

THE DINGLEY DOSSIER

Volume 53
Number 1
February 2025
www.dvnc.com.au/dossier

2025 IS LOOKING LIKE A BIG YEAR FOR DINGLEY VILLAGE



Dingley Primary Schools will be celebrating 100 years in September

The official page for Dingley Primary School's centennial celebration is on Facebook. You can either search Facebook or go to www.dingleyps.vic.edu.au, click on About Us, click on 100 years, then click on Facebook link. Here, you'll find all the information you need about their exciting 100th birthday events and activities.

Stage 2 of Community Hub, Marcus Rd opens for business

31B Marcus Rd is now the Children's and Family Services hub for Dingley Village providing contemporary, well equipped and engaging children's spaces.

The Dingley Village Neighbourhood reception and administration offices will relocate back to 31B Marcus Rd and will be joined by Little Villagers Childcare who return from Westall Community Hub and will be offering 6-hour childcare sessions Monday - Friday. Maternal & Children Nurse Helen will return to provide Maternal and Children's Health Service.

Also returning will be Dingley Village and City of Kingston Playgroups.

Joining them all will be Marcus Rd Kindergarten who will now operate both 3-year-old and 4-year-old, funded Kindergarten programs. All adult programs operated by Dingley Village Neighbourhood Centre will continue to operate from the Harold Box Hall/Library building.

City of Kingston celebrates 30 years

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

A big birthday often calls for a chance to reflect and walk down memory lane. As part of City of Kingston's 'Cheers to 30 Years' campaign, they have captured the heart and soul of Kingston through the stories that have shaped our community. Stories from our community can be found at www.yourkingstonyoursay.com.au/30years

Dingley Pavilion, Souter Oval completed

Construction of the new two-storey pavilion that will include additional change rooms, new multipurpose room, kitchen and community space, kiosk, and public toilets is now complete.

Whilst the keys were officially handed on Thursday 19th December 2024, the set up the furniture, stock fridges, run beer lines etc.. took place in January 2025.

The modern expanded space and amenities is now in use for the remainder of the cricket season and upcoming football season.



Hawthorn Football Club

In late 2025 they will make the move to their new home in Dingley Village, the Kennedy Community Centre, stay tuned for more information.



FARMERS' MARKET

SATURDAY 15TH FEBRUARY | 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 9558 2591

Document Signing Station
Springvale Library
1300 630 920

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 Family and Children's Services Hub. Contact Neighbourhood Centre for more details.

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.



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BUY LOCAL

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

Lexington Gardens Market: Friday 7th March 10am – 1pm

FREE ENTRY & FREE PARKING. Featuring Easter and Mothers Day arts and crafts along with regular stallholders. Village Cafe open for morning tea and/or lunch. Parking on site in Visitor car park on left of Westall Road entrance and Windsor Avenue (Souter St) entrance. Lexington Gardens Retirement Village, 114 Westall Road, Springvale.



Snap Send Solve App

Residents are reminded that they can use this Free 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.

App is available from the App Store and Google Play. More information can be found at www.snapsendsolve.com

Back to School

Remember children are back at school in February, so be careful around our local schools.

- Watch out for pedestrians and be aware that young children can be unpredictable and difficult to see.
- Give cyclists plenty of space.
- Slow down in school speed zones during school times.
- Be extra cautious around schools.
- Drop the kids off and pick them up on the school side of the road in your school's designated drop-off and pick-up area.
- It's safest for the kids to get out of the car on the kerb side of the road to be away from passing traffic.



Special Dates in February

Ovarian Cancer Awareness Month

Held each year in February to educate Australians on ovarian cancer and raise awareness by sharing the stories of real women affected by the disease.



REDFEB

Heart disease is still Australia's leading cause of death and affects families and communities around the country. REDFEB is a month dedicated to raising awareness for heart health and raising much-needed funds for research.

4th February: Physical Disability Awareness Day

It's a day to recognise the rights and wellbeing of people with physical disabilities in every part of life and enable them to realise their full potential.



11th February: Safer Internet Day

Whether you're working, learning, playing or scrolling – the internet is a huge part of life. It opens a world of opportunities, but also comes with risks, especially for young people and other at-risk groups. Find out more at www.esafety.gov.au

14th February: Lailat al Bara'ah * Islam

The name translates into English as "Night of Forgiveness." An Islamic holiday during which practitioners of the faith seek forgiveness for sins. Muslims spend the night in special prayers. It is regarded as one of the most sacred nights on the Islamic calendar.

15th February Nirvana Day (Parinirvana Day) **Buddhist

Nirvana Day (or Parinirvana Day) is a Mahayana holiday which celebrates the day when the Buddha is said to have achieved Parinirvana (complete enlightenment) upon the death of his physical body.

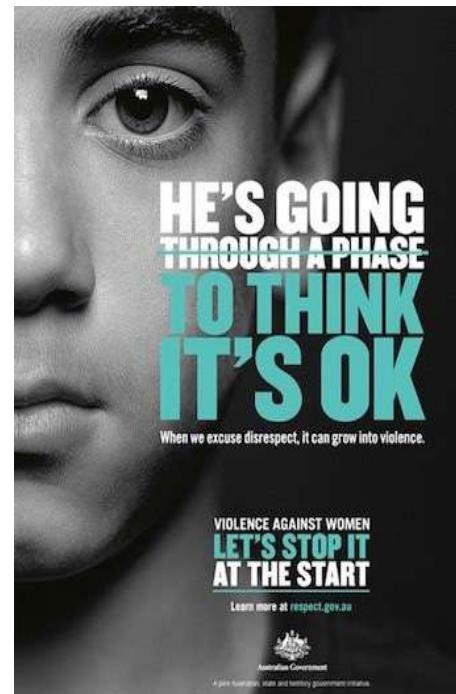
26th February: MahaShivaratri

** Hinduism

MahaShivaratri (or 'Great Night of Shiva') is a festival celebrated in honour of the Hindu deity Lord Shiva, one of the deities of the Hindu Trinity.

