



THE DINGLEY DOSSIER

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SIX TIPS FOR COPING WHEN THE NEWS IS GETTING TO YOU

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<https://theconversation.com/au>
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Whilst the following article was written last year, with the recent events of flooding in Queensland and News South Wales and the war in Ukraine the information and advice are still very relevant.

It can often feel difficult to escape a bad news story. The news plays a prominent role in our lives, something that has been emphasised even further during the past year.

The pandemic has brought with it daily news briefings and a seemingly never-ending influx of COVID related headlines.

Staying informed and educated is important. However, constant exposure to negative reporting may be bad for your wellbeing. The World Health Organization has found news coverage

can increase distress and anxiety, and a recent study suggests news reports shared through social media lead to increased panic.

Some people may be particularly vulnerable to negative impacts of specific stories.

For example, people with eating disorders have reported being triggered by an emphasis in the media on exercise and weight loss during the pandemic.

Whatever it is that triggers you, the goal is to find the balance between using the news to stay informed and not becoming overwhelmed.

Being triggered

A trigger is something that causes negative feelings or behaviours for someone. They can be driven by many internal processes, for example a reminder of past trauma, or intense emotions such as stress, anxiety, entrapment, or a lack of control.

When someone is "triggered" they experience negative consequences such as a panic attack, flashbacks, or an increase in mental health symptoms – for example, disordered eating,

self-harm, anxiety, or depression.

You may be able to spot that you're at risk of being triggered by listening to your psychological and physiological responses. For example, you may notice an increase in negative or brooding thoughts, increased heart rate, rapid breathing or feeling like you're in a state of high alert.

You may also have started to notice other physical symptoms related to stress, such as fatigue or changes to your sleeping pattern. Tuning into your mind and body responses can provide the earliest signs that the news may be having a negative impact on your wellbeing.

1. Regulate consumption

Regulating consumption of news includes making the conscious decision to take "time out" from the media for a period of time.

Alternatively, you may have noticed a pattern around the negative impacts you are experiencing – for example, do you tend to feel more negative impacts if you read the news when you're tired or just before bed, or during periods of increased general stress?

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1800 015 188

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Community Association:

dvcasecretary@gmail.com

Men's Shed:

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VicRoads Faults and Hazards:

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9224 2222

Justice of the Peace

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Allan Harris: 0412 073 719

If so, you may wish to limit exposure at certain times of day, in particular contexts or both.

You may notice that certain news sources use communication styles or content that you find particularly distressing or triggering. Perhaps they are particularly confrontational, biased, or controversial. If so, try to find more positive sources that work for you.

For example, during the pandemic, the World Health Organization suggests limiting access to health authority websites which aim to provide just the facts on the current situation.

2. Take ownership over your emotions

Never blame yourself for experiencing negative emotions. It is important to acknowledge that it is your right to feel how you do. In doing so, acknowledge that you also have control over your reactions.

This can help you to feel more in control and more empowered to work towards more positive coping mechanisms.

3. Take care of your health

Investing time in your physical care can help provide you with the best chance to react positively to stressful situations. Healthy body, healthy mind.

Try to eat healthy meals, get regular – but not excessive – exercise and maintain a good sleeping pattern. Remember the emphasis is on health, not weight loss or other potentially negative drivers.

Similarly, take care of your mental health by striving for positive work life balance, practising mindfulness, or staying in contact with supportive friends and family.

4. Focus on the positive

If you're being triggered by negative news coverage, try to find some positive resources to focus on. For instance, during the current pandemic, the World Health Organization suggests focusing on recovery stories.

5. Replace unhealthy coping skills with positive alternatives

There are resources available to help individuals identify positive behaviours which they can use to replace unhealthy coping mechanisms such as eating disorders and self-harm. Similar resources are available for a wide range of behaviours.

6. Seek support

Contact support groups or healthcare professionals. It's important to recognise the value of positive social support and to recognise that seeking help is a positive and strong step.

These contacts can also help you find other helpful resources. You are not alone, reach out for support.

It can be difficult to find the right balance between being informed by the news media and not becoming overwhelmed – especially during a global crisis. This has been a very difficult year for many.

It's natural to feel concerned, apprehensive, and stressed at times. However, it's also important to invest time in self-care and to seek help if you are experiencing negative impacts on your health.

It is important to recognise that everyone is an individual, and what works for one person may not be the best approach for another.

Be prepared to take some time to find the techniques that work for you, and do not be apprehensive about seeking professional help to guide you through this process.

THE CONVERSATION

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Federal and State Elections

The Dingley Dossier publishes political advertising to provide a diverse range of information and opinions to the community not as a service to candidates, political parties, or special interest groups.

Political content must comply with the Commonwealth Electoral Act 1918, the Australian Electoral Commission (AEC) and the Victorian Electoral Commission (VEC) regulations and our values. All compliant political content submitted will be considered, without bias, for publication.

Full copy of Political and Election Content Policy can be viewed on our website

www.dvnc.com.au/dossier



COMMUNITY

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

ANZAC Day Dawn Service

The Rotary Club of Noble Park-Dingley looks forward to holding the Dawn Anzac Day Service on Monday 25th April, commencing at 5.45am. This event has always been well attended by our local community and no doubt we will see many of you this year.

You are always welcome to lay a wreath, and we will have poppies at the end of the service for people to place on the memorial.



Once again, a Gunfire Breakfast sponsored by the Dingley International Hotel will be available after the Dawn Service. Gold coin donation appreciated. Unfortunately, this year we will only be holding the one service, being the Dawn Service.

With the problems of Omicron still circulating, this has made it very difficult for the staff and students at local schools to attend. Together with the fact that the school holidays lead up to ANZAC Day we will not be holding our usual day time Schools and Community Service in 2022. We do however invite everyone who would normally attend our day service to attend the Dawn Service. We acknowledge that this may make it harder for some to attend, but if you are not able to get there, you might like to visit the Memorial later in the day.

Possum Bags

Boomerang Bags Dingley Village is looking for donations of polar fleece and tracksuit material to make possum bags for the South Oakleigh Wildlife Centre. Donations can be dropped at the Neighbourhood Centre.



Well Done Dingley Village Men's Shed

An initiative of the Dingley Village Men's Shed to support fellow shedders in the flood affected areas of Northern NSW and SE QLD, is rolling out across Victoria. Dingley Village Men's Shed has adopted Lismore Men's Shed, who have lost everything and already raised \$650 to help them rebuild and re-equip, see story in this month's Dossier. Men's Sheds contribute countless man hours and resources to local community projects, and they will be vital to flood effective communities as they recover and rebuild.



Daylight saving time ends & Change smoke detector batteries

Daylight Savings ends on Sunday 3rd April, so don't forget to put your clocks back 1 hour before going to bed Saturday. It is also a good time to replace the batteries in your smoke detectors.

City of Kingston, Junior Council Grant

Make a Difference Dingley Village were pleased to learn that they are to receive a grant for the Junior Council. Chairman Scott Lowther will attend the Rotary Club of Chelsea on March 22 to receive the grant. Each year a Junior Mayor is elected, and the process involves local primary schools, each nominating one pupil who makes a 2 minute speech on a given topic.

This year the successful candidate was Amelia Holko, a grade 6 school student from Cheltenham Primary School. The Junior Council gives students an opportunity to learn more about how local government works said Mayor Steve Staikos.

