



The DINGLEY DOSSIER

Volume 46 Number 1
January/February 2018
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STOP PRESS

**The Dingley Village Neighbourhood
Centre is excited and proud to be the
new publisher of The Dingley Dossier**

Watch this space

**We will be consulting with you, the
community of Dingley Village, about
what you want in your monthly
community newspaper.**

**The Dingley Dossier is a great community asset,
let's make it greater.**

***During this consultation, you will notice minimal change to
The Dingley Dossier***

APPRECIATION

THANK YOU MARG

The Dingley Village Neighbourhood Centre, on behalf of the community, would like to acknowledge and thank Margaret Vogt and her late husband Ron for their service to the community of Dingley Village during 34 years of publishing The Dingley Dossier.

The Dingley Dossier started as a weekly column in the Dandenong Journal written by Phil Kent until the Dandenong Journal terminated the column in 1972. Phil decided to continue The Dingley Dossier as a separate four page local newspaper providing information about local news and events. For over 11 years, Phil and his volunteers produced over 90 issues until a lack of financial viability resulted in the last edition in April 1983.

The Neighbourhood Centre, then called, the Dingley Village Community Centre, decided The Dingley Dossier could not be lost, and together with Ron Vogt, taking on the editorship role, published the

first edition in Oct 1983. Ron with the support of his wife Marg built up the viability of The Dingley Dossier, and soon become both editor and publisher, with Marg becoming co-editor when Ron's health deteriorated and taking over as publisher and editor in November 2003.

The Dingley Dossier has provided information on local activities and events, allowed community groups to profile themselves, given local businesses an economical avenue to advertise, as well as being a platform for lively community debate and opinion sharing. Due to their dedication and efforts, Marg and Ron Vogt have gifted the Dingley Village community a unique and valuable asset that is the envy of many other local communities. Thank you just does not seem enough.

Marion Harriden

*Chair, Board of Governance
Dingley Village Neighbourhood Centre*

THE ESSENCE OF COMMUNITY SERVICE

Have you ever wondered just what community service looks like? Well you need look no further than Margaret Vogt our retiring editor of the Dingley Dossier.

For over thirty years, Marg has produced a quality publication fostering community spirit, information sharing, local news from churches, schools clubs, community groups plus details of the many retail, professional and trade services available in Dingley Village.

All this, at no cost to readers and topped off by her monthly editorials of wisdom, interesting anecdotes and sage advice. You do not have to adhere to any particular religion to see the truth and common sense in the value of helping others less fortunate than yourself, of smiling instead of scowling, of helping your neighbour and supporting community activities. We all benefit from such actions.

Very few of Melbourne's municipalities have such a supportive, informative and positive regular publication as our "Dossier". We have been extremely fortunate to have Marg at the helm, as it requires constant supervision and organisation, month after month to produce this almost unique document, so admired by Kingston Council and many of its consultants.

Our society in general is becoming more narcissistic and self-centred, as witnessed by the rise of the selfie! The Dossier has bucked this trend and urged us to treat other people, as we would like to be treated. We would be a truly great community if we could continue the spirit of putting others first, so ably demonstrated by every issue of the Dingley Dossier.

A heartfelt thank you Marg for your dedication over so many years. We hope to continue your tradition and wish you all the best for your retirement

David Madill,
Chairman DVCA



G. & G. Andolfi Pty.Ltd. JEWELLERY Studio

*** Your Dingley Jeweller ***

After a short break, our jewellery studio is back in full swing. We hope that all of our loyal clients and the residents of Dingley had a safe and happy Christmas and New Year.

What does it really mean?

Have you ever wondered what an 18ct (or 750) or 9ct (or 375) hallmark on your piece of jewellery actually means? These figures represent the alloy composition of the article. In 18ct gold, there are 750 parts of fine gold over 1000 parts. The other 250 parts are made up of other precious and non precious metals, such as copper, silver and nickel, (which is still used in Australia), just to name a few.

I would like to talk to you about the best way to look after your jewellery.

Many times I have noticed that our clients are not aware of the poor condition of their jewellery. You need to come and see us to check up your jewellery. If you don't, you will risk to loose some of your beautiful diamonds or other precious gemstones. Our quotes are free of charges.

February's Gemstone...

The gemstone for February is the Amethyst, a beautiful gemstone whose colour varies from a pale violet to a deep rich purple. From ancient times, it is believed that the wearing of the Amethyst would protect you, give you wisdom and heal. Her colour is that of Spirituality.

As we are not a retail outlet, consultation is **STRICTLY BY APPOINTMENT ONLY.**

Ph: 9551 0195 (Tues - Friday) or email: sales@andolfi.com.au

www.andolfi.com.au

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*Accountant & Business Advisor
Registered Tax Agent
Audit Services*

J. A. DUNHAM & ASSOCIATES

DINGLEY DOINGS



FOOTY HISTORY RECORDED

After five years of extensive research and effort, our own Dingley Football Netball Club, is poised to launch its own story, the complete history of the club, in its full colour history book entitled 'Dingo Tales'.

Written by club life members, David Meeve and Brian Edwards, the book is a comprehensive record of every aspect of the club's history, covering as far back as the early nineteen fifties through to today, where the club sits as a shining light in the local football scene.

Club President Colin Craney, pictured with David and Brian, says the club is thrilled with the product and is amazed at the effort and amount of information contained in the book.

"We originally set out on another voyage altogether and found that people were

keen to talk to us and tell us their stories. As a result we found that there was more than enough material for a book, and we are both very proud of our finished product", Brian said.


'Dingo Tales' was launched at a function at the Dingley Sports and Recreation Club last November.

Copies of the book can be pre-ordered via email at: president@dingleyfc.com.au

DINGLEY CINEMA UNDER THE STARS - 17 MARCH
Spring Park Golf Course, Dingley Village.

The reason for these events is to raise awareness of mental health issues, generate a sense of community inclusion and funds for 'Make A Difference Dingley Village Inc'. The movie is 'Only the Brave'

rated M and based on a true story. The movie will start at sundown around 8:30 – and finish approx 10:30 pm. Gates open 6:00pm
Pre-movie entertainment, magician, music or have a game of mini golf. Food vendor on site providing great hot food, popcorn and drinks. Plenty of parking on site. To purchase tickets and more information go to:
Facebook: Dingley Community Day
www.trybooking.com/TNVK



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CM055750

DINGLEY VILLAGE COMMUNITY ASSOCIATION

Happy New Year and we wish everyone an excellent year ahead in 2018. DVCA will continue to work hard over 2018 to ensure that our Dingley Village remains a great place to live in.

We hope residents enjoyed the decorated Christmas "trees" in the lawn at the Community Centre in Marcus Rd. Thanks to members of the Dingley Village Men's Shed for their hard work in distributing the frames to the primary schools, collecting and erecting them and thank you to all the teachers & pupils for decorating them so nicely.

During 2017 our shopping centre was revitalised and strengthened with many new shops and inviting cafes opening. A big thankyou to the shopping centre agent, Fitzroys, for their recent prompt action in repainting the carpark faded pedestrian crossings when asked by DVCA before Christmas, helping to keep our village centre well maintained, vibrant and attractive.

The Spring Park (Dingley Village Common) opening was another great achievement in 2017 for Dingley Village, 20 years after the municipal waste tip was closed on this site and we look forward to further provision of park facilities in our new park.

KINGSWOOD GOLF COURSE

The No.1 issue for Dingley Village in 2018 continues to be the proposed development of Kingswood Golf Course. This rampant overdevelopment proposed for Kingswood GC would adversely affect every resident of Dingley Village.