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

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



**For help with elder abuse
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Dingley Village Police Update



Crime Stoppers (1800 333 000)

To provide crime information. It can be anonymous.

[neighbourhoodwatchkingston](#)



[www.nhw.com.au](#)

Your Local Police Station

Springvale Police Station
314 Springvale Rd, Springvale VIC 3171



Phone: (03) 8558 8600

Reception counter open daily, 6:00am to 10:00pm.

You can contact your local police station to report a non-urgent crime or seek help with a number of matters, including:

- general enquiries
- status updates (such as following up on an incident you've reported)
- family violence-related matters
- reporting traffic incidents
- discussing documents that need to be witnessed, certified, or signed by an authorised officer.

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 **6** hour sessions available for pre-school aged children.

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Open 9 am - 3 pm

Monday - Friday

8512 0509

Dingley Village Community Hub

31B Marcus Road, Dingley Village

Email: lvcc@dync.com.au



DINGLEY VILLAGE COMMUNITY ASSOCIATION

Happy New Year to all Dingley Villagers from the DVCA!

Thank you to all of the lovely residents who packed the Harold Box Hall for our November Information Night, and to all of those who have provided such positive feedback since then. We intend to continually grow this annual event and keep Dingley Village issues on the agenda of council and our other representatives.

Our next two meetings are Tuesday 11 February and Tuesday 11 March, both at 7.30pm in the Neighbourhood Centre - our meeting room is directly behind the library. Please join us! Attendance is free, and your voice matters.

Our biggest priorities for 2025 will be:

- Coordinating the pedestrian linkway between the Kingswood site and Marcus Road, to reduce congestion should the development go ahead in 2026. We will also continue to fight for reduced density and maximum community benefit to be factored into any future plans.
- The overdue upgrade of Tootal Road. This is now of pressing importance, as it must be finished for safe community access to Hawthorn FC's Kennedy Community Centre.
- A masterplan for the Shopping Centre. The parking and streetscape must be reworked, especially as our population is set to increase.
- Progress on the Spring Road Reserve plan, and many more.

Thanks for helping us to help our community!

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.

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.

Snap/Send/Solve

This App continues to be a positive method to improve our Village. 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.

Bottle Refunds – Reminder

If you are a local resident who would like to help the DVCA but you don't know how, one option is to contribute your recycling bottles and cans to our 'Return It' CDS Vic Depot fund by using our Barcode number, C2000009985. We welcome everyone's support and contributions.

DVCA Contact Info

Contact us by email at dvcasecretary@gmail.com or come to our monthly evening meeting. Meetings are held in the library, 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



The poster for the Dingley Village Farmers Market features a central yellow sign with the text 'DINGLEY VILLAGE FARMERS MARKET' in bold, black, sans-serif letters. Below the sign, a green and white striped awning is visible above a display of various packaged food items. The background is a light beige color with illustrations of fresh vegetables like carrots, tomatoes, and lettuce. To the right of the main sign, the text 'Healthy & Victorian Produced' is written in a cursive font. At the bottom left, there is a list of details: 'SATURDAY FEBRUARY 15 31 MARCUS ROAD FROM 8:30am - 1pm'. To the right of this, under the heading 'COME & SHOP...', is a paragraph about the benefits of farmers' markets, followed by contact information: 'For More Information: market@dvnc.com.au www.dvnc.com.au/market'.



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AND SO MUCH MORE - COME IN AND SAY HELLO

DIRECT TO THE PUBLIC

OUR COUNCIL

Know your roads

Kingston comprises two road networks—those managed by City of Kingston and roads managed by Department of Transport and Planning (DTP). The City of Kingston is responsible for maintaining over 600kms of council-managed roads. You can find a list of Council managed roads on our website www.kingston.vic.gov.au/council/council-documents/plans-policies-and-reports/register-of-public-roads

To let us know about a pothole or road/footpath maintenance issue on a Council-managed road, you can report your concern by contacting us on **1300 653 356** or online www.kingston.vic.gov.au/contact/report-or-request/pothole-repairs. You can also use the Snap Send Solve App

Lower Dandenong Road, Centre Dandenong Road, Old Dandenong Road, Westall & Dingley Bypasses are all DTP managed roads.

To report a pothole or road maintenance issue on a DTP-managed road, you can fill out an online form on the VicRoads website or, if it's an urgent road hazard, you can call their 24/7 hotline on **13 11 70**. If you're unsure who manages a road, you can search the road name on DTP's interactive map to find out. www.transport.vic.gov.au/business/road-and-traffic-management/map-of-dtp-managed-roads

Kingston on top at national early learning awards

The development of a training package to support the safety and autonomy of children has seen Kingston pick up the Early Learning Association of Australia's Organisation Innovation Award.

The national recognition is a testament to the vision, passion and professionalism of Charlotte Hood and Gina Courtney from our Edithvale Family Children's Centre, who created the package, which provides practical tools and training sessions for educators and is now being shared across the sector to help other services build similar approaches.



It was introduced to complement existing child safety standards and body safety programs.

To strengthen the foundation of the package, the team partnered with the Institute of Child Protection Studies (ICPS) at Australian Catholic University. This collaboration helped refine the resources

and training to align with current research. Kingston Mayor Georgina Oxley congratulated Charlotte, Gina, and their team for their vision and hard work.

"Protecting, supporting and empowering our children and young people is so important and something we pride ourselves on in Kingston and this package is now set to make a real difference in early childhood settings across the country," Cr Oxley said.

"This is a brilliant example of delivering meaningful outcomes in a caring and thoughtful way."

