



The DINGLEY DOSSIER

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NAIDOC WEEK 2020: ALWAYS WAS, ALWAYS WILL BE. 8TH – 15TH NOVEMBER 2020

Always Was, Always Will Be, recognises that First Nations people have occupied and cared for this continent for over 65,000 years.

First Nations people are spiritually and culturally connected to this country.

This country was criss-crossed by generations of brilliant nations.

Aboriginal and Torres Strait Islander people were Australia's first explorers, first navigators, first engineers, first farmers, first botanists, first scientists, first diplomats, first astronomers and first artists.

Australia has the world's oldest oral stories. The First People engraved the world's first maps, made the earliest paintings of ceremony and invented unique technologies. We built and engineered structures - structures on Earth - predating well-known sites such as the Egyptian Pyramids and Stonehenge.

First Nations peoples' adaptation and intimate knowledge of Country enabled them to endure climate change, catastrophic droughts and rising sea levels.

Always Was, Always Will Be acknowledges that hundreds of Na-



**Always Was,
Always Will Be.**
8-15 NOV 2020

tions and their cultures covered this continent. All were managing the land - the biggest estate on earth - to sustainably provide for their future.

Through ingenious land management systems like fire stick farming we transformed the harshest habitable continent into a land of bounty.

NAIDOC Week 2020 acknowledges and celebrates that our nation's story didn't begin with documented European contact whether in 1770 or 1606 - with the arrival of the Dutch on the western coast of the Cape York Peninsula.

The very first footprints on this continent were those belonging to First Nations peoples.

Our coastal Nations watched and interacted with at least 36 contacts made by Europeans prior to 1770. Many of them resulting in the charting of the northern, western and southern coastlines - of our lands and our waters.

For us, this nation's story began at the dawn of time.

NAIDOC 2020 invites all Australians to embrace the true history of this country - a history which dates back thousands of generations.

It's about seeing, hearing and learning the First Nations' 65,000+ year history of this country - which is Australian history. We want all Australians to celebrate that we have the oldest continuing cultures on the planet and to recognise that our sovereignty was never ceded.

Always Was, Always Will Be.

We acknowledge the Traditional Custodians of the land on which we live, and pay our respects to them, their culture, their Elders past, present and future and uphold their relationship to this land.

FARMERS' MARKET 21st NOV 8.30 am – 1 pm

COMMUNITY

DON'T FORGET TO SHOP & DO BUSINESS LOCALLY



SHOP LOCALLY FOR CHRISTMAS

How we prepare, come together and celebrate Christmas this year is still an unknown. Due to COVID-19 and its effects Christmas 2020 will be very different from previous years for many of us. We have become more locally focused due to restrictions, keeping us connected and engaged within our community, so let's keep that going by supporting local businesses when we consider our gifts for friends and loved ones. There are an abundance of gift items in our local shops and businesses, or if like me you struggle for gift ideas for adults why not buy gift certificates, voucher for meal at a local restaurant, arrange minor home or garden maintenance by a local business.



REMEMBRANCE DAY 2020

Remembrance Day service in Dingley Village has been cancelled due to COVID-19 restrictions

In Australia, on Remembrance Day, the 11th of November, the loss of Australian lives from all wars and conflicts is commemorated and on the 11th hour of the 11th day of the 11th month, a minute's silence is observed and dedicated to those who died fighting to protect the nation.

Whilst we cannot commemorate Remembrance Day this year by public services and ceremonies, we hope you will all stop and take the time to remember all the men and women of the Australian Defence Force, who made the ultimate sacrifice during the minute's silence.

We will remember them. Lest we forget

One thing COVID-19 has done, is make us appreciate more, these community events where we gathered to acknowledge, remember or give thanks. One notable part of Dingley Village's ANZAC Day services, is the winner of the Dingley Village Rotary club public speaking competition giving their ANZAC Day address. This year Kosta Osianlis from Mentone Grammar was the winner and would have given his ANZAC Day address, but the services were cancelled. Kosta's address was postponed to Remembrance Day but again this service has also been cancelled.

Therefore Kosta's, moving speech has been published in this issue of the Dingley Dossier and we encourage you all to read. See Rotary's Public Speaking Competition article, Page 18.



CITY OF KINGSTON COUNCIL ELECTION

Postal Voting has now closed and votes are being counted.

Due to COVID-19 restrictions, counting of votes is expected to require greater time at this year's elections. For that reason, the VEC expects that final declarations may not be completed until 13 November 2020.

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Please note: Holds can only be placed in advance via our online catalogue, Kingston Libraries' mobile app available from the Apple App Store and Google Play Store, or by calling 1300 135 668 from 9am to 5pm, Monday through Friday. No items can be requested on site.

OPENING HOURS FOR THE EXPRESS CLICK AND COLLECT

BRANCH	MON	TUE	WED	THU	FRI	SAT	SUN
<u>Chelsea</u>	1pm to 5pm	10am to 1pm	1pm to 5pm	Closed	10am to 1pm	Closed	Closed
<u>Cheitenham</u>	1pm to 5pm	10am to 1pm	1pm to 5pm	Closed	10am to 1pm	Closed	Closed
<u>Clarinda</u>	1pm to 5pm	10am to 1pm	1pm to 5pm	Closed	10am to 1pm	Closed	Closed
<u>Parkdale</u>	1pm to 5pm	10am to 1pm	1pm to 5pm	Closed	10am to 1pm	Closed	Closed

Letters to the Editor 

Dear Editor

An old cliché states that "It is an ill wind that blows no good". During lockdown, have you noticed how peaceful Dingley is? Usually, a lovely day is accompanied by incessant aircraft noise. As we have chosen to live near an airport, we have no right to object to planes. Noisy planes are another matter. If my car made a fraction of the noise that some aircraft make, the car would be declared unroadworthy until the muffler was replaced. Consideration for others should oblige aircraft authorities to ensure that aircraft have effective silencers.

