



# THE DINGLEY DOSSIER

Volume 52  
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[www.dvnc.com.au/dossier](http://www.dvnc.com.au/dossier)

## DONATE LIFE

Organ, eye and tissue donation saves lives, restores health and improves the quality of life for thousands of Australians each year.

But did you know that only 2% of people who die in hospital each year can be considered for organ donation? One organ donor can save the lives of up to 7 people and help many more through eye and tissue donation. While the majority of Australians support organ and tissue donation, only around one in three (36%) are registered to be a donor.

There are currently around 1,800 Australians on the waitlist for an organ transplant. There are also around 14,000 additional people on dialysis – many of whom could benefit from a kidney transplant.

Since the national program first began in 2009, 18,144 people have received life-saving organ transplants from 6,417 deceased organ donors.

### Who can donate?

- Organ and tissue donation is when you decide to give an organ and or tissue to save or transform the life of someone else.
- Everyone over the age of 16 can register to donate their organs and tissues on the Australian Organ Donor Register (AODR).
- It doesn't matter how old you are, or even if you think you're not healthy enough – you can still register. A specialist donation team will make an assessment on a case by case basis, and there is every chance that some of your organs and tissues may be suitable for donation.

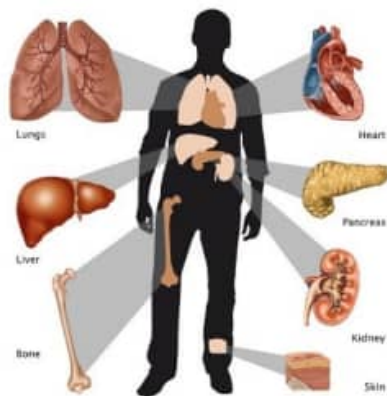
- Only 2% of Australians die in a way that makes it possible for them to donate their organs. This is why every potential donor is precious.
- All major religions support organ and tissue donation as an act of compassion and generosity.
- Donation specialists can help your family to support your religious and cultural requirements.
- Only a few medical conditions may prevent you from being a donor.

- to be a donor, only 4 out of 10 families agree to donation.
- Even if you have registered, your family will be asked whether you still wanted to be a donor and to provide consent before donation proceeds.
- Your family will be involved in each step of the donation process and be asked to provide vital health information. Prepare your family so that they are comfortable being part of the process.

### What can you do to help?

Register and tell your family you want to be a donor, it only takes a minute.

[www.donatelife.gov.au](http://www.donatelife.gov.au)



### If you want to become an organ or tissue donor, you need to tell your family.

- It makes it harder for families to decide if they don't know what their family member wanted.
- 8 out of 10 families say yes to donation if their family member had registered to be a donor.
- When the family is uncertain about whether their family member wanted



Information in this article provided by DonateLife

## FARMERS' MARKET

SATURDAY 17<sup>TH</sup> AUGUST | 8:30AM - 1:00PM



We acknowledge the Traditional Custodians of the land on which we live, and pay our respects to them, their culture, their Elders past, present and future and uphold their relationship to this land and the important role all Aboriginal and Torres Strait Islander people continue to play within Australia.

# WHAT'S ON AT THE NEIGHBOURHOOD CENTRE?

## 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

**Emergency Relief**  
(MADDV) 9551 1799

**MensLine:**  
1300 789 978

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

**Safe Steps:**  
1800 015 188

**Nurse on Call:**  
1800 022 222

**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

Marion Harriden 9551 1799

Allan Harris 0412 073 719

### Teens Games Group

Fun environment for teenagers from 13 – 17 to enjoy games together. Strategy, fantasy & sci-fi style board & role-playing. Friday 5:30 – 7:30 pm Free event.

### Zumba Gold with Norma

Zumba Gold is a low- impact dance fitness class perfect for beginners of all ages and fitness levels. Thurs, 9.30am -10.30am in the Harold Box Hall, \$10.00 per class. No need to book just come along.



### Seniors Body and Balance with Norma

This class focusses on balance, ranges of motion and coordination. Thurs, 11am-12pm in the Harold Box Hall, \$10.00 per class No need to book just come along.

### Social Table Tennis with John

Catering to all skill levels both men & women. Come along and join this friendly group. Mon, 9am & Wed 12.30pm in the Harold Box Hall \$3.00 per session. New members Welcome. No need to book just come along.

### Writing for Pleasure

Beginners to Established. People write for many different reasons. Would you like to explore your creativity in a supportive group. Tues, 10am to 12pm. Free drop-in group.

### Social Art group with Carla

Art group for those who would like to finish off a project while having a chat and a coffee in the evening. Every Tues evening 6.30pm-8.30pm in the 'Craft Room', near the Harold Box Hall. Free Class, no need to book.



### Knit, Craft & Natter with Marlene

Have a knitting or any other craft project lying around or want to learn how to knit. Thursdays 10am -12pm in the Centre. Free Class, no need to book- Just come along.

### Chatty Café

The Chatty Café Scheme aims to get people chatting to build and encourage social connections within the local community, and to help reduce social isolation and loneliness.



Let's keep our community connected! Wed 10am to 12pm in the 'Harold Box Hall in the Foyer'. Free, just some along.

### Collection Point

You can drop off the following items at the Centre: prescription glasses/ hearing aids, stamps & unused toiletries from hotel rooms. These items are then recycled for use by local service groups.

### Playgroup Victoria for Dingley Village

Tuesdays 9.45 am-11.45 am in the Harold

Box Hall. Need to contact Hannah via Facebook: *Dingley Village Playgroup*




### Taekwondo with David

Mon & Thurs 5.30pm -7pm in the 'Harold Box Hall'. If you are interested in joining, contact David on 0439 304 579.

### Tai Chi

Tai Chi aids the reduction of anxiety and stress, it also helps increase flexibility and balance. Wednesday 6.30 – 8.30pm Contact James 0430 570 460.

**Southern Taekwondo**  
Affiliated with No's Taekwondo  
**Classes for men, women & children of all ages. Qualified Coaches. Gradings at all Levels.**  
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For class times or more information Ph 9583 5680 or 0439 304 579

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# COMMUNITY

You can pick up copies of the Dingley Dossier from the Neighbourhood Centre, 31C 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)

## Thank you

Much of the work done to improve our village is not seen and often unacknowledged and thankless. Across a wide range of groups and organisations there are individuals who go above and beyond for the benefit of their community. The Dingley Dossier would like to acknowledge the efforts and support given by two such individuals, who have championed and worked tirelessly for Dingley Village.

- 1. David Madill:** David has served the community of Dingley Village through his work with the Dingley Village Community Association (DVCA). After 21 years as an office bearer, David has stepped down. (See DVCA article)
- 2. Steve Staikos:** As a past Dingley Village Ward Councillor, Bunjil Ward Councillor and Mayor of City of Kingston he has been a supportive and strong advocate for residents of both Dingley Village and the City of Kingston.

## Moorabbin Junction After Dark

Moorabbin Junction After Dark is back for one night only on Saturday 10 August, from 5-9 pm.

It's time to rug up, grab your family and friends, and head to City of Kingston's favourite winter festival, celebrating all things local. Experience magic as neon art installations transform the Station Street Precinct into an interactive wonderland from twilight until after dark.

Local businesses will stay open late, with special deals and delicious winter dishes for dine-in or takeaway! This all-ages event features live music, face painting, a silent disco and more.



## Batteries don't belong in waste or recycling bins

Batteries contain a range of metals including lead, mercury and lithium which can be hazardous to the environment when disposed of incorrectly. In Australia, Lithium-ion batteries are causing more than 10,000 fires a year in garbage trucks and waste management facilities. Batteries can be returned to Officeworks, Woolworths, Aldi, IGA and Bunnings.



## Dementia Checklist

Our memory, mood and thinking change all the time. Some days we're sharp and cheerful, others we can be forgetful or have 'brain fog'. That's normal for everyone.

But if you've noticed a pattern of changes in yourself or someone you care for, it's a good idea to reach out for help early. The sooner you know, the more you can do. If you have concerns about changes in yourself, or in a family member or friend, complete the checklist at [www.dementia.org.au/changes](http://www.dementia.org.au/changes). It isn't a medical test, just a way to help you decide what to do next.

