

# THE DINGLEY DOSSIER

Volume 49 Number 8 September 2021 www.dvnc.com.au/dossier

## R U OK DAY SEPTEMBER 9 THIS YEAR THE MESSAGE IS: ARE THEY REALLY OK? ASK THEM TODAY.

#### THIS YEAR THE MESSAGE IS: Are they really OK? Ask them today.

Our community has experienced a worldwide pandemic with restrictions and multiple lockdowns during 2020 and 2021 which has impacted on our mental wellbeing.

So chances are someone you know might be struggling. Your genuine support can make a difference whatever they are facing, big or small.

So, don't wait until someone's visibly distressed or in crisis. Make a moment meaningful and ask them how they're really going. Use these four steps and have a conversation that could change a life:

## 1. Ask R U OK?

- Be relaxed, friendly and concerned in your approach.
- Help them open up by asking questions like "How are you going?" or "What's been happening?"
- Mention specific things that have made you concerned for them, like "You seem less chatty than usual. How are you going?"
- IF
- If they don't want to talk, don't criticise them.
- Tell them you're still concerned about changes in their behaviour and you care about them.
- Avoid a confrontation.
- You could say: "Please call me if you ever want to chat" or "Is there someone else you'd rather talk to?"

### 2. Listen

- Take what they say seriously and don't interrupt or rush the conversation.
- Don't judge their experiences or reactions but acknowledge that things seem tough for them.
- If they need time to think, sit patiently with the silence.
- Encourage them to explain: "How are you feeling about that?" or "How long have you felt that way?"
- Show that you've listened by repeating back what you've heard (in your own words) and ask if you have understood them properly.

### 3. Encourage action

- Ask: "What have you done in the past to manage similar situations?"
- Ask: "How would you like me to support you?"
- Ask: "What's something you can do for yourself right now? Something that's enjoyable or relaxing?"
- You could say: "When I was going through a difficult time, I tried this... You might find it useful too."
- If they've been feeling really down for more than 2 weeks, encourage them to see a health professional. You could say, "It might be useful to link in with someone who can support you. I'm happy to assist you to find the right person to talk to."
- Be positive about the role of professionals in getting through tough times.

## IF THEY NEED EXPERT HELP

Some conversations are too big for family and friends to take on alone. If someone's been really low for more than 2 weeks - or is at risk - please contact a professional as soon as you can.

#### 4. Check in

- Pop a reminder in your diary to call them in a couple of weeks. If they're really struggling, follow up with them sooner.
- You could say: "I've been thinking of you and wanted to know how you've been going since we last chatted."
- Ask if they've found a better way to manage the situation. If they haven't done anything, don't judge them. They might just need someone to listen to them for the moment.
- Stay in touch and be there for them. Genuine care and concern can make a real difference.

Are they really OK? Ask them today. Your conversation could change a life. More information, help and tips about Asking R U OK can be found at https://www.ruok.org.au

Contact Lifeline 13 11 14 for crisis support. If life is in danger, call 000. The information contained in this article of a general nature only and provided by © R U OK? Limited ACN 138 676 829



## FARMERS' MARKET

SATURDAY 18<sup>TH</sup> SEPTEMBER | 8:30AM - 1:00PM

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

## COMMUNITY

## LIVING IN DINGLEY VILLAGE

## **IMPORTANT NUMBERS**

**City of Kingston:** 1300 653 356

Emergency: 000

Police: 131 444

Crime Stoppers: 1800 333 000

Lifeline: 13 11 14

Suicide Call Back Service 1300 659 467

**SES**: 13 25 00

Poisons Info: 13 11 26

Coronavirus Hotline 1800 675 398

**MensLine**: 1300 789 978

WIRE (Women's Information and Referral Exchange): 1300 134 130

**Safe Steps:** 1800 015 188

Nurse on Call: 1800 022 222

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

Aircraft Noise: 1800 802 584

Neighbourhood Centre: 8512 0505

**Community Association:** dvcasecretary@gmail.com

> Men's Shed: 9551 5892

VicRoads Faults and Hazards: 13 11 70

> **RSPCA** 9224 2222

## Shop Local, Shop Independent, Shop Small & do Business Locally

## Organ donor, are you sure?

**MYTH**: I'm already registered on my driver's licence. I don't need to do anything else.

FACT: Only in South Australia can you register to be a donor via your driver's licence. In all other states and territories, you need to register via <u>donatelife.gov.au/register</u>. Thousands of Aussies think they're registered to be an organ and tissue donor but aren't – when did you last check?



It only takes ONE minute to register as an organ and tissue donor at <u>donatelife.gov.au</u>. All you need is your Medicare card.

#### Your neighbourhood centre needs YOU

The neighbourhood centre needs your skills, your ideas, your commitment to the local community and your enthusiasm! If this is you, why not nominate and fill a position on the Board of Governance and have input into the future direction of your Neighbourhood Centre If you are interested in finding out more email admin@dvnc.com.au.



## ADVANCED NOTICE: Document shredding and e-waste day in October.

The Dingley Village Neighbourhood Centre will be holding a shredding & e-waste collection day in October. So put aside all your old files, documents and electrical equipment and bring along for quick safe disposal or destruction. E-waste is any item that requires plugging in to power or recharge. Gold coin donation for all residents and if you are a local small business please contact the Centre for costs.

## Key Events Happening in September

#### Dementia Awareness Month

Dementia Awareness Month runs from 1 September to 30 September every year and is organised each year by Alzheimer's Australia. <u>https://www.dementia.org.au/</u>

#### National Asthma Week September 1-7

Throughout the week, lots of activities are organised to increase awareness of asthma to communities and help people manage asthma. <u>https://asthma.org.au/get-involved/what-is-on/asthma-week/</u>

## **Big Heart Appeal**

The Heart Foundation saves lives and improves health through funding world-class cardiovascular research, guidelines for health professionals, informing the public and assisting people with cardiovascular disease. As a charity, the Heart Foundation relies on donations and gifts in wills to continue our lifesaving research, education and health promotion work.

Website: <u>www.heartfoundation.org.au</u> /campaigns/big-heart-appeal

## Justice of the Peace

Malcolm Gilbert: **0418 549 800** Marion Harriden: **9551-1799** Allan Harris: **0412 073 719** 





## Our next Market is on Saturday 18th September LOCKDOWN OR COVID RESTRICTIONS THE MARKET STILL OPERATES

Please support the incredible Victorian farmers and producers who attend our market. Shop among the gum trees for your farm fresh seasonal produce at the Dingley Village Farmers' Market.

