

THE DINGLEY DOSSIER

Volume 50
Number 5
June 2022

www.dvnc.com.au/dossier

SUNDAY 19 JUNE – SATURDAY 25 JUNE IS REFUGEE WEEK

Every year, millions of people are forced to flee their homes to find safety. In the past decade, the number of people displaced from their home has doubled, from 41 million to 82.4 million.

While a refugee's journey begins with danger, it also begins with hope. Refugees flee their homelands not only because they fear persecution, but also because they have hope:

they hope to find freedom from persecution, and safety and security for themselves and their families; they hope to be given a chance to start a new life and recover from past trauma.

What's the difference between an asylum seeker, a refugee and a migrant?

- An asylum seeker is a person looking for protection because they fear persecution, or they have experienced violence or human rights violations.
- A refugee is a person who asked for protection and was given refugee status. They may have been resettled in another country or be waiting for resettlement. Not every asylum seeker becomes a refugee, but every refugee starts out as an asylum seeker.
- A migrant is a person who leaves or flees their home to go to new places

- usually abroad - to seek opportunities or safer and better prospects. Migration can be voluntary or involuntary, but most of the time a combination of choices and constraints is involved.

Is it illegal to come to Australia by boat and seek asylum?

- No. Everyone has the right to seek asylum from persecution. It is not illegal for people to flee persecution in their homeland or to cross borders without documents or passports in order to seek asylum. It is also not a crime under Australian law to arrive here by boat without a valid visa and ask for protection.
- All people who arrive here by boat without a valid visa are subject to mandatory detention.

Do all people seeking asylum come to Australia by boat?

- No. Many people arrive by plane with a valid visa then claim asylum while they are here. Unlike people who arrive in Australia by boat, people who arrive by plane are generally not subject to mandatory detention.

Does Australia have more asylum claims than other countries?

No. Most people seek asylum in their

neighbouring countries if it is safe for them to do so. Most of these were developing countries, with 86% of refugees overall being hosted by low to middle income countries.

- In the financial year of 2019-20, Australia granted refugee status to 14,993 people, either through resettlement from other countries or granting protection to people who had applied for asylum in Australia.

What benefits do refugees receive?

- When refugees arrive in Australia through the Humanitarian Program, they arrive as permanent residents and can immediately access income support payments in the same way as any other Australian permanent resident. They also receive some support specific to their needs such as access to caseworkers, help finding housing and English classes to help them become independent members of the community as quickly as possible.

What benefits do people seeking asylum receive from the government?

- Where people are eligible for support, the Australian Government provides basic income support, a maximum of 89% of the Centrelink unemployment benefit. Through community service providers, the Government also provides limited

FARMERS' MARKET

SATURDAY 18TH JUNE | 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

assistance to this group to meet their basic needs, such as assisting people to access health and social services.

- Not every person seeking asylum in the community is eligible for support under these programs. People who are not eligible receive no Government financial assistance.
- In Red Cross' experience, the majority of people seeking asylum living in the community do so with access to limited formal supports and resources.

How do refugees contribute to the Australian community?

- Australia has a long history of humanitarian resettlement, providing safety to more than 880,000 people since World War II.
- Refugees make an important contribution to Australia in many areas including social engagement, workforce participation, business ownership and volunteering within our communities.
- Most families from refugee backgrounds are able to adjust effectively over time and generate substantial economic and social benefit.
- The Centre for Policy Development, for example, reports that in Australia, refugees are more than twice as likely to establish their own businesses compared to the broader population.
- Many of Australia's successful and respected citizens have been refugees, having fled their home country to escape persecution.

Information in this article was provided by Australian Red Cross, for more information

www.redcross.org.au/migration and www.refugeecouncil.org.au

MK Mobile Locksmiths

House/Car Openings
Lock Repairs Of All Types
Re-Keying Locks
Lock Fitting
Master Key Systems

Contact Michael

0413422652

Pensioner Discount Available

24/7 Service



ARE YOU IN PAIN?

Do you suffer from:

Low Back Pain
Neck Pain
Headaches
Arm & Leg Pain
Knee, Hip & Wrist Pain
Muscular Pain
Sports Injuries

Chiropractic * Acupuncture *
Myotherapy * Hypnotherapy *
Remedial Massage

LET US HELP

**DINGLEY
CHIROPRACTIC CENTRE
118 CENTRE DANDENONG ROAD,
DINGLEY VILLAGE, 3172
PH: 9558 1436
www.dingleychiropractic.com.au**

SITE ONE

SPA & POOL BARRIER INSPECTIONS

VBA Registered Building Inspector
(Pool Safety)

Inspections for Certificate of Barrier Compliance
Fully licensed & insured

Ph 0409 561 247

siteonepoolinspections@gmail.com

KEATS PLASTER

"No Job Too Small"

All Aspects
of Plastering

Call Mark on
0402 917 110
For a Free Quote

COMMUNITY

You can now pick up a copy of the Dingley Dossier at the new look Woolworths.

\$50 Woolworths Gift Voucher

In partnership with the Dingley Dossier, Woolworths is giving away 10 \$50 gift vouchers to local residents to celebrate their new look store. To go into the draw to win email dingleydossier@dvnc.com.au with your name and contact details or drop into the Dingley Village Neighbourhood Centre and leave your details. Competition closes on Friday 10th June @ 3pm and drawn 10am Tuesday 14th June.



Future Olympian?

On Saturday 23rd April, William Hunter, who is currently in Grade 5 at St Marks Primary School in Dingley, competed in the Victorian Senior Men's State Gymnastics Championship and was lucky enough to win his level and now be the Victorian State Champion for 2022. William placed 1st on 5 out of 6 apparatuses and then placed 1st overall, crowning him the 2022 Victorian State Champion.



William currently trains 23 hours per week at the Men's High Performance Program (HPP) at the Victorian Gymnastics Centre in Prahan.

William was invited to join the program in late 2019 and after enduring home training for 2 years, has bounced right back and has been thoroughly enjoying his time back in the gym and competition arena with the other boys. William's sights are now set on his next competition to be held on the Gold Coast in September –

Good luck William!

My Community

My Community Life is an online hub for community groups, organisations, and local residents. View and post group details, upcoming events, local activities, volunteering opportunities and get involved in community life in the City of Kingston! www.mycommunitylife.com.au.

Petition for Dingley Village Library Name Change to The Marcus Clarke Library

There is a petition available for you to sign to support this initiative at the Dingley Village Neighbourhood Centre. Will you drop by at the Centre and sign the petition? As with all petitions of this type of your details will NOT be shared with anyone.

You can also sign the petition online at:

<https://chnq.it/RQDvbrkS>. More information is available on Wikipedia.

https://en.wikipedia.org/wiki/Marcus_Clarke

Dingley Village shoppers enjoy the convenience of a new look Woolworths store

Dingley Village locals have a reason to get excited because the new look Woolworths store has completed its renovations. Woolworths Store Manager, Frank Fruci said; "We're pleased to be able to offer a convenient new look full range supermarket for our customers, giving local shoppers a better shopping experience and providing a bigger range of grocery and dairy freezer products, with over 1,200 new lines now in store.



The new look supermarket is designed with the local customer at the forefront, and we are pleased that the enhancements will offer local residents a great shopping experience, enhanced fresh offer and the convenience they are looking for".

Amongst the key features at Woolworths Dingley Village, customers can access a new Scan&Go service offering a quick & convenient, cashless, and contactless way to shop. There's also an extensive fresh fruit and vegetable section, as well as a range of fresh fish and seafood at the new look continental style deli, plus a great range of local and international cheeses.

The new Direct to Boot service also allows you to confirm your preferred pick up time for your online shopping and a Woolies team member will place it straight in your boot when you arrive in the new designated car park spots.

The new look store is open from 7am to 10pm daily and is located in the Dingley Village shopping centre, 89 Centre Dandenong Road.

Dossier Distributor required

We are looking for a someone who can deliver the Dossier to an area in Springvale South near the bypass and stock Dingley Woolworths with Dossiers through out the month. Contact dingleydossier@dvnc.com.au for further details.

