



THE DINGLEY DOSSIER

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www.dvnc.com.au/dossier

OPPORTUNITY SHOPS

Did you know that Australia ranks as the second-largest consumer of textiles per person in the world, second only to the United States.

This is because:

- On average, each Australian buys 27kg of new clothing and textiles annually.
- The average Australian also disposes 23kg annually into landfill.
- Collectively, this adds up to a staggering 6,000kg of clothing and textile waste being dumped into landfills every 10 minutes.
- So, what's the solution for where affordability meets sustainability? Your local op shop.

Why are op shops so important? Three simple reasons!

1. Good for the Community

Most stores run by Not-For-Profit organisations plough whatever surplus they make back into the community. A large number of community programs are funded by the income from charity op shops. These programs would struggle without the generosity of Australians who donate to their local op shops.

Buying pre-loved clothes helps to break the reliance on fast fashion – cheap, poor quality clothes – by recycling old clothing. Instead of your money supporting overseas sweatshops with unsafe working conditions and cheap labour, it goes instead to charities that help vital social work in the community.

Q: Why should I buy from a charity op shop?

A: Op shop sales fund:

- Domestic violence refuges
- Homelessness services
- Migrant and refugee assistance
- Food vans and food vouchers
- Drug and alcohol counselling
- Disaster relief



2. Good for your budget

Op shops help many Australians find a bargain and can help people who are having a hard time to save money on essentials. What is lesser known is that some Op Shops run by larger Not-For-Profit organisations can also offer help when you need it most.

Many Op Shops will also connect people to financial counsellors or other services should they need it. We may think we're ok until we realise we're not. It's helpful to know in those times we have some where to go for support.

3. Good for the environment

Buying goods at your local op shop rather than buying them new is a great to reduce our impact on the environment. And donating good quality products to op shops keeps them from going to landfill!

They say about 6 billion pairs of jeans are produced globally every year and their environmental impact is high.

Whether it is the production of cotton which requires vast amounts of water, fertilizers and pesticides to the dyeing of yarns which drenches the cotton in more chemicals before it is dyed, the humble denim comes at a great cost to the earth on which we live.

How and when to donate

Clothing donations should be clean, undamaged, folded and packed in sturdy boxes or bags. Items that come in pairs, like shoes, gloves, socks, suits should be kept together. Shoe laces can be tied together; gloves and socks can be stuffed inside each other and matching belts securely fastened. Remember to check pockets!

It's not cool to donate something you know doesn't work, can't be lifted, is broken, unsafe, dirty or contaminated. The charity will incur waste disposal costs and the OH&S liability. Op shops spend millions of dollars a year on rubbish removal.

Q How does charity op shopping help the environment?

A Aussie op shops divert over 588,000 tonnes of reusable clothes and goods out of landfill every single year.



Are you donating or are you dumping?

Drop your pre-loved donations into your closest Op Shops during opening hours, or at collection bins. Please do not leave goods outside the shops out of business hours. They may get weather-damaged or not be there in the morning when staff open up. If you'd like to donate a large item, please call ahead to check that they can receive what you have to give.

If you doubt the acceptability of your goods, ask yourself, would you give this item to a friend in need?

We can all donate high quality goods, volunteer in a shop, or buy some new gear. Whichever way we help, we can all make a difference and give a hand.

FARMERS' MARKET

SATURDAY 21ST SEPTEMBER | 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:
1300 60 60 24

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.
Classes held at Dingley Village Neighbourhood Centre, Marcus Rd
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

Happy Fathers Day

To all the fathers, grandfathers, stepdads, foster dads, dads-to-be, father figures, and all those doing the father role, wishing you all a wonderful day filled with love and laughter.



Your Neighbourhood Centre needs YOU

The neighbourhood centre needs your skills, your ideas, your commitment to the local community and your enthusiasm! If this is you, why not nominate and fill a position on the Board of Governance, which undertakes governance and sets the future direction of your Neighbourhood Centre. If you are interested in finding out more contact Trudy 8512 0505 (see notice further in Dossier)

Traffic Lights for Rowan Rd Westall Bypass intersection.

The Commonwealth Government has provided \$1.157 million to address the serious traffic black spot, the intersection of Rowan Road and Westall Road in Dingley Village. Works will start soon to install traffic lights and be completed before July 2025.



Are you looking for a new sport?

Are you a cricketer, tennis or football player who is thinking of or has retired, lawn bowls may be the sport for you. Lawn bowls can be played socially or competitively to a high level. Most people who take up the sport say, "I wish had taken up lawn bowls earlier"

The club has bowls and accredited coaches to guide you from beginner level to whatever level you wish to achieve. Lawn bowls caters for all ages (8 to 80+ years). We would also like to hear from experienced bowlers wishing to join our club to play on our excellent grass greens, as well as beginners. For more information or to just come and try, contact Burden Park Bowls Club (cnr of Springvale and Heatherton Roads). Contact Ruby Toombs 0431 058 228 or email bpbc@bigpond.com

Special Dates in September

Prostate Cancer Awareness Month

Prostate cancer is the most commonly diagnosed cancer in men in Australia with almost 20,000 diagnoses each year. Today is a time to learn the symptoms, and most importantly, learn how you and your loved ones can reduce the risk of developing it.

5th – 11th September: National Child Protection Week

Child abuse and neglect is preventable. If we all work together as a community we can create an Australia where all children can grow up safe and healthy.

7th September: National Threatened Species Day

Did you know that 80% of the animal species in Australia are found nowhere else in the world? Sadly over the last 200 years, more than 100 Australian animal and plant species have become extinct.