Current Position:

1. Kingswood GC is currently zoned Special Use Golf Course - to protect & preserve the golf course. It is not zoned residential.
2. The developer ISPT, has applied to rezone Kingswood Golf Course from Special Use Zone - Golf Course to General Residential Zone Schedules 2 & 3, and to subdivide Kingswood Golf Course into 760 blocks.
3. Kingston Council is currently requesting authorisation from the Planning Minister to begin a formal planning scheme amendment process for the site. We expect this to happen in the early months of 2018.

4. If authorisation is granted by the Minister, as part of the process, when the proposed development plans are put on public display we can all formally object, in writing, to this proposed rezoning & development. We expect Kingston Council to notify us (& hopefully all residents) when the plans are put on public view. DVCA will then inform you as soon as possible and provide information and a sample letter you can use to say NO.
5. Please remember - Do not give up - The real fight is just beginning in this long process.

The last public display invitation for the Kingswood GC (hosted by Council in September 2017) was missed by many residents, due to a breakdown in the distributor's delivery to residents. We therefore ask for a very reliable notification system of the public display period.

We also urge Council to create and send a Kingswood GC survey to ALL residents ASAP to ensure we can send a message to Council to withdraw it's request to the Minister, at the end of the public display period. This provides our best chance for the Minister to NOT approve the rezoning (and hence no housing development).

TRUCK STORAGE - SPRING ROAD

You may have noticed a number of trucks and rubbish skips / bins stored on the old Ingham's land in Spring Road. Truck & bin storage is not allowed on this land and we are trying to get Kingston Council to act and effect their removal. However after several requests we still have no action. We will continue our efforts to end this illegal activity.

Remember: To Help Improve our Dingley Village Aircraft Noise

Any time you hear noisy aircraft or helicopter traffic overhead please ring (toll free) Airservices Noise Line 1800 802 584.

Please keep reporting noise as often as you can as the Moorabbin Airport will only take notice if there is a high level of reported complaints.

Tip Smells and Dust

Whilst there has been a great improvement in Dingley Village air quality, it still can be an issue - so when there are any offensive smells or landfill dust blowing into your property,

Please call and report this to:

- Kingston Council (1300 653 356)
- EPA on 1300 372842 (24/7) and get a Pollution Report Number which is the evidence that your report has been registered on the EPA database.
- TPI hotline (24/7) 1800 213 753.

Please keep reporting smells as often as you can, as the EPA will only take notice if there is a high level of reported complaints.

Rubbish

If you go for a regular walk, please take a plastic bag with you & collect any rubbish you come across. Every bit picked up helps maintain and improve our Dingley Village.

Community Links

- Save Kingswood Golf Club www.save-kingswood-group.com
To receive the Save Kingswood regular newsletter, please email emailsavedingley@gmail.com, with your name and "Save Kingswood" in the subject
- Dingley Village Men's Shed dvms3172@gmail.com
- Clayton & Dingley Landfill Forum <http://claytondingley1f.net.au/category/news/>
- Dingley Village Neighbourhood Centre www.dvnc.com.au
- Neighbourhood Watch <http://www.nhw.com.au>, contact: Jack on 0411 699 963

DVCA Membership

Open to all residents who genuinely care about our Village. Meetings are held in the Neighbourhood Centre, 31B Marcus Rd Dingley Village 2nd Tuesday each month (except Dec. & Jan.) at 7.30pm and new members are most welcome to attend. PLEASE CONSIDER JOINING the DVCA and make a constructive difference in our community.

DVCA Contact Details

Please contact the Chairman on 9551 5442, 2 Mungari St Dingley Village, or e mail. david@llidam.net

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<https://www.facebook.com/raywhitedingleyvillage/>



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COMMUNITY BANK UPDATE

2018 HAPPY NEW YEAR, I wish you a healthy and successful one.

Last year I decided the only resolution I was likely to keep was not to make resolutions, as I inevitably fail.

The big one I made last year was to be more positive about everything. I started in December 2016 and continued through 2017 and although it can sometimes be very difficult to be positive, it does make a difference. I can almost completely block out totally negative people and find it a great challenge to turn others around. I don't sweat the small stuff as much and have more realistic expectations about what I can change. I am positive about what I want to achieve and how to go about doing it. My mantra of "One thing at a time" works mostly and I find I am better organised. It may also be an age thing, but I am better at saying no and not letting people dictate my timetable. I hope my new attitude continues this year and that I don't upset too many people..

This last year in Dingley Village Community Branch of Bendigo Bank, we continued supporting our local communities with finances and our time. These funds come from our profits. Not only do we return funds to the community in this way, but we employ locals and utilise local businesses where we can.

This Christmas we again assisted Make a Difference Dingley Village with its Christmas present drive, by providing a Wishing Tree in the branch. We worked in conjunction with Ray Smith Dingley Village and Dingley Village Rotary Club and a number of organisations including Springvale Benevolent Society and Salva-

tion Army also benefitted and distributed gifts to children. Thank you to all who, picked

up a tag and provided a gift for a child. Our very generous customers answered the call and with over nine hundred gifts received through the organisations involved, we were astounded by the generosity.

What a lovely feeling to provide a gift for a child who may not have had one otherwise.

We also once again supported Share the Dignity's Its in the Bag drive and assisted in their Australia wide total of over 100,000 bags provided to women in need. We collected over eighty bags packed full of toiletries and treats and these were all distributed locally to women who felt blessed to receive them (a direct quote from one lady who sent me a letter to thank the community for the initiative).

Once again, we presented all the graduating grade 6 students with a \$50 account in the hope of starting their savings or assisting their move from primary to secondary education. The gift is not

really the money, but the account. With this we will assist them save and budget for their future.....just ask us how we can help you to do the same.


What other business does this as part of their ongoing commitment to our community?

We can only continue if you support us. We have all the products and services that the big banks have and at competitive pricing too. Come in and ask what we can do for you and know that when you deal with us, you are helping build our community into a better, stronger one.

We are currently running a money tree promotion and I wish I could give one to every family, but what we can do is offer advice on how to grow your own figurative money tree and build your wealth. ASIC gives us these quick starts and we can help you with all of them.

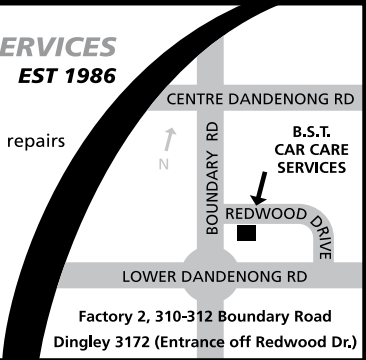
1. Know your financial starting point
2. Clear your credit card debt
3. Sort out your super
4. Consider getting financial advice
5. Plan your investments Call in and have a chat and we will do what we can to help you start your year in the right financial direction.

Anne McAllister
Branch Manager



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Factory 2, 310-312 Boundary Road
Dingley 3172 (Entrance off Redwood Dr.)

Phone **9558 7388** to book in your vehicle

Did you know - 80% of the profits from your Community Bank are returned to the Community?

It's a little known fact, but as part of your local Bendigo Bank's franchise agreement with Bendigo Bank Limited, 80% of the profits we raise must be returned to the community. Why? It's because when Bendigo Bank first came up with the concept of "Community Banking" they realised that it must be "of the Community, by the Community, for the Community". It is this concept that drives the Manager, the Employees and the Volunteer Board of your local bank to return hundreds of thousands of dollars of profit straight back to your Community every year for funding projects and programs.

At a time when other banks are posting massive profits in dividends back to shareholders and paying large salaries to corporate board members and employees, we thought we should remind you of this important point of difference in banking concepts. We still provide the vast majority of services that the other banks do, we just hand the majority of the profits back to the community. Ask yourself, do you think that's a good model for the Community and therefore a worthwhile reason to transfer your business across to Bendigo Bank - Dingley Village?



www.bendigobank.com.au

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DOLLARS & SENSE



By
Michael
Ryan

HOW MUCH MONEY DO YOU THROW AWAY?