Charlotte and Gina are now set to present next year at the Child Australia Early Childhood Learning and Development Conference in Perth. To read more about the awards visit ela.org.au/early-childhood-awards-2024.

Kingston has a great range of education, care, and play-based childcare to suit children from birth to five years of age.

To find out more head to kingston.vic.gov.au/services/families-and-children/childcare-and-early-learning.

Cr Caroline White | Caruana Ward



“ As a mum, dance studio owner and home owner, I'm keeping cost-of-living and our local economy front of mind. Supporting small business, helping build a flourishing local economy and working to avoid inappropriate development are key drivers for me. **”**

Phone: [0499 776 885](tel:0499776885) Email: Caroline.White@kingston.vic.gov.au



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LOOKING AT LOANS



Where to for property in 2025?

If you are questioning where property markets are heading in 2025, you are not alone! It is currently the most asked question I get.

Of course, with Australia made up of multiple different property markets, the full specific answer to that will be very different for every person, but the general trends are interesting and can point to where an individual market can expect to go.

Over the year 2024, dwelling values (as reported by CoreLogic) were relatively stagnant in Sydney (+2.3%) and Melbourne (-3.0%), whilst double digit gains were seen in Brisbane (+11.2%), Adelaide (+13.1%) and Perth (+19.1%).

Melbourne notably is 6.4% below its record high, which was in March 2022, whereas those other four cities are all at or near record highs. In fact, Melbourne, which was in 2020 Australia's second most expensive capital city, is now 5th on that list, with the median house price now at the biggest discount to Sydney that it has been in 20 years.

It has been great to see Melbourne first home buyers taking advantage of that opportunity whilst they can. Integrity Finance has been processing record numbers of first home buyers, with ABS lending data also showing the strength of that market in Victoria.

Will Melbourne continue to trade at such an unusual discount compared to the other cities? Consensus is that it will not. The pendulum is expected to swing back, the question is when not if.

Interestingly interstate investors are starting to focus on opportunity in Melbourne - sometimes purchasing opportunities look better from afar! I expect Melbourne property over the next two years to play significant catch up and reverse the recent underperformance.

Long term prospects for property across Australian capital cities remains strong. Population growth and decreasing average occupancy per household continues to fuel demand faster than we can increase supply.

Consumer confidence has been low, partly caused by interest rate increases after the record lows during covid. This is transitory.

Our advice continues to be: If you are interested in buying property and are in a position to do so, then moving sooner rather than later is recommended.

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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Ovarian cancer

Lung Cancer is the leading cause of cancer deaths. Each year in Australia around 1,815 women are diagnosed with ovarian cancer. In most cases the cancer will be diagnosed at an advanced stage, where it is very difficult to treat.



Ovarian cancer is a malignant tumour in one or both ovaries.

While there are many types of ovarian cancer the three most common types of ovarian cancer are: the common epithelial type (90% of cases) that arises from the cells on the outside of the ovary; the germ cell type (around 4% of cases) that arises from the cells which produce eggs; and the rare stromal type arising from supporting tissues within the ovary.

Ovarian cancer signs and symptoms

There are often no obvious signs of ovarian cancer, however you may have one or more of the following symptoms:

- abdominal bloating
- difficulty eating or feeling full quickly
- frequent or urgent urination
- back, abdominal or pelvic pain
- constipation or diarrhoea
- menstrual irregularities
- tiredness
- indigestion
- pain during intercourse
- unexplained weight loss or weight gain



Bloating



Early satiety (feeling full quickly) or difficulty eating



Pelvic or abdominal pain



A need to urinate frequently or urgently

Symptoms of cancer of the ovaries are common to other conditions, so having symptoms does not always mean you have cancer.

If you notice new symptoms, or if they are severe, or if they continue for more than a few weeks, you should see your doctor.

Causes of ovarian cancer

Some factors that can increase your risk of ovarian cancer include:

- age (risk increases for women over 50)
- family history of ovarian, breast or bowel cancer
- changes in the genes BRCA1 or BRCA2
- being of Ashkenazi Jewish descent
- early onset of periods (before 12 years) and late menopause
- women who have not had children or had their first child after the age of 35
- using oestrogen only hormone replacement therapy or fertility treatment

Resources and support

Receiving a diagnosis of cancer can be overwhelming. There are many organisations that can provide you with information and support:



Call Ovarian Cancer Australia on **1300 660 334**, between 9am and 5pm, to speak with an ovarian cancer nurse on their Support and Information Helpline. www.ovariancancer.net.au

Call Cancer Council on **13 11 20** between 9am and 5pm Monday to Friday. Cancer Council offers confidential information and support services for people living with cancer, their friends, families and healthcare professionals. www.cancer.org.au

The Cancer Australia website offers a publication-and-resource library which can be accessed for free. The library contains factsheets about cancer, evidence-based resources, cancer screening programs and cancer treatment. www.canceraustralia.gov.au



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

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



Protecting Your Eyes Year-Round: The Importance of Sun Protection

As summer heats up, it's a great time to remind ourselves of the importance of sun protection — not just for our skin, but also for our eyes. While sunscreen and hats are important, sunglasses should be part of your daily routine. UV radiation from the sun can cause long-term damage to your eyes, and protecting them is important year-round.

Why Sunglasses Matter: More Than Just Summer Wear

Many people only think of sunglasses during summer, but UV rays can damage your eyes throughout the year. Even on cloudy days or in cooler months, up to 80% of UV rays can still reach your eyes. Wearing sunglasses with 100% UV protection is essential, regardless of the season.

UV exposure can contribute to several serious eye conditions, including cataracts, age-related macular degeneration (AMD), photokeratitis, and even skin cancer around the eyes. Over time, the cumulative effect of UV damage can significantly affect your vision and eye health.