7th September: Ganesh Chaturthi**

Ganesh Chaturthi celebrates the birthday of Lord Ganesh, one of the major Hindu deities. Ganesh has the head of an elephant and is known as the remover of obstacles.

12th September: R U OK? Day

R U OK? Day is a national day of action, reminding everyone that we've all got what it takes to ask, 'are you ok?' and support those struggling with life. Taking part can be as simple as learning R U OK?'s four steps so you can have a conversation that could change a life.



16th September: Mawlid Al-Nabi* (Birth of the Prophet Muhammad)

Milad an-Nabi, also known as Mawlid, is celebrated by Muslims as the birthday of the Prophet Muhammad. Even though the Muslim religion doesn't usually celebrate birthdays, as there's no evidence of the Prophet doing so, the accepted birthdate of the Prophet himself started being celebrated early in Islam's history and is accepted as a national holiday in many Muslim countries today.



27th September: National Police Remembrance Day

National Police Remembrance Day is the day to pause and honour Australian Police Officers who have been killed on duty or have died as a result of their duties, and to recognise the unique nature of police service and the dangers that police face in their daily pursuits.



*Holy days (mainly Jewish, Islamic and Baha'i) which begin at sundown on previous day and continues until sundown.

** Local or regional customs may use a variation of this date.



For help with elder abuse
Call: 1300 368 821

Monday to Friday
10am-5pm



Local Updates

At our latest DVCA meeting under the Leadership of our new Executive, we are powering on as normal. It is so wonderful to see the projects in our community continue to make progress. Important projects such as the Spring Road Masterplan, received unanimous endorsement from the Kingston Councillors.

Work on this Masterplan will begin shortly with the fencing of the Spring Road wetlands. In other projects, work at the Souter Oval Pavilion is progressing and is on track. We are eagerly awaiting the completion of the Dingley Village Neighbourhood Centre development which includes Stage 2 of the kindergarten building, scheduled to open in 2025. The Hawthorn Football Club is also on track to be completed by the middle of next year.

Annual DVCA Information Night

Make sure you save the date in your calendar to attend our annual INFORMATION NIGHT ON THE 19TH OF NOVEMBER. This community meeting will be held in the evening and will include a MONSTER RAFFLE as well as a range of guest speakers discussing issues that are relevant to our Dingley Community. Further updates will be available in our next Dingley Dossier issue.

Send/Snap/Resolve App

This App is working really well. We have recently seen repairs outside MONA'S BAKERY as a result of local residents using this 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.

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 the DVCA Secretary at dvcasecretary@gmail.com, or visit www.dvca.info

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DINGLEY VILLAGE
NEIGHBOURHOOD CENTRE

You're invited to the Annual General Meeting

of the Dingley Village
Neighbourhood Centre Inc.

Tuesday 24th September 2024

6:30pm—7:30pm

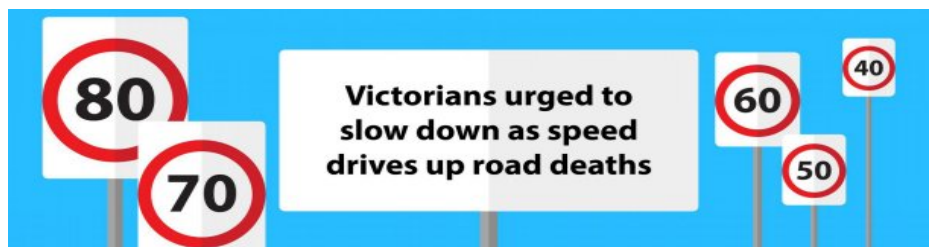
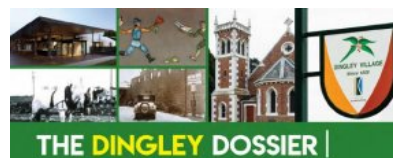
Dingley Village Neighbourhood Centre 31B Marcus Road

Dingley Village 3172

Refreshments provided

Please R.S.V.P. by September 20th

to Annette at admin@dvnc.com.au or call **8512 0505**





Community Bank Dingley Village

Are You:
 Buying Your First Home?
 Buying A New Home?
 Buying An Investment Property?
 Renovating?
 Refinancing?
 Wanting to Retire?
 Join Us For This FREE
 Community Event

'Zing Into Spring' Home Loan Seminar

Community Bank
 Dingley Village
 Bendigo Bank



Guest Speakers
 Community Bank Dingley Village
 Bridges - Financial Services

Guest Speakers
 Barry Plant Real Estate
 Lead Agent Jake Mabey
 Local Conveyancer



Bendigo and Adelaide Bank Limited ABN 11 068 049178, AFSL/Australian Credit Licence 237879 A1389132, OUT.39362288, 06/08/2024

When Thursday 10 October 2024
Time 6.00pm to 7.00pm
Where The Keysborough Golf Club
RSVP Community Engagement
 Adviser
 Emma Eckhardt
 0456 488 898
emma.eckhardt@bendigoadelaide.com.au



Dingley Village Police Update



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

You do not have to wait 24 hours to report someone as missing.

The first 24 hours after a person's disappearance are the most crucial. The sooner police can follow-up leads, such as the availability of CCTV footage, the more likely the person will be found safe.

It is important to give the police all the facts and circumstances related to the disappearance, including search efforts already made by you and others. Relevant information may include intimate or private details regarding the missing person or their lifestyle.

If you have concerns for someone's safety and welfare, and their whereabouts is unknown, you can file a missing person's report at your local police station.

If you have any information on a missing person call Crime Stoppers on 1800 333 000 or submit a confidential report at www.crimestoppers.com.au.