Located in the forecourt of the Dingley Village Neighbourhood Centre, the Dingley Village Farmers' Market provides shoppers with seasonal farm fresh produce from Victorian farmers and producers.



#### SPRING IS HERE!!!

Yes spring weather in Melbourne can be changeable, cold and wet one day beautiful sunshine the next, but we have you covered with a range of delicious seasonal produce. How do we know it's delicious? Our Market Manager Amy, recommends the products on sale, because she shops at the market and uses the product to feed her family, Her Osso Bucco is a family favourite.

Amy would love it if you could share your market goodies and creations with us too by posting to Facebook and Instagram when you bake, cook, entertain etc. It doesn't need to be a fancy photo either. If you are enjoying a glass or wine or gin, tag us!



Did you know? A lot of our stall holders have delicious recipes for using their produce on their websites or Facebook page, why not do a Google search and check them out.

From the basic staples to special treats, all our regular stall holders will be in attendance but check out the market Facebook page in the days before each market for an updated list of stall holders.



DingleyVillageFarmersMarket







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 QR Code sign in using the Victoria Contact Tracing app, is mandatory when attending the market.





Get ready to scurry along to one of the world's favourite musicals, brought to you in a SING-A-LONG format!

> Heatherton-Dingley Uniting Church Sat. October 9 @ 1:30pm sharp Includes \$5 p.p. for afternoon tea

> Please extend this invitation to your family and friends. RSVP to Bob for catering purposes 0418 998 712



## **Little Villagers Childcare**

**Commonwealth Childcare Subsidy Approved Provider** 

Don't need full time childcare, working part-time, working from home, home schooling or just need a few hours child free, then we have the answer. We have 5 hour sessions available for pre-school aged children. You do not have to be eligible for Commonwealth Childcare subsidy for your child to attend, we offer affordable fee for service rates.



Open 9am - 2pm Tuesday, Wednesday, Thursday & Friday 9558 1321 31B Marcus Rd, Dingley Village (inside Neighbourhood Centre) Email: Ivcc@dvnc.com.au

## **OUR COUNCIL**

## Kingston Council receives a tick of approval from the community in the latest annual satisfaction survey

Residents across Kingston have given Council a high rating for overall performance in this year's independent Community Satisfaction Survey.

Four hundred randomly selected Kingston households took part in the annual survey, co-ordinated by the Department of Jobs, Precincts and Regions and conducted by independent group JWS Research in February and March this year. Council's overall performance score was 66, above the state-wide council average of 61.

"The new Council, which has been in place since November 2020, cares passionately about supporting our community, working collaboratively, delivering high-quality services and providing value for ratepayers' money," Cr Staikos said. "This survey shows our residents recognise this focus, with our overall score five points higher than the state average."

"It is particularly great to see that residents believe the decisions we make as a council are in the best interests of the community, scoring us 65 - which is 10 points higher than last year."

The Community Satisfaction Survey found Kingston performs significantly higher than the state-wide average on all service metrics, performing particularly strongly in the key areas of maintaining our local roads, value for money, and waste management – council is focused on improving our services on roads, rates and rubbish.

Most residents (52%) also rate the value for money they receive from Council in infrastructure and services provided to their community as 'very good' or 'good'. Kingston rated significantly higher than the state-wide average in community consultation and engagement too. Almost two thirds of the community believe Council is heading in the right direction, with residents aged 18 to 34-years-old the most satisfied with Council's performance. Residents in the same age bracket also gave Council the highest rating for customer service - with the overall rating in this area remaining stable with just a one-point change from last year.

Mayor Staikos said Kingston believed it was important for all councils to take part in the survey, to check-in with residents and take on board their feedback. "We at Kingston always want to learn which areas we can improve on and it's vital that we hear from our community to ensure we can make changes where necessary," said Cr Staikos.

"I am pleased to see that since the last survey we have also seen a four-point increase in Council's performance rating in consultation and engagement."

"Consultation is an area we have committed to building on, this year we have worked very closely with the community to develop our new Community Vision. For the first time, a representative community panel was given the power to develop their own vision, with Council committing to adopt it with no changes. This is something as councillors we are all really proud of."

The panel's recommendations will also help Council draft the four-year council plan, Public health and wellbeing Plan and 10-year plans for how we manage the city's finances and assets.

## Kingston and the Hawks kick off a new partnership for community sport

Kingston Council and Hawthorn Football Club will partner together to boost local community AFL with a new community oval at Hawthorn's Dingley Village headquarters.

Council has given in-principle support to contribute \$5m to the new oval which will have dedicated hours set aside for community sport. Kingston Mayor Steve Staikos said the partnership with Hawthorn Football Club would help meet the growing demand for sporting facilities in Melbourne's south-east.

"Sport is booming in our region with growing participation particularly in footy played by women and girls," Cr Staikos said. "The new community oval will help transform a former landfill in the Green Wedge site into muchneeded community facilities to serve generations to come." Cr Staikos said the project was a cost-effective way to meet the growing demand for sporting facilities while providing good value for money for ratepayers. Developing community sporting facilities like this would cost Council around \$15 million if we were to go it alone, so working together with Hawthorn to use their land is a smart move," Cr Staikos said.

Council's 'in principle' support for the \$5 million contribution is subject to agreement on a legally-binding arrangement guaranteeing 20-30 hours per week of community access, plus Victorian Government funding support being secured for the project.

"We are proud to take the first step towards a strong partnership with Hawthorn Football Club through signing the Memorandum of Understanding and we look forward to nailing down the details in order to proceed with the project," Cr Staikos said.

Caruana Ward Councillor, Cr George Hua welcomed the decision by Council, "It's an exciting project that will be a great asset for local sport, provide pathways into elite women's football and help boost the local economy through construction and ongoing jobs," Cr Hua said.

"Community sport adds so much to Kingston by encouraging a healthy, active lifestyle and establishing strong community connections. It's great to think that we could soon be seeing the next generation of young footy stars getting their start on a brand-new community oval here in Dingley Village."

"We now call on the State Government to at least match the Commonwealth's commitment so that this project can be realised as soon as possible," Cr Hua said.

