



# THE DINGLEY DOSSIER

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[www.dvnc.com.au/dossier](http://www.dvnc.com.au/dossier)

## THE QUEEN'S BIRTHDAY 2022 HONOURS LIST

The Dingley Dossier would like to congratulate former long-time resident Michael Benjamin who has been awarded the Medal of the Order of Australia for service to the community of Dingley Village in this year's Queen's Birthday honours.

Michael Benjamin has given many years of service to Dingley Village through his extensive work and efforts with many local groups. His work in establishing the Bendigo Bank Branch Dingley Village is worthy of honour in itself as the very few in the community would not have benefited in some way.



Michael has been involved in:

- Dingley Village Community Bank 11 years (including 1 year on formation committee and as the inaugural Chairman)
- Dingley Football Club 5 Years (sponsor for 25 years)
- Dingley Village Chamber of Commerce 15 years
- Dingley Village committee city of Kingston 7 years
- Save Kingswood Group 6 years, just to name a few.

The following is Michael's reflections on getting a bank back in Dingley Village Being a local resident and a local business proprietor, together with other locals, we formed a good, strong

Chamber of Commerce to provide cooperation amongst traders and also promotions and give aways at festive times. In the 1990 the Big Banks started to close all around the Country and in Dingley Village.

Firstly, around 1999 the Commonwealth Bank closed and about six months later the National Bank closed. This presented a huge problem for Dingley Village residents and traders and groups, who then needed to travel to major shopping centres to do their everyday banking.

The commercial area of the shopping centre of Dingley Village was under threat, those people who do their banking may not do their shopping in our local Village shopping centre and so the businesses were at risk.

A few members of the Chamber of Commerce and some local community minded residents formed a committee and partnered with Bendigo Bank, who at that stage were in the early phase of the Community Bank openings and we were no 63.

Needless to say, with the great support of the Dingley Village community, as always, a united, proactive community we were able to open OUR Community Bank in April 2022. There are now over 324 such banks. I was fortunate enough to be elected the inaugural Chairman of the Dingley Village Community Bank.

I provided a column each month in this magazine the "Dingley Dossier" which was a major part of its success by connecting with the folk of Dingley Village and building the business to be one of the most successful suburban branches in Australia. It took a lot of personal time over the ten or eleven years, and I thank my Wife Peta and the children for the continual encouragement to "get the Bank Back".



I resigned after a period of 11 years involvement and am very proud of the success and it was indeed my pleasure to be involved in giving out money Grants to the many different clubs, schools, kindergartens and social groups of our lovely suburb and to date over \$4 million has been granted since the Bendigo Bank opened twenty years ago. Michael stated, "Although I have been involved in a few Dingley Village groups including those previously listed, I am most grateful and honoured to have

## FARMERS' MARKET

SATURDAY 16<sup>TH</sup> JULY | 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.*

## 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

received an Order of Australia Medal OAM primarily for my voluntary work associated with the Dingley Village Community Bank."

"My Wife and I thoroughly enjoyed living in Dingley Village for the 38 years bringing up our family and loved our connection through our Business and the many groups I have been involved with during that time."

"Reflecting on this Award I very much see it as a reflection of the wonderful Dingley Village Community who as a true "Village" work as one Community for the benefit of all within and I accept this Award on behalf of that Community and am truly honoured to be the recipient."

Several local residents also submitted responses to Michael's award to the Dossier. Congratulations to Michael Benjamin on being awarded OAM in the Queen's Birthday honours. Michael was a prominent Lawyer in Dingley Village for many years, a driving force in establishing the Bendigo Bank here, and his office is still operating. Most people are not aware of his incredible assistance to the Save Kingswood Group, for a long time responding to my emails or via telephone nearly every day.

A well-deserved award, Michael. Kevin Poulter, Save Kingswood Group inc.

Congratulations to Michael Benjamin, Lawyer, Dingley identity and founding Chairman of our local Bendigo Bank for being awarded an OAM in the Queen's Birthday Honours list for community service. Michael's OAM was awarded for being hugely influential in establishing the Bendigo Bank branch and for 10 years and countless hours of hard work as its Chairman.

If it wasn't for Michael's leadership and vision, Dingley Village would not have had a bank branch and our shopping centre and suburb would be all the poorer for it - Greg Lawes.



## ARE YOU IN PAIN?

Do you suffer from:

Low Back Pain

Neck Pain

Headaches

Arm & Leg Pain

Knee, Hip & Wrist Pain

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# COMMUNITY

## Winners of \$50 Woolworths Gift Voucher

Thank you to all who entered the competition to celebrate the new look Woolworths Dingley Village and congratulations to the following winners: Leanne Head, James Hesse, Jan McCormick, Murray Jones, Josephine Sheard, Marie Gardner, Fiona Davidson, John Rodrigo, Elisabeth Webster-Griffiths & Sandra Seelanatha



## Lions Recycle for Sight

Did you know you can drop off prescription glasses, used stamps & hearing aids at the Dingley Village Neighbourhood Centre in Marcus Road. The Lions Club refurbish and classify the glasses and hearing aid, which are then sent to developing countries and distributed to people in need. Over the 26 years that the Australian program has operated, the program, has delivered over 7 million pair of refurbished quality spectacles to men, women, and children in need.



## Waste

Please be mindful of what you put into your recycling/rubbish bin. The City of Kingston waste collection contractor recently suffered a fire in the load when collecting recycling from properties in Kingston. Luckily, the fire brigade could extinguish the fire, and the driver was not harmed.

Hot embers and cigarette butts are the leading causes of fires in waste collection trucks. When disposing of cigarettes and ash, please ensure they are completely cold before placing them into your garbage (red lidded) bin by either allowing them to cool for a couple of days or lightly soaking them. The following items can also cause fires if incorrectly disposed of:

- Batteries and E-waste
- Aerosol cans that are not empty
- Household chemicals
- Gas cylinders and bottles



Please visit the A-Z guide for information on how to dispose of these items correctly - [kingston.vic.gov.au/waste-disposal](http://kingston.vic.gov.au/waste-disposal)

## Helping in times of Need

Make a Difference is both pleased (and maybe a little proud) that we have been able to assist many Dingley Village families during these difficult times. Assisting our community was the reason MADDV was established in 1984 and the pandemic has proved the most challenging time of all.

Our Board, staff and volunteers have been committed to all who require help during recent times and pleased that we turned no one away. We thank the City of Kingston for their invaluable help. We hope 2023 brings good fortune to all.