While the move is on to become a cashless society, notes and coins are likely to be with us for some time yet. 'Touch and go' payments may be increasing, but for many small purchases most of us still rely on good old cash. And because it's easier to hand over a note for each purchase than to scramble in our pockets or purses for the correct change, by the end of the week we often end up with a hefty pile of low value coins. These coins are such a pain that, according to one survey, 93% of respondents admitted to throwing away five cent pieces, with 29% even ditching ten cent pieces.

Okay, so tossing away a dollar's worth of small change each week won't put much of a dent in your future wealth, but at least consider dropping those coins into a donation box. Combined with thousands of other peoples' donations your spare change can make a real

difference to the services that charities provide.

There are, however, other areas where we effectively throw away money, and in amounts that can really add up:

- Food: on average Australians throw away around one third of the food we buy.
- Gas and electricity: when was the last time you shopped around for the best deal on your gas and power bills? You could save hundreds of dollars a year.
- Gift cards: often end up at the back of a drawer until they expire, or you may only spend part of the total value.
- Impulse buying: how much do you spend on clothing you don't wear and stuff you don't use?
- Lunches: even if you skip the smashed avo, a takeaway lunch costs much more than one you make yourself.

In most of these cases the solutions are pretty obvious.

- Only buy the food you will use. A few loose carrots and apples might be a better buy than the kilo bags that start to rot in the crisper. If you regularly have a surplus of some foods find recipes that use them. Soups and casseroles are a great way to use up all sorts of ingredients.

- Compare what other gas and electricity retailers are offering.
- Have a good look at your credit card statement. Were all your purchases necessary?
- Place your gift cards in front of your credit cards to remind you to use them instead.
- Make your own lunch. Many people can easily save \$10 or \$15 dollars per day with very little effort. Once any impulse buying habits are under control, this could be the supercharger of your savings.

Will implementing these changes make a real difference? Let's see.

Imagine that you adopt some of these suggestions and as a result save an average of \$60 per week. Stashed away in a savings account earning an interest rate of 2% per annum for 20 years, those modest weekly savings will grow to over \$76,700. Contributed to an investment that provides an average return of 7% pa and you could be looking at having around \$136,000 in 20 years' time.

Does that give you a better idea of how much money you could really be throwing away?

What to do with your newfound savings capacity will depend on your goals and situation. Your financial adviser will be able to help you make the most of the money you don't throw away.

Michael Ryan CPA CFP©
Ashfords Wealth Advisors
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Charity Golf Day

Rotary
Club of
Dingley Village



February 22 (Thursday) 2018

Peninsula Kingswood Country Golf Club
Centre Dandenong Road Dingley Village

Competition Details:

Registration at 7:30am - Shotgun start at 9.30am
Stableford competition, handicapped and calloway
Further details: Val Glenn 0488 444 147



“Home Sweet Home”

Are you looking for independent living accommodation for yourself, parent or grandparent?

Have you considered Abbeyfield House in Spring Rd?

Abbeyfield House Dingley Village offers supported accommodation for 12 older adults and we currently have vacancies

Each resident has their own private bed-sitting room with ensuite, outdoor area and carpark, as well as communal living room, dining room, kitchen, laundry, outdoor entertaining space and maintained gardens.

Whilst residents live independently, housekeepers are on duty each day providing delicious and nutritious meals as well as ensuring the smooth running of the House.

To be eligible you need to be in receipt of the Aged pension and the ongoing costs of 75% of your fortnightly pension compares favourably with other retirement type facilities.

If you are interested in this model of accommodation, please ring for Expression of Interest form or to arrange an inspection.

Ron 0400 888 381

Marion 0429 857 509

Leeanne 9551 1799





FARMERS MARKET

Thank you to the community of Dingley Village, your support of our first markets has exceeded our expectations and is greatly appreciated. We are looking forward to 2018 as we build up the number of stallholders at the market and our current happy stallholders have been busy spreading the word to potential stallholders at other markets they attend.

As most stallholders book their markets for a whole year in advance, we are starting to pick up new produce for 2018. We have capacity for 40 stalls, so we have space to grow and extend produce available. There is Full Blast coffee cart and an ATM on site as well as boomerang bags, in case you forgot your shopping bags.

The weather has been kind on Market days and our December market had surprise visits from Santa and carol singers from Christ Church Dingley Village, which created a lovely atmosphere for all who attended

Rain, hail or shine, the Dingley Village Farmers' Market will operate on the third Saturday of every




**DINGLEY VILLAGE
FARMERS'
MARKET
SATURDAY
17TH FEBRUARY
8.30am—1pm
31 Marcus Rd,
Dingley Village**

month and we have option of moving indoors on wet days, so you can shop year round.

Did you know that parking in the reserve free, if you are attending the market and the parking attendants from the Dingley Village Men's Shed will assist you with parking. Very handy for getting your shopping back to your car.

Head to 31 Marcus Rd, Dingley Village from 8.30am to 1pm on the third Saturday each month.

Stop and chat to our market manager Amy (in yellow fluoro vest), your suggestions and feedback are welcome.



Courses and activities being offered from January—March 2018

31b Marcus Rd, Dingley Village 3172,
Ph.: 9558 1866 Email: dvnc@satlink.com.au Website: www.dvnc.com.au
ABN: 71 463 442 675

ZUMBA GOLD

Zumba Gold is a low-impact dance fitness class perfect for beginners of all ages and fitness levels.

Thurs 9.30 – 10.30am Starts 1st March \$8 per class. **Free introductory class**



Senior's Body and Balance

Using modified Zumba Gold this class focuses on balance, ranges of motion and coordination.

Thurs 11am – 12 noon
Starts 1st March \$8 per class.
Free introductory class

Social Table Tennis

Women's Men's & Mixed

New members welcome

Mondays & Wednesdays

9.30am at Harold Box Hall

Catering to all skill levels. Come along and join this friendly, welcoming group.



Little Villagers Occasional Child Care

Do you need child free time for appointments, shopping or just time for yourself? Child care sessions are held **Tues –Friday 9 – 2 pm**

Cost is \$10 per hour PH: 9558 1321



Crafty Crafters

This social craft group meets for some craft, a cuppa, fun & laughter.
Every Friday 1 – 3 pm Cost \$2

Tai Chi

Tai Chi improves muscle tone, strength, fitness, joint flexibility, balance and co-ordination. Suitable for all ages.

Tues 10.30—11.30 am

Contact Eddie 0419 108 573



Dingley Village Men's Shed

Lots of workshop, recreational and social activities happening in the shed, drop in Friday mornings Cypress Ave, Braeside Park, Lower Dandenong Rd and find out more.
Phone 9551-5892

NEW YOUTH PROGRAMS IN 2018

Computer Coding for teens

We will be running workshops for 12—18 year olds to learn basic computer coding and programming.

Gaming Zone

Are you concerned about the amount of time your adolescent spends alone gaming. We will be creating a social gaming space that is communal and safe for young people.

Also starting in April

Medical Receptionist Skills
MYOB V19 (night)
Desktop Publishing for SOHO
Word Processing

Contact us for further information or to register your interest

Kingston U3A

A range of courses & activities are offered by Kingston University of the Third Age
Contact 95808329

Collection Point

You can drop off the following items
Prescription Glasses, hearing aids, used stamps, metal ring pulls from cans and Hotel complimentary toiletries.
Local community groups then recondition to pass on to those in need, create toiletry packs or recycle to raise funds



Family Celebrations or Functions

Why not book the Neighbourhood Centre or Harold Box Hall for your next family function. Suitable for anniversaries, reunions, 21st children's parties & christening celebrations

Dingley Village Community Bus

12 seater bus is available for hire to community groups & local residents. The bus is automatic and you require a full licence to drive.

