



The DINGLEY DOSSIER

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National Volunteer Week 2019
Exclusive National Sponsor



years of
National Volunteer Week

MAKING A WORLD OF DIFFERENCE

NATIONAL VOLUNTEER WEEK

20-26 MAY 2019

Volunteering: Get the Facts

Volunteering Australia's *State of Volunteering in Australia* report found that 93% of volunteers saw positive outcomes as a direct result of their voluntary participation.

Volunteering plays a vital role in the development of social cohesion and social connection – both of which help alleviate loneliness.

Volunteering provides a pathway to employment through the development of skills, networks and values which are increasingly sought after in professional environments.

Volunteering provides an outlet for the exploration and development of personal interests outside of the workplace.

#NVW2019

volunteeringaustralia.org/nvw



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
Safe Steps
1800 015 188

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

Happy 
Mother's
Day

HAPPY MOTHERS' DAY

To all the mums, grandmothers, step mums, foster mums, mums-to-be, mother figures, surrogate mums and all the men doing both the mother and father roles, wishing you all a wonderful day filled with love and laughter.



SPATE OF MALICIOUS DAMAGE

Recently, on multiple occasions, several homes in Dingley Village have been subjected to impacts from golf balls. These home owners have had to endure damage to their homes and on occasion their cars, resulting in out of pocket expenses for repairs. The incidents have been reported to the police who have suggested that the balls are probably being fired from homemade pipe guns.

Firing off golf balls with a pipe gun in a residential area is not only stupid and inconsiderate it is dangerous to people not just property.

In March, eight air conditioning units at the Dingley Village Neighbourhood Centre were vandalised, resulting in expensive repairs and the replacement of two air conditioners.

If anyone has information about any of these occurrences, can you please contact Cheltenham police 9583 976.



COMMUNITY WORKING TOGETHER

After last year's ANZAC Day dawn service, it was observed that the Master Of Ceremonies and guest speakers were unable to be seen so it was concluded that a rostrum was needed to elevate the MC. So the answer was not to be just a soap box but rather this magnificent engineered structure with fold away steps and wheels for transporting into position.

Well done to all the Dingley Village Men's Shed construction team.



ENTERTAINMENT BOOK

Once again the Lions Club have only Entertainment Books for sale, you can purchase a 2019/2020 book for \$70 from the Neighbourhood Centre office 31B Marcus Road, Dingley Village

LIBRARY SERVICES

Don't forget, you can drop off and collect library books from the Neighbourhood Centre Office, Mon – Friday 9am – 3pm. Library staff are at the Centre Mondays 2.30 – 3.30pm to assist and answer any questions.

Library books ordered online are available for collection after 2.30pm the following Monday.



TINY TOTS STORY TIME

Come and enjoy songs, rhymes, stories and finger play with your little one. Enjoy the company of other babies and parents in an entertaining twenty minute session. Get first choice of new books for toddlers and babies.

Tiny Tots Story time is suitable for children aged 0-24 months.

Dingley Village Neighbourhood Centre Mondays 2.30 pm



COMPUTERS AVAILABLE FOR USE BY LIBRARY MEMBERS

Library members can access the computer lab at the Neighbourhood Centre Monday – Friday 9.30am – 3pm (except Tuesday afternoon and Wednesdays). There are 10 workstations with internet access and printing also available.



BIODEGRADABLE WASTE BAGS FOR DOG WALKERS

You can pick up Free 'Green Doggy Waste Bags' from the Dingley Village Neighbourhood Centre, 31B Marcus Rd and after use you can pop them into your red lidded garbage bin.

These bags are provided by City of Kingston to help dog owners keep our parks and streets clean

BRAESIDE PEST CONTROL

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A.C.N 088 759 586

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HAILEYBURY

KINGSTON'S CLAMP DOWN ON ILLEGAL BROTHELS GAINS TRACTION

Kingston welcomes a commitment from Victoria Police to tackle the growing issue of illegal brothels in Melbourne's suburbs.

This week, a spokesperson from Victoria Police's Sex Industry Coordination Unit (SICU) spoke out about the scale of the problem, which has resulted in 59 massage parlours closing down since July last year; almost half of these, the result of Victoria Police taking the matter to the Magistrates Court.

Kingston Mayor Georgina Oxley said it is wonderful to see that Victoria Police has taken a strong stand against this growing issue, which Kingston has had a long-held commitment to stamp out.

"Just this month, the City of Kingston has had successful outcomes at the Magistrates Court, with proscription orders placed on two illegal brothels which have been operating in Moorabbin," said Cr Oxley.

"In response to community concerns, we have been fighting for years to close illegal brothels in Kingston."

Over the past two years Kingston Council has taken strong action against illegal brothels, with court action leading to prosecutions against 15 illegal brothels.

In 2017, Kingston Council initiated a Municipal Association of Victoria (MAV) campaign urging the Victorian

Government to take greater police action to crack down on illegal 'massage' businesses across Victoria.

Kingston Council wrote to the Victorian Minister for Police calling for appropriate resourcing to address this significant issue and urged Victoria Police to use the Sex Work Act to investigate and shut down illegal brothels.

"It is wonderful to see that our calls for help are being heard and the campaign to stamp out illegal brothels in Victoria is gaining traction," said Cr Oxley.

ANNUAL EVENT TO BE HELD IN CLAYTON SOUTH FROM THIS OCTOBER

Following a review of Council's Festivals program, residents can look forward to the addition of a North Ward event from this October.

Kingston Mayor Georgina Oxley said that Council resolved to bring an annual event to Clayton South, at the March Council Meeting.

From 2019-2020, Kingston's Annual Festival's Program will feature:

- Carols by Kingston at Bicentennial Park in Chelsea
- The Australia Day breakfast and citizenship ceremony at Kingston City Hall in Moorabbin

- The Mordialloc Food, Wine and Music Festival at Peter Scullin Reserve in Mordialloc
- Pets Expo at Kingston Heath Reserve in Cheltenham
- The Kingston Charitable Fund gift giving ceremony
- Volunteer Appreciation event, at various locations, and
- A North Ward event, to be held at Keeley Park in Clayton South

"The introduction of a new event in the North Ward is a great outcome for the Kingston community after Council was forced to make an extremely tough decision in 2018, to retire the Globe and Harvest Festivals to help pay for the rising cost of recycling," said Cr Oxley.

Keeley Park has been chosen as the location of this new event for several reasons: it is a busy and well-utilised park, it offers a beautiful backdrop for a community event, has access to water, toilets, is located near Jackson Green where hundreds of new residents now live and features a new regional grade playground, which families can enjoy during the event.