Special Dates in June

Mabo Day 3 June

Commemorates the anniversary of the 1992 High Court decision in the case brought by Eddie Mabo and others which recognised the existence in Australia of native title rights. The historic court decision buried the legal description of early Australia as 'terra nullius', or 'no man's land.' The decision recognised that Indigenous people have a special relationship with the land, and this paved the way for land rights known as native title.

Shavuot 4 – 6 June

Shavuot is a Jewish celebration of Moses's descent from Mount Sinai with the Ten Commandments. It is the second of the Jewish pilgrim festivals. Some Jews refrain from work on Shavuot.

Pentecost 5 June

Pentecost is a Christian celebration of the fiftieth day after Easter. Pentecost Sunday, which marks the end of the Easter season in the Christian calendar.

Queen's Birthday 13 June

Australians celebrate the Birthday of Queen Elizabeth II, constitutional monarch of Australia, with a public holiday (and long weekend).

World Refugee Day 20 June

Refugee Week is used to inform the public about refugees and celebrate positive contributions made by refugees to Australian society.



Head of Campus Tour

A great way to capture the vision of the College is to attend a personal school tour with our Head of Campus, Mr Jason Burgess. Our students benefit from the smaller class sizes, engaging learning environment and positive relationships between students and with their teachers.

Our next tour is Friday the **17th of June**, and we would love to have you.

For enquiries, please visit our website, our Facebook page or give us a call.

<https://www.hcc.vic.edu.au/> | 03 8551 6650 | enrolments@hcc.vic.edu.au







WIN

1 of 10 \$50

Woolworths
Supermarket

GIFT
CARDS



The new look Woolworths Dingley Village is Now Open

To celebrate the opening, the Dingley Dossier has 10 x \$50 Woolworths Supermarket Gift Cards to give away to readers!

Competition closes 3pm Friday 10th June and winners drawn 10am Tuesday 14th June. Winners will be notified on how to collect prize.

Send your name and contact details to dingleydossier@dvnc.com.au for your chance to WIN!!

REC 1002



DICKSON & FUNKE PTY. LTD.

D-Test Security Systems

ELECTRICIANS

Commercial, Industrial & Domestic Installations

Electrical Contractors
Electronic Security
Data Installations

Contact Peter 9558-1288, Mob. 0418-390-120

Visit our web site: www.electricians.com.au

Little Villagers Childcare

Commonwealth Childcare Subsidy Approved Provider

Don't need full time childcare, working part-time, working from home, home schooling or just need a few hours child free, then we have the answer. We have 5 hour sessions available for pre-school aged children.

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



Open 9am - 2pm

Monday - Friday

8512 0509

31B Marcus Rd, Dingley Village
(inside Neighbourhood Centre)
Email: lvcc@dvnc.com.au



With four prominent Bayside locations, if you're looking to buy, sell, rent or lease, our dedicated local team of professionals are here to assist you.

Barry Plant Bayside Sales Team



Michael Care



Dora Kambouris



Eva Cumming



Nathan Wright



Jake Mabey



Damien Murphy



Frank Hellier



Dean Sirianni



Kylie Sirianni



Chris Kavanagh



Chloe Barry



Donna Brient

Barry Plant Bayside Property Management Team



Maria Imbriano



Joshua Fabris



Jeremy Phey



Lily Brown



Svetlana Marchese



Debbie Owen



Kathy Tiermanis



Lauren Attard

"To discuss your selling, buying or property management needs, contact us today"

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



FARMERS MARKET



OUR NEXT MARKET IS ON SATURDAY 18TH JUNE



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

If you're looking for fresh flavoursome ingredients for your winter comfort foods then the market is your place to shop. Check out Spud Sisters, 280 Fresh, La Villa Salumi and Moorabool River Beef, for ingredients for hearty soups, casseroles and warming snacks.

Which type of potato is perfect for your dish? Not all Potatoes are the same! Each type of potato has a different texture, colour, flavour and shape. Pop by and chat with Spud Sisters to find the perfect potato for your winter meals.



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

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

If you have not been before, you are missing out; pop in and see why many of Dingley Village residents love to shop at the Farmers' Market. Shop among the gum trees for your farm fresh seasonal produce at the Dingley Village Farmers' Market. The Farmers' Market runs as a community event to provide residents access to fresh Victorian produce and support Victorian producers.

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

Dogs at the Market

Dogs must be on a 2m, or shorter leash Please ensure that leashes do not become a tripping hazard and dogs do not relieve themselves in the market area.



We ask that you be mindful of other people when bringing your dog onsite. If your dog is not comfortable in public conditions, holds ANY reactive tendencies or is prone to barking, please ensure you leave them at home.



DingleyVillageFarmersMarket

DINGLEY VILLAGE FARMERS' MARKET
SATURDAY 18th JUNE
8.30AM—1 PM
31 Marcus Rd, Dingley Village
Free entry & parking
www.dvnc.com.au/farmersmarket





Woolworths
The fresh food people

DINGLEY VILLAGE FRESH NEW LOOK



Discover deli delights

Drop by our new deli and enjoy a slice of the good life.

Inspired by a classic Italian delicatessen, our glass cabinets are brimming with cured meats, salami, salads and antipasti from local and international producers. All these delicacies are ready to serve but we can slice your meats just the way you like it – thick, thin or shaved. Please ask for a taste if you can't decide, there's plenty to try.

One of our deli favourites is the D'Orsogna sliced honey leg ham served off the bone, made from Australian Jarrah Honey and Australian Pork. The D'Orsogna family has been crafting authentic and flavoursome smallgoods here in Australia for more than 70 years. From a humble suburban butcher shop, D'Orsogna has been in partnership with

Woolworths for more than 60 years and has grown into a well-loved national brand.

Our cheese section is also filled with goodies from small and large local makers, as well as international classics such as aged Italian pecorino, Swiss gruyère and rich, creamy French Brie. The olive section is worth exploring too, with plump Sicilians, rich Kalamatas and a wide variety of sliced, marinated and stuffed varieties ready to enjoy. If you're planning on hosting a few more people than the usual family gathering, don't forget our gourmet deli platters. Our team can put one together for you using the freshest ingredients.

Annual Community Consultation Meeting 2022

--

ANZAC DAY 2022

DVCA members attended and laid a wreath at the 5.45am dawn service on Anzac Day, supporting our community's commemorative event held by the Rotary Club of Noble Park and Dingley Village at the War Memorial in Marcus Rd Dingley Village.

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

The public hearing on the first stage of the proposed Suburban Rail Loop (SRL) ran from 28 February 2022 until May 5th, 2022, and the Committee is now preparing their report for the Minister of Planning, due mid-June 2022.

DVCA President Leigh Gridley and Kevin Poulter, Save Kingswood Golf Course (SKG), made a joint presentation to the SRL Committee on 28 April 2022, regarding the proposed location of train stabling facility at the Delta site 91-185 Kingston Road Heatherton.

Delta Site Background

The Delta site, in the City of Kingston's Green Wedge Chain of Parks plan, is designated for future sporting grounds, following completion of the site's landfill closure and rehabilitation.

DVCA recognises the Heatherton community's fight against locating the train stabling facility on the Delta site, to stop the loss of this large open space area for future sports grounds and recreation in the Chain of Parks.

DVCA / SKG Joint SRL Submission



The DVCA and SKG in their joint presentation requested the Committee to consider, that if the Delta site was to be determined for train stabling facility use, the provision of alternate open space should be made to the Kingston community in compensation, with the purchase by the State Government of the Kingswood Golf Course land.

Acquisition of Kingswood Golf Course, for alternate open space provision to the Delta site, within the Chain of Parks would:

- Stop the loss of two significant open spaces in the City of Kingston
- Support the Kingston Chain of Parks Plan.
- In May 1994, a Sandbelt Open Space Project Development Plan was formally prepared by Melbourne Parks and Waterways (Parks Victoria), which acknowledged that the "Chain of Parks" would be an important means of addressing the lack of open space in the SE Melbourne region.
- End the 8 year-long ongoing battle against the development of Kingswood Golf Course and protect the Dingley Village community from the totally inappropriate development proposed for this important space in the heart of the village.
- Preserve the large treed open space and important wildlife habitat of Kingswood Golf Course.
- Provide important open space for passive and active recreation in the Kingston community.