## More than \$1.6 million awarded through Kingston's Community Grants

Social welfare groups, schools, theatres, and sporting clubs across the municipality will share in just over \$1.6 million to continue their great work thanks to Kingston's Annual Community Grants Program.

Kingston Mayor Steve Staikos said Council was delighted to continue to support local not-for-profit groups and deliver a wide range of services, programs, and special events to the community. "There are so many fantastic community groups doing really important work across Kingston and we are proud to be able to support their efforts," said Cr Staikos. "Our community continues to face many challenges due to the impact of the COVID-19 pandemic and our community groups and clubs do a wonderful job providing emergency relief, social engagement and act as an invaluable support network for many in Kingston."

A total of 177 community grants have been allocated this year. Recipients include the Rotary Club of Mordialloc, which runs the annual Gnome and Fairy Festival, an event for the whole family which had to be cancelled two years in a row due to COVID-19 lockdowns.

Council has also provided funding to multicultural and seniors groups to enable these groups to meet for regular social, educational, and cultural activities which help to break down social isolation and build community connections.

The 2021-22 council grants budget included:

\$1,171,189 for partnership grants to long established key organisations that provide important social and welfare services to Kingston residents

**Dingley Village Police Update** 

<u> Crime Stoppers (1800 333 000)</u>

To provide crime information. It can be anonymous.

\$315,100 in annual grants of up to \$10,000 for not-for-profit community groups to help develop a healthy, active, and socially connected community.

The 2021-22 Community Grants Program attracted 74 partnership and 119 annual grant applications. This year's grant allocations include:

- \$503,827 to support local neighbourhood houses and community centres.
- \$389,445 to support community social welfare organisations.
- \$86,095 to support local multicultural and seniors' groups.
- \$76,567 towards supporting local VICSES Units.

Kingston Council's Community Grants Program also includes individual development grants, student achievement grants, arts grants, and Children's Week grants.

## Kathrine Carton Counselling

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Bicycles are stolen everyday around Australia. Often they are located by police, however being able to return a bike to its owner is often a challenge if bikes are not marked and owners cannot be identified.

There are a number of ways you can reduce the risk of having your bike stolen:

- Always lock your bike using a durable security device. E.g. u-lock or folding bar lock.
- Lock the frame to a fixed, immovable object that can't be broken or moved, even at home.
- Secure your bike in a busy, well lit area where it can be easily seen. Areas where CCTV is active would be preferable.
- Secure any valuable components and accessories.
- . Record serial numbers, makes, model and colour.
- Engrave your bike with a personal reference.
- Photograph the bike and consider insurance.



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## DINGLEY VILLAGE COMMUNITY ASSOCIATION

## KINGSWOOD GOLF COURSE: THE FIGHT CONTINUES

## To stop the new rezoning and development proposal



**THANKYOU** to everyone who has made a submission to the State Government's Golf Course Redevelopment Standing Advisory Committee, against the rezoning and redevelopment of the Kingswood Golf Course site in Dingley Village (Draft Amendment C199).

The fight is on for Dingley Village and DVCA thanks our Local, State and Federal politicians for their statements of support and submissions made to the Committee against this inappropriate development of Kingswood Golf Course.

- The City of Kingston and Councillors.
- Martin Pakula, member for Keysborough.
- Mark Dreyfus, member for Isaacs.
- Gordon Rich-Phillips, member for South Eastern Metropolitan Region.
- Dr Tien Kieu Member, member for South Eastern Metropolitan Region.

DVCA also thanks all the residents displaying Yellow Save Kingswood signs on their front fences. Sadly, the extended lockdown has once again forced us to cancel our drop-in sessions at the library and community meeting. If you need any help at all with making your submission please contact the DVCA or Save Kingswood Group who will help you with the process. DVCA has made a detailed submission to the Committee against this new rezoning and development proposal made by Australian Super. One resident shared with us his submission about the developer's so-called Silver Standard Townhouses (imagine what Bronze Standard must be like!). It reads like satirical comedy, but we think it is a fair representation of what may lie in store for families if the overdevelopment goes ahead...

"Silver housing livability is great in concept, but measure it against the reality of a 150 sqm lot size. IT JUST DOESN'T FIT. Think about it. Take away the setback, a garage for the SUV, bikes & bins and a stairwell to get upstairs. Apply the silver standard. A ground floor bedroom, accessible toilet & shower AND Granny. Where does the rest of the family eat, live & play. . . UPSTAIRS of course. But Granny can't climb stairs. She's just stuck on her own at the back of the garage having her food delivered on a tray, waving goodbye to the grandkids as they leave for school if she can find her way past the bins and bikes & the SUV. Why is the SUV there, 'cause a) son-in-law is working from home or b) public transport is so good he is taking the bus to work.

Not to worry though, he's already been late to work twice this week because the bus gets held up in the traffic quagmire on Centre Dandenong Road caused by the increased traffic coming from the Dingley Bypass down Tootal Road to the roundabout and onto the Mordialloc freeway on-ramp and the factory outlets. So he'll be driving again soon. It's faster if he takes the rat-run out the back way. But then it will be her daughter Sarah's car in the garage instead, even though there is only room for one car. They had to buy a second car to take the younger kids to school as they found out that, despite the promises in the advertising blurb, it's too dangerous to ride to school down Centre Dandenong Road (there's no bike lane) ... and the older kids are at Parkdale High School and that's miles away, too far to ride anyway. Sarah's going back to work part-time soon now that the kids are a bit older, so she'll need the car for that as well. We need the extra money as they are thinking of sending

one of the kids to a private school as she's struggling a bit. Her current public school is so overcrowded. We are not sure what to do about young Tom though. He's just got his driver's licence and is starting an apprenticeship early next year. Needs to get a Ute and we're not sure where he'll be able to park it. Oh, and the bins . . . well, we have 4 large bins there now, red, yellow, green & purple and the red one smells bloody awful but there's nowhere else to put it and Granny's used to the smell now ! I'm not sure why we have the green one. The front garden's so tiny we don't really need one."

## What Happens Next?

Following receipt of all submissions, the committee will hold a public hearing, currently scheduled to start on Monday 11th October 2021, at which the DVCA President Leigh Gridley will be presenting the DVCA's submission.

## Spring Rd Reserve - Help is needed - Saturday 11 September 2021 residents planting volunteer working bee

The planting work continues at Spring Rd Reserve and volunteers are again needed to join in and help with this. Our last planting day, back in April, was a great success, with some 1700 trees/bushes planted.