Scott Lowther- Chairperson  
Make a Difference Dingley Village

## New Site Manager for Kingswood Golf Course site

AustralianSuper has appointed a new site manager, Martin Ryan, for the old Kingswood golf course. Mr Ryan's contact details are now posted on signage on the site's fences. Anyone concerned about overhanging trees, damaged fences or other matters can call him on 0406 611 320. The long-term future of the site is still to be decided by the Minister for Planning.

## Dossier Distributors required

We currently have several delivery rounds available ranging from 350 to 650 Dossiers. If you are over 15, want to earn some pocket money and can spare two hours to walk a route, contact [dingleydossier@dvnc.com.au](mailto:dingleydossier@dvnc.com.au) for further details.

## Special Dates in June

### Dry July 1-31 July

Dry July is a national fundraiser, run by Dry July Foundation, which encourages people to go alcohol-free in July and raise funds for people affected by cancer.



Funds are provided to projects and programs that improve the comfort and wellbeing of people affected by cancer-whether it's a lift to a life-saving appointment, guidance from a specialist nurse, connection to an informative voice, access to therapy programs or a bed close to treatment. We aim to make a difficult time, a little easier for those affected by cancer. Having a month off alcohol also has great health benefits and encourages awareness of a healthy attitude to alcohol consumption.

### NAIDOC Week 3 - 10 July

National NAIDOC Week celebrations are held across Australia to celebrate and recognise the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. You can support and get to know your local Aboriginal and/or Torres Strait Islander communities through activities and events held across the country.



### The Hajj (Pilgrimage) to Mecca 7 - 12 July

On specific days of the Islamic month of Zu Al-Hijja, millions of Muslims from around the world congregate in the Prophet's birthplace of Mecca in Saudi Arabia. The Hajj is obligatory for all Muslims who have the means to undertake it.

### National Diabetes Week 10 - 16 July

This year's awareness week will focus on the emotional health and well-being of people living with diabetes.

### Asalha Puja Day (Dhamma Day) 13 July

This Buddhist event commemorates the first sermon delivered by the Buddha after his enlightenment. This event is one of most important festivals for Theravada Buddhists.

### Donate Life Week 24 - 31 July

DonateLife Week is Australia's national awareness week to promote organ and tissue donation and is led by the Organ and Tissue Authority as part of the Australian Government's National Reform Agenda to increase organ and tissue donation rates.





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**03 8555 3895**

2/128 Centre Dandenong Road Dingley Village 3172



## Dingley Village Police Update



**Crime Stoppers (1800 333 000)**

To provide crime information. It can be anonymous.

## Electric Motorbikes... Rider Beware!

Police would like to remind riders that E-motorbikes are classified as a motor vehicle and subject to the same legal requirements, such as:

- \* Licensing \* Registration \* Road Rules \* Drink/Drug driving laws & \* Safety standards.

Therefore you **MUST** hold a motorbike licence to be able to ride one of these bikes, and the bike must be registered to ride on the road.

The Road Safety Act allows police to stop riders and require them to state their name and address as well as enforce the applicable laws. Victoria Police can issue on the spot fines for offences including:



- \* Unlicensed riding
- \* Unregistered vehicle
- \* Driving on a footpath
- \* Failure to wear a helmet
- \* Drink/ drug driving
- \* Careless riding



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

# Little Villagers Childcare

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You do not have to be eligible for Commonwealth Childcare subsidy for your child to attend, we offer affordable fee for service rates.



**Open 9am - 2pm**

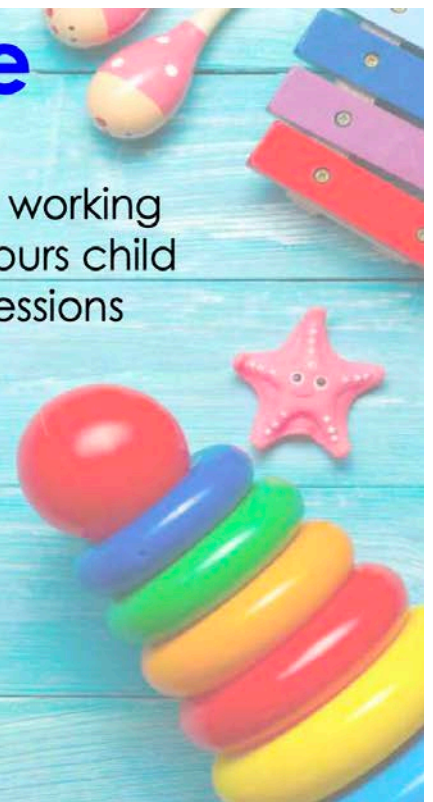
Monday - Friday

**8512 0509**

31B Marcus Rd, Dingley Village

(inside Neighbourhood Centre)

Email: [lvcc@dvnc.com.au](mailto:lvcc@dvnc.com.au)







# FARMERS MARKET



## OUR NEXT MARKET IS ON SATURDAY 16TH JULY



Rain hail or shine the market runs year round  
Next Market is on Saturday 18th June

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.

Buying directly from a local farmer often ensures your produce is fresher. For many products, this will also mean that it is also better for you. For instance, nutrients in products like fruits and vegetables, nuts and olive oil degrade over time, so fresher really is better.

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.

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.



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 16th JULY**

**8.30AM—1 PM**

31 Marcus Rd,  
Dingley Village

**Free entry & parking**

[www.dvnc.com.au/farmersmarket](http://www.dvnc.com.au/farmersmarket)

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#### Dingley Village

9B/79 Centre Dandenong Rd,  
Dingley Village

#### Mordialloc

582 Main Street,  
Mordialloc

#### Mentone-Cheltenham

18 Nepean Highway,  
Mentone

#### Chelsea

394-395 Nepean Highway,  
Chelsea

9586 0500

bayside@barryplant.com.au



## 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 come along & see what we do.

## Mark Dreyfus MP, Member for Isaacs

DVCA congratulates our Federal Member for Isaacs on his appointment as Attorney General of Australia and Cabinet Secretary. As our local federal member of parliament, he has proven to be a strong representative for our community, actively supporting our village community's fight to save the Kingswood golf course open space. His successful re-election result, clearly demonstrates the results of his active participation and support of community issues within the Isaacs electorate.