"We can't wait to bring this annual event into the North Ward and have allocated \$125,000 in the budget to make it happen," said Oxley. "Council will hold a community consultation to find out what residents would like to see as a part of this new local event."

To participate in the North Ward event consultation, keep an eye out for the community consultation which will soon be made available at www.yourkingstonysay.com.au



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The advertisement features a colorful background with a blue sky, green hills, and trees. It includes three circular inset photos: one showing a group of children sitting together, another showing children playing with colorful blocks, and a third showing two children playing in a red sandpit.

Mother's Day Pancake Recipe

RayWhite

Spoil your mum this Mother's Day with breakfast in bed.

Serves: 8 | Prep: 5 mins | Cook: 10 mins

1 cup self-raising flour (sifted)

1 Tbs sugar

1 egg (lightly beaten)

$\frac{3}{4}$ cup cup milk

50g butter (melted)

1. Gather all ingredients



2. In a bowl, whisk flour and sugar. Beat in the egg and then the milk a little at a time until batter is smooth and lump free.



3. In a hot pan or flat grill over medium heat brush butter over cooking surface and pour $\frac{1}{4}$ cup measures for each pancake



4. When large bubbles form on the surface, flip the pancake over and cook until lightly golden on the other side. Serve with fruit, ice cream or maple syrup.



Ray White Dingley Village

9551 3533

dingleyvillage.vic@raywhite.com

Raywhitedingleyvillage.com

DINGLEY VILLAGE COMMUNITY ASSOCIATION

STOP PRESS... SOME REALLY GOOD NEWS

DVCA wishes to congratulate Kingston Council and in particular our 'Super' North Ward councillor Steve Staikos, on Council acquiring the block of land in Spring Rd. (next to Abbyfield).

This particular property has been an eyesore for years and badly in need of a clean-up. Cr Staikos has been instrumental in arranging this purchase, which will provide our community with numerous options in the future. For example, it could become the Spring Rd Park information centre & toilets or provide a chance to add to Abbeyfield, etc.

DINGLEY VILLAGE SHOPPING CENTRE CHARITY BINS

Dingley Village residents are a delightful lot - we have a great village environment, beautiful houses, safe and attractive streets and a revitalised village shopping centre.

So let's keep our Village shopping centre rubbish free and not dump goods and rubbish around the Charity Bins in the shopping centre car park.

Donating your unused clothing, shoes, toys and handbags in the Charity Bins is a fantastic way of helping the community, the environment and of course decluttering your house – **but please make sure you do it in a responsible way.**

The Charity Bins in the Dingley shopping centre car park are for the collection of **clothing, handbags, shoes & toys ONLY**. They are not there for the dumping of rubbish, furniture and other goods - leaving clothes and other items strewn all around the Charity Bins creates a public hazard and you can be fined for rubbish dumping.

If you find the Hubs full - please do not leave your clothing outside the bins,

take it away with you and ring free call 1300 687 281 (24 hour service) to advise that the bins are full and need emptying.

SPRING RD RESERVE - DOG OWNERS PLEASE READ

On-Leash Park Areas

Our newest park in Spring Rd is gradually taking shape, providing one of Kingston's largest open spaces for all residents, including dogs and their owners, to visit and enjoy.



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SCHOOL TOUR
Wednesday 29 May
9.30am

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How good it is to have such a large park area for the dogs of Dingley to run free on, but **DOG OWNERS THERE IS A REAL PROBLEM** with some dogs being off-leash in the on-leash park areas.

Even when you see no-one in the park - you must keep your dog on-leash until you are in the clearly marked and designated off-leash areas. You are responsible for your dog at all times.

At any point in time in the on-leash areas, a jogger, walker, cyclist could be approaching out of sight and if your dog is off leash, it may not be under your immediate control.

Please remember, all park users have equal rights to feel safe and some people don't want to associate with dogs or don't want their young children near them. Other people are scared of dogs (no matter how small and friendly) or have allergic reactions whilst being around dogs.

Doggy Poo Bags

DVCA understands Council will be supplying "Poo Bags" for dogs in the park as part of the scheduled future improvements - but until this occurs please remember to **BYODPB**.

Being a good park user and showing consideration to others requires your dog to have a plastic "Poo Bag" carried by their owners at all times and please remember too, to use the rubbish bins provided or take your bag back home to dispose of your dog's bag- thankyou.

ROWAN RD NETBALL PARKING

DVCA has been working hard on the car parking and traffic problems at the Rowan Rd Netball Courts.

Due to a lack of adequate car parking adjacent to the 16 Netball Courts and Centre, nearby residents, in particular Dorrington Court properties, are experiencing serious traffic and access issues, with cars parking across drive-ways blocking access to properties on a regular basis and generally clogging all surrounding streets on the netball competition days.

In discussion with the Council and Netball Association, DVCA has proposed that Council provide a gravelled car parking area in the Spring Rd Reserve for 200 cars opposite the netball courts in Rowan Rd.

It is important for the safety of the residents and Netball players that these parking and traffic issues be resolved quickly.

Facebook

The DVCA is now on Facebook and you can find us at; <https://www.facebook.com> Type in: Dingley Village Community Association in the top search area to see our page

DVCA

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 email: david@lildam.net



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HEALTH WEEKS MAY 2019

There are a lot of special days, weeks and months every month, local, national and worldwide. The following are no way the most important but were selected as of relevance to the community.



NATIONAL PALLIATIVE CARE WEEK 19-25 MAY

Organisation: Palliative Care Australia

Palliative care is an issue that will affect all of us at some point in our lives, whether as a patient, carer, family member, neighbour or friend. It's important that all Australians are aware of what care and support is available to them at the end of their lives and how they can receive it; that they have thought about what care they want and shared this with their loved ones and health professionals; and because it's important people know that palliative care is about living well at the end of life - it's for you, your carers and your family.

Website: www.palliativecare.org.au/

What is Palliative care?

Palliative care is person and family-centred care provided for a person with an active, progressive, advanced disease, who has little or no prospect of cure and who is expected to die, and for whom the primary goal is to optimise the quality of life.

Who is palliative care for?

Palliative care is for people of any age who have been told that they have a serious illness that cannot be cured. Palliative care assists people with illnesses such as cancer, motor neurone disease and end-stage kidney or lung disease to manage symptoms and improve quality of life.

Who is in the palliative care team?

