



# The DINGLEY DOSSIER

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## DONATING IN TIMES OF NEED



We have all watched the heartbreaking news about farming communities in Queensland and New South Wales doing it tough because of prolonged drought.

When disaster strikes, Australians band together to help their “mates” and get them back on their feet. True to that Aussie spirit, the Australian community is reaching out to help. However it can be difficult to know which organisation to support. What do the people requiring help actually need? Which organisation will make the best use of my money?

Here are some dos and don'ts of donating to keep in mind at all times and make sure that your help is the kind that does make a difference, wherever the relief is needed.

**Do send money.** This is the easiest and best way to help. In drought areas, local communities and businesses have also been affected. Rural Adversity Mental Health coordinator Camilla Kenny said people should consider supporting charities that delivered gift or pre-paid cards so the money could be spent within the community. Legitimate charities, who aim to make a lasting effect, endeavor to spend donations locally where possible, to assist the whole community.

**Don't donate goods or supplies** unless they have been specifically requested by an organization with first-hand knowledge of the current needs. Things pile up and

take up time and space. Shipping is more expensive than buying what's needed close to affected areas.

**Don't self-deploy as a volunteer.** You could just gum up the works and get in the way. Get in touch with agencies that are working the affected areas to make sure there is a need for your services.

**Do donate to charities that are legitimate.** Every disaster, unfortunately, seems to spark charity scams. Give only to those organizations you either know personally or have checked out first at <https://www.acnc.gov.au/findacharity>

**Do donate for both short term and long term projects.** Feed for stock is important and greatly appreciated but just as important is provision of long term counselling and support services that aim to improve the resilience of communities affected.

**Don't earmark funds; give to many not a few.** Earmarking or restricting funds may force charities to spend money where it is no longer needed and keep them from spending money where it's need the most.

**Don't evaluate an organization based on the amount spent on administration** The amount an organization spends on administration is no indication of the quality or usefulness of its work. The pressure to keep administration costs low may lead

to organizations understaffing or under resourcing their projects. That a charity has administration costs, may indicate that they can respond immediately even before donations start coming in.

### How can you help:

- Australian Red Cross
- Rural Aid/ Buy a Bale
- Drought Angels
- Aussie Helpers
- Lions Need for Feed
- Foundation for Rural and Regional Renewal
- Salvation Army
- Local Community Fundraisers

The Dingley Village Men's Shed will be holding a 'Sausage Sizzle' at the Dingley Village Farmers' Market on Saturday 20th October and all funds raised will be given to 'Buy a Bale' a project of Rural Aid.

The last delivery of toiletries donated by Dingley Village residents to the Neighbourhood Centre have found their way to 'Drought Angels' for distribution in drought affected areas. Students at Dandenong House were learning about the drought as part of the English classes and asked if the toiletry packs they make for those in need would help drought affected communities. After a quick phone call to Drought Angels and another to a national transport company, the toiletries were on their way.

## LIVING IN DINGLEY VILLAGE

### IMPORTANT NUMBERS

City of Kingston:  
**1300 653 356**

Emergency: **000**

Lifeline: **13 11 14**  
SES: **13 25 00**

Poisons Info: **13 11 26**

Nurse on Call:  
**1800 022 222**

National Security:  
**1800 123 400**

Cheltenham Police  
Station:  
**9583 9767**

MensLine:  
**1300 789 978**

WIRE

(Women's Information and Referral  
Exchange):

**1300 134 130**

The Orange Door  
**1800 319 353**

Tip Smells & Dust:  
EPA **1300 372 842**

Cleanaway  
**1800 213 753**

Aircraft Noise:  
**1800 802 584**

Neighbourhood Centre  
**9558 1866**

Community Association  
**9551 5442**

Men's Shed  
**9551 5892**

VicRoads Faults and  
Hazards:  
**13 11 70**

RSPCA  
**9224 2222**

# COMMUNITY



Do you own a musical instrument but haven't played for ages? Do you still play, or sing, but lack the encouragement of a group of fellow musos? Then let us help you unleash your musical mojo!

We're using the hall at the little white church on the corner (Cnr. Kingston & Old Dandy Rds., Dingley) So just rock up! We're easy to find.

Bring your voice, or your instrument and with the help of some experienced musos, let's see what we can do when we come together.

Regardless of age, we want your enthusiasm and a willingness to let your inner muso out!

Commencing on Thurs. October 11<sup>th</sup> @ 8pm we will continue playing on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of each month.

See you on Oct. 11<sup>th</sup>



## HOME PRODUCE AND CRAFT MARKET

The Heatherton-Dingley Uniting Church, cnr Kingston and Old Dandenong Roads, Heatherton, are having a home produce and craft market on Saturday, 13th October from 10.00 a.m.

There will be a variety of stalls, all selling home produced crafts and food, as well as a sausage sizzle, morning tea and children's activities. Stalls include cakes, jams, preserves, plants and craft items. *This would be an ideal time to get in early, on your Christmas shopping.*



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.

## MAKE A DIFFERENCE DISCOUNT BOOKLET & LONG LIFE MILK DRIVE



Make A Difference Dingley Village Inc has developed an exciting initiative. This booklet includes the special offers from 40 wonderful local businesses.

You can get this fantastic booklet for \$15.00 with ALL proceeds going to support the essential work of Make A Difference Dingley Village Inc assisting the most vulnerable people in our community.

### Booklets can be bought from:

- Make A Difference Dingley Village 31B Marcus Road Dingley Village
  - Eva Rose Hairdressers, Dingley Village
  - Aromafide/Bare Body Care, Dingley Village
  - Down Under Pickers Florist, Dingley Village
  - The Famished Wolf, Braeside
- Donations of Long Life Milk for our Foodbank can also be dropped off at Make A Difference Dingley Village 31B Marcus Road Dingley Village



## Make A Difference Dingley Village Inc is bringing a monthly market to Dingley Village.

The Dingley Primary School has kindly offered its grounds for the *Make A Difference Makers Market*.

Handmade artisan vendors: gifts, clothing, household items, coffee drinks and food. October 14th, November 11th and December 09th from 9am - 2pm enter via Marcus Road

Buy now for Christmas and put a smile on someone's face with a hand-made gift.

Any enquiries can be made direct via Facebook @dingleymakersmarket or email Simone: spellbound1972@hotmail.com

## DINGLEY TENNIS CLUB: ANNUAL FUNDRAISER NIGHT



Come along for a night of laughs, drinks and prizes at our annual TRIVIA NIGHT FUNDRAISER on Saturday 13th October. All funds raised go towards our great club!

\$10 per head – Tables of 8, Licensed Bar & BYO nibbles

Want to come along but can't fill a table? Give us a call and we will put you onto one.

Do you have a business and would like to donate a prize? We would be so grateful and will promote your business on the night.

Call Tracey on 9547 4839 or email admin@dingleytennisclub.com.au to discuss. Hope to see you there.

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

# Curious Minds

**Curiosity.** The defining trait of the world's brightest thinkers and innovators.

For children to succeed in this complex world, we must nurture their **curious minds**.

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**Yes, an Australian education success story !**



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CM053700

# Letters to the Editor

## To the Editor

A big thank you to all 8,000 residents who submitted an objection to the unconscionable application to rezone our Central Golf Course Park and then build up to 1,000 units there.

The results will now go before Council, most likely in October. Please watch for our Newsletters. Alternatively, if you are not registered to receive them, please send an email to [savedingley@gmail.com](mailto:savedingley@gmail.com) with "Newsletter please" in the subject.

We estimate over 90 percent of residents are against the rezoning and the tiny minority of pro-development who are seen on Facebook have vested interests. For example, one wants to do

building, then he would very likely leave the chaos behind and bolt.

*All the best to Dingley Village, the best suburb in the southeast.*

**Kevin Poulter** - Secretary,  
*Save Kingswood Group incorporated.*

## Dear editor,

I thought I would write to you to find out if there is anyone else in our local community as confused as I am with the name of the new proposed freeway that will link the northern end of the "Mornington Peninsula Freeway" with the "Dingley Bypass".