Thank You Shane

It was in 2011 that the Shane Warne Foundation donated \$10,000 to Make a Difference Dingley Village. It was in recognition of the work we do, and the way in which we assist families who need our help. The Foundation was established predominately to charitable organisations to assist underprivileged children. We are glad that we fitted the bill! R.I.P. Shane.

Special Dates in April

2 April - World Autism Awareness Day

Autism, a developmental disability, is a lifelong disorder that impairs social interaction, communication and behaviour. World Autism Awareness Day aims to increase understanding of the disability.

3 April - Ramadan begins

Ramadan is the ninth month of the Islamic lunar calendar. Every day during this month, Muslims around the world spend the daylight hours in a complete fast. During Ramadan, Muslims aim to grow spiritually and become closer to Allah and their loved ones.



11 April - World Parkinson's Day

Parkinson's disease is a chronic, progressive neurological condition for which there is currently no cure. Twenty-five Australians are diagnosed every day, with approximately 80,000 Australians currently living with the condition.

15 - 23 April- Pesach/Passover (begins evening 15th April to evening 23rd April)

Passover is the first and most significant of the Jewish pilgrim festivals. It celebrates the redemption by God of the Jewish people from slavery in Egypt. Work is not permitted on the first two and last two days.

15 April Good Friday

Good Friday is a religious holiday primarily observed by Christians commemorating the crucifixion and death of Jesus Christ.

17 April Easter Sunday

On Easter Sunday, Christians celebrate the resurrection of Jesus Christ after his crucifixion.



25 April Anzac Day

ANZAC Day is more than a commemoration of the day, ANZAC troops landed on the beach at Gallipoli in 1915, it is a day of remembrance for all Australians who served and died in all wars, conflicts and peacekeeping operations.



FARMERS MARKET



OUR NEXT MARKET IS ON SATURDAY 16TH APRIL

There is a great selection to tempt your culinary skills and excite your taste buds.

Our April market falls during Easter so check out Anja's Scones for Easter Scones or do you want to have your pooch celebrate Easter with fantastic tastes?

then check out Holy Trinity Biscuits. There will be Easter treats as well as our regular produce.



You can check out our Facebook page on the Friday prior to the market for an updated list of stall holders attending on Saturday. While most of our stall holders are permanent, sometimes they are unable to attend

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

If you have not been before, you are missing out; pop in and see why many of Dingley Village residents love to shop at the Farmers' Market. Shop among the gum trees for your farm fresh seasonal produce at the Dingley Village Farmers' Market.

The Farmers' Market runs as a community event to provide residents access to fresh Victorian produce and support Victorian producers. It is an activity of the Dingley village Neighbourhood Centre and does not operate for profit. Customer feedback, concerns and ideas are welcome, look out for Market Manager Amy and market staff in orange hi-vis vests that say EVENT STAFF.



Dogs and the Market

Dogs must be on a 2m, or shorter leash Please ensure that leashes do not become a tripping hazard and dogs do not relieve themselves in the market area. We ask that you be mindful of other people when bringing your dog onsite.

Not all dogs are right for the market setting. Large crowds, accessible food, small children and other dogs can challenge your dog's attention and behaviour. If your dog is not comfortable in public conditions, holds ANY reactive tendencies or is prone to barking, please ensure you leave them at home.



 [DingleyVillageFarmersMarket](https://www.facebook.com/DingleyVillageFarmersMarket/)

DINGLEY VILLAGE FARMERS' MARKET

SATURDAY

16th April

8.30AM—1 PM

31 Marcus Rd,
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DINGLEY VILLAGE COMMUNITY ASSOCIATION

Annual Community Consultation - May 2022

Our Annual Community Consultation meeting is back and will be held on Tuesday 17th May @ 7.30pm in the Dingley Village Neighbourhood Centre, Marcus Rd. The meeting is open to everyone, and further details will be included in next month's DVCA article.

The Community Consultation meeting is a great opportunity for you to come and hear community groups and key stakeholders reporting back to you on the issues affecting our village. Please mark this date in your calendar.

Spring Road Reserve Masterplan 2022

The DVCA thank Kingston Council for quickly and positively responding to our call for a new Spring Road Reserve Masterplan. This new plan will encompass future works needed for our park, such as shade provision, recreational facilities and further landscaping.

It may also incorporate some works at the southern end (Rowan Road Reserve), as this is a key entry point to our village. The detailed plan is expected to be put forth for community consultation by early 2023.

A timely reminder also to all dog owners using the park: PLEASE PICK UP YOUR DOG LITTER. Being a good park user and showing consideration to others requires your dog to have a plastic "Poo Bag" carried by their owners at all times and to use the rubbish bins provided or take your bag back home to dispose of your dog's bag.

Hawthorn Football Club Update

Late last year the Kingston City Council adopted a Memorandum of Understanding (MOU) with the club which sees the Council provide \$5 million towards the AFLW and Community Oval and Pavilion at the Kennedy Community Centre on Tootal Road.

Community access and use will be a key priority of the facility, providing Dingley Village and Kingston residents with essential sporting infrastructure and amenities that promote participation, equality and inclusion. Environmental site work has begun, and construction is set to begin before the end of the year. The club has now attracted support from all levels of government, with the

Federal Government committing \$15 million and the Victorian Government committing funding in last year's budget subject to AFLW expansion plans. This funding sits alongside Hawthorn's own investment towards the Kennedy Community Centre of more than \$40 million. We thank Hawthorn Football club for their proactive communication with us.

Kingswood Golf Course Update

Following conclusion of the State Government Kingswood Hearing in December last year, the Golf Course Redevelopment Standing Advisory Committee is preparing a report for the Minister of Planning, to be completed now by mid-March 2022.

"The Advisory Committee will consider and advise the Minister for Planning if the proposal satisfies the Planning Guidelines for the Conversion of Golf Course Land to Other Purposes and is consistent with state and local policy."

As requested by the Minister, the Advisory Committee will also consider the draft 'Former Kingswood Golf Course Development Plan' and the draft planning permit application."

DVCA urges the Minister of Planning, when making the final decision about this Kingswood rezoning and development proposal, to recognise Australian Super's blatant disregard to relevant planning scheme policy and legislative requirements for this site. We also strongly contend that the proposed widespread removal of trees, complete lack of community infrastructure, together with the projected population increase to Dingley Village of over 20%, is highly inappropriate and unsustainable.

Suburban Rail Loop East Inquiry and Advisory Committee (IAC) Hearing

A public Hearing on the first stage of the proposed Suburban Rail Loop (SRL) commenced on 28 February 2022 and will run for 10 weeks until mid-April.

It is being held by the newly appointed 5-member SRL East Inquiry and Advisory Committee (the IAC), considering the environmental effects and the draft Planning Scheme Amendment of the SRL's first stage, known as the East Project.

This project, to build a rail service between Cheltenham and Box Hill, includes the proposed train stabling facility, located on the Delta site 91-185 Kingston Road Heatherton.

To find out more, access/listen to the Hearing sessions and see the submissions made to this Hearing, go to:

<https://engage.vic.gov.au/srl-east-iac>

DVCA

Please consider joining the DVCA. The DVCA is open to all residents who genuinely care about our Village. Meetings are held in Harold Box Hall at the library, on the second Tuesday each month, February-November, at 7.30pm. New members are most welcome to attend.