So come along and join in to help make our Spring Rd Reserve Park even better!

Here are the details:

- Date: Saturday 11 September 2021 (COVID-19 permitting)
- Time: 10am to 12 noon
- Meeting place: at the path entrance to Spring Road Reserve, opposite to Toorak Drive.

All necessary equipment will be provided, but you need to wear sturdy shoes and bring/wear your facemask RSVP: with your name, mobile and email to the DVNC **9558 1866** OR email the DVCA at dvcasecretary@gmail.com.

#### Spring Rd Reserve - Dog owners please read: Dog off-leash park areas - responsible behaviour

There have been reports of dogs out of control in the Spring Rd Reserve off-leash areas. DOG OWNERS, you remain responsible for your dog at all times in the Spring Rd Reserve off-leash areas. Exercise, play and socialisation are important for the health and happiness of your dog. When your dog is off the leash it must still be under your control and you must keep your dog in sight and at a distance where it is able to hear and react to your commands. If you do not have complete control of your dog, it should be kept on the leash. Please remember it is an offence under section 26 of the Domestic Animals Act 1994 to not have effective control of a dog.

Enjoying the off-leash area in our park with your dog is terrific but it is important that all dogs and their owners also feel safe in the off-leash areas.

#### DVCA

The DVCA is open to all residents who genuinely care about our village. Meetings are held in the Community Centre, 2nd Tuesday each month (except Dec. & Jan.) at 7.30pm and new members are most welcome to attend. Meetings are being held via Zoom during any Coronavirus shutdown period.

#### DVCA Contact Details

For further information please contact the Chairman and Secretary at dvcasecretary@gmail.com, or visit our new DVCA website: <u>www.dvca.info.</u>

CITY OF KINGSTON WOMAN OF THE YEAR 2021 Simone Hardham at the Dingley Village Market.

If there's any federal issue that you need assistance with, please don't hesitate to get in touch. I'm here to help.

# MARK DREYFUS MP Federal Member for Isaacs

Your Federal Member in the Australian Federal Parliament

9580 4651 566 Main St Mordialloc VIC 3195 mark.dreyfus.mp@aph.gov.au

## DOLLARS & SENSE



There is hardly anything in life that doesn't involve taking some risk – even getting out of bed in the morning! Many people are fearful of investing because all they focus on is the risk of losing their hard-earned money. Others look for great returns and forget about the risk entirely. As with anything, there has to be a balance.

In the majority of investment structures, risk and return are related. The more risk you take, the more return you can potentially make (and vice versa). But there are ways in which this "risk" can be managed without defaulting to lowreturn investments.

Here is a handy checklist to keep you focused on maintaining a balance.

### 1. Risk and return

To get ahead, your investment return needs to take account of tax and also stay ahead of inflation. Many low-risk investments such as bank savings accounts often do not achieve that goal. To make any gains, you must take calculated risks.

### 2. Learn more and be aware

Many investment disappointments come from lack of knowledge. You must ask questions until you understand the investment. If you do not understand it, do not invest in it.

### 3. Rely on experience

Software and mathematical models can increase understanding but in the end it is people who make the difference. Smart investors seek the help of experts.

## 4. Never assume

It is easy to make assumptions and accept the information you are given. You must test the assumptions through questioning.

## 5. Understand the risks

It can be tempting to pretend that a risk is small if something sounds really good. You must accept that risk always exists. Discuss it openly with your adviser so it can be managed.

## 6. Mix up your investments

Diversifying means you take on more 'uncorrelated' risk. The larger number of small and different investment risks you take can provide a higher probability of more consistent returns.

## 7. Stay focused

Be consistent. A rigorous and systematic approach will beat a constantly changing strategy every time.

## 8. Use common sense

Investing requires you to make judgments rather than following a script. It is better to be approximately right than to be precisely wrong.

## 9. It's not just about returns

It is all about risk and return. Accepting and managing the risk may help you realise the return you desire.

Just like achieving other goals in life, you need to decide how much risk you are prepared to take in chasing higher rewards. Talk to your Ashfords licensed financial adviser about what best suits your situation.

Adrian Mastroianni Client Services Administrator www.ashfords.com.au

Level 3, 148 Logis Boulevard (corner of Greens Rd.), Dandenong South, Vic. 3175 PO Box 4525, Dandenong South, Vic. 3164





## **ARE YOU IN PAIN?**

Do you suffer from: Low Back Pain Neck Pain Headaches Arm & Leg Pain Knee, Hip & Wrist Pain Muscular Pain Sports Injuries

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Classes held at Dingley Village Neighbourhood Centre, Marcus Rd For class times or more infomation Ph 9583 5680 or 0439 304 579

## Prostate cancer - Know your family history

September is Prostate Cancer Awareness Month. Each year in Australia 20,000 men are diagnosed with prostate cancer.

All of us know someone who has been affected, and yet many of us don't know what the prostate does, or what prostate cancer is, limiting our understanding of how to detect and treat it. It's vital to know your risks and your family history; it could help to save your life.

### Your family history – the facts

- If your father or brother have ever been diagnosed with prostate cancer, you have twice the average risk of developing the disease.
- If you have two or more close male relatives who have been diagnosed, your lifetime risk of developing prostate cancer increases five-fold.
- Your risk also increases if you have a strong family history of breast or ovarian cancer, especially if a BRCA1 or 2 gene mutation was involved.

### Other risk factors - things you need to know

- Your risk of prostate cancer increases as you get older.
- Prostate cancer is unique among cancers we have not yet found a way of preventing it, and we do not know what causes it.
- Scientists have not yet found any strong links between diet and lifestyle and prostate cancer.

### Be aware - know the symptoms

- When prostate cancer first develops, there may be no symptoms.
- In later stages, symptoms might include frequent urination, difficulty or pain when peeing, blood in the urine or semen, unexplained weight loss, and body aches.
- It's important to remember these symptoms could be caused by a range of factors, and do not always mean you have prostate cancer.
- If you develop any of the symptoms above, see your doctor straight away.