I would like to know why it has been given the name as "Mordialloc Freeway"?

For those readers who are not aware,

the proposed freeway will start from Dingley Bypass between Tootal Road and Boundary Road in Dingley Village. The route is southbound into the suburbs of Braeside, Waterways and Aspendale Gardens. It then crosses Springvale Road and joins the Mornington Peninsula Freeway where the boundaries of Chelsea Heights and Bangholme join. At no point does this new proposed freeway route go into the suburb of Mordialloc.

As it is an extension of the Mornington Peninsula Freeway, why not simply call it the "Mornington Peninsula Freeway"?

So in the near future after the new freeway is built and opened, to travel from Dingley Village to the Mornington Peninsula, you have to take the Mordialloc Freeway, Mornington Peninsula Freeway, Peninsula Link and Mornington Peninsula Freeway. Here is the catch, you continue on the one stretch of road.

Is anyone else confused?

**Brett J**

*Dingley Village resident.*



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# Costume Competition



Come into the Ray White Dingley Village Office on Halloween - Wednesday 31<sup>st</sup> of October for your chance to win best dressed prizes.

Come in and show us your best and spookiest Halloween costumes or take a photo and tag Ray White Dingley Village in your post.



Treats provided for all those who come in and participate!

Don't forget to look out for our Trick or Treat Halloween Doorhangers in your letterbox!



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



<https://www.instagram.com/raywhitedingleyville>



# THINK LOCAL FIRST

Support the local businesses and service that have made a commitment to our community



## INTERHEALTH MEDICAL CENTRE

As the only local medical centre located in Dingley Village, Interhealth offer a range of GP and family medicine services and is committed to high standards of patient care, ensuring your health is their priority.

They have recently welcomed two new doctors to the clinic, Dr. Sugi Siyaguna and Dr. Rob Schoenmakers to ensure they have appointments readily available to residents. For convenience, bookings can be made online for existing patients, but additional appointment times are available so call the clinic if you cannot see an on-line slot that suits you. Children under 16 years and patients holding a Commonwealth Government Pension Card (Blue Card) or a Veterans' Affairs Gold Card will be bulk billed for appointments.

Interhealth also offer home visits for those patients too ill to get to the clinic and several of the doctors look after patients in local Aged care Facilities.

There are also allied health services available at Interhealth; - Pathology, Radiology, Physiotherapy, Podiatry, Psychology Dietician, Mental Health Nurse and Diabetes Education. Interhealth is also a training practice, meaning they have additional doctors who are undertaking postgraduate studies in general practice. Zostavax, the vaccination against shingles, is provided FREE under the National Immunisation Program to eligible people aged 70-79 years. Childhood vaccination clinics run every Wednesday and Friday between 9am and 10.30am. No appointment is necessary at these times and vaccination visits are bulk billed.

### Dr. Steven Kaye

Senior medical practitioner has been a Family Medicine Practitioner for over 20 years and in 1999 set up practice in Dingley Village. He is actively involved in teaching (Medical students, registrar training and examining for the RACGP Fellowship) and population & community health issues and often speaks about



relevant health topics to local service and community groups.

Steven is also the Vice-President of Rail Trails Australia, medical officer for a number of tourist railways and previously for Bicycle Victoria. He is married with three children, all of whom enjoy cycling, railways and supporting the Collingwood Football Club.

### Dr. Stuart Turnbull

Stuart has a special interest in occupational medicine, immunisation and preventative medicine in addition to managing the usual health problems that arise in general practice. He also runs the Friday morning immunisation clinic.

Married with two daughters, Stuart keeps fit by cycling regularly and playing Masters Hockey for Hawthorn every Monday night. He is a regular volunteer Driver at Puffing Billy Railway and collects books, wine and railway artefacts. Stuart is at the clinic Tuesdays, Thursdays and alternate Fridays

### Dr. Tracey Molloy

Tracey is interested in all aspects of general practice with particular interests in Women's Health and paediatrics. She has her Fellowship of the Royal Australian College of General Practitioners and has recently undertaken a role as a General Practice Supervisor with the EVGP Training. Tracey is very interested in teaching both medical students and graduate doctors and enjoys sharing her passion for quality general practice care with the next generation.

Tracey is married with children. In her spare time, she enjoys photography, keeping fit, reading and indulging her love of musical theatre. She has also just commenced a lifelong goal of learning to tap dance.

### Dr. John Lange

John has substantial experience in general practice. He has additional training in Occupational Health, which qualifies him to conduct a range of added medical assessments. He enjoys skiing and time with his family.

### Dr. David Senini

After thirty four years as a solo practitioner in Dingley, David joined Interhealth Medical Clinic. He has a special interest in Palliative Care. Any spare time is spent playing golf and farming.

### Dr. Sugi Siyaguna

Sugi completed Biomedical Science at Monash University and then moved to the University of Queensland where he completed his Bachelor of Medicine at the University of Queensland. He has a special interest in general family medicine.

Sugi enjoys travelling, reading and sports, particularly cricket and football and is a keen Carlton supporter.

### Dr. Rob Schoenmakers

Before training as a doctor, Rob practiced as a Physiotherapist. Rob has an interest in General Medicine and, having three young children of his own, has great insight into paediatrics. His years as a Physiotherapist have given him expertise in musculoskeletal and sports medicine. Rob enjoys teaching medical students at Monash University one day per week.

Outside of work, he loves soccer, the outdoors, camping and spending time with his family.

### Dr. Bryan Sun

Bryan joined Interhealth Medical Clinic in August 2018. Bryan has worked at the Royal Melbourne Hospital and Monash Health networks under various medical and surgical specialists. He is currently pursuing a Diploma of Child Health (The University of Sydney) and a Certificate in Women's Health (Royal Australian and New Zealand College of Obstetrics and Gynaecology). Bryan is available for Implanon insertion and removal. He also has interests in Dermatology, Palliative Care and Chronic Disease.

In his spare time, Bryan is learning to fly a single engine Vixen aircraft.

# VILLAGE REFLECTIONS



boxes had sliding doors and were in excellent repair. The whole stable was Canadian cedar, it was a magnificent structure”

Long standing resident Paul Watson recalled childhood memories of fun at the abandoned stables. “We used to set up a flying fox by tying a rope from one end of the stables to the other. Then we would swing out and hold on”

In 1982 after the property had remained vacant for many years, vandals burned the stables to the ground, destroying a precious piece of history.



Dingley Village  
Historical Society  
- Settled 1855 -

## TELFORD STABLES

The land at Braeside Park has a diverse history including a link to Australia’s most famous horse Phar Lap.

Dr Arthur Syme bought 916 acres in 1909 and developed the property as a horse breeding and training establishment. The land and improvements made by Syme were leased in 1929 to Harry Telford a trainer from New South Wales.

Harry Telford paid £800 a year for the use of the stables and tracks first constructed by Arthur Syme. He employed twenty five people as gardeners, farmhands, stable boys and apprentices.

Telford is remembered as the trainer of the 1930 Melbourne Cup winner, Phar Lap. At least for a short time this legend of the Australian turf was stabled at Braeside. Cautiously commenting on the career of the great thoroughbred, Shirley Morgan, who lived on the property in the 1940’s said, “Phar Lap was actually trained at Braeside, at least for a short time, and I believe he was stabled in box 20. There was something funny happening before the running of the Melbourne Cup. The horse was taken from Braeside to Geelong because there was a scare that someone was going to nobble him or do something to ruin his chances of being awarded the cup.”

In 1940, Ernest John Willmott followed Telford in leasing part of the property to continue his training activities. Shirley Morgan as a nine year old girl remembers when her family moved in to the property. “The property had a magnificent stable. There were twenty horse boxes in it, two feed rooms and two tack rooms. There was a loft, which made the ceiling of the horse boxes. All the horse



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# DINGLEY VILLAGE COMMUNITY ASSOCIATION

## DINGLEY VILLAGE COMMUNITY ASSOCIATION LIFE MEMBER - DAVID MADILL

David Madill has been honoured with a Dingley Village Community Association (DVCA) Life Membership, to recognise his outstanding service to the DVCA and the Dingley Village community over many years.

