

# THE DINGLEY DOSSIER

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www.dvnc.com.au/dossier

# **DINGLEY RECYCLED WATER SCHEME**

South East Water is currently planning the Dingley Recycled Water Scheme, which will deliver recycled water to around 40 sites in the Bayside, Kingston, Greater Dandenong and Monash Local Government Areas.

Supplying local parks, world-class golf courses, sporting ovals, laundromats, market gardens and nurseries, the scheme will help preserve drinking water supply, regardless of changing climate conditions.

The Victorian Government announced part funding for the scheme as part of the delivery of the Central and Gippsland Regional Sustainable Water strategy, which aims to improve water security, liveability and waterway health for the next 40 years.

The project will cost approximately \$72 million of which the Victorian Government has committed \$24 million. The rest will be funded by South East Water and customers of the scheme.

#### What are the benefits of the scheme?

- Reducing costs for businesses and councils who currently rely on drinking water supplies for irrigation and commercial activities.
- Providing a high quality and droughtproof water supply to customers where other sources (e.g. groundwater and stormwater) are being impacted by climate change.
- Keeping parks and reserves green for the community to enjoy all year round.

 Preserving our precious drinking water supplies so we only use it where it's really needed.

The scheme will involve the design and construction of a transfer main to bring recycled water from the Eastern Treatment Plant to service around 40 sites in the Bayside, Kingston, Greater Dandenong and Monash Local Government Areas.

Upon completion of the transfer main, connection pipes will be installed to the various locations resulting in a total of 42 km of pipeline being constructed. The first stage of this project has been awarded

to South East water Industry Partner ABK (Abergeldie, BMD & KBR), Work is being undertaken to finalise the design and alignment. To do this, works will involve both non-intrusive works such as survey mapping and minor, controlled ground disturbance activities with all amenities and access maintained to the public.

The start of construction on stage one, which is to build the transfer main, is expected around June 2024. It should take approximately 9 months to complete. Stage 2 of the project on the connection pipes is expected to start in 2025.



# **FARMERS' MARKET**

SATURDAY 17TH 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** 

Coronavirus Hotline

1800 675 398

MensLine:

1300 789 978

W/IRF

(Women's Information and Referral Exchange):

1300 134 130

Safe Steps:

1800 015 188

**Nurse on Call:** 

1300 606 024

Tip Smells & Dust:

EPA 1300 372 842

Aircraft Noise:

1800 802 584

Neighbourhood Centre:

8512 0505

**Community Association:** 

dvcasecretary@gmail.com

Men's Shed:

9551 5892

VicRoads Faults and Hazards:

13 11 70

RSPCA:

9224 2222

# Justice of the Peace

Malcolm Gilbert: **0418 549 800** Marion Harriden: **9551-1799** Allan Harris: **0412 073 719** 

## 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. Wed, 10am to 12pm in the Centre. Free drop-in group.

## Social Art group

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.

## Safe Seats Safe Kids with Michael

We have free Child car restraint fittings and safety check done here at the Centre carpark. Thursday 10am-2pm. Bookings go to: www.safeseatssafekids.com.au

## **Collection Point**

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

# Playgroup Victoria for Dingley Village

Tuesdays 9.30am-11.30am in the Harold Box Hall. Need to contact Hannah via Facebook *Dingley Village Playgroup*.

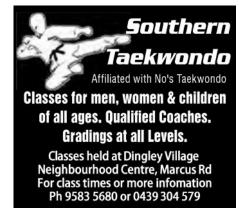
#### Taekwondo with David

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

Children & Adult Art Classes with Lesley: starts 14/11/23

**Children's classes:** Mon & Thurs 4.30pm – 6.00pm in the 'Craft room' in the Harold Box Hall.

Adult classes: Paint & Sip \*Must be over 18+ to attend. Mon & Thurs 7pm-9pmin the 'Craft room' in the Harold Box Hall. Contact Lesley to book via email ezfrommelbz@qmail.com



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DINGLEY RECYCLED WATER SCHEME

# COMMUNITY

#### **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.

## Thank you Bendigo Bank

On the 5th of December the Dingley Village Men's Shed, was presented with the latest new AED's (Automated External Defibrillators), these machines are designed to enable a non-paramedic to administer assistance until the paramedics arrive. They can and do save lives.

