

# THE DINGLEY DOSSIER

Volume 52 Number 5 June 2024

## HOME SAFETY THIS WINTER

Some items used around the home in winter may become a hazard if not used properly or checked regularly. Electric blankets and heaters may cause burns or other injuries, while other faulty electrical products that overheat can give electric shocks or even cause a fire.

### Only working smoke alarms save lives.

#### Smoke alarms

Across Australia each year, more than 50 people die from house fires with many more left injured. Most of these homes do not have working smoke alarms. A working smoke alarm reduces your chance of dying in a house fire by half. When asleep you lose your sense of smell, and a working smoke alarm will provide you with the early warning alarm and time to escape.

To ensure your smoke alarms are working do the following:

- Do monthly tests on your smoke alarms.
  Make sure you replace the alarm battery
- every year.
  Make sure to replace your smoke
- alarm every 10 years and when moving house check the smoke alarm date of manufacture, displayed on the alarm, and change if necessary.

### Heaters

Heaters need to be checked every year, no matter their age. Make sure there are no exposed wires or loose connections on the cords. Only use one heating appliance per power point and switch it off at the power point when not in use. Gas heaters must be vented adequately. The carbon monoxide produced by gas heaters is odourless, colourless and deadly. Therefore, it is very important to have your gas heaters serviced regularly by a qualified tradesperson, this will ensure that there are no carbon monoxide leaks. There are some signs that may indicate that there is something wrong with a gas heater, including a difficulty with ignition, yellow flames, unusual smells or noisy or inoperable fans.

- Heaters should always be on a flat and level surface.
- Never use an outdoor gas heater or BBQ inside your home, these are for outdoor use only.
- Keep heaters clear from flammable items. Such as curtains, bedding, furniture and clothes. A minimum of one-metre clearance is recommended.
- Don't put your portable heaters in places where people or pets could easily knock them over and always watch children and pets around heaters when they are in use.

#### Electric Blankets

According to the ACCC an estimated 400,000 electric blankets have been deemed unsafe, since 2010. Faulty electric blankets can overheat, cause an electric shock, spark and potentially cause a fire. Check for frayed cords and fabric, exposed elements, damaged cords or scorch marks. If you find any of this damage, dispose of the electric blanket immediately.

- Never sleep with your electric blanket on. Use it to warm the bed and then turn it off.
- Don't put heavy items on your bed while the electric blanket is turned on.
- Seek advice on using an electric blanket if you have diabetes or are pregnant.

Always roll your blanket up to store as folding it can damage the element wires inside the blanket. When you take it out of storage and use it for the first time, lay it flat on the bed and check for hot spots as it warms up.

#### Hot water bottles and heat packs

- Use warm water, not boiling water to fill your hot water bottle.
- Check your hot water bottle for leaks before use.
- Dispose of your hot water bottles at the first signs of cracking, wear or every two years, as the rubber can perish from the inside out.
- Always wrap your hot water bottles in a towel or fabric to avoid burns that can occur if placed directly on the skin.
- Very old hot packs must be disposed of as the filling can dry out and become combustible.

#### Mould

Increased rainfall, colder temperatures and heating units can all cause condensation within the home that can lead to the growth of mould in the home. So, it is important to remove mould and keep the affected areas ventilated to avoid regrowth.

- Regularly (every day if possible) open windows and doors to ventilate your home and minimise mould growth.
- Clean mould off hard surfaces with soapy water. Make sure to scrub the mould affected areas as the movement of scrubbing is the most important part in removing mould.
- Use exhaust fans or open windows in bathrooms, laundries and kitchens when showering, cooking or using the dishwasher or dryer. Also vent clothes dryers to the outside where possible.

### FARMERS' MARKET SATURDAY 15<sup>TH</sup> JUNE | 8:30AM - 1:00PM

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

Malcolm Gilbert 0418 549 800 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, gam & 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 9.30am-11.30am 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**.







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

### Drop off point

Did you know that the Dingley Village Neighbourhood Centre is a drop off point for Bayside Community Emergency Relief. They are taking donations of tolitries, sleeping bags and childrens stationary items. They will also accept donations of non-perishable food (within used by date) and so much more. If unsure please contact the Neighbourhood Centre to check.

### **Dingley Kingston Library**

Why not pop into to the Dingley Library for Storytime. Enjoy a 30minute session of stories, action songs, rhymes and puppets. Storytime helps develop language, literarcy and communication skills, and provides an opportunity to sociallise with others.

Every Monday in the library 10:30am – 11am.

### Mens Mental Health week

Mens Mental health week is 10th – 16th . There are opportunities across Kingston for men to learn or try something new and to met and concect with others. Check out the City of Kingston website for more information. <u>www.kingston.vic.</u> <u>gov.au</u>

### Ways to **Support** Men's Mental Health



### **Special Dates in June**

### **Bowel Cancer Awareness Month**

Bowel cancer is Australia's second deadliest cancer and claims the lives of 103 Australians every week (5.354 people a year) – but it's one of the most treatable types of cancer when detected early.



### Pride Month

Pride Month is an annual, dedicated month that focuses on and celebrates LGBTQIA+ people and their history. It's a month centred around recognising and celebrating diversity in sexuality and identity and promoting equal rights for all.

### 12th –13th June, Shavuot\* Judaism

Shavuot, also known as Feast of Weeks, commemorates the anniversary of the day God gave the Torah and Commandments to the nation of Israel assembled at Mount Sinai. Marks the conclusion of the seven weeks following Pesach. It is the second of the Jewish pilgrim festivals. Some Jews refrain from working on Shavuot.

### 14th June, The Hajj (Pilgrimage) to Mecca, Saudi Arabia\*, Islam

On specific days of the Islamic month of Zu Al-Hijja, millions of Muslims from around the world congregate in the Prophet's birthplace of Mecca in Saudi Arabia. The Hajj is obligatory for all Muslims who have the means to undertake it. In 2024, Hajj is expected to begin on 14 June and end on 19 June. **16th – 24th June, Refugee Week** Refugee Week is celebrated around the country annually, providing the opportunity to acknowledge the success of refugees and humanitarian entrants in Australian society.