David is a passionate leader of the DVCA and a tremendous advocate for our community, working ceaselessly for our village to help make it the great place we all live in.

DVCA life membership, given to honour our members for their great contribution to the DVCA and the Dingley Village community, has only been granted to three other members over the past 40 years, Joe Biviano, Shirley DeWever and Brian Pullen.

### DVCA - WHAT WE ARE AND WHAT DO WE DO:

In addition to reporting Dingley Village issues - this month we take the opportunity to tell you a little bit about DVCA and what we do.

A group of Dingley residents formed DVCA over 40 years ago. Our members are committed Dingley Village residents and membership is open to all Dingley Village residents.

### DVCA Vision for Dingley Village

"An appealing neighbourhood of Kingston known for its unique village character, its defined edges, its green setting and its environmentally, socially, and culturally aware residents."

### Our Role

\* to enhance the character and environment of the village

\* represent the views of the Dingley Village community in matters relating to the growth and development of the village

\* foster a creative approach to the development of the buildings, environment and social and cultural life of the village

### Activities

Our members work hard to improve our community in various ways: making submissions on issues concerning the Village, monitoring planning applications and other development proposals, representing the Village on various community organisations such as MARA and the Green Wedge Coalition, tree planting and other beautification work, etc.

DVCA IS ALL ABOUT OUR VILLAGE COMMUNITY - KEEPING IT A GREAT PLACE TO LIVE AND WORK

So if you are a new or old resident in Dingley Village - if you have an issue concerning our Village please let us know. Contact us or come to our monthly evening meeting and we will see if we can help - it all makes for a great community in the City of Kingston.

### KINGSWOOD GOLF COURSE UPDATE

Congratulations to ALL the residents of Dingley Village, what a magnificent NO response to this terrible development.

Approximately 8000 objections to the re-zoning of the course have been lodged with Kingston Council.

About 400 residents turned out for the filming of the Current Affair program &

made a lot of noise protesting - Well Done

With such an overwhelming result, we now await an early, prompt vote by Council to expedite the stopping of this inappropriate development.

### DIRT BIKES IN SPRING ROAD RESERVE

Sadly, there have been people riding dirt bikes throughout the reserve, destroying the newly laid paths, and surrounding grass areas. This is strictly forbidden and very sad to see how some individuals use our new reserve.

If you see or hear evidence of this destructive behaviour, please contact the local police immediately and also notify the council so they are continually aware, and able to fix any damage.

DVCA have approached both the council and the local police and advised them of the issue.

### Facebook

The DVCA is now on Facebook and you can find us at:

<https://www.facebook.com/Dingley-Village-Community-Association-183239365820388/>

DVCA is open to all residents who genuinely care about our Village. Meetings are held in the Community Centre, 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@lildam.net

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■ Fax: (03) 95581589



**FUNDRAISER**  
**FOR DROUGHT RELIEF**

**DINGLEY VILLAGE  
MEN'S SHED**

**ARE HOSTING A**

**SAUSAGE SIZZLE**



**ALL MONIES RAISED GOES TO DROUGHT RELIEF**

**SATURDAY 20th OCTOBER**

**8.30 am—1 pm**

**DINGLEY VILLAGE FARMERS' MARKET**

**31 MARCUS ROAD, DINGLEY VILLAGE**

**PLEASE STOP BY AND SUPPORT  
OUR AUSTRALIAN FARMERS'**

# FARMERS' MARKET

Next market is Saturday 20th October, free entry & free parking, we are open 8.30 am – 1 pm in the reserve Marcus Road.



We have all seen the recent news stories about 'Fake Honey', with adulterated Chinese honey being mixed with Australian honey and sold through supermarkets. Bawden's Lane Honey a local producer in South East Melbourne supply honey from their own hives ensuring you only get local pure honey harvested by them.

New stallholder, Cripps Family Fish Farm have fresh and snap frozen fish available including: Barramundi, flake, salmon, squid strips, flathead, swordfish, whiting and snapper.

For those who like a bit of spice in their life Mamaji's Homestyle Curries is the way to go, plus their curries are gluten free and vegan.

With a range of flavoured kombuchas, krauts, cider vinegars and dips, Gorgeous George Probiotics, produces delicious food utilising fresh, local, certified organic ingredients.

All produce, is sold direct to you by the farmer or producer, ensuring you get access to fresh produce as well as the opportunity to talk to the farmer/producer about their produce. Whilst many items are seasonal,



theherbstore\_herbs2heal

this ensures you are buying fresh quality products

Cash Out facility is available at the Neighbourhood Centre office during the market, if you require extra cash for shopping

Boomerang Bags will once again be onsite supplying recyclable shopping bags for your convenience.

**Customer feedback;** Grabbed some wonderful herbal tea from the herb store, which I'm loving and feeling the benefits of already.

I was really impressed with the vegan options this month too, great to see!



**Little Villagers Childcare**  
**3 year old activity groups**

**Bookings now open for 2019**

Monday morning or afternoons sessions

Held at  
 Dingley Village Neighbourhood Centre  
 31B Marcus Rd, Dingley Village  
 Contact Margaret on 9558 1321  
 or lvcc@dvnc.com.au



# OUR COUNCIL

## DINGLEY VILLAGE COMMUNITY BUS STILL ROLLING ALONG TO KEEP THE COMMUNITY CONNECTED

For the past decade the Dingley Village Community Bus has helped keep the local community moving thanks to the Dingley Village Community Bank Branch of Bendigo Bank and the Dingley Village Neighbourhood Centre.

Kingston Council has paid tribute to the dedicated staff and volunteers at the Neighbourhood Centre who have managed the day-to-day workings of the bus over many years and to the Bendigo Bank for their long-term support.

“The community bus has helped hundreds of Dingley residents – particularly the elderly – stay active and engaged by transporting them to community events, services and outings,” Kingston CEO John Nevins said.

“The bus has helped people stay connected, build new networks and avoid isolation and I commend both the Neighbourhood Centre and the Bendigo Bank for their long-standing support.”

Mr Nevins said the bus would continue to have a strong future and will now be managed by Kingston Council.

“With issues such as safety requirements, mechanical upkeep and oversight becoming more intensive and complex – it is now better suited for all community buses to be managed by Council,” Mr Nevins said. “Kingston already manages a number of other community buses across the municipality and we’re happy to add this bus to our fleet, with priority access to continue to be given to local eligible Dingley groups.” Kingston’s community bus service is available to:

- Transport frail aged people and people with a disability, on a door to door basis, to shopping centres, swimming pools, senior citizens’ centres, medical centres and other social and recreational activities.
- Self-drive hire service for eligible community groups, sporting clubs and other non-profit organisations within the municipality, on weekends and out of business hours.

To find out more about hiring the bus, either as an individual or for a community group, contact 1300 819 200.

### Vandals damaging playgrounds and stealing plants

Kingston Council is calling on the community for assistance to report vandalism

taking place at local playgrounds.

A number of vandalism attacks have taken place over the past three months at Mentone’s Keith Styles Reserve and at Parkdale’s Dolamore Reserve.

Council officers have replaced 10 swing seats at Dolamore Reserve and another six swings at Keith Styles Reserve.

Kingston Deputy Mayor Georgina Oxley said it was disappointing that one or two vandals were ruining play areas for local children.

Council has spent more than \$7500 on new equipment to repair the damage.

“Council has a dedicated staff member who regularly inspects local playgrounds to ensure they are safe for children to play, but we also welcome reports of any damage from community members,” Cr Oxley.

“I encourage anyone who sees suspicious activities to report them directly to Victoria Police.”

Vandals have also stolen dozens of plants from traffic islands in Wilson Street Cheltenham.

“Council had installed the plants following requests from residents to improve the look of the traffic treatments,” Cr Oxley said.

“But over several weeks more than 180 plants have been stolen from the site and it has cost Council around \$8000 in new plants and staff time to replace them.”

“We are investing to make Kingston a better place to live and play, and it’s sad that a small group of people are causing damage to community assets.”

