

THE DINGLEY DOSSIER

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Skin cancer is the most common cancer diagnosed in Australia.

It is estimated that more than 18,200 people were diagnosed with melanoma in 2023. The average age at diagnosis is 65 years old. Melanoma is the third most commonly diagnosed cancer in Australia, and it is estimated that one in 17 people will be diagnosed by the time they are 85.

Australia has one of the highest rates of skin cancer in the world.

The sun's ultraviolet (UV) radiation is the major cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. The good news is you can prevent damage – and skin cancer – by being SunSmart.

Sun protection is recommended whenever UV levels reach 3 or higher. Below 3, sun protection isn't recommended unless you are outdoors for extended periods or near reflective surfaces, like snow.

Australians shouldn't expose themselves to potentially harmful UV to get more vitamin D. Evidence suggests that prolonged sun exposure doesn't cause vitamin D levels to increase further but it does increase your risk of developing skin cancer.

When UV levels are 3 or higher, most Australians get enough vitamin D with just a few minutes of sun exposure while doing everyday tasks. Unlike the sun's heat and light, we can't see or feel UV radiation, so check the UV for your location on the free SunSmart app or on the Bureau of Meteorology website.

BE SUNSMART

For the best protection, use all five SunSmart steps:

1. Slip on covering clothing

Choose clothing that covers as much skin as possible, for example, collared shirts with long sleeves. Some clothing may carry an ultraviolet protection factor (UPF), which is a guarantee of how much UV protection a fabric provides.

2. Slop on SPF 50 or SPF50+, broadspectrum, water-resistant sunscreen

Apply a generous amount of sunscreen to clean, dry skin at least 20 minutes before you go outside. The average-sized adult will need a teaspoon of sunscreen for their head and neck, each limb and the front and back of the body. That's about seven teaspoons (35mL) for a full body application. Reapply sunscreen every two hours or after swimming or excessive sweating.

Remember, sunscreen is not a suit of armour and should be used with other sun protection measures.

3. Slap on a hat

Choose, a broad-brimmed, legionnaire or bucket style hat which shades your face, nose, neck and ears, which are common sites for skin cancers. Caps and visors do not provide enough protection.

4. Seek shade

Use trees, built shade structures, or bring your own (such as a sunshade tent)! Shade reduces UV radiation, but it can still reach you via reflection, so make sure you use shade in combination with other sun protection measures.

5. Slide on some sunglasses

Sunglasses and a broad-brimmed hat worn together can reduce UV radiation exposure to the eyes by up to 98%. Sunglasses should be worn outside during daylight hours. Choose close-fitting wraparound sunglasses that meet the Australian Standard AS/NSZ 1067.



Keep an eye on your skin

Check your skin regularly for any new spots or changes in shape, colour or size of existing spots. If you notice anything unusual, see your doctor as soon as possible. Most skin cancer can be successfully treated if it is found early.



Remember, if you have any concerns or questions, please contact your doctor.

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

FARMERS' MARKET SATURDAY 21st DECEMBER | 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, gam & Wed 12.30pm in the Harold Box Hall \$3.00 per session. New members Welcome. No need to book just come along.

Writing for Pleasure

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

Social Art group with Carla

Art group for those who would like to finish off a project while having a chat and a coffee in

the evening. Every Tues evening 6.30pm-8.30pm in the 'Craft Room', near the Harold Box Hall. Free Class, no need to book.

Knit, Craft & Natter with Marlene

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

Chatty Café

The Chatty Café Scheme aims to get people chatting to build



and encourage social connections within the local community, and to help reduce social isolation and loneliness. Let's keep our community connected! Wed 10am to 12pm in the 'Harold Box Hall in the Foyer'. Free, just some along.

Collection Point

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

Playgroup Victoria for Dingley Village Tuesdays 9.45 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**.



LAWYERS

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

Open Saturday mornings

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

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 infomation Ph 9583 5680 or 0439 304 579

MK Mobile Locksmiths

House/Car Openings Lock Repairs Of All Types Re-Keying Locks Lock Fitting Master Key Systems Contact Michael

0413422652

Pensioner Discount Available 24/7 Service





You can pick up copies of the Dingley Dossier from the Neighbourhood Centre, 31C Marcus Road, Dingley Village Newsagents and Woolworths Dingley Village. We also have a colour version online <u>www.dvnc.com.au/dossier</u>

City of Kingston Election: Caruana Ward

Congratulation to Caroline White who was elected as the Caruana Ward Councillor to the City of Kingston Council, at the declaration of the polls on the 8th November 2024. The Dingley Dossier, Dingley Village Neighbourhood Centre and many local community groups look forward to a productive working relationship with Cr White over the coming 4 years.



City of Kingston Community Grants

Community bi-annual grants will open on 20th January 2025. These are oneoff grants between \$2,000 and \$10,000 and are available to not-for-profit organisations, community groups, artists and creative businesses looking for projects, programs, small events and minor capital works funding.

More information: <u>www.kingston.vic.gov.</u> <u>au/community/grants/grants-program</u>

Drive-thru Victoria Container Deposit Scheme depot, Nu Container Recycling

When you return eligible recycle cans, cartons and bottles to Nu Container Recycling, your 10-cent refund can be pocketed by you or donated to a participating charity to give back to the community even more. Nu Container Recycling's Drive thru is convenient and quick and you can find them at 100 Malcolm Rd, Braeside.

- Mon Fri 8am 5 pm
- Sat & Sun 9am 4pm.
- Closed most public holidays.

Online marketplace safe exchange site at Moorabbin Police Station

Protect yourself during online marketplace sales at a Victoria Police Safer Exchange Site. Safer Exchange Sites are special zones outside police stations which offer online marketplace users a safe spot to meet up. The site at Moorabbin Police Station, 1011-1013 Nepean Hwy, Moorabbin, operate 24 hours, seven days a week.

Special Dates in December and January

1st – 24th December: Advent, Christianity

Advent is the period leading up to Christmas. It begins on the fourth Sunday before Christmas (Advent Sunday) and continues through to December 24th (Christmas Eve). In Western churches, Advent Sunday marks the beginning of Christian liturgical year.