UV Radiation and Eye Health

1. Cataracts: Cataracts occur when the lens of the eye becomes clouded, leading to blurry vision. Prolonged UV exposure accelerates cataract formation, which can eventually impair vision. Sunglasses that block UV rays can help prevent this damage and protect your vision.

2. Age-Related Macular Degeneration (AMD): AMD is a condition that affects the retina and can lead to vision loss. Research shows that excessive UV exposure can accelerate AMD development, particularly in those already at risk. Protecting your eyes from UV rays may slow the progression of this condition.

3. Photokeratitis: Also known as a "corneal sunburn," photokeratitis is a painful condition caused by excessive UV exposure. Symptoms include redness, watering, and light sensitivity. While it typically heals on its own, repeated photokeratitis can cause long-term damage to the cornea.

4. Pterygium (Surfer's Eye): This growth on the surface of the eye can cause irritation and, in severe cases, affect vision. UV radiation, particularly from reflection of water or sand, is a significant risk factor. Pterygium can sometimes require surgical removal if it impairs vision.

5. Skin Cancer Around the Eyes: The delicate skin around the eyes is vulnerable to skin cancer caused by UV exposure. Basal cell carcinoma and squamous cell carcinoma are more common in this area, making it crucial to wear sunglasses and hats with brims to protect your skin.

Choosing the Right Sunglasses

Not all sunglasses are created equal. It's important to invest in sunglasses that offer proper protection. Here are the key features to look for:

- **100% UV Protection:** Ensure your sunglasses block both UVA and UVB rays. This is the most important feature for protecting your eyes from long-term UV damage.
- **Adequate Coverage:** You should choose sunglasses that fit well and provide good coverage. Larger frames or wraparound styles offer better protection by reducing UV exposure to the sides and around the eyes.
- **Polarized Lenses:** These lenses reduce glare from reflective surfaces like water, sand, and roads, making them especially useful for outdoor activities like driving, hiking, or spending time at the beach. Be sure to choose polarized lenses with UV protection for both glare reduction and safety.
- **Durability and Quality:** Choose sunglasses made from high-quality materials that can withstand daily wear. Durable lenses and frames will help ensure long-lasting protection.

Year-Round Protection

UV damage is cumulative, meaning that the effects build up over time. That's why it's essential to wear sunglasses every time you're outside, regardless of the weather. With the right pair of sunglasses, you can significantly reduce the risk of eye damage from UV exposure.

Other Sun Protection Tips

In addition to wearing sunglasses and hats, continue your sun protection routine with sunscreen and by avoiding prolonged sun exposure during peak hours (10 a.m. to 4 p.m.). Remember, your eyes deserve the same care as your skin when it comes to sun protection.

Conclusion

Taking simple steps to protect your eyes from UV damage can prevent serious vision problems in the future. Investing in high-quality sunglasses with proper UV protection, along with applying sunscreen and being mindful of UV exposure, can help preserve your vision 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 www.insightfuleyecare.com.au or come down for a chat with us about how we can help assess your eye health and discuss further ways to protect your eyes from UV damage. Your proactive approach can make a big difference in safeguarding your vision for the future. If you haven't had an eye exam recently, now is the perfect time to schedule one.

Dingley Eye Centre - Insightful Eye Care™
We are your local optometrist.

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WATER *for* wildlife

Heat stress (hyperthermia) is distressing and painful for wildlife and it can be fatal. Dehydration can cause organ damage and hot surfaces burn feet and paws. There are ways we can help prevent wildlife becoming heat stressed during prolonged periods of heat or on extremely hot days.

1. Use the garden hose to mist water spray into trees and shrubs.
2. Leave out bowls of water in locations that provide some protection and screening from predators such as birds of prey and domestic pets. If leaving out a larger tub or bucket make sure it's secure and provide a stick or rock for animals to use to climb out. Providing water at different levels makes it accessible to all species while minimising their risk of being preyed upon.
3. Hang a water dispenser from a tree or put a bowl in a hanging basket that can be easily accessed by arboreal dwellers such as birds and bats.
4. Confine your pets to stop them preying on wildlife searching for water or trying to cool down.



hotline: 0412 433 727
info@awarewildlife.org.au
www.awarewildlife.org.au

SCHOOL SUPPORT

What can you do if your child hates reading?

THE CONVERSATION

Academic rigour, journalistic flair

Published: August 19, 2024 6:34am AEST
Genevieve McArthur

Professor at the Australian Centre for the Advancement of Literacy, Australian Catholic University. During Book Week, we will see countless photos on social media of happy kids dressed as characters from their favourite books, while schools hold daily events celebrating the joy of reading. It's a fun time for many children, who relish the chance to dress up as Hermione from Harry Potter or Dog Man and talk about books with their friends and teachers. But what if your child doesn't like reading?

It's a growing challenge in many parts of the world. A 2023 survey found more than 50% of eight- to 18-year-olds in the United Kingdom do not enjoy reading in their spare time. In the United States, only 14% of 13-year-old students report reading for fun almost every day.

In Australia, it's slightly better - but about 30% of Australian children aged five to 14 say they do not read for pleasure. If you have a child who's reluctant to read, what can you do? A good first step is to find out why.

Why is it important for kids to enjoy reading - or at least not hate it?

It might be tempting to give a kid a "pass" if they don't like reading, but this will not help them in the long term. Most jobs rely on reading and writing - even those that are more practical. For examples, trades involve lots of forms, instructions and certification.

Once a child has been taught to read, they need to practice to get good at it - or at least good enough. This is why liking reading, or at least not hating it, is important. It gets children to practice.

What's the reason?

There are several reasons a child may say they hate reading:

- They might not be as good at reading as other kids in the class, so they form the impression - from their own observations or feedback from others - they are not good at reading.
- This may make them worry or even fear reading, particularly in front of other people.
- So they avoid reading to simply to stop feeling bad.