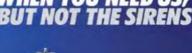
### 17th – 18th June, Eid Al Adha\* Islam

The Eid al Adha means Feast of Sacrifice and commemorates the ordeal of Ibrahim (Abraham) who was asked to sacrifice his only son to prove his faith to Allah (God). One of the two main Islamic festivals (the other being Eid al Fitr)



\*Holy days (mainly Jewish, Islamic and Baha'i) which begin at sundown and continue the following day until sundown.









### DINGLEY VILLAGE COMMUNITY ASSOCIATION

### **DVCA Annual General Meeting**

The DVCA Annual General Meeting will be held on Tuesday 9th July 2024 at 7.30pm at the Library, Marcus Road Dingley Village. All residents of Dingley Village are welcome to attend, please come along & see what we do.

### Spring Road Reserve Masterplan

Council's approval of the revised Masterplan for the Spring Road Reserve means it is all systems go for our park improvements, with work scheduled to start in 2025. Whilst the Reserve has some site limitations, due to being a capped landfill, lots of good things will start to happen in our park over the next couple of years:

- tree planting and landscaping (already started)
- increased off street car parking
- fencing and rehabilitation of the wetlands area
- mountain bike trail
- tree planting and landscaping
   which has already started
- toilet facilities
- picnic shelter
- art and sculptures
- new fenced off lead dog park
- outdoor gym station
- connecting trail to Chain of Parks
   link

It is great to see this significant commitment by Council for the Spring Road Reserve.

### Kingston's New Residential Planning Zones - Amendment C203

As part of Melbourne's long term strategic plan, Plan Melbourne 2017 -2050, new residential planning zones have been required to be introduced by councils across Melbourne, to accommodate growth and future housing needs.

Kingston Council prepared a detailed Housing and Neighbourhood Character Study, which sets out the types of development preferred in different parts of Kingston, including areas where minimal, incremental or substantial change may be appropriate to meet housing requirements for the next 20 years.

This study formed the basis for Amendment C203, legislating the required new residential planning zones into the Kingston Planning Scheme. Following a lengthy review period, the State Government has now finally approved Amendment C203. What Does This Mean for Dingley Village?

Our village now has three residential zonings:

### 1. Neighbourhood Residential NRZ7

- height limit of 2 Storeys
- applies to most existing residential housing in our village

### 2. General Residential GRZ5

- height limit of 3 storeys
- applies to a limited area around the village shops (200 metres walking distance).

### 3. General Residential GRZ7

- height limit of 3 storeys
- applies to all of Kingswood Golf Course
- Amendment C203 does not change the zoning for Kingswood Golf Course, which was rezoned to GRZ7 (3 storey building height limit) by the Planning Minster last year in Amendment C199king to the Kingston Planning Scheme. Dingley Village new residential zones are shown by map (Grid 6 map) at: https://planning-schemes.app. planning.vic.gov.au/Kingston/maps

Whilst the majority of our village retains a 2 storey residential building height limit, reflecting residents wishes, a small area around our village activity centre (shops), was required to be GRZ5 zoning (3 storey building height limit). Amendment C203 new residential zonings will help protect the existing neighbourhood character and amenity of our residential streets from inappropriate multi-unit housing and assist in preserving our unique village environment.

### Hawthorn Football Club - Construction Works Update

Good news - Hawthorn Football Club (HFC) advises that piling works (and the associated noise) have now been completed on schedule for the Kennedy Community Centre (KCC) being built in Tootal Road. For further information on the current state of progress, together with the development timeline, we recommend checking out the excellent video on their website.

https://www.hawthornfc.com.au/video/1549320/ bates-and-moore-visit-kcc?videold=1549320&mo dal=true&type=video&publishFrom=1714713060001 Well done to HFC and we thank them for their continued proactive communication with us on the Kennedy Community Centre development.

### Happy 22nd Birthday - Dingley Village

Community Bank DVCA congratulates our Community Bank Dingley Village on celebrating its 22nd birthday. The bank, which opened in 2002, has provided over \$6 million in benefits back to our community and how thankful we are for:

- the vision of the far-sighted Dingley residents who facilitated the opening of our local Bendigo Community Bank branch.
- the bank's directors, both past and present, who generously volunteer their time and expertise
- the friendly and hard-working bank staff providing this important service

We are fortunate to have a full banking facility in our village and of course supporting our local Bendigo Community Bank is in your interests too, as our community benefits big time.

### 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 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 dvcasecretary@gmail.com, or visit www. dvca.info





Wills & Estates Family Law Intervention Orders **Debt Recovery** Powers of Attorney Conveyancing **Commercial Law** Criminal Law Office also at 114 Poath Road Hughesdale, VIC 3166

OFFICE SPECIAL Standard Wills - **\$295** inc GST until the end of June 2024 Mention this advert when booking your appointment

Tel: (03) 9568 1833 www.billingscloak.com.au

Law touches on almost every aspect of life. Give us a call and speak to one of our solicitors to discuss how we can best assist you.

service during current

building works @

31B Marcus Rd

# **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 Please Note the relocation available for pre-school aged children. of Little Villagers Childcare

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

# OUR COUNCIL

### Computers finding new homes with local secondary students

Kingston is very proud to have again partnered with local charity This is IT to donate almost 200 end of life laptops to local secondary students from families experiencing financial hardship or other disadvantage.

The computers are securely deleted and reset, with the donation diverting them from e-waste and providing a tangible community benefit.



Mayor Jenna Davey-Burns said equitable access to education is essential to ensure a fair go for all. "Financial stress should never be a barrier to education, training or employment, and I love that our old laptops have been given a new life in the hands of our young learners," Cr Davey-Burns said.

"The idea that a young person would miss out on a comprehensive education because they didn't have access to one is simply unjust.