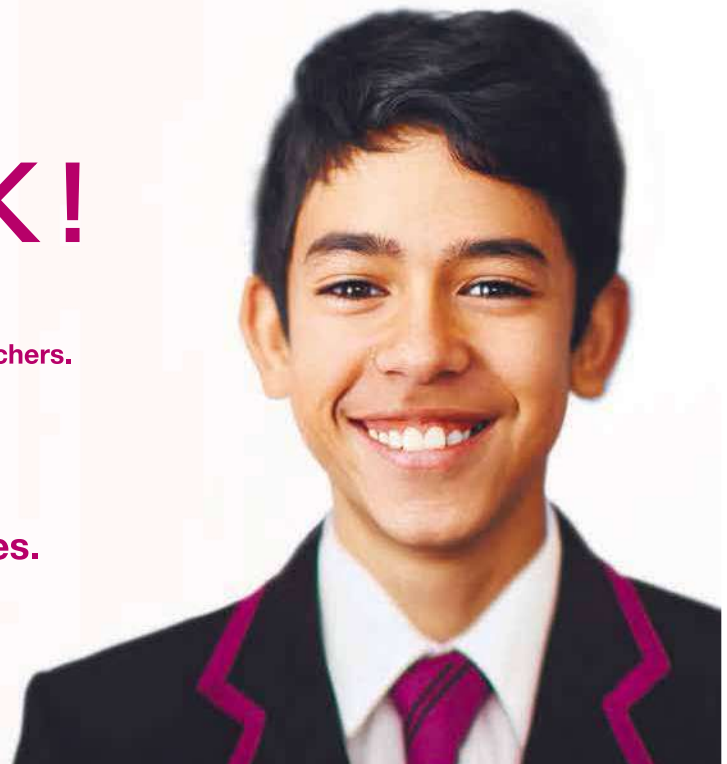
John J, Dingley resident

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Mentone-Cheltenham
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Mentone

9586 0500
bayside@barryplant.com.au

LIVING IN DINGLEY VILLAGE

IMPORTANT NUMBERS

City of Kingston:

1300 653 356

Emergency: **000**

Cheltenham Police
Station: **9583 9767**

Crime Stoppers:

1800 333 000

Lifeline: **13 11 14**

SES: **13 25 00**

Poisons Info: **13 11 26**

Nurse on Call:

1800 022 222

National Security:

1800 123 400

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

OUR COUNCIL

THE CITY OF KINGSTON IS CURRENTLY IN CARETAKER MODE UNTIL THE RESULTS OF THE COUNCIL ELECTION ARE DECLARED

PLAYGROUNDS AND OUTDOOR GYM EQUIPMENT REOPEN AS RESTRICTIONS BEGIN TO EASE IN KINGSTON.

Playgrounds and outdoor exercise equipment have reopened to the community, as part of the steps towards 'COVID Normal' under the Victorian Government's Roadmap to Recovery.

City of Kingston CEO Julie Reid said Council was delighted families could once again enjoy the city's playgrounds.

"Council has taken down posters and the cordoning tape which has prohibited community members from accessing playgrounds and outdoor exercise equipment during Stage 4 restrictions", said Ms Reid. "While everyone is now free to use the playgrounds and gym equipment, we ask the community to continue to practice social distancing and wear their masks at all times, and to wash their hands regularly".

This is one of many baby steps towards normality that the community can look forward to council announcing over the coming weeks. At this stage skate parks and public BBQ facilities remain closed.

Kingston Council has been working in accordance with state government COVID-19 restriction laws, to provide whatever service it can, safely, for the community.

"As restrictions lift and Victoria begins to return to 'COVID normal', we will make further announcements", said Ms Reid.

NOMINATE A LOCAL LEGEND FOR KINGSTON'S 2021 AUSTRALIA DAY AWARDS

Do you know someone making a positive difference in the Kingston community? Nominate them for Kingston's 2021 Citizen of the Year Awards, from Monday 14 September.

The Citizen of the Year Awards honour outstanding achievements of individuals and community groups in Kingston.

Kingston Mayor Georgina Oxley said there were plenty of people who deserve to be thanked for making a significant contribution to the community.

"The awards highlight the strong sense of community spirit in Kingston," said Cr Oxley.

"This is a great chance to celebrate and acknowledge any resident you know who contributes a lot to our city as a volunteer, along with those who have gone above and beyond to make Kingston a stronger and more connected community during one of our most difficult periods," Cr Oxley said.


The awards are open to Australian citizens who either live, work or study within the City of Kingston, and are presented in the categories of:

- Citizen of the Year
- Community Group of the Year.

Nominations for the Awards close at 5pm, Monday 9 November.

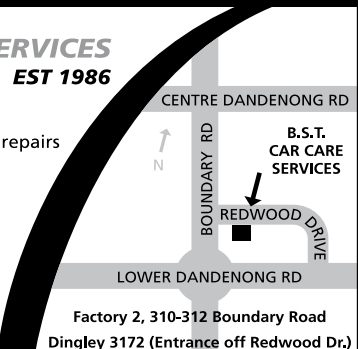
Winners of the awards are announced on Australia Day, 26 January 2021

Nomination forms and selection criteria are available online at kingston.vic.gov.au/australiaday



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FARMERS' MARKET



OUR NEXT MARKET IS ON SATURDAY 21ST NOVEMBER

The market has continued to operate during COVID-19 and even grown, as we have picked up producers who attended other markets that have closed. Please support the incredible Victorian Farmers and Producers who attend our market.

Our COVID-19 measures will still be in place for the November market, even if restrictions are easing. If we are still collecting contact details for contact tracing, the information you provide will not be used for any other purpose and will be destroyed after 30 days.

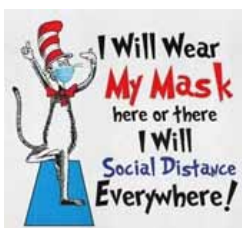
All our stall holders are independent small businesses who, like us have been impacted by COVID-19. The fact that they continue to operate shows their dedication and innovation during these extremely challenging times.