But even if a child has no problems with reading, they still may not like it. Perhaps they have other interests (for example, computing, sport or music). Or they can't see the point of reading ("what does it do for me?").

How can you work out the root cause?

A good place to start is think about what your child says about reading, or what they have said in the past. Is there a chance they are struggling with reading at school? Do they think they are "bad" at it? Does reading make

them feel worried or "switched off"? Do they try to actively avoid reading? Do they find it hard to find something to read that interests them? If nothing comes into mind, you could try to talk to your child - in a gentle way - to see if any of these things are an issue for them. If you are worried this might end up in an argument, or with them saying "I don't know, I just hate it", ask their teacher. Their teacher should know where your child sits within the class in terms of their reading ability and feelings about reading, and if they try to avoid reading for some reason.

A second opinion?

If you need another opinion, you may wish to take your child to a reading specialist. Before you book a session, ask if they can assess your child's confidence, engagement and emotions around reading as well as their skills.

These all play a role in how well your child reads and how much they enjoy reading. Also make sure the specialist can provide recommendations about next steps based on the results, rather than give you a result with no further action.

What can you do at home?

First, help your child find books or articles on topics that genuinely interest them. Perhaps take them to the local library or bookshop so they can choose their own book. Or search through your local street libraries together on a walk. Show an interest in their interests.

Second, help your child find a meaningful goal for their reading. Are they determined to read all the books in a series? Or do they have more practical goals ("I need to learn how to fix my bike")? Show an interest in how they are tracking towards their goal.

Third, support your child's reading self-efficacy, which is their perception they can meet their reading goals. Try to avoid showing disappointment if their progress is slow. Take an interest in what they are learning through their reading.

A final consideration.

At some point, you might find your child is discouraged because they have chosen a text that is too easy (which is boring) or too hard (which is demoralising). In the first case, you can say their reading is "far too good for this book, so let's find something more interesting tomorrow". In the second case, you can offer to help them read every second page, or the bits they feel they cannot manage. That way you can get through the book together. In time, you will both learn how to find texts that are not too easy and not too hard.

Disclosure statement

Genevieve McArthur receives funding from the Australian Research Council and National Health and Medical Research Council. She is affiliated with the not-for-profit Dyslexia SPELD Foundation (NFP) and not-for-profit Street Libraries Australia.

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RSPCA

CARING FOR YOUR DOG DURING WARM WEATHER

Dogs lose heat through panting, can only sweat through their paws, and are at high risk of getting heatstroke. Follow our top tips to keep your dog cool in the heat.

PROVIDE SHADE AND WATER

- Provide constant access to shaded areas inside and out.
- Ensure there is always cold, clean, fresh water available.

WALKIES

- Head out in the early morning or late evening when it's cooler.
- Don't run or cycle with your dog when it's hot.
- Avoid pavements. If the ground is too hot to touch with your hand for a few seconds, it's too hot for paws!

KEEPING COOL

- Prevent sunburn by using pet-safe sunscreen on ear tips and nose.
- Brush your dog regularly to keep their coat thin and free from mats or knots.
- Use frozen toys, paddling pools or water sprinklers to entertain and cool your dog down.

REMEMBER:

Dogs can die in hot environments. See: rspca.org.uk/dogsinhottcars

Never leave pets in vehicles, caravans, conservatories or outbuildings in warm weather.

HEATSTROKE CAN KILL.

Know the signs of heatstroke and contact a vet immediately if you spot them: heavy panting, excessive drooling, lethargy, drowsiness, uncoordinated movements, a state of collapse and vomiting.



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SENIOR SUPPORT SERVICES

Who to call in emergency

To get immediate assistance in an emergency from, Victoria Police, Ambulance Victoria or Fire Rescue Victoria call Triple Zero **000**.

Need the Police but not the sirens, you can report non-urgent crimes or events 24 hours a day, seven days a week, through the Police Assistance Line call **131 444**.

If you need medical advice or someone you know is unwell, call Nurse-on-Call on **1300 60 60 24** for 24-hour health advice or see your doctor- for non-life-threatening emergencies. In an emergency, always call Triple Zero **000**.

For flood, storm, tsunami and earthquake emergency call Victoria State Emergency Service on **132 500**.

Extreme Heat

Heat kills more Australians than any other natural disaster. Extreme heat can affect anybody. Those more at-risk include people over the age of 65, babies and young children, pregnant women, people with acute or chronic health problems and people who are socially isolated.

Heat can cause serious and potentially fatal health problems such as heat exhaustion and heatstroke, trigger sudden events like heart attack or stroke, or worsen existing medical conditions like kidney or lung disease.

Take steps to protect yourself and others by keeping cool, staying hydrated, planning ahead and checking in with others. Recognising early symptoms of heat-related health problems and taking action is crucial.



Updates on Aged Care Reform

The new Support at Home program will replace the Home Care Packages program and Short-Term Restorative Care from 1 July 2025. Your current service provider will keep you informed, but if you would like to find comprehensive information about the changes, please visit Australian Government Department of Health and Aged Care website page www.health.gov.au/our-work/support-at-home.

By visiting this page you can access the Support at Home Program update webinar, link to the Support at Home program handbook and you can subscribe to the aged care newsletters to receive regular updates on aged care programs and initiatives including open consultations, resources, training, webinars and more.

If you don't have computer, you can visit your local library and ask the librarian for assistance.

Those interested in new Aged Care Act, please visit www.health.gov.au/our-work/aged-care-act



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How can I keep my cat happy? 5 tips from a vet to help your feline friend live their best life.

THE CONVERSATION

Academic rigour, journalistic flair

Published: December 20, 2024 6:10am AEDT

Anne Quain

Senior Lecturer, Sydney School of Veterinary Science, University of Sydney

Around one third of Australian households live with at least one cat, yet surveys tell us the cats' needs are not being met.