Palliative care may be provided by a wide range of people, this may include your GP, aged care worker, cardiologist and any

other health care provider, as do family and other carers. They are supported by specialist palliative care services if symptoms become difficult to manage.

Where is palliative care provided?

Palliative care is provided where the person and their family wants, where possible. This may include:

- At home
- In hospital
- In a hospice
- In a residential aged care facility

How do I get palliative care?

For help and information ask your:

- Doctor
- Aboriginal Health Worker
- Hospital Liaison Officer
- Nurse



FOOD ALLERGY WEEK 26 MAY - 1 JUNE

Organisation: Allergy & Anaphylaxis Australia

Food allergy continues to increase at alarming rates. Whilst researchers across the world try to understand more about food allergy and the increase, those in the Australian community live with the challenge of managing risk whilst maintaining a good quality of life.

National/State: National

Website: www.foodallergyaware.com.au/

What is food allergy?

A food allergy is an immune system response to a food protein that the body mistakenly believes is harmful. When the individual eats food containing that protein, the immune system releases massive amounts of chemicals, triggering symptoms that can affect a person's breathing, gastrointestinal tract, skin and/or heart. Signs and symptoms of food allergy can

be mild, moderate or severe. An allergic reaction can include; hives, swelling of the lips, face and eyes, abdominal pain, vomiting, swelling of the tongue, swelling of the throat, breathing difficulty, persistent dizziness and/collapse. If left untreated, signs and symptoms related to breathing and heart/blood pressure can be fatal.

What is anaphylaxis?

Food allergies can be severe, causing potentially life-threatening reactions known as anaphylaxis. Anaphylaxis must be treated as a medical emergency, requiring immediate treatment and urgent medical attention. Anaphylaxis is a generalised allergic reaction, which often involves more than one body system (e.g. skin, respiratory, gastro-intestinal and cardiovascular). A severe allergic reaction or anaphylaxis always involves the respiratory and/or the cardiovascular system. An allergic reaction usually occurs within 20 minutes to two hours of eating even a small amount of the food, and can rapidly become life threatening.

Food allergy now affects one in 10 infants and about two in 100 adults in Australia. Some children may outgrow their allergy, however some adults develop their food allergy later in life after eating the food without a problem for many years. The severity of an allergic reaction can be unpredictable although someone who has previously had a severe reaction to a particular food is more likely to have another severe reaction to that food

It is important to understand that in some people even very small amounts of food can cause a life-threatening allergic reaction/anaphylaxis. Some extremely sensitive individuals can react to just the smell of particular foods being cooked (e.g. fish) or even kissing someone who has eaten the food they're allergic to.

Currently, there is no cure for food allergy. Avoidance of the food is the only way to prevent a reaction. When a severe reaction does occur, adrenaline (epinephrine) is the first line treatment for severe allergic reactions and can be administered via an adrenaline (epinephrine) autoinjector called the EpiPen®.



“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.

Marion 0429 857 509

Leeanne 9551 1799



FARMERS' MARKET

NEXT MARKET, SATURDAY 18TH MAY

Once again the Farmers market will be operating from the Basketball court between the construction zone and the rear ovals in the Marcus Rd Reserve. Stalls will be sited on the court area with tables and chairs under the trees behind the Neighbourhood Centre. Please come along and support the market during its temporary relocation, all our regular stall holders will be in attendance.



Did you know many of our vendors products can be used together to create delicious family meals or snacks?

Roast up your Spud Sisters spuds or 280 Fresh Veg and sprinkle with your favourite salt from Tummy Lovin.

Hotdogs anyone?

The kraut from Gorgeous George Probiotics, spring onion from 280 Fresh Veg adds just the right amount of colour and flavour to the bacon and franks from La Villa Salumi.

Light Rye with three types of jam : fig, orange whisky marmalade and raspberry rhubarb thanks to Brasserie Bread and Joys of Redhill

Do you know about this Coeliac Safe company? Arancini 4 All serves up gluten free Arancini that can be eaten by everyone. They serve up three different flavours, Roasted Pumpkin and



Feta, Mushroom and Thyme and Basil and Roasted Macadamia. They are cooked in 100% GMO free rice bran oil and some of the flavours are vegan and fodmap friendly. These gorgeous Arancini are even available in take home packs

All our regular stallholders will be in attendance in 2019 including fresh bread, pastries, cheeses, free range eggs, honey, potatoes and in season vegetables. Specialty stalls include Gorgeous George Probiotics, Salami Shack, Tummy Lovin, 'a lot of good stuff', Anja's scones, Italian Chef, La Villa Salumi and Outback spirit. You'll also find hot food and drinks and the fantastic boomerang bags, these are free and reusable bags that you can collect at the market.

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, 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.



Don't forget that parking is free onsite at the market. Dingley Village Men's Shed members will assist you with parking and you will not have far to carry your purchases back to your car.

DINGLEY VILLAGE FARMERS' MARKET

SATURDAY

18th May

31 Marcus Rd,
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8.30AM—1 PM

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COMMUNITY BANK UPDATE

DIDN'T WE HAVE A LOVELY TIME THE WEEK WHEN PIGGY CAME TO VISIT

What a wonderful start to the year we have had in Dingley Village.

Did you know that 2019 is The Year of The Pig? It's not too late to think about what you would like to accomplish in 2019. According to Chinese mythology The Year of the Pig is a year of opportunities and prosperity.

To embrace year of the Pig we decided to have a bit of fun. What better way to try and bring some fun, opportunities and prosperity into Dingley Village than to have "PIGGY" come visit our branch and have a look around our community.

Didn't we have a lovely time the week when Piggy came to visit?

Piggy was very keen to get out and about and see as many people in local community as he could. He was very busy whilst in Dingley Village and by the end of his holiday he was one very tired Piggy.

It was one giant adventure. Filled with so much fun, laughter, high fives and smiles.

DIDN'T WE HAVE A LOVELY TIME THE DAY THAT PIGGY WENT TO

• Little Villagers Childcare.

He was treated to a tea party in their cubby



as they did. The day was filled with lots of fun and laughter.



• Dingley Primary School.

He heard that the children there needed a new fence to keep them safe. He decided to visit the school with a big cheque to pay for this.

There was lots of cheers, high fives and excitement from the children and Piggy was even challenged to a dance off. He loved seeing all the big smiles.

• **Have a look around Dingley Village.**
He visited the local football fields to have a look at their new digital scoreboards, stopped by the netball courts to see the resurfacing of the courts and the shelter that we assisted with. He could barely hold back his excitement seeing all the projects that the Dingley Village Community Bank® Branch have been able to sponsor within the community. All of which is possible because people like you bank with, people like us.