Our local Community Bendigo Bank were very generous in providing these expensive machines as a supportive service to a number of local organisations who themselves are providing a service to our broader Dingley Village community.

"Follow your passion, stay true to yourself, never follow someone else's path unless you're in the woods and you're lost and you see a path then by all means you should follow that."

-Ellen DeGeneres



# Thank you from MADDV

Thanks to the students in Dingley Village who supported Children's Week, October 21-29. Make a Difference Dingley Village (MADDV) was fortunate to receive a small grant to support this event. Thanks to the children at both St Marks Primary and Dingley Primary. Our Chairman Scott will pass on the grant accordingly.

MADDV is committed to focusing on the needs of children in our Village.

# **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.

# Feel Good February

Feel Good Feb is about taking the time to make others feel good during February and beyond. Do a kind deed for a stranger in Feb and encourage random acts of kindness all throughout the year.

# 10th February -Lunar/Chinese New Year

Also known as Lunar New Year or the Spring Festival, the Chinese New Year is the



most important holiday in China and for Chinese people around the world. Celebrated by Buddhist, Confucian, and Taoist practitioners. 2024 is the Year of the Dragon.

# 14th February Ash Wednesday (Lent begins)

Ash Wednesday is the first day of Lent in the Christian calendar. Lent is the period of 40 days (not including Sundays) which



comes before Easter, traditionally a time of fasting and reflection. The 40 days represents the time Jesus spent in the desert overcoming temptation by Satan. In Western Christianity, it begins on Ash Wednesday and ends on Maundy Thursday.

# 15th February Nirvana Day (Parinirvana Day)

Nirvana Day (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.



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# When to call Triple Zero and what to do once you are on the line.

Many people are unsure about when they should call Triple Zero (000). You should only call Triple Zero (000) for an ambulance or fire brigade if someone needs urgent medical help or you see flames.

You should call Triple Zero (000) for police:

if a crime is in progress - that is, it's happening now;

\* or the offender may still be in the area

but also if you see someone peering into parked cars along your street or fiddling with a number plate - not an emergency as such but action that could be about to lead to a crime, and something that police want to know about as it is happening.

When you dial Triple Zero (000) you will first hear a recorded message: "You have dialled emergency Triple Zero (000). Your call is being connected."

A Telstra operator will then answer your call and ask whether you need police, fire, or ambulance. They will also ask you to confirm the state, town, or suburb you are calling from and then connect you immediately to the appropriate emergency service.

Once you're connected to the appropriate emergency service call-taker, you'll be asked a series of questions, depending on the emergency It's important that you stay on the line as long as necessary. Don't hang up until the call-taker tells you to.

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www.nhw.com.au

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

# Little Villagers Childcare

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

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35 Fairbank Road, Clayton South Email: lvcc@dvnc.com.au

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



# **OUR NEXT MARKET IS ON SATURDAY 17TH FEBRUARY**

# Please support the incredible Victorian Farmers and Producers who attend our market.

At their heart, farmers' markets are a place for food producers and consumers to connect directly in the buying and selling process. Our farmers' market gives you a chance to meet the person who grew or made your food.

If you have not been before, you are missing out; pop in and see why many of Dingley Village residents love to shop at the Farmers' Market. Shop among the gum trees for your fresh seasonal produce. There are over 20 stalls in attendance each market providing both seasonal produce and complimentary produce and products.



Check out our Facebook page on the Friday prior to each market for an updated list of stall holders attending on Saturday. While most of our stall holders are permanent, sometimes they are unable to attend. DingleyVillageFarmersMarket

Let's continue to keep our markets dog-friendly by following some simple rules:

- Keep your dog on a short leash to prevent tripping hazards and tangles.
- Carry poop bags and pick up any doo-doos.
- Prevent your dog jumping on other shoppers or lifting its leg on stalls or shopper's buggies, bags etc.
- Leave your dog at home if they are still learning how to be polite and social.



The Farmers' Market runs as a community event to provide residents access to fresh Victorian produce and support Victoriaan producers, The Market is an activity of the Dingley village Neighbourhood Centre and does not operate for profit. Customer feedback, concerns and ideas are welcome, look out for Market Manager Liz.





DingleyVillageFarmersMarket







# DINGLEY VILLAGE COMMUNITY ASSOCIATION

DVCA hopes you had a happy, healthy festive season and wishes every Dingley Village resident an excellent 2024.

