

THE DINGLEY DOSSIER

Volume 51 Number 2 March 2023 www.dvnc.com.au/dossier

HARMONY WEEK MONDAY 20 - SUNDAY 26 MARCH

Harmony Week is the celebration that recognises our diversity and brings together Australians from all different backgrounds. It's about inclusiveness, respect and a sense of belonging for everyone.



Australia is a vibrant and multicultural country — from the oldest continuous culture of our first Australians to the cultures of our newest arrivals from around the world. Our cultural diversity is one of our greatest strengths and is at the heart of who we are. It makes Australia a great place to live.

An integrated multicultural Australia is an integral part of our national identity. All people who migrate to Australia bring with them some of their own cultural and religious traditions, as well as taking on many new traditions. Collectively, these traditions have enriched our nation.

Facts and figures

There are some fascinating statistics* about Australia's diversity that can be good conversation-starters:

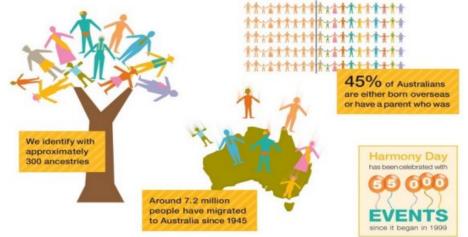
- nearly half (49 per cent) of Australians were born overseas or have at least one parent who was.
- we identify with over 300 ancestries.

- since 1945, more than 7.5 million people have migrated to Australia.
- 85 per cent of Australians agree multiculturalism has been good for Australia.
- apart from English, the most common languages spoken in Australia are Mandarin, Arabic, Cantonese, Vietnamese, Italian, Greek, Tagalog/ Filipino, Hindi, Spanish and Punjabi.
- more than 70 Indigenous languages are spoken in Australia.

A Taste of Harmony

A Taste of Harmony occurs during Harmony Week and is Australia's largest celebration of cultural diversity that has been especially created for workplaces of all shapes and sizes! Using food as a way of bringing people together to share, discover and learn about each other's cultural heritage.

Check if your workplace is holding an event or maybe organise one yourself.



*ABS 2016 Census Data.

Orange is the official colour of Harmony Day. Traditionally, the colour orange is associated with social communication and stimulating two-way conversations. A warm and inviting colour, it motivates people to think and have a meaningful talk!



FARMERS' MARKET SATURDAY 18th MARCH | 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 and the important role all Aboriginal and Torres Strait Islander people continue to play within Australia.

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 <u>www.dvnc.com.au/dossier</u>

Our thoughts and best wishes go out to our local buddhist community after the Bright Moon Buddhist Temple in Springvale was razed by a fire which started at about 8pm on Sunday 5th February.

Centre Dandenong Rd U Turn

The double white unbroken lines in middle of Centre Dandenong Road through the shopping precinct, mean it is illegal for your vehicle to cross over them. You can not do a U-turn or right hand turn across double white lines to park. It is also illegal to reverse out of a carpark and u-turn to go in the other direction.

The Conversation

Over the past 12 months the Dingley Dossier had been republishing articles from 'The Conversation'. These days we seem to be swamped with information from multiple sources and it is becoming difficult to determine what is fact or even real news. The Conversation Australia and New Zealand is a unique collaboration between academics and journalists that is the world's leading publisher of research-based news and analysis that is easy-to-read. The Conversation Australia and New Zealand is a not-for-profit company guided by a clear purpose: to provide access to quality explanatory journalism essential for healthy democracy. You can find out more at <u>www.theconversation.com/au</u>.

Barefoot Bowls

Keysborough lawn bowls club runs barefoot bowls every Friday night from 5.00pm. We welcome individuals, families, friends and businesses. To book a rink(s) please phone Sue Klemm on **0413 384 273**. Bar service also available.356 Cheltenham Road, Keysborough. Vic. 3173. Tel: **9798 2097**

Beware the fake buyers and overpayment scams.

Classified scams trick people on classified websites, like Facebook Marketplace and Gumtree, into thinking they are dealing with a legitimate buyer or seller – but it's a scammer. For sellers, a common scam the ACCC has identified is a "buyer" making up stories to pay for shipping or insurance via a third party with the promise of reimbursement. Also be wary of overpayment scams, the ACCC warns. That's when scammers invent an excuse for an overpayment, then request a refund of the excess amount.

Special Dates in March

National Epilepsy Awareness Month

Dig out the best of your purple garb - March is National Epilepsy Awareness Month. Marked by a huge range of community activities, media campaigns and events, the month culminates on Purple Day on 26th March. Be part of the movement and help spread the word by wearing purple on March 26th.



St David is the patron saint of Wales. St David's Day has been a national celebration for the Welsh community since the 18th century, featuring parades, festivities and singing.

Parks Week 4th -12th

Parks Week is a time to enjoy the green spaces and playgrounds in your local area. Parks help the physical health and social well-being of everyone. Spend this week enjoying a game of footy, a picnic, or by taking action to protect existing parks and to have more created.



Purim 6th – 7th

Purim commemorates the time when the Jewish people living in the ancient Achaemenid Persian empire were saved from extermination by a courageous young Jewish woman named Esther and her uncle and adviser Mordechai. It is celebrated with Megillah readings, gifts of food, charity, feasting, and merriment.

International Women's Day 8th

International Women's Day is a day to celebrate the contribution and achievements of all women. It is an opportunity to remember the barriers that women have broken through, and the accomplishments they have made despite barriers.

Holi (Festival of Colours) 8th

Holi is a Hindu festival celebrated since ancient times to welcome spring and is seen as a new beginning. This ancient tradition marks the end of winter and honours the triumph of good over evil. Celebrants' light bonfires, throw colourful powder called gulal, eat sweets, and dance to traditional folk music.



National Close the Gap Day 17th

Aims to raise awareness about the health and life expectancy gap between Indigenous and non-Indigenous Australians.

St Patrick's Day 17th

Saint Patrick's Day, or the Feast of Saint Patrick (Irish: Lá Fhéile Pádraig, "the Day of the Festival of Patrick"), is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick (c. AD 385-461), the foremost patron saint of Ireland.

Ramadan – Islam 22 March - 20 April

Ramadan is the most auspicious month in the Islamic Calendar, being the month, the first verses of the Qur'an were revealed to the Prophet Muhammad. During Ramadan, Muslims around the world fast from sunrise to sunset.

FARMERS MARKET

OUR NEXT MARKET IS ON SATURDAY 18TH MARCH

Please support the incredible Victorian Farmers and Producers who attend our market.