Many stall holders have introduced new items to test your taste buds, and have implemented home delivery and/or produce packs. We also have producers catering for Gluten Free, Keto & Vegan diets as well as items just to spoil yourself.

Italian Chef now has Vegan as well as Gluten Free pasta, Twin Pantry has introduced their Keto friendly range and 280 Fresh Veg are constantly updating contents of their packs to include new in season produce.



From seafood to jerky, bread to chocolate, we have a wide range of produce to fill your pantry while you support small Victorian businesses survive, it is a win/win situation. Whether you buy from one, two, ten or all of our vendors, the fact that you come along and support our stallholders is the main thing. You can find out more about them by visiting our market Facebook page: Dingley Village Farmers Market and following links to individual stallholders' Facebook pages or websites.



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

Everyone's safety is the priority. Please observe all COVID-19 measures whilst attending the market



DINGLEY VILLAGE FARMERS' MARKET

SATURDAY

21st November

8.30AM—1 PM

31 Marcus Rd,
Dingley Village

Free entry & parking

www.dvnc.com.au/farmersmarket

DINGLEY VILLAGE COMMUNITY ASSOCIATION

COUNCIL ELECTION RESULTS

Voting closed on 23 October and we eagerly await the election result to find out who our Caruana Councillor will be and work with them on Dingley Village issues and projects.

HOW IMPORTANT ARE OUR PARKS

Our Melbourne Corona Virus Stage 4 lockdown and the 5 km travel limit makes us really appreciate the importance of having adequate open spaces close by and accessible. Being able to get lost in the natural bushland of Braeside Park, wander the rolling hills on the paths of Spring Rd Reserve and walk and jog the ovals and sports fields gives us a welcome release from the confines of our homes during lockdown. These parks and open spaces have proved vital, and of great benefit, to our physical and mental health.

DVCA continues to work during the

lockdown to ensure our community has good accessible open spaces and sporting facilities, being actively involved in the following Dingley Village Park developments and improvements:

Souter Oval Pavilion

Following the State Government \$4.5 million funding for new amenities at Souter and Corrigan Ovals, Council has developed a plan for the refurbishment of the Souter Oval Pavilion, to make that space more community, family and female friendly going forward.

Leigh Gridley, DVCA chairman, is on the Souter Oval Pavilion Redevelopment Community Consultative Group, which is working hard to ensure the new Pavilion development will be a facility for use by all of the Dingley community, as well as the Pavilion's current clubs.

The vision and goals for making this happen are currently being discussed and developed, prior to the commencement of redeveloping Souter Oval Pavilion

into something new and special for our community.

Chadwick Reserve

Chadwick Reserve redevelopment works are now well underway. The redevelopment is being carried out in three stages:

Stage 1 - almost completed

- improved playing surface on the junior AFL/cricket oval and training area
- lighting for the playing areas - installed and working

Stage 2 - completion due 2021

- a new pavilion
- drainage works - almost completed

Stage 3 - completion due 2021

- new playground and shared paths

Council has now completed community consultation on the new pavilion design (stage 2 works) and DVCA members, Shirley DeWever and Jon Garrard, have been involved with this, working hard to get the best possible outcome for our community.



DINGLEY VILLAGE

Keep up to date

Interested in what's happening at the former golf course site at Centre Dandenong Road in Dingley Village?

Then please visit our website for up to date and accurate information about maintenance, tree and site management, planning and more.

dingleyvillage3172.com.au

— The Project Team



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Mordialloc Freeway Bike Paths and Footpaths

Construction of the Mordialloc Freeway, connecting the Mornington Peninsula Freeway to the Dingley Bypass is well under way and due for completion by the end of 2021.

As part of the Freeway works, a new off-road walking and cycling path will be constructed along the Freeway, including seating, water stations and bicycle repair stations. A 6-metre wide pedestrian Freeway underpass will also be constructed linking Braeside Park to this bike path and Woodside Industrial Estate.

The new off-road bike path travels south from the Dingley Bypass alongside the Mordialloc Freeway to Springvale Road and will have several entry points into Braeside Park.

What does this mean for Dingley Village Cyclists?

The good news is that the Freeway bike path improves off-road bike access into Braeside Park by connecting directly into the Braeside bike/walking paths.

Dingley Village entry points onto the Freeway bike path will be at:

- Centre Dandenong Rd,
- Chadwick Oval Reserve, and
- Lower Dandenong Rd (near Howard Rd)

Cycling to these Dingley Village entry points still remains an on-road experience, with all the safety issues involved with on-road cycling (no bike lanes, parked cars, trucks and buses, etc).

Whilst this new bike path improves things for cyclists and walkers/joggers, overall connectivity of our bike / walking paths in Dingley Village, linking bike/walking paths throughout our village to our major activities such as schools, shops, sports facilities and external bike/walking paths (outside Dingley Village), is still lacking and an overall plan is needed for this.

Jon Garrard, DVCA and David Cappellari represent Dingley Village on the Community Reference Group (CRG) established to provide advice on com-

munity concerns and share information with the community about the Mordialloc Freeway construction.

Spring Rd Reserve

Since opening in 2017, our 38 hectare park continues to evolve, with park landscaping the next improvement on the agenda.

Council has prepared a landscape plan for Spring Rd Reserve taking into account the site constraints, due to the park being a closed and capped former municipal tip.

Unfortunately commencement of the park landscaping, with community assistance from the Friends of Spring Rd Reserve, has been placed on hold due to the Corona virus lockdown. Work will go ahead as planned as soon as these restrictions are lifted and Council is satisfied it can manage the process safely.

SAVE KINGSWOOD GOLF COURSE

Save Kingswood Group is also represented on the DVCA. Please let us know if you see activities like chain sawing, flooding, poison spraying or anything of interest.

Contact Kevin on 0435 378 678 and visit the website: www.savedingley.com

DVCA

Please consider joining the DVCA. The DVCA is open to all residents who genuinely care about our Village. Meetings are currently being held via Zoom during the Corona virus lockdown period. New members are most welcome to attend.