# The Annual Community Consultation Meeting - November 2023

Thank you to everyone who attended for Community Annual Meeting held late last year.

This community support does not go unnoticed at other levels of government, as evidenced recently in State Parliament, where acknowledgement of our Annual Community Consultation Meeting was tabled by the Members for South Eastern Metropolitan Region, Michael Galea and Ann-Marie Hermans:

"This meet and greet with local community members and community groups was a terrific exercise in local participation, and it was fantastic to see well over 100 – in fact almost 200 – people, from the Dingley Village community come along to this event to find out about various matters, things and projects happening, from council and state as well. ...."Michael Galea, 29 Nov 2023.

DVCA would like to add the Dingley Hotel to the listing of local businesses, (as reported in the December 2023 DVCA article), who generously supported us by donating prizes for the raffle to raise funds for our association at this meeting.

# Spring Road Reserve Draft Master Plan

In mid November 2023 Council released a draft Spring Road Reserve Masterplan for public review and requested feedback on this.

This plan was developed by Council, following prior community feedback on Spring Road Reserve, which has site limitations (former Springvale capped tip). The plan contains many well planned and desirable facilities, such as improvements to the path network, car parking, dog park provision, landscaping and recreation facilities.

You can check out the draft Masterplan at: <a href="https://www.yourkingstonyoursay.com.au/spring-rd-reserve-mp">https://www.yourkingstonyoursay.com.au/spring-rd-reserve-mp</a>

After consultation with many DVCA members and residents of Dingley, DVCA made a detailed submission to Council on the Master Plan, which included the following recommendations that we believe will enhance the park:

- Prioritisation of proposed landscaping, tree planting, path networks, car parking and dog park improvements work
- Increased toilet facility provision for the park

- Protection of the park's wetland habitat and wildlife
- Enlargement of the proposed dog off-leash area
- Council is now considering the draft Masterplan feedback received.

# Surf-N-Play Aqua Park Development Proposal - 321 Old Dandenong Rd draft Planning Amendment C222king

Under the Victorian Government's Development Facilitation Program (DFP), to fast track decisions for priority projects, Pellicano has submitted a new development proposal for the building of this Agua Park in Dingley Village.

# The proposal includes:

- Water slides
- · A 'lazy river' running through the site
- An 'endless surf' wave pool and multiple swimming pools
- Onsite facilities food and drink premises and shops
- Removal of native vegetation and display of signage
- 700+ car parking spaces over three levels with main vehicle access in Boundary Road.

A brief period of public consultation (16 days) was announced in December 2023 and the DVCA made the following submission to the Planning Minister:

"The Dingley Village Community Association believes this project would be acceptable if it was NOT sited on Green Wedge land.

There are some advantages for Dingley Village residents. However, we believe it is at odds with the existing Green Wedge zone land use terms as contained within Clause 73.03 of the Kingston Planning Scheme, and risks setting a precedent for more green, agricultural land to be developed inappropriately.

Accordingly, the DVCA does not support this project being constructed on the proposed site."

The Minister of Planning is responsible for deciding the outcome for this development proposal, as enabled under the DFP and may refer this to the Priority Projects Standing Advisory Committee for further investigation and advice.

A decision by the Planning Minister on this matter is expected by the end of March. You can find the proposed draft Amendment C222king to the Kingston Planning Scheme and development plans at:

https://engage.vic.gov.au/planning-scheme-amendment-c222king-321-old-dandenong-road-dingley

# Can We Help?

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

#### **DVCA 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 <a href="www.dvca.info">www.dvca.info</a>

DVCA is actively seeking new enthusiastic members to join and help keep our village a great place to live and work in. Membership is open to all residents who genuinely care about our Village.

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# **OUR COUNCIL**

#### Be summer safe

Pooch owners of the south-east rejoice! Chadwick Reserve in Dingley Village is now home to an all- new and improved off-leash dog park.

If you're heading for a swim at the beach, don't forget to check the water quality. Heavy rains can wash pollution into Port Phillip Bay, making some areas unsuitable for swimming.

It's easy to find out where is good to swim - just jump on the EPA website. The Authority regularly monitors the 36 beaches on the bay. Their forecasts predict the risk of stormwater pollution during and after rain. Keep an eye on the City of Kingston Facebook page for water quality alerts, too.

We're also helping our community stay safe (and cool!) this summer with education around heat waves, beach safety and much more.