### Take the right action at the right time

- The current Australian guidelines recommend all men discuss their individual risks and detection options with a doctor – check out our PSA Test Guide for more information.
- If you have no family history and no symptoms and decide to get a PSA test, you should do so every two years between the ages of 50 to 69.
- If you have a family history and decide to get a PSA test, you should do so every two years from age 40/45 to 69, starting sooner if you have a strong family history.
- If you are 70 or older with no previous diagnosis of cancer, PSA tests are not recommended because you are unlikely to die from prostate cancer if it develops.
- If you develop any of the symptoms of prostate cancer, see your doctor straight away.







## 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

Information provided by Prostate Cancer Foundation of Australia

## WHAT'S ON AT THE NEIGHBOURHOOD CENTRE?

## 31B Marcus Rd, Dingley Village. Call 8512 0505 for details

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
3 yr Kinder	Childcare	Childcare	Childcare	Childcare
Senior Citizens	Playgroup		Zumba Gold	Reading Rockets
		Play, Learn Grow Tgether	Body-Balance	
Table Tennis	U3A Art			
Playgroup	Writing for Pleasure	Table Tennis	Boomerang Bags	Arts access
Taekwondo	Social Art group		U3A Art	Craft group
	•••			

## Notable dates:

- Wednesday 8th Sept: City of Kingston Immunisation program
- Wednesday 15th Sept: Book Club
- Saturday 18th Sept: Dingley Village Farmers Market



## What's on at Dingley Village Library in September

Brain Training at Dingley Village Library Mondays 10.30 am.

Want to learn new skills and have a laugh with a like-minded adult group? Come along and give your brain a workout with activities such as quizzes, memory puzzles and word search. Drop into one of Dingley Village library's weekly sessions on Mondays at 10:30am.

If you have any questions about this event you can phone **1300 135 668**.

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## Pantry Fresh 693 Clayton Rd, Clayton South, 3169 www.pantryfresh.com.au

(03) 9551 1569

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Chicken – All chemical free
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## AND SO MUCH MORE – COME IN AND SAY HELLO DIRECT TO THE PUBLIC







9558 2155

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Dingley Dossier - September 2021

12

## YOUTH CORNER

## Dingley Scout Group

Some of the more senior members of our group had fun recently at the City of Kingston Youth Trivia night. This was a chance for youth aged 12 – 18 to do some brain gym and pitt their trivial talents against others in the City of Kingston. Needless to say our youth did well and had a great time while they were at it.



But scouting isn't just about fun, it's also about building resilience, problem solving skills and community within our youth. The past 18months have certainly thrown us many challenges, but we are very proud of how our youth have been rising to the challenge of finding fun ways to connect with their group, and the community, even when it's not possible to meet face-to-face. One of our cub scouts, Joey, decided it would be fun to do a scavenger hunt. His fellow cubs were set two challenges – a selfie challenge and a clean-up challenge.

Lists were sent out and in true cub style, they were soon off and racing to see who could clean up or selfie the best. Joey's idea had the cubs out getting exercise, having fun, and looking after our community. What a win; but don't worry, they all got together at their zoom meeting that week to show off their 'snaps' and have a bit of a laugh.

We are always happy to see new faces.

Joeys 5 – 7yrs Cubs 8 – 10yrs Scouts 11 – 14yrs Venturers 15 – 17yrs Rovers 18 – 26yrs Please contact our Group Leader below Monday 7:00pm – 8:30pm Thursday 7:30pm – 9:30pm Friday 7:30pm – 9:30pm Monday 7:30pm – 10:00pm

For more information about Dingley Scout Group contact

## Vanessa on **0402 489 773**

or email dingleyscoutgroup@gmail.com.

## SCANNING THE SCHOOLS

## **Dingley Primary School**

The students of Dingley primary school are to be congratulated on applying themselves to engage positively with their teachers and learning during the two periods of remote and flexible learning this term.



Home group teachers have been meeting virtually with students each day, providing support and guidance for the remote learning tasks and building connectedness with and amongst students.

Students have been enjoying participating in Wellbeing Wednesday activities each week. These activities provide students with the opportunity to complete tasks related to their specialist classes and take a break from their screens.

A huge thank you to all parents and carers for providing such supportive learning environments for our students working at home.







## LOOKING AT LOANS

## **Be A Mate**

For six months my wife kept telling me "It's ridiculous! How can you hold an Olympic Games in the middle of a pandemic! They should just cancel them!"

But once they started, she was hooked. And so was I. In the middle of over 50% of Australia's population being in pandemic lockdown it became just what we needed. Two weeks later when it was all over - "What do we do now?"

My hero moment: Cedric Dubler. The decathlete who did not win a medal but became a front page story 'encouraging' his mate Ash to a Bronze 3rd placing in that event. Life is tough. We all need support around us.

Sometimes it is the soft and fluffy support, sometimes it is tough love.

Cedric knew when and how to give what support was required when it was required. Perhaps that is my hero moment because giving support is what I do for a living?

Being a credit advisor / mortgage broker is not just looking for a low interest rate for clients. It is about assisting them to achieve their dreams. First is obtaining the loan, just as important is paying it off. We are there for the journey, supporting in any way we can.

Abraham Lincoln once said, "He who represents himself has a fool for a client".

A statement made in reference to the law, transferrable to dealing with modern day lending. Don't be afraid to ask for credit advice, that is what we are here for. We all need a Cedric in our lives. So, I ask you to consider right now:

- What have you done this week to 1. support a neighbour / friend / local business?
- 2. What can I do to support you?

To give, and to receive, is integral to happiness. And when it is required, having the 'tough love' conversations. It is my hope that 'doing a Cedric' will become part of the Australian lexicon, perhaps as well understood in meaning as 'doing a Bradbury'.

It's part of being a mate, of being Australian.

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9586 0500

bayside@barryplant.com.au

Mentone-Cheltenham 18 Nepean Highway, Mentone

## LOCAL SPORTS

## Dingley Football Netball Club



"There is an old saying in football which coaches often use and that is: "We're just taking things a week at a time". With the pandemic causing frequent disruptions to community sport, that adage is absolutely appropriate at this time, as being able to play sport at all, is an unknown from week to week.

Since our last report, which covered a Round Thirteen win over Bentleigh, yet another lockdown meant that the following game against St Kilda City on July 17 was cancelled and the July 24 weekend was a scheduled bye for the competition.

A well-rested Dingley team then inflicted a massive win of 148 points [that's nearly 25 goals], at Highett. Covid has severely weakened several sides, even in the top Division, and this is a major concern for the league as it plans for the future.