DVCA Contact Details

For further information please contact the Chairman and Secretary at dvcasesecr@tary@gmail.com, or visit our new DVCA website: www.dvca.info



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MEN'S HEALTH



MOVEMBER

Movember is an annual, month-long celebration of the moustache, highlighting men's health issues, specifically prostate cancer and depression in men. Mo Bros, supported by their Mo Sistas, start Movember (November 1st) clean shaven and then have the remainder of the month to grow and groom their moustache. During Movember, each Mo Bro effectively becomes a walking billboard for men's health and, via their Mo, raises essential funds and awareness for Movember's men's health partners.



EARLY DETECTION IS KEY.

The difference between early detection and late detection can be life and death.

Your risk of developing prostate cancer increases with age, but that doesn't

mean it's a disease that only affects old men. Prostate cancer is the second most common cancer in men worldwide. Men who have a family history (a brother or father with prostate cancer), are 2.5x more likely to get prostate cancer.

If you're 50, you should be talking to your doctor about PSA testing. If you have a brother or father with prostate cancer in their history, do it at 45.

WHAT'S A PSA TEST?

It's a simple routine blood test.

It's used to determine the measurement of Prostate Specific Antigen (PSA) concentration in the blood, it is the primary method of testing for prostate cancer. You should be talking to your doctor about whether testing is right for you.

GLOBALLY, ON AVERAGE, 1 MAN DIES BY SUICIDE EVERY MINUTE OF EVERY DAY.

In Australia, the rate of male suicide is alarmingly high: 6 out of 8 suicides are men.

The issue of suicide is incredibly complex. But we know this: improving overall mental health and helping men establish better social connections can reduce the risk of suicide.

Men are known for bottling things up. Trying to go it alone when you're feeling down increases the risk of depression or anxiety going unrecognised and un-

treated. Depression is a high risk factor for suicide, and plays a contributing role to the big difference in suicide rates for men and women.

The number of men who die by suicide in Australia every year is nearly double the national road toll.

Everyone's mental health varies during their life, and can move back and forth along their own personal range between positive and healthy at one end through to severe symptoms or conditions that impact on everyday life at the other, in response to different stressors and experiences.

Effectively managing your mental health can give you significant improvements in your quality of life, increase your capacity to support your family and your mates, and let you perform at your best.

There is information, support services and help available:



Beyond Blue 1300 22 4636 beyondblue.org.au/

MensLine Australia: 1300 789 978 mensline.org.au/

Movember: au.movember.com/

To speak with someone immediately, contact Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.

If you're ever worried that someone's life is in immediate danger, call 000 or go directly to emergency services.

interHealth
MEDICAL CLINIC

110 Centre Dandenong Road
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Phone 9558 2155

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Cheltenham 3192
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Saturday
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Sunday & Public Holidays
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The September Dingley Sports and Recreation Club's Junior Sports Star for September is Judd Downie-Lemon.

An avid sportsperson, being very proficient in many sports from athletics to swimming and other water sports, Judd is obsessed with Australian Rules.

At 6 years of age Judd started Auskick at Dingley following in the footsteps of his elder brother Michael. He quickly grew to love football and spent most of his spare time with football in hand. Judd progressed to Dingley Dingoes Junior Football teams where he has continued to learn and improve his game.



In 2019 he was rewarded for his skill and determination by winning the Dingley Dingoes under 11 Best and Fairest award. Judd capped this achievement by being runner up in the League's U/11 Best and Fairest.

Like many of his friends Judd cannot wait for next year when he can compete again. We look forward to following Judd's improvement as he advances through the grades and wish him all the best for team and individual success.

Judd's is a worthy Dingley Junior Sports Star for September. He will now be considered for the Bendigo Bank Dingley Junior Sports Star of the Year.

To nominate a local junior (16 years or younger) for sporting performance in 2019 or 2020 please go to www.dingley-sportsclub.com.au

EYES RIGHT

By Dingley Eye Centre

CONVERGENCE INSUFFICIENCY

We are all spending so much more time indoors and looking at things up close. Convergence is the coordinated movement of the eyes inward on close objects, including phones, tablets, computers and books. It is one of many vital visual skills learned early in life, as we begin to make sense of the world and how we use our brain to process the information gathered by the eyes. Consider how often you ask your eyes to converge on a daily basis, especially recently while in lockdown.

Convergence insufficiency is a common problem with the development of these skills. When convergence is insufficient, it means that the eyes have difficulty moving/turning inward enough when looking at near objects like your phone or a book etc. In this way the eyes are essentially looking behind the target and making it harder to focus. When we are not able to converge our eyes easily and accurately, symptoms may develop, such as:

- Eye strain (especially with or after reading)
- Headaches
- Blurred vision
- Diplopia (double vision)
- Difficulty reading and concentrating
- Short attention span
- Frequently losing your place while reading
- Avoiding near tasks
- Poor sports performance
- Dizziness or motion sickness
- Trouble remembering what was read
- Words appear to move, jump, swim or float
- Squinting, rubbing, closing or covering an eye

When tested, many people with convergence insufficiency may not complain of double vision or the other symptoms listed above because the vision in one eye has shut down. In other words, even though both eyes are open, healthy and capable of sight, the person's brain ignores the message from one eye to avoid these symptoms. This is a neurologically active process known as suppression. As such this is a disorder that often goes undetected because a person with convergence insufficiency will still pass the vision test.

Eye coordination problems like convergence insufficiency can sometimes be improved with spectacles, however a program of vision therapy and eye exercises may be needed to improve function, reduce symptoms and alleviate discomfort when doing close work.

At Dingley Eye Centre, we are passionate about your vision and the health of your families' eyes. Book online through our website, call us to make an appointment or come down for a chat about how our eye tests assess your eye muscle movement and ability to converge effectively. We are an "essential service." What could be more essential than seeing comfortably and clearly, and hence we will continue to be open to assist you during these trying COVID-19 times.

