

THE DINGLEY DOSSIER

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August 2022

www.dvnc.com.au/dossier

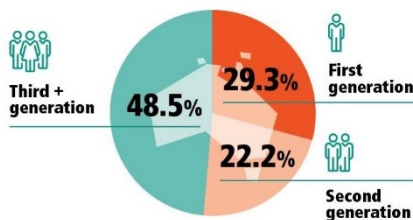
NATIONAL CENSUS

Conducted every five years since 1961, and before that less often from 1911, and asking questions of every Australian household, the census provides information about the ways society is changing that couldn't be obtained in any other way.

The results of the 2021 National Census reveal we are a fast changing, growing and culturally diverse nation.

The 2021 Census counted nearly 25.5 million people (25,422,788) in Australia, excluding overseas visitors, on Census night. This is an increase of over two million people (2,020,896), or 8.6 per cent, since the 2016 Census.

a median age of 39 years. The Census counted more than 800,000 (812,728) Aboriginal and Torres Strait Islander people on Census night, 3.2 per cent of the total people counted. This is an increase of over 25 per cent (25.2 per cent) since 2016.



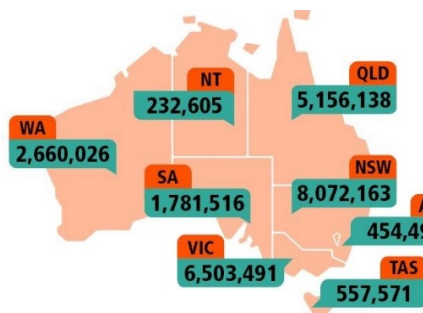
The percentage of Australian's reporting no religious affiliation continues to grow. It's now at 38.9 per cent of the population compared to 30.1 per cent in the 2016 Census.

Christianity remains the most common religion with 43.9 per cent of the population identifying as Christian, a decrease from 52.1 per cent in the 2016 Census.

The top 5 religions outside of Christianity are Islam, Hinduism, Buddhism, Sikhism and Judaism.

In the past five years the number of people who use a language other than English at home has climbed 792,000 to more than 5.6 million. 852,000 Australian residents identify as not speaking English well or at all.

Mandarin remains the most common language other than English used at home, used by 685,300 people, followed by Arabic with 367,200 people.



Australia continues to become more diverse, with over 1 million (1,020,007) residents arriving in Australia from 2017 to 2021. Over four out of every five (83.7 per cent) of these arrivals were in 2017 to 2019, before the COVID-19 pandemic.

With these new arrivals, we have seen the proportion of Australian residents that are born overseas (first generation) or have a parent born overseas (second generation) move above 50 per cent (51.5 per cent).

Australia's Census count has more than doubled in the last 50 years, with the 1971 Census counting over 12 million people (12,493,001). The median age of all Australians remains at 38 years in 2021. Males make up 49.3 per cent of the population with a median age of 37 years and females make up 50.7 per cent with

The census shows so-called millennials (born between 1981 and 1995) are on the cusp of displacing baby boomers as Australia's dominant generation. The diversity of religious affiliation has increased across the Australian population.

FARMERS' MARKET

SATURDAY 20TH AUGUST | 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:
1300 606 024

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

Justice of the Peace

Malcolm Gilbert: 0418 549 800

Marion Harriden: 9551-1799

Allan Harris: 0412 073 719

Dingley Village Historical Society titbit

Many people ask if we get our name from "Dingley Dell". Sorry ---NOT SO. Our name came from the famous Attenborough family, who brought the name with them from the United Kingdom.

Ever wanted to give Pilates a try?

Why not come to the Dingley Village Neighbourhood Centre and give it ago. Classes run every Tuesday each week 12:30pm-1:15pm, \$10 per session, with our lovely, qualified instructor Danni. Call the centre for any more information - 8512 0505



VOLUNTEER NEEDED!

The Dingley Village Historical Society has a website - www.dvhs.com.au. It's in need of some tender, loving care - probably on a regular basis.

At present the sites contains:

- Our collection
- Events- exhibitions
- Photographs
- Invitation to the community to visit

Volunteers are always present at 31 Marcus Road on a Thursday and would be delighted to chat with you. We believe that as a Village, we were established in 1855, thanks to Alfred Tootal (hence Tootal's Road) We plan an exhibition in 2023 and it could be "all hands on deck" - Contact 9551 1799.

Special Dates in August

Jeans for Genes Day - 5 August

Jeans for Genes Day is the major fundraising event for the Children's Medical Research Institute, who is on a mission to reduce the number of children born with genetic illnesses.

National Stroke Week 8 - 14 August

National Stroke Week raises awareness of stroke which Australia's second single greatest killer, with over 60,000 strokes occurring every year. Get involved and hold an activity in your community to support the national campaign.

International Day of the World's Indigenous Peoples - 9 August

The United Nations' annual International Day of the World's Indigenous Peoples encourages people to spread the UN's message on the protection and promotion of the rights of Indigenous peoples.

Red Nose Day - 12 August

Red Nose is dedicated to saving the lives of babies and children during pregnancy, birth, infancy and childhood and to supporting bereaved families. With offices throughout Australia and a national office in Melbourne our areas of focus include bereavement support, education, research, national awareness campaigning, advocacy and fundraising.



Krishna Janmashtami - 18 August

This is one of the most important Hindu festivals, celebrating the birthday of Lord Krishna, believed to be the eighth reincarnation of Lord Vishnu who gave the vital message of the Bhagwat Gita - the guiding principles for every Hindu.

Book Week 20-26 August

Each year, many schools and public libraries from all over Australia spend a week celebrating books and Australian authors and illustrators. Classroom teachers, teacher librarians and public librarians develop activities, offer competitions and tell stories relating to a theme to highlight the importance of reading.



Daffodil Day - 26 August

Daffodil Day is one of the Cancer Council's most loved fundraising events and this year, every daffodil and every donation grows hope - hope for more survivors, hope for better treatments and hope for greater support. As the largest merchandise based event in the Southern Hemisphere, it's day to support all Australians affected by cancer.





FARMERS MARKET

OUR NEXT MARKET IS ON SATURDAY 20TH AUGUST



**Rain hail or shine the market runs year round.
Next Market is on Saturday 20th August**

At their heart, farmers' markets are a place for food producers and consumers to connect directly in the buying and selling process. Our farmers' market gives you a chance to meet the person who grew or made your food.

Just because farmers benefit from farmers' markets, doesn't mean shoppers miss out. Farmers' markets allow food consumers to buy high-quality goods without the retail margin. On top of that, there's no middle-man taking a cut so you can know that your money is actually supporting a local farmer.

Farmer's markets also allow foodies to try exciting new products from small suppliers who may not be able to get supermarket shelf space. Gluten-free, vegan, vegetarian and FODMAP options are available.

