



# THE DINGLEY DOSSIER

Volume 50  
 Number 9  
 October 2022  
[www.dvnc.com.au/dossier](http://www.dvnc.com.au/dossier)

## LOCAL IDENTITY IS 2022 WESTFIELD SOUTHLANDS' LOCAL HERO

Congratulations Simone Hardham for being named Westfield Southlands local hero for 2022 and receiving a grant of \$20,000 for your organisation Mindful Makings.

Dingley Village resident Simone Hardham has developed a novel way to help local people struggling with mental illness or seclusion.

In addition to a demanding full-time role with Emergency Management Victoria and Department of Health, Simone is the founder of the non-profit Mindful Makings. This local volunteer-run initiative combines the benefits of mindfulness with enjoyable creative

workshops led by experts in different crafts. Driven by the motto of Create, Connect, Be Present, Simone helps people maintain positive mental health while experiencing community connection.

Although Simone launched Mindful Makings just before the start of the COVID pandemic, she has made a go of it. So far, the non-profit has held face-to-face workshops for more than 200 people from various local government areas.

The workshops are small and personal, with participants able to choose from activities including drawing, woodwork,

painting, writing, gardening or macramé.

Simone has been a committed supporter of mental health charities since 2014 when her father passed away from suicide. She was named 2021 Kingston Woman of the Year in recognition of her volunteering efforts for mental health and community service.

"We have been able to create an environment where participants can put aside their mental and physical health concerns," Simone says.

Mindful Makings will put the grant towards launching much-needed mindfulness programs for men and teens.

For further information  
[www.mindfulmakings.org/home](http://www.mindfulmakings.org/home)  
 or contact Simone by email:  
[mindful\\_makings@outlook.com](mailto:mindful_makings@outlook.com)



Mindful Makings Inc is a registered not for profit organisation and is Deductible Gift Recipient (DGR status) endorsed by the Australian Taxation Office.



## FARMERS' MARKET

SATURDAY 15<sup>TH</sup> OCTOBER | 8:30AM - 1:00PM



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

# COMMUNITY

## LIVING IN DINGLEY VILLAGE

### IMPORTANT NUMBERS

**City of Kingston:**  
1300 653 356

**Emergency:** 000

**Police:** 131 444

**Crime Stoppers:**  
1800 333 000

**Lifeline:** 13 11 14

**Suicide Call Back Service:**  
1300 659 467

**SES:** 13 25 00

**Poisons Info:** 13 11 26

**Coronavirus Hotline**  
1800 675 398

**MensLine:**  
1300 789 978

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

**Safe Steps:**  
1800 015 188

**Nurse on Call:**  
1300 606 024

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

**Aircraft Noise:**  
1800 802 584

**Neighbourhood Centre:**  
8512 0505

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

**Men's Shed:**  
9551 5892

**VicRoads Faults and Hazards:**  
13 11 70

**RSPCA:**  
9224 2222

### Justice of the Peace

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

You can pick up copies of the Dingley Dossier from the Neighbourhood Centre, 31B Marcus Road, Dingley Village Newsagents and Woolworths Dingley Village. We also have a colour version online [www.dvnc.com.au/dossier](http://www.dvnc.com.au/dossier)

### DONATIONS FOR CANCER CARE PACKS

Chelle's - Saving Starfish provides care packs for people undergoing cancer treatment. Your donations are appreciated:



- Organic soup pouch - comfort food
- Tea (Twinning's 10pk)
- Mugs
- Gingernut/Arrowroot biscuits - helps with nausea
- Fluffy Winter Socks/Summer ladies pretty socks
- Warm Beanies/Scarves
- Cotton Summer chemo caps
- Fingerless gloves/Snoods
- Throws/Blankets - for chemo
- Wheat or lupin heat packs
- Lip Balm - dry lips with treatment
- Hand, nail, body creams or wash (natural, sensitive skin) & Loofahs
- Mini Sudoku or crossword (Chemo brain)
- Tissues - often chemo patients get runny noses
- Hand sanitizer
- Sensitive skin soaps
- Small candles
- Small salt (for gargling to stop ulcers)
- Non-aluminium deodorant
- Tote bags
- Water bottles
- Dry Mouth Gel
- Deep Heat
- Epsom Salts
- Journals/Note pads
- Painted Rocks
- Toothpaste/Toothbrushes
- Sensitive skin dish washing liquid
- Individually wrap toilet rolls - bowel issues with chemo

Donations can be dropped off at LC Hairworks, 10 Pauline Ave, Dingley Village. For more information, Facebook - Chelle's Saving Starfish or [chellssavingstarfish@gmail.com](mailto:chellssavingstarfish@gmail.com). See article about Chelle's story further in the Dossier.



### Make A Difference Dingley Village (MADDV)

MADDV, who provide emergency relief and financial counselling to people I need, have moved house and are now located at 29 Marcus Road, Dingley Village. Hours and Services have not changed Open 9.00am to 3.00pm. Mon. to Fri. **9551 1799**

### Tai Chi returns to the Neighbourhood Centre

Join James 9-11am every Tuesday morning in the Harold Box Hall  
Tai Chi is a moving meditation in the form of a series of gentle exercises that create harmony between the mind and body. It strengthens both the lower and upper extremities and also the core muscles of the back and abdomen.



### Neighbourhood Watch Greater Dandenong sell all these Products

ANTI-THEFT CAR NUMBER PLATE SCREWS: Help stamp out petrol theft by installing one-way screws to your cars number plates. The screws should deter thieves from removing the number plates from your car. NHW has four ranges of one-way screws to fit your car for only \$3.00 (set of four).

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Contact [president@nhwgreaterdandenong.org](mailto:president@nhwgreaterdandenong.org) or phone Dawn **0407 325 030**.



### World Mental Health Day - October 10 - the message is simple: "Look after your mental health, Australia."

Mental ill health is a growing problem in Australia - one that has been made worse by the COVID-19 pandemic. Looking after your mental health and wellbeing, and knowing how to support others, has never been more important. Good mental health is when we can cope with the stressors of our daily lives, participate in loving relationships, contribute to our community, and work towards our goals. Everyone has mental health. And we can all benefit from looking after our own mental health and the mental health of our communities.

### Other Special Dates in October

#### Breast Cancer Awareness Month

October provides an opportunity for us all to focus on breast cancer and its impact on those affected by the disease in our community. Breast cancer remains the most common cancer among Australian women (excluding non-melanoma skin cancer).

#### Yom Kippur 4-5 Oct

Yom Kippur means "Day of Atonement" and refers to the annual Jewish observance of fasting, prayer, and repentance. Part of the High Holidays, which also includes Rosh Hashanah (the Jewish New Year), Yom Kippur is considered the holiest day on the Jewish calendar.





**Mawlid Al-Nabi: Birth of the Prophet Muhammad 7-8 Oct**

The Prophet Muhammad's birthday is commemorated in most Muslim-majority countries, and usually marked by prayers, carnivals, fairs and public processions. For Muslims, the Prophet Muhammad is seen as an ethical and spiritual role model and commemorating his life is seen as another way of keeping his memory alive in the collective Muslim consciousness.

**Deepavali (Diwali) 25 Oct**

Australians of Hindu, Sikh, and Jain faiths celebrate Deepavali (Diwali), or the Festival of Lights, which celebrates the victory of good over evil, light over darkness and knowledge over ignorance.