# Stronger protections needed to secure the future of aviation

Kingston Council is calling for stronger protections to protect the long-term future of aviation at Moorabbin Airport. Council and local businesses are calling for changes to federal laws to make sure aviation businesses have a greater say in planning at Australia's airports.

Kingston and the Moorabbin Airport Chamber of Commerce had raised concerns during the recent Moorabbin Airport Masterplan process that aviation businesses and the community had been left in the dark about the future of the site.

Kingston Mayor Jenna Davey-Burns said under the current laws, only a first draft of the masterplan had to be displayed for public comment – with no transparency on further drafts until the final plan was approved.

"While we were pleased to ultimately see the final draft included significant changes to address our concerns, we should not have been locked out of the planning process," Cr Davey-Burns said.

"It is utterly absurd that aviation businesses and the community were kept in the dark about the contents of the masterplan for the public land. "As the second busiest airport in Australia, Moorabbin plays an absolutely critical role in the industry, training around a third of the nation's pilots and providing vital links to Tasmania, King Island, rural and regional NSW, and SA."

Deputy Mayor Tracey Davies, who has worked closely with the airport businesses to campaign for change, said Kingston Council will lodge a submission to the Australian Government's current review of aviation policies calling for change.

"We are pleased that the Minister's review of aviation has commenced and hope it results in critical changes to ensure the rights of aviation businesses, neighbouring homes and critical safety issues are properly addressed through updated policies," Cr Davies said



## Council is calling for:

- Stronger requirements for consultation with airport businesses and local communities during airport Master Plan processes.
- Greater investment in airport facilities to keep them well maintained.
- Greater protection for neighbouring homes to stop tall buildings being built close to the fence lines.
- Stronger regulation over privately-run airports.

Kingston Council approved its submission to the Australian Government's review at its November Council meeting. The full submission is available on Council's website <a href="https://www.kingston.vic.gov.au">www.kingston.vic.gov.au</a> type Minutes and Agendas in Search window, click on 20 November 2023 Council Meeting, file can be download via link at bottom of dropdown.

Full submission is Agenda Item No: 7.4, note the file is very large and may take a while to download.



# WHEN SHOULD YOU CALL CRIME STOPPERS?



Crime Stoppers Victoria takes tips and information on past and potential criminal activity as well as tips on suspicious behaviour. Crime Stoppers Victoria is unable to provide emergency response services or assist victims of crime.

# Big recycling win at new Aquatic and Leisure Centre site

Demolition of the site for Kingston's new Aquatic and Leisure has been completed, with 99.5% of the materials to be recycled.

This great result again delivers on our commitment to provide facilities that are more sustainable and environmentally sensitive than ever before.

Mayor Jenna Davey-Burns said that together with our community we are focused on becoming the most liveable and sustainable city in Victoria. "It's absolutely essential that this project, our most significant ever, showcases that goal, and sets the example for all others to follow," Cr Davey-Burns said.

"As leaders in a changing climate we are fully committed to all our major projects being anchored in sustainability, and in line with that, our dedicated Community Reference Group and the broader community have been absolutely incredible in providing us with a clear and ambitious vision for the new centre."

Along with the completion of the demolition, the planning application is underway, and we are delighted to unveil the early designs as well. Melaleuca Ward Councillor Tim Cochrane said after extensive community consultation, we're confident that the new centre will meet the needs of our community now and into the future.

"Projects with such a tangible benefit to the broader community don't happen every day and I'm so excited to see it come to fruition," Cr Cochrane said.

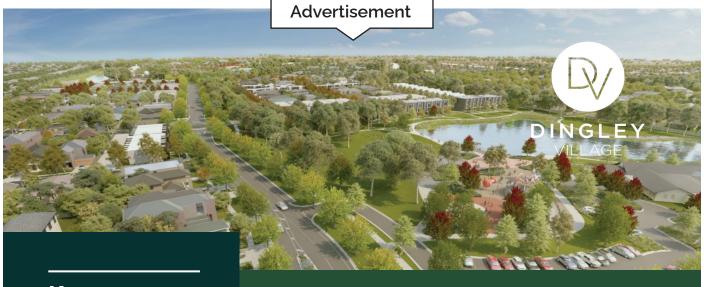
To check out the latest plans and keep up to date on the new Aquatic and Leisure Centre head to kingston.vic. gov.au/new-centre.