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

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



Open 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

Kingston says Cheers to 30 years

Kingston has reached 30 years, and we want to celebrate our incredible community and everything that makes our city so special. We have so much to be proud of, from parks and cafes to our vibrant culture and enviable village atmosphere. Together we've come a long way in 30 years!

We've built a myriad of community assets like libraries, playgrounds, community centres and sporting facilities, launched new services like AccessCare and our early learning centres, held some awesome events like Mordi Fest, and so much more.

Mayor Jenna Davey-Burns said she wants storytelling to be at the heart of this significant milestone.

"A big birthday like this calls for us to reflect and take a walk down memory lane and through our Cheers to 30 Years campaign, we want to capture Kingston's heart and soul through the stories that have shaped our community," Cr Davey-Burns said.

"Share your cherished memories, reveal hidden gems, and tell us what Kingston means to you and most importantly highlight the people that have made our city what it is today.

"Let's celebrate our past, present and future together. Cheers to 30 years everyone."

Keep an eye out on our social channels as we showcase some of our great local characters and head to www.yourkingstonyoursay.com.au/30years before 15 October to get involved and for your chance to win a birthday present from us.

Grants program supporting our local community groups

Seniors and multicultural groups, neighbourhood houses, artists, sporting groups and social welfare organisations across Kingston are among those sharing in over \$1.7 million to continue their great work, thanks to Council's grants program. In all, 135 organisations will receive funding to support their operations, projects, activities, and events across three categories:

- Operational and Partnership Grants
Neighbourhood Houses and Community Centres, Specialist Community and Welfare Services, Community Interest Organisations and Multicultural and Seniors Groups
- Community Festivals, Events and Creative Activities Grants
- Community Bi-annual Grants

Mayor Jenna Davey-Burns said the number and diversity of our community groups and clubs is one of the main reasons Kingston is such a great place and we are very happy to be able to support their ongoing efforts.

"Through the grants program we aim to empower local initiatives and provide vital support for projects that enhance the wellbeing and vibrancy of our community," Cr Davey-Burns said.

"This is all about building stronger, more connected neighbourhoods by investing in our community's ideas and aspirations. People being empowered to respond to the need that they understand best – ideas from and by our community – is what makes us even stronger.

"In these challenging times, there are so many groups doing great things and working hard to meet the needs of our residents and we are so proud to be able to assist.

"While we would love to support every group, we understand that some would be disappointed to not receive any money this time around, however I would strongly encourage them to apply when Round 2 of the Bi-annual Grants opens on 29 July.

"I would also like to remind the community that Community Small Grants and Individual Development Grants are open for applications all year round."

For more information about grants in Kingston head to kingston.vic.gov.au/community/grants/grants-program. Alternatively, you can reach out to the Inclusive Communities team at community@kingston.vic.gov.au or phone **1300 653 356**.

Bin it, or swim in it - taking action to reduce litter on our coastline.

Kingston is taking a fresh approach to keep our beautiful beaches clear of rubbish, particularly during the busy summer months.



The number of visitors to our beaches increases each year, and the existing bin system is not designed to cope with this amount of waste. Our Bin it, or swim in it campaign is all about ensuring a more efficient, effective, and responsive service, while improving amenity on our beaches, reducing litter, and improving public safety. To reduce rubbish left on our beaches, we

are moving our bins off the sand and placing them at key points along the foreshore, including pathways and car parks, where the community can easily access them, and the trucks can empty them more often.

This will enable us to increase the number of bin collections in summer and keep up with the growing demand. More collections will prevent full and overflowing bins, reduce beach litter, and improve the environment. Moving the bins off the sand will also ensure a more visually pleasing beach experience without unpleasant odours and importantly eliminate the need for waste vehicles to access the sand, which will improve safety for beach users. This change is consistent with the vast majority of coastal councils around Australia.

Mayor Jenna Davey-Burns said we are dedicated to caring for our coastline and urged all our beach users (both locals and visitors) to do the same. "Bin it, or swim in it is all about everyone taking personal responsibility for their waste, caring for our environment and ensuring our foreshore is a great place to be," Cr Davey-Burns said.

"Unfortunately, last summer we were consistently seeing people even piling large items like gazebos, tents, and chairs next to the bins on the beaches – it was really sad to see. "We are very confident that the campaign and new arrangements will significantly reduce the impact of litter and greatly improve the beach experience for everyone."

The new system is set to be in place before the end of September, with 216 bins to be located along the foreshore, including extra bins at hotspots in Mordialloc, Aspendale, Chelsea, and Carrum.

We will continue to monitor bin usage with the QR code bin reporting system and new bin sensors, which trigger a collection when the bins reach 70% full and continue to fine tune our service as required. Each bin will have a timber surround to prevent damage and maintain the amenity along the foreshore and in neighbouring streets.

Information in this article is provided by City of Kingston.

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DINGLEY VILLAGE



FARMERS MARKET

SATURDAY

21st September

8.30 AM - 1 PM

31 Marcus Rd Dingley Village

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bayside@barryplant.com.au

LOOKING AT LOANS



The average Australian has a very short financial time frame.

In a general sense, we can be divided financially into three categories. Many live week to week, keeping negligible savings aside. Then there are those who think about the months or the years ahead and plan accordingly. But the successful investors and businesspeople think in decades. Hopefully you see yourself in that third group!

Even for the third group, it is worth contemplating how short-term thinking can often interfere in the thought process. Waiting for interest rates to decrease before making final decisions on purchasing property is a case in point. Coming off low rates, this thinking is understandable. Higher interest rates mean higher monthly repayments, increased budget pressures, and decreased borrowing power. I keep reminding clients though: Recent rates were at 5,000-year lows! You need to look at those rates as an aberration, not wait for them to return.