The current SFNL Ladder sees Dingley seniors and Reserves in top position, with the Reserves unbeaten and the main

Phone 9558 7388 to book in your vehicle

team having suffered just one loss. The pattern of cancelled games throughout the year has meant, however, that the senior side has yet to meet its closest rivals, Cheltenham and Port Melbourne Colts.

The League has now announced its intentions to proceed with its finals schedule which will commence, fingers crossed, on Saturday and Sunday August 28 and 29 at Mordialloc Football Ground. If Dingley remain in top position it will play in a Second Semi Final the following Saturday, as will the Reserves.

The Preliminary Final is set down for September 11 and the Grand Final is scheduled for September 18. Dingley netballers have also had a fantastic year, having worked through the same disruptions, and are participating in their finals program at present.

Good luck to all participants, wearing the red, black and gold and representing your community.

The Football and Netball Club recently lost one of its greatest servants and



characters with the sudden passing of Russell Walsh. Russ was a massive contributor to the club, initially through the junior football section and later in various senior roles at committee level. He was a great mate and great company to us all and is sadly missed."



2 Elm Tree Drive, Dingley Village

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## EYES RIGHT

## **Colour Vision Blues**

While, school holidays are on the horizon, it has come to our attention that many parents and teachers are becoming increasingly concerned with children and their ability to recognise colours.

There is a misconception that those with a colour vision deficiency cannot see colour at all, and therefore are effectively colour blind. While it is possible to be colour blind, it is extremely rare, and is not the reality in most cases. Rather it is a person's inability to differentiate shades of colour that makes optometrists consider them to have a colour vision deficiency.

To put this in perspective, if the normal human eye can see 10 million colours, those that have a colour vision deficiency would only see 1 million (which is still a lot of colours). It is believed that around 550,000 Australians have some form of colour vision deficiency.

However, the numbers differ greatly between the genders, with around 8% of men & 0.4% of women who suffer from colour vision deficiency. Put simply, around 1/10 boys & 1/200 girls suffer are colour vision deficient. So what is colour vision deficiency, and how does it work?

- We have three types of "colour sensitive" cells: red, blue & green.
- When we try to appreciate the colour of an object, it's the ratio of how these different cells are stimulated that tells us what colour it is.
- Imagine that one of these cells is not as "sensitive" to its perception of colour and therefore cannot have as many possibilities for different colours.
- The condition is often genetic and therefore inherited.

Please do not be heartbroken over this diagnosis as the condition can often have very little effect on quality of life. Nonethe-less it is important that we diagnose this, as for many career paths it is essential that individuals have a normal perception of colour e.g. pilots, army officers, fire fighters, police officers etc. Knowing if they are colour deficient, will help steer your child away from career choices early on, that they unfortunately will not be able to pursue.

So what signs should we be on the lookout for? Simply asking a child or adult to identify a colour i.e. pointing at something and asking them what colour it is, is not a good assessment because they will say the correct name even though they may see an entirely different shade. In reality, we need to notice when people make mistakes in identifying shades e.g.

- Calling a purple shirt a blue shirt OR
- unable to match similar coloured socks.

Optometrists have special tools that can identify a colour vision deficiency and also categorise it so you know exactly which colours your child may struggle with. Our best advice, however... is always, get your child's eyes tested before they start school and consistently every 1-2 years thereafter! 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 on our new website www.insightfuleyecare.com.au or come down for a chat about how we can assess your children's colour vision and eyes to guide them on the best career path for them.

Zara Daneshvar, Darran Yeow and the team ⓐ Dingley Eye Centre - Insightful Eye Care™

## Ph: 9551 4244

116 Centre Dandenong Rd, Dingley Village Website: <u>www.insightfuleyecare.com.au</u> [Book appointments online] Email: dingley@insightfuleyecare.com.au

We are your local optometrist



## FRIENDS OF BRAESIDE PARK

Have you noticed that the days are growing lighter earlier?

The Winter Solstice has long gone so this is to be expected. Walking through Dingley's streets, I can see a profusion of camellias, rhododendrons, azaleas and the first daffodils. Walking through Braeside Park, I can smell and see the Silver Wattle (Acacia dealbata) and, if you look carefully, off the paths, undisturbed by bike-riders and careless walkers, you might see an Early Nancy (Wurmbea dioica), which has a small bulb once eaten by the Bunurong people. They would also have noted that the Yam Daisy (Microseris lanceolata) were budding and would soon be ready for digging too. Unfortunately, introduced cattle and horses then compacted the ground and these plants are long gone from our Park.

We often think of winter as an unfavourable season for plants, with many gardens displaying deciduous European trees: but for our native plants, especially the small tuberous herbs, winter is a season of growth. At this time the Park is green, and the lower temperatures rarely stop growth along with sometimes plentiful winter rain. For Braeside Park, the unfavourable season is high summer, when water is scarce and much of the ground flora browns off and aestivates. Most of us still adhere to the Northern Hemisphere's four seasons but gardeners are adapting the six-season calendar compiled by Dr. Beth Gott of Monash University's School of Biological Sciences. This makes August Pre-Spring.

My own daffodils and bluebells are flowering amongst the native heath bells (Epacris impressa). But, I do wonder what effects the increasing light pollution has on the flora and fauna of the Park. Already, the lights from Springvale Road, the Business Park, Waterways and far away sports fields light up many of the trails. There are different types of light pollution. There is glare, sky glow (brightening of the night sky from beneath), light trespass (from road and businesses) and clutter (bright, confusing lights from sports complexes). I can now only just make out the Southern Cross and Orion. What effect this must have on the possums, owls and other small nocturnal creatures and plants? The research I have googled says light pollution is a problem for ecosystems.

Light pollution is bad for plant and animal physiology. It can confuse the migratory patterns of animals, alter competitive interactions of animals, change predator-prey relations, and cause physiological harm. Then there is us humans. For us, light at night lowers melatonin production which results in sleep deprivation, fatigue, headaches, stress, anxiety, and other health problems. Recent studies now shows a connection between reduced melatonin levels and cancer.

This was one of the many questions put to the Major Road Project Victoria (MRPV) before, during and now at the end of the construction of their freeway for the votes of the next few suburbs along. It was dismissed for insufficient scientific research (Google Scholar is still free) and mitigation for lights to be directed downwards (once upon a time, cigarette smoke and leaded petrol were also mitigable). This hardly surprised me. Community questions were either dismissed or could be mitigated to dismissal.