New stall holder Nick's Gnocchi and Pasta aims to bring authentic Italian pastas & sauces to your table. Handmade pastas, using traditional recipes from Nonna and great aunties paired with labour and love. Nick is making his mark and was awarded Nillumbik's Young Business Achiever 2022, drop in and check out his range of pasta and sauces.

Other stallholders with winter staples are Spud Sisters, 280 Fresh Veg, Moorabool River Beef and La Villa Salumi.

 DingleyVillageFarmersMarket

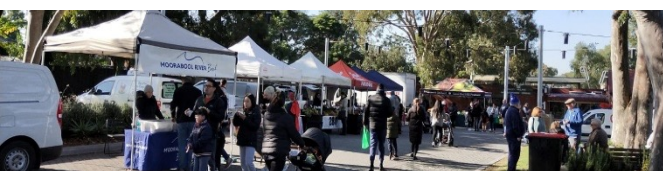
It is an activity of the Dingley village Neighbourhood Centre and does not operate for profit. Customer feedback, concerns and ideas are welcome, look out for Market Manager Amy and market staff in orange hi-vis vests that say EVENT STAFF.



DINGLEY VILLAGE FARMERS' MARKET

SATURDAY 20th AUGUST 8.30AM—1 PM

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Dingley Village Police Update



Crime Stoppers (1800 333 000)

To provide crime information. It can be anonymous.

Police launch new text line to fight crime on public transport

In an Australian first, Victoria Police are deploying a text message service that allows commuters to report crime on public transport. **STOPIT** is a non-urgent, text-based notification service for the discreet reporting of unwanted sexual or anti-social behaviours on public transport.

Commuters can text **STOPIT** to **0499 455 455**.

They then fill out a form detailing unwanted sexual behaviour or other kinds of anti-social behaviour including obscene and racist language, drug and alcohol use, or graffiti on public transport. Images can also be sent if it's safe to take a photo.

The information provided will be examined by a dedicated triage team of transit police before being passed on to detectives, who will identify and hold perpetrators to account.

There's no live monitoring though, so if it's an emergency, passengers should still call Triple-0.

The service is now available on Metro and V/Line trains and be rolled out to trams and buses late next month.



Neighbourhood Watch & Victoria Police would like to remind everyone to always securley lock your vehicle and never leave valu ables visible.

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Open 9am - 2pm

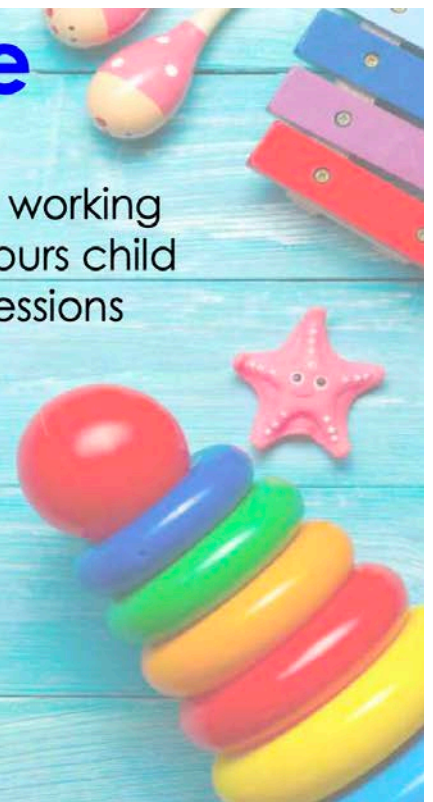
Monday - Friday

8512 0509

31B Marcus Rd, Dingley Village

(inside Neighbourhood Centre)

Email: lvcc@dvnc.com.au



RUN AGAINST VIOLENCE

Support local residents Vanessa and Tony in the Run Against Violence

One of the greatest scourges of the 21st century is domestic violence. The Australian Bureau of Statistics estimates that close to 2 million Australians experience physical abuse before the age of 15. Every day, people in our community suffer at the hands of family members – people they trust. And escaping that horror can seem impossible.

As passionate runners who care deeply for the wellbeing of our community, we wanted to find a way to make a positive impact. In 2017 Vanessa completed her first Run Against Violence with her husband Tony, joining the team last year.

"We've both known people affected by family violence," explains Vanessa. "We wanted to do something positive to help. When we're wearing our Run Against Violence t-shirts, people in our local community have stopped us to ask

questions and indicate their support." The Run Against Violence seeks to support those affected by domestic violence by doing two things. This year's event, built around the theme of 'Today's Conversations are Tomorrow's Way of Life' seeks to raise awareness of this issue and raise funds to support people who are directly impacted by family violence.

This year, Run Against Violence aims to have at least 5000 participants and raise \$240,000 through donations.

The beauty of Run Against Violence is that anyone can participate. Commencing on 30 August, teams of up to 20 people walk or run, with the aim of the entire team completing 1300km in total. For a team of 20, that means each person needs to walk or run less than 3.5km a day – that's a lovely distance to cover on a spring morning or afternoon!

Of course, for those seeking more of a challenge, there are other options. Individuals can opt to cover 130km or 200km over the 19 days the event covers. So, why 1300km and 19 days? That's the distance event founder Kirrily Dear

covered when she ran from Broken Hill to Sydney in 2015 in 19 days to raise awareness about family violence and its impact on the community. Kirrily says, "Our job is to engage the broader community in conversations about family violence to reduce the stigma and isolation people who have lived with domestic and family violence. When that stigma is removed people then share their story, reach out for help. We deliver awareness campaigns and community activities in order to create the platform for these conversations around family violence to be heard".

This year, Vanessa and Tony plan to cover 200km each for their team.

"We aimed for 130km each last year and smashed that. You'll often see us walking laps of the Spring Road Reserve with our three dogs as well pounding the local pavements. 200km will be a challenge but we are committed to doing our part to raise funds and awareness for this amazing cause," says Tony.

You can find more information on Run Against Violence at www.runagainstvviolence.com



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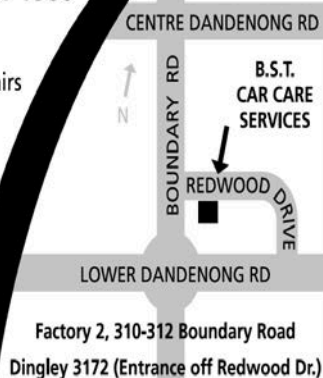
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Chelsea

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Chelsea

9586 0500

bayside@barryplant.com.au

DINGLEY VILLAGE COMMUNITY ASSOCIATION

DVCA Annual General Meeting

The DVCA Annual General Meeting will be held on Tuesday 9th August 2022 at 7.30pm at the Dingley Village Neighbourhood Centre, Marcus Road Dingley Village. All residents of Dingley Village are welcome to attend, so please come along.