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IMMUNISATION FACTS AND MISCONCEPTIONS

Australian research shows that some parents are concerned about vaccine safety and effectiveness. It is important for parents to understand that the risk of complications from childhood diseases such as measles is much higher than the risk of reactions after immunisation. When parents of young children have had no direct experience of childhood diseases, it is easy to underestimate their effects and complications.

Immunisation and the immune system

Myth: The body's immune system can cope with infection without the help of vaccines.

Fact: The immune system is a collection of specialised cells and chemicals that fight infection. Each time an infectious bacterium, fungus or virus (germ) is overcome, the immune system 'remembers' how to defeat that particular infection. If the immune system comes into contact with that particular infectious germ again, it can destroy it quickly, often before the person even notices any symptoms of illness.

Without causing infection, vaccines trick the immune system into responding as if the body is under attack from a specific bacterium or virus by introducing:

- dead or weakened versions of the germ
- inactivated toxins from germs
- molecules from the surface of the germ.

If the immune system encounters the live germ or toxin later, the immune system quickly recognises it and kills it.

Immunisation and the infant immune system

Myth: The immune systems of babies are protected through the placenta and breastfeeding, so they don't need vaccination.

Fact: Babies are exposed to many germs as part of the normal birthing process, including those from the vaginal canal, faeces and breast milk. Although their immune systems can meet these challenges, the immune system in an infant is still developing and needs to become active to protect against a range of bacteria and viruses.

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An infant will receive some natural protection against diseases transferred from the placenta, but the level of protection depends on the mother's exposure to disease either by illness or vaccination. Breastmilk is also valuable for protection, but the protection is mainly for germs that infect the gut. The protection received from the placenta and breastmilk can be weak and only lasts for a few months.

Immunisation and immunity

Myth: Combining two or three vaccines into one injection may put a baby's immune system under considerable strain. Vaccines should be separated and given at six-monthly or yearly intervals.

Fact: Delaying vaccines would leave children vulnerable to catching diseases. Vaccines do not reduce a child's immunity. Combining vaccines reduces the number of injections that babies and children need to receive.

Vaccine preparations do not cause infection, so an 'all-out' immune response is not triggered. In addition, the immune system is designed to handle multiple attacks, because in nature germs don't attack the body one at a time.

Each vaccine is carefully researched and produced so that it is suitable to be given at the earliest possible time to provide the best level of effectiveness and protection.

Immunisation and vaccine safety

Myth: Vaccines cause side effects and should be avoided.

Fact: Vaccines provide a safe and efficient way to prevent the spread of many communicable diseases. Every vaccine used in Australia has been thoroughly tested for safety and effectiveness, approved for use by the Therapeutic Goods Administration (TGA) and is subject to ongoing monitoring and evaluation. However, vaccines are like any other medication and they may trigger side effects but these are mostly mild. This is why parents are generally advised to remain at the clinic for at least 15 minutes after their children are immunised. In the majority of cases, side effects are mild.

Immunisation and autism, diabetes and sudden unexpected death in infancy

Myth: Vaccinations can cause certain disorders, such as autism and diabetes, or contribute to the risk of sudden unexpected death in infancy (SUDI), which includes sudden infant death syndrome (SIDS) and fatal sleep accidents.

Fact: These theories have been extensively investigated and dismissed. Immunisation reactions are generally mild and resolve by themselves without needing medical treatment. Reactions may include fever and soreness at the injection site. Serious immunisation reactions are exceptionally rare.

Immunisation versus the risk of childhood diseases

Myth: Immunisation for childhood infectious disease is riskier than the disease.

Fact: Childhood diseases such as measles and whooping cough (pertussis) are serious and potentially fatal. The risk of complications from disease is much higher than the risks of complications from immunisation.

Parents who are fearful of autism, SUDI or other disease complications may choose not to have their children vaccinated. However, if vaccination levels in the community fall too low, disease epidemics can reappear. People with little first-hand experience of childhood infectious disease can underestimate the effects and complications of infectious diseases.

Some parents worry that the measles mumps rubella (MMR) vaccine can cause brain inflammation (encephalitis), but this risk for the vaccine is around one in one million. On the other hand, one in every 1,000 children who catch measles will experience encephalitis. Of these, one in 10 will die and four in 10 will have permanent brain damage.

The effectiveness of immunisation

Myth: It is not worth immunising children because vaccines do not work.

Fact: It is true that some people still catch a disease even though they have been vaccinated against it. In some cases, even if people do catch the disease after vaccination, their symptoms can be far

less severe if they have been vaccinated. No vaccine can offer complete immunity against disease for everyone. Examples of vaccine effectiveness include:

- **diphtheria** – 84 out of every 100 people vaccinated will be completely immune
- **haemophilus influenzae type b (hib)** – 95 out of every 100 people vaccinated will be completely immune
- **measles, mumps, rubella** – 95 out of every 100 people vaccinated will be completely immune
- **whooping cough** – about 85 out of every 100 people vaccinated will be completely immune
- **polio** – 95 out of every 100 people vaccinated will be completely immune.

Article reproduced from Better Health Chanel fact sheet

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LOOKING AT LOANS



SAY GOODBYE TO DEBT

The most important thing about getting into debt is being able to get out of debt!

It's all too easy to rack up debt – credit cards, HECS, car loans – and it may seem all too hard to pay it off. Debt can also have a big impact on how much money you can borrow for a home loan, so reducing your debt is essential when you set out to buy your first home.

Here are seven steps you can take towards minimising your debt and moving into the property market.

1. Work out how much you're spending

Create a spreadsheet and track your expenses for a month – record everything so you can see where your money is going. You may be spending much more than you think on some things – more than you

can really afford. Email me for a link to a great budget spreadsheet if you need.

2. Decide where you can cut back

With a clear idea of how much you spend each month, you can figure out how much you really need to spend, and where you can cut back. That second coffee every day could be costing you \$20 a week – that's \$1,000 a year. Buying your lunch rather than bringing it could cost you \$2,500 a year. Buying one less bottle of wine a week could save you another \$1,000 a year. With a bit of commitment, you can rein in your spending and have more money to repay debt.

3. Make a budget

The only way to get on top of your credit cards is to stop using them. Make a budget for the money you need to spend each week or fortnight, based on how much money is coming in and what your necessary expenses are, and stick to it.

Calculate how much is left over after you've paid for the necessities, then figure out how much you want for discretionary spending and how much you can put towards repaying debt. Also, put money into a contingency fund to cover unexpected expenses such as car repairs that could bust your budget and cause you to reach for the credit card.

4. Prioritise your debt

Work out how much money you actually owe on credit cards and loans – you may not realise how much it is. When you

know how much debt you're in, you can think more realistically about repaying it.

You need to pay at least the minimum amount due on all credit cards each month to avoid going backwards and in some cases being charged fees and penalties. But by paying only the minimum, you may never get the cards paid off; you need to pay more to make progress.

Consider:

- paying high interest credit cards and loans first to save on interest
- paying smaller debts first to give you the sense that you're getting ahead, and that paying off debt is possible.

5. Make a repayment plan

Armed with your budget and having worked out your debt priorities, you can plan which debts you will pay off over what period of time. Having a plan will increase your sense of control over your debt; sticking to it will increase your sense of achievement.

6. Set goals and celebrate them

The thought of paying off all your debt may seem daunting, so breaking it down into milestones will help you see the way ahead. Set goals such as paying off 10%, then paying off 25% and so on.