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# SAFE COMMUNITY

## THUNDERSTORM ASTHMA

October – December is grass pollen season and brings a seasonal increase in asthma and hay fever. It also brings the chance of thunderstorm asthma. Thunderstorm asthma is a form of asthma that is triggered by an uncommon combination of high pollen and a certain kind of thunderstorm.

Anyone can be affected, even if you don't have a history of asthma.

### Those at increased risk of thunderstorm asthma include:

- People with asthma
- People with a past history of asthma
- Those with undiagnosed asthma (i.e. people who have asthma symptoms but have not yet been diagnosed with asthma)
- People with seasonal hay fever (who may or may not have asthma)

### Symptoms of Thunderstorm Asthma

Wheezing, Coughing, Chest Tightness or Shortness of Breath. People experiencing asthma symptoms even if for the first time should not ignore it, and should seek medical advice as soon as possible.

If you think you might have symptoms of asthma or hay fever, OR if you experience wheezing or coughing with your hay fever

- See your doctor to get symptoms checked and get a proper diagnosis
- Get an asthma or hay fever action plan
- Make sure you have the right medication

### If you know you have asthma

- Have regular reviews with your doctor to ensure that you have the right medication and good control of your asthma

- Get an updated asthma action plan that includes advice for epidemic thunderstorm asthma
- If you have been prescribed a preventer medication – take it every day, even if you feel well
- Always carry your reliever medication with you – this is your emergency asthma first aid medication

## SCAMMER TARGETING SOUTHERN SUBURBS IN PHONE CON

Police say residents in Melbourne's southern suburbs are being targeted by phone scammers and are warning people to check the call before handing over money.

Victims have been contacted over the phone by a scammer pretending to be from the Australian Tax Office (ATO). The scammer asked for payment of an outstanding tax debt and threatened arrest or legal action if victim did not comply.

The Scammer then tells the victim there is also an arrest warrant out due to the outstanding debt and if they don't pay they will be arrested. The victim is then told to stay on the phone and go to their local bank to withdraw a large amount of money before depositing the cash into a specific ATM. The ATO and Police are warning potential victims to check if a call from the ATO is legit by calling 1800 008 540, 8.00am–6.00pm Monday to Friday to check.

Also be wary of unsolicited emails, phone calls or letters saying you have unclaimed funds or are owed money and don't let anyone pressure you into making quick investment decisions.

If you have concerns about a call or to keep up to date with the latest scams, visit [www.scamwatch.com.au](http://www.scamwatch.com.au)

**Asthma First Aid**  
It's as easy as...

1. Sit down
2. Use inhaler
3. Wait
4. Call 000

[Click here to learn more](#)

## Did you know – The Board of your Community Bank is actually made up of Community Volunteers?

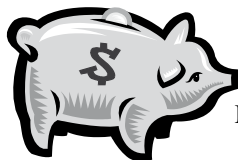
It's a little known fact, but the Dingley Village Bendigo Bank is run by a number of volunteers from the local community. Why? It's because when Bendigo Bank first came up with the concept of "Community Banking" they realised that it must be "of the Community, by the Community, for the Community". It 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, rather than wasting it on corporate salaries and dividends.

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](http://www.bendigobank.com.au)

# DOLLARS & SENSE



By  
Michael  
Ryan

## SUPER IN YOUR 50s. IT'S TIME TO PUSH THE PEDAL DOWN!

If 50 really is the new 40, then life has just begun. The kids are gaining independence or may have left home, and the mortgage could be a thing of the past. Bliss. But galloping towards you is... retirement!

### How are you tracking?

According to the Association of Superannuation Funds of Australia (ASFA), a 'comfortable' retirement today costs close to \$60,264 per year for a couple. If you and your partner are planning to retire at 55, to afford this retirement lifestyle and secure your future, at least into your mid-eighties, you should be looking at having around \$1.05 million in super. Over time, inflation will push these figures higher. Leave retirement to age 65 and a couple will need around \$80,989 a year from a nest egg of about \$1.1 million.

Find those numbers a bit daunting? Here are some ways to boost your retirement savings.

### Increase your pre-tax contributions

You can ask your employer to reduce your take-home pay and make larger contributions to your super fund. If you are self-employed, you can increase your level of tax-deductible contributions. This strategy is commonly known as 'salary sacrifice'.

If you are earning between \$90,001 and \$180,000 per year, any income between those limits is taxed at 39%. Salary sacrifice contributions to your superannuation fund are only taxed at 15%. Sacrificing just \$1,000 per month to super will, over the course of a year, see you better off by \$2,880 on the tax differences alone. Plus, the earnings on those super contributions will be taxed at only 15%, compared to investment earnings outside of super being taxed at your marginal rate.

Don't overdo it though. If your salary sacrifice plus superannuation guarantee contributions add up to more than \$25,000 this year, the excess is added to your assessable income and taxed at your marginal tax rate.

### Retiring slowly

Once you reach your preservation age, you might start a 'transition to retirement' (TTR) pension from your superannuation fund. The idea is to allow people to reduce working hours without reducing their income.

### Keep your money working

There is a tendency to opt for more secure, but lower-return investments as we

approach retirement. However, even at retirement your investment horizon may still be decades. With cash and fixed interest producing some of their lowest returns in history, it may be beneficial to keep a significant portion of your portfolio invested in growth assets.

### Insurance and death benefits

With the mortgage paid off or much diminished and a growing investment pool, your insurance needs have probably changed. You may be paying for cover you no longer need, premiums may be quite high due to age, and that money might be better applied to boosting your savings. This is a good time to review your insurance cover to ensure it continues to be a match for your changing circumstances.

It's also a good idea to check the death benefit nomination with your super fund. By making a binding nomination you can ensure that your death benefit goes to the beneficiaries of your choice, and may mean they receive the money more quickly.

### Get a plan!

Superannuation provides many opportunities for boosting your retirement wealth. However, it is a complex area and strategies that benefit some people may harm others. Good advice is absolutely essential, and the sooner you sit down with a licensed financial adviser, the better your chances of having more when you reach the finishing line.

*Michael Ryan CPA CFP®  
Ashfords Wealth Advisors  
Tel 9551 2822. Corporate Authorised  
Representative 271285 of Ashfords  
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## LOANS TO CHILDREN

As a parent you may find yourself in a situation where you may wish to help your child/ren financially at some point in their adult life especially to purchase a home, business or generally assist them.

Before providing any such assistance there are some basic legal issues you should consider. It is important to discuss and consider these issues even where you or your children may be uncomfortable raising it.

### Gift or Loan

The first issue to clarify prior to providing financial assistance for your adult children is to consider whether the money is intended to be a gift or a loan.

At its simplest a gift is a transfer of money or other property without the expectation of receiving something in equal value in return – in legal terms, the voluntary transfer of property without valuable consideration to the donor.

As gifting will have important legal, tax as well as family issues, any money of property to be gifted ought to be after considered professional advice especially where the amounts or value are significant.

It is important to clarify the gift or loan prior to it being made to avoid conflict or misunderstanding in later years. This issue may take on added importance in in situations where your child/ren subsequently separate from a current or future spouse, where there is a dispute with authorities including tax authorities or where there is a dispute or issue with your Will or estate.

If you are intending the funds to be a loan that is required to be repaid at a future date, it is important to ensure that this is documented in a legally binding agreement to ensure that the funds will be repaid to you.

Alternatively, if the amount is a loan it may be that you wish it to be repaid, forgiven or adjusted from an inheritance on your passing. In such circumstances you should update or include the loan amount in your Will.

Unfortunately, often such loans are provided in good faith by parents to their children, or on the basis of vague loan documents knocked up without proper legal advice. The risk in doing this is that unless there is a formal written loan agreement, that is created on a legitimate basis with detailed clauses the loan could be found to be a gift by courts (or by government authorities) and as such your

funds are at risk of not being entirely repaid, or at all.

### Terms of the Loan

If your intention is to create a loan, you must ensure that the terms of the loan are sufficient to create a legally binding agreement. This does not necessarily mean that regular repayments are required, rather, there is a process for obtaining repayment at a distinct time. For example, upon the sale of the house the loaned funds are to be repaid to you.