**Teacher Day 28 Oct**

Teachers' Day is an opportunity to celebrate the teachers who are making, or have made, an impact on our lives. Whether you're a current student, have children in school, or have been out of school for many years, Teachers' Day is a chance to say, 'thank you'.



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**Dingley Village Police Update**

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

**The Blue Line**

With the last of Victoria Police's Covid-19 responsibilities now complete, Chief Commissioner Shane Patton's back-to-basics initiative will see police focus on the issues that matter most to local communities.

Victoria Police's new neighbourhood policing approach is now in place state wide having been piloted in eight areas last year. It sees police compile a register of issues concerning the local community so they can task officers to specifically address them and report back to residents on what has been done. Police work with partners like local councils, community groups and government agencies when issues are more complex.

It is also embarking on a major effort to hear Victorian's perceptions of safety, with a survey in every police service area. It will additionally gauge the ways people want to engage with police and how comfortable they feel approaching PSOs and police.

For more information about neighbourhood policing go to the Victoria Police website, [police.vic.gov.au/neighbourhood-policing](http://police.vic.gov.au/neighbourhood-policing)



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

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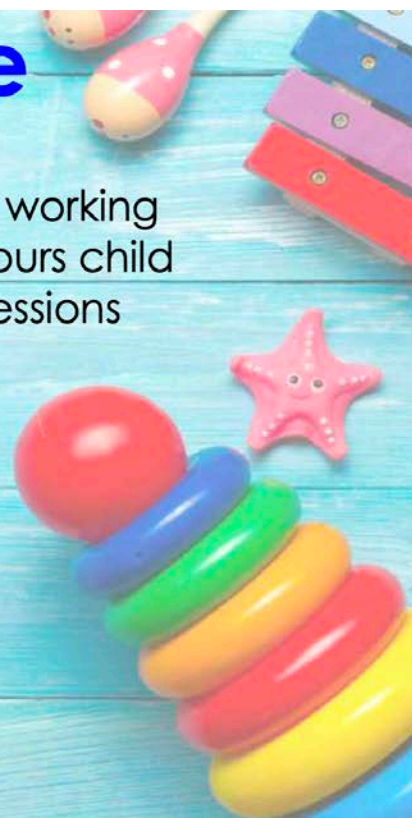
Monday - Friday

**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 15TH OCTOBER**



**Rain hail or shine the market runs year round.  
Next Market is on Saturday 15th October**

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.

Farmer's markets allow foodies to try exciting new products from small suppliers who may not be able to get supermarket shelf space. Gluten-free, vegan, vegetarian and FODMAP options are available. There is a great selection to tempt your culinary skills and excite your taste buds.

We have a range of fresh, seasonal fruit and veg; artisan breads and small-goods; award winning sausages and cheeses; small batch jams; free range eggs and so much more!

Did you know that Eat Freely who have those delicious cupcakes also do Wedding, birthday and other celebration cakes made to order. Pop in and discuss your cake needs. Gluten free and allergy-friendly options also available.

 [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.



### Dogs and the Market

Dogs must be on a short leash and please ensure that your dog does not relieve themselves in the market area. We ask that you be mindful of other people when bringing your dog onsite. Not all dogs are right for the market setting. Large crowds, accessible food, small children and other dogs can challenge your dog's attention and behaviour.

**DINGLEY VILLAGE FARMERS' MARKET**  
**SATURDAY 15th OCTOBER**  
**8.30AM—1 PM**  
 31 Marcus Rd,  
 Dingley Village  
**Free entry & parking**  
[www.dvnc.com.au/farmersmarket](http://www.dvnc.com.au/farmersmarket)



# DINGLEY VILLAGE COMMUNITY ASSOCIATION

## Kingswood Regional Sporting Centre/SRL Delta Site Replacement Proposal

### The Bad News

The recent Suburban Rail Loop (SRL) Environment Effects Assessment (EES) has determined that the SRL train stabling yard be located on the Heatherton Delta 34 hectare site.

### The Good News

Equivalent replacement open space will be provided for the community, as stated in the Minister's SRL EES.

*"I acknowledge that the introduction of the stabling facility in the location proposed will cause significant changes to the current amenity of the surrounding area and will alter long held plans for the broader regional open space strategy of the Chain of Parks. p.iv*

*A key adverse impact of the stabling facility is the loss of the significant public open space that was planned for the site, as part of the Chain of Parks. It is notable that the site is quite large and would have been capable of providing for regional active open space... It is also a very significant adverse impact of the project. p.13*

*To offset this key impact, the IAC concluded that a replacement area of open space needs to be identified and a process for its acquisition implemented. p.13*

*I have turned my mind to how best to achieve early delivery of quality open space that will have tangible benefits to the local community, in order to meaningfully offset the loss of the planned open space on the Delta landfill. p.14*

*It will be important that the Kingston City Council and the community's views are heard and considered, in the identification of the proposed offsetting solution. I also expect that the delivery of the replacement open space will occur as soon as possible with the intention to establish it prior to operation of the stabling facility. p.14"*

Minister's Assessment Under Environment Effects Act 1978 July 2022, HON LILY D'AMBROSIO MP Minister for Environment and Climate Action, 5 August 2022

Kingston Council's recent media release (22 August 2022) has called for the urgent provision of a "fit for purpose replacement for the 34 hectares of planned regional sporting facilities which will be lost to the train stabling".

In response to these developments, DVCA has formally requested Council propose to Government the 54 hectare former Kingswood Golf Course as the preferred replacement site for Regional Sporting Facility. This request has been made by the DVCA, as the acquisition of the Kingswood Golf Course site by government for such

an environment-friendly and community-friendly purpose would also:

- Ensure the regional sporting facility is still local (Kingswood is <4km from the Heatherton site).
- Enable compensation to Australian Super for their thus-far failed purchase.
- Fulfil the consideration of site acquisition as advised by Step 1 of the Golf course Redevelopment Standing Advisory Committee's Guidelines.
- Be consistent with Government's 2018 election promises and commitments to the Chain of Parks provision and adjacent Green Wedge area.
- Be advantageous to Government's image in the newly redistributed Seat of Clarinda, effected already by the SRL, Skyrail and Alex Fraser decisions.

We would hope this decision can be reached before the state election in November and while Kingswood is still green, healthy and zoned appropriately.

## Our New Chadwick Reserve Pavilion

Construction of the new Pavilion at Chadwick Reserve in Howard Road has been completed, providing our community with terrific new sports and community facilities. Our new Pavilion looks great and includes female-friendly change rooms, disability access, umpire's facilities and a community room for our use.

DVCA members, Shirley DeWever and Jon Garrard, have worked hard to get the best possible outcomes in Council's community consultation process for the Chadwick Reserve's redevelopment.

## Spring Road Cycle/Walking Path Improvement

DVCA was pleased to see Council improving the useability of the Spring Rd cycle/walking path. Their recent upgrade of the path interchange at the blind end of Spring Road, outside Archibald's honey factory will make cycling and walking on this path much safer and easier to use - all helping to encourage cycle/walking in our village.

### DVCA

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

New members are most welcome to attend. For further information please contact Leigh (President) and Jon (Secretary) at [dvcasecretary@gmail.com](mailto:dvcasecretary@gmail.com), or visit: [www.dvca.info](http://www.dvca.info).