"This innovative initiative very much aligns with our values and our commitment to an inclusive, safe and liveable city and I wholeheartedly encourage other councils and corporations to join us in partnering with This is IT on this simple but powerful social project."

The laptops are being sent to fulfil requests for help from Kingston schools including Mordialloc Secondary College, Parkdale Secondary College, Oakwood School Chelsea, Westall Secondary College, and Cheltenham Secondary College.

This latest donation brings the total number of computers finding new homes from the This is IT initiative to over 2000 – each one a life changer! This is IT Co-Founder Andrew Simmons said the This is IT team remains committed to repurposing laptops, reducing electronic waste, and ensuring that every disadvantaged student in Victoria has access to this essential learning tool.

"Financial stress remains a major obstacle for many secondary students, hindering their engagement and. academic progress and we want them to feel empowered," Mr Simmons said

"First established in 2020, This is IT has been able to not just re-direct old IT, but also solve what has become a huge issue of inequity within our schools. The 2000 laptops we have been able to redirect will have a continued impact on the lives of the students that receive them, as well as their families.

"The feedback we have received from schools and families has been extremely positive and we are thrilled to be able to make a small difference to the lives of young people across the city."

For more information about This is IT visit thisisitschools.com.au or contact Andrew Simmons at andrew@sellen.org. au.

### Wall to Wall Festival becomes a massive success

Mordi Village is now a destination hot spot thanks to the Wall to Wall Festival and the talented local and international street artists who made their mark on the walls of this innovative precinct in Mordialloc.



It was spray paint cans down on Sunday evening as the festival wrapped up, with ten murals complete and leaving an exciting legacy. The work will live on a selfguided art trail that encourages local and

destination visitation to Kingston. Over three massive days, Mordi Village was buzzing as street artists George Rose, Adnate, Smug, Blo, Fred Battle (Zoer), Justine McAllister, Filthy Ratbag, Tommy Day, Drez, and Kyle Brightside set to work on their creative masterpieces. Kingston Mayor Jenna Davey-Burns said huge crowds took in the large-scale murals, enjoyed a block party, great music, food and drinks, and were generally soaking in the atmosphere.

"A massive shout-out to the Mordi Village local traders Urban Ground, Saint Felix Distillery, Le Studio Art Space & Gallery, BrightSide Art, Bikecraft, Braeside Brewing Co, Glittery Tapping Wonderland, Guras Cacao Chocolatier, Hansa's Steak & Grill, The Mordi Picker, Mordialloc Vintage Market and Wildsoul Wellness for being incredible hosts and accelerating the ongoing transformation of Mordi Village," Cr Davey-Burns said.

"A huge thanks to the visionary team at Juddy Roller for bringing this exciting and provocative festival to Kingston and to everyone who joined us and the incredible energy you brought with you."

If you attended the Wall to Wall Festival, we'd love your feedback -yourkingstonyoursay.com.au/w2w.



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







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

# BarryPlant

# Dingley's Most Recognised Agent **DORA KAMBOURIS**



### With over 20 years of local Dingley Village expertise, let Dora unlock the value of your home.

Thinking of selling?

Want to find out what your home is worth?

Call us today for a professional appraisal.

Dora Kambouris	Barry Plant Bayside	
Licensed Estate Agent	9B/79 Centre Dandenong Rd, Dingley	
Branch Manager- Dingley Village	9586 0500	
0408 114 403	barryplant.com.au/bayside	
dkambouris@barryplant.com.au	bayside@barryplant.com.au	



### **Cut Years Off Your Home Loan**

Looking for ways to pay off your mortgage in record time? Whether you're a seasoned investor or buying your first home, an offset loan can help you reduce interest payments, save on tax, and pay your mortgage off years ahead of schedule.

### What is an offset loan?

With an offset loan the borrower takes out a home loan and opens a linked savings or transaction account. The balance in the savings account is then 'offset' daily against the home loan.

### How an offset loan works

Instead of receiving interest on your savings account each month, the account balance is offset against your home loan, reducing the amount of interest you pay over the life of the loan.

For example, if you have \$20,000 in your offset account and \$400,000 owing on your mortgage, the interest on your home loan is calculated on \$380,000 instead of \$400,000.

While your principal & interest repayments remain the same, you're paying less interest, which means you will be paying off more of the principal. If you can maintain a significant savings balance, you can potentially pay off your mortgage years earlier than with another type of loan. For homeowners, another benefit is that because you are not actually paid interest on your savings, there is no income to pay tax on. For investors, potential taxation issues with using redraw are solved; the original purpose of the loan (presumably to purchase the investment property) is left intact by using the offset.

### Getting maximum benefit from an offset loan

Because your mortgage interest is calculated daily, many borrowers have their salary paid into an offset account, immediately reducing the interest payable on the home loan. You can still access the money in your offset account online or with an ATM card, but because every dollar is saving you interest, it makes sense to keep the offset account balance as high as possible.

Another tactic is to use a credit card to cover monthly expenses so you can maintain the maximum amount in your offset account. At the end of the month, simply pay off your credit card with the money in your offset account. The danger is if you're not a disciplined spender you may end up incurring interest charges on the credit card, costing more than you benefit.

### What you need to know about offset accounts

An offset account in most cases is identical to any other savings account with an eftpos card and online access, so you can withdraw your money at any time. Most offset accounts are offered with variable rate loans; however, some lenders offer offset accounts on fixed rate loans, too.

- Many banks allow multiple offset accounts to be opened against the one loan account.
- The benefit of an offset needs to be weighed against any associated cost.
   Every dollar interest saved is an additional dollar paid off your loan!

The upshot? Many borrowers could benefit from having an offset account.

Remember, buying your dream home is not the end of the journey, it is the beginning. Your broker's aim is to work with you, to assist you in paying off your loan as soon as possible.

If you think an offset account may be appropriate for you then it's worth calling your broker (if you need one call us!) to find out more about the best option for your circumstances.