Cats may rule the internet, but humans often misconstrue feline behaviour. Earlier this year, the Washington Post boldly declared cats aren't jerks – they're just misunderstood. This was prompted by research showing that, contrary to unhelpful stereotypes, cats are not antisocial. They can and do bond closely with humans.

The more we learn about cats, the more we realise they are complex individuals with unique personalities and preferences, capable of learning. From understanding your cat's language to keeping them safe and healthy – here are science-backed tips to improve the lives of your feline flat mates.

1. Pay attention to body language

Cats communicate with humans using body language and vocalisation. However, while cats' direct meows at humans, and the meows vary depending on the context, humans are not great at decoding them. But we can read cat body language.

For example, slow blinking is likely to indicate a positive emotional state. Cats who are not happy (for example, don't want to be touched) will freeze, move away, flatten their ears, hiss, or – if they feel they have no other option – scratch or bite.

It is better to allow cats to approach you on their terms, rather than pushing for social interaction. A cat approaching you with their tail up is giving a friendly signal, while a tail swishing from side-to-side signals annoyance.



Cats should always have the option to opt out of any interaction, like being touched. If you aren't sure, just "ask": stop patting them. If they walk away, they're not keen. If they rub their head against you, they want to continue the interaction.

2. Provide a healthy environment

The American Association of Feline Practitioners and the International Society of Feline Medicine have agreed upon five pillars of a healthy feline environment:

- A safe space so that cats can retreat if frightened.
- Multiple, separated key resources (food, water, toileting areas, scratching areas, play areas and resting or sleeping areas) so that cats can comfortably conduct their daily activities.
- Opportunity for play and predatory behaviour, such as games with wand toys that simulate hunting.
- Positive, consistent and predictable human-cat interactions, respecting a cat's choice about whether and how they interact.
- Respecting the importance of a cat's senses by avoiding undesirable stimuli (strong smells and loud noises), and providing desirable sensory stimulation (for example, use of catnip or silver vine).

These pillars provide a useful checklist. If you read this and realise your cat's food and water are right next to the litter tray, you can improve your cat's environment (and their experiences of eating and toileting) by separating these resources right now.

3. Clean the litter tray!

A litter tray may represent an unpleasant chore to you, but the importance of a spacious litter tray to your cat cannot be overstated. Cats prefer using a clean litter tray, even if they are the only cat in the household. Cats like to spend time in the tray before, during and after toileting, and they generally prefer a large tray. Poor litter hygiene is associated with a risk of urinary problems, which can be life-threatening. A survey of over 12,000 Australian cat owners found that urinary problems were more common in households with a low number of litter trays per cat, less frequent removal of faeces from the trays, and the use of crystal-type cat litter. If you switch the type of litter you provide, a slow transition is recommended to allow cats to get used to the change.

4. Read the room

Do you have more than one cat? Tension between household cats is common but often overlooked, as it's not always physical fighting. Signs of inter-cat tension can include prolonged staring or even blocking the use of resources such as the litter tray or cat door, to prevent other cats from using them.

In their 2024 intercat-tension guidelines, the American Association of Feline Practitioners note this can cause chronic fear, anxiety and stress-related illnesses in cats. Learning to recognise and manage tension between household cats can improve the welfare of all parties. When you love your cat, it is tempting to seek to amplify the joy by adopting another. But many cats prefer to be the only cat in the household, and don't cope well with a feline flat mate. If they have positive interactions with familiar, trusted humans, they're unlikely to be lonely.

5. Keep cats and other animals safe

Historically, domesticated cats earned their keep protecting grain stores from rodents. But what constitutes responsible cat ownership has changed. Around 65% of Australia's cat owners confine their cats indoors always, while 24% keep their cats confined at night.

A major driver for indoor-only housing of cats is their predation of wildlife. Another is concerns about roaming-associated risks to cats, including cat fights, infectious diseases (such as feline immunodeficiency virus or FIV), misadventure and motor vehicle trauma. But owners of cats kept entirely indoors were more likely to report "problem" behaviours.

Ideally, cats shouldn't be allowed to free-roam unsupervised where they can harm wildlife, even within the bounds of the property where you live. More than a third of local councils in Australia now require cats to be contained overnight or 24 hours a day. Outdoor access provides sensory stimulation, with different sights, sounds and smells. Alternatives to free roaming include providing access to a well-designed cat run, harness-training your cat, or supervising your cat.

Cats who don't leave home unless they're moving house or being taken to the vet, quickly learn to associate the cat carrier with a trip to an unfamiliar environment. It doesn't take a genius to work out that a vet visit is imminent when the carrier comes out. But that negative association can be changed. Cats who were rewarded with treats when they approached, stepped inside or rested in the carrier for six weeks were much less stressed during veterinary visits.

Cats are intelligent, and contrary to popular opinion, can be trained. The process can be enriching for cats and humans alike. With patience and commitment, you can train your cat – from a simple "sit" to voluntarily stepping into the cat carrier. In short, give cats choice, respect their "cat-ness", pay attention to their needs and try to see our world from their point of view. Your cat will be happier for it.

Anne Quain has previously consulted to iCatCare, and works at Potts Point Veterinary Hospital. She has donated to several charities including the Cat Protection Society of NSW and the RSPCA NSW.



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I was always too scared to go out to the forest at the back of our place. I was convinced there were devils and goblins back there. Sam and Andy talked about them all the time and the kids at school supported this premise willingly.

One gloomy afternoon after school these two decided to drag a whimpering me to face these supposedly horny nosed, red eyed, green horned demons.