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LOOKING AT LOANS



KEEP YOUR EYES ON THE ROAD!

Some media outlets screamed “it will cause another financial meltdown akin to the GFC” following recent Federal Government announcements to curb responsible lending laws.

I have been asked by many clients for my thoughts on this, from my position as a professional accredited credit advisor acting in-between the bank and customer in support of the customer.

The truth is we need responsible lending rules and legislation. There are many vulnerable members of society who will take credit, offered to them with insufficient consideration of the consequences, or of their ability to repay the debt.

But is the existing legislation pushing too far?

I liken this to the Victorian Government’s response to the road toll. There was a time over 1,000 lives were lost on

Victorian roads in a 12 month period. This was unacceptable. Rules and regulations were introduced specifically to save lives, such as compulsory seat belt legislation, and speed limit implementation and enforcement. At the time there was a furore over civil rights, today few would argue.

The success of that program is undeniable!

Yet final responsibility for safe driving remains in the hands on the steering wheel.

Over 200 lives were lost on Victorian roads last year. So what next? Do we decrease the maximum speed limit permitted on all Victorian roads to 40 km/h? Do we cut down every tree on the side of a road? It would decrease the road toll further!

Most would view the cost as greater than the gain.

And so it needs to be with responsible lending legislation. We need rules and regulations. But not a 40 km/h speed limit and no trees. Which is what we have at the moment. Some return of responsibility to the borrower is required, we need to continue to search for the correct balance.

The road toll will never be zero. Loan defaults will never be zero. Legislation must be enacted and enforced to protect the vulnerable, however each individual needs to continue to take responsibility for their own actions.

You are the master of your destiny. Take responsibility, seek education, and seek advice. I implore all readers: Keep your hands on the wheel and keep your eyes on the road. In your car, in your credit, and in your life.

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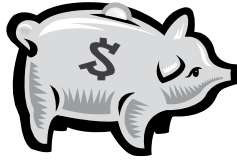
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DOLLARS & SENSE



3 THINGS YOU MAY HAVE FORGOTTEN TO PLAN FOR IN RETIREMENT

Retirement should be a time to wind down and enjoy life, however there are a few important topics often overlooked when planning for retirement. This article explains three of these aspects including re-contribution strategies, death nominations and having a spending policy in place

Retirement can be an exciting phase in your life. But all the recent changes to superannuation bring with them lifestyle and financial issues you need to be aware of as you plan your retirement.

Retirement means different things to different people. For some, it's an opportunity to travel, to begin that project they've been putting off for years, or to just relax, spend time with the grandkids and dabble in their favourite hobbies. Retirement should be a time to relax and be free.

PLAN SMART FOR A STRESS-FREE RETIREMENT

Your retirement should be a time to free yourself from financial stress. Planning and good advice from a qualified financial adviser is the key to a trouble-free retirement.

If you're considering retirement, there are issues you need to think about and plan for before you take the plunge. Here are 3 decisions retirees commonly miss in planning for their retirement:

1. HAVE A RE-CONTRIBUTIONS STRATEGY

Few prospective retirees have heard about a 're-contribution strategy' but you do need to know what it is and how it works.

Your superannuation entitlements comprise both taxable and tax-free components. A re-contribution strategy is one where you withdraw your money from your superannuation account and re-contribute that cash back into your fund.

Why a re-contributions strategy is important

Re-contributing all or part of your withdrawn funds back into your superannuation as a tax-free non-concessional contribution increases the level of tax-free funds in your superannuation account.

This reduces the tax payable on your superannuation pension if you dip into that pension while under 60 years of age. A re-contribution strategy can also lower the tax payable on benefits paid to your beneficiaries when you direct your superannuation benefit to your non-dependent beneficiaries following your death.

2. DEATH NOMINATIONS

A lot of retirees often forget death benefits are payable to your dependents or your estate from your superannuation fund upon your death.

There are four forms of death nominations. You can make a binding death benefit nomination while you are alive. This is a written direction to your superannuation trustee establishing how you wish your superannuation death benefits to be distributed.

Secondly, a reversionary beneficiary is where a superannuation fund member receiving an income stream nominates a beneficiary to receive those payments upon their death.

Thirdly, you can make a non-binding death benefit nomination guiding how you wish some or all of your superannuation death benefits to be distributed following your death.

Lastly, you may make a non-lapsing binding death benefit nomination directing your superannuation trustee to distribute some or all of your superannuation death benefits. This nomination, if allowed by your fund trust deed, remains in place unless the member cancels or replaces it with a fresh nomination.

Why a Death Benefit Nomination is important

If you don't dictate how your superannuation death funds are to be distributed, the trustee of your fund has discretion as to who should receive your superannuation death benefit in the event of your death.

3. ENSURING YOUR MONEY WILL LAST AND MAXIMISING CENTRELINK

Australia's social security system is

means tested. It is designed to act as a safety net. So, the higher your income or assets you have on retirement, the lower your Age Pension entitlements may be.

If your income or assets exceed the set cut off limits, you will not be eligible for an Age Pension at all. Hence, we, as Australians are expected to use more of our own savings to fund our retirement.

Currently, for every \$10,000 of assets above the allowable Age Pension threshold your pension drops by \$390 per year each if you're a couple or \$780 per year for single.

Why ensuring your money lasts is important

The more heavy lifting your pension does, the less you'll draw on your retirement savings. This is important as our increased life expectancies coupled with a turbulent investment environment make it challenging to ensure your retirement savings will go the distance.

FINAL OBSERVATION

Planning your retirement can be complicated. As you can see from the above three issues, the various legislative frameworks are complex. While it pays to understand how retirement works, contact a qualified financial adviser to discuss your personal situation and retirement needs.

Richard Vaughan

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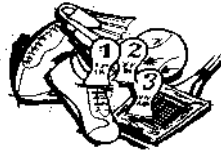
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CIRCLING THE CLUBS



As restrictions alter please check with individual clubs for any changes or updates

DINGLEY 60 PLUS SOCIAL GROUP

The current restrictions have forced the Group into temporary lockdown with the closure of our weekly meeting venue and other places that we would normally frequent for entertainment and meals. When we are able to resume our activities, it will be back to business as usual.