## The State of Play at Kingswood Golf Course

The Planning Minister has yet to make the final decision about the proposed redevelopment of the Kingswood golf course. DVCA contacted the State Planning Department last month asking whether a decision has been made by the Minister of Planning, Richard Wynne. We were promptly advised that the Minister was considering the Golf Course Redevelopment Standing Advisory Committee report and that timing for a decision on the proposal was at the Minister's discretion.

The Planning Minister, at the recent Victorian Government Public Accounts and Estimates Committee hearing held on 22 May 2022, responded to questions raised by Robert Newbury, MP Brighton, about the massive number of objections against the development plans for Kingswood Golf Course and related infrastructure and planning concerns, as follows:

*"Mr WYNNE: Well, I am well aware of the Kingswood golf course redevelopment proposal. I mean, it has been subject, as you rightly say, to extensive community commentary around it.*

*I referred the proposed amendment to an advisory committee. Informal consultation with the council and community occurred between June and September of last year. Sixteen hundred and fifty fifty submissions have been*

*received which clearly demonstrates, you know, community activism around this.*

*The public advisory committee hearing on the matter commenced on 15 November last year and finished just before Christmas. The advisory committee considered the planning merits of the amendment, and all submissions and their recommendations have been provided to the advisory committee.*

*I did receive the advisory committee report in March, and I will consider the recommendations and the reviews of all parties before I make a final decision on the proposal. I mean, it is a big site. It has got quite a lot of challenges around it. Mr NEWBURY: A lot of locals are really unhappy.*

*Mr WYNNE: Yes. I understand that. And I understand the aspirations of that community, but in the job as the Minister for Planning you have to strike a balance. That is the job.*

*I will be guided in all of those considerations by the work of the advisory committee, who have done excellent work in this space. Everyone has had a go at this."*

We trust that the Victorian Planning Minister, is listening to our community's concerns and continued massive rejection of this proposed rezoning and development for Kingswood Golf Course, in the heart of our village and a significant part of the new Clarinda state electorate.

## Need to Report a Local Issue to Kingston Council or other Authorities

### Simply Use Snap Send Solve - Quick and Easy

If you need to report a community issue to Council, why not use SnapSendSolve to do this? You can report issues such as:

- Abandoned cars or vehicles
- Abandoned trolleys
- Animal related issues
- Dumped rubbish and litter
- Graffiti
- Noise
- Parking
- Pavements and roads
- Playground equipment
- Streetlights
- Street cleaning
- Trees

Dingley residents are encouraged to download a free Snap Send Solve App onto their mobile phones, to communicate any concern, large or small, to Council.

## How do you use the Snap Send Solve app?

After installing the app on your phone, to send a report you simply:

1. Confirm your location
2. Select the Incident Type
3. Take a photo of the issue
4. Fill out notes and any additional fields
5. Send report

SnapSendSolve is a quick and efficient way to report an issue and saves you making lengthy phone calls and emails, helping residents to improve our community in a practical way.

## Australian Welsh Male Choir Concert Performance - Dingley Village

**Sunday 24th July at 2pm**

The Australian Welsh Male Choir will return to Dingley Village for a concert performance at Christ Church Dingley Village on Sunday 24th July 2022 at 2pm.

Mark this in your diary for an excellent afternoon of singing by an outstanding internationally renowned group of choristers. Tickets are available at the door or online [www.trybooking.com](http://www.trybooking.com).

## Michael Benjamin OAM

DVCA congratulates Michael Benjamin on being awarded the Medal of the Order of Australia (OAM) in the 2022 Queens Birthday honours, for his service given over many years to the Dingley Village community.

## 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](mailto:dvcasecretary@gmail.com), or visit [www.dvca.info](http://www.dvca.info).

# OUR COUNCIL

## \$72 million recycled water network to replenish the South East

Kingston City Council welcomes the Victorian Government's decision to provide \$24.8 million towards the \$72 million pipeline to deliver recycled water to its world class golf courses, market gardeners, farmers and growers, sporting ovals and parklands in its Green Wedge. If you can play on it, grow in it or just enjoy its natural splendour, it's going to get a very good drink – funding toward the Dingley Recycled Water Scheme was announced by Minister for Water Lisa Neville last week as part of the Victorian Budget 2022/23. A

n extensive 42 km pipeline will deliver recycled water to 46 sites across Kingston, Bayside and Monash, helping to save precious drinking water and offering a sustainable solution to the challenges of stormwater irrigation in a changing climate.

The scheme is a win for Kingston's environmental efforts, maintenance of sporting fields and parks, and for businesses in the region who rely on a stable and sustainable water supply.

Kingston Mayor Steve Staikos said that "the Dingley Recycled Water Scheme is a great example of Councils working in partnership with the Victorian Government to deliver initiatives that tick off multiple priorities for our community – preserving our environment, preserving and strengthening agriculture in our Green Wedge, fostering our businesses and taking steps to mitigate the impacts of climate change."

The investment will also generate 38-full time construction jobs during the build and is estimated to generate \$92 million for the local economy.

Once completed it will have the capacity to deliver an incredible 1,800 megalitres of recycled water per year, twice the volume of Albert Park Lake. By investing now in a sustainable water network, Kingston and its neighbouring Councils are laying a strong foundation for climate resilience. As the climate becomes hotter and dryer for longer stretches, businesses, parks and growers will be able to operate without depleting the community's drinking water. As Mayor Staikos said, "We have world-class golf courses that attract thousands of

visitors per year, productive growing lands that feed and green Melbourne, and treasured open spaces. Our community expects us to protect these assets so they can be enjoyed for years to come."

The Dingley Recycled Water Scheme will cost a total of \$72 million when completed and will be partly funded by South East Water. Access to water is expected by 2025.



As Mayor Staikos said, "We have world-class golf courses that attract thousands of visitors per year, productive growing lands that feed and green Melbourne, and treasured open spaces. Our community expects us to protect these assets so they can be enjoyed for years to come."

The Dingley Recycled Water Scheme will cost a total of \$72 million when completed and will be partly funded by South East Water. Access to water is expected by 2025.

### Eli Murphy is Kingston's new Junior Mayor

Carrum Primary School's Eli Murphy has been elected as Kingston Council's Junior Mayor for 2022-23. Eli and the other entrants presented their speeches in front of their peers and teachers from 24 of our local primary schools. The students then elected an 11-member Junior Council and a Junior Mayor. Kingston Mayor Steve Staikos said the Junior Mayor program is a wonderful annual event that has been run within the City of Kingston for over six decades in partnership with Chelsea Rotary.