Sam had repented and said that there weren't any bad things out there, it's just a forest, he said. The wanted to show me it was just a silly Irish joke. They wrapped me in Mum's old woolen coat, too big for me by half, and Dad's favourite tweed flat hat which flapped over my head in all directions, like a too moist sponge rising over its edges in an oven. My brothers were older than me by about five years or so, they must have been suffering remorse after years of telling me stories that scared the living daylights (or maybe nightlights) out of their tiny little brother every night they were at home. I never went into the backyard unless an army of relatives were to hand.

It was winter and the afternoon's light was dropping quickly as they pulled me across the backyard. My worst fears weren't helped by the sight of gloomy oak trees hanging a thick blanket of dark green forest over our back fence, no escape in there I thought! In a brief respite from terror, I thought that if there were goblins, I would be alright. I am very quick, the school sprint champion.

Why would goblins want to eat a skinny 10 year old, Sam and Andy surely would make for a better meal, they'd be taken first. I could run for it while the creatures were distracted with a light snack of my siblings.

My mind's escape from pending disaster was brief. Andy pulled me through the gap in the fence, hitting my head in the process. I lost time then as I don't recall anything for the next period. My big, strong brothers had left me, probably deserted me when a goblin jumped up in front of them. I found myself sitting at the base of a huge Irish oak tree, shivering. I called for help but with no answer and then started to cry. I was going to die here and no one would ever know. It was getting darker and scarier by the second. I was hoping some sort of devil would appear, at least I would have some company while I passed from this earth.

I have told many what happened next but few believe me. Pixies at the end of the garden stuff, people have snorted. My kids have been told the story a million times and they can't get enough of it. Thank goodness for kids.

This is what happened. I swear it did. I swear to St Patrick and all the great saints, even the less great. Feeling the mossy outreach helped and I stopped crying. As I did, I could feel a soft weight on my back and then my left side. It was like a soft snuggly woollen blanket except that it was green, a warm green arm. I wasn't freaked out anymore. I was happy that something wanted to make me warm and comfort me. It wasn't long before another arm joined with its partner and sealed me in a warm green doona.



The traditional Irish oak is sessile oak, and it is quite rare due to too much harvesting over the years.

This magnificent tree only grows in a few places in Ireland.

I must have fallen asleep as I had a blissful, happy dream that I was at home in my bedroom with Mum and Dad enjoying a cocoa with marshmallows.

That seemed strange even in a dream though, as I don't like marshmallows. My cosy time in the arms and feet of that grand old tree were halted by a scream; it was Sam. "I found him, I found him." He was yelling, shining a torch into my face. His yells brought results as the whole family were around me in a second. It was now charcoal black and raining heavily.

I hadn't noticed the rain before, as Dad pulled me up out of my mossy bed. I hugged the foot of the tree closest to me in appreciation and then tried to explain to everyone what had happened and how the tree had saved me. Strange looks covered my steps home.

Mum led us home and gave me a bath and a hot drink, not cocoa as I recall. Tea. I remember hearing Dad say that I must have had a knock on the head and that I was probably concussed. "That would explain his weird story," said Andy who was very much in the bad books with my parents for managing to lose me. I never told on my brothers about those stories they had scared me with; it helped us to grow closer after that. Anyway, I wasn't scared anymore, I knew the truth. Some of it anyway.

My kids and I are often in that same forest playing. I tell them that there might be goblins or demons, but they are good hearted ones. Like the ones that looked after me that night when I was a little 'un.

And like that friendly old Irish oak with the strong protective arms and mossy feet that would look after any child that was in trouble.

Warren Duncan, 2021

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.

VILLAGE REFLECTIONS

Dingley Village Post Office and General Store

The Dingley Village Post Office and General Store was located on Centre Dandenong Road next to Dingley Primary School.

From 1915 Dingley postal services were run from the home of the postmaster or postmistress. Mr George B Thompson, proprietor of the Dingley store became postmaster on 20 October 1933. Then in June of 1934, Dingley postmistress Alice E Dyke assumed the position, resigning in 1935 when WJA Weir took up the position until 20 November 1942 when Mrs Iva Agnes Weir became postmistress. From 1953 until 1964 Weir's delicatessen-cum-paper shop and post office served as a local meeting venue.

If you have any other information or stories about the Post Office and General Store please let us know at the Historical Society enquiries@dvhs.com.au or visit us at 31A Marcus Road, Monday, Tuesday or Thursday from 10am to 12.



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CIRCLING THE CLUBS



Country Women's Association Dingley Village



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

Join Us at CWA Dingley Village Stall Events in 2025! Wrapping up our year on a high note, CWA Dingley Village had a fantastic Christmas Stall at Woolies, Dingley Village on Friday, Dec 6. We extend our heartfelt thanks to Woolies for generously providing space for our stall and to the wonderful community for their unwavering support during Christmas and throughout 2024.

Save these dates for our upcoming stall events in 2025:

- **Mother's Day Stall:** May 9 at Woolies Dingley Village
- **Winter Warmers Stall:** June 13 at Parkmore Shopping Centre
- **Father's Day Stall:** September 6 at Bunnings Keysborough
- **Christmas Stall:** December 5 at Woolies Dingley Village
- Our stalls will feature a variety of delightful offerings, including baked goods, preserves, crafts, and knits. Stay updated on these events by following the Dingley Dossier throughout the year.

We look forward to welcoming you at our stalls in 2025 — stop by to browse, shop, or simply say hello. Your presence and support are greatly appreciated! Let's make 2025 an even more memorable year together. If you would like to know more, please contact 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 February and the March one is on the 14th. 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 February one will be on the 22nd. 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 number of 60 Plussers had an enjoyable New Years Eve function at a local over 55s venue. The music was provided by Lone Star, they were also entertained by Marcia Rae at the Keysborough Seniors in late January.

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. It is hoped our members and readers have had a great start to the New Year and it continues so. We are more than happy to welcome new members to the Group.

Enquiries can be made to Graeme on **9551 3462**. PS - What good is staying alone in your room?