8th December: Bodhi Day, **Buddhism

Bodhi Day is a holiday commemorating the day the historical Buddha, Siddhartha Gautama reached enlightenment around 596 BCE. Prince Gautama took his place under the Bodhi tree vowing to remain there until he attained enlightenment.

10th December: Human Rights Day

Our basic human rights sit at the core of how our societies function and the protection and advancement of our human rights is key to a sustainable and safe society. Things that many of us take for granted – such as the right to an education, the right to receive medical care, and the freedom to practice our chosen religion – are not equally available to all Australians and people in other parts of the world.



25th December: Christmas Day, Christianity

Christmas is the celebration of the birth of Jesus Christ, who is considered by Christians to be the Son of God, and the saviour of all people. Christmas is celebrated by many in Australia regardless of religious affiliation. Christmas lights and trees are displayed, carols are sung, and individuals come together to exchange gifts and spend time with family and friends.

26th December – 2nd January: Hanukkah, *Judaism

Hanukkah (Chanukah), also known as the Feast of Lights, is an eight-day festival celebrated with a nightly menorah lighting, special prayers and fried foods. The Hebrew word Chanukah means "dedication," and is thus named because it celebrates the rededication of the Holy Temple in Jerusalem in 165 BCE.



31st December: New Year's Eve

New Year's Eve is a time for communities, families and friends to celebrate the year past and the year to come according to the Gregorian calendar.

7th January: Christmas Day, Orthodox Christians

Christmas falls on a different day in the Orthodox Church because they still observe the traditional Julian calendar, which has the original dates for Christian celebrations before the Gregorian calendar was introduced.

26th January: Australia Day

Australia Day is the official National Day of Australia. Observed annually on 26 January, it marks the 1788 landing of the First Fleet at Sydney Cove and raising of the Union Flag by Arthur Phillip following days of exploration of Port Jackson in New South Wales.



In present-day Australia, celebrations aim to reflect the diverse society and landscape of the nation and are marked by community and family events, reflections on Australian history, official community awards and citizenship ceremonies welcoming new members of the Australian community.

* 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.



DINGLEY VILLAGE COMMUNITY ASSOCIATION

Acknowledgements

We would like to extend our sincere thanks and appreciation to the following local businesses and sponsors who supported us on our Information Night:

- Woolworths Supermarket
- Direct Chemist Outlet Dingley
- Flowers by Kathleen Kelly
- Dental Harmony
- Buxton Real Estate Dingley
- Barry Plant Real Estate Dingley
- Eva Rose hair salon
- Amazing Nails
- Mona's Bakehouse
- Anytime Gym
- Goodlife Gym
- Mortgage Broker Guy Weerarathne
- SuperZu Playcentre and Café
- Hairworks
- Dingley Village Adventure Golf
- KCC Swim
- Pizza Lioni
- Dingley Pizza and Pasta
- Bunnings
- Dingley Hotel
- Dingley Village Scouts

A very Special **THANK YOU** to our outstanding Sponsor and fantastic supporter Bendigo Bank Dingley Village. Thank you also to Trudy Pritchard for her wonderful support.

Caruana Council Election Result

We congratulate Caroline White who is the successful incoming councillor in the Caruana Ward. We look forward to working closely with her to continue to support our local community and ensure that the interests of Dingley Village are clearly represented.

We also acknowledge the efforts of all the other candidates, and we hope that they will also continue to advocate for Dingley Village.

Adam Palmer Hypnotherapy

One of the top Hypnotherapists in Melbourne is right here in Dingley Village!

* Stop Smoking or Vaping Today * Lose Weight Easily

* Let go of Stress, Anxiety & Fears

Due to the high cost of living, Adam will take \$20 off your first 2 sessions! 15 years' experience, professional & confidential Call Adam on 0409 533 774 Or visit <u>www.adampalmerhypnotherapy.com.au</u> This is the year to make positive change! 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.

Dingley Village Neighbourhood Centre

Everyone will be pleased to learn that Stage 2 is nearly finished and is looking great! We cannot wait to use it in 2025!

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, C200009985. We welcome everyone's support and contributions.

SEASON'S GREETING FROM THE DVCA

We wish everyone a safe and happy holiday!





From farm fresh produce to mouthwatering treats, there's no shortage of Christmas specials to tempt you at Dingley Village Farmers market! Come and explore the fresh finds and support our incredible food vendors this festive season

SATURDAY 21st December 8.30 AM—1 PM 31 Marcus Rd Reserve

Come and meet Santa 10-11 am

Bring the family and participate in the activities while checking out all the stalls for Christmas specials and treats

Carol Singers -11am Photo with Santa Card Making Book Reading

Face Painting Hair Braiding Christmas Raffle Yoga Class

Images by Freepil

Dingley Dossier - December 2024

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Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL/Australian Credit Licence 237879 A1455027 OUT_40144653, 04/09/2024



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

Little Villagers Childcare

Commonwealth Childcare Subsidy Approved Provider

Don't need full time childcare, working part-time, working from home, home schooling or just need a few hours child free, then we have the answer. We have 6 hour sessions available for pre-school aged children. Please Note the new

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



Open 9 am - 3 pm Monday - Friday 8512 0509 Westall Community Hub 35 Fairbank Road, Clayton South Email: lvcc@dvnc.com.au

of Little Villagers Childcare

and temporary address

OUR COUNCIL

New Kingston Council announced

Results for the 2024 Kingston Council elections have been announced with 3 councillors re-elected and 8 new faces joining the 11-member Council. The Victorian Electoral Commission, which conducted the elections, officially declared the results on the 8th of November.

The successful candidates are:

- Banksia Ward Chris Howe
- Bunjil Ward Tony Athanasopoulos
- Caruana Ward Caroline White
- Chicquita Ward Jane Agirtan
- Como Ward Chris Hill
- Karkarook Ward Hadi Saab
- Longbeach Ward Georgina Oxley
- Melaleuca Ward Tess Law
- Sandpiper Ward Kirralee
- Ashworth-Collett
- Wattle Ward Georgia Erevnidis
- Yammerbook Ward Sarah O'Donnell

City of Kingston CEO Peter Bean congratulated the newly elected councillors. "I want to welcome our new councillors and congratulate those who have been re-elected to Council. I'm looking forward to working with all of them to achieve great things for Kingston over the next 4 years," Mr Bean said.