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.

The benefits of buying at a farmers' market

Fresh, local foods: The fruits and vegetables are picked at the peak of their growing season, meaning this produce is the freshest and the tastiest available.

Seasonal treats: By shopping at farmers' markets, you get to find the truest flavours of the season and connect with the growing season where you live.

Protect the environment: A 2012 study showed the total distance of road transportation in one hypothetical Melbourne food basket was about 21,000 kilometres. This means high use of fuels that pollute the environment.

Not only that, many big farms use pesticides, chemical fertilizers, and processing equipment that can contribute to environmental decay. When you buy local, your food not only travels short distances, but it is typically grown using methods that minimize the impact on the earth.

It's good for your health: Produce and foods found in farmers' markets are minimally processed and often grown without using pesticides, antibiotics, or genetic modification. Nourish yourself with nutrient-rich fruits and vegetables!

Support family farmers: Family farms have decreased over the years because of high costs and bigger competitors. By buying from farmers' markets, you are helping to support those local family farms, giving them capital they need to continue providing fresh produce for your family!

Know where your food comes from: You can also learn some great tips and recipes from farmers and fellow patrons. Shopping is more social.

Farmers markets are a great way to bring communities together. Meet friends there, or have a day out with the family.







DingleyVillageFarmersMarket

Check out our Facebook page on the Friday prior to each 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.







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)



Permanent National Firearms Amnesty

Australia has some of the strongest gun control laws in the world but illicit firearms remain a threat to community safety. All Australian governments have agreed to a permanent national firearms amnesty to reduce the number of unregistered firearms in the community.

It is illegal to have unregistered firearms in Australia. The amnesty allows those in possession of unregistered firearms or firearm-related items to hand these items in anonymously and without penalty. People may also surrender unwanted firearms.

In Victoria, you can surrender at a participating licensed firearm dealer or police station, though it is preferable you surrender at a licensed firearms dealer. You can search online for your nearest licensed firearm dealer.



If a person does not surrender an unregistered firearm and is found in possession of it, they may face criminal penalties, including imprisonment.

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

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: Ivcc@dvnc.com.au

DINGLEY VILLAGE COMMUNITY ASSOCIATION

DVCA is all about our Village Community

The DVCA is a voluntary group of Dingley Village residents and is not affiliated to any political party, since it was formed over 40 years ago by a group of Dingley residents.

Throughout the year DVCA members work hard to look after our community in various ways; making submissions on issues concerning the Village, monitoring planning applications and other development proposals, representing the Village on various community organisations such as MARA and the Green Wedge Coalition, tree planting and other beautification work, etc. hectares of land in Heatherton and Clayton South had been purchased by the State Government for Kingston's long awaited Chain of Parks.

As shown on the State Government's "Sandbelt Parklands" map, the Chain of Parks, will form a continuous linked pathway of parkland, trials and open space, from Moorabbin to Braeside Park.

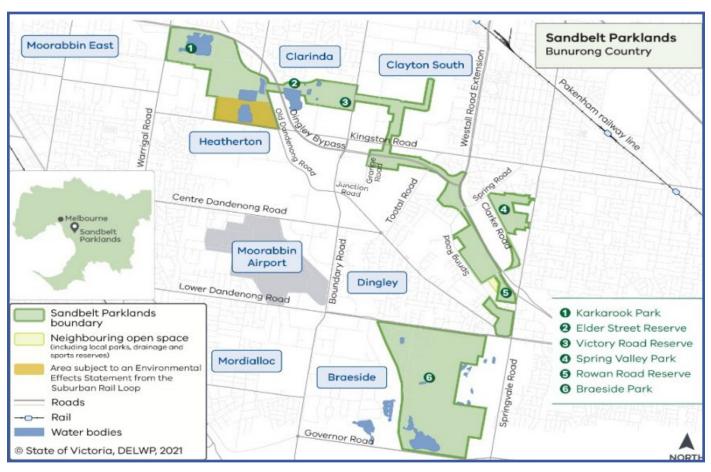
A Long Time Coming and Long Awaited By Dingley Village

First proposed in the 1970s, the Chain of Parks was a means of providing open

in 2015 all new landfills were banned with the introduction of special planning protection (the Green Wedge A Zone C143 Amendment).

As the landfills cease to operate, they are being progressively rehabilitated for open space, the latest being the new 30-hectare park on Victory Road in Clayton South, expected to open this year.

A lot more remains to be done before our Dingley Village community finally has a completed fully-linked Chain of Parks. The DVCA will continue monitoring developments, in particular, this recently South land purchase made by the State Government.



So if you are a resident in Dingley Village and have an issue concerning our Village you would like addressed - please let us know. Contact us by email at dvcasecretary@gmail.com or come to our monthly evening meeting and we will see if we can help.

We hope the monthly DVCA reports in the Dingley Dossier help to keep you informed on current community issues.

Chain of Parks / Sandbelt Parklands / Bunurong Country

DVCA was pleased to see the announcement last November, that 83

space in a series of connected parks on land used for sand mining and subsequent landfill in Kingston. In 1994 the Sandbelt Open Space Project Development Plan was prepared by Melbourne Parks and Waterways (Parks Victoria), to provide a centrally linked park spine stretching from Warrigal Rd Moorabbin to Braeside Park.

Fast forward to 2006 and Kingston Council prepared a Sandbelt Open Project Policy on land designated for the Chain of Parks in the Kingston Green Wedge, to implement the 1994 Plan.

Since then to now, after so many years of tip smells and dust from the adjacent sand mine landfill sites, the "Chain of Parks" concept has been slowly developing and

DVCA

DVCA is actively seeking new enthusiastic members to join and help keep our village a great place to live and work in.

Membership is open to all residents who genuinely care about our Village.

Meetings are held in DVNC Cottage Room adjacent to 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 David (Secretary) at dvcasecretary@gmail. com, or visit <u>www.dvca.info</u>.

MAXIMISE YOUR HOME SOLAR

How to maximise savings from your home solar system and slash your power bills.

THE CONVERSATION

Academic rigour, journalistic flair

Published: January 19, 2023, 6.23am AEDT

Wasim Saman

Emeritus Professor of Sustainable Energy Engineering, University of South Australia. Soaring electricity prices have made 15% of Aussies think about installing solar panels, a recent survey found. Another 6% were already weighing up the move, on top of the 28% who had panels. With costs falling, the average system size is growing rapidly. Households now typically install 8- 10kW solar systems, often with a battery – roof area often limits the system's size.