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Mentone

**Chelsea**  
394-395 Nepean Highway,  
Chelsea

**9586 0500**  
bayside@barryplant.com.au



# OUR COUNCIL

## Nominations open for Kingston Women of the Year Awards

Nominations are now open for our annual Kingston Women of the Year Awards that celebrate the outstanding contribution that women in Kingston make to community, society and industry.

Do you know a woman who is a leader in their field, who inspires others or who has made a significant difference to our community through their exceptional professional or personal achievements? If so, it's time to get your nomination form in! Kingston Mayor Steve Staikos said the annual Awards, launched in 2019, are all about celebrating those women who are making an outstanding and positive difference in our community.

"These will be our fifth Kingston Women of the Year Awards and each year we are blown away with the quality of the nominees," Cr Staikos said.

"In each case they are women who contribute significantly to the day-day lives of our community members, through their dedication and devotion to what they do." Nominations are now open and close on Monday 31 October 2022. The winners of the 2023 Kingston Women of the Year Awards will be announced at Kingston's International Women's Day event on Friday 10 March 2023.

Nominations are open in the following categories:

- **Courageous Commitment:** Women who are dedicated to making a difference to the health, wellbeing, safety and/or sustainability of our community through advocacy, campaigning, fundraising and/or thought-leadership.
- **Excelling in Arts and Sport:** Women using their sporting and/or creative talents to represent, motivate and inspire our community.
- **Inspiring Innovation:** Women who are leaders in business, economics, politics and/or an entrepreneur.
- **Success in STEM:** Women excelling in science, technology, engineering and mathematics.

Nominations can be made online. For assistance with obtaining a hard copy nomination form or for other enquiries, please contact our Community Projects Officer on **9581 4648** or email [community@kingston.vic.gov.au](mailto:community@kingston.vic.gov.au).

Find out more about the Awards and nominate someone you know at [kingston.vic.gov.au/kwa](http://kingston.vic.gov.au/kwa).

In addition to the Women of the Year Awards, Kingston also runs a range of other awards throughout the year including the Kingston Citizen of the Year and Community Group of the Year Awards and the Kingston Youth Awards. Visit [kingston.vic.gov.au](http://kingston.vic.gov.au) for more details.

## Site for regional sporting facility must be urgently secured

Kingston Council has called for a new site for a regional sporting facility to be urgently secured in Kingston's Green Wedge to replace the Delta site which will now be used for the Suburban Rail Loop (SRL). Acting Mayor Jenna Davey-Burns said the Victorian Government must secure a new site as the highest priority to meet booming demand for sporting facilities in the region. "For years, our community had been looking forward to extensive sporting facilities being delivered on the Delta Site in Kingston's Green Wedge," Cr Davey-Burns said.

"We need an urgent solution to provide much needed female-friendly and regional sporting facilities to meet growing demand."

Kingston Council welcomed the fact that the Suburban Rail Loop East Inquiry and Advisory Committee (IAC) report committed to providing replacement open space for the regional sporting facility. For several years, Kingston Council has been working with key sporting bodies to identify much-needed facilities.

"The 34-hectare Delta site would have met existing needs, however further space is also needed to serve the increased population the SRL is expected to generate," Cr Davey-Burns said. "It's clear that the new sporting facility must be very large-scale to address a wide range of sporting needs, including football, cricket, soccer, hockey, baseball, cycling and more."

Following an urgent Special Council meeting responding to the recent Victorian Government SRL announcement, Kingston will now be advocating for a replacement site to be secured in Kingston's Green Wedge to ensure the regional sporting facility progresses as a matter of highest priority.

"Now that the outcomes of the Environmental Effects Statement are clear we expect this to be the highest of priorities for the State Government," Cr Davey-Burns said. Karkarook Ward Councillor Hadi Saab said the Heatherton and Clarinda

communities were deeply disappointed in the Victorian Government decision to proceed with the train stabling yard at the Delta site. "Addressing our community's disappointment requires a concerted effort by the State Government to deliver on a long promised open space commitment," Cr Saab said.

"I have heard community feedback that if the stabling yard does proceed, despite strong objections from Council and the community, and the IAC findings, the replacement site must at the very least meet community expectations."

Council appreciates that the Delta site was uniquely positioned to strategically service the growing needs for female-friendly sports and the need for additional sporting facilities, as well as being a core connection to the Chain of Parks.

To address the loss of this opportunity, the replacement site must (at a minimum) be:

- Equivalent or greater in size and not fragmented.
- Located nearby and well-served by public transport.
- Able to accommodate required sporting fields and buildings.
- Promptly acquired and early offset opportunities actioned.
- Located so as not to displace key Green Wedge activities, such as agriculture.

"The Government should also prioritise finding real solutions for neighbouring residents who were promised open space over their back fences and instead will face years of construction and a future stabling facility," Cr Saab said.

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# LETTER TO THE EDITOR



Dingley Village Residents, the \$25 million dollar bonus will not be paid to the Peninsula Kingswood Golf Course in Frankston. We wonder what the outcome would have been if AustralianSuper had talked to Residents and Council, instead of fighting us.

The question that is most asked about Kingswood - our Central Park - is: When will we know if re-zoning and development is approved by the Victorian Government Planning Minister? We simply don't know. Kingston council abandoned (rejected) three plans and that should have been the end of it.

The Committee report has been on the three consecutive Planning Minister's desk since March, but still we wait. We can only assume its become a political football, with a reasonably

acceptable announcement to be made just before the Election, to favour their candidate, or its a dreadful decision, so it will be left until after the Election, to ensure their candidate is not affected by a negative announcement.

**SEE OUR NEWSLETTER HERE:** [www.aaa1.biz/9.html](http://www.aaa1.biz/9.html)

Please note that the developer's anonymous advertising, website and flyers with just "Dingley Village" on them are not from the Save Kingswood Group. By leaving AustralianSuper off them, or even AustralianSuper Property no. 1, it states volumes about how they deceive us.

Kevin Poulter- President  
Save Kingswood Group inc.



**SATURDAY, OCT. 8, 2022**

**10am - 1.30pm**

The best of local arts and crafts, jams, preserves, flowers and plants, fresh morning tea/coffee, sausage sizzle and much more!



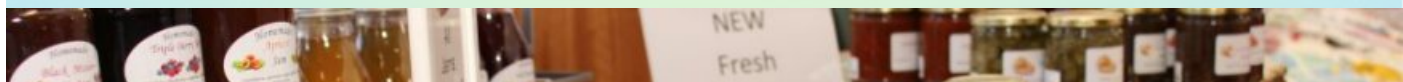
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# MARK DREYFUS MP

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566 Main St Mordialloc VIC 3195

Authorised by Mark Dreyfus MP, ALP. 566 Main Street Mordialloc 3195.



## Breast Cancer

Breast cancer is a disease where cells in the breast grow abnormally and in an uncontrolled way to form a lump, known as a tumour.

If left untreated, lumps may spread from breast tissue to other parts of the body, such as the bones, liver or lungs. Breast cancer affects both men and women, although it is less common in men.

Breast cancer is the most commonly diagnosed cancer in women, and it's estimated that 8 Australians die from the disease each day. Thankfully, with prompt detection and treatment, 9 in 10 women with breast cancer survive at least 5 years, and many live much longer.