Petition to Rename Dingley Village Library

Why?

The Dingley Village Writers Group would like to honour Marcus Clarke's significant contribution to Australian journalism and literature. Whilst a resident of Dingley Village he wrote his great novel *For The Term of his Natural Life*, a confronting tale of Australian convict life published in the 1870s.

This classic Australian literature novel has been in publication ever since and has been adapted for both stage and film numerous times.

How Do I Support the Petition to Rename Our Library?

If you wish to support this petition to rename our library to the Marcus Clarke Memorial Library in honour of our famous Dingley Village resident, simply go to the [change.org](https://chnng.it/RQDvbrkS) website address:

<https://chnng.it/RQDvbrkS> and sign the petition for this.

DVCA

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

DVCA Contact Details

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

OUR COUNCIL

Site chosen for new aquatic and leisure centre

Kingston Council is thrilled to announce that our new aquatic and leisure centre will be built adjacent to Jack Grut Reserve on Governor Road in Mordialloc.

This milestone announcement comes after an extensive site investigation program that commenced with 180 potential locations across the central and southern areas of Kingston.

On the back of a thorough independent assessment of the shortlisted sites and valuable feedback from our community, we are now moving forward with finalising the land purchase and designing a great new facility for the community.

The need for the development of a new aquatic facility in the short-term was a key recommendation in the adopted Aquatic Facility Plan and followed the closure of the Don Tatnell Leisure Centre in 2020 due to major structural issues.

Kingston Mayor Steve Staikos said the once-in-a-generation project represents a major investment in the future health and wellbeing of the community.

"We are aiming to provide facilities that are more sustainable, accessible and environmentally sensitive than ever before and that will be a major focus of this project as well," Cr Staikos said.

"It's right in the heart of our city and it's ready to become an asset for all ages. From learning to swim, building strength in the gym, and practicing your butterfly, to warm water exercise and rehabilitation - our aquatic and leisure centre will be able to cater to you."

The community has already played a key role in getting us to this point and Melaleuca Ward Councillor Tim Cochrane said he wanted the feedback to continue through the all-important design phase.

"Hearing the opinions of the broader community will play a vital role in the design process as we focus on delivering a centre that meets the community's needs now and for decades to come," Cr Cochrane said.

"You can help shape your new aquatic and leisure centre by letting us know what's important to you and how you want it to look, feel and function."

Visit www.yourkingstonyoursay.com.au/aquatic-facility-plan, where you can stay up to date with all things new aquatic centre and complete our survey.

For more information, contact the Active Kingston team on **1300 653 356**.

Kingston Net Zero 2030 - Supporting our community to take climate action

We can't ignore the impact of a changing climate on our future – and we won't. Council is committed to advocating for improvements to the way we build, work, travel and live in our communities that will help us reduce our climate impact. That's why we have formed a strategy and a regional position to address climate change.

In July 2021, Kingston's Climate and Ecological Emergency Response Plan was endorsed to guide urgent action.

Our targets are:

- Net zero Council emissions by 2025.
- Support the community to reduce emissions by 40% by 2025 .
- Net zero community emissions by 2030.

Priority areas for action and long term goals are identified in the Climate and Ecological Emergency Response Plan

Find out more at www.yourkingstonyoursay.com.au/netzero2030



Dingley Village Police Update

Crime Stoppers (1800 333 000)
To provide crime information. It can be anonymous.

Neighbourhood Policing

State-wide community policing and engagement model that aims to improve your safety at a local level

Neighbourhood Policing will see police increase their focus on the issues that matter most to local communities.

It will ensure local community concerns are central to decision making and result in local police:

- being more visible and accessible to their local community
- actively listening to their community
- acting on community safety concerns
- working in partnership with others to address safety concerns
- communicating the outcomes and action taken.



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

**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

Shadow Attorney-General & Shadow Minister for Constitutional Reform



Bowel Cancer Awareness Month

June is Bowel Cancer Awareness Month. Bowel cancer claims the lives of 101 Australians every week (5,255 people a year) - but it's one of the most treatable types of cancer if found early. Almost 99% of bowel cancer cases can be treated successfully when detected early. During the early stages of bowel cancer, people may have no symptoms, which is why screening is so important.

In Australia we have the National Bowel Cancer Screening Program and it is free, easy and can be done in your own home. Do the free home test kit when you get it in the mail - it could save your life. Since 2020, all eligible Australians between the ages of 50 and 74 are invited to do the screening test every 2 years.



While the risk of bowel cancer increases significantly with age, the disease doesn't discriminate, affecting men and women, young and old. 293 Australians will be diagnosed with bowel cancer this week (15,206 people a year).

Bowel cancer, also known as colorectal cancer, can affect any part of the colon or rectum; it may also be referred to as colon cancer or rectal cancer, depending on where the cancer is located.

The colon and rectum are parts of the large intestine. Australia has one of the highest rates of bowel cancer in the world; 1 in 13 Australians will develop the disease in their lifetime. Bowel cancer is Australia's second deadliest cancer.

Around 30% people who develop bowel cancer have either a hereditary contribution, family history or a combination of both. The other 70% of people have no family history of the disease and no hereditary contribution.

The risk of developing bowel cancer rises sharply and progressively from age 50, but the number of Australians under age 50 diagnosed with bowel cancer has been increasing steadily. That's why it's important to know the symptoms of bowel cancer and have them investigated if they persist for more than two weeks.

Any of the following symptoms could be indicative of colon or rectal cancer and should be investigated by your GP if they persist for more than two weeks:

- Blood in your poo or rectal bleeding
- A recent, persistent change in bowel habit (e.g. diarrhoea, constipation or the feeling of incomplete emptying)
- A change in the shape or appearance of your poo (e.g. narrower poos or mucus in poo)
- Abdominal pain or swelling
- Pain or a lump in the anus or rectum

Unexplained anaemia causing tiredness, weakness or weight loss Information in this item is provided by Bowel Cancer Australia and Department of Health, for more information go to:

www.bowelcanceraustralia.org or www.health.gov.au/initiatives-and-programs/national-bowel-cancer-screening-program



FOR AROUND 30% OF ALL BOWEL CANCER CASES THERE IS A FAMILY HISTORY OR HEREDITARY CONTRIBUTION

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.



Bowel Cancer Awareness Month

GET BEHIND IT!



LOOKING AT LOANS



How High Will Interest Rates Go?

Interest rates have moved up – but it is not time to panic yet!

As had been expected and predicted, the Reserve Bank of Australia (RBA) has now joined central banks in the US, UK, Europe and Asia and moved our nation into a rising interest rate cycle. Given the last time rates increased in Australia was November 2010, this is unfamiliar territory for many borrowers.

Top of mind now is how high will rates go?

Whilst there is no exact numeric answer to that, put simply, inflation is running higher than desired, and interest rates will be increased as far as is necessary to cool inflation.

Any predictions as to future interest rates must be based on assumptions and guesswork as to inflation.

Which is significantly influenced not just by events in Australia, but by events overseas, so not easy to predict. However, as a start point, we should all be expecting an increase to our current variable mortgage rates of 1% in the short term.

I strongly encourage you to look at how this will affect you by doing calculations specific to yourself. Google search integrityfinanceaustralia.com.au then look for the calculator tab, then loan repayment calculator.

In that calculator you can input information specific to your home loan, then increase the interest rate by 1% from what you are currently paying.

This will show you how much you can expect your home loan repayments to increase by. Remember to input your loan amount limit including redraw, and loan term remaining.

RBA analysis suggests that “the majority of households are well placed to manage higher loan repayments”.

This is due to a combination of many currently paying more than the minimum repayment, and that bank assessments on new borrowers' ability to repay has been based on rates at 2.5% higher than actual repayment (increased to 3% last October).

Of course, that is a general comment. You need to assess your individual position. As part of that analysis remember to check the rate you are paying.

This is the perfect time to have your loan reviewed, particularly if you did not use a broker.