But does that guarantee no future electricity costs? No, some are still paying stubbornly high bills. This is because they are often feeding energy into the grid during peak sunshine hours, when retailers pay low feed-in tariffs of five cents per kWh or less (a response to surging rooftop solar generation). To encourage customers to use energy at these times, retailers offer generous time-of-use ("solar sponge") tariffs.

But the cost doubles during peak demand periods (around 6-10am and 3-11pm) when solar output is low or zero. Most rooftop solar owners are still paying for the electricity they use then.

The solution is a matter of getting three things right:

- 1. choosing efficient appliances
- 2. using smart technology or simple timers to run them during times of ample solar generation
- 3. choosing a retail electricity plan that best matches your use.

How much difference can appliances make?

To cut energy costs, the starting point is to understand your usage patterns.

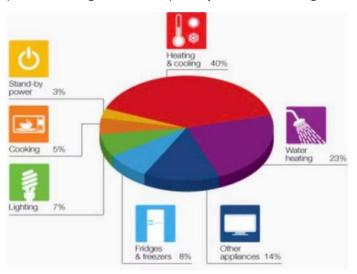
Heating and cooling account for 30-45% of typical home energy use. Our testing at the University of South Australia suggests air conditioners use more energy as they age. Yet many homes have air conditioners older than ten years with 2-3 star ratings. Modern split systems with 6 stars use less than half as much electricity.

Users can program or control air conditioners remotely with a mobile phone to run for an hour or two before getting home. They then use cheap solar electricity to create a comfortable home. Smart and affordable controllers can also reduce cooling or heating when they sense a room is unoccupied or windows are open. Typically, another quarter to a third of energy use is for water heating. Ample solar electricity and soaring gas prices make heat pump water heaters the best\option. With government subsidies, their initial cost is similar to conventional gas or electric systems and they typically use a third of the energy.

Again, they can be programmed to heat water at times of peak solar generation and store it, thus providing almost free hot water when needed. cooktops deliver fast and impressive results using little electricity. Along with the microwave, air fryer and pressure cooker, they can reduce energy use. Ovens and slow cookers can be programmed to use solar power and have meals ready when we get home. As well as having options with high star ratings, appliances to wash and dry clothes and dishes can easily be set to run during sunshine hours. Energy-efficient fridges also cut costs. However, while people are happy to buy such fridges, our research survey found some keep the old one, using three to four times the electricity, for drinks.

Homes with swimming pools or spas are notorious for having the highest electricity bills. A pool will typically use 2,000-3,000kWh of electricity per year (depending on type of pump, hours of use and whether the pool is heated), at a cost of A\$700-1,200. Solar pool heaters are an excellent alternative. A simple timer switch can ensure most power is consumed during sunshine hours.

A typical outdoor spa uses 5kW for water heating and circulating. Much heat is lost to the surroundings if you let the thermostat keep it warm all the time. By installing a timer switch, you can use solar power for heating and have the spa ready for use after working hours



Use smart technology to control time of use. The key to making the best use of your solar output is avoiding energy wastage and matching the timing of energy supply with household demand. An affordable smart control system – for the whole home or individual appliances – can do this.

This system can set seven-day schedules for all appliances. It can turn off lights and air conditioning after you leave home. On a hot day, it can lower blinds and switch on the ceiling fan and air conditioner before you return, then adjust the bedroom temperature for comfortable sleep.

With improved energy supply and demand forecasting and artificial intelligence, future controllers will provide the optimal energy options with little human intervention. If smart gadgets are not for you, simple timer switches start at less than \$10. Energy storage remains a key technology for enabling use at night and on days of no sunshine. A recent Conversation article discussed home batteries.

Another emerging technology is thermal batteries for heating and cooling. During sunshine hours a reverse-cycle air conditioner generates heat or cool to store in the thermal battery (commonly as hot or chilled water) for later use. Electric vehicles that connect to the grid will go a long way towards making better use of rooftop electricity and storing it for evening use. Their battery capacity is several times that of home batteries.

Find the best energy plan for your home

With 45 energy retailers in southern and eastern Australia, each offering multiple tariffs, it's no wonder consumers are confused about which one to choose. The Australian Energy Regulator provides the most reliable guide. By uploading a few basic details, including the National Meter Identifier (NMI) shown on your bill, you can find the best offers based on your recorded electricity use.

BarryPlant

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.

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Chelsea 394-395 Nepean Highway, Chelsea

9586 0500 bayside@barryplant.com.au

Dingley Dossier - March 2023

OUR COUNCIL

Kingston endorses Ulu<u>r</u>u Statement from the Heart



Kingston Council has shown its deep commitment to walk together with Australia's First Nations peoples by endorsing the Ulu<u>r</u>u Statement from the Heart.

Councillors have unanimously voted to take this important step, and proudly shared their support in a strong sign of unity and leadership on this extremely important issue.

Kingston Mayor Hadi Saab will now join 38 mayors from across Australia in signing the Mayors for the Voice to Parliament Public Statement. Kingston will also help inform and raise awareness about the upcoming referendum on the Voice to Parliament to encourage Kingston residents to take part.

Cr Saab said he is proud Kingston has taken a public stand on this crucial issue.

"We are taking a stand at a critical time in the history of Australia and Kingston's unanimous endorsement of the Ulu<u>r</u>u Statement from the Heart is a small but important way we are pushing for change," Cr Saab said.

"We proudly share this country with our First Nations peoples, the world's oldest continuing culture, who have cared for this country for more than 60,000 years, but have endured appalling violence, dispossession, destruction of culture and exclusion from social and political decision-making.

"The time has come to accept the truths of our past and begin a new road forward in reconciling with First Nations peoples. Support for constitutional recognition for them – a voice in political decisions affecting them – is a key part of that journey.

"Council recognises everyone's right to choose how to vote, and in the lead up to the referendum we want to ensure our community is well-informed to make their decision."

Wattle Ward Councillor Jenna Davey-Burns said It is time to own the truth about who we are, and the ongoing impact of Aboriginal sovereignty being denied. "Aboriginal self-determination is a right of First Peoples and is vital in the path to building better life outcomes for Aboriginal peoples and communities. We need to walk this road together – truth and justice are the only way to healing," Cr Davey-Burns said. "The Victorian Government has made some important strides through the Yoorrook Justice Commission and Treaty process, and I am very proud of the direction our Council is moving."