Symptoms of breast cancer can include:

- A lump or area of thickened tissue in the breast (especially if only on one side).
- A change in the size or shape of one or both breasts.
- A change in the shape or appearance of the nipple, such as crusting, sores, redness or inversion (where the nipple turns in instead of pointing out).
- Changes to the skin of the breasts, such as dimpling (looking like an orange peel), rash, or redness
- Discomfort or swelling in either armpit.

Symptoms of breast cancer in men are similar to those that women experience. BreastScreen Australia offers a free screening program for women at risk of breast cancer:

- If you're aged between 50 and 74 years, you'll be invited to access a free mammograms every 2 years. This is because nearly 4 in 5 breast cancers occur in women aged over 50.
- If you're aged between 40 and 49 years or over 75 years, you are also eligible but won't be contacted about it.
- Women under 40 years of age are usually not offered breast screening because the density of their breast tissue makes it harder to detect cancers on mammograms.

Younger women with a strong family history of breast or ovarian cancer, or women with breast cancer diagnosed in the last 5 years may also benefit from breast screening. For more details, call BreastScreen Australia on **13 20 50** or visit their website.

For more information and support, try these resources:

Call **13 20 50** to make an appointment with BreastScreen Australia, the national breast cancer screening program.

Visit the Breast Cancer Network Australia's website for more details on breast cancer or call their information line on **1800 500 258**.

For help and advice regarding coronavirus (COVID-19) and cancer, read advice and FAQs from The Cancer Foundation. For early screening and detection, the Cancer Council runs national screening programs and a national cancer screening register.





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[www.dingleychiropractic.com.au](http://www.dingleychiropractic.com.au)



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*This information is provided by Dementia Australia and is of a general nature only and should not be substituted for medical advice or used to alter medical therapy. It does not replace consultations with qualified healthcare professionals to meet your individual medical needs.*





**MICHAEL  
BENJAMIN &  
ASSOCIATES**

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# LOOKING AT LOANS



## Opportunities To Buy

Challenging real estate market conditions and increasing interest rates can be an opportunity for those in the position to act. We are seeing increased interest from first home buyers, upgraders and investors looking to take advantage of short-term market volatility.

Where there are interest rate rises leading to fear in the marketplace there is also opportunity. Some will delay purchase to 'wait and see what is going to happen': This decreases competition in the marketplace, just what a canny buyer is looking for.

Concurrent with this, First Home Buyers have multiple support packages currently available, including State Government stamp duty relief and Federal Government assistance for those with a deposit saving of at least 5%.

Such assistance is targeted at 'modest homes' – first home buyers of million-dollar properties need not apply! The First Home Guarantee (FHBG) is an Australian Government initiative to support eligible first home buyers purchase their first home sooner, with 35,000 grants available over financial year 2022-23. Usually, first home buyers with less than a 20 per cent deposit

need to pay lenders mortgage insurance (LMI). Under the First Home Guarantee, eligible first home buyers can purchase with a deposit of as little as 5 per cent (lenders criteria apply) without the LMI cost. This in effect replicates a parent guarantee situation with the Federal Government being guarantor instead of Mum & Dad. Benefits and savings are genuine and make a huge difference to the average first home buyer.

There are multiple rules and eligibility requirements for the FHBG. It is important to note the scheme is not available to assist you at most banks.

Prospective first home buyers need to speak to their broker to be aware of what is required to enable home ownership. Financial strategy in property purchase can be complicated and is different for every individual in a different situation. Quality advice is paramount.

On a general commentary level, real estate agencies are reporting increased 'days on market' for all price range properties. This is a reflection of the decreased buyer competition and is creating potential opportunity for buyers at all price points. Increasing interest rates are effectively decreasing the maximum amount banks

will lend to you – however that is only a problem if you were pushing to your limit previously. Budgeting remains important and integral for existing and future property mortgage holders.

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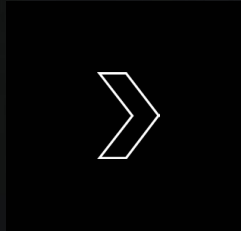
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# MENTAL HEALTH

## This World Mental Health Day October 10 – the message is simple:

### “Look after your mental health, Australia.”

Mental ill health is a growing problem in Australia – one that has been made worse by the COVID-19 pandemic. Looking after your mental health and wellbeing, and knowing how to support others, has never been more important. Good mental health is when we can cope with the stressors of our daily lives, participate in loving relationships, contribute to our community, and work towards our goals. Everyone has mental health. And we can all benefit from looking after our own mental health and the mental health of our communities.

#### Need help or support?

If your life is in danger CALL **000**.  
If you or someone you care for needs immediate assistance you can contact the below National 24/7 Crisis Counselling Services:

#### Need support?

- Lifeline: **13 11 14** – 24 hours a day 7 days a week
- Lifeline Text: **0477 131 114** – 6pm to midnight (AEDT) 7 nights a week.
- Beyond Blue: **1300 22 4636** [www.beyondblue.org.au](http://www.beyondblue.org.au)
- Butterfly Foundation National Helpline: **1800 334 673**
- Carer Support: **1800 242 636** OR **1300 554 660**
- SANE Australia Help Centre: **1800 187 263** [www.sane.org](http://www.sane.org)
- Suicide Call Back Service: **1300 659 467**
- Kids Helpline: **1800 551 800** [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
- MensLine Australia: **1300 789 978**
- QLife: **1800 184 527**
- Open Arms – Veterans and Families Counselling: **1800 011 046**

#### Need more information?

- Head to Health, [www.headtohealth.gov.au](http://www.headtohealth.gov.au)
- Black Dog, [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)
- Headspace, [www.eheadspace.org.au](http://www.eheadspace.org.au)
- R U OK? [www.ruok.org.au](http://www.ruok.org.au)
- Reach Out, [www.au.reachout.com](http://www.au.reachout.com)
- Embrace Multicultural Mental Health, [www.embracementalhealth.org.au](http://www.embracementalhealth.org.au)





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# CHELLE'S – SAVING STARFISH

My name is Michelle Sterrey, and this is the story of how Chelle's – Saving Starfish started.

I was diagnosed with breast cancer in 2019. During the last four years, I have been going through extensive treatment including chemotherapy, radiation, targeted therapy, and bone therapy. As a part of my journey, I started a cause to put together care packs for newly diagnosed breast cancer patients initially at the hospital that I am a patient at in Melbourne. It has now spread to a number of hospitals and a breast cancer foundation called Otis Foundation. The hospitals and foundation involved are very grateful for these packs and some have displayed our prior donations on their Facebook page - Holmesglen Private Hospital, Otis Foundation.

The current hospitals we provide packs for are Holmesglen Private; Cabrini Brighton and Malvern; Peter Mac Moorabbin, Dandenong and Casey; The Bays Mornington; St John of God Berwick. It is our dream that with the help of many donors, we will one day be able to provide them for the Olivia Newton-John Cancer and Wellness Centre at the Austin Hospital; as well as expand to men's and children's packs for various other cancers.

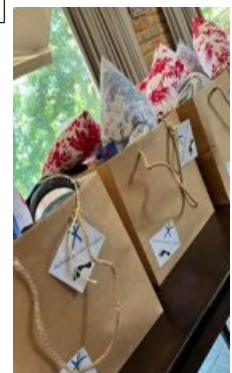
We rely heavily on the donations of others to keep these care packs in circulation. Not only do we ask for individuals to support us, but we also seek to rally Australian companies to get involved as well. A number of companies have donated from time to time, which are listed here.