Note more than 66% of home loans in Australia are now processed to the banks via a mortgage broker business such as ours, operating under legal obligation to place 'customer best interest' duties over and above bank requirements. No such protection is in place when dealing directly with the bank.

Look at your rate. Variable rates in the market are ranging from close to 2% to over 5%; what are you paying? We are in a rising rate environment, moving up from the lowest rates ever. Your ability to refinance will be lessened by further interest rate increases to come. Now is the time to review and take action if necessary.

For further information call us on **(03) 9511 8883** or email support@ifafinance.com.au.

Daryl Borden, your
Dingley Village Mortgage Broker,
ACL 392184

Integrity Finance Australia
– Changing Lives



Let us help you find a loan that suits Residential or Commercial

RENOVATE BUILD BUY REFINANCE INVEST

HEAD OFFICE

8/14 Garden Boulevard
Dingley Village VIC 3172

PHONE

(03) 9511 8883

AUSTRALIAN CREDIT LICENCE
392184

To arrange an appointment contact one of our consultants



Daryl Borden
0417 593 893



David Browne
0409 051 111

www.integrityfinanceaustralia.com.au



The Bean House

The Bean House was busy and crowded when Harry arrived, but then all the cafes were busy since the restrictions were lifted. He was expecting Ben and hopefully Margaret from their writing group to join him - they were the only people he had invited. There were plenty of cafes in the village but some of them served crap coffee - Harry thought the Bean House maintained a high quality all the time. He was a little bit anxious having not seen anyone from the group for almost nine months. Just as Adam who runs the cafe, set up a table for three Margaret arrived.

Harry knew Ben would be late - because he is always late. Ben lives on his own and he can be a bit of a grump sometimes, but he is really an interesting writer. Margaret seamed in a bit of a flap and then Harry discovered what the problem was. All the hairdressers were booked out for months and her hair was such a mess. Ben eventually arrived complaining about being held up with that bloody bridge they are building over the road near his place.

When Harry suggested they meet for coffee he thought if they wished they could write something. What ever came into their head - just to have something to read, but not too long. It just seamed so long since they all gathered that one day every week - could they have lost the knack?

Margaret told them how she had planted a vegetable garden and was now enjoying the fruits of her labour. She said it was her saviour because at one stage she thought she was going mad. Ben had been doing a lot more cooking and trying new recipes like brandy in scrambled eggs and chickpea curry. He had also been doing some research and discovered the key to understanding others, lies in understanding yourself. Margaret didn't write anything, but she brought a cartoon which was going to be in the local newspaper the following week.

A few years before Margaret had a children's book published and it was still selling all around the world. She done all the drawing in the book herself. The cartoon was two rabbits grazing and the first rabbit says, "I believe the humans have a virus and it's killing them all". The second rabbit says, "It's the Calicivirus they gave us, and it's come back to bite them in the arse".

Ben had written a page on the personality thing but was working on a much longer article. His question was how often do we feel misunderstood, or relate more to certain people rather than others? Apparently, there are four Personality Types, and we are all normally a blend of at least two.

The Choleric Personality:

The Choleric is the Born Leader and always focused on getting things done but can run rough-shod over others. They are dominant, strong, decisive, stubborn and at times even arrogant. The powerful Choleric must be in control.

The Melancholy Personality:

This person is typically a deep thinker and highly talented. Their normal behaviour involves thinking, assessing, making lists, evaluating the positives and negatives, and general analysis of the facts. They are often shy and slow to build rapport at first, but very loyal, genuine, and dependable when the ice is broken.

Sanguine Personality:

This is the social type. They make work into fun and love/need to be with other people. They enjoy socialising, chatting, telling stories - and are fond of promising the world, because that's the friendly thing to do. They have a tendency to over-promise and under-deliver.

Phlegmatic Personality:

Peaceful, easy going, laid back, nonchalant, unexcitable, and relaxed. A stabilising character who provides balance to the other three personality types. They are calm, cool, and collected, with the patience of a saint. They care about people and harmony. They also have a dry and quick sense of humour.

None of these types is specifically described as being positive or negative. They each have upsides and downsides. Harry had pencilled a poem he called The Bean House.

Between the butcher and the baker, sits the Bean House.
Place of steaming gossip and continuous chatter
Where the friends I want to meet
Tell me tales I want to hear.

A gathering of kin, a celebration of life
Stories of fame, stories of shame
Outpouring emotion, all is forgiven.
Stop the clock there's more to be told.

Thank you, Capuchin order of friars
For giving your name to the elixir of life
Brown habit, long pointed cream cowl
Cappuccino, Maraschino or maybe Latte.

Women in black, Sicilian widows
No mourning here a chalice of scandal
They have the monk's blessing
Come drink from the cup.

By this time, they had all had second cups of coffee they were ready to leave. The whole group would meet the following week and they discussed topics they could write about. Margaret suggested she had a mysterious object she would take to the meeting and should be a talking point.

Tony C

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

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



Nonna's Traditional

DELICIOUS HOME-MADE HEAT & EAT MEALS

Dinner for 4

NONNA'S TRADITIONAL BEEF LASAGNA

HOMEMADE SHEPHERD'S PIE

ROASTED VEGETARIAN LASAGNA

ALL \$38.90

Dinner for 2

NONNA'S TRADITIONAL BEEF LASAGNA

HOMEMADE SHEPHERD'S PIE

ROASTED VEGETARIAN LASAGNE

TRADITIONAL ITALIAN MEATBALLS

PENNE NAPOLI

ARANCINI IN NAPOLI

GNOCCHI BOLOGNAISE

FETTUCINI CARBONARA

SPINACH & PUMPKIN LINGUINI

CREAMY CHICKEN PESTO

ALL \$19.90

Dinner for 1

NONNA'S TRADITIONAL BEEF LASAGNE

HOMEMADE SHEPHERD'S PIE

ROASTED VEGETARIAN LASAGNE

ALL \$9.90



PIZZA

ORIGINALE MARGHERITA

SAN LUCA TROPICALE

ALESSIA CAPRICCIOSA

TOSCANO VEGETARIAN

AMERICANO MEATLOVERS

DIAVOLA HOT SOPRESSA

GARLIC PIZZA

ALL \$8.90

Sauces

HOMEMADE BOLOGNAISE 1LT

TRADITIONAL NAPOLI 1LT

HOMEMADE RELISH

ALL \$16.90

Quiches

HOMEMADE QUICHE LORRAINE

MEDITERRANEAN VEGETABLE

\$22.90

EAT
MORE
FOR
LESS

TAKE
HOME
HEAT &
EAT

NEW MENU!

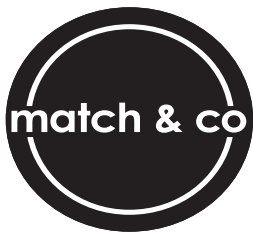
MADE
FRESH
DAILY

CALL 9551 5777

TO PLACE YOUR ORDER

14/79 Centre Dandenong Rd, DINGLEY VILLAGE





MEGADEALS & FREE PIZZA!

MEGA DEAL 1

Buy any 2 DINNERS
for 2 & get 1
FREE Pizza!

SAVE \$8.90

MEGA DEAL 2

Buy any 1 DINNER
for 4 and get 2
FREE Pizzas!

SAVE \$17.80

MEGA DEAL 3

Buy any PIZZA
& get 1
FREE Pizza!

SAVE \$8.90

MEGA DEAL 4

Buy any 3 DINNERS
for 2 & get 3
FREE Pizzas!

SAVE \$26.70

MEGA DEAL 5

Buy any 3 DINNERS
for 4 & get 5
FREE Pizzas!

SAVE \$44.50

MEGA DEAL 6

Buy any
10 Pizzas
FOR
\$69.00
MASSIVE SAVING \$20

CALL 9551 577 TO PLACE YOUR ORDER

**SUPPORT
LOCAL
BUSINESS**

**14/79 Centre Dandenong Rd
DINGLEY VILLAGE**

**TAKE
HOME
HEAT &
EAT**

Drop in store and grab yours today or ask for them by name at your local IGA, Foodworks or your local deli!