The new Kingston Council will serve the community for a four-year term until October 2028. The Councillors were sworn in on Wednesday 13 November at which the new Councillors elected the Mayor and Deputy Mayor.

Cr Georgina Oxley is Kingston's new mayor

Councillor Georgina Oxley has been elected as Mayor and will lead the Kingston community for the next 12 months.



Longbeach Ward Councillor Oxley was first elected to Council in 2016 and is now serving her third term. This will also be her third time as Mayor. Cr Oxley said she was delighted to continue to represent the people of Chelsea, Bonbeach, Chelsea Heights, and Harbour Town and humbled that her colleagues had placed their trust in her to lead Kingston again.

"We have a truly remarkable community, and I will be working every day to make our city an even better place to live, work and play," Cr Oxley said.

"My focus is on making Kingston the most liveable, safe, prosperous, sustainable, and connected community possible and I can't wait to see what we can achieve together. I am committed to maintaining open and transparent lines of communication with our community and ensuring Council puts them first.

We have a very diverse, energetic, and passionate group ready to work alongside our community and with so many fresh faces I am committed to being a collaborative leader as we deliver on the community's priorities over the next 12 months and beyond. I'm passionate about our community and excited what the future holds for our city."

Banksia Ward Councillor Chris Howe was elected as Deputy Mayor for the next 12 months. Cr Howe said he was thrilled to represent the Bonbeach, Carrum, and Patterson Lakes community and to serve Kingston as Deputy Mayor. "I look forward to getting to know all my fellow councillors better, finding common ground and creating innovative solutions for positive change," Cr Howe said.

"With seven first-time Councillors elected, we know we have a lot to learn in our first weeks and months, but we also have buckets of enthusiasm and fresh ideas to bring to the table. "I am also excited to partner with even more community groups, local businesses, traders, sports clubs, and other community members throughout the year and across this council term."

National recognition for Kingston's water management

Kingston'swater planning and management have been recognised as among the best in Australia. Our Integrated Water Strategy has received the Excellence in Strategic or Master Planning gong at the National Stormwater Industry Awards.

This major industry accolade highlights our sector-wide leadership in responding to the huge pressures being placed on every part of the water cycle by changes to our climate and increased urbanisation. We have a proud history of being pioneers in integrated water management and played an important role in stormwater quality and other related initiatives for decades.

A holistic, integrated approach to managing our water delivers significant benefits. It supports the liveability of our city by cooling our environment, keeps our award-winning sports grounds in top condition, reduces pollution from entering the bay and waterways, and improves how we manage flooding.



Since launching the strategy in late 2022 we have been working on many exciting projects in partnership with our community and key stakeholders, including:

- The construction of several multimillion-dollar drainage projects to address flooding in the south of Kingston, including Chelsea, Edithvale, and Bonbeach.
- The construction of an innovative stormwater treatment system at Keeley Park in Clayton South that was a first for any council in Australia.
- Partnering with South East Water to install a major \$72 million recycled water pipeline along the Mordialloc Bypass, with works scheduled to start by April 2025.
- The installation of a huge litter trap at the Mentone Lifesaving Club to collect litter from Mentone shopping areas before entering the bay.
- Partnering with the cities of Greater Dandenong and Casey, Melbourne Water, and state agencies to develop an action plan to reduce litter flowing into the Patterson River.

The strategy outlines the vision and steps needed to become a water sensitive city by 2040, a place where healthy waterways are valued, our community is engaged in making wise choices about water and our built and natural environments are in harmony. To learn more about the strategy and ways that our community can help, visit: kingston.vic.gov.au/council/councildocuments/plans-policies-and-reports/ kingstons-integrated-water- strategy.

Information in this article provided by City of Kingston



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



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Call us today for a professional appraisal.

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Government "more houses" policy

A temporary land transfer (stamp duty) concession for off-the-plan purchases within strata subdivisions has been announced by the Victorian Government. It is only eligible where a contract was entered into on or after 21st October 2024 and lasts for 12 months. Eligibility is based on the date the contract is entered into. It does not matter whether settlement occurs before or after the end of the 12-month window.

Free standing housing is not included in the change. To be eligible, an apartment, unit or townhouse must be in a strata subdivision, for example with a shared driveway. The clear and stated aim of the policy is to 'pump as much stimulus into higher density living as possible". This tax discount reduces initial total build costs, in turn helping affordability.

How will the temporary off-the-plan duty concession work?

The stamp duty concession will be available to all off-the-plan purchases. Under the concession, the purchaser will be able to deduct the construction costs incurred when determining the dutiable value of the purchaser's property. All purchasers including investors, companies and trusts, are eligible for the concession, so there is no requirement to be eligible for either the principal place of residence duty concession, or the first home buyer duty exemption or concession.

Concessions were previously available for first home buyers and owner-occupiers purchasing off-the-plan, but the offer was capped. This new (limited time) stimulus extends that to investors and removes the cap.

Here is an example of how the stamp duty concession works:

Jacinta has just signed a contract to buy an apartment for investment purposes off the plan in Melbourne for \$790,000, before any construction has begun. She is advised that \$400,000 of the contract price will be spent on the construction element of the home. Normally, she would pay \$42,470 in stamp duty, however under this temporary change, she will pay \$18,470 as she is able to deduct the construction costs when calculating the dutiable value of the property (\$790,000-\$400,000).

Note, if Jacinta was purchasing this to be her principal place of residence, duty payable would be \$15,870 and would be zero if she was a first home buyer. This shows the complexity of these tax calculations! Particularly when you consider it all changes again depending on the date the contract of sale was signed.

What about the finance?

It is important to note that property ownership transfer to you occurs at final settlement, when the property is finished, when you buy off-the-plan. At signing of contract a 10% deposit will be required, with the balance 90% of purchase price plus costs due at settlement.

Financially, you need to be able to fund the 10% at time of purchase without using the purchase property as security. Then your bank loan application to complete purchase will be made approximately 3 months before final settlement (which may be 18 months away or more!). So, in terms of being able to complete the purchase, it is your financial position and what the bank assessment rules are in the future (when the property is finished), not now, that counts.