## Special Dates in August

### 5 -11th August National Stroke Week

There were 27,428 Australians who experienced stroke for the first time in their lives in 2020, which equates to one stroke every 19 minutes. Stroke is one of Australia's biggest killers. It kills more women than breast cancer and more men than prostate cancer.

### 12 – 16th August: Bullying No Way, National week of action



The theme for 2024 is 'Everyone belongs' We've all been affected by bullying in some way. We have to take action to prevent it from happening to the kids, and adults, in our communities. Please

speak up, raise awareness, and offer support to end bullying.

### 9th August: International Day of the World's Indigenous People

Today is a time to celebrate the rich, ancient cultures of Indigenous Australians. It's also a time to consider how each of us, individually and joined by community response, can contribute to ensuring that Indigenous Australians lead happy, healthy and enriched lives.

### 13th August: Tisha B'Av\* Judaism

Tisha B'Av is recognized as the saddest day on the Jewish calendar. It is a day of mourning for tragedies across Jewish history, most particularly the destruction and loss of the first and second Temple and Jerusalem nearly 2,000 years ago.



### 15th August: Assumption of the Blessed Virgin Mary, Christianity

Commemorates the assumption of the Blessed Virgin Mary into heaven - at the end of her life, Mary, the mother of Christ, was taken body and soul (i.e. both physically and spiritually) into Heaven. Also known as the Feast of the Assumption.

### 19th August: Raksha Bandhan Hinduism

'Raksha' means protection and 'Bandhan' means to tie - a holy thread tied to the brother's wrist by their sister defines the strong bond between them. Also known as Rakhi, this Hindu festival celebrates a brother-sister like relationship between relatives or biologically unrelated.

### 22nd August: Daffodil Day

To the Cancer Council, the daffodil represents hope for a cancer free future. Get involved this Daffodil Day in August by selling or buying merchandise and fresh daffodils, volunteering on a stall near you or making a donation.



### 26th August: Krishna Janmashtami Hinduism

Krishna Janmashtami (or Jayanti) is the annual commemoration of the birth of the Hindu deity Krishna, the eighth avatar of the God Vishnu. Worship of Krishna is characteristically expressed in dance and song.

## Farewell to Steve Staikos

Steve Staikos has been a councillor in the City of Kingston since 2008. He has been Mayor four times and considered this a real honour. During his time Steve has been passionate about improving the lives of the residents across Kingston Council. Many of the issues Steve focused on have been successful personal highlights for him, however, they have also been of importance to all Dingley Village residents.

A big priority was to replace closed landfill sites with a chain of green wedge parks and remove the concrete crushers, as well as remove the ever-present tip odour that was an affront for many residents. Here in Dingley, we have further benefited from his hard work with the opening of the Spring Road Reserve.

During his second term as councillor, he worked on the development and continued progress of our Community Centre, which included the new library, upgrade of the hall and Pavilion at Howard Road. These projects have been a fantastic achievement for Steve and the Dingley Community.

His hard work and contributions to our community have certainly enhanced the aesthetic nature of our Village whilst improving the facilities and amenities for everyone. We would like to sincerely thank Steve Staikos for his commitment and hard work during his 16 years as councillor. We thank Steve for his hard work and dedication to Dingley Village and the wider Kingston Community.



## Flight Paths

Residents concerned about noise related to Moorabbin Airport will be pleased to know that there is a current Senate inquiry looking into the impact of aircraft noise in local communities.

DVCA has provided a submission to the inquiry which is available on the following site: Impact and mitigation of aircraft noise – Parliament of Australia (aph.gov.au). The scope of the review is to assess the impact and mitigation of aircraft noise on residents and businesses in capital cities and regional towns,

with particular reference to:

1. The effect of aircraft noise on amenity, physical and mental wellbeing and everyday life of residents
2. The effect of aircraft noise on small business
3. Any proposals for the mitigation and limitation of aircraft noise, including flight curfews, changes to flight paths and alternatives to air travel
4. Any barriers to the mitigation and limitation of aircraft noise
5. Any other related matters

## Snap/Send/Solve App

Residents are reminded that they can use this APP to send a photograph of a local problem to the appropriate authorities. This could be in relation to uneven footpaths, traffic hindrances, damaged infrastructure and so on.

## Tootal Road Works

Many residents would be aware that there are some temporary office sites and equipment on the Din San side of Tootal Road. These are temporary work depots related to water and sewage works.

## Farewell To David Madill DVCA President

We thank David Madill for all his hard work and dedication to the Dingley Village Community Association over the past 21 years as an office bearer. David has been a strong leader who has chosen to step back from his duties as President and he remains a valued member of the DVCA. His passion for our community has shone through and he has ensured the successful delivery of many projects that the community use on a day-to-day basis.

David has overseen many projects, such as the crossing outside of Mona's Bakehouse, working closely with stakeholders in campaigning against the development of Kingswood Golf Course and the successful delivery of the proposed Spring Road Reserve Masterplan.



David has always been a well measured, reasonable, and respected member in our community and has approached every issue with the upmost professionalism.

In every situation, David has consistently given his time and effort to ensure that the best possible outcome was always achieved. David is a life member of DVCA.

## AGM Report

The Annual General Meeting was held on the 9th of July. The New DVCA Executive are as follows:

**President** – Geoff Blake

**Vice President** – Leigh Gridley

**Secretary** – Natan Raykhtin-Breitenfeld

**Treasurer** – Jon Garrard

We welcome Geoff as our new President, and we are confident that Geoff will bring continuity to this role. Geoff has been a part of the Committee for the last 3 years. He has held the title of Vice President for the last year. We are confident that Geoff will be a strong advocate for the Dingley Village community and the Committee look forward to working with him. We also welcome the return of Leigh as our Vice President. (President 2020 -2022)

## Kingston Council Elections

Advanced notification that there will be elections held in October 2024 for the Kingston Council. These elections are conducted as a postal vote.

## Can We Help?

If you are a resident in Dingley Village and have an issue concerning our Village you would like addressed - please let us know and we will see if we can help.

DVCA seeks new enthusiastic members to join and help keep our village a great place to live and work in. The DVCA is a voluntary group of Dingley Village residents, not affiliated to any political party and membership is open to all residents who genuinely care about our village.

## DVCA Contact Info

Contact us by email at [dvcasecretary@gmail.com](mailto:dvcasecretary@gmail.com) or come to our monthly evening meeting. Meetings are held in the Library Meeting Rooms, on the second Tuesday each month, February-November, at 7:30pm located at 31b Marcus Rd. New members are most welcome to attend.

For further information please contact the DVCA Secretary at [dvcasecretary@gmail.com](mailto:dvcasecretary@gmail.com), or visit [www.dvca.info](http://www.dvca.info)



WHEN DID YOU LAST HAVE A HOME LOAN HEALTH CHECK?  
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Support our Community Bank which supports your Club/Organisation.  
Contact Nicole at Community Bank Dingley Village on 03 9551 6111  
E: nicole.pegrum@bendigoadelaide.com.au  
Remember to mention YOUR Club/Organisation



### Dingley Village Police Update



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

### Anti-social behaviour on public transport

All forms of unwanted sexual behaviour or anti-social behaviour on public transport are unacceptable. Reporting them to Victoria Police helps keep our community safe.

#### Report or notify Police of an incident

- \* For immediate police assistance, if you are in danger, or to report a crime in progress, always call **Triple (000)**.
- \* If there is no immediate danger, or you don't want to make a formal report, you can inform Victoria Police by texting STOPIT to 0499 455 455 from your mobile phone.

Once you text STOPIT you will receive a link to an online form that allows you to: share details of the incident, such as the type of behaviour, or when or where it occurred and upload an image or video (if you choose). You can complete this form at the time of the incident or after it has occurred. An assigned police officer may contact you to obtain further information.



neighbourhoodwatchkingston



www.nhw.com.au



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

## Little Villagers Childcare

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



**Open 9 am - 2 pm**

Monday - Friday

**8512 0509**

Westall Community Hub

35 Fairbank Road, Clayton South

Email: lvcc@dvnc.com.au

**Please Note the relocation of Little Villagers Childcare service during current building works @ 31B Marcus Rd**

# OUR COUNCIL

## Councillor Steve Staikos resigns

Long-serving councillor and former four-term mayor of Kingston Steve Staikos has resigned. Cr Staikos made the announcement at Monday's ordinary meeting of council after recently being appointed as State Secretary of the Victorian Labor Party.