Dingley Scouts

Wow what a month it's been in scouting.

8 members of Dingley Scout Group joined close to 200 scouting members to enjoy the annual Night Paddle down the Yarra. This is an amazing paddle that starts from the Hawthorn Boat sheds all the way into the city, with a stop at Herron Island for a BBQ.

This is such a popular activity that 3 of our youth undertook their canoe course a week before just so they could attend. Well done, Josh, Kyle and Sam, and thanks so much to the Scout Paddling Team for another awesome night paddle. If you want to see some great photos, check out our Facebook Page.

Cub Scouts were excited to attend a District Camp at the ever-popular Gilwell Park. District camps are always a great opportunity to meet other youth within our district in a fun and safe environment. There were plenty of activities to keep everyone warm and busy, with lots of time for fun, friends, and games. And maybe just a little mud.....

Not to be outdone, Rovers attended Mudbash at Mafeking Rover Park. This annual event is a mix of CAMS supported motor sport, general activities and camping which sees close to 1500 Rovers turning the park into a tent city for the weekend.



Vehicles competing in Mudbash are built, repaired, raced in, and owned by the Rover crews. Well done to our local Delniggy Rover Crew and Sir Lance-r-Lot their trusty steed (aka car).

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



Advertisement



Keep up to date

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

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

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

dingleyvillage3172.com.au



The inflation effect on retirement

Without the benefit of a crystal ball, it's impossible to determine exactly how much one person will need to meet their individual retirement needs. We often hear that we're living much longer so the amount we retire on must last a longer distance.

However, what about the value of your retirement funds? How will inflation impact on your savings, particularly if you're still being highly conservative and holding a large portion of your portfolio in cash waiting for the economy to "get back on track"?

Now and then

A good place to start is by looking back at how inflation has affected the cost of living in Australia. The Reserve Bank of Australia (RBA) has a handy calculator on its website (www.rba.gov.au) that tells us how the cost of a "basket of goods and services" has changed over a chosen timeframe. It's a great eye-opener. Type in "inflation calculator".

How much?!

One hundred dollars' worth of goods purchased in 1980 would now cost \$440! You're right, 40 years of retirement is not the norm, so let's look at the value of \$100 in a more realistic retirement timeframe of 20 years.

One hundred dollars spent in 2000 grew to \$162.43 in 2020. On first glance that doesn't seem much BUT when you realise that the increase over that time was 62.4% you might be a bit more concerned. Over the 20-year period this averages out to

just 2.5% per year, which doesn't sound too bad and is within the RBA's target - but let's go back to your retirement fund investments and the current economy.

Your retirement savings

With most "bonus" interest cash accounts currently earning less than 1.0% pa interest, and term deposits about the same, apply the current inflation rate of 3% to this and you'll realise that these accounts are not earning any real returns; in fact, some are losing value. This is why it's so important to be vigilant about how inflation may affect your super in the lead up to and during your retirement.

Every investment must meet your own individual needs, now and into the future. If you would like to learn more about how to manage inflation in your retirement, speak to us. I'm sorry we don't have a crystal ball, but we do have a good understanding of how all this works!



Ashfords Wealth Advisors Pty Ltd

Phone: (03) 9551 2822

Email: wealth@ashfords.com.au

Website: www.ashfords.com.au

Office: Level 3, 148 Logis Boulevard (corner of Greens Rd.) Dandenong South, Vic. 3175

Postal: PO Box 4525, Dandenong South, Vic. 3164

GLENDAREN AUTO PANELS
Since 1977

SMASH REPAIR SPECIALISTS



**QUALITY PANEL BEATING
& SPRAY PAINTING FOR
OVER 40 YEARS**

Over
40
years
Since 1977

2004
*Australian
Achiever*
WELLS
Highly Recommended

2011
*Australian
Achiever*
WELLS
Winner

VACC
Accredited
Body Repairer

31 Murdock Street Clayton South, 3169
Proprietors Daren & Mandy Wells
Ph: 9543-3331
daren@glendaren.com.au

Lyttletons  **Lawyers**

Barristers & Solicitors

www.lyttletonslawyers.com

03 8555 3895

2/128 Centre Dandenong Road Dingley Village 3172


GUTTER-VAC

Vacuum clean gutters

- Fully insured
- Safety trained
- **Free quotes**

Call Paul & Julia
0448 488 837
www.guttervac.com.au



Dingley Junior Football Club



Players Corner

As the Dingley Junior club progresses through the 2022 season, we are developing some future AFL stars. All our junior games are being played at the new home of Dingley Junior Football, located at Chadwick Reserve on Howard Road, Dingley. The players and club would enjoy seeing some of the local community coming out to support these players and you might be seeing a future AFL player in the making. Whilst our Junior Football and Auskick season has commenced it is still 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. In keeping with our theme from the previous editions this month's edition gives us another opportunity to introduce some of our older players within our club. In this edition we have interviewed players within the Under 12's and Under 13's by placing them under the microscope to see what makes them play their best game day football and what they have enjoyed about their football journey to date.

First Name: Dane
Nickname: Daneo
Age and team: 12 years old
 – Under 13's Dingoes
Favourite AFL team: Collingwood
Favourite AFL player: Jack Ginnivan and Dane Swan
Lucky food before game day: Milo Cereal
Best football junior memory: First goal I kicked when I played in Under 8's
Parent's involvement with the club: Dad is my Assistant Coach and my Mum is the Team Manager



First Name: Nate
Nickname: Nater/Diesel
Age and team: 13 years old
 – Under 13's Dingoes
Favourite AFL team: Hawthorn
Favourite AFL player: : James Sicily
Lucky food before game day: Bacon
Best football junior memory: Being the Captain and taking a specky in the 2018 Lightening Carnival.
Parent's involvement with the club: Dad is my Coach.



First Name: Beau
Nickname: Marra
Age and team: Aged 12 - Under 12's
 Dingoes
Favourite AFL team: Western Bulldogs
Favourite AFL player: Marcus Bontempelli
Lucky food before game day: Red Frogs
Best football junior memory: Playing with my older brother (Jett) who is 2 ages above my age group.
Parent's involvement with the club: My mum is the Team Manager.



First Name: Zander
Nickname: Zans
Age and team: 12 years old
 and in the Under 12's
Favourite AFL team: St. Kilda
Favourite AFL player: Dave Butler
Lucky food before game day: Love a good egg and bacon sandwich especially if I don't have to make it.
Best football junior memory: Running through my 50th games played banner. Also, the time SMJFL invited me to interview Maverick Weller.
Parent's involvement with the club: Trainer, boundary umpire and runner.



AUSKICK

Auskick has commenced with the 1st session held on Friday, 22 April 2022 at 6pm – 7:30pm at our NEW facilities Chadwick Reserve, Howard Road, Dingley.

****IT IS NOT TOO LATE TO JOIN IN THE FUN****

Next edition – meet some of our Under 16 players from our only Dingley Girls team. Michael Moran – Secretary of DJFC



Dingley Football Netball Club



After opening the season with encouraging wins in the first two rounds, things turned a bit 'pear shaped' for the Dingley Senior teams as we then suffered three losses on the trot for the first time in ten years in Rounds three to five.

The margins were 13, 5 and 12 points with two of those losses being at home. An annoying aspect was that in two of those losses we were in winnable positions in see-sawing games only to go down in the end.

On Good Friday we ventured to newly promoted Springvale Districts and it is fair to say that the home team thoroughly deserved their win as too many of our side were far below their best. It only takes a couple of instruments not playing well to put a whole orchestra out of tune and although the margin wasn't huge, Springy always looked like winners.

An undermanned Reserves also suffered a bad defeat managing just three goals for the day.

A return to Souter Oval against St Kilda City on 30th April saw a goal for goal struggle all day in what was a sometimes fiery encounter. After leading by two points at three quarter time, we managed three more in a desperate last quarter only to be out scored by St Kilda City's four.

New key forward Manny Dolan kicked six from Centre Half Forward to stand out and he was well supported by debutante L'Huillier, Tom Mc Kinley, Lachie Lamble, Cam Dickie and Lucas Walmsley.