DVCA Contact Details


For further information please contact the Leigh (President) and Jon (Secretary) at dvcasecretary@gmail.com, or visit www.dvca.info

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Rotary
Club Noble Park- Dingley



2022 ANZAC DAY SERVICES At Dingley Village Memorial

The Rotary Club Noble Park – Dingley in conjunction with Springvale Sub Branch RSL invite you to attend our ANZAC Day Commemoration Services.

A Dawn Service on ANZAC Day
Monday 25th April
commencing at **5.45am**.

A Gunfire Breakfast sponsored by the Dingley International Hotel will be available after the Dawn Service. Gold coin donation appreciated.

Lest We Forget.

This event kindly sponsored by

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OUR COUNCIL

Kingston – leading the way on waste

Kingston is helping tackle Australia's waste crisis by supporting the innovative South East Metropolitan Advanced Waste Processing Project.

Kingston joined a range of other Councils to explore opportunities to build an advanced waste processing site to dramatically reduce the amount of rubbish being sent to landfill.

Kingston Mayor Steve Staikos said Council was proud to commit to a contract to ensure the project's success and looked forward to other Councils signing on.

"There will be no more landfill space in the south-eastern or eastern suburbs of Melbourne by 2025, so something significant needs to be done, and fast" Cr Staikos said.

"We can't sit back and do nothing when we can clearly see a crisis in the near future. Kingston is taking positive action

by committing to the project and calls on other Councils to join." Hallam landfill is set to close in 2025 and a number of councils in Melbourne's south-east have been working together to find a viable alternative to landfill for their household rubbish. Cr Staikos said that whilst fairly new to Australia, advanced waste processing facilities have been used safely and reliably around the world for decades.

"The project will deliver a vital alternative to landfill that will transform how household rubbish is managed by converting it into energy, instead of burying it in the ground," he said.

The Metropolitan Waste and Resource Recovery Group has said that advanced waste processing solutions will play a significant role in achieving the Victorian Government's new target to divert 80 per cent of household rubbish from landfill by 2030.

To support the project and ensure it is viable, Councils have been asked to commit to sending household waste to the advanced waste processing facility for the first 25 years of operation.

Cr Staikos said Kingston is committed to increasing recycling and diverting waste from landfill, and the advanced waste

processing project was just one part of Kingston's approach to tackling the waste crisis, which also includes:

- The introduction of the food waste recycling service in mid 2020, which has already diverted 5000 tonnes of organic waste from landfill.
- The successful Aspire program that helps reduce landfill and cuts business costs by matching businesses that produce waste products with other businesses who can use those products.

Find out more about the Advanced Waste Processing project at <https://www.mwrrg.vic.gov.au/smarterolution>

Information in Our Council articles is provided by City of Kingston.

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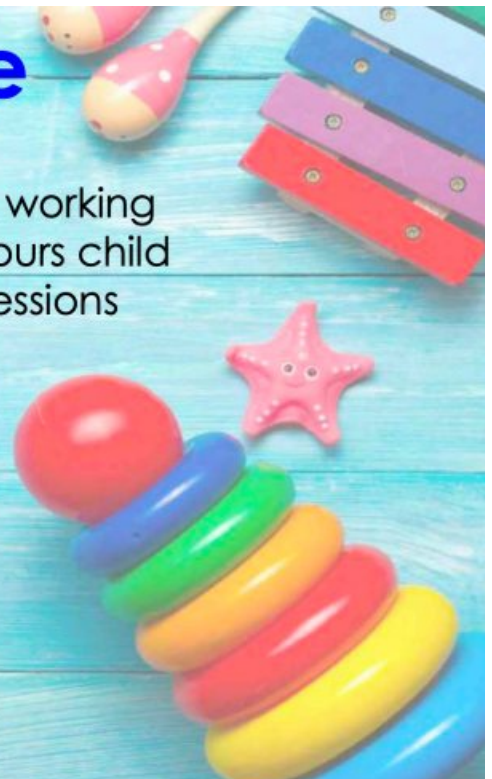
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If I can be of assistance with any federal
issue, don't hesitate to contact me.

I am happy to help.



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mark.dreyfus.mp@aph.gov.au

MARK DREYFUS QC MP

Federal Member for Isaacs

Shadow Attorney-General & Shadow Minister for Constitutional Reform

April is Parkinson's Awareness Month

Parkinson's is a progressive neurological condition that can affect anyone. Parkinson's is the second most common neurological condition and latest research estimates indicates that more than 100,000 Australians are living with Parkinson's.

Parkinson's is a complex condition with a wide variety of symptoms. Symptoms start to appear when the brain can't make enough dopamine to control movement properly.

The three main, and commonly recognised symptoms are tremor, slowness of movement and rigidity. There are many other symptoms and researchers are working hard to understand how these all interact.

The average age of diagnosis is 65 years. Younger people are also diagnosed with Parkinson's, and this is called Young Onset Parkinson's. Around 20% of people living with Parkinson's are of working age.

People with Parkinson's don't have enough of the chemical dopamine because some of the cells that produce dopamine have died.

It is not easy to diagnose Parkinson's. There are no laboratory tests (such as a blood test or brain scan).

Often a diagnosis is made by a specialist, such as a neurologist based on clinical signs and symptoms. The specialist will examine for any physical signs of Parkinson's and take a detailed history of symptoms.

We don't know why people get Parkinson's. There are many theories, and it is generally thought that multiple factors are responsible. Possible causes or contributing factors may include genetic changes, environment factors, oxidative stress or a combination of these.

Parkinson's is categorized by clinicians as a "movement disorder" and symptoms may include muscle rigidity, tremor, postural instability and bradykinesia (slowness of movement).

Many people think of tremor in Parkinson's but in around 30% of cases tremor is not present.

Parkinson's doesn't just affect movement. Non-motor symptoms such as pain, sensory changes, changes in the gastrointestinal system, depression and problems with memory, thinking and sleep can also occur and have an impact on the day-to-day life of the person with Parkinson's.

Every person is unique, and each person is affected differently by Parkinson's. Every Parkinson's patient is different and will have a different combination of symptoms and different levels of progression.

How Parkinson's can affect someone will change from day to day, sometimes from hour to hour. However, most people's life expectancy doesn't change much because of Parkinson's.

There is currently no known cure.

However, there are many treatments available that can allow a person with Parkinson's to lead a fulfilling and productive life.

Treatments can assist in managing your symptoms and providing a high quality of life for many years to come.

Information provided by Parkinson's Australia.