Since first being elected in 2008, Cr Staikos has been a powerful advocate for the city and particularly his Bunjil Ward, which takes in Clayton South, Clarinda, Oakleigh South, and Westall.

He has been particularly passionate about promoting social participation, multiculturalism, the environment, and the arts and been heavily involved in city shaping projects like the Sandbelt Open Space – Chain of Parks project, the Bay Trail, and the management of the Green Wedge, among many others.

In addressing the meeting Cr Staikos thanked all the other councillors and staff, community groups and community champions, he had worked with over his tenure, saying the opportunity to represent Kingston and his home patch had been a great privilege and life changing.

Along with all the capital works that have been completed, he highlighted the work council is doing in aged care and early childhood education, in addressing climate change and delivering affordable housing as things that have made him particularly proud.

Mayor Jenna Davey-Burns paid tribute to Cr Staikos and his massive contribution to Kingston and our local community.

"For 16 years Steve has been a constant on this council and a terrific leader during his periods as mayor.

He is someone who has always had kindness, fairness, and justice at the forefront of his decision making and at all times tried to get the very best for our city," Cr Davey-Burns said.

"His experience, wisdom and mentorship has been invaluable, and we will miss not having him around the decision-making table. On behalf of our councillor group, I wish him all the best for his future endeavours."

Due to the next Council election falling in October Cr Staikos will not be replaced in the interim.

### Changes to aged care assessment process

While AccessCare is no longer contracted to deliver aged care assessments as of today, Council and our dedicated team remains as committed as ever to providing aged care services to our community.

The changes to the assessment process are part of the Commonwealth Government's ongoing reforms in the sector, with the assessments for support in Kingston now to be handled by three companies - Access Care Network Australia, APM (Serendipity) and Aspire 4 Life after a recent tender process, and under a new single assessment system covering both the Regional Assessment Service (RAS) and the Aged Care Assessment Services (ACAS). Up until now Commonwealth Department of Health and Aged Care engaged the Department of Health in Victoria to deliver the RAS in this state.

The Department subcontracted this responsibility to various agencies in Victoria, including the City of Kingston.

Mayor Jenna Davey-Burns said that we remain deeply committed to supporting our older residents to live with dignity, independence and the care they deserve.

"Whilst these changes have come abruptly, Kingston has made sure our staff are available to help with the transition by the Commonwealth Government away from Council led AccessCare services," Cr Davey-Burns said.

"AccessCare will continue to take on new clients, and our team is also still available to support members of the

community to navigate My Aged Care and arrange an assessment".


"Kingston is the largest provider of aged care services of any local council in Victoria, and we remain dedicated to providing home care services for our community, a service our clients rely on for their quality of life.

"As leaders in this vital space, it is our absolute duty to invest in supporting our older residents, delivering high quality home care services and ensuring Kingston remains a city where people can age well into the future.

"We are passionate about doing everything we can to support our treasured older generation and help everyone of them to feel valued, supported and connected."

AccessCare currently supports more than 6,000 community members with home and community care services. If you have any questions about the assessment process or the ongoing aged care reforms, we encourage you to contact our team on **1300 819 200**.

*Information in this article is provided by City of Kingston.*



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# DINGLEY VILLAGE



## FARMERS MARKET

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or [contact@caringsupportathome.com.au](mailto:contact@caringsupportathome.com.au) | [www.caringsupportathome.com.au](http://www.caringsupportathome.com.au)  
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Get To Know Your Local Agent

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Eva Cumming  
Licensed Estate Agent  
9B/79 Centre Dandenong Rd, Dingley  
0400 955 184  
ecumming@barryplant.com.au

Barry Plant Bayside  
barryplant.com.au/bayside  
9586 0500  
bayside@barryplant.com.au





## Helping Your Kids Buy Property

Buying a home is a massive challenge. First Home Buyer (FHB) government schemes can help, but they are not available to everyone. A regular question we get asked is what can Mum & Dad do to help?

### 1. Family guarantee

If your child doesn't have enough security for a mortgage, you could provide a family guarantee. This is where you use some of the equity in your own home as part of the security.

For example, your equity might cover 20% of the security, and your child's new property would be the other 80%. It's also known as a guarantor loan and is the equivalent of one of the FHB government schemes. This can be a temporary arrangement until your child has paid down the loan to an acceptable level.

**Benefits:** You only guarantee a portion of the loan.

**Drawbacks:** If your child defaults, your assets are at risk (to the extent of that portion).

### 2. Gift

When you give your child money but don't expect it to be repaid, it's considered a gift. You may need to sign a statement to say it's a gift, not a loan. Note if it is considered a loan your child's bank will need to account for the repayments to

you, detracting from their borrowing capacity.

**Benefits:** You can provide financial help, possibly without the legal, tax or financial implications of a formal arrangement.

**Drawbacks:** If your child has a spouse and their relationship breaks down, the former partner could make a claim for the property.

### 3. Parent-to-child loan

A parent-to-child loan is when a parent lends their child money. This is a formal, legally binding arrangement, administered by an independent third party. At the start of the loan period, both parties agree to terms including repayment amounts, a schedule and a process to manage defaults.

**Benefits:** You can set generous terms for your child, but your assets, savings and credit rating are somewhat protected as you are not the borrower.

**Drawbacks:** There are legal implications for your child if they have a spouse and the relationship breaks down, in that the spouse could try to claim some of the loan proceeds as an asset of the relationship to which they are entitled. There are also tax considerations for both parties.

### 4. Joining as part purchaser

You can help your child secure a loan if you sign on as a co-purchaser. Note there are options in ownership, and lending. The loan could be either as a 'joint and severable borrower', or under 'property

share' where you would be responsible for your own loan and security guarantor for your child's loan. That would be like the government 'shared ownership' scheme.

**Benefits:** Your child can obtain a loan with a low income.

**Drawbacks:** No FHB benefits would then be available. Depending on how this was structured, if your child stops making repayments, you would be responsible for making them. If you then couldn't make the repayments, it would affect your credit rating.

The above notes are only some of the issues to consider. Make sure you're well informed about your options, so you can assist your child to become a homeowner in a way that suits you both best. Every decision made will affect something else:

Detailed discussions with your mortgage broker will assist your efforts to ensure the right financial arrangement for your family.

Integrity Finance Australia has been serving the Dingley Village community since 2006. If you have any questions on the issues raised in this article or borrowing capacity or your home loan in general, then please email [support@ifafinance.com.au](mailto:support@ifafinance.com.au), or call us on **03 9511 8883**.

Daryl Borden, your Dingley Village Mortgage Broker, ACL 392184  
Integrity Finance Australia  
- Changing Lives



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

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### HEAD OFFICE

8/14 Garden Boulevard  
Dingley Village VIC 3172

### PHONE

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# **MARK DREYFUS MP**

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





## Stroke - Know the signs and you could save a life

### What is a stroke?

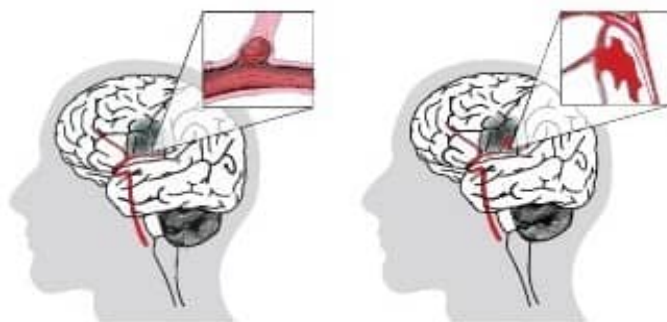
Stroke attacks the brain, which controls the human body. The brain needs oxygen and nutrients carried in blood. A stroke happens when the brain does not get the blood it needs. Brain cells die quickly when they do not get enough blood. Up to 1.9 million brain cells may die every minute. A stroke can change how well someone can walk, move, talk, swallow, think, feel and see.