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# Keep up to date

Stay in touch with what's happening at the former golf course site at Centre Dandenong Road in Dingley Village. On 1 September 2023, it was announced that Expressions of Interest (EoI) are being sought for the sale of the site.

The website will publish the latest information about the sale process, maintenance, tree, and site management. There are also contact details for those with queries.

dingleyvillage3172.com.au



# Get To Know Your Local Agent **EVA CUMMING**



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# LOOKING AT LOANS

# Home Values Continue Up

It was interesting to see the 2023 home value changes, with the national Home Value Index up 8.1%. This was an improvement on the 4.9% drop in 2022, but well below the 24.5% national surge in 2021.

Variations between cities and areas were high, for example Perth up 15.2%, Brisbane up 13.1%, whilst Dingley Village rose 2.4%, Melbourne up 3.5%, and regional Victoria fell 1.6%. Looked at over the longer term – consistent growth in property prices shows no sign of abating.

Areas which showed lower / negative growth in 2023 were largely those which outperformed during the Covid pandemic, for example in coastal postcodes, including down the Mornington Peninsular. What we have seen is a minor correction from massive out-performance in some areas. In my younger (less tarnished) years I had a clear belief that financial success in life was primarily associated with being intelligent in business.

I no longer so firmly hold that view. There are multiple millionaires walking the street who obtained their wealth not through business smarts, but because they made the decision to buy the right property and never sell.

In fact, with more consistent income, the wage earners now have a clear advantage over the self-employed, better positioned to obtain loans to buy and hold property long term. The banks certainly see it that way. Cash flow management is all that is then required.

There is only one rule that matters: Total expenditure must be less than total income. Regardless of how big or small the income is. Those who budget well, win.

There will always be the real estate doomsday prophets. However, to date, they have a terrible track record! The fixed rate mortgage cliff, which some thought would lead to a property crash in 2023, has impacted individuals, but not the general market. Owning your own home is probably more important than it ever was.

But not just because of capital growth and wealth accumulation. We have a shortage of homes Australia wide. We all need to live somewhere, but security of residence is only really achieved with home ownership. Governments are not helping, pushing private investors out of the market, tightening the rental market even further. New homes are not being built fast enough.

Those who do not own a home are at risk of being unable to find a home to rent at any price. This is a problem for all demographics. If nothing else, we all need to buy a home ready for old age – home ownership is a critical part of having a comfortable retirement. Your home loan is your time machine.

You are dragging up to 30 years of future income back to the present, to buy a home you otherwise could not afford, so you can have the pleasure of living in it for the rest of your life if you choose to do so. That's amazing! Who said time travel is impossible.

Heading into 2024 we have a healthy and steady real estate market. My expectation is that interest rates have peaked, will now

steady, and decrease in the last quarter. Advice to aspiring homeowners remains to buy when you can. First home buyer benefits allow you to get into the market with a small deposit (and that benefit is now extended to previous homeowners who haven't owned a property in Australia in the past 10 years).

Your first home does not have to be your forever home, you can always upgrade later (most do). Getting into the market is what counts. Compromise your wish list. If you end up a 'forever renter' your required compromises will be greater in the future.

There is great comfort (psychologically and financially) in sleeping under your own roof. For you and your valentine!

Integrity Finance Australia has been serving the Dingley Village community since 2006. If you have any questions or want to know what your options are with your borrowing capacity or your home loan, then please email support@ifafinance.com.au, or call us on 03 9511 8883.

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

# MEDICAL MATTERS

#### **Heatwaves**

Heatwaves cause more fatalities than any other weather-related disaster in Australia.

A heatwave is defined as "three or more days of high maximum and minimum temperatures that are unusual for that location". Heatwaves can cause serious illness for anyone, and we need to remember that heatstroke is a life-threatening illness. Elderly people and young children are among those at greatest risk.

# Some hints on coping with and preparing for extreme heat:

- Drink plenty of water and keep yourself cool using wet towels, putting your feet in cool water or taking a cool shower.
- Block the sun with curtains/blinds and open windows only when there is a cool breeze.
- Postpone outings, avoid heavy physical activities like sport or gardening.
- Wear a hat and light-coloured, loose-fitting cotton or linen clothing.
- · Stay in touch with sick or frail family and friends.
- Prepare for power failure have a torch, fully charged mobile phone, water, canned food that does not require cooking, medication, and consider battery operated fans.