Probus Club Dingley Central



Our president George welcomed us all to the first meeting for 2025, which was well attended. The guest speaker was Winston Marsh who has over 30 years experience in the management, marketing and motivation of people in business. Winston stimulates, inspires and activates ordinary people to achieve excellent results. Winston's easy to listen style and laughter-laden delivery was enjoyed by all.

Activities planned for Feb: Happy Hour, Legs and Morning Coffee, Wine Tasting, Camera Club, Morning Melodies, Day Tour (Blue Lotus Gardens) Film Day, Craft Group, Ladies Lunch And Games Day. 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**. Website: [dingleycentralprobus](http://dingleycentralprobus.wix.com/dingleycentralprobus)

Dingley Village Senior Citizens Club Incorporated

Welcome to 2025! We are excited to kick off the new year with a series of engaging and fun-filled events.

Mark your calendars for February, as we have some fantastic activities lined up for you:

- **Feb 3rd** - Games, Cards, and Dominoes
- **Feb 17th** - Games, Cards, and Dominoes
- **Feb 24th** - Bingo

For more information, feel free to reach out to our President, Margaret, at **9580 4321**, or our Secretary, Asha, at **0417 105 646**. We look forward to seeing you there and making 2025 a year to remember!

Dingley Village Historical Society



DVHS aims to document and collate information regarding our local history. The society holds information on early families of Dingley Village and the surrounding areas as well as the market gardens, farms, clubs and societies in the area. We welcome any information or photographs of Dingley Village through time that we can copy.

Located at 31A Marcus Rd, (near the library) we are open Monday, Tuesday and Thursday from 10am - 12pm. We are also open on the third Saturday of the month during the Farmers Market and other times on request.

Contact by email: 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.

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Web: www.dyms.org.au

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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 the 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 from 1.00pm to 3.00pm. Entry \$3.00.

Tea and coffee are supplied for all activities.

Our end of year Christmas function was held at the Sandown Hotel and was attended by 86 members. Some fortunate ones even scored a grocery voucher with their lucky raffle ticket. Club members and visitors enjoyed an afternoon with Marcia Rae giving us a heap of popular country and Rock and Roll songs.

Future entertainment will be 18 February: Lone Star, and 18 March: Gavin Chattellier.

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

Here you get to 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 more information call **0432 676 952** or visit us at <https://kingston.toastmastersclubs.org/>

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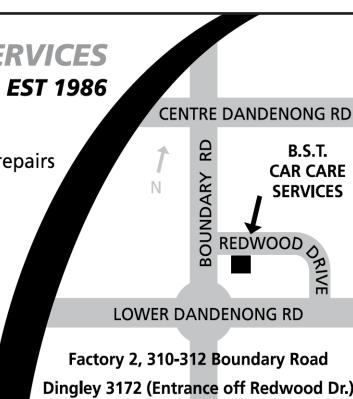
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Kingston City Church



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 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.

At Kingston City Church we are committed to empower our community members to do life better. Just like we were able to support each other during the unprecedented Covid lockdowns by staying connected through Zoom, LinkGroups continue to play a significant role on our community.

Our LinkGroups are designed to bring together groups of people who connect during evenings to hangout and do life together. Each group consist of people who are in a similar stage in life with similar interests wanting to connect and do life with likeminded others.

We encourage each group to grow in faith, building lifelong friendships by fellowshipping regularly with food and fun. LinkGroups are especially enriching to those living alone or without family living locally.

If you are looking for an interest group that can help you to do life better, then please do contact us for further information or clarification.

We can be contacted on email at linkgroups@crm.org.au or by phone on **03 8551 6600**. Life is better when done in LinkGroups.

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.heathertondingleyucca.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**

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 twice a month for those who know Jesus Christ as their personal Saviour and Lord.
- Kids Church - Younger Primary (4-8 years old) and Older Primary (9-12 years old).
- Little Blessings Preschool Program (0- 4years old)
- Tea and coffee are served after the service.

Life Groups

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

Ladies Bible Study

Meets regularly to work through an entire book of the Bible, alternating between the Old Testament and the New Testament. Previously studied are the books of Ruth, Philippians, Genesis and James.

In 2024, there will be a video teaching series on **"War of Words"** by Paul Tripp based on his book.

Men of Faith

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

Village Church Youth Group (Years 7 –12)

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

Street Ministry

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

Marriage and Family Support

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

Christ Church - Anglican Church Dingley Village



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

Special Events

Monthly Men's Breakfast: Next Breakfast: Sat 8th Feb. 8-9am, McDonalds Braeside, Guest speaker, a la carte menu. Rom 8:14 For as many as are led by the Spirit of God, these are sons of God. NKJ. Enquiries at the Parish Office.

Sunday Services

8.30am (Heritage Church) Holy Communion Service

10.30am (Auditorium) Worship Service with Kids' Church.

Next Combined Service: Sun 2nd March at 10am.

Life Groups for Bible Study

For more information, please contact our office.

Youth Group Saturday

Youth Group starts up again on Saturday 1st February. 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

2pm, 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

Re-opens on Sat 1st Feb. We look forward to seeing you there! 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

After more than 20 years of running the MMA Stall, the ladies have decided to retire. It has been a wonderful ministry, and the ladies are grateful to all who have baked, knitted, crafted, planted and shopped at our fabulous little stall. You have made a significant contribution to changing the plight of many less fortunate than us.

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@cccd.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. 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 between 10am - 4pm to make an appointment.

Echo Church



"Your Kingdom come, your will be done, on earth as it is in heaven." - Matthew 6:10

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ABN: 71 463 442 675

Editor: Pam Gates

Publisher: Dingley Village Neighbourhood Centre Inc.
31B Marcus Road,
Dingley Village, 3172

Phone: 8512 0505

Email: dingleydossier@dvnc.com.au

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