Remember to celebrate each time you reach a milestone – buy yourself lunch or go to a movie as a small reward for your achievement.

7. Stick to the plan – and ride out the setbacks

Keep going with your repayment plan. If you miss a payment because of an unforeseen expense, stay positive. Avoid feeling demoralised or derailed by looking forward to the next debt milestone – you can get there. Next month: Say Goodbye to home loan debt!

Daryl Borden, Integrity Finance Australia Ph. 03 9511 8883 ACL 392184

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EYES RIGHT

By Darran Yeow



WHAT IS BEHAVIOURAL OPTOMETRY?

Happy New Year and welcome to 2018. And with the start of the school year, we thought it would be appropriate to write about a common question asked at the practice, particularly from parents.

What is behavioural optometry and how is it different from general optometry?

All optometrists check eye sight and eye health. Behavioural optometrists take a holistic approach when looking at vision. We look beyond just eye charts and clarity. We see how vision is used by the patient to orientate themselves in space and interact with the environment. A.M Skeffington, the father of behavioural optometry described vision to compose of four main areas: anti-gravity, centration, identification and auditory/speech.

The first area anti-gravity helps with information on where we are in space and where are our body parts in relation to one another. Gravity is one constant in the world which frames the reference point for our spatial world. The visual pathway gets feedback from not only the six eye muscles but also from the balance centres in our ears, the stretch receptors in our tendons/ligaments/muscles and most importantly neural input from our neck to help us locate our body in space.

Once we know where we are, then we can orientate ourselves in reference to other objects. This is called centration and helps us to know where something is in relation to us. Let's take the analogy of picking up a pen. The eye muscles give the precise location of the pen while the rest of the body plays a supportive role in reaching for the pen. If our eyes point in front of the pen or slightly behind the pen, then action can't be performed accurately. This level of control and coordination is the difference between an average athlete

and an excellent one, or a child that trips, falls, bumps into objects versus one that has awareness of their surroundings.

The third part of vision is identification, which helps us give meaning to objects we see around us. Through our experiences we accumulate meaning to the items around us. For example, when we look at a pen, we may think of letters, gifts, exams, history, creativity or memories. Whatever we encounter in our visual world, we identify and give a unique meaning to. When we come across a new object, then this gives an opportunity for learning and development.

The final component is auditory or speech which involves communicating what's happening around us to ourselves or to others. The combination of all four processes helps us to find meaning in what we see and to take necessary action. Behavioural optometrists use various lenses and filters to observe how the visual system responds to stress, the level of visual organisation and the awareness of a person to these changes. From these observations various lenses, contact lenses and vision therapy may be used to help achieve the individual's goal.

At Dingley Eye Centre, we are passionate about your vision and the health of your families' eyes. Call us to make an appointment, book online or come down for a chat about behavioural optometry and how we can help you look after your eyes.

Dr Jayami Ganepola, Darran Yeow and team

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PHYSIO FILE

TENNIS ELBOW... A PAINFUL EXPERIENCE

WHAT IS TENNIS ELBOW

Tennis elbow is the layman's term for a medical condition called Lateral Epicondylalgia or Extensor Tendonopathy. Pain is often experienced on the outside of the elbow joint and occurs on gripping or lifting objects or repetitive movements of the hand and wrist. It is an injury of the wrist extensor tendons and muscles in the forearm often due to a sudden increase in activity or unusual workload. The tendons become injured as the strain on the tendon is greater than what it is usually used to.

The tendon tries to cope with this by making the tendon stiffer but this is usually associated with pain. If the activity continues, the tendon can become weaker as it is not able to repair itself properly.

However, if you try and completely rest for a period of time and try to complete the same activities again, the tendon pain can return quickly.

Tennis elbow is aggravated with gripping, lifting, rotating and squeezing motions of the hand and is associated with ache in the forearm and stiffness in the elbow.

WHO SUSTAINS THIS INJURY

Tennis elbow can be work related from activities involving repetitive gripping or lifting using the wrist. The use of staple guns and machine operators using a squeezing action are at risk.

It can also occur to computer operators with predominant mouse action, where the forearm muscles are working lightly but constantly. It can be the result

of gardening, using secateurs or pulling out weeds.

Lifting bricks constantly is another common action to cause the pain, particularly done as a one off venture. It generally occurs in the ageing tendon, that is, in the over 40 age group.

For recovery to occur, it is important that the tendon is given optimal conditions to repair so that the condition does not become chronic. The sooner the person presents for treatment, the better the chances of a complete recovery.

TREATMENT

Physiotherapy can use anti-inflammatory modalities on the lateral elbow to help settle the pain and inflammation. Deep friction massage may be used to stimulate the repair process and reduce scar tissue.

The most important part of recovery is having appropriate strength exercises which will stimulate the tendon to heal and restore strength.

Simple braces over the forearm below the elbow can effectively reduce the load on the muscles pulling on the troublesome tendon and help reduce the pain in the arm. Aggravating activities should be avoided to ensure that the damaged tendon is not subjected to further overload before it is slowly reintroduced. These injuries can take weeks or even months to heal depending on how severe the problem becomes so seeking help sooner rather than later is essential.

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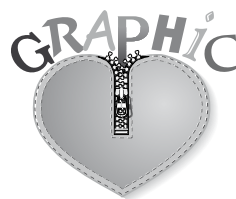
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TIPS FOR POSITIVE AGING IN NEW YEAR

Remember the New Year's Resolutions you made last year? And the year before? And even the year before? Most likely you said you would eat healthier. Drink less. Exercise more.

We all make promises like that to ourselves. You want this next year to be better than the last. If you didn't keep your resolutions, you are in good company. Forbes Magazine reports that only 8% of people will maintain their well-intentioned goals for a better year.

The secret to changing your life with a resolution is to keep it simple and make it tangible.

Instead of focusing on healthy eating and exercise, what if you went beyond that? This year you could plan to age positively. Everybody ages. Positive aging focuses on your ability to find happiness and satisfaction despite the challenges that you might face.

Let's take a look at tips for positive aging this year to help promote healthy longevity.

Change How You Think Did you know that how you think will directly impact how satisfied you are with life? The beauty of this idea is that you have control over what you think! Nobody else. You can choose this New Year to start practicing a positive mindset towards aging.

Action tip: Set a goal to think more positively. Then take control of your actions to achieve this goal. For example: "I will choose to be thankful by writing down 5 things everyday that I appreciate." You will be amazed at how little action steps can have a huge impact on your life.

Spend Time With Multiple Generations Loneliness and isolation are detrimental to positive aging. Spending time with others can protect your brain from early signs of dementia and slow the aging process. Adults who develop close intergenerational connections report feeling less depressed, having better physical health and greater life satisfaction.

Action tip: Cherish the relationships you have with your family, friends and neighbours. If you find yourself lacking these relationships then reach out into your community and volunteer to meet with those families who need you.

Cultivate an Attitude of Purpose For many older people, a large amount of your identity is tied into your work or career. Whether that is employment or being a parent. Retirement often brings you to a place where you no longer must go to work and your children are no longer dependent on you. Positive aging looks to balance leisure activities with work. Work, defined as a thing you do to contribute your skills, experience and knowledge to society

Action tip: Look for a small way this week that you can show compassion and kindness. Then do it! And repeat. Make it your goal to give to others each day.

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FRIENDS OF BRAESIDE PARK



Happy New Year to all Dingley Dossier readers. The Friends of Braeside Park calendar for 2018 is already draw up and we would welcome any members of the community to join us to work together to conserve and to improve the Park for the benefit of the creatures who live here and the humans who enjoy the tranquility, exercise and benefits the Park offers.

Thereby lies my first concern for 2018!

Some visitors continue to feed the Sulphur Crested Cockatoos at Braeside Park. When approached by the Rangers and by others and myself, they often get very defensive.