Our activities are suitable for those in the 60 plus age group and provide an opportunity to socialise with your peers. The week will start on a Thursday night from 7.30 pm in the Sports Bar of the Dingley International Hotel (DIH) where you can join the Group for a casual chat and a drop of your preferred beverage.

A list of proposed activities over the following 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.

To our members and the Dossier readers: try to keep in touch with your friends and relatives in these trying and restrictive times.

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 0410 625 731.

PS - We have been forced to restrain - when will we get back to DIH again?

PROBUS CLUB DINGLEY CENTRAL



Our last face-to-face Probud meeting was in March and at that time we did not anticipate we would be unable to meet again to enjoy our social activities, restaurants, music shows or day tours over all these months.

However, the club has remained active and members have enjoyed novel ways of keeping in touch. We have enjoyed informal video chats over a cuppa, viewed video performances by artists on-line and newsletters have been emailed. We are fortunate to have some computer savvy members who can support others in need. To ensure our members without the internet haven't been left out, they have received telephone calls and newsletters in the mail.

When we are allowed to resume, our meetings will be held on the first Monday of the month at 9:30am for 10:00am start at "The Salvation Army Kingston City", 12-16 Boulevard, Dingley Village. For

more information about Dingley Central Probud please contact our secretary, Ruth, on 9587 0432.

DINGLEY VILLAGE SENIOR CITIZENS CLUB INCORPORATED

There is little to report this month.

We hope that you are all still keeping well, safe and happy!

It is so nice when we go out walking (for exercise of course!) and see all the lovely spring gardens, blossoms and flowers out as the weather now is getting warmer.

Hopefully, the number of new cases will stay down and we will be allowed to meet again in November.

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



"All Women, All Ages, All Places. Grow, Connect, Improve."

With the current restrictions in force, in an effort to control the spread of COVID-19, our members have been unable to hold their regular monthly meetings and various other activities including our craft mornings. Members support one another by keeping in touch by email and by phone. We have also been busy swapping sewing patterns and making face masks to keep ourselves and the community safe.

It has been difficult to plan too far ahead, but we hope that we will be able

An important message from the Victorian Government

IF YOU THINK YOU HAVE CORONAVIRUS, GET TESTED TODAY.

If you have any of these symptoms, get tested today and save lives.

Mild flu-like symptoms.

Sore throat or runny nose.

Cough or cold.

More information on testing at coronavirus.vic.gov.au

VICTORIA State Government

Managing this together

to meet again soon. Our meetings are normally held on the 4th Wednesday of the month at 10 a.m. at the Dingley Village Neighbourhood Centre and on the 2nd Wednesday morning of the month at a member's home for craft.

In the meantime we hope Dossier readers and their families keep well and stay safe.

If you would like more information about the CWA or would like to become a member, you can contact Secretary Diana Muir on 0409 031 942.

LIONS CLUB OF DINGLEY VILLAGE



We are in need of new members, a great opportunity to help your community.

Once again we are selling Lions Christmas Cakes, you can pick up from Dingley Village Farmers' Market or contact Lynne. The money raised will go towards ongoing Lions projects.

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

PROBUS CLUB OF DINGLEY VILLAGE INC.



We will meet on the first Thursday of the month at the Dingley Sports and Social Club at Souter Oval, from 10.00am once restrictions are lifted. Visitors and prospective members are always welcome at our meetings, and for further information, or to join one of our activities, please contact President Vi on 9551 1076.

DINGLEY CHELTENHAM VIEW CLUB



(Voice Interests Education of Women)

Women of all ages are invited to join our monthly meetings, which include a guest speaker followed by morning tea, once restrictions are lifted.

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BOOMERANG BAGS, DINGLEY VILLAGE



Our aim is to REDUCE waste, REUSE quality shopping bags and RECYCLE fabric.

Boomerang Bags Dingley Village is a community group who create reusable shopping bags from donated recycled fabrics. So far, our small group of volunteers has made over 1400 FREE shopping bags for our community. You can help yourself to one of our FREE bags at the Dingley Village Farmers market or pick one up at the Dingley Village Neighbourhood Centre reception.

The group meets each Thursday morning, once restrictions are lifted, at the Dingley Village Neighbourhood Centre, 9:30-12pm and the 4th Sunday of the month 2-5pm. If you have clean sheets or fabrics you would like to donate then please contact Debbie 0411 058 804 or Helen 0425 862 718.

DINGLEY VILLAGE MEN'S SHED



The Shed is currently closed and will reopen when restrictions are lifted

Member's 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

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Competition Speech:

By Kosta Osianlis

***Year 12 Cadet Under Officer in the
Mentone Grammar Army Cadets Unit***

In 1914, the image of war sold to Australians was that of valour, glory and honour. War would be the trip of a lifetime, an adventure to tell your grandchildren. Tragically, many of these young men did not come home to share their stories. Too many did not get the moment of glory they dreamed of; that moment where they stepped off the train to a sea of cheering flags and admiring smiles.

World War I was the first major industrial war, using machine guns, chemical weapons and combined arms warfare. The horrors of war were unknown to these young men, who set off to fight for their country. They had no concept of the tightening of their lungs as mustard gas destroyed their nervous system as they suffocated. The indiscriminate destruction of trenches as they witnessed their friends fall beside them. The horror of such a brutal and bloody war was still yet to be realised by these young men who set out to fight for their nation. In 1914, true bravery, compassion and commitment to a nation was shown by millions of young men. In 2020 this commitment to Australia is as present as it was in 1914, just in a different way.

The sacrifices of these young men still echo throughout Australia today. Their sacrifices have allowed Australia to become the peaceful and prosperous nation that it is today. It is because of the brave Australians in 1914 who made the commitment to serve their country in the armed forces, that we now don't have to make those same sacrifices. The commitment to serve, the commitment to mateship and to each other, is as strong today as it was when those men set out to fight all those years ago. But in 2020 this commitment to Australia takes a different form.