"It really makes me smile that we have such a long running and positive grassroots democratic program like this within our city," Cr Staikos said. "Learning more about how local government works, and the democratic system more generally, along with building leadership

skills is extremely beneficial for our next generation." This year students were asked to present on the topic: If you had a time machine and could travel 5 years into the future, what do you hope your community would look like?

"The students gave some wonderful speeches that discussed important issues such as sustainability and the environment, inclusion and diversity, community safety, and importantly taking care of each other," Cr Staikos said. "These are all themes that we value here in Kingston."

Eli and his team members Mali, Abbie and Lachlan did an outstanding job with their presentation, highlighting the beautiful beaches along the Kingston shoreline and speaking passionately about eradicating litter, particularly cigarette butts, due to the plastics and small particles impacting marine life.

Among their creative ideas for tackling the problem was developing a bin specifically for cigarette butts, which when full would trigger donations to marine centres. Judah James from Heatherton Christian College was runner-up in the Junior Mayor election, while Chelsea Heights Primary School's Sarah O'Neill picked up the Encouragement Award.

The Junior Mayor, who receives robes, chains and \$500 for their school, is called on to assist the Mayor at a range of official Council events. Eli replaces outgoing Junior Mayor Amelia Holko who was acknowledged for her contributions, including being a strong representative for the Junior Councillors over the past year.

#### The full Junior Council for 2022-23 is:

- Eli Murphy from Carrum Primary School for Banksia Ward
- Rannveer Singh Kahlon from Westall Primary School for Bunjil Ward
- Paige Donsen from Kingswood Primary School for Caruana Ward
- Judah James from Heatherton Christian College for Chicquita Ward
- Scarlett Presnell from St Patrick's Primary School for Como Ward
- Ruslana Teregulova from Moorabbin Primary School for Karkarook Ward
- Elodie Trutsch from Chelsea Primary School for Longbeach Ward
- Ruby McWilliams from Parkdale Primary School for Melaleuca Ward
- Chloe Ward from St Joseph's Primary School for Sandpiper Ward
- Neve Hoult from Our Lady of the Assumption for Wattle Ward
- Aadi Chordiya from Aspendale Gardens Primary School for Yammerbook Ward



**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](mailto:mark.dreyfus.mp@aph.gov.au)**

**MARK DREYFUS QC MP**  
Federal Member for Isaacs

Attorney-General & Cabinet Secretary



## What is diabetes?

Diabetes is a serious complex condition which can affect the entire body. Diabetes requires daily self care and if complications develop, diabetes can have a significant impact on quality of life and can reduce life expectancy. While there is currently no cure for diabetes, you can live an enjoyable life by learning about the condition and effectively managing it.

There are main types of diabetes; all types are complex and serious. The three main types of diabetes are type 1, type 2 and gestational diabetes.

### How does diabetes affect the body?

When someone has diabetes, their body can't maintain healthy levels of glucose in the blood. Glucose is a form of sugar which is the main source of energy for our bodies. Unhealthy levels of glucose in the blood can lead to long term and short term health complications.

For our bodies to work properly we need to convert sugars from food into energy. Sugars from food are converted into glucose. A hormone called insulin is essential for the conversion of glucose into energy. In people with diabetes, insulin is no longer produced or not produced in sufficient amounts by the body. When people with diabetes eat foods that contain sugars or starches, such as breads, cereals, fruit and starchy vegetables and sweets, it can't be converted into energy and the level of glucose in their blood rises and is harmful to them.

Instead of being turned into energy the glucose stays in the blood resulting in high blood glucose levels. After eating, the glucose is carried around your body in your blood. Your blood glucose level is called glycaemia. Blood glucose levels can be monitored and managed through self care and treatment.

### Three things you need to know about diabetes:

It is not one condition- there are three main types of diabetes: type 1, type 2 and gestational diabetes.

All types of diabetes are complex and require daily care and management. Diabetes does not discriminate, anyone can develop diabetes.

Diabetes is serious. Diabetes can be managed well but the potential complications are the same for type 1 and type 2 diabetes including heart attack, stroke, kidney disease, limb amputation, depression, anxiety and blindness.



### We know diabetes:

- Is the leading cause of blindness in working age adults
- Is a leading cause of kidney failure and dialysis.
- Increases the risk of heart attacks and stroke by up to four times.
- Is a major cause of limb amputations

- Affects mental health as well as physical health. Depression, anxiety and distress occur in more than 30% of all people with diabetes.
- Early diagnosis, optimal treatment and effective ongoing support and management reduce the risk of diabetes-related complications.

### Why is diabetes increasing?

All types of diabetes are increasing in prevalence:

Type 1 diabetes accounts for 10% of all diabetes and is increasing. Type 2 diabetes accounts for 85% of all diabetes and is increasing. Gestational diabetes in pregnancy is increasing. Type 2 diabetes is increasing at the fastest rate.

There are large numbers of people with silent, undiagnosed type 2 diabetes which may be damaging their bodies. An estimated 2 million Australians are at high risk of developing type 2 diabetes and are already showing early signs of the condition.

Type 2 diabetes is one of the major consequences of the obesity epidemic. The combination of massive changes to diet and the food supply, combined with massive changes to physical activity with more sedentary work and less activity, means most populations are seeing more type 2 diabetes. Genes also play a part with higher risk of type 2 diabetes in Chinese, South Asian, Indian, Pacific Islander and Aboriginal and Torres Strait Islander populations.

### Prevention

#### Type 1

Currently type 1 diabetes cannot be prevented. However, researchers are looking into the autoimmune process and environmental factors that lead people to developing type 1 diabetes to help prevent type 1 diabetes in the future.

#### Type 2

Evidence, including large-scale randomised control trials, shows type 2 diabetes can be prevented or delayed in up to 58 per cent of cases by maintaining a healthy weight, being physically active and following a healthy eating plan. People at risk of type 2 diabetes can delay and even prevent the condition by:

- Maintaining a healthy weight
- Regular physical activity
- Making healthy food choices
- Managing blood pressure
- Managing cholesterol levels
- Not smoking

Many people don't know they are at risk of developing type 2 diabetes. Assess your risk using the Diabetes Australia risk calculator. State organisations provide a range of programs and services for people at high risk of diabetes.



*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.*



# LOOKING AT LOANS



## Finance Broker or Bank?

When you're buying a house, do you go to one real estate agent, decide you will buy a house from them, and choose from what they have on the market?