So, it was two losses on the trot after a promising start to the year.

Cranbourne are new to the Southern League and many of our 'veteran' supporters remember some of the fierce rivalry between the two clubs from previous encounters in the eighties and nineties, especially Dingley's epic first ever Premiership against Cranbourne in 1994.

Those supporters were disappointed however as the 2022 version of our side could not make up a five goal three quarter time deficit to go down by two goals. Lachie Benton's last quarter individual goal efforts nearly got us home, but a couple of ill judged fifty meter penalties at critical times cost us dearly.

Again, our younger brigade were good in another tough encounter and Jack Williams made a welcome return after a twelve month absence with a knee reconstruction. Not since 2012 had the senior side lost three games in a row, a point strongly emphasised by a disappointed senior coach, post game.

It was a fired up Dingley who ventured to a windswept McDonald Street, Mordialloc, in Round six. A six goal first quarter set the pattern against an opponent who has become an archrival in recent years.

This time there were no passengers in what was our best win for the year. An 88 point win was just what the doctor ordered to restore much needed confidence and to square the win loss ratio at three wins, three losses to be back in the hunt.

Our much feared forward structure worked well. Fifteen goals from our talls, VanUnen, Dolan and Farmer led the way. Big Virgim Faik dominated the ruck all day without taking a spell off the ball and Walmsley, Lachie Lamble and 'Pup' Feehan at Full Back were other stand outs.

While this was all happening, the Reserves had returned to form with recent wins after getting some of our long list of wounded back on the park.

What has become obvious as the SFNL recovers from the disruption from two years of COVID is that the standard of clubs in the senior division is far more even, with upset results happening each week.

We will just keep plugging away, but safe in the knowledge that Dingley's best football is as good as any of our rivals.

Get along to support us and help to keep us on track.

Go Dingoes.

DINGLEY VILLAGE BATHROOM REVIVAL

Complete service including:
Plumbing • Tiling • Carpentry
• Electrical • Plastering

All work Guaranteed
Mob. 0408 549 697

Save \$\$\$ with efficient heating & cooling

Get your perfect temperature today
 Friendly and reliable technicians
 * Installations * Emergency Repair * Servicing

SurreyAir

ESSENTIAL CLIMATE CARE
 5% Seniors Card Discount
 Book online www.surreyair.com.au
 or call 9551 7460

B.S.T. CAR CARE SERVICES
Mechanical Workshop EST 1986

- Manufacturers hand book servicing
- Brake and clutch repairs
- Front wheel alignments
- Tyre fitting and balancing
- Automatic transmission servicing
- Air-conditioning repairs and re-gas
- Roadworthy certificates
- Welding and general repairs
- Auto electrical
- Exhaust
- Suspension

Factory 2, 310-312 Boundary Road Dingley 3172 (Entrance off Redwood Dr.)

Phone **9558 7388** to book in your vehicle

killester college
 a Catholic School for Girls
 A Kildare Education Ministries School in the Brigidine Tradition

Enrolment Enquiries Welcome

433 Springvale Road
 SPRINGVALE 3171
 Telephone: 9547.5000
www.killester.catholic.edu.au



Physiotherapy & Pilates

Bob Wong
Lindsay O'Kane
Dean McCluskey

- **PILATES STUDIO**
- **INDUSTRIAL INJURIES**
- **SPORTING INJURIES**
- **NECK & BACK PAIN**
- **MASSAGE THERAPY**

No referral necessary
at Interhealth Medical Clinic
110 Centre Dandenong Rd
Dingley 3172

9558 2155

dynamic
FOOTCLINIC



Maisy Chua Podiatrist
General Foot Care
Sports and Fitness
Orthotics 3D Scanner
Diabetes
Home Visit

110 Centre Dandenong Rd
Dingley Village **9558 2155**
Book online at
dynamicfootclinic.com.au



Pantry Fresh

693 Clayton Rd, Clayton South, 3169

www.pantryfresh.com.au

(03) 9551 1569

- **Farm Fresh Eggs - Daily**
- **Chicken – All chemical free**
- **Deli goods – Wide range of cold meats and cheeses**
 - **Coffee Shop – Italy's finest coffee beans**
- **Gluten + Sugar Free Products – Wide Range to choose from**
 - **Gifts – Specific for any and every occasion**
- **Ice-cream and Desserts – Perfect coming into summer!**
 - **Pasta and all your grocery needs!**

AND SO MUCH MORE – COME IN AND SAY HELLO

DIRECT TO THE PUBLIC

Support the bank that supports your community.

When you choose to bank with Bendigo Bank, good things happen in your community.

Local projects find funding. Local clubs find sponsorships. Local schools benefit. And, you can access a suite of financial services rivalling any bank in the country.

Feel good about who you bank with.

Call us on 9551 6111 or search Bendigo Bank Dingley Village.



Bendigo Bank

**Community Bank
Dingley Village**

Preventing Glaucoma Naturally

12th of March marked Glaucoma week and since then many patients have been asking me about prevention. Glaucoma (causes tunnel vision- where your peripheral vision is impacted at first and then it slowly encroaches towards your central vision), while remaining very treatable, remains the second leading cause of blindness in the world.

At Insightful Eye Care, we have been scouring the literature to see if any treatments exist with strong evidence in favour of the "treatment effectivity". So, is there anything that works?

Recently, the use of Vitamin B3 and its potential benefits with Glaucoma has been all the rage. Firstly, let's explore what this vitamin is and what key role it carries in the human body.

Vitamin B3 is also known as niacin (not niacinamide which is raved about for skin & aging). B3 is a vitamin that is a key building block in a product our cells produce known as nicotinamide adenine dinucleotides (NAD+).

Stay with me, I can explain. NAD+ helps clear 'reactive oxygen species' which is a waste product produced by our body's cells in many of our general processes and is a known cause for cell damage and death.

Unfortunately, as we age, the amount of NAD+ that we have in the eye is reduced.

A study in 2017 suggested that this reduction causes the nerve cells in the eye to become more vulnerable to insult and injury from high eye pressure and therefore to the development of Glaucoma.

In theory if we increase our consumption of Vitamin B3 to create more NAD+ we should have protective benefits on our nerve cells. Research initially focussed on Vitamin B3 as an adjunct therapy to current Glaucoma treatment.

Amazingly they found that consuming 3g of Vitamin B3 daily improved visual function in those who have Glaucoma over a 12 week period. Better yet, most patients in this study found it very well tolerated.

So, if you or someone you know has Glaucoma, please ask us your optometrist or your eye specialist about this amazing co-therapy. Further research then concentrated on the benefits in the normal population i.e. those who don't have Glaucoma... yet...

It was found that those who had a higher level of Vitamin B3 consumption daily were significantly less likely (by 50%) to develop Glaucoma than those with much lower levels. So, you may wonder what the expected level of consumption might be.

The recommended weekly dietary allowance for Vitamin B3 is 14mg for women & 16mg for men. Other than the obvious supplement tablets we can use to boost our vitamin B3 levels, there are

other natural ways to increase Vitamin B3 through food consumption. The following foods are high in B3; Red meat (beef, beef liver, pork), poultry, fish, brown rice, nuts, seeds, legumes, bananas and fortified cereals and breads.

Over consumption however is very discouraged. This can cause flushing, chills and digestive issues. Most studies have shown that intake of 1g and up to 3g of Vitamin B3 is safe and well tolerated long term.

None the less we strongly encourage you to ask your General Practitioner to ensure the safe use of Vitamin B3 for your own individual circumstances. You have nothing to lose other than potentially your nerve cells to Glaucoma.

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 or come down for a chat about how we might be able to help you prevent getting glaucoma.

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
(Book appointments online)
Email: dingley@insightfuleyecare.com.au



At Caring Support @ Home we offer two options of Home Care Package management. Both options will give you access to a dedicated Care Manager.

We keep our management charges low, so you have more fund for services.