Further, if the funds are due for payment in accordance with the terms of the loan. This repayment must be enforced by you, otherwise there is a risk that the loan would not be seen as legitimate by the courts (or by government authorities).

Care must also be taken to ensure the statute of limitations does apply to bar the loan.

### The need to create a loan document

The usual situation when parents lend money to their child/ren is to have an informal verbal or written agreement with their child/ren about the repayment of the funds in certain circumstances. This is often a result of wishing to avoid legal costs at the time the funds are lent.

However, the cost in not obtaining legal advice and creating a legally binding loan at the time of lending the funds can far outweigh simple legal advice at the time. At the very least there should be some form of documentation even if between the parties.

Should you wish to seek legal advice in relation to the above please contact one of our solicitors for further information on (03) 8555 3895 or (03) 9690 1320.

*Melissa Gibson*

*Solicitor - Lyttletons Lawyers*



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# PHYSIO FILE

## GARDENING AND BACK PAIN

Gardening can be an enjoyable part of life particularly if one has an interest or a passion in the garden. It is a good outdoors activity and can provide excellent exercise. As with any form of exercise, gardening can be the cause of aches and pains particularly back pain. There are a number of different factors that can contribute to back pain and injury from gardening.

One factor is frequency. There are a few different types of gardener. The first of these is the gardener who has the tendency to leave the garden go for several weeks or months then spends two full days in the garden chopping, pruning, weeding, mowing, raking, and removing of rubbish. The second of these is the gardener who just wants to do everything him/herself including lifting those awkward sleepers to a new spot or lifting heavy pots out of the car. The third is the sensible gardener who does bits and pieces as the seasons change including maintenance and development but in moderation.

The main reason that gardening causes low back pain is because gardening involves a lot forward bending of the back. Whether it be bending to lift things; bending to weed or plant; bending while pushing a mower or shoveling/digging; bending whilst pulling a bin or using a rake; bending whilst reaching when pruning, carrying pots or watering particularly when using a watering can. All these activities involve a forward bending overload, which is the most common cause of back pain. Not only do we bend a lot when we garden, we also tend to sustain this position for a few hours, which is something that most backs are not used to.

Another example of forward bending overload is slouching while sitting, a bad habit of which we are all guilty. Often a day in the garden is followed by prolonged slouching in a sloppy couch or chair. The next day it is no wonder that we have difficulty getting out of bed due to stiffness and pain in the back. Very often, we have patients who complain of stiffness or difficulty when straightening up from bending or sitting. This is a typical warning sign of gradual damage leading to back pain, and one that is often ignored.

**There are three important things we can do to help lessen the bending overload associated with gardening.**

- 1) Firstly, try to keep the natural curves in the back on most of the bending activities. You should not bend from the back, you should bend at the hips and use your legs to help you lift. Also break up your bending regularly by standing and stretching.
- 2) Secondly, performing backward bending exercise. This helps to reverse the forward overload that we place on the back. This can be done six to ten times as often as necessary (at least every hour if constant bending is occurring).
- 3) Thirdly, applying the correct posture when sitting by not slouching particularly for long periods. You can use a small back roll cushion to help hold the natural inward curve of your lower back and try to keep away from stools and perching on the front of chairs with crossed legs. Bending whilst gardening combined with slouching in your soft chair will no doubt lead to the development of back pain or stiffness.

Gardening is a good exercise as well as a necessary evil. It should be done in moderation keeping in mind that the normal curves of the back should be preserved as much as possible. It is important to listen to the warning signs and to seek correct advice and management if back pain results. Should you have any back pain, please feel free to call PhysioChoice on 9558 2155 to discuss the treatment options that are available.

*Physiochoice at Interhealth,  
110 Centre Dandenong Rd, Dingley Village. Ph 9558 2155*



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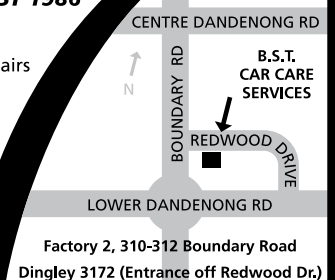
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# LOOKING AT LOANS



## HOW REDRAW WORKS AND WHY IT'S A HANDY LOAN FEATURE

It's one of the less glamorous home loan features, but the redraw facility deserves a second look. Here's why:

### The redraw facility explained

A redraw facility lets you make additional repayments to reduce your variable rate home loan balance and save on interest. If you pay more than your minimum scheduled repayments, then you'll have money available to redraw from your home loan.

The redraw facility is a common feature of many home loans. It's not available, though, on construction loans and only some lenders allow it for fixed rate loans.

You can redraw funds if, and when, they are needed, or you can keep the funds in your home loan to pay off your principal faster. The amount available for redraw is the difference between what you have paid and how much you were required to pay, less one month's scheduled repayment.

### Accessing redraw

You can check your loan account online to view your available redraw amount at

any time. Alternatively, you can call your home loan customer care team and ask them to check for you.

You can withdraw your funds from certain ATMs depending on your lending provider, but this may attract certain fees and come with restrictions on minimum amounts.

### What happens after using redraw?

After you redraw money from your home loan, you continue to make your regular repayments as normal. However, be aware

the interest component of the repayments you make will increase since you're now paying interest on a higher loan principal amount.

### What are the benefits?

Like an offset account, a redraw facility can help reduce the total interest paid on your loan and shorten the life of the loan. And, of course, when you need some cash it's easily accessible.

Depending on your lender, additional payments can be made at no extra cost and redraw funds can be accessed at any time.

When comparing loans and choosing the option that best suits your financial needs, remember to consider the redraw facility.

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**[www.dvnc.com.au/childcare](http://www.dvnc.com.au/childcare)**





# EYES RIGHT

By Dingley Eye Centre



## WORLD SIGHT DAY

World Sight Day was first established in 2000 by the World Health Organisation (WHO) and the International Agency for the Prevention of Blindness (IAPB) as a way of raising global awareness of the impact of vision impairment and blindness. This year on October 11th, World Sight Day will be focusing on the theme of “Eye Care Everywhere”, endeavouring to highlight the importance of providing affordable and accessible eye care to everyone, and reducing the impact of avoidable blindness.

Avoidable blindness affects 75% of the global population, and relates to blindness that can be treated or prevented in a cost effective way. Recent reports have found that out of 7.3 billion people in the world, 1.1 billion are near sighted purely because they do not have access to a pair of spectacles!

In 2016, approximately 453,000 Australians were living with some form of vision impairment or blindness. Current statistics show that 85% of those living with vision impairment are over 50 years of age, which is expected to be affected by the increasing number of people who are being diagnosed with diabetes over time.

### The main causes of avoidable blindness in Australia include:

- Uncorrected refractive error (near sightedness, long sightedness, astigmatism)
- Cataract
- Macular degeneration
- Diabetic retinopathy
- Glaucoma

The easiest way to reduce the impact of avoidable blindness in our community

is to start simply, by having an eye test. Regular checks ensure eye conditions can be detected early and treated in a timely manner to reduce the impact of avoidable blindness in communities and individuals, especially those who are at an increased risk.

Dingley Eye Centre will be holding a “Guess how many jelly beans in the jar” competition to raise funds for World Sight Day.

We are passionate about preventative eye care and have all the latest equipment available to thoroughly assess your eye health. Call us to make an appointment, book online or come down for a guess of the jelly bean jar and a chat about how we can help you look after your eyes.

*Hashini Seneviratne, Darran Yeow and team*

*We are your local optometrist @ Dingley Eye Centre*

*Ph: 9551 4244*

*116 Centre Dandenong Rd, Dingley Village*

*Email: admin@dingleyeyecentre.com  
www.dingleyeyecentre.com*



## DINGLEY VILLAGE NEIGHBOURHOOD CENTRE



### Courses and activities being offered from Oct—Dec 2018

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



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**Thursday 9.30am—12 x 8 weeks**  
**Starts 18th Oct, Cost \$60**

#### Introduction to Microsoft Office

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**Wednesdays 9.30am—12 x 8 weeks**  
**Starts 17th Oct Total Cost \$60.00**



#### Crafty Crafters

This social craft group meets for some craft, a cuppa, fun & laughter.