MooGoo	Underworks	Art of Hope
Dindi Naturals	Arnotts	Therapeutic Pillow
Sister and Soul	White Glo	Burchgrove Group
Natural Approach	Tea Drop	Pussyfoot Socks
Revived Designz	Care Pillows	Grants Toothpaste
Knit 4 Charities	Ego	Original Source
Australian Organic	Carmex	Lux.400
Westpac Charity Arm	Bondi Chai	

Chelle's – Saving Starfish seek to acknowledge the companies by including them in our posts on our socials to promote their products as a way of thanks. We value our individual donors and could not do what we do without their contributions as well. Our packs include both items to aid with the side effects of treatment, as well as comfort items. We currently make up approximately 50 packs per month.

You can contact us via email:  
[chellesavingstarfish@gmail.com](mailto:chellesavingstarfish@gmail.com)

Michelle Sterrey - Founder & Director Chelle's - Saving Starfish





# WRITERS CORNER



## Love in the dim light

"Let me get that for you." Alf edged his walker towards the door, pulled the handle and tried to edge it back again pulling the door at the same time to let the wheelchair through. It didn't work. "Oh, are you alright?" shrieked Marge.

From the floor Alf tried to make out he had it all under control as he stood his walker up and then tried to stand up with it. "I'm fine thanks. Just a little clumsy." "Hang on a minute, you've got one leg of your walker through the frame of my wheelchair." "OK, let me brace myself against the wall here while I try to lift it out. I'll need to hang on to your wheelchair." Just as he did that, the wheelchair shot forward. Alf was on the floor again.

"I'm OK, really," he looked up at Marge who started to laugh. "You seem to be more comfortable down there." "Ha, well, wait till you see me at table tennis." "Do they play on the floor now." "There's an idea. Are you heading for the games room?" "Yes, and I was doing OK until you helped."

"Well, while I'm down here, why I don't I hold the door open and let you through. I'll then follow you down at a safe distance." "Sounds like it could work. I'm Marge. I'll get you a cuppa when I get there. What do you want". "Tea please, white and two."

"You made it safely then?" she laughed "Yep, not too much damage on the way. Thanks for the cuppa. How long have you been here, I haven't seen you before?" "Just arrived yesterday. It seems like a nice place. The doormen are a bit inept though."

"It's only a part time job. They normally have me out there mowing the lawns."

"That would be a sight. I used to be quite handy before my legs gave out on me you know."

"I'm sure you were. We probably all were before life caught up with us and channelled us in here." She spread her arms out.

"Yep, I'm sure we were. Did we all make the most of it before we got here? That's the big question, isn't it?"

"It certainly is, and we probably all feel we could have squeezed something more in. However, we are here, and there is still plenty we can do isn't there?"

"I suppose there is. You're right, life doesn't end with an aged care home. What sort of things are you involved in?"

"I used to teach new refugees spoken English, now I can't, but I can teach them written English via email. How about you?"

"I used to be involved in the Men's Shed, teaching woodwork. I didn't always keep falling over you know."

"Thank goodness for that, you wrestling with a lathe conjures up some interesting visions. Let me count your fingers." She picked both his hands.

"A full set, you must have been good."

"The older I get the better I was. Now, would you like to join me for dinner tonight and I'll introduce you to some of the inmates? I'll make a space for you at table eight."

"I'd love to."



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

8 September 2022 bought us sombre news of the passing of HM Queen Elizabeth II. As a Movement, we mourn her loss and honour her legacy of service to the Commonwealth and to Scouting.



Each year, Scouts Victoria recognises the volunteer efforts of Adult Leaders, Adult Members and Adult Supporters. This year we were privileged to have two of our members honoured. The first being our Scout Leader, Jamie, who is a former Queen Scout, and is a valuable member of our group. The second, our Chairperson, Gaylene, who has been involved with Dingley Scouts for the past 10 years.

A big congratulations to Jamie and Gaylene.

Youth have been busy working to create a fun filled program for the last term of 2022. Keep an eye on future Dossiers for their exploits.



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)



Noble Park-Dingley Rotary Club

# Charity Golf Day

@ Keysborough Golf Club

**Dress code**  
Golf attire, collared shirts  
no denim, tracksuits,  
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**\$110 per player**

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## Thu 10th Nov, 2022

11am Registration 12.30pm Shot Gun

BBQ, Sandwiches & Drinks available for purchase prior to start

# Rotary



**To Enter Contact or/and fill out the below:**

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Chris Hansen	chris@baileytimms.com.au	0419 004 613	Bruce Hill	brucehill@live.com.au	0408 525 003
Greg Penaluna	gpenalun@bigpond.net.au	0409 521 769	David Cugley	dacugley@gmail.com	0419 375 443

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**Entries close** Thursday 3rd November, 2022

No.	Player Name	Contact No	Golf Club	AGU Handicap
1	_____	_____	_____	_____
2	_____	_____	_____	_____
3	_____	_____	_____	_____
4	_____	_____	_____	_____

Team Contact Name

Telephone Number

Email

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**Events on the day**

BBQ / Sandwich Lunch / Drinks will be available for purchase prior to hit off

Nearest the pins, Longest drive, Straightest Drive Prizes

Competition to remain Handicap event i.e.  
A & B Grade Stableford, winner & runner Up.

Non Handicap Callaway Event. Include Female w/



# DOLLARS & SENSE



## Start planning early to get what you want!

Australians are living longer. According to the World Health Organization, we enjoy the seventh best life expectancy in the world behind Japan, Switzerland, South Korea, Spain, Singapore and Cyprus.

Great news for Millennials! Your life expectancy has been tabled at 81 for men and 85 for women. Astounding advances in medical technology could mean you will live much longer! With all that living to be done, how on earth will you fund it?

Well, there's always the Bank of Mum and Dad, right? Doubtful, you see, according to a 2017 joint survey by National Seniors Australia and Challenger, the main issue concerning older people is ensuring they have regular and sufficient income.

This is because they are also living longer and are structuring their affairs to ensure they don't outlive their savings. Your parents are healthier and more financially savvy than their own parents were and they're considering their options.

It might seem like an historical event now, but self-funded retirees took an unexpected hit during the Global Financial Crisis (GFC). A decade later and superannuation is again suffering as a result of the COVID-19 pandemic. A report

by SuperGuide announced the top-performing super fund for the ten years to June 2022 earned an average of 7.5%. That's not much. It's probably not a good idea to rely on an inheritance either. From the survey mentioned above, only 3 percent of respondents planned to leave their savings to their children.

A combination of longer life expectancy and sluggish investment growth has seen many retirees opting for strategies like downsizing their homes to supplement retirement income.

It's common to live with Mum and Dad to save a healthy home deposit. Sometimes parents even offer financial assistance to give their children a leg-up into their first home. As a result, it's quite reasonable to assume there'll be further help later on. These days, it's increasingly likely that you'll find your parents are simply not in the position to give further help, much as they'd like to. But independence is empowering! It means taking control.

Borrowing from family can be awkward; they may want a say in how you spend the money, or it can leave you feeling you must consult them before making decisions. Controlling your own destiny might be challenging, but financial self-reliance is

rewarding. You just need to know where to start.