Recently, while walking down the road to the Ranger's Office, a Cockatoo flew straight at me and skimmed over me at the last minute. I stopped, having never seen a cockatoo behave like that. It perched just above me and as I walked on it flew beside me from tree to tree and was joined by other cockatoos. Then it twigged that these birds were waiting for food. In the distance, I could see a person walking towards me.

I greeted the person and said that birds were now waiting to be fed which was not necessarily a good habit. My words were dismissed and as I arrived at the bottom of the track where the path leads to the bird hide, I saw the seed scattered on the fence posts and the cockatoos feeding and unafraid of my close proximity.

Feeding wild birds can be a fun, rewarding and even soothing experience for the human being but is it good for the birds? - A job for Google.

The issue has split authorities. The NSW Office of Environment and Heritage has published an information document called 'Keep wildlife wild: please do not feed the animals'. In this document, they warn against welcoming native birds and conditioning them into regular feeding.

"When you feed native animals you're giving them the wildlife equivalent of junk food," the publication said. "Instead of eating a wide range of natural foods, they depend on processed seeds, bread and other foods that are not part of their natural diet. This can make them very sick."

"Animals that expect to be fed by people can become aggressive, harassing people for food when they are hungry."

Birdlife warns that birds will then return to the food source, potentially displacing other species and their migratory patterns.

Tony from Mount Keira said that even when he stopped feedings birds on his property, Sulphur Crested Cockatoos still returned occasionally to look for seeds.

"They get used to getting food and when they don't, they tear everything else apart and drive the other birds away."

The Office of Environment and Heritage said that by feeding birds, a moment's pleasure for you could turn into a junk food addiction for the bird.

Other authorities suggested that feeding birds could help them survive and increase in numbers. The food offered by caring humans is simply a snack food with birds foraging for the majority of their food and provided that the excess food is disposed of and does not attract rats etc. If the feeding places are kept

clean then it is not a problem but it is of concern if the food is left in water where it ferments.

Certainly most authorities agree that attracting natural wildlife by planting trees, such as hakeas, acacias, casuarinas and eucalyptus, which all provide natural food for visiting birds, is a better alternative to feeding them.

It is important to remember that wildlife can carry many diseases that readily spread to people, pets, livestock and their own species, especially when birds gather in large numbers. These diseases include Australian Bat Lyssavirus, Hendra virus, salmonellosis, Psittacosis, avian influenza and leptospirosis.

The Sulphur Crested Cockatoo is our Group's emblem and it is a regular visitor to the Park.

So what is Parks Victoria's stand on feeding birds in the Park?

I contacted Parks Victoria, to find out if there is clear regulations. Of course, there is not a rule that says, "No feeding of the wildlife". However, their representative said feeding of wildlife (birds) is to be discouraged and is implicate in regulations to protect wildlife and not to harass and interfere in the lifecycle of wildlife.

Judith Sise
President



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CIRCLING THE CLUBS



ROTARY CLUB DINGLEY VILLAGE



Good afternoon Dingleyites, Greetings and Happy New Year to you all from your Rotary Club of Dingley Village scribe, recently returned from a lengthy trip on foreign shores. Firstly I must express my gratitude to my fellow Rotarian Mr. Norman Hurrey for keeping you all informed on the activities of YOUR Rotary Club while I was away. Many thanks Norm.

The Christmas and New Year period is both a happy and busy period for the Club and all those associated, so a small break over the New Year period is always welcome. Before Christmas the Club was involved as always in the distribution of food and aid parcels to those of our Community less fortunate than some, and unfortunately there are always those who need our assistance.

In regard to this function of the Club, it is always a humbling experience to be associated with the many ordinary people who give of their valuable time and experience in assisting the less fortunate of our brothers and sisters. These many silent people are the salt of the earth, and all in our society are considerably in their debt.

These people are of course busy on the local scene, there are also many more, and my wife is one, concerned internationally. Twelve days after returning from our trip overseas, my wife, together with three others, travelled to Cambodia on Rotary related humanitarian affairs, leaving yours truly to care for himself. It seemed a good idea at the time!

Currently our weekly Rotary meetings are ostensibly in recess until later this month, but the planning of our an-

nual Golf Day, which supplies much of the funds for our ongoing work, must of course continue. The upcoming golf day will be the last at our Kingswood Golf Club venue, and as such will be very special for the Club.

The date is Thursday 22 February, Hit off time 8.30 AM followed by lunch at approximately 1.00 PM.

Costing for golf and lunch is \$110.00. For golf only \$60.00, for lunch only \$50.00.

Format is Male and Female Stableford competition for those with a recognised handicap, Callaway competition for those with no handicap.

Prizes for winners and many other categories will be given.

Those wishing to play, contact Mrs. Val Glenn 0488444147 or Mrs. Sue Hilton 0403313825.

Remember, this is YOUR Rotary Club and as always, we need YOUR support.

We can promise you a very enjoyable day of comradeship and good cheer with very enjoyable people. WE and YOUR Community need your support. We look forward to seeing you there, please do not let us down.

Your Rotary Scribe,
Dudley Podbury.

DINGLEY TENNIS CLUB

Happy New Year from the Dingley Tennis Club. We hope you all enjoyed a fabulous Festive Period.

EVERYBODY WELCOME: Its nearly time for our annual Open Day, it is on the 4th of Feb 2018, 12 noon to 3pm. Our open day welcomes everyone in our community to come to our club and enjoy some tennis fun. Free BBQ, free drinks and some of the activities will include; on court games, Cardio Tennis

trial/demo, National League exhibition match, door prize draw, free social play, free Hot Shot (mini court 8's & under) lessons, trial lessons and test your skills with our ball machine.

This year we have 4 nights of night competition and would welcome anyone that is interested in joining, just pop up to the club and see me (Tracey), call me on 9547 4839 or email admin@dingleytennisclub.com.au.

Monday Nights – Men's Comp, A and B grades.

Tuesday Night – Men's Comp

Wednesday Nights – Mixed Comp

Thursday Nights – Open A Grade.

This night is open to all player and is our strongest competition. This night is designed for the serious player looking for strong matches each week with the format being a Singles Super Set and a 3 Set Doubles (3rd set a match tiebreak).

Friday Night Free court hire, open to all the Dingley community 6pm to 8pm.

Our coaching starts again with the commencement of the school term. Coaching is for all levels and we have a great program called "Hot Shots" to introduce the young ones into the great sport of Tennis. Our coaching is run by Daniel Wendler from S.E.T Academy, please call 0402 000 874 for any further information.

Did you know that our tennis club is located on Rowans Road Dingley, next to the netball courts? We have 16 courts all with lights, the club is open early in the morning until late at night, we have a magnificent club house, outdoor BBQ facilities, licenced bar and full kitchen facilities. Come and have a look, we would love to see you.

Tracey Lees- Club Administrator
95474839

admin@dingleytennisclub.com.au

DINGLEY 60 PLUS SOCIAL GROUP

December and January has seen our members enjoying dinner, live music and dancing at our local Night Clubs. We indulged themselves with a three course meal at Cheltenham including an



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exchange of Christmas gifts, an Indian meal at Dingley, drinks and nibbles at the Dingley International Hotel and also members celebrated New Year's Eve at the same venue.

Other dinner nights were a Chinese meal at Dingley, a Greek meal at Oakleigh plus a bistro meal with jazz music at Patterson Lakes. Further activities undertaken were Sunday Brunches at Seaford and Sandringham, a BBQ lunch at Braeside Park and finally Sunday movies at Southland.