**Every Friday 1 – 3 pm Cost \$2**

#### Social Table Tennis

Women's, Men's & Mixed

Catering to all skill levels Mondays & Wednesdays 9.30am in Harold Box Hall  
Come along and join this friendly group.



#### Zumba Gold

ZUMBA GOLD is a fun exercise class designed for active older adults that focuses on balance, range of motion and co-ordination all to the sounds of Latin rhythms.

Come along and try.

**Thurs 9.30 – 10.30am in Harold Box Hall.**  
**\$8 per class.**

#### Senior's Body and Balance

This class will improve your mobility, strength, balance, co-ordination, flexibility and will be fun because it is a group class.

**Thurs 11 – 12 noon in Harold Box Hall**  
**\$8 per class.**



#### COLLECTION POINT

Did you know that you can drop off the following items at the Neighbourhood Centre. Prescription Glasses, hearing aids, toiletries and metal ring pulls from cans. These items are then recycled for use by local service groups.



# SENIOR SERVICES



## WHAT IS IN-HOME CARE?

In-Home Care is becoming an increasingly viable alternative to aged care for many seniors. According to a 2015 study, 9 out of 10 older Australians would prefer to continue living at home.

Sometimes, simple day to day tasks such as taking a shower or getting dressed can become difficult. With the right support, seniors can continue to live at home while maintaining independence. Other benefits of in-home care for the client and their family include less stress on family members, a personal connection with the care worker and a greater chance of receiving adequate nutrition and medical care.

People of any age can require in-home care, however there are three general conditions that often require in-home care. These include temporary health conditions which require live-in care for

a full or partial recovery, chronic conditions which remain stable or get worse over time and terminal conditions which are severe and can often result in death.

In-home care packages are tailored to the needs of the client and their family. In home care can be cheaper than moving into an aged care facility. Carers are also able to travel with the client ensuring that they are safe and looked after even if they are not in their own home.

An in-home care package can reduce the strain on family members. As family members are often the primary caretakers of sick or elderly people, they are susceptible to what is known as caregiver burnout. Caregiver burnout is a state of physical and mental exhaustion that results from caring for a sick or elderly loved one.

Clients are able to request that they work with the same carer for the majority

of their appointments. As a result, they are able to build rapport with their carer and receive personalised care.

Feel free to reach out to us at Home Care Assistance, SE Melbourne, for professional carer support or just a friendly chat.

*Smrity Bagga OT, Associate fellow ACHSM (03)90051159 Home Care Assistance South East Melbourne*



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Friday 19<sup>th</sup> October 1.30 – 2.30pm – Dingley Village Neighbourhood Centre, 31B Marcus Road, Dingley Village

**Bookings Essential (03) 90051159**

[www.Homecareassistance-SE-Melbourne.com.au](http://www.Homecareassistance-SE-Melbourne.com.au)

# CIRCLING THE CLUBS



## DINGLEY VILLAGE MEN'S SHED

Another great social dine out was held on August 1st at the Sandown

Greyhound club and very well supported by members and partners, all topped off with a fantastic meal and lots of chatter by all.

The placement of new signage within the park has continued throughout the

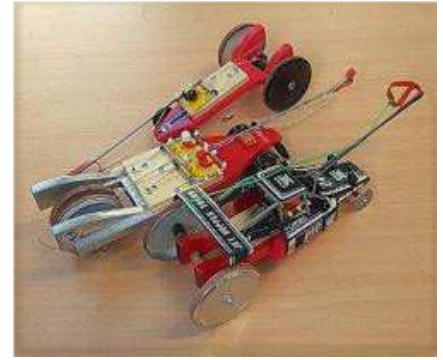


month and has now spread to Karkarook Park.

Also completed some line marking at the entrance of Braeside Park, well done to all the guys that are putting into this project.

## MELBOURNE CUP DAY - FAMILY PICNIC AT THE SHED

Yes, it's on again - the mousetrap powered vehicle race. Last year's winner has put out a challenge so start designing / constructing - think outside the box, try



a rat trap or something else. Just as long as it goes fast.

Dingley Village Men's Shed: Cypress Drive, Braeside Park (near Visitors Centre), Lower Dandenong Road. Ph.: 9551 5892 Friday mornings, E-mail: dvms3172@gmail.com www.dvms.org.au

## DINGLEY CHELTENHAM VIEW CLUB



Dingley Cheltenham VIEW Club members were shocked to learn 1.1million Australian children and young people live in poverty. At their monthly meeting members heard from Donette Rushworth from The Smith Family who spoke about the Learning for Life Programme that VIEW Clubs around Australia support. The programme is aimed at children from disadvantaged families, who are given access to ongoing financial, practical and emotional support to ensure they can receive an education from primary through to tertiary. Currently there are



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**Ph 9585 8170**

41000 scholarships provided to children Australia wide. VIEW clubs are an integral part of the The Smith Family and their work.

It was inspiring to hear of the difference these programmes make to the children and their long term future and the part we play in this.

Women of all ages are most welcome to join us. Our monthly meetings provide us with opportunities to learn, our monthly outings provide us with fun and friendship, whilst making a difference.

We meet the second Tuesday of the month 10am until approx. 1130.

Place: Keysborough Golf Club, 55 Hutton Rd, Keysborough, easy parking and access.

For further information contact Fran Thomas 0419 309 931 or [franniet@gmail.com](mailto:franniet@gmail.com)



## ROTARY CLUB DINGLEY VILLAGE

Good afternoon fellow Dingleyites on a cold and wet Saturday afternoon.

Not a pleasant day, but suits yours truly fine, as I head for the snow again tomorrow for what will probably be my last ski venture for the year. But I write to inform on the activities of your Rotary club over the last month, so enough of personal trivia.

As one would expect, your Club has been active as always with both local and international affairs. Every year your Club sponsors a student or students from our local area to attend a seminar at Camp Awakening. This is an annual event held at a venue in Victoria, where students are sponsored by Rotary Clubs and other similar Clubs; the idea being to provide a challenging, stimulating environment where young people are removed from their habitual comfort zone and are bunked with others whom they do not know and are thrown into group activities of both physical and mental challenge.

At an early Rotary meeting in the last month, the two student we sponsored this year addressed your Club and informed us of their experiences.

The two secondary students reported that from an initial feeling of fearful challenge, they very rapidly responded to the tasks set by the camp leaders, integrating positively with their new peers and enjoyed a fascinating and rewarding three days.

Both the girls were keen to return to the Camp at a future time in the capacity as leaders if and when possible. They were most appreciative of the opportunity

provided by the Rotary Club and reported their experience as a most worthwhile Rotary project.

The following week, in lieu of our usual meeting, your Club, in company with the Rotary Club of Noble Park, attended a Vocational dinner at St. Joseph's College Dandenong. As in previous years, a wonderful night was enjoyed by all present, celebrating the outstanding skills of the students who were about to finalise their academic program and venture out into occupational pathways in the hospitality industry.

The current week end in which I write, your Club is honouring a commitment to operate the barbecue for car seat restraint sessions in Lightwood Road Springvale, to assist Senior Sergeant Sarah Carmichael and her assistants to check out the safety of child seat restraints already fitted in cars. I was present yesterday at this most necessary endeavour and was shocked to be informed, that of the sixty seat restraints tested yesterday, only two were found to be safe and satisfactory. This was a damning indictment of the lack of protection of our most vulnerable children.

Once more, on behalf of your Rotary Club, I extend a warm welcome to all, both male and female, to come and join us in the wonderful work we are pleased to do. "The harvest is ready, but the labourers are few." Check out our website and join us in the most rewarding occupation you'll never get paid for.

## PROBUS CLUB DINGLEY CENTRAL



Our speaker for the September meeting was John

Barnes from Rotary - polio eradication in India. Telling us how the Melbourne division has helped eradicate polio in India, by giving vaccines to almost all the children and repeating the dose each year to five years. They started in 2012 in Moradabad, also helping 60 slum villages by setting up medical camps, clean water, toilets and a van to transport doctors to these areas. Cases are still being reported in Nigeria, Afghanistan & Pakistan, so their work is continuing there. What a wonderful organisation, Rotary is and to think this has all been done with little 'fanfare'.