Financial advisers consider your income, expenses and financial goals. They work with you to tailor a plan to manage debt and develop a good savings habit to put you on track to getting what you want. Contribute even the smallest regular amount and you'll be amazed at what you can achieve.

This is because interest is calculated on your savings balance. Regularly topping-up your balance – even once a month – really boosts your savings as the interest combined with your contributions compound one on top of the other, over and over. It's like free money!

What could be better? Only the fact that professional advice costs less than you might expect.

So, next time you need a favour from your parents, why not surprise them by asking for a referral to their financial adviser?

---

Adrian Mastroianni  
Client Services Administrator  
Ashfords Wealth Advisors Pty Ltd  
Phone: (03) 9551 2822

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



## Dingley Football Netball Club



This report is prepared on the eve of SFNL Division One Grand Final with our Reserves team facing Cheltenham in the Reserves Grand Final on September 17. The Senior team bowed out in the Elimination Final against St Kilda City, after finishing fourth for the year. The Under 19s had a terrific year, advancing to their Preliminary Final, only going down by a couple pf kicks.

The Thirds had a similarly good year without making it to their Grand Final as they would have hoped.

Some personal highlights and achievements have just been announced, as the SFNL Best and Fairest counts have been conducted. Under 19s Captain Jordan Letts was runner up in his division despite playing an impressive four games in the senior team throughout the year. Jordy's teammate, Zac White also had senior's experience and finished in third place. Both boys have huge footy futures.

Jarell Osei played just five games in the Reserves and managed to poll enough votes to finish third in that division. The rest of the year the big bloke was in the seniors. That's a pretty impressive strike rate.

Reserves Full Forward, Brody Stainer easily won the Reserve Grade goalkicking award with sixty four goals and he could be 'anything', as they say in football. Seniors Vice Captain, Lucas Walmsley won his second Ellis Medal for Best and Fairest in the SFNL Senior Division, his first award being back in 2014. 'Noodles', as he is known, is simply a fabulous player, a great clubman, good company and a quality person.



He is one of local football's truly great players and his rare second win represents the sixth time a Dingley Senior player has won his competition's Best and Fairest award. Previous winners have been, the late Max Corrigan (1970), John Deer (1973), Tony Lavars (2007) and Chris Horton-Milne last year.

Whilst some retirements among the playing group have been announced, the talent pool amongst the upcoming young group of players is massive, and the club's management is confident of continued success.

2023 however will present significant challenges as the Souter Oval complex is redeveloped. This presents both football and netball arms of the club with dramatically reduced facilities and opportunities to make ends meet. This column will continue to report on club 'comings and goings' in future editions. The hard work of remaining a force in 2023 has already begun and critically we will require all our supporters and volunteers to remain on board.

- Brian Edwards for DFNC.

## Dingley Football Netball Club



### Players Corner

As the cricketers' dust of their pads, wickets and whites in preparation for the upcoming summer sport of cricket the Dingley Junior Football Club committee would like to congratulate those teams that progressed through to finals and the ultimate prize of a PREMIERSHIP.

The Under 11's made the finals but were eliminated in the first week by the eventual premiers in their division. Likewise, of the Under 12's who had a similar fate of the Under 11's. The Under 13's just fell outside of the four and did not make finals this season but will certainly change that in season 2023.

However, it is with great joy and a huge round of applause that we CONGRATULATE the Under 16 girls' team as the 2022 PREMIERS in their division of the South Metro Junior Football League. I have asked the ever gracious and somewhat proud coach (Michael H) of the players from this team to give me a game summary of this historic win. The Mighty Dingley Dingoes U-16's Girls faced off in the 2022 Grand Final against top of the ladder team Oakleigh FBC at Le Page Park Cheltenham, on Sunday the 4th of September.

The team coached by Michael who was known for his "Ted Lasso" type coaching style during the season, along with his assistant coach Brett and team runner for the day Kent (The Wiz) Waring had all the girls fired up for the game!!

The Dingley Girls captains Penny & Millie won the toss and kicked towards the Argus Street end in the first quarter. In the Second Quarter the Dingley Girls kicked one goal three, to the Oakleigh Girls one goal, and at halftime Dingley lead by only three points.

The major goal kicker for the quarter was Megs, and she was looking very dangerous up forward. After the main break, the Dingley Girls came out and played hard and tuff footy. Led by their midfield - Em, Millie, Mad-Dog, Sav, Stants and Tessa in the Ruck the girls were starting to get on top of their Oakleigh opponents. As always, this season the Dingley backline stood strong with Penny, Jayda, V and Burkie all fighting hard to clear the ball out of defence. At Three Quarter time the scores were Dingley 3-6-24 to Oakleigh 2-2-14. Dingley kicking one goal two for the quarter, courtesy of a great captain's goal by Millie. Oakleigh only kicked one point in the 3rd quarter.

In the final term the Dingley girls continued to get on top of their Oakleigh opponents all over the ground. When "Charli" marked and kicked a beautiful long range drop punt goal halfway through the quarter the girls could sense victory. This was definitely shaping up to be a team effort win with The Hall Twin's, Zara and Liv all solid contributors, and Brownie and Gen getting involved up forward.

When Megs kicked her second goal late in the final quarter it was party time for the girls and the first ever Dingley Dingoes Girls Team Premiership Cup was coming home to the Dingoes Den. After the final siren in the postgame ceremony the girls all collected their Premiership Medals, and of course the coveted Premiership Cup!! Em was named best on ground, also receiving another medal for her great game.

The support on the day and the smiles on these girls' faces was UNREAL!! These girls did the Dingley Junior Football Club and the whole Dingley Community very proud. The final scores were Dingley 5.8.38 to Oakleigh 2.3.15. Well done again to all the girls for a sensational season and for winning the "-16's Girls Div-4 Premiership for 2022.

GO DINGOES!!

Whilst the DJFC season has ended we look forward to all those returning players and potential new recruits. The club is offering the below special for those wanting to register their interest for 2023.

### Dingley Junior Football Club 2023 Pre-Registration



Register your interest to play the 2023 season by scanning the QR code below.

Once official registration opens from the SMJFL and you complete your registration and pay your fees, you will receive a \$25 merchandise voucher to spend at the new DJFC merchandise store.





# SCANNING THE SCHOOLS

## Kingswood Primary School



This year marks 10 years of The Stephanie Alexander kitchen garden program at Kingswood Primary School. A program that is dedicated to teaching students to form positive food habits for life through growing seasonal fruit and vegetables and preparing them into delicious dishes to share.

To celebrate this milestone, we held a special morning tea with our past and present volunteers and staff who have helped shape our program which has seen many changes over these years.

To help prepare for the occasion many of the students made something delicious to share with our guests. Some of the tasty treats on offer included date, chocolate and oat Bliss Balls, Lemon curd to serve with Mini Meringues, edible flower and herb shortbread cookies and Rosemary and sea salt crackers to serve with cheese.

All made with care and attention to detail. Our students in year 4 and 6 also created some beautiful pieces of work to share, from poems to pieces of art to show their learning and express gratitude. In 10 years, we have certainly seen our program grow and evolve. From the very first tilling of the soil in our back garden, we now stretch across the quadrangle with brand new wicking beds connecting our kitchen to our garden.

Our kitchen has also had a makeover with the removal of tired orange bench tops to make way for modern stone benches and new appliances. Our students also enjoy taking care of our 10 resident chickens, who reward us with over 2 dozen lovely fresh eggs weekly, for use in our kitchen or sold to our families. All of the proceeds go back into the program to help purchase new seedlings for the garden.