There are two types of stroke:

- An Ischaemic stroke (spoken "is-key-mick"), Blood clot or plaque blocks artery
- A Haemorrhagic stroke (spoken "hemm-orr-agic"), Artery breaks or bursts

### How is a TIA different?

TIA is a transient ischaemic attack. A TIA happens when the blood supply to your brain is blocked for a short time. A TIA has the same signs as a stroke, but the signs go away on their own. Often the signs only last for a few minutes. Never ignore a TIA. Call triple zero (000) right away, even if the signs go away and you feel better.



Ischaemic stroke

Haemorrhagic stroke

### Signs of a stroke

- **Face** – check their face. Has their mouth drooped?
- **Arms** – can they lift both arms?
- **Speech** – is their speech slurred? Do they understand you?
- **Time** – time is critical. Call triple zero (000) now if you see any of these signs.

### Who is at risk?

Stroke can happen to anyone of any age. Men are at greater risk of stroke and as we get older our risk increases. In saying that, stroke is preventable for many. Some of the causes within our control include high blood pressure, being overweight, smoking, high cholesterol, a high intake of alcohol and diabetes.

### Every stroke is different

How a stroke affects someone depends on where it happens in the brain, and on how big the stroke is. Stroke can affect a person's body, their emotions, and the way they think. It can cause muscle weakness, and problems with speaking, memory, hearing or vision. Stroke is always a medical emergency. Call triple zero (000) at the first sign of stroke.

### Lowering Stroke Risk

More than 80% of strokes can be prevented. There are some stroke risk factors that you can't do anything about – being older, being male, a family history of stroke or already having had a stroke.

But everyone can take action to lower their risk:

### Have a health check with your GP.

Your risk goes up as you get older, so a regular health check is especially important once you turn 45. If you are Aboriginal and/or Torres Strait Islander, you need a regular health check once you turn 30.

### Get your blood pressure checked.

High blood pressure (hypertension) is the biggest risk factor for stroke. High blood pressure can lead to blocked arteries. It can also make them weaker, causing them to break which can cause a stroke. Normal blood pressure is around 120/80. If your blood pressure is regularly over 140/90, you have high blood pressure.

### Get your cholesterol checked.

Cholesterol is a type of fat in the blood. High cholesterol can lead to blocked arteries. This can cause a stroke. High total cholesterol is 5.5 mmol/L or more. However, a good level for your cholesterol depends on your other risk factors. Your GP will tell you how to maintain healthy cholesterol levels.

### Check for an irregular pulse.

Atrial fibrillation (AF) is a heart condition. Your heart beats fast and out of rhythm. AF can lead to blocked arteries. This can cause a stroke.

### Check for type 2 diabetes.

If left undiagnosed or untreated, diabetes can lead to blocked arteries. This can cause a stroke. If you have diabetes, check your blood sugar when you're supposed to.

### Get active.

Not doing enough physical activity is the second biggest risk factor for stroke. It can lead to high blood pressure, diabetes and cholesterol. It can also lead to being overweight. These things increase your risk of stroke.

### Healthy eating.

Eating unhealthy food can lead to high blood pressure and cholesterol. It can also lead to being overweight. These things increase your risk of stroke.

### Be a healthy weight.

Being overweight can lead to high blood pressure and type 2 diabetes. These things can increase your risk of stroke.

### Avoid alcohol and don't smoke.

Alcohol can lead to high blood pressure and atrial fibrillation. It can contribute to being overweight and make diabetes harder to control. All these things increase your risk of stroke. Additionally, smoking can lead to high blood pressure. It narrows and hardens your arteries and increases the stickiness of blood. All these things increase your risk of stroke.

**If you see any of the signs of stroke, call triple zero (000) immediately. Even if you aren't sure, or the signs go away, call triple zero (000).**



*Information in this article is provided by the Stroke Foundation and is of a general nature only and should not be substituted for medical advice. It does not replace consultations with qualified healthcare professionals to meet your individual medical needs. If you have any concerns about your health, see a health professional.*

## One Early Morning

One early morning there is freezing fog hanging low on the river and the crystalline spider webs are draped all over the reeds and willow trees. The air is so thick and heavy I can feel it. The raging world slows down - the fog's a control freak - everything stops. Don't we all have foggy seasons in our lives? The wind is so light I can hardly notice it. It's a time to be awake and taste the dew of life.

The dead log speaks comfort, it's a place to rest. The waterfowl are foraging and competing for share. Screeching rainbow lorikeets shatter the silence. The herons stand tall and stare out of the fog. A single runner emerges through the fog and crosses the bridge. I stare at the dew attached to the webs that sparkle like jewels. Whose world is this, how long will it last?

Until tomorrow when the fog again will hang low.

- Tony Coyle



The Dingley Village Writing For Pleasure Group meets each Tuesday from 10am to 12pm 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.

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# VOLUNTEERS NEEDED!

## Christmas is coming

December is a lovely time of year to celebrate and think about the culmination of the year but extremely difficult for many with limited income. There are presents to buy, a pantry to fill, and plans for children... We have found in past years that to close our doors causes concern for many asking for help.



Therefore, this year at Make a Difference (29 Marcus Road, Dingley Village) we hope to open over the holiday period, but we need help in the form of volunteers giving us their Thursday mornings to serve the families and singles at our door.

If you could assist in this way, late December until the close of January, we would be pleased to hear from you. We have a team that makes this happen, but we would speak with you concerning your availability and hopefully, welcome you to be part of our team for this time. If possible, we invite you to come and see how the team operates prior, earlier in December.

We normally see 50-70 people on a Thursday morning. This may increase during the month of January, so our team needs to increase. Our gift of generosity of time is important as it will allow for some of our current long-term volunteers to take a

well-earned rest. Helping prior to this time on the team is possible. We look forward to meeting you and speaking about your availability and hope that we can match your skills with our needs!"

To talk about this Contact Marion on (03) 9551 1799 or email: [admin@maddv.com.au](mailto:admin@maddv.com.au) and email subject: 'Christmas Volunteer' Web: [www.maddv.com.au](http://www.maddv.com.au) MADDV 29 Marcus Rd, Dingley Village.



"FareShare" (supplier of frozen meals) in a recent visit to talk with those who receive their meals at Make a Difference, spoke with Ted. Ted shared that he comes to receive free nutritious meals, looking forward to them every couple of weeks, as he and his wife really enjoy them.





## Common Eye Conditions in Children

The health and well-being of children are paramount, and their vision plays a crucial role in their overall development. Early detection and treatment of eye conditions can significantly impact a child's ability to learn and thrive. Here, we explore some of the most common eye conditions that affect children, their symptoms, and the importance of timely intervention.

### Amblyopia (Lazy Eye)

Amblyopia, commonly known as lazy eye, occurs when one eye is weaker than the other. This condition usually develops from birth up to age 7. It happens when the brain favours one eye over the other, leading to poor vision in the weaker eye. Symptoms of amblyopia include poor depth perception, squinting or shutting one eye, head tilting, and an eye that wanders inward or outward. Treatment options include corrective glasses or contact lenses, patching the stronger eye to strengthen the weaker one, and vision therapy.

### Strabismus (Crossed Eyes)

Strabismus is characterised by the misalignment of the eyes, where one or both eyes turn inwards, outwards, upwards, or downwards. It can be constant or intermittent and can lead to amblyopia if left untreated. Symptoms include eyes that do not move together, squinting or closing one eye to focus, double vision, and poor depth perception. Treatment can involve glasses or contact lenses, eye muscle exercises, and surgery in severe cases.

### Refractive Errors

Refractive errors, including myopia (near-sightedness), hyperopia (farsightedness), and astigmatism, occur when the shape of the eye prevents light from focusing correctly on the retina. Symptoms of refractive errors include blurry vision, squinting, frequent rubbing of the eyes, and headaches. Treatment typically involves prescription glasses or contact lenses, with regular eye exams to adjust prescriptions as needed. Untreated refractive errors can result in amblyopia.

### Conjunctivitis

Conjunctivitis is an inflammation of the conjunctiva, the clear tissue covering the white part of the eye and the inside of the eyelids. It can be caused by infections (bacterial or viral), allergies, or irritants. Symptoms include redness in one or both eyes, itchiness, discharge that forms a crust during sleep, and tearing. Treatment options vary antibiotic eye drops for bacterial infections, antihistamines for allergic conjunctivitis, and proper hygiene to prevent the spread in viral cases.