## Sri Lanka Holiday

In August 2018, The Probus Club of Dingley Central, joined with the Probus group of Toronto, NSW for a 14 day trip to Sri Lanka. This Island, around the same size as Tasmania, is surrounded by the Indian



Ocean with a population of 21 million.

We visited the cities of Negombo, Pinnawalla, Sigirya, Maha Oya River, and Lion Rock. Ancient city of Anuradhapura, Polonnaruwa, Gal Viharaya, (Nishantha Wood Carving Factory), Minneriya National Park (Elephant and Wildlife Jeep Safari – where we saw many numbers of 15 different species) Matale, Kandy (Temples and Island Batik Factory) Ranwelli Spice Gardens, Botanical Gardens, Cultural Kandyan Dance and Fire eating (Orchids and Gem Factory) and Sacred Tooth Relic Temple.

LABOOKELLIE (Tea Centre – Hakgala Gardens – Ramboda Falls).

NUWARA ELIYA – ELLA GAP – YALA NATIONAL PARK, Water Falls, Yala National Park jeep Safari, YALA – GALLE – BENTOTA, Galle Fort – The Tsunami Photo Museum, Tuk Tuk ride to see a Mural by Australian Artist – Donald Friend in a beautiful 1930's home surrounded by exotic gardens. COLOMBO.



We had excellent accommodation and meals with great sightseeing and friendship, which was enjoyed by all.

May I conclude with Sri Lanka's beautiful greeting to folk – AYUBOWAN – (which means, MAY YOU LIVE LONG).

Our October activities begin on the 1st with guest speaker, Dr. Steven Kaye,

My Health Website. Morning coffee on 8th at 10.30am, 'The Nest', Waterways. Film day on 10th, Camera Club meets on 11th, FAC - All my Loving, the complete Beatles Story on 12th at 10.30am. Our Day Tour on 17th at 9am will be a Mystery Tour. The Men's Lunch at 50 Acres, Cheltenham RSL on 18th, 12.30pm. Craft Group meets on 22nd, 10am, Games Day on 25th at 10.30am. Two events on 26th, The Walking Group meet at DVNC at 9.30am and Morning Melodies - A Day in the Life of John Lennon starring Adam Palmer at 10am, Waltzing Matilda Hotel.

We meet on the 1st Monday of each month at the Salvation Army Hall, 13 Garden Boulevard, Dingley Village and we always welcome new members and visitors.

For further information, please contact Graham on 9551 9582.

### DINGLEY 60 PLUS SOCIAL GROUP

September has seen our members enjoying dinner, live music and dancing at our local Night Clubs. Our Saturday night dinner dates have been at Cheltenham – Tapas, Beaumaris – Japanese, Dingley – Thai and Springvale – Bistro plus we had a Sunday morning brunch at Sandringham. Quite a few members are now attending the Wednesday Line Dancing at Keysborough and are now starting to show a bit of fancy footwork – well done folks.

The way our members are regularly coming, going and planning all types of holidays we may have to consider changing our name to the Dingley 60 Plus Travel Club.

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 from

7.30 PM at the Dingley International Hotel (DIH) in the newly renovated Bistro, or sometimes just inside the Gaming

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Room door. Seek and you shall find. It is pleasing to note that despite the cooler evenings Thursday attendances has continued to grow. 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.

Come join our scene in 2018.

**DINGLEY VILLAGE  
 SENIOR CITIZENS CLUB  
 INCORPORATED**

How the year is passing us by! It is October already!

Thanks to all who contributed to our Trade Table and also to those who did the cooking. Last month Members enjoyed the "fish and chips lunch" as well as the Trivia Afternoon. Thanks to Lyn for making salad and to Margaret for making afternoon tea.

Welcome back to our Members who have been traveling up North for the Wintertime.

**Arranged activities for October are:**

- 1st Committee Meeting followed by Games and Afternoon Tea;
- 8th Bingo, eyes down at 1:00 p.m.;
- 15th Games and Afternoon Tea;
- 17th Visit to Cranbourne Gardens followed by lunch. Bookings are essential for this outing.

- 22nd Games followed by afternoon tea;
- 29th Bingo, eyes down at 1:00 p.m.

November the 5th – Committee Meeting followed by games.

If you would like to come and join our friendly group, we meet in the Harold Box Hall, Marcus Road, Dingley, mostly from 12:30 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.

**COUNTRY WOMEN'S  
 ASSOCIATION  
 DINGLEY VILLAGE**



We held a very successful cake and craft stall at Bunnings Keysborough, which raised a total of \$1,015.00, and we have sent a cheque for \$1,000.00 to NSW and Queensland Drought Aid.

A speaker from South Eastern Melbourne Primary Health Network attended our September meeting and gave a presentation on the benefits of "My Health Record".

Our Group's Roaring 1920's Tea Party was great fun. We also attended a lunch to celebrate CWA Noble Park Branch's 60th Birthday.

Meetings are held on the fourth Wednesday and our next meeting will be at 10 am on the 24th October 2018 at the Dingley Village Neighbourhood Centre. We had advertised this meeting would be a night meeting but support for night meetings was not as expected. Craft meetings are held at 10 am on the second Wednesday at a member's home.

If you would like to become a member or would like more information, please contact our President Lindy Fordyce on 9579 2574 or Diana Muir on 9580 6150 or email dingleyvillagecwa@gmail.com.

**PROBUS CLUB OF  
 DINGLEY VILLAGE  
 INC.**



The guest speaker at our September meeting was Leigh Woodgate, a professional jumps jockey who achieved a high profile in this dangerous sport. More than fifteen years ago she suffered a bad fall, with multiple injuries that she was fortunate to survive. She gave us an inspiring and motivational talk of how over 15 years she was able to repair her shattered body, overcome her fears, and get back on the horse. She is now riding track work, whilst continuing her rehabilitation program.

Our October meeting will celebrate our 31st birthday with an entertainer, followed by a spit roast lunch. Alex Matthews, a singer and guitar player, will provide entertainment with songs ranging from 50s to 80s.

Other October activities will include coffee morning on the 9th at Cessna Cafe, a movie lunch at the Waverley Cinema on the 11th, and Morning Melodies at the Waltzing Matilda Hotel, on the 26th, (A Day in the Life of John Lennon starring Adam Palmer).

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 Davina on 9551 1217

# 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](http://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 0419 115 811

FIRST FRIDAY OF EACH MONTH

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

**HOME PRODUCE AND CRAFT MARKET**

**Saturday 13th October 10 am – 1.30 pm**  
Cakes, crafts, preserves, morning tea, sausage sizzle, plants

**Ideal time to start your Christmas shopping.**

Our Church Office is at 7-9 Fiveways Boulevard, Keysborough, and is open from Monday to Friday, 9.00am to 12pm - Phone Number 8712 8254. Please feel free to call Lesley with any enquiries you may have.



## KINGSTON CITY CHURCH

OUR VISION: CONNECTING PEOPLE TO JESUS CHRIST

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Web: [www.kingstoncitychurch.com.au](http://www.kingstoncitychurch.com.au)

E: [admin@kingstoncitychurch.com.au](mailto:admin@kingstoncitychurch.com.au)

At KCC, we are vitally interested and concerned for young people as they transition into adulthood. We understand that every young person needs a place to connect – a “tribe” that helps them safely explore the questions of life. Our amazing group of young adults meets weekly supporting and encouraging each other on their life journey and enjoying the incredible benefits of being connected to a group that is welcoming, safe and a whole lot of fun!

It's this time of life that significant friendships and relationships are formed, and life directions are uncovered. We welcome all those aged between 18-25 who want to explore and connect with an

incredible group of people who love discussing issues, encouraging each other, enjoying great food, and spending heaps of time just hanging out together.