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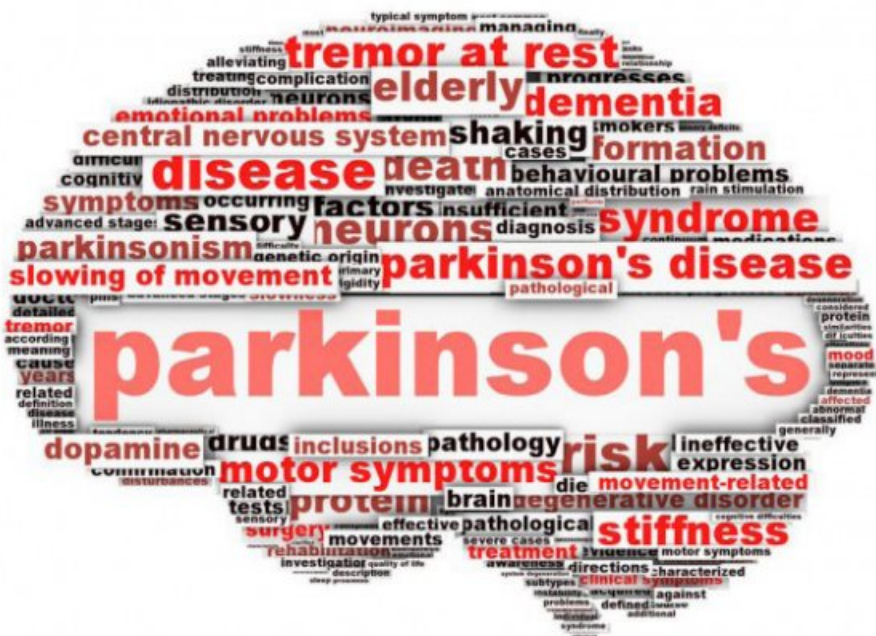
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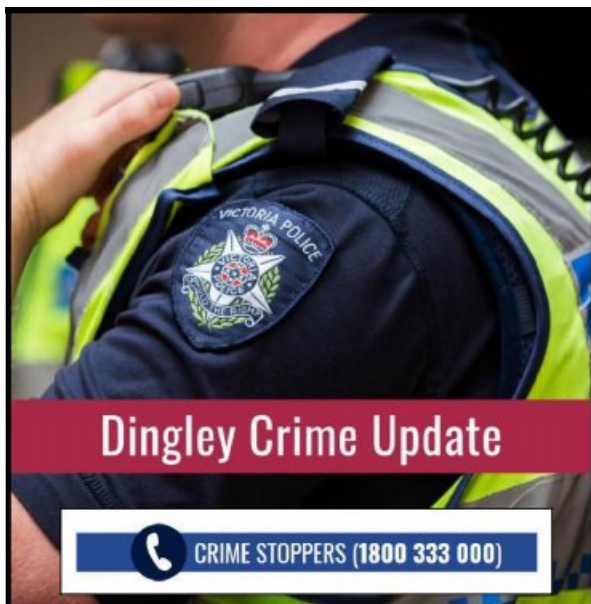
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In an emergency, always call triple zero]
      Q1 -- No --> Q2[Do you need police assistance?]
      Q2 -- Yes --> A2[Call 131 444  
The Police Assistance Line takes non-urgent crime reports]
      Q2 -- No --> Q3[Do you have information that could help solve a crime?]
      Q3 -- Yes --> A3[Call Crime Stoppers!  
1800 333 000]
  
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Crime Stoppers Victoria takes tips and information on past and potential criminal activity as well as tips on suspicious behaviour. Crime Stoppers Victoria is unable to provide emergency response services or assist victims of crime.

Neighbourhood Watch & Victoria Police would like to remind everyone to always securely lock your vehicle and never leave valuables visible.

LOOKING AT LOANS



To fix or not to fix ... that is the question.

With a general expectation interest rates (as set by the Reserve Bank) will rise, many borrowers may be considering the option of fixing all, or part, of their home loan. However, there are various aspects to consider prior to making that decision.

Importantly be aware fixed rates have already increased and are now significantly higher than variable. The best time to fix was in 2021, with fixed rates then available below 2%.

Those days are gone, with variable rates available around 2.00% but fixed rates are now much more. Is it worth paying more now to fix when there is great uncertainty as to when the variable rates may rise?

There is no crystal ball as to the future of interest rates, in fact the world experts are in significant disagreement as to their expectations. Recent events (war in Europe, floods in Australia) have pushed out the timetable for expected rate increases. More unpredictable events will occur.

Ultimately the reason to fix is for insurance. You are saying 'I am happy to pay the higher amount now to ensure

stability and remove the issue from my mind'. It may also mean less risk. If you are comfortable, you can afford the higher rates of the fixed now, but that potential future even higher variable rates may put your financial stability at risk, then you may prefer to fix now to 'insure' against future rises within the set period.

Keeping in mind that would increase your minimum current repayments.

Another option is to increase your current repayments now (perhaps to an equivalent amount that the move to fixed would cost), paying into your personal debt with greater repayments now, hence building an equity buffer, which is another form of insurance protection for you.

If fears of increasing rates are causing you sleep loss, then you need to do something about that!

Two solutions are:

1. Overall review of the situation to improve your understanding of the overall picture (worry is often associated more with not understanding the true position rather than genuine problems)
2. Just fix to alleviate the worry - if that would indeed alleviate the worry...!!

In addition to rate change thoughts, it is important to consider if a fixed rate loan matches your personal circumstances and financial goals.

Quality advice should be sought, for further information call us on: **(03) 9511 8883** or email support@ifafinance.com.au.

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DINGLEY VILLAGE COMMUNITY PRECINCT

There is a lot happening in the Community Precinct, 31 Marcus Road.

Dingley Dingoes are back playing on Souter Oval and looking forward to a great season.

Dingley Village Neighbourhood Centre

The Neighbourhood Centre is busy planning their temporary relocation in September but are still offering activities and services.

Ever wanted to give Pilates a try?

The Centre is running classes on Tuesdays 12.30 pm for 45 minutes with qualified instructor Danni, call Centre on **8512 0505** for more information.

The Centre also offers Zumba Gold a low impact dance fitness class suitable for all ages and fitness levels in the hall Thursdays 9.30 am – 10.30 am. Want something gentler, how about Seniors Body and Balance. Thursdays 11am – 12 noon

Dingley Writers group meets at the Centre on Tuesdays 10am, beginners and experienced writers' welcome.



Dingley Village Library

Access to the library will be in line with the guidelines set out by the Victorian Government.

All open branches will offer Click & Collect, computer sessions, photocopier/print service, and Home Library Service.

Item due dates are no longer being extended automatically. If your items are due back, please return them to any one of our library branches when you are able. There are no charges for any overdue items.

Return Chutes

Returns can be made to Dingley Village Library 24/7 using the external returns chute located to the left of the outdoor library entrance. A concierge will be available near the building entrance during opening hours to assist if needed.

Library Opening Hours						
MON	TUES	WED	THU	FRI	SAT	SUN
9am - 12pm	Closed	9am - 12pm 2pm - 6pm	9am - 12pm 2pm - 6pm	2pm - 6pm	9am - 2pm	Closed



www.kingston.vic.gov.au/library

Renewals

If you can't make it to any Kingston Libraries branch to return your items, and they are eligible for renewal, you can renew your items online by signing into your library card account on Kingston Libraries' online library catalogue, or by using the Kingston Libraries app which is available to download from the Apple App Store and Google Play Store.

Alternatively, you can call the library on **1300 135 668** during business hours and speak to a staff member to renew your items over the phone.

Children's Programs

City of Kingston runs a wide range of activities for children, check out www.kingston.vic.gov.au/library/Kids-Place for details.



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Crazy Sox Day
April 5th

Make A Difference Dingley Village are delighted to invite the children of Dingley Village to be part of **'CRAZY SOX DAY'**

Funds raised will enable Make a Difference to support families in Dingley Village who need our help. The Mayor spends the day with us, and we have some delightful photos from years past.