• Kingswood Primary School



He had a talk to all the students about the importance of saving for a rainy day. He brought along some of the new school banking prizes to show the children our new school banking program. The children posed

for a photo with piggy in the new Bendigo bank sunnies.

• Jack's Avenue Kindergarten.

It was a beautiful day with lots of giggles and play and Piggy even danced a little. After some cuddles, waves and high fives we popped into see the children at Marcus Road Kindergarten. Then it was off to Dingley Kindergarten where the children had lots of questions about Piggy's ears and curly tail.

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• **The Men's Shed.**

He was shown around where the men were busy painting, building, fixing cars, doing wood work, repairing bikes, building a mini golf course and playing pool.



• **Westall Primary School.**

The children were busy enjoying their fresh fruit that is supplied by the Dingley Village Community Bank® branch as part of their weekly 'Fruit For School's Program'. There was so much fruit, Piggy's mouth was watering. He got lots of high fives and cuddles and maybe even a slice of watermelon.

After their fruit the children showed Piggy some of their favourite stories and read to him. They were very excited about all the new books they received for their literacy sessions from sponsorship from Dingley Village Community Bank® Branch.

• **Make a difference.**

He got to see all the wonderful work they do within the community and met with some of the volunteers.

• **Dingley Cricket Club's**

To visit the U12's. It was grand final day and they were well on their way to winning their grand final. There was lots of excitement for the day ahead. Piggy picked up the bat and tried to have a wack but I think Piggy needs to practice a little.



DIDN'T WE HAVE A LOVELY TIME THE DAY THAT PIGGY WENT TO

• **Heyfield:**

Piggy said to me wouldn't it be great to help out the people of the land, let's give them ten grand. Before Piggy waved his good byes to Dingley Village. We got in the car and went for a very long

drive to the little town of Heyfield. Piggy presented the Heyfield Lions Club with a big cheque to help support the Gippsland farmers financially and to take some pressure off them until the drought hopefully breaks.

Piggy left with a smile, he was tired but had fun. He was proud of all the wonderful work the Dingley Village Community Bank® Branch had done.

From all of us at Dingley Village Community Bank® Branch HAPPY YEAR OF THE PIG.

Help us help you. Support the bank that supports your community.



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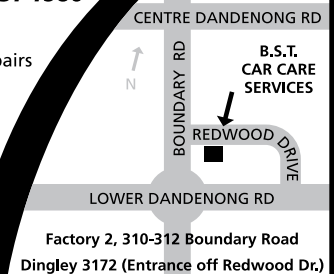
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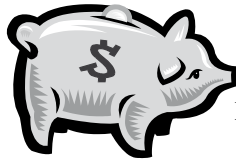


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DOLLARS & SENSE



By
Michael
Ryan

PLANNING AHEAD FOR AGED CARE

It is expected that the Australian population over the age of 70 will reach nearly four million in the next 20 years, which means that aged care is an issue that will affect an increasing number of families. But it's not just older Australians who need to understand how the aged care system works – anyone with aging parents may find themselves having to understand this complex system at very short notice.

Many people will make private arrangements for their retirement living. They may stay in their own home, perhaps with help from family or other carers. Some will move into a retirement village and retain their independence. For others, a time will come when they need a higher level of care.

Government support

The government provides substantial assistance with the costs of aged care,

and eligibility for government support is determined by Aged Care Assessment Teams (ACAT). Aside from making an assessment of the need and level of care required, the ACAT may also be able to assist in finding an appropriate place. Most people prefer to make their own choice, and it is worthwhile visiting a number of facilities. Quite often available places are subject to existing vacancies so it may be necessary to apply to a few establishments.

Fee structure

In most cases a contribution towards the costs of aged care is required. Contributions vary and depend upon income, assets and pensioner status. Fees may include a combination of means-tested accommodation and care fees, a basic daily care fee and fees for extra optional services. Fees are revised twice yearly in line with pension revisions. Care recipi-

ents have the option of paying their accommodation fee as an upfront refundable deposit or a rent-style periodic payment.

Not all needs are the same

Sometimes the need for aged care can arise at very short notice. For example, a stroke or a broken hip may be the trigger for an immediate move. The stress of entering aged care can be considerable and this isn't helped by the overwhelming range of facilities on offer and the complexity of funding arrangements.

The emotional upheaval on all parties can be eased by early planning and open discussion within families. A good place to start is the federal government's My Aged Care website www.myagedcare.gov.au. You can also phone Ashfords Wealth Advisors on (03) 9551 2822 for more information.

And although nobody enjoys talking about it, planning for aged care is the best course of action.

*Michael Ryan CPA CFP®
Ashfords Wealth Advisors
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EYES RIGHT

By Dingley Eye Centre

EYE RELATED UV DAMAGE

As Australians, we are constantly educated about the harm ultraviolet (UV) light exposure can cause to our skin. Most people are familiar with the slogans “no hat, no play” or “slip-slop-slap” whenever they're outside in the sun.

People are well aware of the risks associated to our skin when exposed to UV light, however, a recent national survey run by Carl Zeiss Australia, found that many Australians had no idea about the affect UV light has on their eyes.

Most eye related UV damage occurs prior to 18 years of age, and different parts of the eye are capable of absorbing

different wavelengths on the UV light spectrum. This includes the skin around the eyelids, and according to the survey this region is one of the most common sites for non-melanoma skin cancers. UV exposure is also linked to the early onset of cataracts, development of macular degeneration and preventable blindness.

The survey also found that 71% of spectacle wearers were not aware of the UV protection their glasses offer. UV protection for your eyes isn't simply related to wearing sunglasses, but your regular clear lenses also come with some level of UV protection as standard. For

your lenses to provide complete UV protection, they must block UV light up to 400nm. This ensures the structures of your eyes that are prone to absorbing various UV wavelengths are protected.

Sunglasses do offer maximum UV protection, but many people are confused by the difference between UV protection and polarised lenses. Polarisation in sunglasses reduces the amount of glare from the sun, reflections from surfaces, and generally enhances visual comfort, however it does not provide any further additional UV protection.

Though winter is approaching, and we Melburnians may not see the sun until sometime in late October, UV exposure is incidental because of where we live. It is always important to make sure we are protected all year round, as according to current statistics, 66% of Australians will develop skin cancer by 70 years of age.

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 how we can best protect your eyes and skin around your eyes from harmful UV light.