ANNUAL GENERAL MEETING



GET INVOLVED!

Call For New Members Get Involved With Your Local Community

DVCA is actively seeking new enthusiastic members to join and help keep our village a great place to live and work in. So, let's tell you a little bit about DVCA and what we do.

Firstly: DVCA Info

- DVCA was formed over 40 years ago by a group of Dingley residents.
- DVCA is a voluntary group of Dingley Village residents and is not affiliated to any political party.
- Membership is open to all Dingley Village residents.
- Monthly meetings are held each 2nd Tuesday of the month at 7.30am in our village community centre in Marcus Road.

Secondly:

What Does DVCA Aim To Do?

- Enhance the character and environment of the village
- Represent the views of the Dingley Village community in matters relating to the growth and development of the village
- Foster a creative approach to the development of the buildings, environment and social and cultural life of the village
- Achieve a Vision for Dingley Village "As an appealing neighbourhood of Kingston known for its unique village character, its defined edges, its green setting and its environmentally, socially, and culturally aware residents."

Thirdly: What Actually Do DVCA Members Get Involved With?

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

Fourthly: So Why Should I Join DVCA?

Think about why you choose to live in Dingley Village, it may be for:

- The high quality housing with space for gardens and trees
- The attractive and safe streets to live in
- The strong sense of community in a small village environment
- The country feel, with the surrounding market gardens
- The birds, wildlife and the natural environment of our parks and golf courses

Whatever the reason, Dingley Village is a special place and the DVCA works hard for this.

HOWEVER, TO DO THIS THE DVCA IS NEEDING NEW MEMBERS

So, if you are an enthusiastic community member, NOW is the time to get involved - your help is needed so that the DVCA can continue working for our great village community in the City of Kingston.



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



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OUR COUNCIL

Budget secures services and a record investment in projects

Kingston's 2022–2023 budget will deliver high-quality services and a record investment in community facilities.

Mayor Steve Staikos said that Council is proud to be delivering a record \$80.4 million in capital works for the coming year, a program that includes many new projects and upgrades to infrastructure and is headlined by the purchase of the \$14.6 million site for our new district level aquatic and leisure centre on Governor Road in Mordialloc.

The delivery of the new aquatic and leisure centre will be the biggest capital works project in Kingston's history, but our 2022-23 program will also see \$7.8 million invested in renewing local roads; \$16 million being invested on new pavilions and reserve improvements across GR Bricker Reserve in Moorabbin, Dingley Reserve, and Regent's Park in Aspendale; and a major upgrade to the North Cheltenham Preschool.

Other key projects to be delivered include the completion of the Mentone and Aspendale lifesaving clubs, new disability access paths along the foreshore, and a range of sustainability initiatives to address the climate and ecological emergency.

The budget also prioritises community services as we continue to recover from the impacts of the COVID-19 pandemic.

"We are passionate about creating a supportive, inclusive community. With that in mind, this budget ensures that Kingston's community services will continue to support our residents," Cr Staikos said.

"Council is investing in the things that really matter - aged care services, our delivered meals program, childhood immunisations, maternal and child health support, senior citizen centres, and much more.

"This budget protects the city's financial sustainability, while striking a balance between meeting the community's current needs and investing in the future. Importantly, it has been prepared in line with Council's commitment to sustainable budgeting, responsible financial management and the State

Government's rate cap for 2022/23, as shown in the forecasted \$15.1 million surplus. "We look forward to partnering with the Victorian and Australian Governments to secure funding to jointly deliver further capital works projects for our community," Cr Staikos said.

Highlights of our \$80.4 million capital works program include:

Maintaining vital community infrastructure

- \$7.8m investment in local roads
- \$2.4m for drainage flood mitigation
- \$700,000 to maintain and repair footpaths
- \$300,000 for public toilet upgrades

Providing new sport & recreation opportunities

- \$14.6m to purchase the land for Kingston's new district-level Aquatic & Leisure Centre, a further \$1.4m to progress the project and \$500,000 to remediate the former DonTatnell Leisure Centre site
- \$6.6m for new pavilion and other reserve upgrades at GR Bricker Reserve in Moorabbin
- \$6.1m for pavilion upgrades at Dingley's Souter Reserve
- \$3.3m for the new pavilion at Regent's Park in Aspendale
- \$2.0m contribution to secure community access to new community oval at the Hawthorn Football Club Kennedy Centre in Dingley Village
- \$1.8m to continue major sporting facility redevelopment at Carrum's Roy Dore Reserve

Improving vital community facilities

- \$1.85m for North Cheltenham Early Years Centre
- \$480,000 for Men's Shed relocation
- \$950,000 for new library collection items
- \$610,000 for the Mentone Station heritage building commercial fit-out
- \$551,000 for CCTV projects
- \$200,000 for the Patterson River Art Trail

Investing in our beautiful foreshore environment

- \$502m for the Mentone Life Saving Club redevelopment
- \$3.63m for the Aspendale Life Saving Club redevelopment
- \$1.85m to extend the Carrum Surf Life Saving Club

- \$750,000 for the Parkdale Yacht Club carpark and Bay Trail connection
- \$750,000 for foreshore infrastructure renewal projects
- \$160,000 for Mordialloc Beach balustrade wall renewal

Investing in Kingston's Green Wedge

- \$300,000 to develop Elder Street South Reserve
- \$520,000 to link Karkarook Park to Settlement Creek/Clayton Road
- Former landfill remediation works at Spring Road Reserve (\$115,000), Heatherton Park (\$175,000) and Elder Street South Reserve (\$55,000)
- \$200,000 for Chain of Parks – Strategic Planning Work

Upgrading our parks & playgrounds

- \$1.8m to upgrade the Poter Scullin Reserve playspace
- \$400,000 for general playground upgrade program
- \$200,000 to the Mentone Foreshore playspace
- \$100,000 for exercise equipment in parks

Responding to the Climate and Ecological Emergency

- \$200,000 for Urban Cooling Strategy
- \$250,000 for environmental efficiency upgrades
- \$200,000 for Solare Initiatives to reduce Council's emission

Construction to commence on new Souter Oval Pavilion

The redevelopment of Dingley Reserve's Souter Oval Pavilion is set to begin next month after Kingston Council appointed Allmore Constructions Pty Ltd to undertake the \$7.1 million project.

Local sporting groups:

Dingley Cricket Club and the Dingley Football and Netball Club, will be the major beneficiaries of the new building that will meet contemporary sporting code requirements and provide flexible spaces to support the clubs to grow and thrive through building connections with the local community.

When completed the facility will be a welcoming, inclusive, family friendly environment, and a safe community space for all ages, genders, abilities, and backgrounds.