Make a Difference is **your** local not-for-profit charity and is pleased to report that in 2021, more than **89%** of our funding went to supporting those in need. We provide grocery vouchers, fruit & vegie boxes, assist with utility costs and help with those who are homeless.

We look forward to visiting the children at school or kinder on **April 5th**

Roundabout Op Shop at Christ Church Dingley

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Saturdays 9.30 am – 1.30pm
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Ashfords raises more than \$7500 for the Starlight Children's Foundation to grant a wish for a sick child

The past few past years, we've all experienced uncertainty and isolation. For children living with serious illness, this is something they feel every day.

As a proud Major Sponsor of the SE Melbourne Phoenix NBL team, Ashfords wanted to get involved in their annual Starlight Round in a very real and tangible way to support the cause. Phoenix announced Starlight Children's Foundation as their official charity partner in 2019 and over the last three years has raised more than \$24,000 through the Starlight Round (a home game dedicated to the Starlight Foundation).

So, Ashfords put the call out to our Partners, clients and suppliers, who all pitched in and generously donated items to be auctioned at a special online event, a first for the Starlight Foundation.

Notably, the main prize was a full executive suite package at a South East Melbourne Phoenix home game, donated by Ashfords, along with ten signed jerseys donated by the Phoenix, worth more than \$6,000 in total.

Our goal? To raise at least \$6,500, which is the cost to grant one child's wish.

Joining Ashfords and Starlight at the online auction event were South East Melbourne Phoenix's CEO, Tommy Greer, as well as superstar players Cam Gliddon and Ryan Broekhoff, who are also the team's Starlight Ambassadors. Cam and Ryan spoke on their teams' connection to the Starlight Foundation and how their personal journeys and ideals resonate with what Starlight do for sick children on a daily basis.

"I am honoured to be an ambassador for the Starlight foundation. As a father, my son's health and happiness are my main priority. The Starlight foundation do an incredible job of inspiring hope, bringing joy and smiles to children going through trying times."
 ~ Ryan Broekhoff, S.E. Melbourne Phoenix

The event culminated in a live auction, run by Sam Maley from Buxton Bentleigh. In the true spirit of camaraderie and uniting for a great cause, two of Ashfords' clients joined forces and walked away with the main prize on a generous \$3,000 bid.

This auction, alongside our dedicated fundraising page, yielded a massive \$7,564 in donations!

Ashfords' CEO Greg Cusack presented Starlight with the cheque at the Phoenix Starlight Round on 26 February.

"Ashfords are proud to have raised this money for the Starlight Foundation, who play a vital role in looking after sick kids. We hope that this helps the team at Starlight to keep up the great work they do, and we thank them for this opportunity to be involved."
 ~ Greg Cusack, Ashfords CEO

"Thank you so much, Greg and the team at Ashfords; on behalf of Starlight, this is an incredible donation. With this money, we will be able to create a life-changing wish for a starlight child."
 ~ Andrew Duncan, State Partnerships Manager, Starlight Children's Foundation

For more information, please contact:
 Louise Westaway
 Marketing & Events Manager, Ashfords
 03 9551 2822
louise.westaway@ashfords.com.au

Advertisement



Keep up to date

Stay in touch with what's happening at the former golf course site at Centre Dandenong Road in Dingley Village.

The exhibition period for the redevelopment plans is now complete but you can still see what's being proposed by visiting the project website.

The website will publish the latest information about the planning process, about maintenance, tree and site management. And there are contact details for those with queries.

dingleyvillage3172.com.au

DVMS/LISMORE

Shed to Shed Flood Assistance

In recognition of the devastation caused and with a desire to assist our fellow shedders the Dingley Village Men's Shed (DVMS) held, at short notice, a fun event to raise much needed cash for this worthy cause.

The pictures below highlight the fun our members had participating. What we were de-lighted with was the result. We raised \$650 cash which will be directed straight to the Lismore Men's Shed with all the funds arriving in their bank account asap.

DVMS member Ron Wood spearheaded the original idea, his wife Lyn suggested a Men's Shed in the affected area as the recipient, Ron then contacted the Lismore Men's Shed President to outline our idea and the rest as they say in the classics "is history".

Our president made contact with Ali Street at the Kingston Council, who works closely with the Men's Sheds in our local government area (LGA), who also thought it was an idea that other sheds might like to support. Ali will now suggest the idea to the sheds in our LGA.

Ron also spoke to the secretary of the Victorian Men's Shed Association (VMSA) who was very keen to encourage sheds all over Victoria to participate. He will commence that pro-cess.

It was felt that sheds may have tools and equipment surplus to requirement which could enable Men's Sheds in the Northern NSW and Southern QLD affected areas to not only rebuild their sheds but also restart their community service.

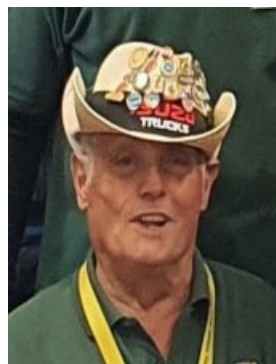
There can be no doubt that their services will be much needed for months, if not years to come in the rebuilding programs of many of the affected country towns. It is likely that DVMS assistance and support will continue for some time yet.



Originator Ron



Most original Michael



Fully badged Charlie



President Geoff



Captain Geoff



DOLLARS & SENSE



Important points to consider during your 50s

For many people, the decade between ages 50 to 60 represents a time of significant change. Some changes may be welcome, while others may be more difficult to manage. Either way, it is as important as ever to plan your way through this time of greater freedom and opportunity but also of uncertainty. The following are financial planning issues common to those in their 50s.

What sort of lifestyle?

Sometimes life has been so busy there has been limited time for choice – the kids' school and university fees, mortgage payments and work pressures have been enough to worry about. Between age 50 and 60 it can be a challenge to choose what you (and your partner) really want for the next few decades.

How much do you need in retirement?

This will depend on how you live. Setting a budget for your life in retirement is a vital step in achieving your retirement wealth target. Will you have enough invested to fund your entire retirement, which could be as long as 20 or 30 years?

Are your investments suitable?

Now is the time for you to ensure that your investments are working as hard as possible for you. Review your portfolio to determine that it still holds the most appropriate assets.

If you have life and income insurance policies, do you have the right level of cover for your current circumstances? There is no point paying premiums for cover you don't need – but on the other hand, take care in cancelling cover just as you reach an age when you might need it.

Are you taking full advantage of superannuation?

Superannuation is clearly the most tax-effective way to accumulate money for retirement and provide capital and income in retirement. Taking advantage of investing in super can make a big difference to reaching your retirement target, but there are many rules and regulations you must be aware of.

Have you planned beyond your lifetime?

As you move through your sixth decade, how is your family changing? Are grandchildren starting to appear?

Or perhaps you have more than one family after separation, divorce then a second marriage.

Taking time to think about how you want your assets to be distributed after your death can save a lot of heartache for those left behind. Don't forget that the payouts from life insurance policies and superannuation don't necessarily form part of your estate and may need to be distributed separately from your Will.

With all of these points to consider, the first step in updating your financial plan may be the hardest – but it is also the most rewarding.

Your licensed adviser can help you focus on the next stage of your life with better certainty.

Calvin McLeod B. Bus. Com., CPA, SSA
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Email: wealth@ashfords.com.au
Website: www.ashfords.com.au
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GAMBLERS HELP SOUTH



The Community Engagement team at Connect Health & Community provides information sessions for community members to equip them with knowledge and information about gambling harm, signs, stigma, as well as referral pathways for people experiencing gambling harm.