Do you make the best of what may actually be a poor fit for your circumstances (it's okay, one of the kids can sleep in that other bathroom we don't need)? No? Of course not, why would you limit your choices in this way?

It should be no different with the loan you use to pay for that home. Every lender, including the big four banks, second-tier lenders and specialist lenders, offers different products with different features, some of which will suit your goals and lifestyle, and some of which will not.

It's understandable then that finance brokers are now the number one choice for consumers who are seeking a home loan or to refinance an existing loan. Businesses are also engaging finance brokers to help them with their finance needs from car and equipment leasing to loans to help their businesses expand.

## What can a credit adviser do for you?

### The leg-work

Finance brokers already know the industry, the lenders, their products and their requirements, saving you a lot of time and energy on research. They will also put the time into finding out about your particular credit situation and have a wealth of experience to draw on to help you simplify it.

### Translate industry jargon

Finance brokers are able to make sense of what loan documents and lenders are saying – put it into lay-person's language, so to speak.

### Get you what you want

Advisers will determine your borrowing needs and fiscal ability and choose an appropriate product to suit your requirements.

### Give you a broader choice

Brokers offer a larger selection of loan products. While a bank can only offer you its own products, finance brokers can help you choose from a selection of loans provided by different lenders.

### Act as your advocate

A good finance broker wants the best for you, the client. They will be your cheer squad, middle-man, team player and coach throughout the process.

A finance broker is bound by legislation to act in your best interest, the bank is not.

### They're in it for the long haul

A finance broker won't just love you and leave you – they will oversee and manage the loan right through to the end on your behalf. By the way, 'the end' isn't when you sign the documents and buy your property; you can expect your finance broker to keep track of you and your changing needs, advising how you can pay your loan off faster, helping you should you need to switch products or wish to purchase another property.

Most readers will already be affiliated with a finance broker in whom they have full confidence, congratulations! In a rapidly changing finance environment, it is essential to have the right advice.

For those looking for better advice or further information: Integrity Finance Australia ('google' it!) has been serving the Dingley Village community since 2006 and is available to assist you. Call us on **(03) 9511 8883** or email [support@ifinance.com.au](mailto:support@ifinance.com.au).

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DINGLEY  
VILLAGE

## 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](http://dingleyvillage3172.com.au)





## A Backyard Fable

Rex was always first to jump from our nest. Mum and Dad were mostly pleased that one of us left early each day. They could then have some time to themselves – but only when they could wake me. I was a deep sleeper and no manner of squawking from them seemed to shake me from my slumber.

This day Rex was alight already, off with the other early risers like the swallow and those pigeons who drove us mad with their senseless cawing to each other from two metres apart on the fence below us. Mum was pushing me to leave. I am the late developer in our family. Case in point. I was still struggling to get the correct string of sounds that make up the standard magpie call. I am supposed to sound like Rex ... wock, wock wock-a-wock, wock, pjur, weer, weer – mine comes out with proclaimed verse of guttural noises that few would recognise belonged to a magpie.

I think Mum and Dad are sick of me a bit anyway as I'm not a good scavenger, and I'm always hungry. So out of a sense of parental responsibility they are always on hand to push a stray grub or worm my way. Anyway, back to the morning. It had been very hot and dry, so I expected that my hunt for a snack wouldn't be easy. Rex had already flown off somewhere and Mum and Dad were overhead on next door's TV antenna, complaining that there was little food around.



I jumped - or was I pushed? – from our nest and I swooped down to a lawn looked after by some friendly humans. They are nice people and sometimes leave a few scraps out for me; they seem to recognise me and always say hello. I have long bandy legs and a speckled coat so I must stand out. They seem to know that I am not a good hunter, I have a short beak, that's my defence anyway.

It was late morning, and I was still a bit sleepy, so I sauntered around the lawn eyeing off some tucker. Thankfully, the grass had just been mown and wouldn't you know it, bingo! it started to rain, heavily. The ground was just perfect for a few unlucky morsels that should have kept their heads down.

There were grubs and worms in every pod of earth, and I had a great feast. My tummy was so full that I could barely lift off and fly back home to show Mum and Dad what a success I was. They were so pleased and told me, they said I was growing up and were very proud. I took a little nap until it was dark, when Rex suddenly appeared from out of the blue. He was really grumpy - he hadn't had much to eat all day.

That night before bed Dad took me aside and asked me what I had learned from my day. I didn't have an answer, I was just so pleased with myself. One proud maggie.

As I was nodding off, I heard Mum say to Dad that I was growing up.

"I'm not overly surprised," I heard Dad say. "I was a slow learner too. It took me a long time to realise that it's not always the early bird that gets the worm."

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

Something for everyone. Sound like a cliché!  
Not when you are a scout.

### Interested in history?

Members of our Cub and Venturer sections had the privilege of attending the Scout Heritage Victoria Adventure Centre in Bentleigh East recently. This wonderful facility allows youth members and adults to explore fun interactive activities as well as learning from a range of themes from past and present Scouting eras. You can explore an old style campsite, see how Scouts transported their gear to camp, learn about the Founder, Robert Baden-Powell and watch video clips on past Scouting activities.

Love being on the stage? Well it's Showtime.....

Lord Baden-Powell identified the Performing Arts as an important personal development opportunity for all Scouts. In Victoria we have seven Scout Shows which members can participate in. 'Gang Show' and 'Showtime' productions provide hundreds of Scouts with an opportunity to bring out their creative best. Whether as a performer, set designer or audio-visual expert, the production help build talent.

The shows develop confidence, teamwork and self-discipline, and they're always popular with friends and family. A big congrats to



Kyle and Shea two of our very own youth who will be in this years South Metro Showtime. 'Gang Show' and 'Showtime' are open to all members of the public.

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](mailto:dingleyscoutgroup@gmail.com)

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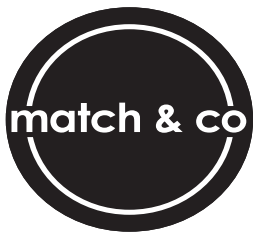
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## Transitioning into retirement

If you're nearing retirement age but don't want to stop work entirely, another option might be to transition into retirement. For those over 60, Transition to Retirement (TTR) pensions are tax-free and TTR strategies can provide a number of benefits. Let's look at some options available to 62-year-old accountant, Brian. He works full time and is on an annual salary of \$100,000.

### Easing into retirement

First up, Brian might consider reducing his hours as he prepares for retirement. Dropping from five to three days a week will see his \$100,000 annual salary reduce by \$40,000 to \$60,000.