The problem is interest rates are impossible to predict. There are far too many variables. Even the reserve banks around the world that set the rates often get it wrong! Making any decision based on such short-term predictions is a mugs game. The same applies to those waiting

for property prices to come down. Yes, property markets are cyclical, and we do experience downturns. But waiting for the next downturn most likely means prices would still be higher than they are today!

While you are waiting, others are buying. In competitive markets, waiting for the 'perfect' moment, for interest rates or property cycle, might mean missing out completely.

Once you buy, and over the long term, time is your friend. Many people may stress about if they 'overpaid' for property at purchase. In the long term, that does not matter. Inflation and capital growth minimise the question as the resale value increases over the decades.

Debt is eroded by time.

Our Reserve Bank targets ongoing inflation of 2-3%. That leads to higher home values and higher salary. However, it does not increase the mortgage liability.

As the purchasing power of one-dollar decreases, so does the fixed dollar value of your outstanding mortgage. What seems a massive debt today will seem a much smaller sum in decades ahead and will be easier to pay off with increased income. Regardless of future interest rates. Buying sooner rather than later sets that process in motion. In the long term your mortgage erodes and becomes less of an issue.

Focus on what you can control

What matters now is putting yourself into the best possible position you can.

- Refine your budget. Understand what you can afford in mortgage repayments, and where you spend your money
- Strengthen your position. Keep saving for a bigger deposit, reduce your debt.
- Partner with professionals. You need to be part of a group working with you to assist you in attaining your goals. Integrity Finance Australia should be an important part of your group.

The perfect time to buy is when you are able to buy. Concentrate on getting to that position. Do not get caught up in regular media 'clickbait' interest rate scare stories. Think long term. If you believe you are in that position to buy now, what are you waiting for? Call us for a discussion, ask your questions, tell us what you are waiting for.

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, or call us on **03 9511 8883**.

Daryl Borden, your Dingley Village Mortgage Broker, ACL 392184
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– Changing Lives



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- ✓ BUY
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HEAD OFFICE

8/14 Garden Boulevard
Dingley Village VIC 3172

PHONE

(03) 9511 8883

AUSTRALIAN CREDIT LICENCE

392184

To arrange an appointment contact one of our consultants



Daryl Borden
0417 593 893



David Browne
0409 051 111

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



Ask R U OK? Any Day because life happens every day.



A lot can happen in a year, a month, a week. Whether it's your friend, family member, colleague, partner, or teammate, the people you care about go through life's ups and downs every day.

Regular, meaningful conversations with the people close to you can help prevent small things from becoming big things. By checking in regularly, you build trust and normalise talking about what's really going on, so when the people in your world find themselves struggling, they know you're someone they can talk to.

Got a feeling that someone you know or care about isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it.

Getting ready to ask

Before you can look out for others, you need to look out for yourself. And that's OK. If you're not in the right headspace or you don't think you're the right person to have the conversation, try to think of someone else in their support network who could talk to them.

Tips on how to Ask.



Ask R U OK?

- Be relaxed, friendly and concerned in your approach.
- Help them open up by asking questions like "How are you going?" or "What's been happening?"
- Mention specific things that have made you concerned for them, like "You seem less chatty than usual. How are you going?"

IF

- If they don't want to talk, don't criticise them.
- Tell them you're still concerned about changes in their behaviour and you care about them.
- Avoid a confrontation.
- You could say: "Please call me if you ever want to chat" or "Is there someone else you'd rather talk to?"

Listen with an open mind.

Take what they say seriously and don't interrupt or rush the conversation. Don't judge their experiences or reactions but acknowledge that things seem tough for them. If they need time to think, sit patiently with the silence.

Encourage them to explain: "How are you feeling about that?" or "How long have you felt that way?"

Show that you've listened by repeating back what you've heard (in your own words) and ask if you have understood them properly.

Encourage action.

- Ask: "What have you done in the past to manage similar situations?"
- Ask: "How would you like me to support you?"
- Ask: "What's something you can do for yourself right now? Something that's enjoyable or relaxing?"
- You could say: "When I was going through a difficult time, I tried this... You might find it useful too."
- If they've been feeling really down for more than 2 weeks, encourage them to see a health professional. You could say, "It might be useful to link in with someone who can support you. I'm happy to assist you to find the right person to talk to."
- Be positive about the role of professionals in getting through tough times.

Check In

- Pop a reminder in your diary to call them in a couple of weeks.
- If they're really struggling, follow up with them sooner.
- You could say: "I've been thinking of you and wanted to know how you've been going since we last chatted."
- Ask if they've found a better way to manage the situation. If they haven't done anything, don't judge them. They might just need someone to listen to them for the moment.
- Stay in touch and be there for them. Genuine care and concern can make a real difference.



Some conversations are too big for family and friends to take on alone.

If someone's been really low for more than 2 weeks - or is at risk - please contact a professional as soon as you can. Worried someone might be suicidal? Contact Lifeline for crisis support. If life is in danger, call 000.

Information in this article provided by R U OK? www.ruok.org.au



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Twenty years a nurse and now a paramedic. I loved my work when I started but COVID 19 had killed the passion. I am a fit man but I was tiring of the stress and the anxieties, they ate at me. I was even more tired of a larger on-going epidemic that made itself more apparent to anyone with open senses during the health crisis. Selfishness. I was homeward bound and a welcome retreat from another night of sheer chaos in the medical trenches that emergency workers occupy.

I was thinking of a cuppa and a soft bed when I saw the traffic bank up in front of me on Beach Road, near Luna Park.