Bunjil Ward Councillor Steve Staikos said Kingston councillors are proud to stand together as one to endorse the Ulu<u>r</u>u Statement from the Heart.

"This is a crucial issue in our country at the moment and we are happy to raise our collective voice in support of all Aboriginal and Torres Strait Islander community members around Kingston and Australia," Cr Staikos said.

"While some people may say this isn't a Council matter, I would argue grassroots knowledge, participation and awareness of the upcoming referendum is vital. Council is the level of government closest to our communities and our declaration of support for the Uluru Statement from the Heart throws a spotlight on this issue within our municipality.

"We can't hide from the truth about the historical and ongoing injustices our First Nations People endure and have endured and with the Voice to Parliament, a new relationship can be forged."

This strong support for the Uluru Statement reflects Council's deep commitment to reconciliation, which is reflected in the Council Plan and innovate Reconciliation Action Plan.

Innovative year-round input on Council budget will have community Talking Kingston

Community ideas for new services, initiatives and projects to be considered for annual budgets will be captured 365 days a year thanks to the new innovative Talking Kingston community consultation.

Kingston Mayor Hadi Saab said Talking Kingston invites community members to provide year-round feedback for immediate action or to consider for funding in future budgets. "This is a great way for us to capture a wide mix of ideas well before we start drafting our budget. It ensures that we have the community's great suggestions on our radar for the future if an idea can't be implemented in the short-term," Cr Saab said.

"Most Councils ask once a year for budget ideas from the community – we've decided to make that opportunity available all year-round." Cr Saab said any ideas received by the end of February will be considered for the coming year's budget.

"Putting together our budget is a complex task which takes place early in the year, so we are encouraging residents, sporting clubs and community groups to submit their ideas now. We will assess them alongside existing needs and planned projects as we plan to spend ratepayer money wisely to deliver over 100 different services for our community."

Cr Saab said Kingston was committed to partnering with the community to shape Council services, projects and initiatives. "We run around 100 community consultations annually, last year we had 120,000 visits to our consultation website Your Kingston Your Say plus we chatted with many of you out and about at farmers markets, festivals and local events."

More than 12,000 people have already signed up for Your Kingston Your Say to help shape a wide range of projects across Kingston. A recent competition helped boost registrations for Your Kingston Your Say with an extra 800 people signing up for the chance to win one of three iPads.

Congratulations to the three winners of the iPad competition, Craig, Effie and Ian, who were invited to meet Mayor Hadi Saab and receive their prize.

Sign up for Your Kingston Your Say at kingston.vic.gov.au/register

Principal Architect appointed for new aquatic and leisure centre

We're one step closer to delivering Kingston's new aquatic and leisure centre, with a principal consultant architect appointed to this exciting project.

Melbourne-based firm CO.OP Studio have been successful after a competitive two-stage tender process and are now engaged to lead the project consultant design team from the concept design phase (commencing this month) through to detailed design and construction.

CO.OP Studio will lead and deliver consultant services for architecture, planning, environmental design, urban and interior design, various engineering disciplines, landscaping, traffic and waste management, among many other aspects. "This is a vital project for our city and we are delighted to now have CO.OP Studio on board. The highly experienced CO.OP team have a proven record of successfully working with the local community to deliver aquatic and leisure facility projects of this scale, which will enable us to keep the momentum going," Cr Saab said.

"With our Community Reference Group formed and their work in full swing, keep an eye out for upcoming opportunities for the broader community to have your say as the concept plan is developed.

We are completely committed to taking the people of Kingston on this exciting journey.

"The new aquatic and leisure centre represents a major investment in the long-term health, wellbeing and aquatic education of our community and we are committed to providing facilities that are more sustainable, accessible, and environmentally sensitive than ever before. "From learning to swim, building strength in the gym, and practicing your butterfly, to warm water exercise and rehabilitation, or just having fun - this new centre will cater for all."

The need for the development of a new aquatic and leisure 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.

The new centre will be built adjacent to Jack Grut Reserve on Governor Road in Mordialloc.

Visit kingston.vic.gov.au/newcentre,

where you can stay up to date as we deliver Kingston's new aquatic and leisure centre, or for more information contact the Active Kingston team on 1300 653 356.





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Open Saturday mornings

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Keep up to date

Stay in touch with what's happening at the former golf course site at Centre Dandenong Road in Dingley Village. The exhibition period for the redevelopment plans is now complete but you can still see what's being proposed by visiting the project website.

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

dingleyvillage3172.com.au



MARK DREYFUS MP FEDERAL MEMBER FOR ISAACS Your Federal Member in the Australian Federal Parliament

IF I CAN HELP WITH ANY FEDERAL ISSUE, DON'T HESITATE TO CONTACT ME.

03 9580 4651 | 566 MARK.DREYFUS.MP@APH.GOV.AU 566 Main St Mordialloc VIC 3195

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

MEDICAL MATTERS

Advanced Care: The time is now to talk about what matters most to you.

All Australians, regardless of their age or health status, need to make their future health care preferences known.

Advance care planning involves planning for your future health care. It enables you to make some decisions now about the health care you would or would not like to receive if you were to become seriously ill and unable to communicate your preferences or make treatment decisions.

Advance care planning gives you the opportunity to think about, discuss and record your preferences for the type of care you would like to receive and the outcomes you would consider acceptable. Advance care planning helps to ensure your loved ones and health providers know what matters most to you and respect your treatment preferences.

Ideally, advance care planning will result in your preferences being documented in a plan known as an advance care directive and the appointment of a substitute decision-maker to help ensure your preferences are respected.

Why it's important

Advance care planning benefits everyone: you, your family, carers and health professionals.

- It helps to ensure you receive the care you actually want
- It improves ongoing and end-of-life care, along with personal and family satisfaction
- Families of people who have undertaken advance care planning have less anxiety, depression, stress and are more satisfied with care
- For healthcare professionals and organisations, it reduces unnecessary transfers to acute care and unwanted treatment.

If you haven't documented your preferences or identified a substitute decision-maker, and you become seriously ill or injured, doctors will make treatment decisions based on their assessment of your best interests. This may include treatments that you would not want.

Planning is for everyone

Everyone should consider advance care planning, regardless of your age or health. Ideally, you should start planning when you're healthy - before there's actually an urgent need for a plan. It is particularly important if you:

- are older
- have a chronic illness
- have multiple diseases
- have an early cognitive impairment
- are approaching the end of your life

It's a team effort

Advance care planning requires a team effort. It involves having conversations with your family, friends, doctors, care workers and other health professionals. Having these conversations will help you start thinking about what's important to you.