As in all property purchases, take care! There are many traps for the unwary, and expert advice should always be sought. At the close of another year, we wish all our readers a happy, safe holiday season and pray 2025 brings you peace, cheer, good health and prosperity.

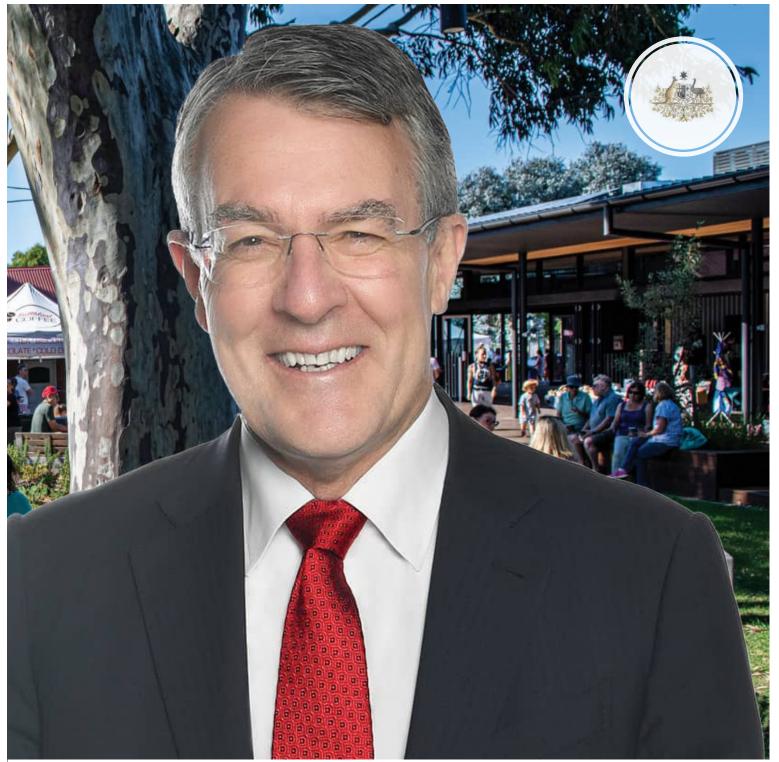
Integrity Finance Australia has been serving the Dingley Village community since 2006. If you have any questions on the issues raised in this article or borrowing capacity or your home loan in general, then please email support@ifafinance. com.au, or call us on **03 9511 8883.**



Daryl Borden, your Dingley Village Mortgage Broker, ACL **392184** Integrity Finance Australia

– Changing Lives





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

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

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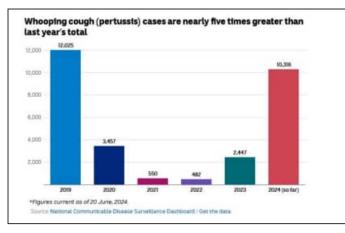
Authorised by Mark Dreyfus MP, ALP. 566 Main Street Mordialloc 3195.

HEALTH & WELLBEING

Whooping Cough

Cases of whooping cough are continuing to increase in Victoria. There have been over 10 times the number of whooping cough cases in 2024 than for the whole of 2023. Children aged 9-12 years account for nearly 40% of all notified cases.

All Australian states and territories have recorded increases in whooping cough cases in 2024 compared to previous years. Population-wide increases in whooping cough typically occur every few years. The increasing number of whooping cough infections seen in Victoria is a public health concern, as it has led to an increase in cases amongst the most vulnerable population – infants under the age of 6 months.



What is whooping cough?

Whooping cough is a bacterial infection that spreads from one person to another. It causes severe episodes of coughing. The whoop refers to the sound you may make if you take a quick breath between coughs. Pertussis, or the 'hundred-day cough', are other names for whooping cough.

Who is at risk?

Anyone can get whooping cough. Infants less than 6 months of age are at greatest risk of severe disease, hospitalisation, and death. These infants are too young to be fully immunised. Many infants who get whooping cough catch it from older children and adults who might not even know they are infected.

Symptoms and transmission

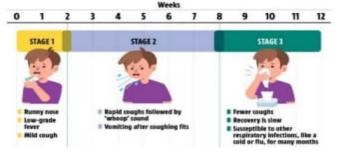
Whooping cough usually begins with cold-like symptoms, such as a dry cough, tiredness, runny nose, and low-grade fever, which may last for 1-2 weeks. A more definitive cough may then develop, lasting for 10 weeks or more. The cough comes in long spells and may be followed by a high-pitched 'whooping' sound on inhalation, or post-tussive (after coughing) vomiting in toddlers and older children.

Infants under 6 months may have apnoea (pauses in breathing), cyanosis (turning blue), feeding difficulties, gasping, or choking instead of a cough. In adolescents and adults, whooping cough may present as a non-specific protracted cough. Vaccinated people can still contract whooping cough, but their symptoms are likely to be less severe, and they are less likely to transmit the infection to others.

Whooping cough is mostly spread to other people by droplets from coughing or sneezing. People with whooping cough are considered infectious from the onset of catarrhal (cold-like) symptoms until 21 days after the onset of cough, or until they have received 5 days of appropriate antibiotic treatment.

Immunisation

Immunisation is the best way to reduce the risk of whooping cough. Free whooping cough-containing vaccine is available for the following people under the National Immunisation Program.



Pregnant women should be vaccinated for whooping cough during each pregnancy, preferably between 20 and 32 weeks gestation. Vaccination during pregnancy reduces the risk of whooping cough in young infants by 90 per cent.

Routine whooping cough vaccination is recommended for infants, children, and adolescents. Vaccinate infants on time, starting at 6 weeks of age, to protect them against severe whooping cough disease as soon as possible. Catch-up vaccines are free for eligible people aged up to 20 years, refugees and humanitarian entrants of any age, and vulnerable citizens.

Whooping cough-containing vaccine is also recommended for:

- Household contacts and carers of infants less than 6 months old if they have not had one in the last 10 years.
- Childcare workers and early childhood educators working with children less than 4 years old, as well as healthcare workers are also recommended whooping cough boosters every 10 years.

What are the complications of whooping cough?