What service means today is different from what service meant in 1914. Today, service is not solely found in the military. Today, service is the idea of lending yourself to society with the intention of creating a better Australia. Unlike in 1914, when one's only acceptable offer to his country was one's devotion as a soldier, today we see Australians lending their skills, knowledge and time, to serve the wider Australian society, in a variety of different ways. Australians today are gifted with many avenues through which to serve our country. The great Aussie digger tradition of mateship and courage is alive in the firefighters who fought against blazes that claimed 18.6 million hectares, over nine thousand buildings and thirty-four human lives last summer. There is undeniable selflessness in the healthcare workers who place themselves at risk in their efforts to combat a virus that has in many countries outstripped the death toll of the First World War. The Australian dream of justice and equality is still pursued, not with weapons, but with words, by brave activists who fight towards a fairer Australia. These Australians all serve their nation to improve it, to protect it and to maintain it.

Arguably, service in today's society has seen wider commitment, as a more inclusive society allows more and more people to fight for the common person and to aid one another. Women were limited during the First World War to volunteer efforts on the homefront, but today's girls grow up knowing that they could one day be the country's prime minister. Aboriginal and Torres Strait Islander people were prohibited from joining the armed forces until 1917, but today we recognise heroes such as Adam Goodes who lead by proud example to challenge Australia to respect its heritage. There is still fighting to be done for a fair and

equal Australia. But Australian society is undoubtedly growing in strength as an increasingly greater proportion of society is empowered to foster their skills and passion, so that they might in turn serve the nation. In 2020, the opportunity to serve is extended not only to a select few, but to all Australians regardless of their background. This in turn leads to a much larger number of Australians serving their nation.

The enemy has shifted since 1914. Australians no longer fight a battle against a people, a nation or an army. We are now fighting internal aspects of the fabric of society that harm Australians. The battlefield has shifted since 1914. It is no longer on the strategic island of Crete, it is no longer on the cliffs of Gallipoli and it is no longer fought on the plains of Flanders' fields. But today, people serve Australia in hospitals, in the bush, in the cities and in the streets. Service today requires people to stand up against the intangible threats that plague society. The people fighting against homophobia, against racism and against misogyny are all in service of Australia, as they are lending themselves to Australia in the effort of peace. As the world enters a period of peace among nations, we no longer point the great arsenal of change at others, but within Australia and its divides.

The echoes of a war fought so long ago may now seem a distant memory. Australia has repaired its relationships with past enemies and progressed to embrace a global society. But today, we serve with the same commitment, vigour and passion for our nation as we did in 1914. We look back at our fallen brothers and sisters who died protecting Australia in all wars but we also look forward into a brighter future and acknowledge that we thrive today due to the sacrifices of brave men and women who provided us with the opportunity that allows us to serve as we do today. Their sacrifices enable us to fight not against each other, but against the social divide within society that prevents harmony and peace. The young men who died in 1914 didn't get to tell their grandchildren their stories but they did change the world for them. Commitment to Australia in all its facets is as strong as it was one hundred and six years ago, but we acknowledge that it is different. We owe this strength and this freedom to serve in a multitude of ways, to the fallen soldiers of 1914. We shall never forget them.

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CHURCHES & CHALLENGES



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Church Service Live Streamed on Sunday mornings at 10am.

Senior Pastor: Dan Parker Senior Associate Pastor: Dave Harrison

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

It has been a challenging season for all parts of the community. Churches have not been exempted from the restrictions on gatherings or connection that everyone is facing. This has meant we have not had the opportunity to travel and send our people to do their normal international relief and support work.

There were plans to travel to Turkey for work with Syrian and Iranian refugees and churches that are running education and feeding programs on the Turkey/Syrian border. There were also plans to send our pastors to help church and local leaders in South Sudan with training. We also send a team to work among children in poor communities every year and it had to be cancelled.

What we have done is send support to a church in the Philippines that was recovering from cyclone damage, and a

leader in Khartoum Sudan that is struggling with flooding and COVID-19 ravaging the community. We also support a family on the Syrian border working with refugee youth and another couple working with refugee families near Istanbul in Turkey. There are other groups we support and try to give encouragement to during the world-wide pandemic. Even while COVID-19 wreaks havoc across the world, other disasters don't cease and there is tremendous need.

As a church community, we believe in setting finances aside to be a blessing to people with whom we have a relationship, who need our help. Jesus said to go to the nations and preach the good news. Part of the good news is what we can do to bring material help, but the most important good news is the message of the free gift of eternal salvation through Jesus Christ.

Pastor Dan Parker

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.

The Church is presently closed due to the social distancing regulations, but if you have any enquiries, please contact the Friars at St Mark's or St Joseph's.

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 al-

ternate 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 November

- 1st All Saints day
- 2nd All Souls day
- 9th Dedication of the Lateran Basilica
- 10th St Leo the Great Pope & Doctor
- 18th Dedication of the Basilicas of St Peter & St Paul
- 21st Presentation of the Bl Virgin Mary
- 22nd Christ the King
- 28th St Catherine Labouré
- 29th 1st Sunday of Advent /Feast of all Franciscan Saints
- 30th St Andrew Apostle



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See below for link to live streaming of services

Our Church program for NOVEMBER is as follows:

SUNDAYS

10.00 a.m. Worship Service using livestream link: <https://villagechurchau.faith-livesites.com/live>

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JOE NARDELLA
0409 532 877

“Sisters in Christ” Ladies Group – 7.30-9pm. Fellowship and sharing. Monday 9th November via Zoom. Contact Office for details.

LIFE GROUPS:

*Tuesday nights – Fortnightly 7.30-9.00pm. 10th and 24th November. Contact office for Zoom link.

*Wednesday nights – Fortnightly 7.30-9.00pm. 4th and 18th November. Contact office for Zoom link.

Sunday nights – 1st and 3rd Sundays of the month 7-8.30pm. 1st and 15th November. Contact office for Zoom link.