If this sounds like something that you would love to be a part of or for more information, contact Dan or Emma Faber at Kingston City Church or visit us at 316-322 Kingston Road, Clarinda, 3169 (near Clayton & Boundary Roads intersection). Ph.: 8551 6600, Fax: 8551 6690.

## VILLAGE CHURCH DINGLEY

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Note new Phone number: 8712 8254

Email: [admin@villagechurch.org.au](mailto:admin@villagechurch.org.au)

[www.villagechurch.org.au](http://www.villagechurch.org.au)

### SUNDAYS

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

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

Guest speaker: Sunday 7th October – Phil Short providing Missions update on SIM in Niger and preaching.

### MONTHLY LADIES AND MENS GROUPS:

\* **Homemakers** – 1st Monday of each month. 8th October, 7.45pm, Dingley.

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

### LIFE GROUPS:

\***Youth** – Fortnightly Tuesdays 16th, 30th October. 6.30pm. Springvale South.

\***Wednesday nights** – Fortnightly 7-8.30pm. 10th, 24th October. Dingley.



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Sunday nights – 7-8.30pm. 7th and 21st October. Keysborough.

**PRAYER TIME:**

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

Monthly – Saturday 20th October; 7-8am and 9-10am at church office.

**BIBLE STUDY:**

\*Women's – Thursday 11th, 25th October. Precept Ministries study on Philipians. Fortnightly at the church office 10-11.30am.

\*Open – Thursday 11th, 25th October. Fortnightly at church office 2pm.

\*Not held during school holidays.

**WOMEN'S BREAKFAST – ALL WELCOME**

Saturday 6th October, 8-10am at the Salt Café, Heatherton Christian College, 316-322 Kingston Road, Clarinda. Guest speaker is Natalie Short. Cost \$25. Contact Faye Hardman 0409 400 106 for tickets and any questions. Bookings close Monday 1st October.

**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. We have many gifted, equipped and willing members who would love to listen, 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, 9.00am to 12pm - Phone Number 8712 8254. Please feel free to call Lesley with any enquiries you may have.

**CHRIST CHURCH DINGLEY**



387 Old Dandenong Road, Dingley-  
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**SUNDAY SERVICES:**

8:30am: Traditional Service in the Church.

10:30am: Contemporary Service in the Auditorium.

'Trans4m' and 'Xplore' (Children's Ministry during the 10.30 service)

**COMING EVENTS at CCD**

Pleasant Tuesday Communion Service – 9 October, 2pm in the Church. Service includes Holy Communion and Favourite Hymns, followed by a sumptuous afternoon tea. Transport available on request: 9551 7871.

Seniors' Singalong – Thursday 11 October 10am. Enjoy a community singalong to old time favourites from the 40s, 50' and 60s with Wurlitzer organ, also featuring performance from local guest artist Greg Salter. Morning tea provided. (Part of Kingston Council Seniors' Month). All welcome.

**REGULAR MINISTRIES**

**Healing Prayer Ministry** (Inner Healing) Alternate 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, (7 October this 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:**

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

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

**Church Office:** For all enquiries contact the office: 9551 7871

**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. Joseph Truong Nguyen 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 October**

- |      |   |
|------|---|
| 1st  | St Therese of Liseux<br>Virgin & doctor   |
| 2nd  | Guardian Angels                           |
| 4th  | St Francis of Assisi                      |
| 5th  | St Mary Faustina Kowalska                 |
| 11th | St John XXIII Pope                        |
| 15th | St Theresa of Avila<br>Virgin & Doctor    |
| 16th | St Margaret Mary Alacoque                 |
| 17th | St Ignatius of Antioch<br>Bishop & martyr |
| 18th | St Luke Evangelist                        |
| 22nd | St John Paul II Pope                      |



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# SCANNING THE SCHOOLS



## DINGLEY PRIMARY SCHOOL

As a part of our inquiry unit on Where We Are in Place and Time, Year 1 have been looking into transport and how it has changed over time. To support our learning, we had a billy cart incursion and we wanted to share our fun day with you.



## 2018 Ski Camp Wrap Up

Our snow adventures started with a very early morning rise and some rather ordinary weather on Wednesday, but Mt Buller turned on the clear skies and offered some fantastic skiing & tobogganing conditions for Thursday and Friday.

It was awesome to see the amazing improvement in skiing skills following lessons and all the students should be very proud of themselves. We were also very impressed that there were no complaints about lugging skies and poles to and from the lodge.



A massive thank you to the teachers their organisation of and running of camp. We would also like to acknowledge the fathers who came along for their support and hard work. We were all very grateful for the muscle power these two awesome Dads supplied.

## ST MARK'S PRIMARY SCHOOL



### Southern Digital Education Network

On Thursday 6th September, Google Education presented at St Mark's to teachers from the Southern Digital Education Network. The student techwizards from St Mark's made video presentations and were actively involved throughout the day giving presentations of their digital and STEM (Science, Technology, Engineering, Mathematics) learning and projects. They were also involved in collaborating with teachers on the process of design thinking and giving their feedback, which was an exciting, and enriching experience for them. The teachers and presenters were very impressed with critical and creative thinking that our students articulated.



## Mordialloc District Athletics Carnival - Monday 3rd September.

St Mark's School competed in the District Athletics Competition on Monday 3rd September. St Mark's School had another fantastic result, again being Runners Up in the District in the overall competition. It was an outstanding team performance.



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### Father's Day Breakfast

A big thank you to the over 350 people that attended the Father's Day breakfast on Friday morning, our biggest crowd ever. It was so great to see so many Dad's and Grandfather's with their children and grandchildren enjoying the great Bacon & Egg Rolls from Match & Co.

### CORNISH COLLEGE

Deputy Premier and Minister for Education, The Hon. James Merlino MP returned to Cornish College on Tuesday 28th August, along with the Member for Mordialloc Mr Timothy Richardson MP, and the Federal Member for Isaacs, The Hon. Mark Dreyfus QC MP, to turn the first sod of earth on the construction site for Cornish College's new Senior Studies Centre, scheduled to open in mid 2019.

The Victorian Government is providing \$2,000,000 from the Capital Funding Program for Non-Government Schools, matching the school's commitment and making the Centre a \$4,000,000 reality.

The build of the new Senior Studies Centre will cement the College's commitment to providing the VCE and giving every opportunity to senior students to discover their unique pathways post Year 12 in a purpose-built facility.

"The College has come a long way in a relatively small amount of time thanks to a vibrant and committed community of supportive parents and staff who really do make a difference in the lives of our students," explained College Board Chair, Reverend Dr Robert Johnson.

### KINGSWOOD PRIMARY SCHOOL



Term 3 at Kingswood Primary School has been filled with many exciting events for our students. All students participated in the school production of Peter Pan. This required them to learn dance moves and perform a song with their classmates. The Principal Cast members studied hard to learn their lines. It was a great example of the whole school com-



munity coming together to perform six wonderful performances over two weeks. Thank you to everyone involved who made this production such a success. Our students will always remember this experience.

We also celebrated the Chinese/Vietnamese Moon Festival and invited students to participate in activities such as; lantern making, storytelling and participated in a whole school picnic.

Kingswood students have also experienced sporting success in Cross Country, Netball and Athletics. We look forward to some of our students competing in Kingston Division Athletics finals in Term 4.

In Term 4, we have more exciting events coming up, including a Year 4 Camp to Phillip Island, a Year 3 Camp to Taskworks and a Year 2 Sleepover at the school. There will also be softball playoffs and as the weather warms up our students will participate in swimming lessons and a water safety day. We will also be hosting a combined Art Fair & Book Fair on the 19th - 20th October which will showcase our student's artwork. The Dingley Village community will be invited to attend this event. Food will be available to purchase over the two days.

The 2019 Prep transition program will begin next term and we look forward to meeting and welcoming new families to the Kingswood Community. Two teams of students from Year 5 and 6, KPS lightning and Thunder have been working all year and will finally get to participate in the HPV Energy Breakthrough event in Maryborough in November. We wish them all the best of luck.




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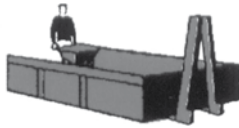
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# The DINGLEY DOSSIER

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