Most health problems due to whooping cough happen in babies and can cause long-term disability or death. Health problems include:

- lung infection (pneumonia)
- fits (seizures)
- brain damage (encephalopathy) due to breathing problems or seizures

Whooping cough needs to be diagnosed and treated immediately. Seek medical attention if you or your child has any of these symptoms:

- a severe cough that may occur in bouts. Your child may appear well between episodes of coughing.
- · characteristic 'whooping' sound when they breathe in.
- vomiting at the end of a bout of coughing.
- your child stops breathing for periods of time and may go blue.

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





PLUMBING & GASFITTING Member The Master Plumbers Association



LEXINGTON GARDENS RETIREMENT VILLAGE

114 Westall Road, Springvale

Held inside in our main dining area - entry via Reception

FRIDAY 6th DECEMBER 2024 10 AM - 2 PM



Christmas Ornaments/Gifts Handmade Cards Jams and Relishes Cakes and Baked goods Knit wear

Jewellery

Lions Club Christmas Cakes

Gifts Bags & Purses

Terrariums

Hand stitched/embroidered gifts

Wooden toys/items from the Village Men's Shed

plus.... Lots More

FREE ENTRY & FREE PARKING * Some Stalls are CASH ONLY * Village Cafe open for morning tea and/or lunch * Parking on site - Visitor car park on left of Westall Road



WRITERS CORNER

Farming with a camera

The shutter whirrs, I've walked all morning capturing images through the camera lens. It appears on the landscape, a tin farm structure, is it abandoned? With the rusted roof, yet a ramp, solid of redgum posts. Dare I get so close, nearer than my lens allows? I cross the fence treading the lush green field, continuously whirring the camera shutter. Approaching I see a door ajar and cautiously tread in as I hear a gruff

"What are you doing here"

Dad and me on the high seas

Our small skiff jumped the waves, as the strong breeze carries us along, the water sprays catch our faces. It is exciting, Dad & I have spent months building and polishing this small boat in the shed.

Today was launch day, I'd been beginning to think it would never happen, but Dad assured me it would " ... look girl, we must make sure she is watertight. "So, after breakie we loaded her - or should I say "Millie" - which Dad had titled her on board our small trailer.

The big launch at the Edithvale boat ramp was attended by Mum and the other siblings. I felt really special, as at 10 years and the elder, I'd been chosen to accompany Dad on this journey. First in the shed as we toiled for 6 months which seemed like 60 years to me. But now here we are free on the high seas of Port Philip Bay.

Glennice 2024





Roundabout Op Shop @ CCD

It's time to grab your Christmas goodies with our great selection of decorations, brand new craft items & stocking stuffers, plus all our regular bargains.

All jeans, pants, trousers, shirts, tops, skirts & shorts only \$2 ea. All children's clothes \$2 each. Baby clothes only \$1 ea. All books, CD's & DVD's \$1 ea. Any Red spot items only \$1 or Blue Spot items only 50c



We're open

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



Our last Open Day for 2024 is Saturday 14th December reopening Saturday 1st Feb.2025. Thank you for your support this year & Merry Christmas from all the Volunteers

ccd.org.au





Kingswood floods

A new document is being produced, proving that flood control measures proposed by the developer are grossly insufficient.

They have not formally submitted as far as we know, but we also know it's simply a larger dam. The new Save Kingswood document shows the many flaws in that.

But why haven't we had floods recently?

The reason is weather patterns. Sometimes there's floods in other areas of Kingston or even say Mulgrave and we don't get hardly any. So don't lose faith - I have hundreds of photos of previous events and developers want to dismantle all but one of the existing flood controls.

Regards

Save Kingswood Group incorporated Kevin Poulter | President Save Kingswood Group incorporated Ph: 0435 378 678 savedingley@gmail.com | www.savedingley.com



Home Care Package Services At Caring Support @ Home, we provide services to clients in their own home, assisting them to maintain their independence. Both of our office team and team of qualified and experienced Support Workers are dedicated to

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If you have Home Care Package level 1-4 or are interested in more information about Home Care Package please contact us on 9131 5187 or contact@caringsupportathome.com.au

www.caringsupportathome.com.au 3/28 Jarrah Drive, Braeside, VIC 3195

FREE 10. GIFT 12.



DINGLEY VILLAGE AUTHORISED NEWSAGENCY

To say thank you for shopping local this festive season, the team from Dingley Newsagency are giving away free Christmas gifts!

Simply visit Dingley Newsagency on Tuesday 10th December 2024 between 2:30pm - 4:30pm,* to receive one free William Morris Mug Gift Box or Insulated Travel Mug.**

GIVEAWAY

TUESDAY 10TH DECEMBER

2:30PM - 4:30PM*

*T&C's Apply. While stocks last. **One per person. In-store collection only at Dingley Newsagency, 2/79 Centre Dandenong Rd, Dingley Village.



SCAN THE QR CODE For a full list of retailers and the latest news from #DingleyVillage



MONEY MINDSET

Downsizing in Retirement

Once the nest is empty, many Australians consider downsizing their home due to reduced space needs, maintenance challenges, or a desire for a sea-change or treechange. The Australian government has introduced "downsizer contributions" rules for superannuation, aimed at helping older Australians top up their retirement savings by selling their home.

What is a Downsizer Contribution?

A downsizer contribution allows homeowners aged 55+ (recently lowered from 60) to make a one-time, after-tax contribution to their superannuation fund of up to \$300,000 per individual, or \$600,000 per couple. This amount does not count towards the normal annual contribution limits, which are usually capped at \$27,500 for tax deductible contributions and \$110,000 for after tax contributions per year.

Benefits of Downsizer Contributions

- 1. Boosting Retirement Savings: It offers a substantial opportunity for those who may have less superannuation than desired to add significant sums to their retirement funds.
- No Impact on Contribution Caps: Downsizer contributions do not count towards the usual superannuation contribution caps, making it easier to boost super balances without additional tax implications.
- 3. No Work Test Requirement: Typically, individuals aged 67 or older need to satisfy a work test to make voluntary contributions to superannuation. However, the downsizer contribution rule waives this requirement, making it easier for retirees to contribute.
- 4. Flexibility for Couples: Each member of a couple can make contributions from the sale of the same home, potentially doubling the boost to \$600,000.
- Tax-Free Earnings in Retirement Phase: Once in the pension phase, earnings in a super fund are tax-free, which may be appealing for those looking to lower tax obligations in retirement.