(This is the way Victoria is governed, see the last eighteen months.) The MRVP crew are leaving now as they have reconstructed our green open space into a grey infra-space with speedy access to the South Road traffic light collection between Boundary Rd and Nepean Hwy. There remain other natural spaces to re-construct, and there is a completion date and construction budget to meet. (Or not meet, if you live in Victoria.)

The latter thought is really irrelevant because the public are rarely told of the final costs! The Friends will have to do our own research on light, water and air pollution impacts on the Park but who will we send it too!

Judith Sise, President



## **CIRCLING THE CLUBS**



## **Probus Club Dingley Central**



Unfortunately our July meeting and activities were cancelled due to lockdown. We have planned activities for September which include: Happy Hour, Camera Club, Legs, Morning Coffee, IPad group, Mens Lunch, Dine Out, Craft Group and Games Day, subject to COVID restrictions easing.

Our meetings are held on the 1st Monday of the month at 10am at "The Salvation Army Kingston City" 13/12-16, Garden Boulevard, Dingley Village New members are most welcome. For further information please contact Ruth on **9587 0432**.

### Burden Park Bowls Club



Once again Covid is causing havoc with our winter bowls competition, so I haven't got much to report.

We hold a dance night 4 times a year, unfortunately with Covid it's had to be postponed for a second time. It's been sold out both nights. So let's hope we can get on top of Covid and get back to some normality.

The first year is free with some small conditions.

- 1. You must play at least one game of pennant for Burden Park.
- 2. You must remain a member for 2 years.

What you will receive:

- 1. Free coaching.
- 2. Free pennant shirt.
- 3. A key to get in to bowl whenever you like. (\$50.00 deposit is required)
- We have several pennant sides so everybody will get a game of pennant.
- 5. You will be joining a club with fun loving and friendly members.
- 6. In the summer we play competitive pennant and in the winter we play social bowls. So if you are interested in having a bowl give Rob a call on **0407326481** he'd love to hear from you.

So if your interested in having a bowl give rob a call on **0407326481** he'd love to hear from you.We are located on the corner of Springvale rd and Heatherton rd, Springvale.

## Dingley 60 Plus Social Group

When the current restrictions have caused the Group to cancel all our functions however it is our intention to resume our usual social activities as soon as possible.

Our activities are suitable for those in the 60 plus age group and provide an opportunity to socialise with your peers.

Events can be proposed by members and those interested can get on board. We are more than happy to welcome new members to the Group and you can call Shirley on **0410 625 731** or Graeme on **9551 34642**.

PS - If the lockdowns continue for much longer we may have to rename the organisation the Dingley 70 Plus Social Group.

#### Dingley Village Senior Citizens Club Incorporated

We hope that you are all well and happy and that you are enjoying your home stays.

COVID-19 restrictions permitting, a bus trip outing is presently planned for the 8th of September. Additional activities are also planned for September, but all of these will need to be confirmed.

For such confirmation, please contact our President, Lyn, on **9585 5039**, or our Secretary, Sandra, on **9558 1490**.

Hopefully, we will be back to more or less normal sometime soon.

We would be very pleased to welcome anyone over the age of 55 to come and join in our Club activities – these are generally held on a Monday afternoon at 1:00 p.m. in the new Harold Box Hall.

### Lions Club of Dingley Village



We are in need of new members, great opportunity to help your community. If anybody has any of the following items, they can be left at the Dingley Village Neighbourhood Centre. Pre-loved spectacles, sunglasses and hearing aids and used stamps are still needed. Thank you to all who have donated, please keep them coming in.

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

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

## Probus Club of Dingley Village Inc.



Subject to COVID restrictions our luncheons are held on the first Thursday of each month at 12 noon in the bistro at the Keysborough Hotel.

Our morning coffees are held on the 2nd Tuesday of each month at 10am at The Nest, Waterside Drive, Waterways.

If you haven't already, please RSVP to Vi on **9551 1076** for either or both events.

Please take care and keep well. For further information, please contact President Vi on **9551 1076**.

## Country Women's Association Dingley Village



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

In 2021 our meetings will be subject to Covid restrictions and guidelines.

Our next Business Meeting will be at the Dingley Community Centre on Wednesday, 22nd September and our Craft meeting on Wednesday 8th September.

If you need any further information about C.W.A., or would like to consider becoming a member, Please contact either - Kathy on **0403 468 969** or Di on **0409 031 942.** 

## Rotary Club Noble Park – Dingley



Active Rotarians – making friends and making a difference

The Rotary Club of Noble Park-Dingley has an active social and project program. Our members love being part of our club and enjoy participating in our activities. Once you get to know us you might like to join us in being part of a network of 1.2 million Rotary volunteers worldwide.

We meet at 6.30pm on the first three Thursdays of each month at Keysborough Golf Club in Hutton Road. Please phone Reny Frighetto on 0437 080333 for more information.

Dingley Cheltenham VIEW Club (Voice Interest Education of Women)



VIEW is about enjoying friendships, learning, and fun outings, all with the purpose of helping vulnerable Australian children. Women of all ages welcome. Please do not hesitate to contact us.

## Fran Thomas, 0419 309 931

franniet@gmail.com.

When: Second Tuesday of the month. 10am to 1130. Place; Keysborough Golf Club Hutton Rd Keysborough.

## 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 which creates reusable shopping bags from donated recycled fabrics.

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, subject to COVID restrictions, at the Dingley Village Neighbourhood Centre, 9:30-12pm.

If you have clean sheets or fabrics you would like to donate, please contact Debbie on **0411 058 804** or Helen on **0425 862 718**.

#### Dingley Village Men's Shed



The Shed is operating under a COVID-19 safe plan.

Member's Morning Muster: Friday, gam 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: info@dvms. org.au. www.dvms.org.au

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

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## **CHURCHES & CHALLENGES**

## th

### As restrictions are constantly changing, check with individual churches for any changes or updates.

## 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 10a.m.

## All enquiries phone **9580 6983**

www.heathertondingleyuca.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 **0401 392 772**.

## 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**.

### Bark And Chat Group

This group for dog lovers and their dogs will meet on Saturday, 17th July at 10.00 a.m. at the Church.