PRAYER TIME:

Weekly - Wednesdays 10-11am via Zoom link. Contact office for link.

Monthly – Monday 16th November 7.30-8.30pm and Saturday 21st November; 9-10am via Zoom link. Contact office for links.

BIBLE STUDY:

*Women’s –Precept Ministries study on Genesis. Thursdays fortnightly 10-11.30am and 2.30-4pm via Zoom, 12th and 26th November. Contact office for Zoom link.

*Open – Fortnightly Thursdays 5th and 19th November on the Gospel of Luke via Zoom. Contact office for Zoom link.

*Not held during school holidays.

MARRIAGE & FAMILY SUPPORT:

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

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

We believe that now more than ever, Village Church can play a pivotal role in strengthening and encouraging families, as we commit to giving our all to help you out. 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 Fiveways Boulevard, Keysborough, but contact is recommended by phone on 8712 8254 until the current restrictions are lifted. Please feel free to call Lesley with any enquiries you may have and leave a message if the office is unattended.

Our Pastor is Rodney Hole who may be contacted through the Church Office.

THE SALVATION ARMY KINGSTON CITY



‘You Belong’

13/12-16 Garden Boulevard, Dingley Village,

Office Phone: (03) 9558 2045 facebook.com/KingstonCitySalvos

www.salvationarmy.org.au/kingstoncity/Corps Officers (Ministers): Steph & Stuart Glover | Henry Roehrig

Office Hours: Mon, Tues, Wed, Fri 9am – 4pm

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

If you would like to receive a video link to our Sunday worship services, or a Sunday worship pack sent by mail, please email steph.glover@salvationarmy.org.au or phone 0414 430 414 and we will be in touch.

EMERGENCY RELIEF | CASEWORK

The Salvation Army Kingston City Doorways team offers Assessments for emergency relief (currently via phone). Please phone 9558 2045, Monday, Tuesday, Wednesday, Friday 9am – 4pm

‘BIG DAY OUT’

(Currently not running due to CoVid19 restrictions). A ministry for people living with special needs (1st Tuesday of every Month) 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 @KingstonCitySalvos or phone Steph on 0414 430 414

HIRE OF FACILITIES

(Currently not available due to CoVid19 restrictions). For enquiries please phone Steph on 0414 430 414 or email steph.glover@salvationarmy.org.au

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 9580 6983
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

TO VIEW OUR WORSHIP SERVICE PLEASE VISIT OUR FACEBOOK PAGE: [Heatherton-Dingley Uniting Church FOR THE LINK](#)

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What's On - once restrictions are lifted
Wednesdays – **Prayer meeting** at the church 9.00 – 9.30 a.m. If you have a concern that you would like prayed for ring Margaret on 9551 9494

Know Your Bible 9.30 – 11.00 a.m. An interdenominational study of the Bible for women 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 THE MONTH

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

For further information contact Bob Lorraine on 9589 493 or 0418 998 714

CHRIST CHURCH DINGLEY

387 Old Dandenong Road, Dingley (at the roundabout)
Contact: admin@ccd.org.au or 9551 7871

Web: www.ccd.org.au

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

CCD Weekly Church Service can be accessed through our New Website from 10.30 each Sunday. Check it out! www.ccd.org.au. (Past services are accessible here also)

If we can be of assistance to you in any way please feel free to make



contact with us – whether for prayer support or in need of a Care Package to help put food on the table, or someone to talk with. This is a time for us to all pull together as a community. If we can't help with your particular need, we will refer you to someone who can. God bless you!

Church Office:

For all enquiries contact the office: 9551 7871.

Ministers:

Vicar: Rev. Wayne Walters: 0425 163 730

Associate Minister: Rev. Tanya Cummings 0408 912 412

Youth & Children's Minister: Baden Harvey.

SCANNING THE SCHOOLS



HEATHERTON CHRISTIAN COLLEGE

Science Week 2020 at Heatherton Christian College



The theme for this year's Science week was Deep Blue: Innovations for the Future of our Oceans. Even though we were remote learning, Heatherton went on to celebrate Science Week.

Many Year 7 to 10 students also entered the seven-day online Education Perfect Science Championships to earn points individually and for the College. HCC came third in Victoria in the 101-250 category, out of 46 schools. However, when adjusted for numbers through averages, we came first in Victoria.

Congratulations to all students involved! We are extremely proud of their efforts.

Students in Upper Primary and Secondary were presented with Oceans Trivia, innovative ideas that could save our oceans and Disney's 'Under the Sea' singalong video. They were able to watch The Coral Reef and Shark Tale during lunchtime and enter a creative writing competition based on the Science Week theme to win canteen vouchers.

Students in the Lower and Middle Primary school were also involved in Science Week as their teachers organised various activities including making

Waves in a Bottle and writing about their favourite shark. In Primary French, they were drawing angler fish or un poisson pecheur, and learning about Jacques Cousteau, the French oceanographer.

It was great that we could still celebrate Science Week despite the lockdown.



Above creating blue waves, below creating pink waves and left a look at plastic pollution found in our oceans.



DINGLEY COMMUNITY TRADE DIRECTORY

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

Service	Phone No.	Mobile No.	Service	Phone No.	Mobile No.
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Ashfords Wealth Advisors	9551 2822		Bathroom Revival		0408 549 697
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AGED CARE SERVICES			Ashfords	9551 2822	
Caring Support @ Home	9131 5187		Integrity Finance	9511 8883	0417 593 893
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Dingley Chiropractic Centre	9558 1436		PhysioChoice	9558 2155	
CHURCHES			MEDICAL SERVICES		
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Killester College	9547 5000		Glendaren Auto Panels	9543 3331	
Cornish College	9773 1011		PHYSIOTHERAPY		
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The DINGLEY DOSSIER

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Neighbourhood Centre Inc.

31B Marcus Road,
Dingley Village. 3172

Phone: 9558 1866

dingleydossier@dvnc.com.au

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

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