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

If you have any questions or want to know what your options are with offset accounts or borrowing capacity or your home loan in general, then please email support@ifafinance.com.au, or call us on 03 9511 8883.





# **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.

### What is bowel cancer?

Bowel cancer is the third most common cancer affecting Australians. It is estimated around 15,500 people are diagnosed with bowel cancer every year. It is most common in people over 50, but it can occur at any age.

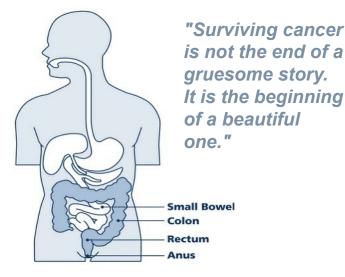
In its early stages, bowel cancer may have no symptoms, but if detected early, it can be successfully treated.

### How bowel cancer develops

The colon and rectum together are known as the large bowel. Bowel cancer usually affects the large bowel. Cancer of the large bowel is also known as colorectal cancer and might be called colon cancer or rectal cancer, depending on where it starts in the bowel.

The bowel is part of the digestive system. The digestive system starts at the mouth and ends at the anus. It helps the body break down food and turn it into energy. It also gets rid of the parts of food the body does not use. The bowel is the long 'tube' that absorbs water and nutrients from food and processes waste products into faeces (poo).

The development of bowel cancer generally takes many years. It usually begins in the lining of the colon or rectum. If untreated, bowel cancer can grow deeper into the wall of the bowel. From there, it can spread to lymph nodes in the area. Later, bowel cancer can spread to the liver or lungs.



### Bowel cancer may begin with polyps

As people get older, little lumps called polyps may grow inside the colon or rectum and can become cancerous. A polyp looks like small spots on the bowel lining or like cherries on stalks. Not all polyps become cancerous. If polyps are removed, the risk of bowel cancer is reduced.

### Symptoms of bowel cancer

Bowel cancer can develop with no symptoms. So, it is important to participate in screening.

Symptoms may include:

- Blood in your poo, on the toilet paper or in the toilet bowl.
- A change in your bowel habits (such as diarrhoea or constipation)
- Feeling like you need to poo more often or the feeling of incomplete emptying.
- Feeling full or bloated in your belly or a strange sensation in the rectum, often during a bowel movement.
- A change in the appearance of your poo (such as thin stools).
- Anal or rectal pain.
- A lump in the anus or rectum.
- Unexplained tiredness, anaemia or weight loss.
- Abdominal (stomach) pain, cramps, or bloating.
- A blockage in the bowel.

Having these symptoms does not mean that you have bowel cancer. People experiencing these symptoms should speak to their doctor.

### Bowel cancer risk factors

The causes of bowel cancer are not clearly understood. Regular screening is important because bowel cancer can develop without noticeable symptoms.

The risk of bowel cancer is greater if you:

- Are aged 50 and over (risk increases with age).
- Have had an inflammatory bowel disease (such as Crohn's disease or ulcerative colitis), particularly if you have had it for more than 8 years.
- Have previously had special types of polyps (called adenomas) in the bowel or a large number of polyps in the bowel.
- Have a significant family history of bowel cancer or polyps.
- Are overweight or obese.
- Eat a lot of red meat, especially processed meats (such as salami, ham, bacon, sausages)
- Smoke tobacco.
- Have a high alcohol intake.

If you are worried about your risk of bowel cancer, speak to your GP (doctor).

#### Reducing your risk of bowel cancer

For people aged 50 to 74 and at average risk of bowel cancer, having regular screening for bowel cancer is the most effective way to reduce your risk of bowel cancer.

You can also help to reduce your risk of bowel cancer by:

- eating a healthy diet with plenty of fresh vegetables and fruit
- limiting your consumption of red meat and processed meats
- maintaining a healthy body weight
- daily physical activity
- quitting smoking
- reducing your alcohol intake.

Following this advice doesn't mean that you will never get bowel cancer, but it can reduce your risk and has other health benefits too.

#### Screening for bowel cancer

Screening is the process of looking for cancer, or abnormalities that could lead to cancer, in people who do not have any symptoms. It is particularly important for bowel cancer, which often has no symptoms in its early stages.

The National Bowel Cancer Screening Program (NBCSP) sends free at-home bowel cancer screening test to all eligible Australians aged 50 to 74, every 2 years. A test kit can also be purchased from some pharmacies.

The screening test used is called the faecal occult blood test (iFOBT). This involves taking tiny samples from two separate bowel motions (poo) using a test kit. The samples are then posted to a laboratory for testing. If blood is detected, the doctor is likely to refer you for a colonoscopy. Most positive tests are not the result of cancer. However, if cancer is detected early, there is a higher chance of it being treated successfully.

Information in this article is provided by Better Health Channel and is intended as general information only and not as medical advice. If you have any concerns about your health, see a health professional.



# WRITERS CORNER

### Angela

Angela realised she had been at Durham Downs Cattle Station in Western Queensland for over twelve months. Previously nursing in Brisbane, she thought she needed a change from nursing and get to see some of the real country as well. She applied for the job as cook at the Station and was accepted. She always thought she could cook.

Her mother had engaged her in the kitchen from an early age plus those years at the Convent. The menu at the station was not difficult - The crew that worked at the station liked basic wholesome food. As the Station was over ten thousand square kilometres in size there were a lot of mouths to feed, male and female. The Station manager mentioned to Angela that since the word had got around that she was a nurse, the men were injuring and cutting themselves more frequently and turning up at the cookhouse for first aid treatment.

The Station had its own plane and airstrip and about every two weeks they went for supplies to Brisbane. Alex the son of the owners was the pilot and most times Angela got to go along. She was the one that knew what was required in the way of food. She looked forward to the trips to Brisbane and Alex was teaching her how to fly the plane. He told Angela that she was getting close to the stage she could apply for her licence. She had been doing some take-offs and landings and was quite confident. Alex was three years older than Angela and had recently come back from the USA where he spent time on a cattle Ranch. The more she got to know Alex the more she liked him.