Over the past 10 years, the students have shared many special moments, prepared delicious meals, connected with community through our volunteers, and continue to do so as they grow, harvest, prepare and share in The Stephanie Alexander Kitchen Garden Program at Kingswood Primary School.



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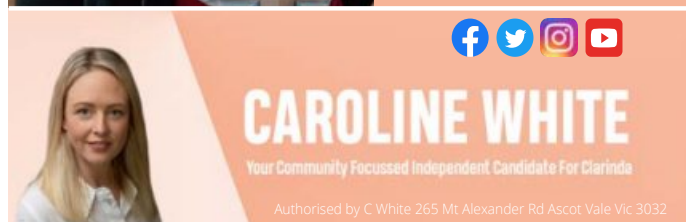
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**COST: \$10 pp for afternoon tea**

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





## Physiotherapy & Pilates

**Bob Wong  
Lindsay O'Kane  
Dean McCluskey**

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

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Dingley 3172

**9558 2155**



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## Beware the Australian Sun

I have recently returned from my travels from Europe, and while in countries such as Spain and Croatia, I realised that the sun and Ultra Violet (UV) exposure was much less when compared to Melbourne.

The sun caressed me, providing that classic European tan, rather than cooking me when compared to the Australian sun. Australia has some of the highest levels of UV radiation in the world – in fact, UV radiation is strong enough to cause sunburn in as little as 11 minutes on a summer's day. Additionally, during summer, the Earth's orbit brings Australia closer to the sun (as compared to Europe during its summer), resulting in an additional 7% UV intensity.

Coupled with our clearer atmospheric conditions, this means that Australians are exposed to up to 15% more UV than Europeans. This explains my observations while in Europe. Leading into spring and summer, I thought it would be useful to remind everyone about the damage UV exposure can have on your eyes. The main source of UV radiation is of course via the sun, yet the cumulative effects in terms of health are becoming more apparent with an increased life expectancy and depleting

ozone layer. UV exposure to the skin surrounding the eye can lead to non-melanoma related cancers of the eyelids and surrounding structures.

Not only are these forms of cancer highly damaging to the structure of the eye, but also life threatening. Cataracts have a very strong correlation with UV exposure, especially those that occur at the front of the ocular lens. This can lead to reduced vision and increased glare. A Pterygium is a growth also with a strong correlation with UV radiation, it has been described as "surfers' eye" by some. This is a growth on the front of the white portion of the eye. It can block vision if it becomes advanced and must be removed surgically. With the back of the eye, shorter wavelengths of light and UV radiation can increase the risk of Macular Degeneration- affecting your central vision and is one of the leading causes of blindness in Australia.

Given the risks of ocular pathology, as optometrists, we always recommended UV protection for your eyes. The obvious solution of course, is to wear sunglasses. Surprisingly, most contact lenses and clear spectacle lenses especially with an anti-reflective coating also provide a significant degree of UV protection. Insightful Eye Care- Dingley pride ourselves on our knowledge and desire to stay up to date with the latest research to better look after

your eyes and preserve your vision. We are passionate about your sight 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 at any time on how we can help protect your eyes from UV damage.

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

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

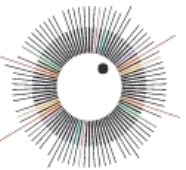
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## DINGLEY VILLAGE MENS SHED

Despite what we do for ourselves at the Dingley Village Men's Shed our shed, especially through our 'A Team', does a lot of work with Parks Vic specifically through the Rangers at Braeside Park.

Those Rangers have a responsibility to manage Karkarook Park (cnr Dingley By-Pass and Warrigal Roads) Heatherton, Braeside Park (our home) and the Police Paddocks in Dandenong amongst others. As a result, we have worked over the years in both Karka-rook and Braeside Parks under the guidance of and in conjunction with the Rangers located at Braeside Park.

Recently at the Visitors Centre, just opposite our complex in Braeside Park, the Friends of Braeside Park (FOBP) and the Friends of Karkarook Park (FOKP) held their respective AGMs. These events were conducted on consecutive weekends with the first (FOBP) AGM, featuring recently retired Head Ranger Braeside Park Des Lucas as their guest speaker. Des presented an excellent slide presentation on Braeside Park and the work of the FOBP. The second was the following weekend and was also to feature

Des Lu-cas. Unfortunately, Des was ill and unable to attend. Late on the Friday prior to the FOKP AGM the DVMS received a phone call asking if we would fill in for Des the following day - short notice indeed.

Whilst I had attended the FOBP AGM the previous weekend and enjoyed the presentation provided by Des I had nothing of that calibre to present the following day to the FOKP.

What motivated us was to tell the story of:

1. What a Men's Shed was all about
2. What we do in Braeside Park in conjunction with the Rangers and
3. What we have done to date, again in conjunction with the Rangers, at Karkarook Park.

It turned out that our story and the work we do was a revelation to those "Friends" not to mention the operation of a Men's Shed. Most of the attendees were ladies so not conversant with what a Men's Shed actually does. Following a brief address covering the points mentioned above an interesting

Q & A session enabled attendees to seek answers to their own concerns. It was really fascinating to understand what those, not associated with a Men's Shed, think we do. Woodwork and metalwork predominated and yet our members know that there is a great deal more to what is available than that.

There is much we can do by working together in the months and years to come with both the FOBP and FOKP in conjunction with the Rangers. We are convinced that this will confirm the old adage that:



# Anthony **RICHARDSON**



- ✓ **End** the Suburban Rail Loop
- ✓ **Invest \$34B** into our Health System
- ✓ **Stop** the Train Yard in Heatherton
- ✓ **Upgrade** Clayton South Primary School
- ✓ **Protect** the Green Wedge
- ✓ **Stop** the Kingswood Golf Course development
- ✓ **Invest** in community sporting facilities



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# CIRCLING THE CLUBS



## Probus Club Dingley Central



At our September meeting we were entertained by Don Jones, an award winning magician and family friendly comedian.

Don has been a comedy professional entertainer for 30 plus years. A 10 year resident cast member of Hancock's Theatre Restaurant Mt Eliza, and 20 years at the Tivoli Theatre Restaurant in Malvern. Don believes we need laughter in our lives, and we all enjoyed his presentation.

Activities planned for October: Happy Hour, Legs and Morning Coffee, Wine Tasting, Camera Club, FAC, Dine Out, 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."

The Moorabbin Aviation Museum have completed their wonderful poppy display and we thank everyone who contributed. Christmas is fast approaching, and we are now busy making items for our Christmas Cake & Craft Stall to be held at Woolworths Supermarket, Dingley Village. We will confirm the date in the next issue.

Our next Craft Meeting will be held on 12th October 2022 at the home of a member. Our next Business Meeting will take place on 28th September 2022 at the Dingley Village Neighbourhood Centre. In 2022 our meetings will be subject to Covid guidelines. If you need any further information about C.W.A., or would like to consider becoming a member, please contact either - Kathie on **0403 468 969** or Julie on **9584 1139**.

## Dingley Village Senior Citizens Club Incorporated

Spring is here at last – let's make the most of the Spring flowers and weather that, overall, should not be as cold. Please take care and stay well.