Advance care planning doesn't need to be complicated but it does require careful consideration. It involves thinking about your values and preferences for care and acceptable outcomes, talking about them with others, appointing someone to make decisions on your behalf and documenting everything.

Advance care directives and advance care plans

These two terms are used regularly when talking about advance care planning, however they are distinctly different and it's important to understand this difference.

Advance care directives

An advance care directive involves documenting your preferences for future care yourself.

Be open Be ready Be heard

"As a family, we've had lots of discussion around what will happen towards the end of my life... my family is fully aware of what I want and respect the decisions I have made."

Advance Care Planning Australia



It can include your values, life goals and preferred outcomes, and directions about care and treatments. You can also formally appoint a substitute decision-maker in an advance care directive.

The process of creating an advance care directive and the names of the required documents varies between states and territories.

Advance care directives are legally binding and the preferences for health care that you document must be followed.

Advance care plans

An advance care plan is created by someone else on behalf of a person with diminished or no capacity to make decisions for themselves. An advance care plan can include an individual's beliefs, values and preferences in relation to future care decisions.

They are often helpful in providing information for substitute decision-makers and health practitioners and may guide care decisions but are not necessarily legally binding. Some states and territories provide forms to help document an advance care plan for a non-competent person.

My name	:
My subst	itute decision-maker's details are: a:
Phon	e:
lanning Austr	
PLEAS	
ADVAN	Advance Care Planning Australia" is funded by the Australian Government
PLEAS ADVAN Find copi	Advance Care Plansing Autoralia [®] is finded by the Autoralian Government E RESPECT MY ICE CARE DIRECTIVE es of my advance care directive with:

To find out more information

Contact National Advance Care Planning Support ServiceTM on **1300 208 582** for more information and advice. 9am – 5pm, Monday – Friday (AEST / AEDT).

Information in this article is provided by Advance Care Planning Australia and is intended as general information only and not as medical or legal advice.

https://www.advancecareplanning.org.au/



Do You Know Your Interest Rate?

Interest rates are a big factor in each loan repayment and the total cost over the life of that loan, so staying on top of your current rate, as well as the interest trends across the market, is essential.

We have seen the Reserve Bank increase the cash rate nine times in the last 12 months, totalling a rise of 3.25% in base rates. If you have not checked your rate lately you need to!

Increased rates have caused a significant reduction in everyone's borrowing capacity at banks. For existing homeowners, this may mean that you would no longer qualify for the loan you already have in place. With that in mind, you may consider yourself fortunate to have acted when you did.

On the other hand, refinance may now be impossible: You would then be, in effect, in "mortgage prison"; locked into your current loan.

Don't panic though. Part of the ongoing service to you from your broker is the regular review of your loans. Where refinance is not an option, it just means your broker must work harder at getting you the best rate at your existing bank!

Banks add 3% to current rates when undertaking assessment. So, when rates were at 2.5%, the bank assessed loans at a rate of 5.5%. Following the 3.25% rise that same loan would now be 'bank assessed' at a rate of 8.75%

It is not our opinion (nor that of any reputable economist) that actual rates will be going that high any time soon. My expectations are that we are near the top of the rate rise cycle. There should be a time of relative stability, with 2024 currently considered more likely to see rate decreases than rate increases.

Banks assessing loans at such a high rate suits the current economic environment, where the RBA wants to dampen the economy to decrease inflation pressures. It does not mean rates are expected to go to that level in this cycle.

Rate increases have been substantial

Different people will be affected by the rate changes in different ways.

The increased 'cost of finance' has created opportunity for those in a healthy financial position. Properties can be purchased at prices below what they were previously, and banks are competing strongly for business, with special deals on offer.

For those still enjoying low fixed rates – look ahead, start budgeting for the higher repayments to come. Unfortunately, many are already feeling the pain of higher repayments impacting their standard of living. First advice remains budgets. Write down where all expenditure goes, be accountable to yourself and your family. Refinance can often be an option to assist lowering repayments, speak to your broker.

Most important for everyone is to plan ahead. Think about your choices, and most importantly do not allow yourself to be paralysed by stress or worry. Yes 2023 will be a tough year financially for many. However, if you have your job and income, the allocation and management of how that income is spent is your choice.

Stress and worry is not productive unless it stimulates action. In the words of Shantideva, an 8th-century Indian Buddhist philosopher:

"If you can solve the problem, then what is the need of worrying; If you cannot solve it, then what is the need of worrying"

Your past decisions have brought you to where you are today, your decisions made today will create your tomorrow. How can we help you?

Integrity Finance Australia has been serving the Dingley Village community since 2006. 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



www.integrityfinanceaustralia.com.au



Myopia Boom

School holidays are over. For optometrists, it means we need to start thinking about short-sightedness and myopia more, given kids are heading back into the classrooms, doing more near tasks and being in front of laptops instead of playing outside. Myopia, or short-sightedness, is a refractive condition where close objects appear clear while far objects are blurred. It occurs mostly due to the length of the eye being too long and thus distant light rays are focused in front of the retina.

It is common knowledge in optometry that by 2050, approximately one-half of the world's population will have myopia; and, up to one-fifth of the myopic population will be highly myopic (<-6.00D). The major catalysts for this myopia boom are thought to be associated with an increase in close work and concurrent reduction in outdoor play. I, myself have noticed young patients progress across the last 2 years given several lockdowns leading to homeschooling and increased screen time.

In recent years, optometrists have become more aware and diligent about myopic progression in young patients for two reasons. One is the emphasis on the pathological effects of myopia and the other is the ability we have to slow down and halt myopic progression. Of those classified as highly myopic, approximately half tend to develop some form of pathology (eye disease) later in life due to the extensive elongation of the eye.

The elongation of the eye can cause changes to the peripheral retina as the eye grows. These changes increase the chances of retinal breaks and thus detachments. The risk of developing a retinal detachment is 5-6 times higher in those with high myopia than those with a minimal prescription. In extreme cases and high myopia, the elongation of the eye can cause the death of the retina and/or bleeding that can result in permanent vision loss. Luckily, in recent times the world of optometry has produced clinical interventions to slow myopia. Orthokeratology or Ortho K is our preferred method as it corrects the child's vision while also slowing progression, amazingly, you sleep with the lens at

night, like "braces for your eyes," take them off in the morning and it then produces clear vision the following day. We can also use soft contact lenses (MiSight) that are worn full-time to correct vision and also slow any progression.