Key Downsizer Contribution Eligibility Requirements

To make a downsizer contribution, homeowners must meet these main requirements:

- Age Requirement: You must be aged 55+ when making the contribution.
- **Property Ownership:** The property being sold must have been owned by you or your spouse for at least 10 years.
- Main Residence Requirement: The property must qualify for the capital gains tax main residence exemption, or at least, partially.

- **Timing:** Contributions must be made within 90 days of receiving proceeds from the house sale.
- No Prior Downsizer Contribution: This is a one-time opportunity, meaning you can only make a downsizer contribution from the sale of a primary residence once in your lifetime.

Potential Considerations and Pitfalls

- Effect on Age Pension Eligibility: Downsizer contributions added to superannuation will increase assessable assets, which could impact your age pension eligibility. Before contributing, it's wise to check with a Financial Advisor how this may affect any government benefits.
- 2. Contribution Limits in Pension Phase: If you already have \$1.9 million or more in your superannuation account, you won't be able to transfer more funds into the pension phase where earnings are tax-free. However, downsizer contributions can still go into the accumulation phase, where earnings are taxed at 15%.
- 3. Timing of Contribution: Missing the 90-day window to contribute could disqualify the entire contribution, so it's essential to be prepared and plan the transaction to ensure timely deposits.
- Once-Only Benefit: This is a one-time opportunity, so carefully assess whether using the downsizer rule now, or waiting until later aligns with your financial strategy.

Getting Started with Downsizer Contributions

- 1. Check Eligibility: Ensure you and your spouse meet the age and ownership requirements.
- 2. Consult with a Financial Advisor: They can help you assess whether a downsizer contribution is the right move based on your retirement goals, potential impact on the age pension, and current superannuation balance.
- Prepare for Contribution Timing: Work with your solicitor or conveyancer to ensure the contribution is made within the goday window.

Final Thoughts

The downsizer contribution rule provides a powerful way for Australians to boost their retirement savings by making use of equity in their homes. However, it's essential to understand how this decision fits within your broader retirement plan, especially regarding pension eligibility and tax implications. Whether you're looking to downsize now or in the future, planning ahead can help you maximise the benefits of this valuable strategy for a more financially secure retirement.

Richard

FINANCIAL PLANNING DISCLAIMER:

Highview Wealth Solutions Pty Ltd ABN 96 135 996 842 T/AS Highview Accounting & Financial (Corporate Authorised Representative No. 337009), Richard Vaughan (Authorised Representative No. 358609), Calvin McLeod (Authorised Representative No. 1270067) of Highview Wealth Solutions (Aust) Pty Ltd ABN 22 665 047 530 T/AS Highview Accounting & Financial AFSL No. 546561. www.highview.com.au







Do you know someone who makes a difference to Kingston?

Nominate an individual or community group for the 2025 Kingston Community Awards.

Nominations close on Sunday 15 December 2024 at 11:59pm.



kingston.vic.gov.au/community-awards

RECYCLING

Victorian Container Deposit Scheme

Building a stronger circular economy

Container Deposit Scheme Victoria (CDS Vic) is part of the Victorian Government's \$515 million investment to transform the state's waste and recycling sector. Funded by contributions from the beverage industry, the scheme contributes to Victoria's target of diverting 80% of all material away from landfill by 2030 and represents a significant milestone in our journey towards a circular economy.

Victorians use more than 3 billion drink containers every year. Sadly, many are not recycled, ending up in landfill and as litter in local communities across our state. Every eligible drink container returned contributes to our circular economy. By participating, Victorians are:

- Creating clean streams of recycling.
- Reducing litter.
- Earning change for themselves, their communities and charities.



Most aluminium, glass, plastic, steel, and liquid paperboard (carton) drink containers between 150mL and 3 litres are eligible. Look for the 10c mark on the back of pack. Some drinks are not eligible, including plain milk containers, wine and spirit bottles.

Tip: Keep lids on and don't crush your containers

There are some drink containers that are not eligible for a refund. All containers smaller than 150mL and bigger than 3 litres are not eligible for a refund. Many of these containers can still be recycled in your kerbside bins Other ineligible containers include:

- plain milk containers
- glass containers which have contained wine or pure spirits.
- large containers (1 litre or more) which have contained flavoured milk, pure juice, cask wine or cask water.
- cordial or vegetable juice containers.
- wine sachets above 250mL.
- registered health tonics.





Your containers can earn a 10 cent refund and do something good. Donate your valuable container refunds at your nearest refund point. All refund points have options to donate to community groups and organisations on the spot, and they often rotate these partners. To donate your refunds to a specific charity or community group you can also use your Zone Operator app.

Nearest Refund Points

Drive-Thru: Walk-in or drive-through to get your drink containers counted and refunded on the spot. Best for large loads.

Nu Container Recycling, 100 Malcolm Road, Braeside, VIC 3195

Mon - Fri - 8am - 5pm | Sat & Sun - 9am - 4pm. Closed on public holidays.

Reverse Vending Machine (RVM): Insert eligible drink containers into the machine, these are then scanned and verified. Dingley Hotel, 334-348 Boundary Rd, Dingley Village. Mon – Sun 7am – 7pm

Over the Counter:

Dingley Cellars 8 Pauline Avenue, Dingley Village Mon – Sun 12.30 pm – 8.30 pm





<u>G. & G. Andolfi Pty. Ltd. Trust</u> Established in 1972 ABN 82844254429 Winner of 8 Australian Jewellery Design Awards Master Jeweller - Designer - Sculptor Jewellery Studio

*** YOUR DINGLEY JEWELLER***

The "G. & G. Andolfi P/L Trust". Our jewellery is all handmade in our studio, situated in Dingley.! Each jewellery piece is hand made. All of our new jewellery, our restoration and repair, are made in *Our Premises.*

We wish to thank all our clients and particularly those residing in Dingley Village, for their constant support for so many years!