Angela phoned her father everyday in Melbourne to keep check on him. His health had deteriorated in the last few years. As an only child she was close to her father, as her mother left the family and went off with a plumber when Angela was fourteen. She is friendly with her father's doctor and has an arrangement with her that she can phone any time to get an update on his current health. Her father had open-heart surgery a few years ago and Angela has been worried ever since.

One day when Angela and Alex were in Brisbane she received a call from her father's doctor - her father was in hospital. He had a heart attack but was stable. She was upset and in tears. Alex was very good - he held Angela tight and told her he would travel to Melbourne with her, if she wanted. She felt very lucky to have Alex with her. The next morning at the Station she had an early call from the hospital - her father had just passed away.

They flew to Brisbane in the Cesena and were on the midday flight to Melbourne. Angela had a lot of things to do and arrange. Alex had phoned his father and they agreed he would stay with Angela and help her. She did not have any close relatives in Australia - her parents were both from the UK and she had no contact with anyone there. Most of the mourners were her father's neighbours and his friends form the golf club. She contacted some of her girl friends from uni and quiet a few of them were there for her. She was very happy with the church service and the priest.

Her next meeting was with the family solicitor and yes, she was the sole beneficiary of his estate. There was his two bed room unit and Angela was surprised at the amount of shares he had held. The solicitor had one instruction that Angela had to visit the Reverend Mother at the Convent where she went to school as she had some more documents for her. Angela was wondering how she would have managed all this without Alex by her side.

It was strange going back to her old school. The Convent brought back many memories, good and bad. There were some tough Nuns during her time there. She had to meet with Reverend Mother on her own. She was tall and gruff and asked for Angela's driver's licence.

"Your father left these documents in my safe keeping, with instructions, only to be given to you after his death". She hands an envelope to Angela marked Birth Certificate. Then another envelope marked Adoption Certificate. " Oh my God - I was adopted and they never bloody told me. I can't believe this. Why did they not tell me".

"I believe they were afraid they might lose your love - if they told you Angela". Angela can't wait to get out of the Reverend Mother's office and run to Alex and tell him the news.

### 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.

# YOUTH CORNER

For more information about Dingley Scout Group contact Vanessa on **0402 489 773** or email dingleyscoutgroup@gmail.com

Joeys 5 – 7yrs	Contact our Group Leader Vanessa
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



# SENIOR SUPPORT SERVICES

### Support at home

The City of Kingston is committed to providing our older residents with reliable, high-quality aged care services through AccessCare, Kingston's home care service.

We offer a range of services and programs designed to meet the personal needs of our residents aged 65 and over to allow them to continue living independently and with dignity in their own home and community. Whatever your needs, AccessCare is here to help.

For more information on our services and how to apply for support at home with the City of Kingston, please visit the AccessCare website or call our friendly team on **1300 819 200**.

### Home care services

AccessCare offers entry-level services through the federal government's Commonwealth Home Support Programme and is also an accredited provider of Home Care Packages.

Our entry-level services include:

- personal care
- domestic care, such as light housework and laundry
- meal preparation
- assisted shopping
- home maintenance and modifications
- delivered meals.

If you have a Home Care Package, which is ideal for people with more advanced care needs, you can also access additional services such as podiatry, nursing and occupational therapy.



### **Social Connection**

In addition to supporting the physical health of our residents, we are also dedicated to empowering good mental health. We do this through AccessCare's social support calendar, which is designed to help people who are isolated or have trouble getting out and about on their own to connect with other people. Social activities on offer include day trips, social luncheons, local entertainment and more.

### PLUMBING & GASFITTING

- \* TOILET & TAPS: REPAIRS, REPLACED
- \* GAS HWS & APPLIANCE INSTALLATIONS
- \* GUTTERS & DOWNPIPES
- \* KITCHEN & BATHROOM RENOVATIONS
- \* PENSIONER DISCOUNTS

CALL LAURIE 0424 775 756 LIC 37571

### Community bus and transport assistance

To help older residents get around town and to their medical appointments, AccessCare offers a range of transport options for seniors.

These include:

- our community bus, which provides a number of regular routes throughout the City of Kingston
- our volunteer transport service
- our taxi card program.

### **Carer support**

Being a full-time carer for a loved one can by physically and emotionally exhausting. Respite services provide carers with the chance to take a break to look after themselves. As such, in addition to supporting older Kingston residents, AccessCare also provides services to support their carers through in-home respite services.

### Personal alarm assessments

Personal alarms provide support and peace of mind for older people who live alone and are at risk of falls or have other vulnerabilities.

To find out more about whether you're eligible for a statefunded personal alarm, contact AccessCare's Regional Assessment Service (RAS) team on **1300 819 200**.



### Are you due to lodge your Certificate of Compliance?

BAYSIDE PENINSULA POOL COMPLIANCE MAKING COMPLIANCE EASY Book your pool or spa inspection today with your local Dingley based Pool Inspector

leigh@bppc.com.au 0403 577 254 For more information please visit https://bppc.com.au

# JUR **Flu shot** and UP-TO-DATE COVID VAX

The good news is, the flu shot is free for over 65s. Plus, you can get both vaccines at the same time. Book now with your pharmacist or doctor.

**Find out more at Q** betterhealth.vic.gov.au



# EYES RIGHT

### 7 Foods for Optimal Ocular Health

Our eyes are not only windows to the world but also intricate organs that require proper nourishment to function at their best. While we often prioritise physical fitness and overall well-being, we sometimes overlook the specific needs of our eyes. Incorporating a variety of nutrient-rich foods into our diets can significantly contribute to maintaining optimal ocular health. Here, we explore seven foods renowned for their ability to promote and protect eye health.

### Carrots

The age-old adage that carrots are good for your eyesight holds true. Rich in betacarotene, a precursor to vitamin A, carrots play a crucial role in maintaining good vision, particularly in low-light conditions. Vitamin A is essential for the production of rhodopsin, a pigment in the retina that aids in night vision. Additionally, the antioxidants present in carrots help protect the eyes from harmful free radicals.