For those that don't like sticking fingers in their eyes, we can employ the use of spectacles (MiyoSmart Lenses) that are worn full time. There are even the option of drops used before sleep (Low Dose Atropine) which also reduces the progression of myopia. All have similar efficacy, however, the research linked to orthokeratology is much more robust. Recently the use of short periods of red light exposure to the eyes has been effective in also slowing myopic progression, but, watch this space for future updates. The previously discussed myopia control interventions have better efficacy if introduced early, thus early intervention can reduce further progression. Of course, genetics still plays a key role in myopic development. A word of caution, if anyone in the family has even a moderate degree of myopia, it is worthwhile getting the children an eye examination before starting school.

At Dingley Eye Centre, we 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 or come down for a chat with us about how we can help slow down or stop the deterioration of vision of your children.

At Dingley Eye Centre, we are looking for more team members to join our wonderful work family. Feel free to contact us if you would like more information or are interested in joining us.

Dr Mark Glogowski, Dr Georgia Maloney, 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: <u>www.insightfuleyecare.com.au</u> [Book appointments online] Email: dingley@insightfuleyecare.com.au



DINGLEY EYE CENTRE Insightful Eye Care**



en produces how we can help slo We can also deterioration of vision ght) that are on and also At Dingley Eye Centri more team members work family. Feel fre

IN YOUR GARDEN 🏶

Delightful Dahlias!

Do you remember dahlias from your childhood?

Many people have fond memories of the wonderful dahlias grown by Mum or Dad or even Gran or Granpa!

Dahlias are among the most rewarding, versatile and reliable bloomers a gardener can grow. They flower from December to May, providing fabulous colour across virtually the whole spectrum (except perhaps the elusive blue).

Colours range from pure white, through delicate pinks and lavenders to deep magenta, the most brilliant reds and riotous multi combinations of colours. Sizes range from giant, aka dinner plate size, to tiny tots and pompons.

Dahlias are very easy to grow. A sunny position in moist, welldrained, humus-rich soil is best - a pH of 6.5-7 (neutral) is desirable. Victoria's soils and climate are conducive to growing excellent dahlias, as long as they have regular water and a bit of food!

The bigger dahlia types can add real wow factor to your garden. Although they require staking, they can provide a splendid backdrop to a perennial border. Picking the flowers and deadheading will extend the season.

New to gardening or growing Dahlias but not sure where to start? There are many resources to learn about growing dazzling dahlias available in Victoria, and online. The Dahlia Society of Victoria, Australia have recently redesigned their website and share many great tips, that are easy to follow. If you have never grown dahlias, now is the time to get planting. For more information on growing tips, events, upcoming shows and becoming a member:

Website: <u>https://dahliasocietyofvictoria.org.au</u> Facebook: @Dahliasocietyofvictoriaaustralia Instagram: @Dahliasocietyofvictoriaaust



Happy Gardening!

Article written and photos taken by Anna Cameron.







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GET TO KNOW YOUR LOCAL

Learn more about familiar faces from Dingley Village Shopping Centre!



Two years ago Alex and Kuresha took charge of a little local business named Padre Pizzeria. Since then, they have established a loyal following from the local community whose regular visits speak to the quality of both food and service in which they pride themselves.

With over 20 years of combined experience in the hospitality industry both Alex and Kuresha have the skills and enthusiasm it takes to keep-up with the hustle and bustle this busy local brings! Together they form the ultimate dream team and both agree that the best bit about running the business is serving the Dingley Village community, which to them feels like serving family.

The pair gave an insight into their cultural background; Kuresha being South African, spoke about how she actually grew up around the local Dingley Village area. Alex explained how he is from a family of business owners and has a unique combined heritage, being both Uruguayan and Vietnamese. In their time off from the shop Alex and Kuresha spoke about what they enjoy; travel, going out to eat, trying a mix of cuisines (Italian as the only exception), and watching films, as they are both self-proclaimed movie lovers!

Just a few short months ago Alex and Kuresha decided to release an updated menu at Padre Pizzeria, with highlights including their parma range, specialty chicken pizzas and a tasty new pasta dish. They both agreed that the additions were well received by their regular customers, alongside classics such as their Supreme Pizza which is by far the most popular item on the menu!

When asked what customers may not know about Padre Pizzeria, Alex explained that they may be unaware of the broad range of menu items they work hard at providing; such as 'Padre's Parma's', a dedicated menu full of fun toppings and combinations for customers to enjoy. He also wanted to make sure that locals knew about their 5km delivery radius and that the Padre Pizzeria website is the best support of the small business, being the cheapest and most direct way of ordering.

On your next visit to Dingley Village Shopping Centre make sure to say hello to Alex, Kuresha and the rest of the friendly team at Padre Pizzeria!







SCAN THE QR CODE

For a full list of retailers and the latest news from #DingleyVillage

www.dingleyvillageshoppingcentre.com.au 79 -109 Centre Dandenong Rd, Dingley Village VIC, Australia

Or Killer



200 Get 10yrs - 1 Gets Life!!

by Geoff Hergt

On Friday February 17th last the near 200 members of the Dingley Village Men's Shed (DVMS) celebrated their 10th Anniversary.

When better then to be awarded Life Mem-bership for 10 years of excellent service to the activities of the Shed, the community and to fellow shedders. Active Member no.1 Ken Brown was delighted to receive his award.

Of course over the past 10 years there have been other Life Members but Ken is the most recent. Dignitaries, sponsors, representatives of several other Men's Sheds in the Kingston LGA (Local Govt Area) along with DVMS Shedders and partners combined to recognise this wonderful achievement - our 10th Anniversary.

Located in Cypress Drive at the northern end of Braeside Park the DVMS is unique in that it is the only Men's Shed resident in the many hundreds of ParksVic managed parks throughout Victoria.

This is a win-win-win situation for ParksVic, the DVMS and our community as it enables some maintenance, development of Bird Hides, Koala Boxes and many other activities to be achieved whilst allowing the Park Rangers (much reduced in numbers) to do their important work in this 310 hectare (766 acre) park catering for the estimated 1 million visitors each year. This number is growing by the day!!

Originally occupied by possums and other local fauna inhabitants of the park the "sheds" were effectively derelict and unused until the Men's Shed acquired access to them 10 years ago.

Many hours of back braking work, blood, sweat and some tears along with valuable support from Federal, State and Local governments, not to mention sponsors, has resulted in the complex which is now an important part of community life.

Several innovations installed by the Men's Shed provide valuable services to nearby groups who use the park for their own purposes.