Kingston Mayor Steve Staikos said this project would not be possible without the \$4.5 million contribution from the Victorian State Government, secured for us by the State Member for Keysborough, the Hon Martin Pakula MP, and an additional \$177,000 grant for an extended first floor deck, and further \$80,000 for a new electronic scoreboard from the Federal Member for Isaacs, the Hon Mark Dreyfus QC MP.

Caruana Ward Councillor, George Hua, said local sporting clubs are very much at heart of our community and Council is working to update and modernise as many facilities as possible. "Inspiring greater involvement in local sport in turns bring massive physical and mental health benefits and promotes a more connected and supportive Kingston," Cr Hua said.



The redevelopment will involve

- Refurbishment and integration of the existing change room facility including new umpires change rooms.
- Construction of a new two-storey pavilion that will include additional change rooms, new social room, kitchen and community space, kiosk, and public toilets.
- The new building will also have an elevated open terrace viewing platform.
- Relocation of the cricket storage shed closer to the cricket nets.
- Pathways and landscaping surrounding the new development.



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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

**I'm working hard to ensure that
our community's voice is heard.**

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

I am happy to help.



CONTACT ME

9580 4651

**566 Main St
Mordialloc VIC 3195**

mark.dreyfus.mp@aph.gov.au

MARK DREYFUS QC MP
Federal Member for Isaacs

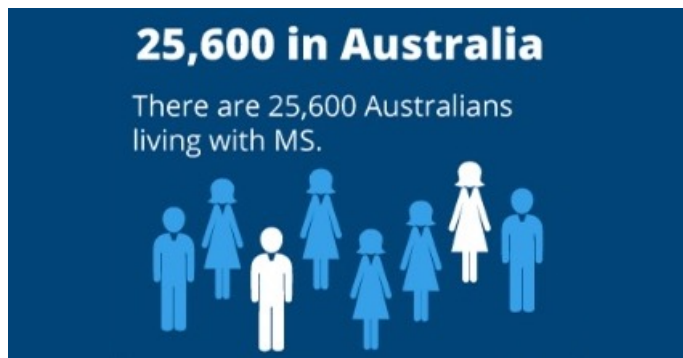
Attorney-General & Cabinet Secretary



What is Multiple sclerosis (MS)

MS is the most common acquired chronic neurological disease affecting young adults, often diagnosed between the ages of 20 to 40 and, in Australia, affects three times more women than men. As yet, there is no cure.

There is no known single cause of MS, but many genetic and environmental factors have been shown to contribute to its development.



In MS, the body's own immune system mistakenly attacks and damages the fatty material – called myelin – around the nerves. Myelin is important for protecting and insulating nerves so that the electrical messages that the brain sends to the rest of the body, travel quickly and efficiently.

As the myelin breaks down during a MS attack – a process called demyelination – patches of nerves become exposed and then scarred, which render the nerves unable to communicate messages properly and at risk of subsequent degeneration.

This means that the brain cannot talk to other parts of the body, resulting in a range of symptoms that can include a loss of motor function (e.g. walking and hand and arm function, loss of sensation, pain, vision changes and changes to thinking and memory).

Multiple Sclerosis (MS) is a complex disease and diagnosis is not always straightforward. While for some, a diagnosis can be made in a few quick steps, others can wait for a long period of further testing from the time of their first symptoms until they are officially diagnosed

Types of MS

There are different types of MS, including:

- relapsing-remitting multiple sclerosis (RRMS)
- primary progressive multiple sclerosis (PPMS)
- secondary progressive multiple sclerosis (SPMS).

MS causes **significant and chronic disability** to people in the prime of their lives and therefore has a substantive health burden and economic cost to the Australian health system.



There is also a condition called clinically isolated syndrome (CIS) that is linked to MS.

What causes MS?

Research continues to discover the causes of MS, however there are a few factors that are likely to play a role.

These could include:

- genetics
- a viral infection
- smoking
- vitamin D levels
- geographical location.

Genetics: Although MS is not a heritable disease, about 1 in 8 patients has a family history of the disease.

Geography: MS is more prevalent in some geographical regions, with distance from the equator seeming to correlate with MS risk.

Vitamin D: A link between vitamin D deficiency and a higher risk of developing MS appears to exist.

Infections: Some infections have been linked to MS, such as the Epstein-Barr virus, which causes mononucleosis.

Other risk factors include obesity, smoking, and biological sex, with MS being about three times more common in females than males.

Multiple sclerosis (MS) has many symptoms, which can be variable and unpredictable.

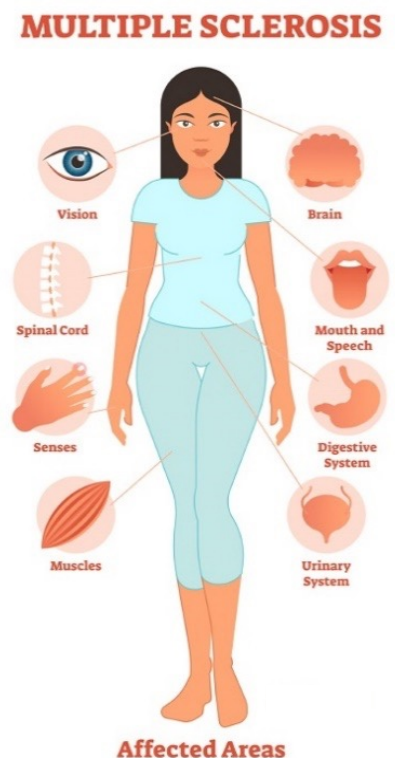
No two people will experience exactly the same symptoms and these symptoms can be a one-off occurrence, can come and go or change in severity over time.

MS symptoms can be experienced in different parts of the body, depending on which part of the brain, optic nerve or spinal cord is affected.

Some symptoms of MS are invisible, meaning people can't visibly see that someone is experiencing a symptom.

However, some common symptoms of MS include:

- fatigue
- pain
- bladder and bowel issues
- brain fog
- muscle spasms
- vision problems
- balance and coordination problems



Information in this article is provided for informational or educational purposes only. This article does not substitute professional medical advice or consultations with healthcare professionals. See your doctor for professional medical advice if you have any concerns about food allergies.



You Don't Have To Outrun The Bear

The story:

"Two men are hiking in the woods, and they see a bear. The bear is really mad, so they start running to get away. The first man says, 'how are we going to outrun this bear?' and the other guy goes 'I don't have to outrun the bear, I just have to outrun you.' (laughs)

Because think about it. If the bear gets one guy, he's not going to keep running to get the other. In life, it means that you don't need to be the best, you just need to be better."

Life is not a race, until it is.

One way for the Reserve Bank to try to control rising prices - or inflation - is to raise interest rates. This increases the cost of borrowing and encourages people to borrow less, to spend less, and to save more. Which is the desired effect.

However, it is a tough balancing act as the Bank does not want to slow the economy too much. Rates will be increased until they work - or until too much pain in the economy is being evidenced.