### Leafy Greens

Spinach, kale, and other leafy greens are packed with lutein and zeaxanthin, two powerful antioxidants known as macular pigments. These compounds are concentrated in the macula, the central part of the retina responsible for sharp, central vision. Lutein and zeaxanthin and protect against oxidative damage, reducing the risk of age-related macular degeneration (AMD) and cataracts.

### Fatty Fish

Salmon, mackerel, trout, and other fatty fish are excellent sources of omega-3 fatty acids, particularly EPA and DHA. These essential fats play a crucial role in maintaining the structural integrity of cell membranes in the eyes and supporting proper retinal function. Studies suggest that regular consumption of omega-3 fatty acids may help reduce the risk of dry eyes, AMD, and glaucoma.

### **Citrus Fruits**

Oranges, grapefruits, lemons, and limes are rich in vitamin C, a potent antioxidant that supports overall eye health. Vitamin C helps maintain the health of blood vessels in the eyes, reducing the risk of developing conditions such as cataracts and macular degeneration. Additionally, vitamin C plays a vital role in the regeneration of other antioxidants, such as vitamin E, further enhancing its protective effects on ocular tissues.

### Eggs

Eggs are a nutritional powerhouse, containing several eye-friendly nutrients,

including lutein, zeaxanthin, vitamin E, and zinc. Lutein and zeaxanthin accumulate in the retina and lens, where they help absorb harmful UV light and neutralise free radicals. Vitamin E acts as an antioxidant, protecting cell membranes in the eyes from oxidative damage, while zinc contributes to the metabolism of visual pigments and supports the immune system.

### Nuts and Seeds

Almonds, walnuts, flaxseeds, and chia seeds are rich sources of vitamin E, omega-3 fatty acids, and antioxidants, all of which are beneficial for eye health. Incorporating a handful of nuts or seeds into your daily diet can provide a significant boost to your ocular health.

### **Bell Peppers**

Bell peppers, particularly the red and yellow varieties, are loaded with vitamin C and beta-carotene, making them excellent choices for supporting eye health. Vitamin C helps maintain the health of blood vessels in the eyes and promotes the production of collagen, a protein essential for maintaining the structural integrity of the cornea and other ocular tissues. Betacarotene, meanwhile, is converted to vitamin A in the body, playing a crucial role in visual function.

Incorporating a variety of nutrient-rich foods into your diet is essential for maintaining optimal ocular health and reducing the risk of developing vision problems as you age. From leafy greens and fatty fish to citrus fruits and nuts, nature offers an abundance of foods packed with vitamins, minerals, and antioxidants that support the health and function of your eyes. By making conscious choices to nourish your eyes from within, you can enjoy clear vision and vibrant eye health for years to come.

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 <u>www.insightfuleyecare.</u> <u>com.au</u> or come down for a chat with us about how you can better protect yourself against blue light and digital eye strain.

Dr Georgia Maloney, Dr Mark Glogowski, Darran Yeow and the team @ Dingley Eye Centre - Insightful Eye Care™We are your local optometrist.

### Ph: 9551 4244

116 Centre Dandenong Rd, Dingley Village Website: <u>www.insightfuleyecare.com.au</u> {Book appointments online} Email:dingley@insightfuleyecare.com.au



Recently relocated to Dingley after 36 years of legal practice from our Moorabbin and Hampton offices.





### LAWYERS

Providing the following services: Family Law Commercial and Business Law Wills & Estates Conveyancing and Property Criminal Law Aged Care and Retirement Living Migration and Citizenship

Open Saturday mornings

117 Centre Dandenong Road Dingley Village 9558 0558 | mblaw.com.au

# WINTER WARMERS FROM YOUR LOCAL

Keep things convenient, cosy and close to home this chilly season at Dingley Village Shopping Centre!



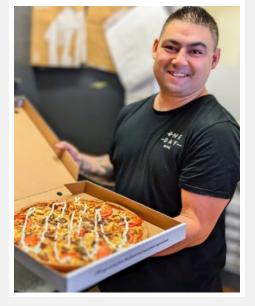


No need to leave town when all your Winter comforts are covered at Dingley Village Shopping Centre. Can't get the washing dry? Visit the Dingley Coin Laundry, grab a coffee from your favourite café, pick up a gift, or keep things convenient while you tick-off your to-do-list.

Plus, wether it be for breakfast, lunch, dinner or drinks, you can take your pick from the best dine-in and takeaway spots in Dingley Village!









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

# LOCAL SPORTS

### **Dingley Football Netball Club**

Round Four of the football season produced another thriller at Cranbourne on April 27.

The senior team came away winners for the third year in a row with a narrow two point win against a "traditional" enemy. Caleb Lewis bagged five goals to finish off the team's good work. The win follows a thirteen point win in 2022 and a nine point victory in 2023. The Reserves continued on their winning streak with a very convincing forty five point win.

Chelsea Heights came to Dingley in Round Five and in a scrappy affair, the seniors earned another four points with a fifty point win, eventually running over the top of their visitors after an even first half. The Reserves really did a number on their opponents, kicking 22-22-154 to Chelsea Heights' single point.

The Under 19s had a great seven goal win against newly promoted Cheltenham to hopefully start a good run of wins in future weeks. At this stage our Thirds have been badly affected by a number of injuries in all grades and subsequently are feeling the heat at this stage. We feel that a win is not far away. The SFNL representative team played The Riddell Football Netball League in the Bye Round on May 11 at RSEA Stadium in Moorabbin and what a thriller it was. Coming from behind the SFNL won by a single point in extra time.

Dingley's Trent Dennis-Lane was named best afield with five goals and other Dingo's in Godfrey, Windhager, Feehan, Stretton, Lewis and our skipper Jackson Peet were proud to wear the SFNL Jumper and proudly represent our club.