For Decades we have been renowned for the high quality and perfection of our hand crafted Jewellery. We are one of the few left in this unique and challenging "Manufacturing Jewellery Industry." Everything else is just mass-produced, average quality, and not even made in Australia!

Let me update you on my progress, in writing my Book "History of Our Jewellery Manufacturing in Australia!." The book will cover five decades and each decades will be specific on the design and styles, of the time. You'll be amazed in reading how we contributed to the evolving of the Jewellery Making in Melbourne and in Australia.

The first Decade is now - on the go - and it will cover not only our Jewellery Making History, but photos, as well as designs/ sketches by hand! It will take a long time, but five decades are a long time!...

*I take this opportunity to recommend to you, our valued clientele, our Senior Club * "La Baracca" #30 Ross Street, Heatherton, where George and I are going, on Sunday,for some fantastic lunch. It is an "Italian Cuisine" and at a very reasonable price. Everyone is welcome, every age and so is every nationality! Great for small party Celebration, Birthday, Special Occasion, Anniversary and so on. Once a month there is a Lunch / Dance with an Orchestra and great music. Call,

Giovanna, Our President on 0421 045 648. Tell Giovanna, that Grace Andolfi has recommended, the Club ... "La Barracca"

Call us to make an appointment, and for a jewellery check up! Avoid any further damaged to your Jewellery. We will always be happy in helping and advising you!

As we are not a retail outlet, consultation is **STRICTLY BY APPOINTMENT ONLY** Ph: 9551 0195 (Tuesday -Friday) or email sales@andolfi.com.au Web: www.andolfi.com.au



Be mindful of pets in hot weather as they can feel the heat much more than humans and unless owners take the necessary precautions, pets can suffer and even die on very hot days. It is especially important to monitor pets in the following categories:

- older pets
- pets with thick coats
- short noses
- · pets adapted to cooler climates

Remember if you are hot your pet is too.

Tips for owners of all types of pets

Always provide plenty of cool, clean water. Fill two bowls with water in case one is knocked over. If outside, ensure your pets are in the shade. Ensure pets have access to cool, shady and well-ventilated areas during all parts of the day.

It is best to leave pets at home during heatwaves, they will be much more comfortable in a cool home than riding in a hot car. If pets must be taken along for the ride, don't leave them alone in a parked vehicle. Even with the windows open, a parked car can quickly become a furnace. Pets can get heat stroke, brain damage or die in as little as 4 to 6 minutes. Never, under any circumstances, leave pets unattended in a car — even on a mild day when the car is in the shade and has the windows down.

If you and your pet must travel, carry an extra thermos filled with fresh, cool water — just for them. Put the air conditioning on and if possible, use a window shield (the type used for babies and small children) on the rear windows. Add ice blocks to your pet's water bowl throughout the day.

Fill an empty container or drink bottle with water, freeze it, and place in your pet's bed. You could also place wet towels in the freezer for a few hours, remove and place in your pet's bed.



Where possible, leaving the air-conditioning or fans on in the house will help to keep pets' cool. Always walk your dog in the early morning or late evening when it's cooler. Spray your pet bird with a mist pump spray bottle (only if she likes it!) or install a bird bath. Give your pocket pet a little bag of ice wrapped in a small, wet towel.

Animals can get sunburned too. Protect hairless and light-coated dogs and white cats with sunscreen when your animal will be outside in the sun for an extended period of time. Put sunscreen or zinc on exposed areas of pink skin (ear tips and noses).

Animals with long coats can be clipped to increase comfort in hot weather. Be aware of the signs of heat stroke in animals — this can be potentially fatal. Signs include rapid panting, lethargy, drooling, weakness, muscle tremors, or collapse. Pets with signs of heat stroke should be put in a cool shady area, wetted down with cool (not icy) water and fanned. If the animal is conscious, offer cool (not cold) drinking water. Don't allow it to gulp large amounts.

If you think your pet is suffering from heat stroke, please call an RSPCA veterinary hospital or your local veterinarian immediately.

Information in this article provided by Animal Welfare Victoria <u>https://agriculture.vic.gov.au/livestock-and-animals/animal-welfare-victoria</u>



Do you need assistance with your NDIS support and funding?

Contact your local NDIS Support coordinator for a free 15 minute consultation. email: admin@geraldinesc.com t: 0494 022 401



Armistice/Remembrance Day 2024

Either way it is an opportunity for us to pause, remember and give thanks to all those Men and Women who served our country in all conflicts throughout the world. Many of whom never came home.

Beginning on the Eleventh Hour of the Eleventh Day of the Eleventh Month in 1918 this was the moment that the guns fell silent on the Western Front signalling the end of the Great War - the War to end ALL Wars (how prophetic?).

Since then, on November 11th every year we have honoured our brave soldiers, air and seamen and women with a simple one-minute silence. The term Armistice Day has been replaced by Remembrance Day, but the sentiment remains as it did 106 years ago.

Our shed laid a wreath at the cenotaph in Marcus Road in honour of those who served. On be-half of ALL Australians. We ended our short ceremony with those immortal words "Lest We Forget".

It was encouraging to note that ours was not the only wreath. The CWA also remembered those who served with a lovely hand crocheted arrangement of red poppies.



CFA Also Train with Toys

Any young boy would love to have a toy Fire Truck just like this one. But look at what our local CFA can do with the same truck.

Our very own "A" Team Leader Robert O'Brien has fashioned this terrific truck and painted it with the Keysborough CFA livery.

Here we see the BIG reveal as Brigade Secretary Gill Grigg, herself a seven-year CFA volunteer, accepts this fine 'toy' which will be used to help train new recruits at their station.



Who would have thought that what you and I would love to have as a plaything, actually per-forms such an important training role in real life.

This is yet another way in which our shed, the DVMS, is assisting local volunteers in providing an essential service to our community.

Geoff Hergt President





CIRCLING THE CLUBS



Country Women's Association Dingley Village



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

It's natural to wonder where the money raised by charities goes. At the CWA of Victoria, the impact of our efforts is truly remarkable. Each year, we provide an \\estimated \$300,000 worth of support, including goods and financial assistance, to vulnerable women, children, and families. This includes \$120,000 for community meals, \$100,000 for baby clothes and bundles, and \$70,000 for school breakfast programs.