Whilst the members of the Men's Shed have done a great deal of work to get the com-plex to where it is today it was a very enterprising lady who was the administrative "power behind the throne "which ensured the project got off the ground.

That lady is Pam Gates who at the time was the manager of the Dingley Village Neighbourhood Centre.

A number of local Dingley male residents were involved to assist Pam to get our Shed up and running. Pam has since retired but is still the editor of the Dingley Dossier, a monthly newsletter distributed to and updating residents on current activities in our "Village".



Her male supporters in the project have continued their work to ensure the success of our Shed. Apart from all the good work already done and continuing to be done the Men's Shed provides an excellent avenue for men, mostly retired, to maintain connection with other men in our locale as well as their community as a whole.

So, this initiative where a lady was prominent from the start in conjunction with local male assistance, has proved to be a boon for local Men and the whole community.

Congratulations and Thank You DVMS for 10 years of valuable service to our community.





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YOUTH CORNER

Dingley Scouts

Wow, we hit the decks running in 2023 that's for sure.



All sections are excited to be back and have had a great time planning some amazing activities to kick off 2023.

March sees all Scout Groups in our District attending a weekend camp at Gilwell Park. This is an opportunity for all sections from Joeys right through to Rovers to get together and meet other youth from within the District in a fun and relaxed environment. The weekend will be filled with lots of activities like flying fox, canoeing, abseiling and archery, as well as a great family day on the Sunday where parents / carers can see what the youth get to experience at these camps.

And because 1 camp is never enough, our scout section will be attending another camp in March - Stradbroke Cup. This is an annual competition camp and a really popular camp with our youth. Will we bring home a gold again this year? What else could we possibly fit in you ask? Well, there will be cooking and first aid, swimming and water survival, bike riding and beach visits, games night and even a trip to the drive in for our older youth. We will also proudly attend the local ANZAC Day service and celebrate scouting Founders Day. And that isn't even looking at term 2 yet......

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

WRITERS CORNER

The Quicken Tree

I am the Quicken Tree and I am two hundred and fifty years old. Not far from the cliffs, over the years I have endured harsh winds from the Atlantic laden with salt spray. It's a strange place for a Mountain Ash where I am with all the gulls wheeling around screeching under restless clouds.

My only neighbour is an old witch lady that lives in an ancient cottage not far away. She has long red hair flowing in loose strands like seaweed down her back, She wears a big sheepskin coat that fits her to perfection and I call her The Hag. One of her bad habits is emptying her feet water every night on my roots. She practises an old peoples custom of washing the feet and throwing out the water because dirty water should never be kept in the house overnight. The old people said that a bad thing might come to the house if the feet water was kept inside.



My roots have been exposed now for many years and the Little People like to come during the night on a regular basis and have fun.

They play music and dance late into the night. I know they can be mischievous at times but I enjoy the music. I am totally covered with lichen and I guess that has something to do with my age but it does not harm me in any way. Lichen gets its own sustenance from the rain, air and sun and it keeps me warm in the winter. All kinds of bird life has sheltered on my branches, rabbits and lizards have made their homes under my roots from time to time.

The Hag sets rabbit-traps, and I can see she is successful quiet often. She has also caught foxes and one morning there was a badger in one of the traps. She also has a shotgun and I have seen her bring home some wild duck. Occasionally when the sun is shining, she, will bring a wooden box and sit on it near me and drink tea.

She never has any visitors, and I got the impression she does not like people. I am wondering if putting the feet water on my roots means she likes me. I want her to like me because I am frightened, she might cast a spell on me.

T Coyle 5/2021

The Dingley Village Writing For Pleasure Group meets each Wednesday at 10 am at the Dingley Village Neighbourhood Centre. Our small group is comprised of members with varying talent and experience. Some have never written at all prior to joining us. Contact Warren at wasadunc@ bigpond.net.au with any enquiries.



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Community Bank Dingley Village

CIRCLING THE CLUBS



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 9th March and the April one is on the 13th. 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.

Our regular dinner on the last Saturday of the month is proving popular with members and the next one will be on the 25th of March. Mid month Saturday dinner dances are expected to resume later this month. 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 – get out and socialise as a sixth of 2023 is already gone.

Dingley Village Senior Citizens Club Incorporated

It is with great sadness that we have to report the decease of our Member, Fred West. Fred had been not only a long time and active Member of this Club, but also within other Dingley Village Groups. Our condolences are extended to his wife Barbara, but also to the other members of their families.

Our planned activities for Mondays during March (except as noted below) are as follows:

- 1st this being a Wednesday, our activity is a bus trip to Healesville (sorry but this outing is now fully booked out)
- 6th Bingo and afternoon tea
- 13th a Public Holiday so no Club activities that day
- 20th Bingo and afternoon tea
- 27th Committee Meeting followed by Games and afternoon tea

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

Probus Club Dingley Central



At our March meeting the club celebrated their 32nd birthday. Marjorie Beverley a foundation member was given the honour of cutting the cake. We were entertained by The Hot Flushes a female vocal quartet, who sang songs from stage musicals, and popular music from the 30's to the 70's. Their presentation was enjoyed by all.

Activities planned for March: Happy Hour, Camera Club, Legs and Morning Coffee, IPad Group, Wine Tasting, Dine Out, Mens' Lunch, Craft Group and Games Day.

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

0438 272 232.

Our meetings are held on the 1st Monday of Month at 10am,at the "The Salvation Army Kingston Centre". 13/ 12-16 Garden Boulevard, Dingley Village.

New Members are always welcome. For further information please contact Jean on **0438 272 232**.

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 on **0425 862 718**.





Country Women's Association Dingley Village



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

Our last event for 2022 was held in December, a very successful Christmas Cake and Craft Stall at Woolworths Dingley Village. We had lots of homemade craft items as well our baked Christmas goodies.

We would like to thank everyone who supported our Christmas fundraiser and the other fundraisers we held through the year.

All monies raised are distributed to charities in regional and remote communities including Blaze Aid, Royal Flying Doctor Service, Angel Flight and locally, Food Bank. We will advertise our 2023 events in the Dingley Dossier throughout the year.

Our Business Meetings take place on the 4th Wednesday of the month. The next meeting will be on 22nd March 2023 at the Dingley Village Neighbourhood Centre.

Craft meetings are held on the second Wednesday of each month. If you would like to know more about CWA, consider becoming a member, or if you would like to attend a craft morning, please contact Sue on **0434 879 875**.