### Colour Vision Deficiency

Colour vision deficiency, often inherited, affects the ability to distinguish certain colours, typically reds and greens. Symptoms include difficulty distinguishing between colours and trouble with tasks that require colour recognition.

There is no cure for colour vision deficiency but knowing the presence of a deficiency can allow a better improved decision in regards to career choices.

### Importance of Early Detection and Regular Eye Exams

Early detection and treatment of eye conditions in children are vital for their visual development and overall quality of life. Regular eye exams, starting from infancy, can help identify and address issues promptly. Paediatricians often conduct initial screenings, but comprehensive eye exams by an optometrist are recommended if any abnormalities are suspected.

Understanding and recognising common eye conditions in children can lead to timely intervention and better visual outcomes. Parents and caregivers should be vigilant about their children's eye health and ensure they receive regular eye examinations to promote optimal vision and development.

By staying informed and proactive, we can ensure that our children have the best possible start with clear and healthy vision.

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

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 Dingley Village 3172 [www.dingleyhealthhub.com.au](http://www.dingleyhealthhub.com.au)

# SENIOR SUPPORT SERVICES

## COTA WISE services

### Free telephone information services aim to make older people feel WISE

Welcome, Included, Supported, and Empowered. The Information Line is ready to help you with your queries between 10 am to 4 pm, Monday through Thursday.

COTA Information Line **1300 1350 90**

Do you need help finding information about:

- Pensions and concessions
- Public transport
- Housing
- Utilities
- Banking
- or anything else?

A friendly Information Officer will help you to find the information you need and either email you, post information out to you, or refer you on to the right organisation.

The COTA Information Line is staffed between 10 am to 4 pm, Monday through Thursday. If you call outside these hours and leave a voicemail, we will endeavour to reply to your query within one week. You can also contact us by email at: [askcota@cotavic.org.au](mailto:askcota@cotavic.org.au).

## Living at home as you get older

Most older people want to live at home for as long as possible and there are lots of benefits that come with maintaining your independence for longer. There are many things you can do yourself and support services you can use to help you keep living at home for as long as possible.

Sometimes it can be hard to do all the day-to-day things that you need to – you may forget to do things like take your medication or feed your pets, or you may find it physically too hard to change a lightbulb or weed the garden.

There are many home care services available that can give you help with day-to-day tasks and help you keep living at home.

Home help can be as simple as getting help with meals and transport or it can involve a higher level of care, such as help with bathing, dressing or home nursing.

## Where to get help

- Your GP (doctor)
- City of Kingston Access Care, Tel. **1300 819 200**.
- Aged Care Assessment Services
- Carers Victoria, Tel. **1800 242 636**
- My Aged Care, Tel. **1800 200 422**
- Council on the Ageing Victoria, Tel. **(03) 9654 4443**
- Personal Alert Victoria, Tel. **1800 685 329**



## Advance Care Plan

Advance care planning involves making a plan for future health and personal care should a person lose their decision-making capacity.

Advance care planning captures peoples' values and wishes. It enables them to continue to influence treatment decisions, even when they can no longer actively participate.

Advance care planning has been shown to improve quality of care at the end of life and increase the likelihood of a person's wishes being known and respected, for example:

- clients and families report greater satisfaction with the end-of-life care provided
- surviving family members report reduced levels of anxiety, depression and post-traumatic stress.

For more information, Tel. 1300 208 582 Mon – Fri 9am – 5 pm  
Email. [acpa@advancecareplanning.org.au](mailto:acpa@advancecareplanning.org.au)  
[www.advancecareplanning.org.au](http://www.advancecareplanning.org.au)

**83% of Australians aged over 60 years old have a strong preference to live at home**

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## What can you do if you think your teen already has unhealthy social media habits?

### THE CONVERSATION

Academic rigour, journalistic flair

Published: July 4, 2024, 6.14am AEST

**Carmel Taddeo** - Senior Lecturer at UniSA Education Futures, University of South Australia

**Barbara Spears** - Adjunct Professor of Education and Social Development, University of South Australia



Many parents are worried about how much their children use social media and what content they might encounter while using it. Amid proposals to ban teenagers under 16yrs from social media and calls to better educate them about being safe online, how can you tell if your child's social media use is already a problem? And what steps can take to help if there is an issue?

#### It is easy to get hooked

These platforms are designed in a way that releases dopamine (the "feel-good" hormone) for users. This can make it especially difficult for adolescents to resist. As psychologists explain, from the onset of puberty until the mid-20's, our brains are hypersensitive to social feedback and stimuli. This means young people are more likely to engage in behaviours that can lead to praise or attention from peers and others. So, it can be harder for a young person to resist responding to notifications or "likes". Young people also are developing their impulse control, which can have implications for their scrolling habits and make it harder for them to stop.

#### There are benefits and risks

There are certainly many benefits to social media use, such as social connection, information and support. But there are also risks. Although it is not necessarily causal, there are links between social media use and depression, anxiety, stress, sleep disorders, many aspects of cyberbullying and body image issues. So, it is understandable if parents have concerns about their children's use of platforms such as TikTok, Instagram or Snapchat.

#### Are we talking about a 'problem' or an 'addiction'?

Often terms such as "problematic" and "addiction" are used interchangeably when talking about social media use. But there is no consensus among experts about how to differentiate between them or even if they should be differentiated. Although some researchers argue social media addiction presents in similar ways to other behavioural addictions such as gambling, it is not recognised as a clinical disorder. We need to be careful about referring to social media use as a clinical disorder or addiction.

It can be more helpful to use terms such as "problematic" or "unhealthy" until we know more.

#### Is there any advice on how much time is OK?

Australian guidelines suggest children and young people between five and 17 should spend no more than two hours of sedentary recreational screen time per day (not including schoolwork). But as the eSafety Commissioner notes, there is no "magic figure". It depends on a range of factors such as a child's maturity and age, the type and

quality of content they are consuming and if it involves watching alone or with a carer. There are no specific guidelines around social media use.

#### How can you tell if there's a problem?

Keeping track of what teenagers are doing online can be very difficult, especially if they have their own devices. So, it means parents and carers will have to carefully consider their own child's situation and behaviour to work out if there is an issue. Things that can suggest a young person's use of social media has become a problem include:

- withdrawing from, or missing out on usual activities to spend time on social media
- finding it hard to stop or reduce the time spent on social media
- lying about or trying to cover up their social media use
- continuing to use social media even if it is causing problems with their real-life relationships or other areas of life (such as school, work or sport).

#### What about problematic content?

On top of time spent on social media, problematic use can also relate to the kinds of content a young person is being exposed to. This can include content which shows or promotes risky behaviours or violence, extremist views, pornography, gambling opportunities, graphic videos, fake news or mis/disinformation. This can be very easy to access. As a US Surgeon General's advisory notes, inappropriate content is even directed towards young people through algorithms. If your child has come across inappropriate or concerning content, they may not want to talk about it or tell anyone because they may be embarrassed, confused or scared.

#### What can you do if you think there's a problem?

Try to approach a conversation with your child in a sensitive way. Assure them you are here to help and not "get them in trouble". Thinking about your own social media use can be a useful starting point. Research suggests adolescents are more likely to have problematic internet use in general when their parents also have problematic use. Are your own habits consistent with what you want for your child? Do you have time-out from social media? You and your child/young person could have a discussion about how you could both commit to changing your behaviour as a family. Perhaps this means no social media after a certain time of day or only at certain times of the day.

#### Involve your kids in change, do things offline

Even if your own habits are OK, it is important for young people to be involved and consulted about what will work for them, rather than an outright "ban" or imposed change. This gives them a sense of ownership of the solution (and makes them more likely to participate). Research also suggests having regular, positive family time together can help foster time away from devices and problematic use. So, organise things that fit with your child's interests and can be done offline. For example, board game nights, hikes, bike rides or meals. Young people also often seek help and information about problems through other trusted adults and peers. So, if you can, encourage them to talk to their friends or a teacher at school about what they do to manage social media use.

#### Other resources

Problematic social media use is a complex issue. And it needs involvement from the broader community, not just families and carers. Any solutions will also need to actively involve young people and social media platforms themselves. If your child/young person is demonstrating problematic use, and you would like more specific support, contact a counsellor or mental health professional.