I had steered around the sweeping curve of Beach Road just past Fitzroy Street; a small number of cars had formed a queue back from what I knew to be the intersection at the lights near Luna Park. Trouble. My intuition was accurate, a collision of sorts up ahead. I stopped and parked my car as quickly and as best as I could, perching it halfway up the narrow sidewalk and then ran past the cars to the intersection.

Sadly, I had seen this scene many times but even for a battle-hardened middle-aged Paramedic this was shocking; beyond anything I had experienced. I quickly took in that there were upwards of five vehicles in the varied positions of where they had come to rest at 6 o'clock on a weekday morning. There were injured people crying out, some lying prostrate and well, some weren't moving.

One man had his hand up to his face like he was shielding his face from sun, frozen in time. I could see a few still in cars, silent. Ominously silent as I pushed past them. I had to do a quick assessment before I set priorities on who to help first. The Fire Brigade, Ambulances and the Police would be on the way.

A young man with a limp was walking toward me. He might not have known it but we were about to become a team. When the last Police car left and the greasy intersection had been cleared of the spilt the petrol and oil and the debris of damaged vehicles and people's lives, I retrieved my car and briefly began the trek home. As I began to push past the intersection, I noticed the young man who had been such an incredible help to me. He was sitting on a bench facing Beach Road, oblivious to the traffic now seemingly eager to resume its usual pace without any distractions. I found a car spot and quietly joined him on the bench. He needed help, just as some of the crash victims needed help with their physical injuries, his was mostly a need

of the mind. To his credit, he hadn't portrayed this earlier and had stuck to the job on hand.

For twenty minutes we were a great team. He had followed my instructions perfectly and we were the difference between life and death for a few of the unlucky to have travelled this way on what was supposed to be a quiet morning of the school holidays. We spoke after what seemed a long time but it was probably only minutes. My young team member introduced himself. "Matt," he said and my reply as quietly as I could, "Mathew."

Time had slowed down since the accident and its shocking aftermath, when seconds had for the first time in Matt's life seemed important, when self didn't matter, when sharing his time was not just of the essence, it was all. Matt had entered Mathew's selfless world for all of twenty minutes, and it had been confronting to give and not receive but he liked the feel of being a part of making a difference. It was a new experience and he wanted more.

Mathew left Matt when he felt that the young man was back in charge, perhaps a young man on a different path. A more selfless path. As Mathew passed the yacht club on Beach Road, he began to think that he needed to take more time out, to be a touch more selfish so that his erstwhile tragic days of life and death didn't consume him and perhaps re-focus his life career that had been struggling under the weight of COVID 19.

Matt rang his boss, explained his absence and apologised. That was a first. He was told to take the day off and if he needed more time to take it. His boss also gave him his private number. Now overwhelmingly tired and sad, Matt rang his girlfriend who came to pick him up. She noticed a difference in him from the moment they laid eyes on each other. He felt change and new direction. As Matt and his girlfriend drove down Beach Road, Matt was thinking that his boss would probably never know how important it had been for him to be told to be early to work that day. His life may well have depended upon it.

Warren Duncan

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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The Future of Contact Lenses

Contact lenses have long been associated with vision correction, providing a convenient alternative to glasses. However, the future of contact lenses is set to transcend this traditional role, moving into realms of health monitoring and augmented reality. As technology continues to advance, contact lenses are poised to become multifunctional devices that enhance not only vision but also our overall quality of life.

Health Monitoring

One of the most promising future applications of contact lenses lies in health monitoring. Scientists and engineers are developing contact lenses embedded with tiny sensors capable of tracking various health metrics. These smart lenses could monitor glucose levels in tears, offering a non-invasive solution for diabetes management. By continuously measuring glucose levels and sending data to a smartphone or other device, these lenses could provide real-time feedback, helping individuals manage their condition more effectively.

In addition to glucose monitoring, contact lenses could potentially measure other biomarkers, such as cholesterol levels or indicators of dehydration. This would enable early detection of health issues and provide users with timely alerts, allowing for proactive management of their health.

Augmented Reality

The integration of augmented reality into contact lenses represents a significant leap forward in how we interact with digital information. Future contact lenses could project digital overlays directly onto the wearer's field of vision, eliminating the need for external devices like smartphones. This technology could be used for a variety of applications, from navigation and gaming to education and professional tasks.

For instance, imagine walking down a street and having directions displayed directly in your line of sight, or being able to see information about a product just by looking at it. In professional settings, augmented reality contact lenses could assist surgeons by providing them with real-time data during operations or help engineers visualise complex schematics without the need for physical blueprints.

Enhanced Vision and Night Vision

Beyond augmented reality, contact lenses may also enhance vision in ways that were once thought to be the stuff of science fiction. Future lenses could be designed to provide night vision, allowing users to see clearly in low-light conditions.

This would have significant implications for various fields, including law enforcement, military operations, and outdoor activities like hiking or camping. Additionally, lenses could be developed to correct a wider range of vision impairments, including colour blindness. By filtering certain wavelengths of light, these lenses could help individuals with colour vision deficiencies perceive colours more accurately, enhancing their daily experiences.

Drug Delivery Systems

Another exciting application of contact lenses lies in their potential use as drug delivery systems. Researchers are exploring the possibility of embedding tiny reservoirs of medication within contact lenses, allowing for the controlled release of drugs over time. This could be particularly useful for treating eye conditions such as glaucoma, where consistent delivery of medication is crucial.

By wearing medicated contact lenses, patients could receive continuous treatment without the need for eye drops or other forms of medication. This approach could improve treatment adherence and outcomes, particularly for chronic conditions that require long-term management.