Option 1

Standard Management –
12.5% of your package funds

Option 2

Premium Management –
20% of your package funds



We do not charge Daily Fees
We do not charge file creation fees

If you have Home Care Package level 1-4 or are interested in more information about Home Care Package please contact us on
9131 5187
or contact@caringsupportathome.com.au
www.caringsupportathome.com.au
3/28 Jarrah Drive, Braeside, VIC 3195

PUT YOUR \$
WHERE
YOUR  IS
BUY LOCAL

DINGLEY VILLAGE MENS SHED

When the Mountain Comes To Muhammad by Geoff Hergt

The DVMS (Dingley Village Men's Shed) was invited by the AOMC (Association of Motoring Clubs) to manage their celebration of the National Motoring Heritage Day on Sunday May 15th, 2022.

This was to be the only metropolitan area recognition of this momentous day although similar events were occurring on that same day at both Trentham and Maffra in country Victoria.

Everything was planned meticulously but the weather was the wild card. The day before was pretty average and the days after were not forecast to be much better. As it turned out we enjoyed typical Autumn fair with sunshine, no rain, and a cool breeze. DVMS members arrived at the shed in great numbers eager to demonstrate their skills.

They set about arranging the BBQ's, signs around the park, parking cars as they arrived and delivering mouth watering fare for all who came to enquire.

By mid morning Rosella Car Park was bristling with all manner of vehicles from yesteryear including some cars not seen in the wild for many a long day. Rare vehicles like a 1925 Wolseley, 1935 Rolls Royce and La Salle cars each attracting much admiration from all.

It was generally agreed that a good day was had by everyone as our members did themselves and our shed proud.

For us this was a variation on a theme i.e. A Bunnings style Sausage Sizzle effectively in our own backyard. We were delighted to provide our service for When the Mountain Came to Mohammad.



PAUL ADES
0415 342 727
40 YEARS EXPERIENCE
RESIDENTIAL
COMMERCIAL
INDUSTRIAL

ADES DINGLEY VILLAGE PLUMBING
QUALIFIED FRIENDLY LOCAL RESIDENT
PLUMBING & GASFITTING





Dingley Village Senior Citizens Club Incorporated

Because of distance and time restrictions, the Yarragon Bus trip originally planned for Wednesday the 18th of May was replaced with a bus trip to Sassafra (for morning tea) and to Olinda (for lunch). This was enjoyed by those who came along.

Forthcoming activities are as follows:

- 6th of June – will be Bingo
- 13th of June – Queen's Birthday holiday, hence no Club activity is planned.
- 20th of June – Bingo; and
- 27th of June – Games and Cards.

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

From May our gatherings at the Sports Bar of the Dingley International Hotel will be held only on the 2nd Thursday of the month so the next one will be on the 9th of June. 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.

During May members have attended functions at our local night spots where the entertainers have been in good form and dancing is once again permitted. A couple of members enjoyed a great mid week smorgasbord luncheon at the Lynbrook Hotel and agreed it was well worth the drive. The Elvis Tribute show at a Braeside club revived past memories and our members in the audience gave a big thumbs up to the event.

May's dinner on the last Saturday of the month was held at a Thai Restaurant in Dingley Village. 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 have welcomed four new members since April and are more than happy to welcome additional members to the Group. Enquiries can be made to Graeme on **9551 3462**.

PS – gathering steam?

Probus Club Dingley Central



James Wall from Garden World was guest speaker at our May Meeting, and he gave a very entertaining insight into his early years in the family nursery business.

James said it was very pleasing to see large crowds drawn to the Melbourne Garden Show, after being in recess during 2 years of Covid. Plant trends come and go, Succulents, African Violets, (He commented we would remember our grandmothers had one on the kitchen window sill) are popular again, and indoor plants are a hit with the younger generation.

James was happy to take questions from any members with garden problems.

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

Our meetings are held on the 1st Monday of the month at 10am at "The Salvation Army Kingston City" 13/12-16 Garden Boulevard, Dingley Village. New members are always welcome. For further information please contact Jean on **0438 272 232**.

Burden Park Bowls Club



Winter bowls has begun on Saturdays and Tuesdays at 11.00am. So 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. We hope to see you soon.

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 are interested in having a go, give Rob a call on **0407326481** he would love to hear from you. We are located on the corner of Springvale Rd and Heatherton Rd Springvale.

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

Country Women's Association Dingley Village



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

Our next Craft Meeting will be held on 8th June at the home of a member and our next Business Meeting will take place on 22nd June 2022 at the Dingley Village Neighbourhood Centre.

In 2022 our meetings will be subject to Covid guidelines.

New members will be made very welcome, 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**.

Lions Club of Dingley Village



We are in need of new members, a great opportunity to help your community. If anybody has any of the following items, they can be left at the Dingley Village Neighbourhood Centre.

Pre-loved spectacles, sunglasses and hearing aids and used stamps are still needed. Thank you to all who have donated, please keep them coming in.

Our meetings are held on the 4th Monday of each month at the Dingley Village Neighbourhood Centre, 31B Marcus Road, Dingley Village (public holidays excluded). These meetings are informal and friendly.

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

Rotary Club Noble Park - Dingley



Active Rotarians - making friends and making a difference. The Rotary Club of Noble Park-Dingley has an active social and project program. Our members love being part of our club and enjoy participating in our activities.

Once you get to know us you might like to join us in being part of a network of 1.2 million Rotary volunteers worldwide. We meet at 6.30pm on the first three Thursdays of each month at Keysborough Golf Club in Hutton Road. Please phone Reny Frighetto on **0437 080333** 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**.

Southern Taekwondo

Affiliated with No's Taekwondo

Classes for men, women & children of all ages. Qualified Coaches. Grading 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

Michael Benjamin & Associates Barristers & Solicitors

Now with 5 lawyers for all your legal needs

Providing the following services:

- Family Law
- Wills & Estates
- Drink Driving/Traffic Offences
- Conveyancing and Property
- Criminal Law

**Call for your FREE initial consultation
Open Saturday mornings**

117 Centre Dandenong Rd Dingley Village
Phone: 9558 0558 - www.mblaw.com.au

**AGGRESSION AND VIOLENCE
AGAINST HEALTH WORKERS.
IT'S NEVER OK**

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

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 June 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 olds through to Grade 6. All welcome.

Prayer Time

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

Monthly - Saturday 18th June; 9-10am at 7 Fiveways Boulevard and Monday 20th June 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 - second Monday of every month, 13th June, 7.30-9pm at 7 Fiveways Boulevard and via Zoom link. Contact office for link.

Youth Group

Every Friday during school term, 7.00-9.00pm at 7 Fiveways Boulevard for Years 7-12 youth. Contact the office for further details and to register your interest.

*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.

Kingston City Church



Our Vision: Connecting People To Jesus Christ

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

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

Web: www.kcc.crm.org.au

Email: admin@crm.org.au

Senior Pastor: Dan Parker

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

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

Revival Youth

Is a Christian youth ministry program that runs at KCC on Friday evenings between 7-9pm during the school term. Our program is for high school kids and is thoughtfully and prayerfully prepared

to help the youth grow in their faith and walk with Jesus Christ. All our leaders are carefully chosen and are passionate followers of Jesus themselves.

We have a fortnightly roster where one week is our 'Revival' night and the following week is our small group night. On our 'Revival' nights, we have live worship, led by an amazing band made up of youth and leaders, as well as games, and a relevant and practical biblical message for our youth.

For small groups, the youth are separated into groups by year level for them to feel more comfortable to dive deeper into life's struggles with their leader. With a relaxed and fun, yet God-centered atmosphere, Revival Youth is a weekly highlight for many of our youth.

Our passion here at Revival Youth is to see this generation become a light in this world for Jesus. Everything we do is aimed at encouraging the youth to grow in their faith so that by the time they graduate high school, they feel prepared to face whatever the world throws at them, confident in their faith.

Andy Watson – Youth Co-ordinator

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.

An interdenominational study of the Bible for women. For further information contact Jennifer on **0419 115 811**.

First Friday Of Each Month

Indoor Carpet Bowls – 7.30 p.m. in the Church Hall followed by supper

Second And Fourth Thursdays Of The Month

Unleash the Music in You – 8.00 p.m. at the Church. For further information contact Bob Lorraine on **9589 493** or **0418 998 714**.