Dingley Village Men's Shed



Opening Hours and General Activities:

Day of Week	Open Hours	General Activities
Monday	9:00am - 1:00 pm	Metal Work, Wood Work, Art, Bicycle & Car Maintenance
Tuesday	9:00am - 12:00 pm 1:30pm - 3:30pm	A' Team workgroup & Bike Riding Group Photography
Wednesday	9:00am - 12:00 pm	Bike Riding Group & Music Group
Thursday	9:00am - 12:00 pm 1:00 pm - 3:00 pm	A' Team workgroup Pool / Snooker
Friday	9:00am - 1:00pm	Members Muster This is our main day!

Every Friday Morning (except holidays as designated). come along, enjoy a cuppa, a chat & meet with your fellow shedders. We also hold a great Raffle (fundraiser) for members & visitors, and also a Golf Putting Comp.

Other Activities from time to time include Golf Days, Special Event Days e.g., Cup Day & Australia Day BBQ's. plus, the occasional outing to places of interest.

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 <u>www.dvms.org.au</u>

Lions Club of Dingley Village



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

Burden Park Bowls Club



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

If you're interested in having a bowl, give Rob a call on **0407326481**, he'd love to hear from you. We are located on the corner of Springvale Rd and Heatherton Rd Springvale. We hope to see you soon.

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 email info@npdrotaryclub.org.au for more information.

Dingley Cheltenham VIEW Club (Voice Interest Education of Women)



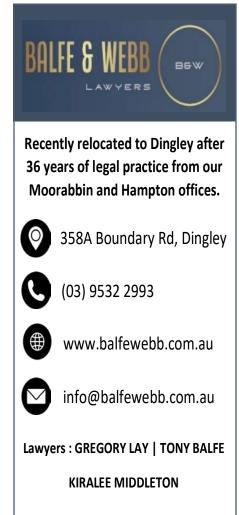
New members are most welcome to join our monthly meetings and learn from our guest speakers and enjoy our monthly social outings.

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.





Kingston Ciry Church



Our Vision: Connecting People To Jesus Christ Our Mission: Reach, Restore, Relate, Resource And Release. Ph: 8551 6600, Fax: 8551 6690. Web: <u>www.kcc.crm.org.au</u> Email: admin@crm.org.au

Senior Pastor: Dan Parker Sunday Services: 10am Service has Children's Ministry.

Kingston City Church Women's ministry

At Kingston City Church we have an active women's ministry comprising of a women's prayer group every week and a women's link group, every fortnight. We also have specified all church women's events once a quarter which may vary. Starting off with our yearly get to know you night which is a fun night with the objective of our women connecting with one another in a friendly environment.

This year our women's retreat will be held at Phillip Island Adventure Resort in June with Roma Waterman as our guest speaker. All women from across all our churches are invited to attend. In August we will have a worship and encounter night. Our end of year function will again be held in November at Yarra Yarra Golf Club.

The objective of our women's ministry is to draw our women closer to Jesus and also to one another based on the verse in John 17:21 I pray for them all to be joined together as one. I pray for them to become one with us so that the world will recognise that you sent me.

Pr Maureen Lisbon

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**.

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 heathertondinglyunitingchurch@ gmail.com.

Bark and Chat

This group will meet on Saturday, 18th March at 10 a.m. This is an informal group of dog lovers who bring their dogs along for a chat and short information session on different topics relating to dogs, followed by morning tea. This group meets on the on the third Saturday on odd months of the year.

For further information contact Margaret on **0401 392 772**.

Christ Church Dingley - Anglican Church



Sunday Services

8.30 AM (Heritage Church) Holy Communion Service 10.30 AM (Auditorium) Worship Service with Kids Church.

Community Car-Boot Sale

Saturday 25 MAR, 9.30-4 pm (Essential Booking PH **0414 813 790**) \$20 p Car Entry, Tables for hire \$5, (No "car-boots" admitted after 9am)

6 Week ALPHA Course

Begins April Freely exploring life and the basics of the Christian faith in a friendly, open, informal environment with a meal. Contact our office for details.

Connect Groups for Bible Study

For more information, please contact our office.

2nd Tuesday Monthly Service

2 PM Pleasant Tuesday Traditional Holy Communion with favourite hymns in the Heritage Church followed by social afternoon tea. Please contact our office for transport if needed.

Weekly Prayer Meetings

Wednesday 1 PM in the Heritage Church Saturday 8 AM in the Atrium Healing & Prayer Ministry available upon request

Roundabout Op Shop

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

Opening Hours:

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

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

Other Supported Missions

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

Pastoral Counselling

Please contact our parish office for details and bookings.

Senior Pastor: Richard Loh Parish Office: **03 9551 7871** Email: admin@ccd.org.au Website: <u>www.ccd.org.au</u>

Village Church Inc.



"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

Prayer Time

Weekly - Wednesdays 10-11am Monthly - This month is Saturday18th

March; 9-10am at the church. Monday 20th March 7.30-8.30pm via Zoom Only. Contact office for link.

Please contact the office for further details and to register your interest in any of the following groups.

Bible Studies

We have different fortnightly groups that run throughout the week.

Monthly Ladies Group

Once a month on the 2nd Sunday of the month at 6.30pm.

Monthly Men's Group

Once a month on the 4th Sunday of the month at 5pm (BBQ and study).

Young Adults' Life Groups

Fortnightly on Wednesday evenings 7.30pm.

Youth Group

Every Friday night during school term 7pm till 9pm

*Youth group not held during school holidays.

Special Event Coming Up

Creation Ministries - Sunday 7th MAY Please contact the office for more details.

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 Helen or Lesley on 8712 8254 with any enquiries you might have and leave a message if the office is unattended. Our Pastor is Rodney Hole who may be contacted through the Church Office.

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

The Salvation Army Kingston City 'You Belong'



13/12-16 Garden Boulevard, Dingley Village, Office Phone: (03) 9558 2045

facebook.com/KingstonCitySalvos www.salvationarmy.org.au/ kingstoncity/

Corps officers (ministers): Major Jennifer Cloke and Auxiliary Lieutenant James Singer.

Hours of operation:

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

Our Mission

The Salvation Army Australia is a Christian movement dedicated to sharing the love of Jesus, by caring for people, creating faith pathways, building healthy communities, & working for justice.

Our Vision

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia, one life at a time, with the love of Jesus.

Family Worship or 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.

Adam Palmer Hypnotherapy

Right here in Dingley Village!







THE <mark>DINGLEY</mark> 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.

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The Dingley Dossier

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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