We also allocate approximately \$250,000 to support those experiencing homelessness and around \$100,000 for women and children facing domestic violence. It's incredible to see how our baking, knitting, and craft sales contribute to such meaningful support. As members of the Country Women's Association, we take pride in our small individual contributions that collectively make a massive impact. 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 12th of December and the January one is on the 9th. 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 December 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. A number of 60 Plussers had an enjoyable afternoon when they joined the Keysborough Seniors for entertainment by Alex Matthews.

Our activities are suitable for those in the 60 plus age group and provide an opportunity to socialise with your peers. Events can be proposed by members and those interested can get on board. We wish our members and Dossier readers all the best for the Christmas season and the coming New Year. We are more than happy to welcome new members to the Group. Enquiries can be made to Graeme on **9551 3462**.

DINGLEY VILLAGE BATHROOM REVIVAL Complete service including: Plumbing • Tiling • Carpentry • Electrical • Plastering

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Probus Club Dingley Central



At our November meeting the guest speaker was musical director David Ashton-Smith. David spent 10 years as a baritone with English National opera in London. In 1980 back on Australian soil, he established the Ashton-Smith singers, who have performed on stage with Dame Edna Everage, on television and can be heard on Australian film soundtracks including the Wog Boy. In 2016 David was appointed the musical director of the Ringwood based Melbourne Welsh Male Choir. Also in that year he was awarded the medal of the Order of Australia for his contribution to the performing arts, particularly music. We were all delighted when David sang and played the piano for us,capping off a most enjoyable morning.

Activities planned for December: Happy Hour, Legs and Morning Coffee, Wine Tasting, Morning Melodies, and Dine Out Christmas Lunch. Our meetings are held on the first 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 Ph: 0438 272 232 | Web: <u>dingleycentralprobus.wix.</u> com/dingleycentralprobus

Dingley Village Senior Citizens Club Incorporated

Our arranged activities for December are as follows:

- Monday the 2nd Games followed by afternoon tea.
- Monday the 9th Bingo followed by afternoon tea.
- Monday the 16th This will be our Christmas Breakup Luncheon.

We wish our readers all the best and the compliments of the Season. Our next arranged activity in 2025 will be the 20th of January and will start with a Games Session.For further information contact our President, Margaret (9580 4321) or our Secretary, Asha (0417 105 646).

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.

Phone: 9551 4374 | 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.

Ph. **9551 5892 |** E-mail: info@dvms.org.au Web: <u>www.dvms.org.au</u>



www.dingleychiropractic.com.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 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 lessons 12.30 to 1.00pm and Ballroom dancing from 1.00pm to 3.00pm.

Tea and coffee are supplied for all activities.

Club members and visitors enjoyed an afternoon with Alex Matthews giving us a heap of popular songs along with great guitar playing.



The Club will close for their annual break on the 12th of December 24 and reopen on the 21st of January 2025 where we will be entertained by Marcia Rae. 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 g 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 <u>https://kingston.</u> toastmastersclubs.org/







Kingston City Church



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

Senior Pastor: Dan Parker

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

Christmas Eve Service Tuesday 24th December at 6 pm.

Kingston City Church warmly invites the Dingley community to our Christmas event on Sunday 8th December — a fun-filled, family-friendly event for all ages!

Starting from 4:00pm, we'll have an afternoon of family fun featuring a jumping castle, face painting and sausage sizzle, followed by carols and our Christmas production titled 'The Christmas Table': sharing the Christmas story with a twist – with crowd-favourites like Santa & the Grinch.

Everyone is welcome – please invite your family, friends and neighbours to enjoy an afternoon of laughter, joy and celebration as we share the Christmas spirit with our local community.

Date: Sunday 8th December. Time: Family fun starting from 4pm followed by carols and production at 6pm. Location: Kingston City Church: 316 – 322 Kingston Road, Clarinda VIC 3169

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**. <u>www.heathertondingleyuca.org.au</u>

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.

Christmas Services

Carols by Candlelight - Sunday, 22nd December at 7.30 p.m. Christmas Day Service - Wednesday 25th at 10.00 am

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. 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@ <u>villagechurch.org.au</u>

Visit our website: www.villagechurch.org.au

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

Christmas Day

Wednesday 25th 9.00 a.m. Christmas Day Worship Service, please come and join us at 7 Fiveways Boulevard, Keysborough and via livestream through <u>https://www.</u> <u>villagechurch.org.au</u>

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 4 years old)
- Tea and coffee are served after the service.

Life Groups

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

Ladies Bible Study

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

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

Men of Faith

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

Village Church Youth Group (Years 7 -12)

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

Street Ministry

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

Marriage and Family Support

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

Christ Church - Anglican Church Dingley Village



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

Special Christmas Events

Christmas is just around the corner! Sunday 15th Dec Carols by Candlelight in the Heritage Church, starting at 7:30pm. Sat 21st Dec Christmas Carols at the Dingley Village Market. Office Closed 25/12 – 2/1/2025.

Christmas Services

Christmas Eve Tues 24th Dec: 5PM Nativity Carols Family Service (Auditorium). 11PM Midnight Service (Auditorium)

Christmas Day Wed 25th Dec: 8:30AM

Heritage Church Holy Communion Service. All are welcome to join us.

Regular Sunday Services

8.30am (Heritage Church) Holy Communion Service

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

Next Combined Service: Sun 1st Dec at 10am.

Life Groups for Bible Study

For more information, please contact our office

Youth Group Saturday

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. Youth Group breaks up over the Christmas holidays and starts back in Feb 2025.

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. Pleasant Tuesday will take a break over January and return in February 2025.

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 Last day for 2024 is Sat 14th Dec. Reopening on Sat 1st Feb 2025. No donations during this time, please.

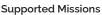
Donations: We take clean, useable items but cannot accept electrical goods, or baby/child equipment.

MMA Stall

MMA Stall runs quarterly. Next Stall: Sun 1st December.

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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 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

50 Tootal Rd. Dingley Village info@echochurch.org.au www.echochurch.org.au Sunday's at 10AM Senior Leaders: Justin & Leigh Box



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

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Submission deadline:

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