Kingdom come, your will be done, on earth as it is in heaven." - Matthew 6:10

50 Tootal Rd. Dingley Village

info@echochurch.org.au
www.echochurch.org.au

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THE DINGLEY DOSSIER

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Publisher: Dingley Village Neighbourhood Centre Inc.
31B Marcus Road,
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Phone: 8512 0505

Email: dingleydossier@dvnc.com.au

Community items:

We appreciate contributions from the community. Please contact us for details.

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