As a direct result (and intention) it is inevitable that those most exposed to such rate rises will suffer increased financial stress. Then the rate rises will stop.

You do not have to be fearful what that bear can do to you, just be sure you can outrun the bottom 10%!

Fixed Rates

As variable rates continue to increase many clients are asking about fixing to protect from continuing rate rises.

Sorry to say, that horse has bolted. As an example, 3-year fixed rates are now quoted at major banks as much as 3% higher than variable rates.

No one can accurately predict the future, but general opinion is that you will end up paying far less interest over that 3-year period by being in the lowest available variable rate loan rather than fixing.

We are in a very different world as compared to when fixed rates were recently artificially low (largely due to central bank quantitative easing policies here and in USA at that time).

For those who took advantage of those fixed rates that were available under 2% last year: Congratulations on the decision;

But be ready for the jump in repayments when the fixed period expires! Interest rates were at record lows, are now rising, but we do not expect them to rise in this cycle by another 3%, as current fixed rates seem to some to be indicating.

The mainstream media will continue to generate headlines with doom and gloom stories, talking as though there will be no limit to increasing rates. Ignore that, it is your budget that counts.

Your home loan will most likely be the largest debt you will have in your lifetime; quality advice on that debt management can be life changing.

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DINGLEY VILLAGE MENS SHED

Lots More in Lismore

Back in March members of the Dingley Village Men's Shed thought that a crazy hat 'bit of fun' (see pic below) at our Friday morning meeting might be a good way to raise some funds. The idea was that we would send those funds to our fellow Men's Shed in Lismore NSW to assist with their rebuild after the recent floods. Each member wore a crazy hat and donated circa \$10 to the cause.

Now, it would be a stretch to suggest that our \$700 donation from our crazy hat 'bit of fun' bought them a new shed. But a recent conversation with President Don Abrahams indicated that we were the first to respond to their predicament and once other sheds in NSW heard about what we did they collectively provided much needed tools and equipment. It was lo-cal and state authorities who provided the new shed.



Well, what do you know !?!? - the pic taken from their website shows their old shed and the other one shows their new shed.

This has meant that the Lismore Men's Shed is now able to not only assist folk in Lismore who were flooded out of house and home but also other Men's Sheds in their area. These Sheds are also keen to restock and revitalise their flood ruined workshops.



LISMORE MEN & COMMUNITY SHED

A time honoured adage states that "A small pebble dropped into a pond sends ripples far and wide" It would seem that our small pebble has resulted in a great deal of assistance to very needy fellow shedders whom we have never met.

All thanks to a timely suggestion and our members who rallied to support friends we did not even know we had. Surely this proves that "A friend in need is a friend indeed."

Geoff Hergt





The Bullet Proof Quilt

Most mornings, just after becoming semi-conscious but before extracting herself from bed, she lingers in a state which allows her to time travel. She wraps herself in a cover of memories which allows her to take stock of who she is.

Scenes flash across her foggy mind, which she collects to remind herself what she was capable of. Each was an important panel in a quilt she wraps herself in.

Revisiting her sporting achievements in cycling, representing the State while completing her Uni degree. That was tough but fun, she thought. Backpacking by herself in Canada the US, Europe and through to China gave her lots of thrills and scares. Challenges, friends made, scenes seen. Hotels haggled for, buses and trains caught and missed. I have managed to cram in quite a lot she reflected. None of it was too easy but it prepared me for whatever was next.

Later on, off around the world, backpacking again, with her partner, travelling through Central and South America, tackling the bicycle ride and roadside camping through Chile and Argentina and then by that Russian ship onto Antarctica.

How did I do that? Why did I do that when I get so sea sick? Africa, India and then that earthquake in Nepal – we were lucky. I've had a lot of that too, she thought. Lucky to be able to do these things and lucky with the people I've met.

All these memories flood over her as she dozes. Was I crazy? Would I do it again? No, but I'm glad I did it. There were lots of great times, some she wouldn't appreciate without being able

to compare them to the others. Some which wouldn't even have happened if she hadn't launched herself off on these adventures.

Back home – working, building my own business, enjoying friends, family and Melbourne. All these mini stories making up the panels in her quilt which she pulls tight around her shoulders. I'm not sure much can beat me, she decides. I'm just going to go on adding bits to my bullet proof quilt.

Each morning she is able to go through this routine she floats out of bed on a cushion of gratitude and a mind that starts working on the day in front of her. With the fuel provided by her history of events she heads off to extend her quilt.

Paul Phillips, 2022



Warren Duncan

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

Scouting can truly be a family affair. Not only do we have siblings who attend scouting, but many of our leaders are parents of our youth too. Our leaders have access to great training and support and enjoy themselves as much as our youth.



But if a leader role is just not for you, there are other ways for parents to be involved and support their youth. We are always happy to welcome new members to our Group Committee, (we meet at the hall the 2nd Wednesday of the month at 7:30pm).

Our committee is a dedicated group of adults who do a lot of work behind the scenes to help keep the group running. Still not for you, how about becoming an adult helper and support the leaders and youth at section meetings.

Many youth enjoy knowing that their parents are involved and supporting their scouting journey, and as a volunteer organisation we certainly value any extra support parents can provide.

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

- Joeys 5 – 7yrs - Please contact our Group Leader below
- 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 Vanessa on **0402 489 773** or email dingleyscoutgroup@gmail.com

RECYCLING

What are the most common recycling mistakes?

Contamination is one of the biggest challenges faced by the recycling industry. As well as physically clogging up the sorting machines, it also increases the cost of recycling. Furthermore, if unwanted material manages to make it through the sorting process, it can ruin the new material being produced.

Planet Ark surveyed 115 councils across Australia to find out the three most common recycling mistakes by residents.



Council survey

The number one mistake by far was plastic bags being put into kerbside recycling bins, with 92% of councils saying that it is a big problem for them.

- All recycling wrapped in plastic bags goes straight to landfill, since staff at sorting facilities are unable to open the bags for safety reasons.
- Bags get caught in the wheels and cogs of the sorting machinery sometimes causing considerable damage.
- The second most common mistake is recyclable items being put into the general waste bin.
- These items represent a wasted resource as they end up being sent to landfill rather than being reclaimed.
- The third mistake highlighted by a quarter of councils was food contamination. This means that residents are placing items into the recycling bin with too much food waste still attached to them.
- A common food contaminant is in pizza boxes. While a clean box can be recycled; if chunks of cheese, oil and grease remain, they combine with paper fibre, lowering the quality of recycling and will likely be sent to landfill.



Check it before you chuck it

Many Australians think that they are recycling correctly, but Planet Ark research shows that 99% of us are still throwing items in the wrong bin. One of the main barriers to understanding which package goes in which bin is the lack of clear on-pack instructions.