But as his tax bill also falls, from \$24,967 to \$11,167, his net income only drops by \$26,200. Subject to minimum and maximum pension payment rules, and as the pension payments are exempt from tax, Brian only needs to start a TTR pension paying \$26,200 each year to maintain his current lifestyle.

### One thing to be aware of

Based on Brian's reduced hours his employer's super contributions will decrease by \$3,400 after contributions tax of 15% is taken into account. Most simply, Brian could add this amount to his pension

payments, and make a non-concessional contribution to his super.

### Bridging a gap

TTR pensions can also help bridge the gap if household income takes a hit. What if Brian has no plans to reduce his hours, but illness prevents his partner from working for several months? He could start a TTR to tide them over and help meet mortgage repayments or medical expenses. However, once the crisis has passed the TTR pension will need to continue, as it can't be withdrawn as a lump sum.

Alternatively, it can either be converted to a regular account based pension when Brian either turns 65 or permanently retires or rolled back into the accumulation phase.

### Boosting super savings by reducing tax

With his partner restored to health and back at work, and Brian still working full time, what can he do with the now surplus income from the TTR pension? One strategy is to make salary sacrifice contributions to super.

Brian is able to salary sacrifice up to \$17,500 of his pre-tax income to superannuation (the difference between the concessional cap of \$27,500 less compulsory employer contributions of \$10,000). Taken as salary,

\$6,037 of that \$17,500 would go in tax. Make a concessional contribution to super and the tax could be reduced to just \$2,625, a difference of \$3,412!

If there's still money to spare after the salary sacrifice contribution is made, Brian can look at making non-concessional contributions to superannuation where earnings will only be taxed at 15%, significantly less than his marginal tax rate.

### Getting it right

If you're approaching retirement, it might be worth checking out what a TTR strategy may be able to achieve for you. It's a complex area, so make sure you talk to your licensed financial planner before you act.

---

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## Dingley Football Netball Club



At the time of writing this report, both the football and netball seasons have reached the halfway mark of their seasons with both arms of the club in good positions to again be in the running for September finals action.

Football Round Seven saw our senior footballers record an 85 point win at Bentleigh, with ten individual goal kickers on the day, led by one of the competition's elite players in veteran Dan Farmer with seven goals of his own.

Our team leaders which include Captain Jackson Peet, Playing Coach Danny Ades, Lucas Walmsley, Andrew Godfrey, Kristen Feehan, Josh Ferguson are ultra-reliable and have set us for a realistic chance in September.

In short there were no passengers on the day as we recorded the teams fourth win for the year.

The Round Eight challenge was a considerable one: St Pauls McKinnon away from home. This venue has not always been a happy hunting ground for us in recent years. St Pauls led all day to record a comfortable four goal win.

"Four goals" rolls softly off the tongue, but in truth our boys never looked like winners against a side who will certainly be in contention come finals time. Godfrey, Goldsmith, Dickie, McGenniss, Peet and L'Huillier were amongst our best. It would be easy to point to injuries to key players contributing to this loss and we certainly seem to have had more than our share this year, but we won't look to that as a reason for what was a lacklustre performance.

So, it was on to Round Nine at home against a struggling East Malvern on June 4. The scoreboard reflected a win of more than ten goals on a cold and windy day as winter set in. Young Wallace, in just his fourth game contributed five goals as did Farmer. Key Forward Manny Dolan got four, Lachie Lambie, Walmsley and Vergim Faik were good all day and Kris Feehan defied the difficult conditions, marking everything within reach.

A bye on the Queen's birthday weekend allows for a rest and battery recharge, then we welcome Cheltenham to the Dingo Den on June 18.

The Reserves are going along nicely under nonplaying coach Brad Sessler, whose name has appeared on the Team Sheet a couple of times because of our long injury list. They have notched up seven wins from

their nine outings to be third on the table and have played an astonishing 56 players in nine rounds: surely a record of some sort. The Under 19s have also recorded seven wins and are second on their ladder.

Dossier Readers can always catch up with the progress of all the football and netball results on the SFNL website. Results of games are posted each Saturday night as games are completed.

"Go Dingoes"

Cameron Dickie and Adam Peacock



Andrew Godfrey and Nick Lloyd



## Dingley Junior Football Club



### Players Corner

The Dingley Junior club is very honored and privileged to have an Under 16's Girls team and some younger girls playing football for our Club. The involvement of girls with the club gives our club a full family atmosphere that many clubs cannot offer.

Whilst half the season is almost complete, we would still love to see more girls playing or trying football for Dingley. We encourage anyone wanting to play they can still join our teams, especially our under 8's and under 9's who have a number of girls in these teams already.

**THANK YOU** - to everyone involved with the club whether it be a Coach or those that assist with weekend duties - thank you, as without your continued efforts week in - week out, the children could not play this chosen sport.

Do not forget the club still has match day/ family nights continuing through the year, along with another BIG social event to be released in the coming weeks.

Get involved either by attending or becoming part of the committee that assist in having these events held.

Be a doing not a complainer!

**REMINDER** - it is never too late to become part of the club. You can still register to play Auskick, or Junior Football and opportunities still exist to be a sponsor of the club. For further information please 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.

This month's editions gives praise to another group of Dingley Junior footballers and their playing journeys to date. Some are new to the sport, and some have been involved in football for a number of years, even being best friends through primary school!



**First Name:** Zara  
**Nickname:** ZaZa  
**Age and team:** 8 years old  
 - both Under 8 & 9's teams  
**Favourite AFL team:** Hawthorn  
**Favourite AFL player:** Blake Hardwick, we both wear No. 15  
**Lucky food before game day:** Hotdogs  
**Best football junior memory:**  
 My first game, I had 7 tackles!  
**Parent's involvement with the club:**  
 Mum fills in as Trainer and on the Dingley Junior Netball Committee



**First Name:** Mikayla  
**Nickname:** Macca  
**Age and team:** 15 years old  
 - Under 16's Dingoes  
**Favourite AFL team:** Essendon  
**Favourite AFL player:** Jake Stringer  
**Lucky food before game day:** French Toast  
**Best football junior memory:**  
 Playing footy every week with my mates.  
**Parent's involvement with the club:**  
 Dad is my Coach and Mum is Team Manager