Come along and find out where you can holiday that allows you to take your dog. Morning tea provided. Everyone is welcome, with or without a dog.



## Village Church Dingley



"Inspiring people to discover and develop life in Christ"

Church office: 7–9 Fiveways Blvd., Keysborough. 3173 Phone number: **8712 8254** Email: admin@villagechurch.org.au

www.villagechurch.org.au

Our Church program for SEPTEMBER is as follows:

Many of our gatherings have returned to face-to-face as well as offering Zoom options. Please check our website for updates or ring the office to confirm.

### Sundays

10.00 a.m. Worship Service at 7 Fiveways Boulevard, Keysborough and via livestream through <u>https://www.</u> <u>villagechurch.org.au.</u>

Communion Service – 1st Sunday of every month. \*Kids Church at 7 Fiveways Boulevard, Keysborough – exit from main church service for Kids Church program at 10.30am to 11.45am, children from birth to Grade 6. All welcome.

### Life Groups

\*Tuesday nights – Fortnightly 7.30-9.00pm. 14th September. Contact office for Zoom link.

\*Wednesday nights – Fortnightly 7.30-9.00pm. 1st and 5th September. Contact office for Zoom link.

### **Prayer Time**

Weekly - Wednesdays 10-11am at 7 Fiveways Boulevard, Keysborough and via Zoom link. Contact office for link. Monthly – Saturday 18th September; 9-10am at 7 Fiveways Boulevard and via Zoom link and Monday 20th September 7.30-8.30pm via Zoom link. Contact office for links.

### **Bible Study**

\*Women's –Precept Ministries study on Genesis. Thursdays fortnightly 10-11.30am at 7 Fiveways Boulevard and 2.30-4pm via Zoom, 2nd and 16th September. Contact office for Zoom link. \*Open – Fortnightly at 1pm, Thursday 9th September 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.

Please feel free to call Lesley on

**8712 8254** with any enquiries you September have and leave a message if the office is unattended. Our Pastor is Rodney Hole who September be contacted through the Church Office.

### **Kingston City Church**



Our Vision: Connecting People To Jesus Christ Our Mission: Reach, Restore, Relate, Resource And Release.

316-322 Kingston Road, Clarinda, 3169 (near Clayton & Boundary Roads intersection).

Ph: 8551 6600, Fax: 8551 6690.

Web: <u>www.kcc.crm.org.au</u> Email: admin@crm.org.au Senior Pastor: Dan Parker Senior Associate Pastor: Dave Harrison The purpose of this group is to connect with men in our community to build friendships and support each other, whilst developing from being good men to being great men. Our focus is to mentor men to develop into great sons, husbands and fathers, and be a positive influence in the community.

In order to achieve this, we get together every 2 to 3 months and hangout for a chat or social night going ten pin bowling or playing lawn bowls. We also have events to focus on areas of interest that impact men and our progress in life. Our program is built around encouraging men to develop physically, mentally, spiritually and socially.

Our events are driven by this purpose and vision. We believe in developing good networks and support groups for our men to not only deal with the challenges of life, but to enjoy and cherish the moments in life with a positive attitude.

If you are a man in our local community and looking for a group of like-minded men to hang out with, then please contact us. You can email us on men@ crm.org.au or call us on **85516600** and we can keep you updated on our events, so you can join us and check us out.

Looking forward to having you join us and make new friends as we support each other.

- Dishan Rajaratnam

OFM Conv.

### 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

## 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 September:

3rd September - St Gregory the Great Pope & Doctor 8th September - Nativity of the Blessed Virgin Mary

13th September - St John Chrysostom Bishop & Doctor

14th September - Triumph of the Cross

15th September - Our Lady of Sorrows

18th September - St Joseph of

Cupertino

21st September - St Matthew Apostle & Evangelist

23rd September - St Pio of Pietrelcina 27th September - St Vincent de Paul 29th September - Sts Michael, Gabriel & Raphael Archangels

30th September - St Jerome Priest & Doctor

#### **Christ Church Dingley**



387 Old Dandenong Road, Dingley (at the roundabout). Contact: admin@ ccd.org.au or **9551 7871** Web: <u>www.ccd.org.au.</u>

**Sunday Services** (All services subject to Covid Restrictions)

8.30am - Traditional Service with Holy Communion and Hymns 10.30am – More Contemporary Service

with Children's Program.

CCD Weekly sermons can be accessed through our Website each Sunday. <u>www.ccd.org.au</u> Streaming at 10.30 am. (Past services are accessible here also)

Tuesday Monthly Communion and Favourite Hymns Every second Tues. All welcome. Followed by afternoon refreshments. Transport available on request.

#### **Roundabout Op Shop**

The Roundabout Op Shop offers many bargains on good quality clothes, bric a brac, books and toys with friendly and personal service.

#### Normal hours:

- Wednesdays 9.30am 4pm
- Thursday's 9.30am 1.30pm
- Saturday's 9.30am 1.30pm

We are once again taking Donations of Clean and Useable items, but cannot accept electrical goods, bedding or baby/child equipment.

Come & visit us at the Roundabout ... when the Flags are out, we are Open!

#### **Regular Ministries**

#### Professional Counselling Appointments: 9551 7871

Medical Mission Aid Stall First Sunday of every month 8am until 1pm (before and after morning services). Beautiful homemade goods, new items, and yummy cakes, jams and relishes. Funding provides medical supplies to six hospitals in Tanzania, Kenya and Nepal.

Youth - Every Friday (during school term) 7pm–9pm. Year 7-12s welcome!

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

Ministers - Associate Minister: Rev. Tanya Cummings **0408 912 412** Youth & Children's Minister: Baden Harvey

## The Salvation Army Kingston City 'You Belong'



13/12-16 Garden Boulevard, Dingley Village, Office Phone: **(03) 9558 2045** facebook.com/KingstonCitySalvos <u>www.salvationarmy.org.au kingstoncity/</u> Corps officers (ministers): Major Jennifer Cloke and Auxiliary Lieutenant James Singer.

#### Office Hours

Mon, Tues, Wed, Fri gam – 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 kgreception@gmail.com or phone **9558 2045** 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.

22



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## ABN: 71 463 442 675

Editor: Pam Gates Publisher: Dingley Village Neighbourhood Centre Inc. 31B Marcus Road, Dingley Village. 3172 Phone: 9558 1866 Email: dingleydossier@dvnc.com.au

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