The Australasian Recycling Label (ARL) provides clear on-pack instructions about how to correctly dispose of all parts of a product's packaging.



Check out the City of Kingston website: www.kingston.vic.gov.au, here you will find more details about rubbish and recycling service as well as other recycling services for product that cannot go into your three council provided bins. From home page click on Services in top Menu and then click on Rubbish and Recycling.



Information in this article was provided by Planet Ark. www.planetark.org



Don't wait until your 60s to see a financial adviser

Ask any 30 year old who their financial planner is, and the typical response might be 'huh?' After all, financial advisers are for older people with plenty of money to invest, aren't they?

Well, yes, people nearing or in retirement will benefit from sound advice. But so will younger people. With the benefit of having time on their side, and with some help from an adviser, a 30-something can easily establish a wealth creation plan that can deliver a big payoff in the future.

Harness compound interest

It's been called the most powerful force in the universe, and compounding returns – earning interest on your interest – can deliver dramatic results.

Imagine that, at age 30, you commence a simple savings plan. You contribute \$2,000 each year to an investment that delivers an after-tax return of 6% pa. After 30 years you will have contributed a total of \$60,000, but your investment will be worth \$158,116. The magic of compound interest will have delivered you an effortless \$98,116!

The longer you go and the more that you contribute the bigger the ultimate balance.

Manage debt

The wrong sort of debt can have a huge impact on your future wealth. High interest debt such as credit cards and payday loans

should be avoided if at all possible. Consolidating several debts into one lower interest loan can help get debt under control and save you heaps of interest. Even with 'good' debt, such as a home loan, simple strategies can pay big dividends.

For example, repayments on a \$500,000 mortgage at a 4% pa interest rate over 30 years will be \$2,146.90 per month. Increase mortgage repayments by \$166.67 per month (\$2,000 per year) and the loan will be repaid in just under 25 years, saving \$80,144 in interest. In these examples the savings plan delivers the bigger result due to the higher interest rate. However, paying down the mortgage is a low risk strategy.

The higher return from a long-term savings plan is likely to come with a higher level of risk. An adviser can help you find your investment risk comfort zone.

Where will the money come from?

While many people in their 30s can easily find a couple of thousand dollars a year for savings and debt reduction, for others that's not such an easy task. However, significant savings may be hiding in plain sight. For example, the average Australian household throws away over \$1,000 dollars worth of food every year. There's half the target already. Buying lunch each day can easily cost over \$2,000 a year. Taking lunch from home occasionally could easily provide the rest.

Don't forget protection

Regardless of age, bad things can happen. The financial consequences of death, illness or disability can be devastating, and the younger you are the bigger the potential impacts. How will your retirement look if you're no longer able to earn an income or contribute to super?

Most Australians have much less life and disability insurance than they need. Your adviser can help you ensure that your family's wealth creation plans are well protected.

Who's your financial planner?

Simple savings plans or increases in mortgage repayments are simple strategies that anyone can put in place. However, we live in a complex financial environment, and expert advice can really help you make the most of the wide range of opportunities available. This includes choosing the right savings structures (superannuation or non-superannuation), and investment products that suit your resources and priorities. A planner can also help you find hidden savings and run the numbers to help you choose between different strategies.

Ready to meet your financial planner?
Just give us a call.

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Dingley Junior Football Club



Players Corner

WOW – what a season we are having and how much fun all the players are having given that over the last few years the players have been limited to very few games.

The season is now over the halfway mark and many of our junior teams are having very successful seasons to date and making their way towards Finals.

Whilst we do not keep scores with games played within our Under 8/9/10's the players will tell you exactly what the score is and how much they won by. Better than some adults and coaches!!!!

Colin the Under 8's coach with Max as his assistant are having a highly successful season striving towards a very good year for some of these first year's players. They know the Dingley song very well.

Anthony/Stephen the Under 9's coaches with their two heads better than one approach have timed their season right with recent wins giving these players a newfound confidence and the opportunity to learn the words of the Dingley club song. Matt the Under 10's coach and his assistant Jason have maintained consistency over the year and are developing their players towards the next step to full ground fields, scoring, ladders and finals opportunities for season 2023.

Brendan (1st year coach) the Under 11's coach and his assistant Steve have enjoyed a number of success stories to date with a number of weeks being on top of their divisional ladder, having a league leading goal kicker and a number of players kicking their first goal after playing for a number of years.

Steve the Under 12's coach and Pete his assistant have brought their experience into this team though at times have struggled with numbers have still been able to notch up wins placing them in a good position heading towards possible finals.

Kingsley the Under 13's coach and his assistant Mark have had these players under their guidance since Auskick days and with only one win separating them from 3rd place will look to bring home some big wins over the next weeks to secure their spot in the finals.

Michael the Under 16's coach is doing a solo effort and has his team of girls are on top of their divisional ladder to potentially bring them into the finals as the number one team to beat in their division.

We look forward to these players continuing their journey with the Dingley Junior Football Club.

SPECIAL MENTION:

The Dingley Junior Football Club were privileged to have one of our Under 16's girls make the prestigious Interleague Team. (This team comprises of the best players aligned with the SMJFL and plays against other Leagues from within Victoria)

We managed to track her down and get some details about herself, the interleague and life outside of football.



First Name: Savannah

Nickname: Sav or Savvy

Age and team: 14 – Dingley Under 16 Girls

Favorite AFL team: Collingwood

Favorite AFL player: Jaime Elliot

Lucky food before game day: Scrambled Eggs

Best football junior memory: Kicking 4 goals in a quarter and five for the game in my first season.

Parent's involvement with the club: Mum used to be our trainer when I first started, and Dad has been Vice President of our club for a long time.

How did you become part of the Interleague team: My local club (Dingley) nominated me as a possible NGA (Next Generation Academy) player for St. Kilda. Once accepted into the NGA program I had to attend regular NGA training and screening sessions and from there I was selected in the Interleague squad.

What skills/drill/learn – From your training and involvement with Interleague: Improved my kicking and handballing skills and improved my tackling technique whilst learning how to protect myself for contact. I also improved my fitness and gained some knowledge about good diet and nutrition for sport and general wellbeing.

Did the Interleague have a team song to sing when they win a game: Yes, it was based on the St. Kilda club song (Oh when the Stars, go marching in).

If you could play alongside any AFLW player, who would it be: Aishling Sheridan or Chloe Molloy from Collingwood.

What other sports are you involved in: Netball and Diving (I also used to do Cheer).





Dingley Football Netball Club



Players Corner

The best way to describe this season of football in the Southern League is 'topsy turvy', with unexpected results being seen each week. That description certainly applies to our senior football team, whose season can best be described as inconsistent.