When it comes to gambling harm, we know it can have an impact on the individual, on family members, friends and our community. People gamble for many reasons. At the start, it sounds like a fun activity. However, the harms of gambling can have financial, emotional and social consequences.

This comes at a cost, and it is not just money that people are losing gambling is linked to stress, mental illness, depression, relationship breakdown and many other difficulties.

This is the story of Carolyn who recovered from gambling addiction after so many years of struggle:

In 2016, at the age of 64, Carolyn was sentenced to 18 months in prison for taking money from her employer to pay for her gambling addiction.

"I started gambling regularly in my 50's, at first it was to spend time with a friend, and we enjoyed going out after work for dinner and then play the pokies. But I was soon going by myself with the excuse of using the pokies to relax. When I was feeling stressed or lonely, I would take myself off and sit and play all day," she said.

"I knew it was getting out of hand when I started taking money from the company where I worked. Over seven years I stole more than \$400,000 of the company's money and I have no idea how much of my own money I wasted," she said.

Carolyn said that it was not until she was in prison that she received the help she needed to stop gambling.

"The counselling and support made me realise that I was not alone. I haven't gambled since 2015 and I'm proud of how far I have come," she said.

Carolyn now dedicates her time to raising awareness in the community about gambling harm as a community educator with ReSPIN, a gambling awareness speaker's bureau and member of The Three Sides of the Coin project.

Download - How Carolyn's gambling addiction landed her in prison | Podbean <https://www.podbean.com/site/EpisodeDownload/PB11B0g80XNX7N>

To book an information session for your group or for more information about gambling harm, please contact Claire Emmanuel, Community Engagement Officer at:

c.emmanuel@connecthealth.org.au

The Gambler's Help Southern program based at Connect Health & Community has been supporting the local community since 1995 and our mission is to raise awareness of gambling harm and support those affected in our community.

Our support includes a range of free and confidential services such as:

Counselling (therapeutic and financial)

Venue support

Community engagement

School education

**IN THE END,
I ALWAYS
WIN!**



Gambler's Help Southern
(03) 9575 5353
gamblerhelpsouthern.org.au

WRITERS CORNER



An Open Book

Rebecca sat down in her room trembling with excitement ready to read the book she had just received for her birthday. The book was newly released, and Rebecca was looking forward to losing herself in the story.

She opened the book and started to read. Soon she found herself on a beach watching a man swimming ashore to crawl up the beach bedraggled and exhausted. Rebecca was relaxed as she watched the man knowing that all she had to do was close the book to return to her world, safely back in her room.

A small dog ran from her feet to bark at the man as he crawled from the surf. Rebecca was startled as this had not happened before she had always travelled alone on her literary journeys. She called the dog back to her, for it was her dog that had jumped up onto her lap, knocking the book to the floor where it lay open as the dog appeared beside her on the beach.

Rebecca ran down the beach to lift the man to his feet aiding him up the beach to sit him under a coconut palm by a stream. She used a shell to bring him fresh water and he recovered rapidly. The book lay open on the floor with a page turning as a breeze blew under the door.

Months had passed on the island with the couple and their dog, it was a Friday by the calendar that they kept, when they saw a canoe approaching. It was paddled by natives and seemed to have one tied up as a captive. Together they ran to the hill above their camp with torches from the fire to light the signal fire they had built.

Smoke billowed up from the greenery over the tinder. As they looked out over the bay, the canoe slowed and then reversed course turning back the way it had come in. Rebecca moved slowly when they saw the sail on the horizon, for, she was with child. The fire drew the ship into the bay where it lay at anchor as the long boat was rowed in.

Rebecca watched as her man met the men introducing himself a Robinson Crusoe. It all seemed to fade for Rebecca as her mother had come looking for her, picking up and closing the book she found open on the floor.



Dingley Writers Group is a small group of beginners and experienced writers who welcome everyone to join them each Tuesday at 10 am at the Neighbourhood Centre. We help each other to learn how to become better at writing anything, including memoirs, short stories and poetry. Best of all we enjoy each other's company.

Contact Warren at wasdunc@bigpond.net.au

YOUTH CORNER



Dingley Scouts

The adventure has certainly begun for our local youth. 7 Dingley Venturers attended Anything Goes (AG22) – a fun filled weekend at Lardner Park Warragul. Whilst there they were able to do one of the many off site activities that included ATV Buggies, 4WD, High Ropes and Scuba Diving just to name a few. And the fun didn't stop there. For those that wanted to continue the adventure onsite, there was a games room, archery, laser tag and so much more. Saturday night there were food trucks, which were a big hit.

After a big day, there were movies to relax and watch, or for those who STILL had the energy, there was a dance party. Not to be outdone, 6 Dingley Scouts attended the Stradbroke Cup. This competition camp has been a yearly favourite of old and new scouts alike. Located at Bay Park Scout Park, scouts work together in their group (Patrol) honing their camping and bushcraft skills. Youth need to work as a team to plan, prepare, cook, and clean and basically look after themselves for the three days of the camp. Shhh. But don't worry, leaders are never far away.



Our Cub Scouts have been adventuring too. Many attended a Come and Try Canoeing session at Lilydale Lake held by the Scouts Paddling Team. Lots of fun and laughs were had by all and a few budding canoeists were found. Cubs also had a visit from Robbie Beaton, Liberal candidate for Isaacs. Robbie and the Cubs spent some time planting herbs and flowers out the front of our hall. Great job guys.

See, the adventure has really begun for our scouts. Want to know more, contact our Group Leader, Vanessa, her details are below, and let's see where the adventure takes you.

Joey's 5 – 7yrs	Contact our Group Leader
Cubs 8 – 10yrs	Monday 6:45pm – 8:15pm
Scouts 11 – 14yrs	Thursday 7:00pm – 9:00pm
Venturers 15 – 17yrs	Friday 7:30pm – 9:30pm
Rovers 18 – 26yrs	Monday 7:30pm – 10:00pm

For more information about Dingley Scout Group contact Group Leader Vanessa on **0402 489 773** or email dingleyscoutgroup@gmail.com



When vision is not the problem

Dyslexia is commonly known as a "reading disorder" but has no effect on intelligence.

Dyslexia, like autism, has a spectrum with some individuals affected more severely than others. Many people mistakenly believe that if someone has attention deficit hyperactive disorder (ADHD) that they automatically have dyslexia but while it is very closely associated it is not guaranteed. 1 in 20 to 1 in 10 children have dyslexia but the incidence is not well known as this disorder has a very stringent and long diagnosis process.

Children with dyslexia can have trouble spelling words, reading quickly, "sounding out words" and generally understanding the passage they have read. You may be asking yourself how does an optometrist fit into this? Well optometrists should be the key practitioner in the diagnosis of this disorder by differentiating if it is an "Eye" or a "processing" issue. Dyslexia is a diagnosis of exclusion which means that all other possible causes must be ruled out before someone can be diagnosed.

When the most recent ABS (Australian Bureau of Statistics) showed that 1 in 10 children between birth & 14 years needed glasses or developed chronic eye conditions it's important then that these conditions be ruled out before someone is said to just have dyslexia.