Everyone enjoyed our Fish and Chips luncheon held at the Club. Our arrangements for the month of October are as follows:

- Monday the 3rd – Bingo followed by afternoon tea.
- Monday the 10th – Cards and Games followed by afternoon tea.
- Monday the 17th – Bingo followed by afternoon tea.
- Wednesday the 19th – Bus trip to Mornington with lunch.
- Monday the 24th – Committee meeting at 12 noon followed by Cards and Games.
- Monday 31st – Pizza Lunch Day at the Club, followed by a short Bingo session and afternoon tea.

For more information, contact our President, Mary, on **0439 426 728** or our Vice President, Joan, on **0421 736 795**.

## 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 13th of October. 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.

A recent addition at the hotel on a Thursday night is a trivia competition and a table of our members were the inaugural winners – Bravo gang!

Our regular dinner on the last Saturday of the month is proving popular with members and the next one will be on the 29th of October. It is proposed to hold our October dinner dance at Springvale RSL on 15th. Advice of future activities and venues are made at the Thursday gatherings and to facilitate bookings you can indicate which particular events you wish to attend.

Our activities are suitable for those in the 60 plus age group and provide an opportunity to socialise with your peers. Events can be proposed by members and those interested can get on board.

We are more than happy to welcome new members to the Group. Enquiries can be made to Graeme on **9551 3462**. PS – At the time of reporting no more falls over the last month.

## Lions Club of Dingley Village



Lions is an international non-political service organisation and is the largest of its kind in Australia. Lions assist with local community fundraising for special causes and helps build local parks, community venues, and sporting centres. In addition to community service, Lions Australia has a history of providing natural disaster and emergency relief, as well as supporting medical research.

Lions are people who get involved in humanitarian efforts locally, nationally, and internationally. 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).

## 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'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.

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. Once you get to know us you might like to join us in being part of a net-

work of 1.2 million Rotary volunteers worldwide. We meet at 6.30pm on the first three Thursdays of each month at Keysborough Golf Club in Hutton Road. Please phone Reny Frighetto on **0437 080 333** for more information.

**Dingley Cheltenham VIEW Club (Voice Interest Education of Women)**



New members are most welcome to join our monthly meetings and learn from our guest speakers and enjoy our monthly social outings.

VIEW (Voice Interests, and Education of Women) Clubs support The Smith Family and their Learning for Life Programme which provides education for vulnerable Australian children.

Australia has over one million children living below the poverty line. Dingley Cheltenham VIEW Club are currently sponsoring 7 Children with their education. Women from all walks of life are most welcome to join us please contact Fran Thomas for further information.

[franniet@gmail.com](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**.

**Chabad**  
Dingley Village

*Wishing our friends and Community a Happy Jewish New year!*

FOR MORE INFO ON THE HIGH HOLIDAY PROGRAMS PLEASE CALL OR SMS 0406 987 900

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MINISTRIES



## 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**.

#### 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 **0418 998 714**.

#### Queer Allies

A Peer Support Group for family and friends of LGBTQIA+ people to share the journey of growing in understanding, acceptance and support. Meets on the second Tuesday of each month at 7.00 p.m. Questions: Andrea Mayes **0408 65 939** or [heathertondingleyunitingchurch@gmail.com](mailto:heathertondingleyunitingchurch@gmail.com).

#### Craft and Home Produce Market

Saturday, 8th October, 10.00 a.m.-1.30 p.m. The best of local arts and crafts, jams, preserves, flowers and plants, morning tea/coffee and sausage sizzle. For further information contact Margaret on **0401 392 772**.

#### Sing-A-Along

Rodgers & Hammerstein's The King and I. Saturday, 22nd October at 1.30 p.m. sharp at the church. Cost \$10 pp for afternoon tea. RSVP for catering purposes to Bob **0418 998 712**.

## Christ Church Dingley - Anglican Church



### Sunday Services

9AM Heritage Church Service  
10.30AM Worship Service in the Auditorium with Sunday School for kids.

### 2nd Tuesday Monthly Service

2PM Traditional Holy Communion with favorite hymns in the Heritage Church followed by social afternoon tea. Transportation available upon request. Please contact our office **9551 7871**.

### Weekly Prayer Meetings

Wednesday 1PM in the Heritage Church  
Saturday 8AM in the Atrium.

### Roundabout Op Shop

Offering many bargains (good quality clothing, books, bric-a-brac, toys)  
Volunteers Welcome!

### Opening Hours:

- Wednesday 9.30 am – 4pm
- Thursday 9.30am – 1.30pm
- Saturday 9.30am – 1.30pm

Donations: We take clean useable items but cannot accept electrical goods, bedding or baby/child equipment.

### Other Supported Missions

Medical Mission Auxiliary (MMA) Fundraising stalls open on 1st Sunday Monthly after morning services. Offering beautiful handmade goods, yummy jams, cakes, and relishes. Funds support medical supplies to hospitals in Tanzania, Nepal and Kenya.

### ALPHA Courses

Join us to freely explore life and the basics of the Christian faith in a friendly, open and informal environment.

### Christian Against Poverty (CAP)

A free course to help manage & budget finances.

### English Second Language (ESL)

Course to help migrants needing to learn

### Professional Counselling

Please contact our office **9551 7871**

### Parish Office

Senior Pastor: Richard Loh  
Parish Office: **03 9551 7871**  
Email: [admin@ccd.org.au](mailto:admin@ccd.org.au)

Website: [www.ccd.org.au](http://www.ccd.org.au)

## Village Church Dingley



"Inspiring People to Discover and Develop Life in Christ"

Church Office: 7-9 Fiveways Blvd., Keysborough. 3173

Phone number: **8712 8254**

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

[www.villagechurch.org.au](http://www.villagechurch.org.au)

Our Church program for October 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 15th October; 9-10am at 7 Fiveways Boulevard and Monday 17th October 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 13th and 27th October and repeat alternate fortnights 2.30-4pm via Zoom. Contact office for Zoom link.

### Monthly Ladies Group

first Saturday of every month, 1st October 1.30pm at 7 Fiveways Boulevard.

### Monthly Mens Group

Men of Faith - once a month, Sunday 23rd October, BBQ starting at 4.30pm and study starting at 6pm, 7 Fiveways Boulevard.

### Youth Group

Every Friday during school term, starting 14th October 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.

### Marraige and 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](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.

### Sunday Services

10am Service has Children's Ministry. 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

### 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](http://STJOSEPHSPRINGVALE.org.au) | 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](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://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.

### 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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**Editor:** Pam Gates  
**Publisher:** Dingley Village Neighbourhood Centre Inc.  
31B Marcus Road,  
Dingley Village. 3172  
**Phone: 8512 0505**  
**Email:** [dingleydossier@dvnc.com.au](mailto:dingleydossier@dvnc.com.au)

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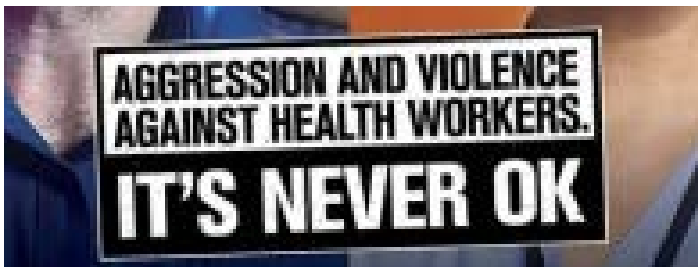
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