A loss will be followed by an encouraging 'comeback' win, then most likely another loss, followed by a win or two. It would be easy to blame a bad run with injuries to key players for the side's up and down form and while we aren't crying "Woe is me!", it would be nice to get our best side on the park more often than we have been able to. Let's see what the run

home brings. In Round Ten, we saved our worst performance of the year for our home crowd and were outclassed by a very good side in Cheltenham, who repaid us for our successful Round One visit to their ground.

We were able to fight back against Port Melbourne Colts the next week to get home by fifteen points and followed up with another good win against Springvale Districts at Souter Oval on July 2, another payback win.

We went into the Round Thirteen game at the Peanut Farm against St Kilda City, knowing that a good performance would almost certainly guarantee a top five finish. It turned out a dirty day for our boys as we went down by six goals.

With five games remaining, The Seniors have won seven games with six losses and remain in the five.

Next edition – our new facilities at Chadwick Reserve, Howard Road, Dingley Village and possible FINALS appearances to be announced.

Michael Moran – Secretary of DJFC



"Hope for the Hurting"

"Prayer for the Sick"

All Welcome

Free Entry

6pm

Sept 17th, Oct 15th, Nov 19th

Location: The Salvation Army - Dingley Village
Unit 13, 12-16 Garden Boulevard

Contact: David Kranjec

Email: ploughmanministries@optusnet.com.au

No such indifferent form for our Reserves as they recorded their tenth win on the trot at St Kilda City's Peanut Farm. The Reserves are 'chock a block' with young players who have graduated through the Under 19's and who are eagerly awaiting their shot at the big time.

At Dingley Football Netball Club, [your footy club], the emphasis has always been to give opportunities to our own home grown young talent. That policy has been in place for decades and has been the cornerstone of our success in recent years.

That policy will not change in the pursuit of short term gain. The Under 19's are in second spot and the Third 18 is in fifth. Our netballers are going from strength to strength and hopefully are destined for more silverware in September.

Go Dingoos.





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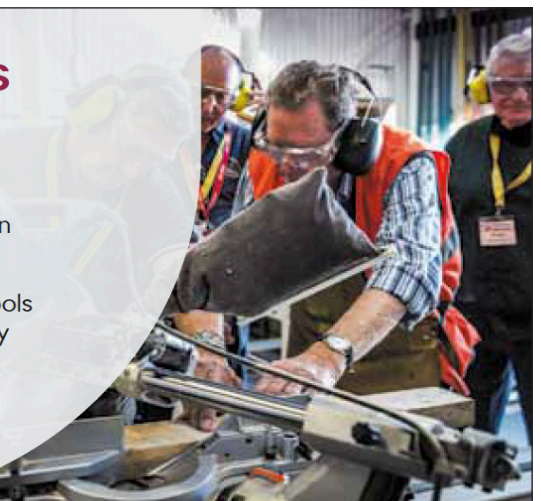
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Back to Basics with Eyes

As an optometrist, I am often surprised by the number of people who are unaware of their current prescription or "refractive states" i.e. if they are short sighted (myopia), long sighted (hyperopia), have astigmatism or a mixture of the lot.

I do however understand that society's time demands, and a profit driven health care system has caused many corporate optometry businesses into running shorter consultation times, therefore resulting in optometrists' not having or taking the time to explain these outcomes with their patients.

As a result, I thought it would be important to review each of these definitions to clarify them for everyone and highlight the ease of their treatments.

Before we dive into the major three, let's first discuss the eye, its anatomy and what it means for each individuals' prescription. The prescription or "power" of the eye is defined by how light interacts with the three major points of contact in the eye; this includes the cornea (clear front part of the eye), crystalline lens (the "focusing" camera lens) and the retina (light sensitive tissue).

If the front surface of the eye deviates from its spherical desired shape, this will cause the light to bend in different directions and therefore create a difference in power. If the lens inside the eye is slender or wide in shape it will cause a different power change.

In rare instances, if the retina is not in its desired position, light will not land directly on this surface and therefore cannot be interpreted correctly to create "clear vision". With this understanding we are now ready to delve into the major three refractive states.

Hyperopia (long sightedness) is most often caused by the eye's inability to grow to the correct size and length, therefore creating a shorter distance between the cornea (front of the eye) and retina (light sensitive tissue at the back of the eye). Before the age of 40, most people can change the shape of their lens to correct for this and therefore are often not treated for their hyperopia.

However, there are also those who have a large amount of hyperopia, and their lens is not 'strong' enough to overcome the difference or those that have focussing issues in which they have a weak lens that cannot change shape correctly and or efficiently. In these cases, the most common treatments offered are glasses, contact lenses, vision therapy (exercises) and if stability is achieved LASIK corrective surgery (laser eye surgery).

Myopia or more commonly known as short sightedness is the eye's inability to stop growing causing a large lengthening to the eye and increased distance between the cornea and the retina. No matter how relaxed (weak) the lens in the eye is, this condition cannot be overcome by the eye's own anatomical structures and so will always need correction with glasses, contact lenses or Ortho K lenses (lenses that

you sleep with overnight that correct the prescription and are then removed in the morning for clear vision). LASIK again can be applicable here if the prescription does not progress in a 12-month period.

Astigmatism is caused by a difference in curvature, most commonly of the cornea, but can also be seen in the lens & retina on rare instances. Having different curves on the eye means light bends at a different speed and angle and therefore power. To compensate for this change in power on two different axes we use contact lenses, glasses, Ortho K and once again LASIK. Not all astigmatism is treated in children however, as children's eyes change and so does the structure of their eyes, and therefore astigmatism can get worse or stay the same or improve. Thus, correction is opted for when the prescription is beyond normal standards or if the child is symptomatic and not reaching their age matched level of vision. We do know though that those that rub their eyes are far more likely to experience worse astigmatism and develop another disease as a result.

Insightful Eye Care- Dingley have chosen to increase our consultation times to 40 minutes, so that we can spend more time with you discussing your prescription, your needs and provide the best solution for your lifestyle. We are passionate about your vision and the health of your family's eyes. Call us to make an appointment, book online on our website www.insightfuleyecare.com.au or come down for a chat about your prescription so that we can provide the best treatment for you.

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, Dr Mark Glogowski, Darran Yeow and the team @ Dingley Eye Centre - Insightful Eye Care™

We are your local optometrist
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Dingley Village Senior Citizens Club Incorporated

A few of our Members have not felt well lately – it looks as though COVID and its variants (as well as the Influenza viruses) are far from finished with us all yet. We are indeed fortunate (so far this year) to have been able to meet without restrictions.

Those who attended the "Christmas in July" lunch at the Sandown Bistro, last month, enjoyed their day out. Forthcoming Club activities are as follows:

1st of August – Bingo.

8th of August – our Annual General Meeting (AGM) to be followed by Cards and Games.

15th of August – Bingo.

22nd of August – Cards and Games.