Particularly, let us explore the "Dynamic Eye Movement Test (DEM)". The first step to approaching dyslexia is a thorough eye test by a well-trained optometrist who is comfortable seeing children. Step one rules out if the child has a vision disorder. These disorders are often easily treatable if they are found quickly. The second step is to look specifically at how a child reads. An important aspect of this task is how the eye moves or scans the passage a child is set to read. This is what the DEM test covers.

The test looks at how well a child is at moving their eyes versus how good they are at processing the information they have read. This is the key in the diagnosis of dyslexia, as while the disorder affects the visual processing of information read, it does not affect eye movement at all. Therefore, this test can determine the true cause of the child's reading difficulties.

Not all optometrists understand how to do this test as it is not commonly done. The best advice would be to talk to your local optometrist and ask the following:

1. Are you comfortable seeing children for eye tests? Remember that everyone has their strengths, and some practitioners are more comfortable dealing with children who may be reluctant or are not co-operative with eye testing.
2. Do you know much about dyslexia and its diagnostic criteria? Children's vision is broad, and some optometrists have more experience in these matters than others.
3. Do you have DEM testing available? If this is a test you seek for your child to have, please let the practitioners know in advance so that extended timing can be allowed in your child's appointment for this test to be done.
4. Can the optometrist provide a report of their findings to other practitioners and are they happy to be a part of a potential care plan?

Parents need to understand that the more practitioners know, the better we can customise a treatment plan to get better results for your child, their eyes, their learning and their quality of life.

Our recommendation has always been the same; get children's eyes tested before they start school & at least every 12 months to two years afterwards. If you are worried about dyslexia, then get the testing done for peace of mind.

<https://www.aihw.gov.au/reports/eye-health/eye-health/contents/how-common-is-visual-impairment>

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 website www.insightfuleyecare.com.au or come down for a chat about how we can help you look after your children's eyes and vision. We want to look after their eyes for now and into the future, so that they can perform their best at school with learning and reading.

We thank you for your continued support of our local small business and patience during these COVID challenging times. Take care and stay safe.

Zara Daneshvar, Darran Yeow and the team
@ Dingley Eye Centre - Insightful Eye Care™
We are your local optometrist

Ph: **9551 4244**
116 Centre Dandenong Rd, Dingley Village
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Email: dingley@insightfuleyecare.com.au





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Dingley Junior Football Club



Players Corner

As the 2022 season fast approaches and with Round 1 to commence in the coming weeks we thought we would take the time to introduce some of our youngest Dingley Dingo players (better known as our pups).

In this edition we have interviewed players within the Under 8's and Under 9's by placing them under the microscope to see what makes them tick and what they enjoy about their football journey to date.

First Name: Christian

Nickname: Cee Jay

Age and team: 8 years old and in the Under 9's.

Favourite AFL team: Richmond

Favourite AFL player: Daniel Rioli

Lucky food before game day:

Nutella sandwich

Best football junior memory:

Singing the song with the team after our only win last season.

Parent's involvement with the club:

My dad is a coach for our team.



First Name: Bradley

Nickname: Brad

Age and team: 8 years old and in the Under 9's.

Favourite AFL team: Hawthorn

Favourite AFL player: Cyril Rioli

Lucky food before game day: Pancakes

Best football junior memory: Kicking a goal in my first game and our 1st win in Under 8's.

Parent's involvement with the club:

My dad coaches the Under 9's.



First Name: Torin

Nickname: Tori/Tornado

Age and team: 7 years old and in the Under 8's

Favourite AFL team: Essendon

Bombers Favourite AFL player:

Nic Naitanui

Lucky food before game day: Muesli for breakfast.

Best football junior memory: (almost)

Kicking a goal in my first game up forward.

Parent's involvement with the club:

Dad does lots of stuff and still plays for Dingley Seniors.



First Name: Jack

Nickname: JJ

Age and team: 8 years old and in the Under 8's.

Favourite AFL team: St. Kilda

Favourite AFL player: Jack Steele

Lucky food before game day: Weetbix

Best football junior memory:

Making new friends.

Parent's involvement with the club:

Dad previous committee and Mum is a Trainer.



WE WANT YOU to play with the Dingley Junior Football Club

As reminder registrations are still open for ages Under 8 – 13 and our Girls Under 16 team. For more information email – admin@djfc.org.au.

Juniors – You must be 7 by April 30th, 2022. Auskick – you must turn 5 in 2022. Join us on Facebook – Dingley Junior Football Club and Instagram – dingley_juniorfc.

AUSKICK

Auskick will commence on Friday, 22 April 2022 at 6pm – 7:30pm at our NEW facilities Chadwick Reserve, Howard Road, Dingley.

Come and join in the fun being part of the Dingley Junior Football Club family – nothing beats playing and being part of your local club. Next edition – meet some of our Under 10 and Under 11.

Michael Moran – Secretary of DJFC



CIRCLING THE CLUBS



Probus Club Dingley Central



Our clubs 31st Annual General Meeting was chaired by Sue Hilton, member of our sponsoring Rotary Club, The Rotary Club of Noble Park/Keysborough.

After all the formalities, our outgoing President Ann and fellow committee members, were thanked for their tireless contributions, keeping club members informed during Covid, via Zoom meetings and Newsletters. Best Wishes were extended to incoming President Tim and his committee for a successful year ahead.

Activities planned for April, Happy Hour, Legs, Morning Coffee, Wine Tasting, Camera Club, Dine Out, Film Day, FAC, Craft Group and Games Day.

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 Jean on **0438 272 232**.

Dingley 60 Plus Social Group

Activities over the past two years have been almost non-existent due to the COVID restrictions.

As these rules are being relaxed it is intended to resume our weekly Thursday night gatherings from 7th April in the Sports Bar of the Dingley International Hotel commencing at 7.00 PM.

Present, past and potential members are invited to attend and support the Group.

Our activities are suitable for those in the sixty 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 Graeme on **9551 3462**.

PS - Ready - Set -Go?

Dingley Village Senior Citizens Club Incorporated

March was a relatively short month for arranged activities because of the Monday Labour Day Holiday. We did however enjoy the lunch at the Club at the end of the month.

April this year, being the Month of Easter, will only allow us to meet up on Monday the 4th and Monday the 11th; the 18th being Easter Monday and Monday the 25th being Anzac Day.

We are now looking forward to our next Bus Trip outing which will be in May.

Please keep in touch with each other and for any news regarding arranged meetings or activities, contact our President, Lyn, on **9585 5039**, or our Secretary, Sandra, on **9558 1490**.

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 (COVID restrictions permitting) on a Monday afternoon at 1:00 p.m. in the new Dingley Village Hall.

afternoon at 1:00 p.m. in the new Dingley Village Hall.

Burden Park Bowls Club



The good news is that if you have been thinking of joining a lawn bowls club, this is your time to act. So come down and have a go, you will love it.

We are currently looking for new members to play lawn bowls and are offering all new members, men, women, and children a deal you cannot go past.

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)
4. 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're interested in having a go, give Rob a call on **0407 326 481** he'd love to hear from you. We are located on the corner of Springvale Rd and Heatherton Rd Springvale.

Country Women's Association Dingley Village



"All women, all ages, all places. grow, connect, improve."

We are currently concentrating on making items for the proposed Mother's Day stall in late April and for our "winter Warmers" stall in June.