**First Name:** Tahlia  
**Nickname:** Tahls or Tali  
**Age and team:** 15 years old  
 - Under 16's Dingoes  
**Favourite AFL team:** North Melbourne  
**Favourite AFL player:** Jy Simpkin  
**Lucky food before game day:** Boiled eggs on toast with a hot milo  
**Best football junior memory:**  
 Singing the club song after a win with my teammates  
**Parent's involvement with the club:**  
 Dad is my Coach and Mum is Team Manager



**First Name:** Megan  
**Nickname:** Megs  
**Age and team:** 15 years old  
 - Under 16's Dingoes  
**Favourite AFL team:** St Kilda  
**Favourite AFL player:** Jack Steele  
**Lucky food before game day:** Pasta  
**Best football junior memory:**  
 My first major tackle  
**Parent's involvement with the club:**  
 Mum is a trainer and my Dad takes the team photos on game day



**GUESS WHAT** – These girls have been best friends since primary school. WOW!

**First Name:** Paige  
**Nickname:** Picle  
**Age and team:** 8 years old  
 - Dingley Dingoes Under 9's  
**Favourite AFL team:** Adelaide Crows  
**Favourite AFL player:** Mark Ricciuto and Rory Sloane  
**Lucky food before game day:** NutriGrain  
**Best football junior memory:**  
 Running on for my first game  
**Parent's involvement with the club:**  
 Dad goal umpires and Mum gives the team lollies and cheer squad photos on game day



**First Name:** Gianni  
**Nickname:** Gianni  
**Age and team:** 8 years old  
 - Dingley Dingoes Under 9's  
**Favourite AFL team:** Essendon Bombers  
**Favourite AFL player:** Anthony McDonald-Tipungwuti (Tippa)  
**Lucky food before game day:** LCM Bars  
**Best football junior memory:**  
 First game playing footy  
**Parent's involvement with the club:**  
 My biggest supporters



**Next edition** – our new facilities at Chadwick Reserve, Howard Road, Dingley Village and a summary of all the team's year to date.

Michael Moran – Secretary of DJFC



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# LETTER TO THE EDITOR



Dear Editor,

Vale Peter Geyer

It is with sadness that I write to advise the community of the passing of Mr Peter Geyer, past Principal of Dingley Primary School from 1987 – 1997. Peter passed away on April 30, just weeks away from his 80th birthday. I was privileged to have served as School Council President during the majority of Peter's years at the school.

Peter had a genuine fondness and concern for all of the students who passed through the school in those years, incredibly remembering the name of each and every one. In many cases he would designate nicknames to children, which would always bring a smile to the student's face. Long into retirement, Peter would often ask after past students with a keen interest to know how they had progressed after primary school.

Peter was committed in his belief of teaching traditional learning skills, while blending in fine arts and sport to create a balanced education for all children.

When he joined Dingley, he identified to need to beautify the school both internally and externally, leading to a strong emphasis on engaging the whole school community in maintaining the grounds and taking pride in the prominently located school.

Local funds were carefully allocated to repair and restore existing, but ageing buildings in order to provide a safe and healthy learning environment for all students and teachers. When Peter came to the school, there was no area on campus where the whole school could meet or assemble indoors.

All such activities were held outdoors, or at the Community Centre. Peter decided to correct that situation. When all possible avenues of Government sourced funding were exhausted, Peter lobbied the school community to form a Co-operative Society in order to borrow money to build our own space capable of holding larger audiences.

Peter's masterplan was to obtain disused classrooms from recently closed schools, relocate them to Dingley, then join them together to form a larger space. Under Peter's guidance and supervision this happened, providing the school with what was known as the "Multipurpose Room" where many assemblies, concerts, graduations, performances and other significant and memorable events took place. It was even used as a Polling Booth for many years. The building remains on the school site and has now been converted back to classrooms as more recently constructed buildings took its place.

Outside of school commitments, Peter was a dedicated family man, a passionate AFL Bulldogs supporter, and became an avid golfer in retirement.

Peter's achievements were many during his time at Dingley Primary School and he became a much loved and respected member of the community who will always be fondly remembered. Sincere condolences to wife Jenny, children Jason, Lee and families.

Ian Gardner - Past President  
DINGLEY PRIMARY SCHOOL COUNCIL

## SCANNING THE SCHOOLS



### Kick Start to Term 2

The Dingley Primary School Student Representative Council did a wonderful job organising a day of fun football activities to celebrate the beginning of Term 2. The school community donated football boots to the 'Boots for One and All Community' which provides boots to Indigenous communities in the Northern Territory.

### Polly Woodside Excursion

On Tuesday, 31st May, our Year 4 students took off to the city to learn all about the life of explorers on the Polly Woodside ship. They learnt about the different perspectives and motivations to explore across the sea. The students displayed great curiosity with their questions, listened respectfully and represented Dingley Primary School with pride! This was an exciting provocation for their new Unit of Inquiry into Where We Are in Place and Time.

### Author Visit

Our Year 1, 2, 3 and 4 students were lucky enough to experience an author visit from Sarah Speedie this term. Sarah read her hilarious book 'Mozzies vs Flies' which inspired our young authors to start planning some wonderful creative writing of their own! Place and Time.

### Year 5/6 Camp

The Year 5 and 6 students headed to Alexandra Adventure Resort for a week-long camp in Term 2. They enjoyed many different activities, including archery, canoeing and a rock climbing/abseiling wall. The campers impressed everyone with their willingness to give everything a go and enjoy the new experiences offered.

SCAN ME

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## Aerobic Exercise as a treatment for Dry Eyes

According to a recent survey conducted by Optometry Australia, up to 77% of Australians suffer from some form of Dry eye disease. Common symptoms such as stinging, burning or scratchy eyes are what many people experience.

Could a daily walk or run improve dry eye symptoms and signs? A recent study suggests that this is the case. A lot of factors play into dry eyes, one of them being an imbalance in tear secretion to the front surface of the eye.

In our experience most patients suffer from some form of dry eye with varying degrees of severity. Conventional therapies such as drops and supplements tend to have good efficacy, but sometimes we hit a dead end with dry eye therapy. And therefore, our team of optometrists are always looking for novel treatments for our patients.

Research studies from the BMC Ophthalmology journal showed that aerobic exercise increases tear secretion and improves tear stability, key measures when considering dry eye.

The mechanism appears to be associated with an increase in the autonomic nervous system resulting in more tear production via the gland responsible for producing tears. Interestingly, people who suffer from dry eyes were shown to benefit more from aerobic exercise than

those who did not have dry eyes. This suggests that if you suffer from dry eye, you will benefit more from exercise when compared to someone that has minimal symptoms.