There are also other resources that may help:

- <https://au.reachout.com/>
- [www.esafety.gov.au/young-people](http://www.esafety.gov.au/young-people)
- [www.studentwellbeinghub.edu.au](http://www.studentwellbeinghub.edu.au)
- [www.yla.org.au](http://www.yla.org.au)
- [www.kidshelpline.com.au](http://www.kidshelpline.com.au)







## SUPPORT LOCAL THIS FATHER'S DAY


Celebrate Dad at Dingley Village Shopping Centre this Father's Day - Sunday 1st September 2024.

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In this edition of Money Mindset, Richard Vaughan, our Senior Financial Adviser, will continue to focus on Retirement Planning and its relationship with Centrelink. We look forward to delving into additional strategies you may wish to consider in our upcoming editions – so stay tuned each month!

## Retirement Planning

### Case Study

Frank and Linda have been very happily married for over 30 years. Frank has just turned 61 and his wife Linda is 54.

They approached our team to explore options for retirement planning, with the goal of retiring when Frank becomes eligible for the aged pension at the age of 67.

Frank worked full time earning around \$100,000 per annum and had accumulated a healthy superannuation balance of around \$1,000,000. Linda was doing some casual work earning around \$10,000 per annum and had accumulated superannuation of around \$200,000.

Their ideal retirement was to live off around \$70,000 per annum, which represented 90% of Frank's current working net income. They were hoping the aged pension would be able to supplement their income.

Based on their current circumstances Frank would not be entitled to any aged pension due to their high level of assessable assets being over the asset test limit, meaning Frank and Linda would have to self-fund their \$70,000 per annum retirement income.

As Frank and Linda had paid off their home loan, their current single largest expense in the lead up to retirement was income tax so we developed some strategies and a financial plan to alleviate this. We made some changes, and within the first year, we had;

- Obtained \$6,540 in tax savings for Frank.
- Gained \$500 extra into Linda's super (co-contribution).
- Migrated almost \$113,000 of Frank's Super over to Linda.

Why is the migration of Franks super to Linda important? Well, when Frank turns aged pension age, all his superannuation is counted towards the 'age pension assets test' which currently would have meant that no pension would be payable by Centrelink. Once Frank turns 65, we are also able to move over a further \$560,000 of his superannuation balance over to Linda over the next 2 years.

Once Frank does reach pension age, we would have successfully transferred over 80% of his superannuation to Linda, meaning for the next 7 years he will receive the full aged pension (currently \$20,852 pa) instead of zero!

Frank and Linda will now only have to fund around \$54,000 of their \$75,000 retirement income themselves via their remaining superannuation, which is now estimated to be approx. \$1,900,000.

As you can see – sound financial advice and planning for retirement can make a huge difference to the rest of your life. This is just one example of how we can assist you.

The two best times to plan for your retirement was 20 years ago or now! We encourage our readers to write to us via email with any specific queries or suggestions for future content, and we will gladly respond. You can email us at [financialplanning@highview.com.au](mailto:financialplanning@highview.com.au)

Richard.

*Article written by Richard Vaughan, Senior Financial Adviser at Highview Accounting & Financial. Richard has written his article for general information purposes only and it does not constitute personal advice. This information has been prepared without considering any individual's objectives, financial situation or needs. You should not act solely on the basis of material contained in this article. We recommend that formal advice is sought which considers all your individual objectives and needs.*

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## Dingley Football Netball Club



On Saturday July 13th, the Football Club celebrated a thirty year milestone of its first Senior Premiership, when it met Cranbourne in our home game at Souter Reserve. The significance of the game was that it was the powerful Cranbourne Football Club who we managed to defeat to win that first flag back in 1994 in the old South West Gippsland Football League. Veterans from that side came from near and far to relive the occasion, have a luncheon and few drinks and to expand on their heroics from that day.

The Dingley senior team, with a masterly display of their modern skills, held up their part of the bargain with a comprehensive win to make the day truly memorable and emotional for many; and by recording their tenth win for the year, has almost certainly secured a double chance in the finals in six weeks' time.

The 2024 Dingoes have been refuelled by some exceptional recruits. One of those was key forward Caleb Lewis who marked everything and put away another bag of goals. Other newcomers, Kai Stretton and Michael Barnes also stood out along with skipper Jackson Peet, who as always, led from the front.

The Reserves team remains undefeated notching up its thirteenth win, this time by a margin of 147 points. The previous month had seen mixed results for the senior team, falling 25 points adrift of unbeaten Cheltenham in Round ten, before getting over Springvale Districts for a second time by 9 points the following week in a wet and windy fight.

East Brighton has made a good fist of its return to Division One this season and they look likely to also play finals. For much of the game at East Brighton, the locals were super competitive, but Dingley eventually wore them down to record a convincing win by 69 points. The downside from that game was that several key players went down with some long term injuries which may continue to test the depth of the playing list.

With a watchful eye on the future, many Under 19 players continue to be given opportunities in senior ranks and each debutante has well and truly performed to expectations. Whatever success the club achieves this year, the on field future looks to be in safe young hands. Likewise, our netballers continue to grow as they compete in no less than seven divisions with great success.

All results from all games are viewable on the club website and on the Southern Football Netball League website.

The Hunt is on in 2024\*



Members of the 1994 representatives with the 2024 team pre-game against Cranbourne.



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# FRIENDS OF BRAESIDE PARK

## Braeside Park Friends' Group celebrates 35 years on the First of August 2024



The Friends of Braeside Park was one of the earliest Friends' groups which are now attached to all metropolitan and state parks. It was formed in August 1989 a few months after the official opening of Braeside Park and the group has been integral to the park's development and maintenance.

The Friends Group works closely with Parks Victoria Rangers and is actively involved in tree planting, funding of tree carvings, seed collection and plant propagation, bird counting, water quality testing and community walks to educate the public about nocturnal creatures, indigenous plants, frogs, bats, and birds.

Over 35 years the Friends of Braeside Park and Parks Victoria rangers have transformed the former sewerage farm into an indigenous flora and fauna oasis. They have successfully revegetated three distinctive remnant environments – Wetlands, Heathlands, and River Red Gum Grassy Woodlands – which allows the community to enjoy while using the 12 kilometres of walking and cycling tracks or while picnicking in the various picnic spots in this natural 296-hectare reserve.



Friends of Braeside Park have several activity groups. New members for these groups are always very welcome.

There is a modern plant nursery at Braeside Park where Friends produce more than 20,000 plants each year. All the seed stock and cuttings come from within the park or the immediate vicinity. This ensures the integrity of the stock.



More than 200 local indigenous species have been found in the park. The plants are used for the re-vegetation of the park and excess plants are made available to other local groups.

From its beginning in 1989, plantings have been a feature of community involvement in the park. Some current members have watched the trees they planted grow to maturity over the past twenty eight years. Plantings are held autumn to spring each year. They usually occur on Saturdays and Sundays.

Routine testing of run-off waters from the Dingley area and the adjacent golf course into Braeside Park wetlands is monitored by the Friends Group.

The Friends of Braeside Bird Group was established over 27 years ago. Group meets the 4th Friday of the month at 8am till 11am at either the Robin Car Park or The Park Office.

The walking group meets every Tuesday and Friday morning at the Visitors Centre at 9.30am. This is an informal group of like-minded people walking at their own pace. Anyone can attend without prior notice.

For more details on the park, how to join the group or any of the activities, please feel welcome to reach us through one of the following:

Phone: **03 8427 2027** (Park Office),

Email: [braesideparkfriends@gmail.com](mailto:braesideparkfriends@gmail.com)

PO Box 196, Dingley Village, Victoria, 3172.

Physical address: 470 Lower Dandenong Road, Braeside, 3195

Melways: Map 88 Reference D8



Braeside Park





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Convenor: Jackie McGuire

Thursdays 9:30 - 11:30am OR 1:00 - 3:00pm

Convenor: Yvonne VOCE

These are not teaching classes, but assistance is given.  
Students provide their own materials.

**For more information contact Kingston U3A**

We offer courses and activities in a wide range of interest areas and at a number of venues.

U3A Kingston is open to anyone who is retired or no longer working full time.