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LIGAMENT INJURIES

Ligaments are the tissues that join bone to bone at the joint. These structures are made of very strong elastic connective tissue that control the stability of the joint by their attachment.

These structures cannot be strengthened like muscles. Their elastic and holding properties are unique but cannot be reproduced once torn.

These structures are therefore very important to the state of our joints, as unstable joints from ligament instability is a major factor in the development of arthritis, as we get older and is usually the main reason that sports people retire from competitive sport.

Ligaments are torn most commonly in the sporting arena. However joint injuries also occur in motorcar accidents, bike accidents, falls and incidental accidents such as rolling the ankle whilst walking on an uneven surface.

The most common ligament injuries are involving the ankle joint and the knee. We hear regularly about the lateral ankle injury or the anterior cruciate ligament in the knee most commonly in netball, basketball and football.

Generally children do not damage their ligaments. This is because their joints are immature and the ligaments are developing and strengthening with age.

Fractures are by far the most common result from injuries in children. We start seeing ligament injuries in adolescents as their bodies mature and their ligaments finish growing.

The problem with ligament tears is that the tissue does repair itself but with a different scar tissue that is not exactly the same tissue that was there originally.

Also the ligament is like an elastic band that stretches and returns to its normal length. However if it is over stretched, it will not tighten again which leaves the joint open to slight instability. This becomes a problem with high velocity sports that involve constant changing directions.

You also cannot go to the gym and strengthen a ligament in the same way that you can the muscles. Muscles respond well to increasing load. They have a rich blood supply and their contractile properties make strengthening easy but ligaments have a poorer blood supply and their tensile strength comes with time not load.

Ligament sprains are clinically diagnosed into 3 grades. A Grade 1 sprain involves a few fibres and corresponds to pain on stressing the ligament but has no increased joint laxity. These injuries heal well as they have good splinting from the untorn part of the ligament.

A Grade 2 sprain involves a considerable portion of the fibres of the ligament; show pain on stressing of the ligament and increased laxity of the joint. These are the troublesome tears as the ligament can continue to stretch over time with stresses put on it.

Joint instability can become a problem and early wear and tear within the joint can result. A grade 3 sprain is defined as a complete tear or rupture of the ligament with little pain on stressing but gross joint laxity. These tears usually require surgical intervention but can often go undiagnosed thus causing repeated injuries and further injury to the joint.

It is important to correctly diagnose a ligament sprain. The treatment and long term management is also imperative to the outcome of the injury.

Torn ligaments will not regain their tensile strength for 6 to 18 months after the tear so bracing and taping are often necessary in that repair stage particularly on return to sport. Specific strengthening of the muscles around the joint helps to support the ligaments. Also specific balance and proprioceptive work helps give back confidence to the joint and increases the tensile strength within the ligament in time.

If you do have a sprain ligament or suspect an injury, please contact us at PhysioChoice on 9558 2155 so that we can assess and assist you in regaining your full function.

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CHALLENGING A WILL

In Victoria, like in other Australian jurisdictions, "an eligible person" person can apply to the County Court or Supreme Court for a redistribution of a deceased estate in their favour if they believe that the deceased had a responsibility to provide for them, and did not do so. A challenge to an estate in this regard is under the family provision laws.

The family provision laws are governed by Part IV of the Administration and Probate Act 1958 (Vic). In 2015, changes to this area of the law have narrowed who can challenge a deceased Will. An "eligible person" who can challenge a will is now broadly:

1. A spouse or domestic partner of the deceased at the time of the deceased death.
2. A former spouse or domestic partner of the deceased at the time of the deceased death if no property settlement had been reached for the purposes of the Family Law Act 1975.
3. A child, stepchild, or person who believed they were a child, provided that person:
 - is under 18 years or age;
 - is between 18 and 25 years of age and is a full time student; or
 - has a disability.
4. A further class of individuals that includes a child, stepchild that are not included in the above definitions, a grandchild, a registered caring partner, a spouse or domestic partner of a child of the deceased, and a member of the deceased's household.

The 2015 amended laws also remove the requirement for an adult child to be financially dependent on the deceased at the time of their death. However, in determining the amount of the provision to be made for an adult child, the Court must have regard to the "degree to which [the person] is not capable, by reasonable means, of providing adequately for [their own] proper maintenance and support." This is likely to also limit the provision to an adult child.

Process of challenging

The usual process is making an application to the courts against the executor of an estate. The application, which has a number of legal steps and requirements including for various documents and material to provide to the court and the other party, once filed, makes its way through the court system. In an attempt to settle the dispute, the court usually orders a mediation of the dispute after the initial flurry of documents and material is filed. A large percentage of estate disputes do settle at mediation thereby limiting the financial and non-financial impost on the parties.

Where a dispute does not settle at mediation, it is listed for a trial (hearing) before a judge where, with a goal to persuade the judge to decide the dispute in their favour, both parties present their case and evidence as well as test the other side's arguments and evidence. Between mediation and a trial, the parties usually have further material to prepare, exchange and file with the court.

As family provision proceedings are civil litigation proceedings, as well as the

litigation being time consuming, invariably the parties will have significant legal costs (not to mention the non-financial costs of a litigation).

Questions to be determined

The threshold legal questions the court must decide in a family provision proceeding involving a challenge to a Will are:

1. Did the Deceased, at the date of their death, have responsibility to make provision for the proper maintenance and support of the person making the application?
2. If so, did the Deceased, in the distribution of his/her estate make adequate provision for the proper maintenance and support of the person making the application?
3. If not what is the amount of provision (if any) that the Court should order?

In answering question three, the courts apply a number of factors in the Administration and Probate Act 1958 including:

- Considering the deceased's Will where there is one;
- Considering the nature of the deceased relationship to the person making the claim;
- Considering the evidence, if any, of the deceased's intentions for making the decisions they did;
- Having regard to the nature of the estate including its value;
- Considering the obligations the deceased had to other beneficiaries; and
- Having regard for the financial resources of the parties and any special needs or requirements.

As it would be apparent from the preceding discussion, a legal challenge to a Will is complicated requiring specialist legal advice. In this respect, we are well placed as we have acted in the Supreme and County Courts for parties making claims as well as defended claims.

Please contact us if you need further information.

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Boomerang Bags Dingley Village is a community group who use donated and recycled fabrics to create reusable shopping bags for use within our community.

Our group meets each Thursday morning at the Dingley Village Neighbourhood Centre, 9:30-12pm and on the 4th Sunday of the month 1:30-5pm. If you can sew then we would love to have you. If you can't sew, we would love to teach you! All materials and machines are provided, and we always need extra hands for non-sewing jobs as well.