It is well established that an unstable tear film can affect the quality of the vision itself, the study also showed an improvement in vision and visual acuity with aerobic exercise. The effects were observed after 30 minutes of exercise at 64-76% of maximum heart rate. This translates to a run, swim or cycle for 30 minutes or for the older individuals out there, a brisk walk.

Aerobic exercise has so many benefits to both your physical and mental health, it's nice to have another reason to get out there and get moving.

So, if you are suffering from dry eyes and conventional treatment such as eye drops, warm compress and massage etc are not providing as much dry eye relief as you would like, consider adding a morning jog or walk in conjunction with your current therapies and routine.

At Dingley Eye Centre, 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](http://www.insightfuleyecare.com.au) or come down for a chat about what the latest research is telling us about how to combat dry eyes.

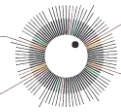
We thank you for your continued support of our local small business and patience during these COVID challenging times. Take care and stay safe.

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

We are your local optometrist  
Ph: **9551 4244**  
116 Centre Dandenong Rd,  
Dingley Village  
Website: [www.insightfuleyecare.com.au](http://www.insightfuleyecare.com.au)  
(Book appointments online)  
Email: [dingley@insightfuleyecare.com.au](mailto:dingley@insightfuleyecare.com.au)

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## 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](mailto:dingleylions@gmail.com).

## 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 14th of July. Starting

time is 7.00 PM and meals, or 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 it is pleasing to report a good number of members continue to support this monthly function. Advance bookings for July and August have been made for members to attend functions at our local night spots where entertainers are in good form and dancing again permitted.

Additionally, some members are

organising regular trips to the movies at the weekends.

This was a popular event pre COVID and will encourage members to get out and about with friends. Our regular dinner on the last Saturday of the month is proving popular with members and in June it was held at Michelago's restaurant in Aspendale Gardens.

Advice of future venues will be made at the Thursday gatherings and to facilitate bookings you should 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 - Time does not wait so rug up and get out and about!

## Dingley Village Senior Citizens Club Incorporated

Welcome to Winter - we hope that you are all able to keep warm! Forthcoming Club activities are as follows:

**4th of July** - Bingo

**11th of July** - Committee Meeting beforehand followed by Cards and Games

**18th of July** - a "Christmas in July" lunch (venue to be advised)

**25th of July** - Cards and Games

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

## Dingley 60 Plus Social Group



At our June meeting the guest speaker Faye Veitze, presented an insight into the Africa Mercy Ship. This hospital ship offers state of the art facilities, and sails along the West Coast of Africa.

Before the ship docks, flyers are sent to inform the public of its impending arrival. An advance team screens thousands of patients, to see who qualifies for surgery. Some people walk for days, hoping to be eligible for treatment.

As patients have had little or no access to medical care, ailments can be extremely severe. Some with disfiguring medical conditions, are often cast out of their communities, and treatment can help remove stigma and isolation they have experienced. All care is free of charge. The ship is staffed by over 400 volunteers who pay their own expenses. Each year the ship docks at the Canary Islands for 2 months, for maintenance and repairs.

Activities planned for July: Happy Hour, Legs and Morning Coffee, iPad group, Wine Tasting, Camera Club, 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.

## Country Women's Association Dingley Village



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

We are still planning for our Winter Warmers stall in late July or August and our Father's Day Stall in September. As yet we do not have the dates. More details in next month's Dossier.

Our Craft Meeting will be held on 10th August at the home of one of our members and our next Business Meeting will take place on the 24th of August 2022 at the Dingley Village Neighbourhood Centre. Craft meetings are held on the second Wednesday of each month and Business Meetings on the fourth Wednesday and will be subject to Covid guidelines.

New members will be made very welcome and if you would like 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**.

### 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 bowl 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. 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](mailto:info@dvms.org.au) [www.dvms.org.au](http://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.

### 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](mailto: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**.

## Southern Taekwondo

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## 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](http://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](http://www.kcc.crm.org.au)

Email: [admin@crm.org.au](mailto:admin@crm.org.au)

**Senior Pastor:** Dan Parker

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

### Emergency Resources – Food Relief Program

Emergency Resources is a welfare agency that provides food relief to

struggling families. We currently service over 160 families collecting food boxes from our collection centre at Christ Church Dingley. Our program operates every Wednesday (except school holidays) between 10am-2pm. We provide food items such as packaged foods, fresh produce and bread (Pick-up only).

Pastor Joy Hansen began the program in May 1994 with the aim of helping people in financial hardship. It began with 2 volunteers, and 6 families coming in for food. Now we have a committed team of over 30 volunteers and provide food relief for over 160 families. Funded by Kingston City Church, with the help of Kingston Council grants, the team at Emergency Resources feel blessed they can make a difference in people's lives.

### Our corporate Sponsors:

The Gideons, 3 Fold Resources, Howmet Fastening Systems, Breeze Logistics, Bunnings South Oakleigh, Lions Club Lysterfield, Parkdale Secondary College, Woolworths Clarinda, The Onebox, Bakers Delight Southland, McDonalds Braeside and Heatherton, Food For Change, Fareshare.

### Individual Sponsors:

Sue's Bible group – CityLife Church, Tim Owen.

### Grant assistance:

Kingston Charitable Fund, a Community Fund Account of Lord Mayor's Charitable Foundation  
Kingston Council Annual Grants

### Details:

- Open every Wednesday (except school holidays) from 10am – 2pm
- Location: 387-405 Old Dandenong Rd, Dingley Village VIC 3172
- Contact: **038551 6600**, [er@crm.org.au](mailto:er@crm.org.au)
- <https://www.mycommunitylife.com.au/Clubs/Emergency-Resources-Christian-Resource-Care-Ltd>

## 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](mailto:admin@villagechurch.org.au)  
[www.villagechurch.org.au](http://www.villagechurch.org.au)

Our Church program for July 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](mailto:admin@ccd.org.au) or call **9551 7871**. Web: [www.ccd.org.au](http://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](http://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](mailto: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](mailto: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](mailto: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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- Matthew 6:10

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[info@echochurch.org.au](mailto:info@echochurch.org.au)

[www.echochurch.org.au](http://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](https://www.facebook.com/KingstonCitySalvos)  
[www.salvationarmy.org.au/kingstoncity/](http://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](mailto: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

ABN: 71 463 442 675

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