Phone: 03 9580 8328 9.30-12.30 M-F in school terms

Web: <https://www.u3akingston.org.au>



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# CIRCLING THE CLUBS



## Country Women's Association Dingley Village



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

### Celebrate Dad with Delicious Treats at Bunnings!

Looking for a sweet way to show Dad you care this Father's Day? Head over to Bunnings Warehouse on Springvale Road in Keysborough on Saturday, August 31st! The Country Women's Association (CWA) Dingley Branch will be hosting a stall overflowing with delicious homemade goodies from 9:00 am onwards.

Treat Dad (and yourself!) to homemade scones, biscuits, cakes, preserves and more! Not only will you spoil Dad, but you'll also be supporting a great cause. All proceeds from the stall go directly towards the CWA's charitable initiatives. Please note: We can only accept cash. Come celebrate Dad and make a difference!

Our meetings are held on the 4th Wednesday of each month from 10am till approximately 11.30am, which we follow up with a cuppa and a shared light lunch. If you would like to come along and join us one Wednesday, to see if our group is a good fit for you or if you would like more details about CWA or the Dingley Group, please call Sue on **0434 879 875**.

### 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 8th of August and the September one is on the 12th. 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 is held on the last Saturday of the month and the August one will be on the 31st. 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.

Our intrepid overseas travellers have successfully returned home – welcome back. Shirley T had a mishap whilst accessing DIH and ended up in the Sandringham Hospital. We wish you a speedy recovery Shirley. We are more than happy to welcome new members (especially males) to the Group. Enquiries can be made to Graeme on **9551 3462**.

PS – Warmer and happy times ahead?

## Probus Club Dingley Central



Are you retired or only working part time? Do you want to make new friends, enjoy outings and activities with other like-minded people? If so Probus membership might be of interest to you.

At our July meeting the guest speaker was Carmel Martin, a ground volunteer with Angel Flight Australia. This charitable organisation was founded in 2003, and offers free non-emergency flights, and ground transportation to people who live in rural and regional Australia, to access specialist medical treatments they need. In some cases, trips by road can take up to 7 hours each way.

Angel flight is run by volunteers including 3500 retired pilots, some who fly their own planes, and 4300 drivers who transfer patients from the airport to their various appointments.

There is no government funding, Angel Flight relies solely on private donations from individuals, large corporations and deceased estates Activities offered for August: Happy Hour, Camera Club, Legs and Morning Coffee, Wine Tasting, Film Afternoon, Morning Melodie's, Dine Out, Craft Group, and Games Day.

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

Web: [dingleycentralprobus.wix.com/dingleycentralprobus](http://dingleycentralprobus.wix.com/dingleycentralprobus)

### Dingley Village Senior Citizens Club Incorporated

For those who love the cold weather, we hope that you are enjoying it! I much prefer something somewhat warmer. The Xmas-In-July bus trip was quite good and enjoyable. As always, our Fish and Chips and Trivia Lunch was still popular again.

### Our arrangements for the month of August are as follows:

- **Monday the 5th** – Games, Cards, Rummikub and Scrabble, to be followed by afternoon tea.
- **Monday the 12th** – Bingo (commences at 1:00 p.m.) to be followed by afternoon tea.
- **Monday the 19th.** - Games, followed by afternoon tea.
- **Monday the 26th** - Our Annual General Meeting (AGM) followed by Bingo and afternoon tea.

We are more than happy to welcome new Members to our friendly Group. Our afternoon activities are held in the Harold Box Hall (from 1:00 p.m. unless otherwise advised).

For more information regarding our Club, contact our President, Margaret, on **9580 4321** or our Vice President, Joan, on **0421 736 795**.

### Dingley Village Historical Society

We are open Monday Tuesday and Thursday, 10am-12noon. During the Dingley Village Farmers Market on the third Saturday of the month 10am -12noon.

We can open other days if requested. We are at 31A Marcus Rd, near the library. Phone number **9551 4374** or email at [enquiries@dvhs.com.au](mailto:enquiries@dvhs.com.au)

### Dingley Village Men's Shed



Opening Hours and General Activities:

Day of Week	Open Hours	General Activities
<b>Monday</b>	9:00am - 1:00 pm	Metal Work, Wood Work, Art, Bicycle & Car Maintenance
<b>Tuesday</b>	9:00am - 12:00 pm 1:30pm - 3:30pm	A' Team workgroup & Bike Riding Group Photography
<b>Wednesday</b>	9:00am - 12:00 pm	Bike Riding Group & Music Group
<b>Thursday</b>	9:00am - 12:00 pm 1:00 pm - 3:00 pm	A' Team workgroup Pool / Snooker
<b>Friday</b>	9:00am - 1:00pm	<b>Members Muster</b> 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](mailto:info@dvms.org.au) [www.dvms.org.au](http://www.dvms.org.au)



## 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

## 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.

## Italian Senior Citizens of Kingston - "La Baracca"

The Italian Senior Citizens of Kingston offer a two course homecooked lunch with coffee and biscuits every Wednesday and Sunday at 12 pm. \$17 for members, \$20 non-members. New members welcome. All are welcome to socialise, play billiards, bocce and cards and once a month Sunday Bingo.

The first Sunday of every month we hold a lunch dance at 12pm offering a three course meal with coffee and a live band. Booking essential Giovanna 0421 045 648.

## Braeside Park Walking Group

We need more walkers. Friendly mixed group meets Tuesday and Friday at the Visitors Centre Carpark. Arrive 9.20am for a 9.30 start to Circuit 5 km or shorter. Stay around for a chat afterwards, no booking just come along.

## Keysborough & District Multicultural Senior Citizens Inc.

This over 55s club is located at the Rowley Allan Reserve 352 Cheltenham Road Keysborough and the following activities are available for members and visitors:

**Tuesdays** – Bingo on the 1st, 2nd and 4th of the month 1pm to 3pm. \$3.00 entry and \$1.50 per book.

Concerts with professional entertainers are on the 3rd and 5th Tuesday of the month 1pm to 3pm. \$3.00 entry.

**Wednesdays** – Line Dancing 1pm to 3pm - \$3.00 entry.

**Thursdays** – Ballroom dancing lessons 12.30 to 1.00pm and Ballroom dancing from 1.00pm to 3.00pm. Entry \$3.00. Tea and coffee are supplied for all activities.

**Entertainment schedules:** 20 Aug - Brendon Scott, 17 Sept - Sandi Dodd, 15 Oct - Freddie G

**Club membership for F/Y 24/25** is \$10.00. Contact is Julie on 0428 561 694.

## Spring Park YWCA Golf Club



A friendly welcoming group of ladies of varying standards meet at 7.45am for an 8.00am start on Monday mornings at Dingley's Spring Park Golf Course.

Cup of tea & biscuit is shared after the round.

We play 9 holes & provide an excellent starting point for those who have completed golf lessons & are ready to hit the fairways. Further information: Jillian Sanders 0419 501 365 (Captain), Julie Westcott 0438 269 622. (President), Jan Boyes 0497 096 377 (Secretary)

## Kingston Communicators Toastmasters Club

Gain valuable skills in Effective Communication & Leadership at all our meetings.

Join us at a club meeting as a guest! We meet each 2nd, 4th and 5th Wednesday of the month from 7:15 pm for a 7:30pm start at Mentone Activity Hub, 29 Venice Street, Mentone, VIC, 3194

For details or more information call 0432 676 952 or visit us at <https://kingston.toastmastersclubs.org/>

## ADVERTISE IN THE DINGLEY DOSSIER

Distribution is 4,500 across homes and businesses in Dingley Village.

Contact the editor, dingleydossier@dvnc.com.au details available [www.dvnc.com.au/dossier](http://www.dvnc.com.au/dossier)

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## 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.kccc.crm.org.au](http://www.kccc.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.

Our Kids Ministry at Kingston City Church is called, KINGDOM KIDS! Our program runs during our Sunday morning service at 10am.

We have four rooms running each week. The Creche, Toddler/Kinder Room, the Primary Room and the Parent Room - for parents who want to listen to the service while their kids are playing and occupied.

Each week we have a team of dedicated leaders and youth helpers sharing the Word of God with the children and praying with them. We have also been encouraging the children in each room to sing praises and worship together. Our vision is to see the children grow in their faith and have a personal relationship with Jesus Christ; to know their Heavenly Father and be touched by the Holy Spirit.