Christ Church Dingley



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

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

Echo Church



Vision: 'heaven to earth'

"Your Kingdom come, your will be done, on earth as it is in heaven."

- Matthew 6:10

50 Tootal Rd. Dingley Village

info@echochurch.org.au

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/

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.



Recognise STROKE Think F.A.S.T.

F Has their FACE dropped?
A Can they lift both ARMS?
S Is their SPEECH slurred and do they understand you?
T Call 000, TIME is critical

Act FAST call 000

Stroke FOUNDATION

REFRIGERATORS	ADMIRAL	KELVINATOR
FREEZERS	AMERICANA	KLEENMAID
WASHING MACHINES	ASEA CYLANDA	LG
DRYERS	ASKO	MAYTAG
DISHWASHERS	BLANCO	NEW WORLD
SERVICE	BOSCH	NORGE
9551 4626	CHEF	PHILIPS
	DISHLEX	SAMSUNG
	ELECTROLUX	SANYO
	FISHER & PAYKEL	SHARP
	FRIGIDAIRE	SIMPSON
	GENERAL ELECTRIC	SMEG
	HITACHI	TOSHIBA
	HOOVER	WESTINGHOUSE
	IGNIS	WHIRLPOOL

A. A. D. & O.
REFRIGERATION & HOME APPLIANCE SERVICE

HONDA

SERVICE CENTRE

4/32 Taunton Drive, Cheltenham

Log Book Service/General Repairs
Electrical Service/Repairs RWC
Clutch and Brake Service/Repairs
Automotive Transmission Service
A/C Service and Repairs

Open- Mon. - Sat.
P: 8555 0566 M: 0408 343 212 (Kel)

TOM THE LUMBERJACK

Professional Tree and Stump Removers

- Trimming and Pruning
- Full Liability Insurance
- Free Quotes
- Special Rates for Dingley Area

Mulch for Sale

Phone
9701 8385 0418 560 933

BROADBENT DANCE ACADEMY

2 Plane Tree Avenue
Dingley Village
Principal: Marnie Armstrong

- State of the Art Studios – 3 studios with sprung floors, mirrors, barres, change rooms
- Classes in Ballet, Jazz, Tap, Hip Hop, Acrobatics, Contemporary, Musical Theatre, Solos & Troupes
- Open to all ages – Beginners to Advanced
- Specially designed pre-school program
- Offering exams in A.T.O.D. Ltd. syllabus, concert performances, competition work, overseas trips
- Qualified teachers conducting all classes

For more information contact:
Marnie - 0411 024 438
marnie@bbdance.com.au or www.bbdance.com.au

A GRADE

D.M.B.ELECTRICS PTY. LTD.

A-Grade REC 10173

- ◆ Telephone Outlets ◆ Safety Switches
- ◆ Surge Protection
- ◆ Smoke Detectors
- ◆ Security Lighting ◆ Rewiring
- ◆ Power and Lighting Points
- ◆ Circuit Breaker Switchboards

DARREN BELT
Ph: 9551 5679 Mobile: 0418 399 273

TELEVIDEO REPAIR CENTRE

REPAIRS TO ALL BRANDS

- TVS • DVDS • VCRS • HI-FIS
- ANTENNA INSTALLATIONS
- HOME TUNING

PICK-UP & DELIVERY INCLUDED
Call Peter on 9585 0064
Mob.: 0402 464 030

Digitall NOW

Audio Visual Installations

Specialising In:

- TV Wall Mounts • TV Set-ups
- Digital Antenna Installation
- Antenna Points • Home Theatre Systems
- Amplifier & Speaker Installations
- Projector & Screens
- New Home Pre-wires
- Service Calls

Scott McLean
0407 992 253
www.digitalnow.com.au

DJ'S Golf Workshop

Specialising in:

- Custom Made Golf Clubs
- Re-Shafts
- Re-Grips
- Loft and Lie Adjustments
- All types of Golf Repairs

Contact Derek on 9551 3197
or mobile 0425 758 298

THE DINGLEY DOSSIER

ABN: 71 463 442 675

Editor: Pam Gates
Publisher: Dingley Village Neighbourhood Centre Inc.
31B Marcus Road,
Dingley Village, 3172
Phone: 8512 0505
Email: dingleydossier@dvnc.com.au

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

Advertising:
To advertise in The Dingley Dossier
Phone: **8512 0505**
Email: dingleydossier@dvnc.com.au
Post: Dingley Dossier
31B Marcus Road,
Dingley Village, 3172

Submission deadline:
4 pm 15th of each Month (excluding December)
Artwork requirements
Artwork should only be supplied in two formats:
A hi-res.jpeg @300dpi or hi-res.pdf with fonts embedded.
Full terms and condition available on website www.dvnc.com.au
Permanent advertising: We will run standard advertisement unless notified of any changes by 15th of the month.

Rights of the Publisher:
The Dingley Dossier reserves the right to amend, edit or not publish any advertisement, letter or article at its discretion.

The Dingley Dossier

Warranty & Indemnity

Advertisers and/or contributors agree to indemnify and keep indemnified The Dingley Dossier in respect of all liabilities, losses, damages, costs or expenses in relation to any claim, demand, action, suit or proceeding whatsoever, brought by any third party arising out of a connection with any material published by The Dingley Dossier on behalf of the Advertisers and/ or contributors. Advertisers and/ or contributors warrants to The Dingley Dossier, that all advertising material and information submitted by or on behalf of advertisers and/or contributors is such that its publication will not infringe the provision of any law or statute and will not give rise to any claim or right of action whatsoever against The Dingley Dossier, whether at common law or statute. A full copy of The Dingley Dossier Policy and Terms and Conditions is available on the Dingley Village Neighbourhood Centre website www.dvnc.com.au/dossier and on request.



ASHFORDS
WEALTH ADVISORS

TAKE CONTROL OF YOUR SUPER

We specialise in Self Managed Superannuation Funds and Aged Care Advice. We are also able to assist you with advice on your retirement needs, income streams, investments, taxation planning, insurance needs and Centrelink entitlements.

Contact our office on **9551 2822** for an obligation free consultation.

Ashfords Wealth Advisors Pty Ltd

Level 3, 148 Logis Boulevard, Dandenong South, Vic. 3175

PO Box 4525, Dandenong South, Vic. 3164

fp@ashfords.com.au

www.ashfords.com.au

Ashfords Wealth Advisors Pty Ltd ABN 93 086 288 306 is a holder of Australian Financial Services Licence (AFSL) No 226184



Dingley Village Computers

Available for all your computer problems:
Onsite visits for PC and Notebook repairs,
sales, upgrades and networking.

Can arrange to pick up and redeliver if required

Bruce Pham

Telephone 9558 2456

Mob: 0412 729 777

email bruce@dingley.net

Hours: Mon - Friday 9am to 9pm

Sat and Sunday 10am to 4pm

We make time to ask
RUOK?TM

Your Local Dingley Plumber

McLean Plumbing Lic. No. 41632

- ★ Emergency Repairs ★ Hot Water Services ★ Gas
 - ★ Roofing ★ Kitchen & Bathroom Renovations
 - ★ Gas Heater Testing for Carbon Monoxide
- All Work Guaranteed (Discounts to Pensioners)

Mob: 0408 549 697

Ph: 9551 1975 Doug McLean



- ✓ Complete Lawn Mowing Service
- ✓ Pruning and Hedging Service
- ✓ Garden rejuvenations

A Dingley Village registered business
with over 25 years experience

Call Geoff

0419 571 605

Email: geoff@mcpheesgardening.com.au

www.mcpheesgardening.com.au



**WINDOW CLEANING
& HIGH PRESSURE WASHING**

FREE QUOTES, SATISFACTION GUARANTEED!

PH: 8682 8767

www.bamwindowcleaning.com.au

Jolly Electrical Service P/L **ELECTRICIAN**

9551 6505

Mobile 0412 370 314

All Electrical Work

HWS & Stove Repairs. Power Points.
Lights. Safety Switch & Surge Protection.
Homes. Factories. Garages. Extensions.
Switch Board Upgrades

Fault Finding Specialists

REC 6281

24 hour/7 day