The Under 19 Rep Football team also were victorious as was the SFNL Netballers.

Bella Hodgson, Brook Dadds, Kirsty Clark, Georgia O'Brien and Lorna Clark were Dingley representatives coached by our own Dingley Coach, A.J. Ballantyne. The normal football and netball seasons resume on May 18 as Dingley hosts Bentleigh.

"The Hunt Continues. Go Dingoes"



# SAVE KINGSWOOD

### **Kingswood Flood Plain**

Save Kingswood understandably knows far more about the flood incidents on Kingswood and the rapid tsunami escalation coming, than Melbourne Water. For example, the importance of the Aquifer, partly funded by the Vic. Government for \$100,000, the pumps and sprinklers, greens soak, plus the hundreds of kilometres of drains installed, all which Melbourne Water will allow to be destroyed. Because they know little or nothing about the vital role they play.

It appears Melbourne Water has not read Save Kingswood's eight years of research and consultation with experts and therefore has not concluded a bigger dam is disastrously inadequate to fix the hydrology problem on Kingswood.

See <u>https://shorturl.at/ioxIV</u> for details - more follows.

The above well illustrated submission was sent to Melbourne Water clearly proving the floods already occurring around Dingley Village. Caused by participation and the massive overflow from the Melbourne Water retarding dam at the top of the Kingswood Flood Plain.

"There is no shame in MW receiving local and ex-golf Club information, in fact the inexcusable shame is ignoring this massive resource."

A consultant was looking for drains on the Golf Course Park recently and could not find an inspection cover. He said: that's one of a number of anomalies he encountered, compared to the plan he had. He also said he was driving around in a Golf Buggy, as he was concerned his SUV might sink into the wet ground. It appears developer's previous plans didn't allow for FLOODS and easements.

The proper way to handle the problem is to:

- 1. Discuss with Save Kingswood what the issues are,
- 2. Do a full survey of the flood plain,
- **3.** Then conclude it would be insane to build there.

### Kevin Poulter

President, Save Kingswood inc. <u>www.savedingley.com</u> | image@netspace.net.au







### Pantry Fresh 693 Clayton Rd, Clayton South, 3169

www.pantryfresh.com.au

(03) 9551 1569

Farm Fresh Eggs - Daily

Chicken – All chemical free

Deli goods – Wide range of cold meats and cheeses

Coffee Shop – Italy's finest coffee beans

Gluten + Sugar Free Products – Wide Range to choose from

Gifts – Specific for any and every occasion
Ice-cream and Desserts – Perfect coming into summer!

Pasta and all your grocery needs!

### AND SO MUCH MORE – COME IN AND SAY HELLO DIRECT TO THE PUBLIC



PAUL ADES 04I5 342 727 40 YEARS EXPERIENCE RESIDENTIAL COMMERCIAL INDUSTRIAL

ADES DINGLEY VILLAGE PLUMBING QUALIFIED FRIENDLY LOCAL RESIDENT PLUMBING & GASFITTING

# Support the bank that supports your community.

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

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

Feel good about who you bank with.

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



Community Bank Dingley Village

Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL/Australian Credit Licence 237879 A1389134, OUT\_1269197, 28/05/2020

18

# **CIRCLING THE CLUBS**



### Country Women's Association Dingley Village



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

Once more, the CWA Dingley Branch participated in the solemn Dingley ANZAC dawn service. Several dedicated members honoured the occasion by presenting our handcrafted wreath adorned with knitted poppies and fresh flowers. Being able to contribute to this poignant ceremony is a true honour and a deeply moving experience for all involved. CWA Dingley Branch held a very successful Mother's Day stall on May 10 at Woolworths Dingley. Thank you to everyone who supported us on the day by purchasing baked goods, Mother's Day items, craft and knitwear. All money raised will be given to RFDS, Blaze Aid and Food Bank.

Our next stall will be our Winter Warmers stall at Parkmore Shopping Centre on Friday June 14 from gam - 4pm. There will be a variety of knitwear for all your winter needs, including baby and lap rugs, baby knits and beanies for babies, children and adults. Beautiful berets, scarves and even knitted socks will also be available... plus much more. Come along for a browse or to just say hello. Remember, CASH ONLY.

Our monthly meetings are held on the 4th Wednesday of each month from 10am to approximately 11.30am at Dingley Village Neighbourhood Centre, 31c Marcus Road Dingley Village. Following the meeting, we gather for a cuppa and a shared light lunch, creating a warm and welcoming environment where friendships flourish. If you're curious and would like to attend one of our meetings to see if our group is the right fit for you, please join us on a Wednesday. For more details about the CWA or our branch, don't hesitate to reach out to 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 13th of June and the July one is on the 11th. 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 June one will be on the 29th. 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.

A group of our members embarked on a European river cruise in late May and true to code I guess what happened on the boat will stay on the boat (maybe?) 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. Enquiries can be made to Graeme on **9551 3462.** PS – As the weather cools keep warm folks.

### Probus Club Dingley Central



At our May meeting the club was shown a photo presentation of the adventures of some members who enjoyed a 5 day bus tour, viewing the painted silo art in the Wimmera region.

The guest speaker was Beverly Moss, an excellent motivational speaker, whose topic was titled "My Decade of Adventure: -Buckingham Palace in my underwear". Although she did not reveal the circumstances of the title until the end, her key message was don't let age be a barrier. Bev described how in her late 50's she had applied for a job in Ireland. She left her family in Melbourne to take up her role in Dublin. She encouraged members to not waste opportunities, saying, "Make every day a winner! "and "Go out and do things". She later landed a job taking visitors on a guided tour at the Royal residence Clarence House in London.

A range of activities planned for June: - Happy Hour, Legs and Morning Coffee, Wine Tasting, Camera Club, Morning Melodie's, Dine Out, Film Day, Craft Group, Games Day and MTC.

Our meetings are held on the 1st Monday of the month, 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.