If you are in the 60 Plus age group and are at a bit of a loose end any Thursday night come along and join the group for a casual chat and your preferred beverage. We meet after dinner at the Dingley International Hotel (DIH) in the newly renovated Bistro, or sometimes just inside the Gaming Room door, from 8.00 PM onwards. Seek and you shall find.

A list of proposed activities over the next month or so is available at these gatherings.

Regular activities undertaken by the group include dinners, theatre nights, movies, BBQs, picnics, breakfasts, concerts, holidays, trips, walks and dinner dances.

We are always happy to welcome new members to the Group. Any enquiries about the group may be directed to Graeme on 9551 3462 or Shirley on 9551 1398.

Join our scene right from the beginning of 2018.

COUNTRY WOMEN'S ASSOCIATION DINGLEY VILLAGE

Our members all enjoyed the Christmas and New Year season with their families and friends, and are now ready to start off another year of putting ideas and fingers to work, to aid the different Charities we support.

At our first meeting in January, many ideas were discussed, and the members would welcome any visitors who would like to join CWA Dingley to achieve those ideas to make things happen.

CWA members meet twice a month. Our Craft day is the second Wednesday of the month at

10am, at the home of our Craft Leader. Our monthly meetings are the fourth Wednesday of each month at 10am at the Dingley Village Neighbourhood Centre.

President Lindy at 9579 2574, or Secretary Diane on 9580 6150 will be

very pleased to pass on any information regarding CWA and CWA Dingley

CWA Dingley members are part of a group called Mc Donald Group, which includes members from Dingley, Hampton, Bayside, Brighton and Murrumbidgee. We meet up together at different times of the year.

Then there is the big week of the year, when members from all over Victoria join together to help at the Melbourne Show. Also the CWA Victorian Annual meeting at different locations each year. When held in Melbourne it is at the Melbourne Town Hall.

HAPPY NEW YEAR to the Staff and Readers of the Dingley Dossier

From the Ladies at CWA Dingley Village.

PROBUS CLUB OF DINGLEY VILLAGE INC.

The guest speaker at our December general meeting was Don McQueen, the Bush Balladeer. This was the second time we have been privileged to welcome Don to our club. Don entertained us with a selection of bush poetry, some very familiar, and others not so well known.

After the meeting, members proceeded to the Sandown Greyhounds

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restaurant for our annual Christmas lunch. A most enjoyable meal provided a fitting end to the Club's year.

Our first General Meeting for 2018 will be held on February 1st, and the Guest speaker will be well known Channel 9 personality Pete Smith. Other February activities include a movie lunch at the Waverley Cinema on the 8th, coffee morning at The Nest on the 13th, a Mystery Trip on the 15th, and Morning Melodies at the Waltzing Matilda hotel on the 23rd.

We meet on the first Thursday of the month at the Dingley Sports and Social Club at Souter Oval, from 10.00am. Visitors and prospective members are always welcome at our meetings, and for further information, or to join one of our activities, please contact either President Ursula on 9547 2580 or Secretary Peter on 9584 6987.

DINGLEY VILLAGE MEN'S SHED

The shed veranda is taking shape with the concrete path laid, the post and roof supports in place and now just waiting for the roof iron to go on. It will really put the finishing touch to our fabulous extension and enhance some outdoor seating.

Our Christmas social gathering held at the Keysborough Golf Club was a great success and well supported by members and partners - food was fantastic, the socializing was everywhere and the dancing just seemed to be the right amount. We look forward to continuing this tradition next year.

Robert van der Linde and other members helped a young design student, Michelle Miller with a project of making a light fitting. Michelle was delighted

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with the timber and aluminium prototype the members constructed from her design.

The Wednesday bike riding group continue to grow in numbers but it's not all hard slog as the group stops for refreshment and supports the local cafes.

Congratulations to our golfer of the year for 2017 Alan Rimington and to all our other prize winners in 2017

Our Annual General Meeting will be conducted on Friday March 2nd - if you wish to be nominated for a position, see secretary John for a nomination form.

2018 subscription payment is due by the end of January - \$60

Bunnings BBQ fund raiser will be on 17th February, if you are at Bunnings pop by to our delicious sausage sizzle.

New members are always welcome so why not come and meet us on Friday for morning tea. For more details phone 9551 5892 or email dvms3172@gmail.com

DINGLEY VILLAGE SENIOR CITIZENS CLUB INC.

Happy New Year to you all – may you have a safe, healthy and prosperous 2018!

Some 40 Members enjoyed our Xmas Break-up luncheon which was followed by entertainment. Prior to this function, we went on a coach trip to the Pig and Whistle located in Olinda for a "home cooked" Xmas lunch – wot, two lunches towards the end of the year!

If you would like to come and join in with our activities, our friendly group meets in the Harold Box Hall, Marcus Road, Dingley, from 12:30 p.m. of a Monday.

Arranged activities for February will be:

5th Games, followed by afternoon tea;
 12th Bingo, eyes down at 1:00 p.m.;
 19th Games, followed by afternoon tea;
 26th Bingo, eyes down at 1:00 p.m.

If you have a query or for any further information please contact our President, Lyn, on 9585 5039 or our Vice President, Maureen, on 9551 8425.

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CHURCHES & CHALLENGES



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 10.30 a.m.

All enquiries phone 9544 5324

www.heathertondingley.unitingchurch.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

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 9551 9494

Know Your Bible 9.30 – 11.00 a.m.

An interdenominational study for women of the Bible

For further information contact Jennifer on 9590 9570 or 0419 115 811

FIRST FRIDAY OF EACH MONTH

Indoor Carpet Bowls – 7.30 p.m. in the Church Hall followed by supper

VILLAGE CHURCH DINGLEY

"Inspiring People to Discover and Develop Life in Christ"

Church Office: 7-9 Fiveways Blvd., Keysborough. 3173

Phone: 9798 1124

Email: admin@villagechurch.org.au

www.villagechurch.org.au

Our Church program for FEBRUARY is as follows:

SUNDAYS

10.00 a.m. Worship Service at the Harold Box Hall, 31 Marcus Road, Dingley Village.



***Kids Church** in the Dingley Village Neighbourhood Centre - 10.30am to 12 noon, children from birth to Grade 6. All welcome.

MONTHLY LADIES AND MENS GROUPS:

* Homemakers - 1st Monday of each month. Monday, 5th February. 7.45pm, 23 St. Mark's Close, Dingley.

Men's Group – Tuesday 6th February. 6-9pm. BBQ, fellowship and sharing. 7 Fiveways Boulevard.

LIFE GROUPS:

*Youth - 6.30pm. 10 Lando Place, Springvale South. To be finalised for this term – ring Office for dates.

*Wednesday nights – Fortnightly 7-8.30pm. 14th and 28th February. 4 Jane Court, Dingley.

Sunday nights – 1st and 3rd Sundays, 6-7.30pm. 18th February. 98 Stanley Road, Keysborough.

PRAYER TIME:

Weekly - Wednesdays 10-11am at church office. Tea/coffee afterwards.

Monthly – Saturday 17th February; 7-8am and 9-10am at church office.

BIBLE STUDY:

*Women's – Thursday 1st and 15th February. Fortnightly at the church office 10-11.30am.

Open – Friday 2nd and 16th February. Fortnightly at church office 10.00am. "Trusting God".

*Not held during school holidays.

MARRIAGE & FAMILY SUPPORT:

For nearly 80 years, Village Church has served the people of Dingley Village and its surrounding suburbs. We greatly value the involvement that we have always had in our community and desire to make a difference for the greater good of all. As a caring church, our heart is to serve the community, by having an impact in and amongst its families.

In today's climate, families and marriages are under attack; many relationships are strained and are at breaking point. Many don't know where to turn, who to trust and as a result become despondent and disillusioned with life.