We have a stall at the monthly Dingley Village Farmers Market where you can purchase a 'Bought to Support' bag or collect a free 'Borrow and Reuse' bag. Everyone is welcome, no skills required we badly need more volunteers to assist in the community project of creating reusable bags.

If you would like to participate in any way, please contact either of the names below and we will be willing to chat and answer any questions. Debbie 9551 6521 or Helen 9551 1658.

ROTARY CLUB DINGLEY VILLAGE



Good afternoon fellow Dingleyites on a fine Friday afternoon following another glorious Cats win. I hope you have all digested last month's report and have responded positively, otherwise my job will be forfeit. Regardless of aforesaid your Rotary Club is still functional and is continuing its good and necessary work.

During the last month, your Club conducted its annual Anzac public speaking competition at the Melbourne Golf Academy (MGA) to select our guest speaker at the Anzac Dawn Service conducted at our own Anzac Memorial in Marcus Road, and to which so many of you, are pleased and privileged to attend. The topic was "Is Anzac Day the glorification of war, or a symbol of our countries sacrifice." The competition was hotly contested between five most articulate and competent students, one each from St. Bede's College, Mentone Grammar School, Mentone Girls Grammar

School, Kilbreda College and Haileybury College. Each of the contestants spoke extremely competently on the subject from a well-researched background. Unfortunately, your Scribe was appointed to the most difficult task of the evening, viz the Chairperson of the adjudicating panel which was required to select a winner of the competition from five extraordinary competent and gifted speakers. It goes without saying that each of the contestants proved to be an outstanding credit to themselves, their families and their schools. These students, of course, will be amongst the leaders of our Countries future, and as such, we all have a great deal of which to be proud. The winner selected was Jocelyn Na from Haileybury College, who will repeat her presentation at the dawn service on Anzac Day. Those who attend our Dawn Anzac Day service will have the privilege of hearing a most unusual presentation from a very gifted speaker. I will give no further details of what you will experience, but apart from the solemnity of the service, Jocelyn will have a surprise for those who hear her. Her presentation is NOT to be missed.

Next week, your Rotary Club does battle against our sister club, the Rotary Club of Keysborough, Noble Park, in our annual Crackerjack lawn bowls competition held at the Keysborough Lawn Bowls Club. This hard fought battle is renowned for the poor sportsmanship, uncouth language and resultant blood and gore produced between two teams determined to win at all cost, with no respect for any rules. Last year, two of the Nations' finest cricketers were banned for a year for ball tampering; it was assumed that the ball in question was a cricket ball, do not be misled.

Unfortunately, all tickets for our annual bowls completion were sold out in advance, I believe mostly to followers of the World Wrestling fraternity, as seen on TV. This comes as no surprise to your Scribe. Results, with attendant casualties will be reported in my next edition.

Your Rotary Scribe,
Dudley Podbury.

The Rotary Club Dingley Village, meets Thursday 6.30pm for 6.45pm star: Dinner meeting (First three Thursdays of the month) Mentone RSL, 9 Palermo St, Mentone. General enquiries 0477 682 576

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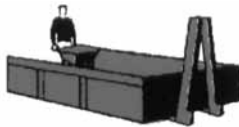
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April has seen our members enjoying dinner, live music and dancing at our local Night Clubs. Our night dinner dates at Saturday night venues were at Aspendale Gardens – International, Cheltenham – International, Springvale – Comfort food and Beaumaris – Japanese.

April was fly away time for some of our lucky members – Bon Voyage.

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 now meet from 7.30 pm at the Dingley International Hotel (DIH) in the Sports Bar.

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.

There will never be an earlier time to join our scene in 2019.

PROBUS CLUB DINGLEY CENTRAL



38 members travelled to the charming coastal town of Yamba, where we spent 4 nights at the Angourie Rainforest Resort. Some of the highlights were a trip to a Bison Farm, a Historical home at Grafton, Tropical Fruit World in the Tweed Valley and the Margaret Olley Art Centre at Murwillumbah.

At our April meeting, the guest speaker was Dr David Worsnop, an eye specialist. He gave an insight in to the work done by his team of volunteers, who travel to the isolated poor regions of Vietnam, where they treat hundreds of patients, with various eye diseases.

Activities for May are, FAC the 3rd, General Meeting the 6th, Camera Club the 9th, MTC the 10th, Morning Coffee the 13th, iPad group the 14th, Dine Out Lunch 15th, Men's Lunch the 16th, Legs 17th, Craft Group 27th, Barnum 29th, Games Day 30th, and Morning Melodies on the 31st.

The meetings are held on the 1st Monday of the month at the Salvation Army Hall, 13 Garden Boulevard, Dingley Village.

New members are always welcome, and for further information contact Ruth on 9587 0432

DINGLEY VILLAGE SENIOR CITIZENS CLUB INCORPORATED

If you enjoy playing cards, Scrabble® or Rummikub® or the like, or you would like to join in with our Knitting/crochet Group or go on occasional arranged outings, then come and join in with our friendly Group. While renovation works are in progress, we are meeting at the Neighbourhood Centre from 12:30 p.m. of a Monday.

Another luncheon was enjoyed at the Club during April.

Planned activities for May are as follows:

6th – Committee Meeting followed by Cards and Games – as well as afternoon tea;

8th – Wednesday, a coach trip to Marysville including lunch;

13th – Bingo, eyes down at 1:00 p.m.; followed by afternoon tea;

20th – Cards and games followed by afternoon tea; and

27th – Bingo, eyes down at 1:00 p.m.; followed by afternoon tea.

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.

PROBUS CLUB OF DINGLEY VILLAGE INC.



At our April general meeting, we heard from Graeme Johnstone, journalist, author and raconteur. Graeme had a long and successful career in professional journalism as an editor, sub-editor, reporter and feature writer on a variety of newspapers and magazines. He worked for Australia's biggest selling newspaper, The Sun, writing its popular daily column, A Place In the Sun, catching the vibe of Melbourne and entertaining more than a million readers every morning. Later he and his wife Elsie established The Wordsmith's Shop, writing material for commercial, corporate and personal clients. This resulted in publication of several books, including the memoirs of Joan Child, the first female Speaker of the House of Representatives.

The May general meeting will hear from David Spitteler, from the Dandenong Asylum Seekers Centre. He has overseen this organisation for 22 years.

Plans are well in place for a day trip to the Outpost Retreat at Noojee in June, and a seven day holiday to the Wentworth, Mildura and Broken Hill areas in October.