#### Dingley Village Senior Citizens Club Incorporated

I cannot believe that this is nearly the middle of the year as I write this. As was expected, the cooler weather associated with the onset of Winter is making itself felt. Our Trivia Day that we had last month proved to be popular – we hope to hold another one in July.

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

- Monday the 3rd Games, Cards, Rummikub and Scrabble plus our new Dominoes game, to be followed by afternoon tea.
- Monday the 10th this is a Public Holiday (the King's Birthday) hence no arranged activities.
- Monday the 17th Bingo (commences at 1:00 p.m.) followed by afternoon tea; and
- Monday the 24th Games, Cards, Rummikub and Scrabble plus our new Dominoes game, to be followed by 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 at 1:00 p.m. 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.

### 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

### 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 nonmembers. 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**.

#### 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 is supplied for all activities. Bus trip to Water Gardens Hotel Taylors Lakes on 9th of July 24. Confined to paid up members.

Entertainment schedules arranged are:

- 18 June Marceau Camille.
- 16 July Col Perkins
- 30 July Lone Star

Club membership for F/Y 24/25 will be \$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)





269-275 Centre Dandenong Rd **9551 7110** Dingley Village 3172 www.dingleyhealthhub.com.au

### Kingston Communicators Toastmasters Club

Gain important and 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 **0497 839 947** or visit us at <u>https://kingston.</u> toastmastersclubs.org/



Chiropractic \* Acupuncture \* Myotherapy \* Hypnotherapy \* Remedial Massage

### LET US HELP

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

### DINGLEY VILLAGE Bathroom Revival

Complete service including: Plumbing • Tiling • Carpentry

Electrical 

 Plastering
 All work Guaranteed
 Mob. 0408 549 697



Dingley Dossier - June 2024



**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: <u>www.kcc.crm.org.au</u> Email: admin@crm.org.au

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

Life can be difficult to navigate and is often full of questions, especially for teenagers. With all the pressures they face from school, friends, and social media, it can all become quite confusing and even overwhelming.

This is why Revival Youth exists. Revival Youth is a Christian youth ministry program that runs at Kingston City Church in Clarinda. We run a funfilled, Christ centred, biblically based youth program that consists of games, worship, and relatable and practical biblical teachings.

Our program is for high school kids and is thoughtfully and prayerfully prepared to help the youth grow in their faith and walk with Jesus Christ. We provide a safe and healthy environment with the aim to help empower teenagers for life's tough questions and situations from a biblical view.

At Revival Youth, our passion is not just to help these young people through life's situations, but to see them thrive and be a light for Jesus in a world that desperately needs Him. Over the years we have seen many young people grow in faith, and confidence, better prepared to face everything that is ahead of them.

Revival Youth run from 7-9pm every Friday during the school term. For more information, jump onto our Instagram revivalyouthkcc or email me at andy crm.org.au. I encourage you to come and check us out.

### Heatherton-Dingley Uniting Church



Cnr. Kingston and Old Dandenong Roads, Heatherton

Sunday services at 10.00 a.m. Sacrament of Holy Communion second Sunday of the month at 10.00 a.m. All enquiries phone **0431 244 561**. www.heathertondingleyuca.org.au

### Our Vision and our Mission

To seek to connect people to God and each other. Heatherton-Dingley Uniting Church - Meeting U at the Crossroads of Life.

### What's On

Wednesdays – Prayer meeting at the church 9.00 – 9.30 a.m. If you have a concern that you would like prayed about ring Margaret on 0401 392 772.

### Know Your Bible 9.30 - 11.00 a.m.

An interdenominational study of the Bible for women.

### 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**.

40



### Victorians urged to slow down as speed drives up road deaths

### Village Church Inc.



Address: 7-9 Fiveways Blvd Keysborough 3173

Pastor: Rodney Hole Elders: Andrew Weston & Malcolm Crouch Church Office: **8712 8254** or admin@<u>villagechurch.org.au</u>

Visit our website: 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 – 4 years 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.

### NEW – Mums & Bubs

1pm – 2:30pm Monday during school term. Please contact our office for details.

### 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 2nd June, Sun 1st Sept, Sun 1st Dec. MMA Stall

### 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: <u>www.ccd.org.au</u>

### 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 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/ 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.

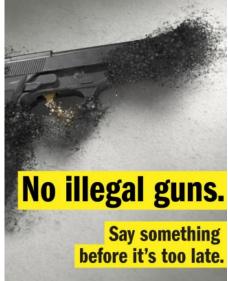
### Echo Church



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







# THE DINGLEY DOSSIER

### **ABN:** 71 463 442 675

REC 1002

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

### Community items:

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

### Advertising:

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

### Submission deadline:

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

### **Rights of the Publisher:**

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

### **The Dingley Dossier**

For a Free Quote

### Warranty & Indemnity

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

and Terms and Conditions is available on the Dingley Village Neighbourhood Centre website www.dvnc.com.au/dossier and on request.

### An exceptional real estate **experience**.







**Nathan Arrowsmith** narrowsmith@buxton.com.au 0411 149 921

**Melissa Smith** melissas@buxton.com.au 0419 427 132



**Dingley Village** 1/128 Centre D'nong Rd 9558 3337

# Dingley Village Computers

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

Can arrange to pick up and redeliver if required

RE-POINTING

• FULLY INSURED

REPLACE BROKEN TILES



### buxton.com.au



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

Your Local Dingley Plumber ROOF LEAKS & REPAIRS

### McLean Plumbing Lic. No. 41632

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

Mob: 0408 549 697 Ph: 9551 1975 Doug McLean



P: 8555 0566 M: 0408 343 212 (Kel)

Your local Dingley roofer

Call us now for a free quote on 0478 585 207 www.roofboss.com.au / sales@roofboss.com.au



WINDOW CLEANING & HIGH PRESSURE WASHING

FREE QUOTES, SATISFACTION GUARANTEED!

PH: 8682 8767 www.bamwindowcleaning.com.au



Dingley Dossier - June 2024