We believe that now more than ever, Village Church can play a pivotal role in strengthening and encouraging families, as we commit to giving our all to help you out.

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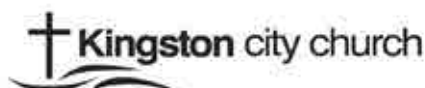
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ten, encourage and give sound advice to you. Village Church desires to help and would love to present practical solutions, to any and every area that brings tension, pain and confusion. Please give us a call on 0481 352 404, we'd love to be able to encourage, support and strengthen you. Our Church Office is at 7-9 Fiveways Boulevard, Keysborough, and is open from Monday to Friday, 9.00a.m. to 12pm - Phone Number 9798 1124. Please feel free to call Lesley with any enquiries you may have. Our Senior Pastor is Rodney Hole who may be contacted through the Church Office.



KINGSTON CITY CHURCH

OUR VISION: CONNECTING PEOPLE TO JESUS CHRIST

OUR MISSION: REACH, RESTORE, RELATE, RESOURCE and RELEASE
316-322 Kingston Road, Clarinda, 3169 (near Clayton & Boundary Roads intersection).

Ph: 8551 6600, Fax: 8551 6690. Web: www.kingstoncitychurch.com.au
Email: admin@kingstoncitychurch.com.au

Senior Pastor: Dan Parker Senior Associate Pastor: Dave Harrison
Sunday Services: 10am Service has Children's Ministry.

MOPS (Mothers Of Pre Schoolers) gets Mums. We understand the unique needs, challenges and joys in this vital season of early mothering. At MOPS every mum is welcomed, accepted and challenged to reach her potential and recognise her influence with her family and her world.

If you are pregnant or have a child between the ages of 0 and 6 years, then we would love for you to join us this term Monday 12th February / Monday 26th February / Monday 19th March

10am to 12pm at Kingston City Church.

At MOPS you will meet new friends, hear speakers on relevant topics, learn new skills and gain confidence in mothering.

And all this happens child-free! While mums engage with the MOPS program, their babies and little kids enjoy on-site care and age-appropriate activities in MOPS Kids.

MOPS is a community of women who believe that better mums make a better world!

For further dates or queries, please contact Kingston City Church on 8551 6600

Angela Woff

(MOPS at Kingston City Church)



CHRIST CHURCH DINGLEY

387 Old Dandenong Road, Dingley (at the roundabout)

Contact: admin@ccd.org.au or ring on 9551 7871

Web: www.ccd.org.au

Our Vision: To be a Thriving, Need-Meeting and Life-Transforming Community with Jesus at the Centre.

SUNDAY SERVICES:

8:30am: Traditional Service in the Church. 10:30am: Contemporary Service in the Auditorium.

'Trans4m' (Children's Church during the 10.30 service)

COMING EVENTS at CCD

Pleasant Tuesday Communion Service – 13 February, 2pm in the Church. Service includes Holy Communion and Favourite Hymns, followed by a sumptuous afternoon tea. Transport available on request: 9551 7871.

Ash Wednesday – 14 February, 7am and 6.30pm Communion service with imposition of ashes.

REGULAR MINISTRIES

Healing Prayer Ministry (Inner Healing) Mondays & Thursdays 9:30am or 11:30am (during school term) by appointment: 9551 7871

Healing Rooms (Physical Healing) Wednesday Mornings: come between 10:30am and 11.30am

Professional Christian Counselling Appointments: 9551 7871

Medical Mission Aid Stall First Sunday of every month, 8am until 1pm (before and after morning services). Beautiful

homemade goods, new items, and yummy cakes, jams and relishes. Funding provides medical supplies to six hospitals in Tanzania, Kenya and Rwanda.

Conversational English Classes for Adult Students, Saturdays from 10am -12noon during School terms. Beginners to Advanced catered for.

For Youth and Young Adults:

Reverge (Youth) every Friday (in school term) from 7:00pm. All Years 7-12 welcome!

Dare: Tertiary students / Young Adults meet 7.30 pm Tuesday evenings.

For Children:

Playgroup Thursday (term time) 10:00am to 12noon. Playgroup is a fun play time for children from birth to 5 years. We also support mothers and carers to share the highs and lows of parenting. All welcome.

Church Office:

For all enquiries contact Kellie at the office: 9551 7871

Ministers:

Vicar: Rev. Wayne Walters: 0425 163 730

Associate Minister: Vaughn Spring 0402 626 533

ST. MARK'S CATHOLIC CHURCH

511 Lower Dandenong Road, Dingley Village 3172

Office open Tuesdays 8:30am to 11:30am
Phone / Fax: 9551 6930

Parish Priest: Fr. Benedict M. La Volpe OFM Conv.

Baptism: Bookings through the St. Joseph's Parish Office, Springvale (9547 4877).

Baptisms will be held at St Joseph's Springvale and St Mark's Dingley on alternate months- contact the church offices

Weddings: By appointment only

Confession: 5:30pm prior to Saturday Vigil Holy Mass, or by appointment

Holy Mass Times:

Monday to Friday: 7:00am in the Friary Chapel

Saturday: 6:00pm Vigil in the Church
Sundays: 9:30 AM Sunday Mass (NB. only one Mass on Sunday)


Some important dates for the month of February

- | | |
|------|---|
| 1st | St Brigid of Ireland |
| 2nd | Presentation of the Lord |
| 14th | Ash Wednesday – Commencement of Lent |
| 20th | Sts Jacinta & Francisco – Seers of Fatima |
| 22nd | The Chair of St Peter |

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 Open Day Saturday 3 March 11am-1pm.
 With ATAR scores, attention is often focused on big-name, high-fee schools, however it is exciting to see that a low-fee independent school can also achieve great results for its students.

Heatherton Christian College student, and Dingley Village resident, Joshua Ratten achieved an ATAR score of 99.05, a record for the school, but he is not alone at HCC. With 23% of our students achieving scores over 90 and 40% hitting figures over 80, HCC is proud of all its 2017 VCE students and congratulate them on their success.

Our next Open Day is Saturday 3 March, 11am-1pm.

This is a great opportunity to see the school in action. School tours depart regularly on Open Day from the gymnasium foyer.

There is no need to book for Open Day, just turn up!

With the opening of the new Dingley by-pass access, which includes a new bike path, it is great to see many students now riding their bike to school.

Please do not hesitate to drop in to the school at 316-322 Kingston Road, (cnr Old Boundary Road), Clarinda or contact the office on 8551 6650 to organise a tour of the school. There are a limited number places still available for 2018.

We regularly update our web site, check it out at www.hcc.vic.edu.au

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AAPS have many cats in their care where some have been at the shelter over a year. If you can find it in your heart and homes to rescue any of these beautiful souls, we would (and they) be most grateful. They have all come to us through no fault of their own and its just not fair that they are idling their precious years in an animal shelter, when they could be cherished individually in a loving home.



Featured dog for February



**Abby -
 Rottweiler x Australian Shepherd
 Female - 8 months**

Abby was surrendered because a family member was allergic to her. She can be a little shy at first, so a patient, adult/teen environment where she will receive training and confidence building exercises will suit her well.

If you would like to consider Abby for adoption please call the shelter and speak to one of our adoption staff.



Keysborough Animal Shelter
 10 Homeleigh Road, Keysborough,
 Telephone: 9798-8415
 Hours: Monday to Saturday: 10.00am-3.30pm
 Sunday and Public Holidays: 11.00am-3.00pm

See more at www.aaps.org.au

DINGLEY COMMUNITY TRADE DIRECTORY

Every so often, as a service to our readers, The Dingley Dossier runs an updated summary of its advertisers and contributors to make it easier for our readers to find the details of the services and tradespeople they may require. We urge you to "Look Locally" and support the businesses that support your community newspaper.

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