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 Vi on 9551 1076 or Secretary Davina on 9551 1217.

COUNTRY WOMEN'S ASSOCIATION DINGLEY VILLAGE



Welcome to our two new members, Jan, Marlis and Cathie. We hope you continue to enjoy the membership of the Dingley CWA

Two of our members attended the McDonald Group conference and we shall pass on the news in the June addition of the Dossier. The Dingley Village CWA members on the 29th of April started their walk for the 'Women Walk the World at the Rotunda at the DVNC in Marcus Rd. After the walk the members enjoyed a coffee at the local Coffee Shop.

Congratulations go to the Hampton CWA who celebrated with the associate members of our CWA McDonald group, their 72nd anniversary in April

Over the past few months the CWA Ladies of Dingley have held a show and tell at their monthly meetings. Some rather ancient old teddy bears and other family items have bought back quite a few memories.

Also In April we all brought along an Easter Bonnet. Once again there were some memorable moments

At 10.30 our meeting was suspended to attend the Dingley Village Rotary Club Anzac Day Service to lay a wreath, along with the local Schools and other members of the community.

Instead of Craft this month we shall be visiting Black Rock House on May the 8th. CWA Dingley Village monthly meeting is held at the Neighbourhood Centre in Marcus Wednesday 22nd May at 10am till 12 noon.

President Carmel on 9551 1874 or Secretary Diana on 9580 6150 will pleased to pass on any information you require.

DINGLEY VILLAGE MEN'S SHED



Our new DVMS web site has got everything -Club History, Club News, What's On, Gallery, Links, OH&S, and our Contact details for potential new members. www.dvms.org.au

The golf putting "green" is starting to take shape, all we need is a team effort to help Derek and Ed shift a few cubic metres of soil and then bring in about six cubic metres of crushed rock to form the solid base.

The artificial turf matting then goes down and the holes are placed ... job done. The side area will then become a garden project.

We had a visit from Piggy mascot of Bendigo Bank though the joke about a BBQ and "get some pork on your fork" didn't seem to go over tell well.

Members Morning Muster: Friday, 9am till 2pm.

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

New members welcome, drop in to the Shed on Friday mornings to find out more about us.

LIONS CLUB OF DINGLEY VILLAGE



We are in need of new members to help to continue our projects, if you are interested please would you call Lynne 9551 3770.

Our meetings are held on the 2nd and 4th Monday at the Dingley Village Neighbourhood Centre, 31B Marcus Road, Dingley Village (Public Holidays excluded). These meetings are informal and friendly.

If anybody has any of the following items they can be left at the Dingley Village Neighbourhood Centre.

Pre loved spectacles, sunglasses and hearing aids and used stamps are still needed. Thank you to all who have donated, please keep them coming in.

Please help us make a difference to our community – our members are our greatest asset.

Contact – President Lynne 9551 3770 dingleyliions@gmail.com

DINGLEY CHELTENHAM VIEW CLUB



Women of all ages are most welcome to join us as we share lots of fun, friendship and learning as we support The Smith Family in their Learning for Life Programme. This programme enables vulnerable Australian students from primary to university receive an education.

We have a monthly meeting with guest speaker and monthly outing.

We meet second Tuesday of the month 10am to 11.30am at Keysborough Golf Club 55 Hutton Rd, Keysborough. Easy Parking.

For further information, please do not hesitate to contact Fran Thomas 0419 309 391 or email: franniet@gmail.com



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

E: admin@kingstoncitychurch.com.au

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

Over the past 12 months our home group's network has continued to expand which have included new groups being established in Hihett, Malvern and Parkdale. Below is a snapshot of the feedback we receive from people attending our groups:

- An ideal environment to establish good friendships
- Welcoming and healthy accountability
- Feels like family
- Provides strong support in times of personal challenges
- Quality food!

We encourage our church attendees to be a part of a group and we welcome anyone from our community to also consider joining one of our home groups. Our groups reflect the demographics and cultural diversity of our community. Anyone interested in joining one of our groups can simply email myself: dave@crm.org.au and I will assist or alternatively contact the church office.

After Easter we are running another Alpha Course on a Wednesday evenings from 7pm-9pm, everyone is welcome! Alpha is a practical introduction to the Christian faith.

The course is set over 12 weeks and includes a hot meal followed by a DVD presentation. People attending are then

divided into smaller groups to discuss the issues highlighted through the presentation. The Alpha Course has been implemented worldwide and has proved to be a great success in enabling people to discover and learn what the Christian faith is all about.

We extend a warm welcome to our community to come and check us out at our Sunday Service everyone is welcome!
Pastor David Harrison

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 0419 115 811

First Friday of each month

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

Second and Fourth Thursdays of each month

Unleash the Music in You – 8.00 p.m. at the Church

For further information contact Bob Lorraine on 9589 4939 or 0418 998 714

BARK AND CHAT

This group will meet on Saturday, 18th May at 10.00 a.m. at the Church for the 100 Paws Walk and a talk on acupuncture for dogs by a vet. Morning tea will follow the meeting.

ST. MARK'S CATHOLIC CHURCH

511 Lower Dandenong Road, Dingley Village 3172

Office open Tuesdays 8:30am to 11:30am

Phone / Fax: 9551 6930

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 May

- 1st St Joseph the worker
- 3rd St's Philip & James – Apostles
- 6th St Dominic Savio
- 13th Our Lady of Fatima
- 14th St Matthias – Apostle
- 22nd St Rita of Cascia
- 24th Our Lady Help of Christians
- 25th St Bede – Doctor
- 31st Visitation of the Blessed Virgin Mary

VILLAGE CHURCH DINGLEY

"Inspiring People to Discover and Develop Life in Christ"

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

Note new Phone number: 8712 8254

Email: admin@villagechurch.org.au

www.villagechurch.org.au

Our Church program for MAY is as follows:

MOTHER'S DAY – 12th May

10.00 a.m. Worship Service at the Dingley Village Neighbourhood Centre, 31 Marcus Road, Dingley Village. Kids Church children will be presenting an item and gifts to mums.

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 email bruce@dingley.net
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 Sat and Sunday 10am to 4pm

Sundays: 10.00 a.m. Worship Service at the Dingley Village Neighbourhood Centre, 31 Marcus Road, Dingley Village. Preaching series by Pastor Rodney Hole "Life after Death – what awaits the people of God" continues in May. Listen on <https://www.villagechurch.org.au/sermons-current-series>.