29th of August – Bingo.

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 on a Monday afternoon from 1:00 p.m. in the new Dingley Village Hall.

Lions Club of Dingley Village



We have been quite busy given the difficulties over the last couple of years, the Dingley Village Club has supported the Monash Children's Hospital with Bears and a selection of books and toys, we have been donated to Children with Cancer appeal (Lion's project), the recent flood appeal and Ronald McDonald House, but we are in need of new members, this is a great opportunity to help your community.

Our current fundraiser is the sale of the Entertainment book app <https://subscribe.entertainment.com.au/fundraiser/9121w52>, this is great value and a good opportunity to save money.

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 7.00pm 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 Dingley Central



Maria and Tara from Hearing Australia, Cheltenham Branch, were guest speakers at our July Meeting. Hearing Australia has been caring for Australians for over 70 years and has 600 locations Australia wide.

Their aim is to keep you connected to the people and the life you love. Hearing loss is more common than you think and can reduce quality of life. Hearing Aid styles range from tiny in canal aids to powerful behind the ears. On a beautiful sunny day, 24 members went by bus to Bendigo, where they enjoyed the Elvis Presley Exhibition, followed by lunch at the RSL.

Activities for August: Happy Hour, Legs and Morning Coffee, iPad group, Wine Tasting, Camera Club, High Tea, Morning Melodies, Dine Out, Men's Lunch, 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 always welcome. For further information please contact Jean on **0438 272 232**.

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Classes for men, women & children of all ages. Qualified Coaches. Gradings at all Levels.
Classes held at Dingley Village Neighbourhood Centre, Marcus Rd
For class times or more information
Ph 9583 5680 or 0439 304 579

Country Women's Association Dingley Village



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

The Dingley Village Branch of the CWA would like to thank all the knitters/crocheters who made poppies for The Aviation Museum at Moorabbin Airport. It helped to make a wonderful display.

From time to time we have a speaker attend our meetings and last month we welcomed a speaker from Aged Care. We are still finalising dates for our stalls. Our next craft meeting will be held on 14th September at the home of a member. Our next business meeting will take place on the 28th September 2022 at The Dingley Village Neighbourhood Centre. In 2022 our meetings will be subject to Covid guidelines.

If you need any further information about CWA or would like to consider becoming a member, please contact either Kathie on **0403 468 969** or Julie on **9584 1139**.

Dingley 60 Plus Social Group

Our gatherings adjacent to the Sports Bar of the Dingley International Hotel are being held only on the 2nd Thursday of the month so the next one will be on the 11th August. Starting time is 7.00 PM and meals and snacks are available if you want to make a night of it. Of course you have the usual wide choice of beverages being dispensed for your indulgence. Despite the cold weather we are getting good support from members for our monthly gatherings.

Our regular dinner on the last Saturday of the month is proving popular with members and the next one will be on the 27th August. Advice of future activities and venues are made at the Thursday gatherings and to facilitate bookings you can indicate which particular events you wish to attend. 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. Enquiries can be made to Graeme on **9551 3462**. PS – The depths of Winter are now behind us it is time to get out and about again.

Burden Park Bowls Club



Winter bowls has begun on Saturdays and Tuesdays at 11.00am.

If you would like to come and try lawn bowls this is perfect time for you to give it a shot. Just come to the club at 10.30am pay \$10.00 and we will give you some bowls and put you into a team and off you'll go.

The team will show you what to do and all you have to do is have a great time. We stop for lunch and a cuppa so bring some lunch with you.

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'll 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 can't 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 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. We hope to see you soon.

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

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**.

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F

Has their **FACE** drooped?



A

Can they lift both **ARMS**?



S

Is their **SPEECH** slurred and do they understand you?



T

Call 000. **TIME** is critical

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.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.

Bark and Chat

This group, for dog lovers and those with dogs (please bring your dog with you) will meet on Saturday, 16th July. The topic for discussion will be places you can holiday with your dog. Morning tea is provided. Further info: Margaret **0401 392 772**.

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.

At KCC we want to encourage and develop young people to live a life enjoying all that God has for them. We meet together every fortnight to connect with each other and learn from God's

Word. We have discussions on current issues affecting our young people and each person is given a place to ask questions and be heard. We also have social activities and would love to have you join. Our young adult's group are male and females ages 18-25. They are an amazing group of young people and have endured a lot of changes over the last 2 years of Covid.

We have Sunday morning services between 10.00-11.30 and all are welcome. For anyone aged between 18-25 who want to explore and connect with an incredible group of people, we invite you to contact the church office on the details below.

316-322 Kingston Road, Clarinda, 3169 (near Clayton & Boundary Roads intersection). Ph: **8551 6600**, Fax: **8551 6690**.
 Web: www.kcc.crm.org.au
 Email: admin@crm.org.au

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 August is as follows:

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. All welcome.

Prayer Time

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

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

Bible Study

*Women's -Precept Ministries study on Genesis. Thursdays fortnightly at 7

Fiveways Boulevard, 10-11.30am and 2.30-4pm via Zoom, 9th, and 23rd June. Contact office for Zoom link.

Monthly Ladies Group

Sisters in Christ - first Saturday of every month, 2nd July, 1.30pm at 7 Fiveways Boulevard.

Monthly Mens Group

Men of Faith - once a month, Sunday 24th July, BBQ starting at 4.30pm and study starting at 6pm, 7 Fiveways Boulevard.

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.

*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 may have and leave a message if the office is unattended. Our Pastor is Rodney Hole who may be contacted through the Church Office.

Christ Church Dingley



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

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. Come & visit us at the Roundabout when the Flags are out, we're 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! Check our website for what's happening - <https://www.ccd.org.au/youth/>

Church Office:

For all enquiries contact the office: **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

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

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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info@echochurch.org.au

www.echochurch.org.au

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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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AAD&O Refrigeration	9551 4626
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Bathroom Revival	0408 549 697
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CHILDCARE

Little Villagers Child Care	8512 0509
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CHIROPRACTOR

Dingley Chiropractic Centre	9558 1436
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CHURCHES

Christ Church, Dingley	9551 7871
Heatherton Dingley Uniting	0431 244 561
Kingston City Church	8551 6600
St. Mark's Catholic Church	9551 6930
Salvation Army	9558 2045
Village Church Inc.	8712 8254
Echo Church	9558 3980

COLLEGES

Killester College	9547 5000
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COMMUNITY

Neighbourhood Centre	8512 0505
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Ashfords Wealth Advisors	9551 2822
Integrity Finance Australia	9511 8883
SS Accounting Solutions	9551 8196

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THE DINGLEY DOSSIER

ABN: 71 463 442 675

Editor: Pam Gates
Publisher: Dingley Village Neighbourhood Centre Inc.
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Email: dingleydossier@dvnc.com.au

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