Conclusion

The future of contact lenses is bright and filled with potential. As technology continues to evolve, contact lenses are set to become much more than just vision correction tools. From health monitoring and augmented reality and drug delivery, the possibilities are vast and varied.

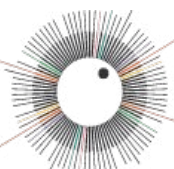
While many of these innovations are still in the research and development stage, the rapid pace of technological advancement suggests that we may see these futuristic contact lenses become a reality sooner than we think. As they do, they will not only improve our vision but also enhance our overall quality of life in ways we can only begin to imagine.

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MENS SHED



Dingley Village Men's Shed goes DGR.

Prominent member David Ellis and legal expert (son of David) Paul Ellis - Senior Counsel for a major legal firm in Melbourne really made the difference for our shed in our quest for DGR status. Added to this was a concerted effort by our current Secretary Paul Brennan and John Prestt over several years. All this has us now awaiting official confirmation of Deductible Gift Recipient status for our shed.



Paul Ellis

But: a) What does this mean? And b) How will that benefit our members and community?

a) It means that where an individual or company makes a cash donation to our shed that donation will attract a tax deduction to the value of that donation.

b) Donations to our shed help fund the work we do 'for no gain or reward' in our community thus helping to reduce the pressure to raise funds to meet our shed expenses.

Put simply it works like this: - If an individual or company chooses to make a donation to our shed that donation is likely to be considered a taxable amount. However, if that donation is made to an entity which has DGR status then that donation becomes tax deductible in the hands of the donor.

So, everybody wins. The donor gets a tax deduction they might not ordinarily get, the ATO saves time and expense by not collecting the tax, then through government grants and the like distributing that tax to worthy organisations and, in this case, we (DVMS) get funds in a timely manner which we are able to use to benefit our community.

However, it is not all 'beer and skittles!! As you know anything to do with government, especially money, requires reporting which means paperwork for our secretary and treasurer. Our ability to assist our community depends upon our voluntary efforts such as our Bunnings Sausage Sizzles amongst other similar activities. On the other hand, when we assist the Sal-vation Army, SES, local Fire Brigade, Life Saving clubs etc. where we do not receive 'a gain or reward' for our efforts those activities do qualify for the benefits of DGR status. So, this is how donations to our shed attract DGR benefits for the donor.

So, once we receive official confirmation of our DGR status we are then able to promote the fact and pass on the benefits to the donor. The hope is that we might attract additional donations which will assist our shed's activities and benefit our members as well as our communi-ty. So, it really is a win for all concerned.

LETTER TO THE EDITOR



Dear Editor

We stated 40 or more reasons why there should not be building on the Kingswood Golf Course Park. Especially no nett benefit for Dingley Village. The State Government responded by tossing out all their previous guidelines, ignoring 8,000 objections and setting up a farcical Golf Course Redevelopment Committee.

Government cannot ignore the ongoing floods, but they are doing their best to build first and panic later when the area is flooded out.

Melbourne Water has refused to meet with us to discuss Floods, as detailed in our 52 page document. We eventually received a

reply to our letter, but it did not discuss a meeting, so that is clearly a refusal. Tell Melbourne Water and Government Dingley Village faces a disaster of biblical proportions coming soon.

Kevin Poulter
Save Kingswood Group inc
www.savedingley.com
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SENIOR SUPPORT SERVICES

Kingston Seniors Festival 2024

The Kingston Seniors Festival will return in October with over 130 free or low-cost events and activities for people aged 55+. The month-long festival recognises the important contribution older people make to our community and celebrates ageing positively.

It is an opportunity to learn about the activities, clubs and groups available in the community. There's a calendar of events to enjoy across our local community groups, senior's clubs, community centres and neighbourhood houses. Learn new skills, listen to music, participate in a workshop, make new connections and most importantly, have fun!

All events and activities are listed in this year's booklet. You can collect the booklet from September 2024 at the following locations:

- Kingston Libraries
- Chelsea Activity Centre
- Westall Hub
- Patterson Lakes Community Centre
- Clarinda Community Centre
- Select supermarkets

For more information:

1300 653 356, info@kingston.vic.gov.au
www.kingston.vic.gov.au/seniors-festival

8 days of FREE public transport!

The state government is providing eight days of free travel during the Victorian Seniors Festival! From Sunday 6 October to Sunday 13 October, you can explore Melbourne and regional Victoria. Remember to carry your Seniors myki and Victorian Seniors Card with you on public transport. Touch on and off as usual. You won't be charged as the system is set to automatically recognise Seniors myki cards during this period.

For more information about the Victorian Seniors Festival and the many events on offer, please visit: www.seniorsonline.vic.gov.au/victorian-seniors-festival.

Financial Information Sessions

A Financial Information Services Officer from Services Australia will deliver three information sessions, each covering a different topic. All sessions will be held at Mentone Activity Hub, 29 Venice St, Mentone

Friday 6 September from 11am – 12pm

Superannuation – contributions, caps and income streams from your superannuation.

Friday 13 September from 11am – 12pm

Downsizing your home – what you need to know!

Friday 20 September from 11am – 12pm

Age pension – your choices – assets test, limits, income, rates and more!

Bookings are required.

To book, call **0409 767 438** or email community@kingston.vic.gov.au or alternatively leave a message on **1300 653 356**.

Home Care Packages with AccessCare

Did you know that the City of Kingston offers Home Care Packages through AccessCare, the Council's own in-home care provider? For 30 years, AccessCare has supported Kingston's senior community members to live independently and with dignity in their own homes. With our team of support workers, aged care advisors, community nurses, home maintenance officers and more, AccessCare is available to help you live your life, your way.