***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, 6th May, 7.45pm, Dingley.

***Men's Group** – 6-9pm. BBQ, fellowship and sharing. Tuesday 14th May, 7 Fiveways Boulevard.

Life Groups:

***Wednesday nights** – Fortnightly 7-8.30pm, Dingley. 8th and 22nd May.

Sunday nights – 1st and 3rd Sundays of the month 7-8.30pm. Keysborough. 5th and 19th May.

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

Monthly – Saturday 18th May; 7-8am and 9-10am at church office.

Bible Study: *Women's – Precept Ministries study on Philippians. Fortnightly at the church office 10-11.30am. Thursday 9th and 23rd May.

***Open** – Thursday 9th and 23rd May on the Gospel of Luke. Fortnightly at church office 2pm.

***Not held during school holidays.**

Women's Breakfast: Saturday 4th May 8-10am at the Salt Café, Heatherton Christian College, 316-322 Kingston Road, Clarinda. Guest speaker is Helen Hole. Cost \$25. Contact Faye Hardman 0409 400 106 for tickets and any questions.

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, 9.00a.m. to 12pm - Phone Number 8712 8254. 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.

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.

'Kingdom Kids' and 'Xplore'

(Children's Ministry during the 10.30 service)

Dingley 'Roundabout Op-Shop'

Open -Wednesdays 9.30am-4pm & Saturdays 9.30am -1.30pm

Donations of good quality clothing, books, toys, bric- brac can be brought during open hours. (We cannot accept electrical goods, furniture, bedding or child car seats, highchairs or strollers).

Coming Events At Ccd

Walk at Braeside Park- Every Monday 6-7pm, meeting at Car Park No 10 near sculptures.

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)

Weds Mornings: 10:30am - 11.30am (Closes after 5 Dec, reopens 6 Feb 2019)

Professional Christian Counselling

Appointments: 9551 7871

Medical Mission Aid Stall First Sunday of every month, (7 April this month) 8am until 1pm (before and after morning services). Delightful Christmas gifts, 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

THE SALVATION ARMY

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Worship & Community
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13/12-16 Garden Boulevard, Dingley Village,

(03) 9558 2045 /

Facebook: @KG Salvos

www.thesalvationarmy.org.au/kingston-gardens

Office Hours: Monday, Wednesday, Friday - 8.30am – 3.00pm

Our Mission

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

Our Vision

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

Family Worship Service

Sundays at 10.30am

12-16 Garden Blvd, Dingley Village

A warm and relaxed service.

We welcome people of all ages, cultures and walks of life to come and join our faith community.

Special Needs Ministry

(1st Tuesday of every Month) 2nd April, 10am – 2pm

Friendship, Lunch, and activities for community members with special needs (and their carers).

For more details, contact the church office, send us a message on Facebook @ KG Salvos or phone Steph on 0414 430 414.

Weddings & Funerals

For enquiries please contact Steph on 0414 430 414 or email steph.glover@aus.salvationarmy.org

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For enquiries please phone Steph on 0414 430 414 or email steph.glover@aus.salvationarmy.org

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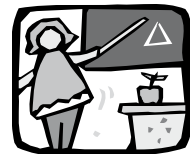
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SCANNING THE SCHOOLS



DINGLEY PRIMARY SCHOOL

As an International Baccalaureate school offering the Primary Years Program (PYP), Dingley Primary School has a focus on real-world learning for our students. Outdoor activities provide an opportunity for students to consolidate learning they have achieved in the classroom and understand how it can be applicable in the 'real' world. The more exposure children have to fundamental learning the greater their ability to expand on that. Since the commencement of 2019 Dingley PS community has invested both time and money in improving our outdoor learning opportunities for students. New line markings enable students to practice activities learned in the classroom in fun and innovative ways, undercover spaces have been created which will enable teachers to take advantage of learning outdoors, and significant additions to playground equipment have been funded and are awaiting installation. Dingley PS is extremely lucky and grateful for the strong community support we receive, and these additions to the school would not have been possible without the involvement of School Council and the Parents and Friends Association. We would particularly like to thank the van Mieghem and Bogut families for overseeing installation of the pergola and line markings.

An increase in enrolment has allowed us to take possession of 2 new classrooms. We would like to apologise for any inconvenience the installation of

these classrooms created, but hope you took the opportunity to look on with awe – as our students did – as the classrooms were craned into place. Once again a real-world opportunity for learning was made available, with students creating models and using weights to investigate the balance required to lift and manoeuvre large objects.

Our students have had a fabulous time designing and creating Easter Bonnets for our annual parade. The amount of effort that goes into these creations is only matched by the enjoyment the students (and parents/carers!) have in showing them off. The whole school community came together to raise money through the donation of Easter eggs which were raffled off in hampers. We are extremely grateful once again to the Parents & Friends Association for their involvement in this event.

In mid - March, our DPS School Captains attended the GRIP Student Leadership Conference with nearly 3000 primary school students at the Melbourne Convention Centre. During this practical and interactive leadership training, Gabby, Ben, Hayden and Mikayla learnt that "leadership is about people not power", reflected on their core character strengths, worked to develop themselves as a team and learnt practical ways to make a difference to their school culture. One of their goals they are now keen to develop further is to take risks trialling some ways to make the Assemblies they lead more interactive for their peers.

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The DINGLEY DOSSIER

ABN: 71 463 442 675

Editor: Pam Gates

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Neighbourhood Centre Inc.

31B Marcus Road,
Dingley Village. 3172
Phone: 9558 1866

dingleydossier@dvnc.com.au

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 - ★ Roofing ★ Kitchen & Bathroom Renovations
 - ★ Gas Heater Testing for Carbon Monoxide
- All Work Guaranteed (Discounts to Pensioners)

Mob: 0408 549 697

Ph: 9551 1975 Doug McLean


dingleyeyecentre

03 9551 4244
dingleyeyecentre@gmail.com
116 Centre Dandenong Road
Dingley Village VIC 3172

- Eye Examinations
- Contact Lenses
- Prescription Sunglasses & Safety Glasses
- Digital Retinal Photography
- Children's Vision
- Glaucoma & Visual Field Assessment
- Cataract & Macular Degeneration Assessment
- Claim Health Fund Rebates

Monday- Friday 9am til 5:30pm
Thursday evening & Saturday morning

Optometrist:
Darran Yeow
BOptom, Pgrad Cert (Ocular Therapeutics)

UPTUNE AUTOMOTIVE

Service all makes and models
Mal Somerton - Director

Factory 17/2 Garden Blvd. Dingley Village
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