Our Craft Meeting will be held on 13th April at the home of a member. Our next Business Meeting will take place on 27th April 2022 at the Dingley Village Neighbourhood Centre.

In 2022 our meetings will be subject to Covid guidelines.

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 Julie on **9584 1139**.

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Lions Club of Dingley Village



We are in need of new members, a 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 of each month 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.

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 080 333 for more information.

Dingley Cheltenham VIEW Club (Voice Interest Education of Women)



New members are most welcome to join our monthly meetings and learn from our guest speakers and enjoy our monthly social outings. VIEW (Voice Interests, and Education of Women) Clubs support The Smith Family and their Learning for

Life Programme which provides education for vulnerable Australian children. Australia has over one million children living below the poverty line. Dingley Cheltenham VIEW Club are currently sponsoring 7 Children with their education.

Women from all walks of life are most welcome to join us please contact Fran Thomas for further information. franniet@gmail.com or 0419 309 931.

Meeting: Second Tuesday of the month at 10am.

Where? Keysborough Golf Club, 55 Hutton Rd Keysborough, easy parking. Masks and proof of Double Vaccination required.

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 COVID19 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 0411 058 804 or Helen 0425 862 718.

Dingley Village Men's Shed



The Shed is operating under a COVID-19 safe plan. 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: info@dvms.org.au
www.dvms.org.au

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

Kingston City Church



Our Vision: Connecting People To Jesus Christ

Our Mission: Reach, Restore, Relate, Resource And Release.

Ph: **8551 6600**, Fax: **8551 6690**.

Web: www.kcc.crm.org.au

Email: admin@crm.org.au

Senior Pastor: Dan Parker

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

Easter Services: 10 am Good Friday & 10am Easter Sunday.

Kingdom Kids is our kid's ministry program that runs on Sundays during the morning service. Our program caters for children from newborns to primary school age (prep -grade 6).

We have four kids' rooms running each week. There is a Creche, Kinder Room, a Parent Room and our Primary Room. Each Sunday we have a dedicated team of youth leaders, helpers and parent volunteers who assist in running these rooms.

Our primary students are encouraged to keep a journal of their reflections which they fill in each week after a study of the Word. Our aim is to nurture and guide all our children into faith and a personal relationship with Jesus.

We strongly believe that the children are a "Gift from the Lord and...a reward from Him" Psalm 127:3 and "All our children will be taught by the Lord, and great will be their peace." Isaiah 54:13.

We are excited to see how the Holy Spirit will work in the hearts of all the children in our Kids Ministry this year!

Pauline Martin-Nathaniel
Kids Ministry Leader



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 April is as follows:

Easter

Good Friday 15th April 9.00 a.m. Communion Service at 7 Fiveways Boulevard, Keysborough and via livestream through <https://www.villagechurch.org.au>. Easter Sunday 17th April 10.00 a.m. Worship Service at 7 Fiveways Boulevard, Keysborough and via livestream through <https://www.villagechurch.org.au>.

Sundays

10.00 a.m. Worship Service at 7 Fiveways Boulevard, Keysborough and via livestream through <https://www.villagechurch.org.au>. *Kids Church at 7 Fiveways Boulevard, Keysborough - 10.30am for 4-year old's through to Grade 6 until in person gatherings resume. All welcome. Contact office for Zoom link.

Prayer Time

Weekly - Wednesdays 10-11am at 7 Fiveways Boulevard.

Monthly - Saturday 16th April; 9-10am at 7 Fiveways Boulevard and Monday 18th April 7.30-8.30pm via Zoom link. Contact office for links.

Bible Study

*Women's -Precept Ministries study on Genesis. Thursdays fortnightly at 7 Fiveways Boulevard, 10-11.30am and 2.30-4pm via Zoom, 7th April. Contact office for Zoom link. *Not held during school holidays.

Monthly Ladies Group:

Sisters in Christ - second Monday of every month, 7.30-9pm at 7 Fiveways Boulevard and via Zoom link. Contact office for link.

Youth Group

Every Friday during school term, 7.00-9.00pm at 7 Fiveways Boulevard for

Years 7-12 youth. Contact the office for further details and to register your interest.

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 may have and leave a message if the office is unattended.

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

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 10.00 a.m.

All enquiries phone **0431 244 561**
www.heathertondingley.uca.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**.

Easter Services

Good Friday – Friday, April at 9.00 a.m. followed by morning tea with hot cross buns. Easter Sunday – 10.00 a.m.

Sing-along Oklahoma

Saturday, 14th May at 1.30 p.m. Come along and sing along to all the favourite songs from this musical. Cost is \$10 which includes afternoon tea. For catering purposes please RSVP to Bob on **0418 998 714**.

Christ Church Dingley



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

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

Sunday Services

9am - Heritage Church Service
10.30am - Auditorium Church

Easter Services

Good Friday 10am | Easter Sunday 10am

Ministers

Vicar: Rev Richard Loh (**9551 7871**)

CCD Weekly sermons

You can accessed through our Website each Sunday. www.ccd.org.au
(Past services are accessible here also)

Monthly Communion Service

On the second Tuesday of each month at 2pm we hold a service with Communion and favourite hymns – Transport available on request. Please contact the office 9551 7871.

Prayer Meeting times

Saturday mornings from 8am to 9am
Wednesdays from 12pm to 1pm.

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. Volunteers welcome please ring **9551 7871** or email admin@ccd.org.au

Opening 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.

Regular Ministries

Professional Counselling
Appointments: **9551 7871**

Medical Mission Aid Stall

First Sunday of every month (7 March this month) 8am until 1pm (before and after morning services). Beautiful homemade goods, new items, and yummy cakes, jams and relishes. Funding provides medical supplies to six hospitals in Tanzania, Kenya and Nepal.

Youth

Every Friday (during school term) 7pm–9pm. Year 7-12s welcome! Check our website for what's happening - <https://www.ccd.org.au/youth/>

Church Office

For all enquiries contact the office on **9551 7871** or send an email: admin@ccd.org.au

St. Mark's Catholic Church

511 Lower Dandenong Road,
Dingley Village, 3172.
Phone: **9551 6930** or **9547 4877**
Email: Springvale@cam.org.au

Website for further information
ST JOSEPH SPRINGVALE |
Catholic church

Parish Priest: Fr. Joseph Truong Nguyen
OFM Conv.

Mass Times

Saturdays, 6pm
Sundays, 9.30am
Confession before Mass on Saturdays

Stations of the Cross every Friday during Lent 7.30 pm

Important dates for April

10 April - Palm Sunday
11 – 17 April - Holy week
15 April - Good Friday
17 April - Easter Sunday

Echo Church

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heaven to earth

Vision: 'heaven to earth'

"Your Kingdom come, your will be done, on earth as it is in heaven."
- Matthew 6:10

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www.echochurch.org.au
Sunday's at 10AM
Senior Leaders: Justin & Leigh Box

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): Major Jennifer Cloke and Auxiliary Lieutenant James Singer.

Hours of operation

8:30am - 5:00pm. Monday, Wednesday and Friday or by appointment.

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**, Wednesdays, Thursdays & Fridays 10am-4pm.

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THE DINGLEY DOSSIER

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Editor: Pam Gates

Publisher: Dingley Village Neighbourhood Centre Inc.
31B Marcus Road,
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Phone: 8512 0505

Email: dingleydossier@dvnc.com.au

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

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