To find out more about how you can get a Home Care Package with AccessCare in the City of Kingston, please call us on **1300 819 200** or visit accesscare.org.au

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Superannuation contributions that will enhance your retirement nest egg

Most individuals recognise that making additional contributions to their superannuation while employed, beyond what is required by their employer, not only enhances their retirement nest egg, but also can provide significant tax advantages.

Typically, individuals may choose to forgo a portion of their salary and make pre-tax contributions to their superannuation funds through a salary sacrifice arrangement.

For Example...

An individual earning \$100,000 annually who receives a \$5,000 pay raise might see an increase of \$65 in their weekly pay (\$3,380 per annum).

In this instance, the individual could choose to forgo that pay increase and contribute the \$5,000 per annum pay rise to their superannuation via salary sacrifice. While their weekly pay would not increase, this would result in an additional \$4,250 being added to their superannuation balance (\$5,000 minus 15% contributions tax).

Individuals also have the option to make personal contributions to their superannuation and claim a tax deduction for that contribution when completing their annual tax return. In this scenario, there is a \$30,000 annual contribution limit which can be used for Superannuation Guarantee Contribution (SGC) via employer contributions (11.5% of salary), salary sacrifice and personal deductible contributions. Maximising these contributions can significantly enhance your superannuation balance in preparation for your retirement.

However, we recognise that unforeseen life circumstances, such as unexpected expenses and mortgage payments, can sometimes impede our best intentions. Fortunately, individuals now have the option to 'bank' their previously unused contributions for up to five years and schedule these payments for a more suitable time. For example, an individual who has not been able to make any additional contributions during that period may have a carried forward limit of up to \$84,500 available for the current year.

This amount can be combined with any available limit for this year (\$30,000 minus \$11,500 SGC = \$18,500). Consequently, the total limit for contributions in a single year could exceed \$100,000. While it may not be practical to have \$100,000 immediately available, these amounts can be utilised over time without surpassing the annual limit. It is important to note that 'banking' or carrying forward contributions is applicable only to individuals with a superannuation

balance of less than \$500,000 at the end of the financial year prior to making the contribution. If you are aged 59 or older, the team at Highview have strategies that can help create tax-deductible contributions without requiring you to invest your own funds into superannuation. Please contact us to learn more!

Alternatively, you could purposefully 'bank' these limits for use for a specific event where your tax may be higher than usual, such as the sale of an investment asset (property or shares) or the sale of a business, which could trigger significant Capital Gains Tax. Utilising 'carried forward contributions' in these scenarios may help mitigate the tax implications.

In cases where you are retiring and have accumulated substantial annual or long service leave, which, when paid out, would result in the ATO getting their hands on a large portion of your hard-earned money — 'carried forward contributions' could offset this tax. If you are over age 60 at retirement, you will still have access to the contributions made, as your superannuation becomes available.

The options are vast – so get informed!

There are numerous contribution strategies that can be utilised as you prepare for retirement or navigate significant life events with tax implications. Before making any decisions regarding whether these strategies may be suitable for you, please consult with your trusted Advisor or contact one of our Financial Advisers at Highview. We would be happy to assist you in maximising your retirement savings while minimising your tax obligations. Good luck growing your nest egg!

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



We approach the final round of both the football and netball seasons as I write this report and Dingley residents and fans of both sports will be pleased to know that the club is about to contest the finals yet again.

This season has again presented operational difficulties in which most other clubs would find it almost impossible to find success, let alone remain at or near the top of their competitions. To all those who have played a part thus far; all our fabulous sponsors, club administrators, loyal supporters and players and support staff; be proud of your work and of your commitment, for we are a great club.

We are YOUR DFNC.

As to recent results: In Round Fifteen, the Senior team ventured to Bentleigh to record a 79 point win, which featured eleven individual goalkickers for the afternoon, with Tom Morecroft bagging five and Lachie Benton four. It was an emphatic win away from home, which again featured many Under 19 eligible players. Throughout the year, coaches have put faith in our youth program and in each case, they have made the most of their opportunities in senior ranks.

In Round Sixteen, we hosted Port Melbourne Colts who needed to win to keep their final hopes alive and, on that occasion, we battled for the lead from the start and fell short by 31 points despite getting within 11 points late in the final quarter. Luke Simmonds, Lucas Walmsley, Adam Peacock, Jackson Peet and Caleb Lewis were our best on the day.

Despite Dingley being assured of not only playing finals but also assured of the double chance, it was a late reminder that there are strong teams striving to make finals and who can apply 'finals like heat'. Port is one of those clubs.

The amazing thing about our unbeaten Reserves team is that they are not all seasoned veterans, [as many opposition sides are], but each week Under 19 players appear in large numbers.

The Under 19 Grade is the true lifeblood of any football club and the quality and character of the youngsters at that level at DFNC is exceptional. First year Reserves Coach, Sam Williams has already re-signed for 2025, continuing the strong 'Williams' connection to the club. Well done Sammy and good luck on your 2024 campaign.

Our Thirds' start to the season was nothing to write home about, but they have been rewarded recently with some good results including a defeat of the reigning premiers. Well done to Col Craney and his loyal band.

When next you read these jottings, the club will be deep into finals action in both football and netball.

We hope to see you there to help as, The Hunt is On.

Go Dingoes!



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Dear Local Dingley Village Residents,

As you are probably aware, this year in October, local residents and ratepayers will elect a local Councillor to represent our area for the next four years. This will be via a postal vote.

As a true local, I am excited to announce that I will be standing for election. Our area deserves strong leadership, commitment and dedication from a passionate local resident. With your support, I would like the opportunity to advocate for our much-loved area and ensure that our voices are always heard.