We have also been breaking up the children into smaller discussion groups for prayer and ministry time. We are very glad to see our older primary kids reading the Word of God together, sharing and praying for each other in their groups.

We are praying for the touch and the move of the Holy Spirit in the hearts and lives of the children in our Kids Ministry.

Pauline Martin-Nathaniel  
Kids Ministry Leader

## 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 **0401 392 772**.

**Know Your Bible 9.30 - 11.00 a.m.**  
An interdenominational study of the Bible for women.

### Second And Fourth Thursdays Of The Month

Unleash the Music in You - 7.30 p.m. at the Church. For further information contact Bob Lorraine on **0418 998 714**.

### First Friday Of Each Month

Indoor Carpet Bowls - 2.00 p.m. in the Church Hall followed by a cuppa.

### Third Saturday On Odd Months Of The Year.

**Bark And Chat** - 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. For further information contact Margaret on **0401 392 772**

### Third Saturdays On Even Months Of The Year.

A special service for dog owners and lovers to which you can bring your dog. For further information contact Rev Deacon Andrea Mayes on **0408 65 939**.

## Village Church Inc.



Address: 7-9 Fiveways Blvd Keysborough 3173

Pastor: Rodney Hole

Elders: Andrew Weston & Malcolm Crouch

Church Office: **8712 8254**  
or [admin@villagechurch.org.au](mailto:admin@villagechurch.org.au)

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

Village Church has been in the Dingley and Keysborough areas since the 1930's and exists for the purpose of the advancement of the Kingdom of God as we seek to obey our Lord's command to go out and make disciples of all people. Village Church offers the following ministries to 'Inspire People to Discover and Develop Life in Christ'.

### Sunday Morning 10am Worship Service

In person or can watch livestream on our webpage.

### The church service includes:

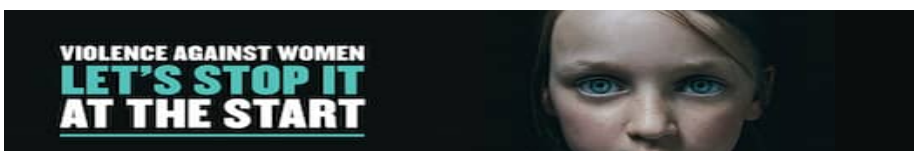
- Bible teaching through expository preaching.
- Pastor Rodney Hole is currently preaching through the book of Hebrews.
- Communion is held once a month for those who know Jesus Christ as their personal Saviour and Lord.
- Kids Church - Younger Primary (4-8 years old) and Older Primary (9-12 years old).
- Little Blessings Preschool Program (0 - 4years old)
- Tea and coffee are served after the service.

### Life Groups

Meets for Bible study and fellowship in various suburbs on a fortnightly basis in Springvale, Narre Warren, Pakenham, and Lyndhurst areas.

### Ladies Bible Study

Meets regularly to work through an entire book of the Bible, alternating between the Old Testament and the New Testament. Previously studied are the books of Ruth, Philippians, Genesis and James. In 2024, there will be a video teaching series on "War of Words" by Paul Tripp based on his book.





### Men of Faith

Meets once a month at Village Church on a Sunday evening for a BBQ and men's Bible study.

### Village Church Youth Group (Years 7 –12)

Meets weekly on Friday nights from 7-9pm during the school term for Bible study and fellowship.

### Street Ministry

Village Church partners with 'Bought with a Price Ministry' here in Melbourne. Every Wednesday and Friday from 5pm to 7pm, a team witnesses at either Dandenong, Noble Park, Glen Waverley, Ringwood, or Springvale areas.

### Marriage and Family Support

At Village Church, our heart is to serve the surrounding community to support the growth of families. Families and marriages are under attack, and we are committed to helping you out in any way. We have many gifted and equipped members who would love to listen, encourage, and give sound advice to you. Please call the church office if you need help.

### Christ Church - Anglican Church Dingley Village



Vision: "From within you shall flow rivers of living waters" John 7:38

### Sunday Services

8:30 AM (Heritage Church) Holy Communion Service.  
10:30 AM (Auditorium) Worship Service with Kids' Church.

### Life Groups for Bible Study

For more information, please contact our office.

### Youth Group Friday

Runs during School Term. Drop off 6:30 pm, pick up 9 pm (sign-in essential). Lots of fun and engaging activities for ages 11 to 17 years.

Please contact our office for details.

### Pleasant Tuesday Service

2 pm, 2nd Tuesday Each Month. Traditional Holy Communion with favourite hymns in the Heritage Church followed by a social afternoon tea.

Please contact our office for transport if needed.

### Weekly Prayer Meetings

Wednesday 11am in the Prayer Rooms.  
Saturday 8 AM in the Atrium. Healing, Deliverance & Prayer Ministry available upon request.

### Roundabout Op Shop

Supports communities Locally, Nationally, and Internationally. Offering many bargains (good quality clothing, books, bric-a-brac, toys.

Volunteers Welcome!

### Opening Hours:

**Wednesday** - 9.30am – 4:00 pm  
**Thursday** - 9.30am – 1.30 pm  
**Saturday** - 9.30am – 1.30 pm

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

### MMA Stall

MMA Stall runs quarterly.  
Next Stall: Sun 1st Sept, Sun 1st Dec.

### Supported Missions

CCD supports: Make A Difference, Dingley Village; Common Grace; Hands At Work, Africa; BCA; CMS; NCIC.

### Food Parcels Available

For those in need, upon request.

### Prayer Ministry

Please contact our parish office for details and bookings.

**Senior Minister:** Rev. Richard Loh  
**Parish Office:** 03 9551 7871  
**Email:** admin@ccd.org.au  
**Website:** [www.ccd.org.au](http://www.ccd.org.au)

### St. Mark's Catholic Church

511 Lower Dandenong Road, Dingley Village, 3172.  
Phone: **9551 6930** or **9547 4877**  
Email: [Springvale@cam.org.au](mailto:Springvale@cam.org.au)  
Website for further information: ST JOSEPH SPRINGVALE | Catholic church  
Parish Priest: Fr. Joseph Truong Nguyen OFM Conv.

### Mass Times

- Saturdays, 6pm
- Sundays, 9.30am
- Confession starts from 5.30 pm before Mass on Saturdays

### 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/](http://www.salvationarmy.org.au/kingstoncity/)  
Corps Officers (Ministers): Major Jennifer Cloke and Major Andrea Elkington.

### Hours of operation

10:00am – 4:00pm Monday to 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.

### Emergency Relief | Casework

The Salvation Army Kingston City Doorways team offers assessments for emergency relief. Please phone **9558 2045**, Wednesdays, Thursdays & Fridays 10am – 4pm to make an appointment.

### 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

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# DINGLEY VILLAGE TRADE DIRECTORY

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## APPLIANCE REPAIRS

AAD&O Refrigeration	9551 4626
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B.S.T. Car Care Services	9558 7388
Glendaren Auto Panels	9543 3331
Hondcar Service Centre	8555 0566 0408 343 212

## BATHROOM SERVICES

Bathroom revival	0408 549 697
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## CARPETING

Carpet Melbourne Direct	0404 888 048
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## CHILDCARE

Little Villagers Child Care	8512 0509
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## CHIROPRACTOR

Dingley Chiropractic Centre	9558 1436
Dingley Health Hub	9551 7110

## CHURCHES

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

## COMMUNITY

Neighbourhood Centre	8512 0505
Make A Difference	9551 1799

## COMPUTER REPAIRS/ SALES & SERVICE

Dingley Village Computers	9558 2456 0412 729 777
Digital Now	0407 992 253

## DANCING CLASSES

Broadbent Dance Academy	0411 024 438
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## ELECTRICIANS

DMB Pty Ltd Electrics	9551 5679 0418 399 273
Jolly Electrical Services P/L.	9551 6505 0412 370 314
Dickson & Funke Pty Ltd	9558 1288

## FINANCIAL SERVICES

Dingley Village Bendigo Bank	9551 6111
Integrity Finance Australia	9511 8883 0417 593 893
SS Accounting Solutions	9551 3940
Highview	5990 1000

## FOOD RETAIL

Pantry Fresh	9551 1569
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## GOLF

DJ's Golf Workshop	9551 3197 0425 758 298
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## HEALTH

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