As a life-long Kingston resident, I have been advocating for our local community by being on various committees and community associations that impact our neighbourhood area, such as being a member of the Dingley Village Community Association for more than two years, and holding the executive position of Secretary for more than one and a half of those years. I am also a board member of the Dingley Village Neighbourhood Centre and participate in the Kingston Council Youth Advisory Committee. I am passionate about the area in which I live, and the community that I wish to serve.

In my time on these local committees, I have been fortunate enough to help advance many local projects, including:

- ✓ Working alongside the Save Kingswood Group to advocate for a favourable outcome for all local residents impacted by the potential development of Kingswood Golf Course.
- ✓ Achieving a more user-friendly draft masterplan for Spring Road Reserve, by consulting with the community and working closely with council staff and officers.
- ✓ Playing a major role in organising the Dingley Village Annual Information Night, bringing community members together to inform them of updates on projects going on in and around our area.
- ✓ Working closely with Hawthorn Football Club to advocate for more community use of their Tootal Road facilities.
- ✓ Advocating for young people in Kingston by participating in the Kingston Council Youth Advisory Committee, and continually pushing to have more resources made available for the younger members of our community.

Just like you, I also care a lot about our local area which I call home. We live in an amazing part of the state with brilliant amenities, sporting parks and recreational facilities. With your support, I promise to work hard to keep our area the great and unique area we know and love. If elected, I will be a Councillor that is present and responsive, a Councillor you will be able to reach through the phone and who will respond to your emails. Even better, a Councillor you will see around our suburb and at community events.

Please don't hesitate to reach out via email NatanForCaruana@gmail.com and follow my social media pages.

Instagram: Instagram.com/Natanr_b

Facebook: Natan Raykhtin-Breitenfeld Caruana Ward Candidate

Yours Sincerely,

Natan Raykhtin-Breitenfeld.

Authorised by Natan Raykhtin-Breitenfeld PO Box 2, Dingley Village VIC 3172.



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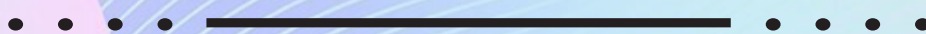
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CIRCLING THE CLUBS



Country Women's Association Dingley Village



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

Huge thanks to Bunnings Keysborough for supporting our successful Father's Day stall on August 31. We're incredibly grateful to everyone who purchased from us that day. All the money raised will be donated to RFDS, Blaze Aid, and Food Bank. Your generosity will truly make a difference in the lives of many.

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 12th of September and the October one is on the 10th. 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 September one will be on the 28th. 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.

Shirley T is back home and working on her recovery. Will be back on deck before we know it. We are more than happy to welcome new members (especially males) to the Group.

Enquiries can be made to Graeme on **9551 3462**. PS - Hope you have leapt into Spring with gusto.



Probus Club Dingley Central



Our day trip was to the MCG. On arrival we were met by MCC volunteers, who escorted us on a tour of the ground and facilities, and gave an insight into the history and sporting culture of Melbourne. After an enjoyable lunch at the Trumble Bar and Cafe, we concluded the day with a visit to the Australian Sports Museum, where we were able to view the interactive exhibits and displays showcasing everything from cricket, and AFL to the Olympics.

The guest speaker at our August meeting was Martin Semken, a landscape gardener.

He spoke of the challengers he and his team faced presenting the first Australian Garden at the Chelsea Flower Show in 2004. They were awarded a Silver Medal and wide acclaim. The following year the Semken team was invited back, and the garden they presented won a gold medal, best in show award, and was the BBC people's choice.

Activities for September: Happy Hour, MTC, Legs and Morning Coffee, Wine Tasting, Camera club, Morning Melodies, Day Trip, Mens Lunch, Craft Group, Ladies Lunch and Games Day.

Our meetings are held on the 1st Monday of the month, at The Salvation Kingston 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

Dingley Village Senior Citizens Club Incorporated

The recent warm weather spell that we have had was very welcome after the seemingly cold winter.

Our arrangements for the month of September are as follows:

- **Monday the 2nd** – Games, Cards, Rummikub and Scrabble, to be followed by afternoon tea.
- **Monday the 9th** – Bingo (commences at 1:00 p.m.) to be followed by afternoon tea.
- **Monday the 16th** – Games, followed by afternoon tea.
- **Monday the 23rd** – Bingo (commences at 1:00 p.m.) to be followed by afternoon tea.
- **Monday the 30th** – Trivia game, 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 (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

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 Web: 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.

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.

Tea and coffee are supplied for all activities.

Entertainment schedules

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/>

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Contact the editor, dingleydossier@dvnc.com.au details available 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.kcc.crm.org.au
Email: admin@crm.org.au

Senior Pastor: Dan Parker

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

moMENTum is the Men's Group of Kingston City Church.

Our intention is to empower men to be better sons, husbands and fathers and flourish in their respective roles. moMENTum is designed with events that help develop men in wisdom, stature, socially and spiritually.

We meet once per term to share, discuss, and build mutually enriching relationships, as we strive to do life well and together. Check us out as we are here to encourage each other, as iron sharpens iron.

For more information email men@crm.org.au or phone **03 8551 6600**. Looking forward to meeting you at our next moMENTum event.

Let's make the choice to be real men.

Dishan Rajaratnam



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.heathertondingleyua.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

Know Your Bible 9.30 – 11.00 a.m.

An interdenominational study of the Bible for women. For further information contact Kaye **0412 715 363**.

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**

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

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.

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.



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Dingley 3172 (Entrance off Redwood Dr.)

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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

8.30am (Heritage Church) Holy Communion Service

10.30am (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 Service 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 8am 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

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

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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
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