It is important to recognise and respond to heat related conditions including heat cramps (caused by loss of salt), heat exhaustion (caused by dehydration), and heat stroke (shock).



It is important to recognise and respond to heat related conditions including heat cramps (caused by loss of salt), heat exhaustion (caused by dehydration), and heat stroke (shock).

Heat exposure can cause heat-related health problems due to worsening symptoms of existing disease. Diseases that can increase the risk of heat-related health problems can include:

- Heart disease
- · Lung disease
- Diabetes
- Kidney disease
- Mental illness

Heat stroke is the most severe heat-related illness. In extreme heat, your body's ability to cool itself down can fail, causing your body temperature to increase to a dangerous level.



If left untreated, this can result in permanent disability or death. Heat stroke requires immediate medical emergency care.

Symptoms of heat stroke include reduced sweating, high body temperature (above 40°C), dry, flushed, hot skin, nausea, muscle spasms, pain throughout the body, unusual behaviour or signs of confusion, seizure or possible loss of responsiveness. If these symptoms occur call an ambulance on **000**.

Use a fan

Apply cold

Have victim

#### First-aid for heat stroke

- · Call an ambulance on **ooo**.
- Get out of the heat to a cooler area indoors or shaded area outdoors.
- · Lay down and elevate the feet.
- · Loosen or remove clothing.
- Start to cool down any way you can: use a cool-water spray, apply a cool, damp sponge or cloth, wet clothes and skin, have a cool shower or bath, apply ice packs or crushed ice in a damp towel on the neck, groin and armpits.
- Drink small sips of water if able.

The symptoms of heat exhaustion may include normal or mildly higher body temperature, cool, pale, clammy skin, excessive sweating, thirsty, headache, muscle cramps, rapid, weak pulse and fainting or dizziness.

#### First-aid for heat exhaustion

Heat exhaustion must be treated as it can quickly develop into severe illness.

- Get out of the heat to a cooler area indoors or shaded area outdoors.
- Loosen or remove clothing.
- Start to cool down any way you can: use a cold-water spray, apply a cool, damp sponge or cloth, wet clothes and skin, have a cool shower or bath, apply ice packs or crushed ice in a damp towel on the neck, groin and armpits.
- Drink water.
- If symptoms do not improve, seek medical care.

Heat cramps are the mildest form of heat-related illness. They are painful muscle cramps and spasms caused by your body's loss of salt due to excessive sweating.

## First-aid for heat cramps

- Drink water.
- Rest in a cooler area indoors or shaded area outdoors.
- If symptoms do not improve seek further medical attention.

Information in this article was provided by Better Health Channel & NSW Health



# WHAT'S NEW AT YOUR LOCAL

Keep up to date with the latest news from Dingley Village Shopping Centre!





We stopped into Match & Co Café to check out some new additions on the menu and to savour some local favourites, perfect for dining-out in Dingley Village this sunny season.











# EYES RIGHT ( )

# The Future of Optometry in Australia

#### Introduction

Optometry, the branch of healthcare dedicated to eye health and vision care, is undergoing transformative changes globally, and Australia is no exception. With advancements in technology, evolving healthcare landscapes, and an increased emphasis on preventive care, the future of optometry in Australia promises innovation, accessibility, and improved patient outcomes.

# **Technological Advancements**

One of the key drivers shaping the future of optometry in Australia is the rapid integration of cutting-edge technologies. Advancements such as artificial intelligence (AI), virtual reality, and telemedicine are revolutionising the way optometrists diagnose and treat various eye conditions.

Al algorithms are enhancing diagnostic accuracy, allowing for early detection of diseases like glaucoma, diabetic retinopathy and macular degeneration. Virtual reality is being utilised for immersive training experiences for optometry students, enabling them to hone their skills in realistic simulated environments. Furthermore, Virtual Reality is also being used in younger patients to treat issues associated with eye coordination and focusing.

#### **Personalized Treatment Plans**

The future of optometry in Australia is moving towards personalised and patient-centric care. Genetic testing and precision medicine are becoming integral tools in tailoring treatment plans for individuals based on their genetic predispositions and unique eye health profiles. This personalised approach enhances the effectiveness of treatments and helps prevent the progression of certain conditions.

# Collaboration with Other Healthcare Disciplines

Interdisciplinary collaboration is gaining prominence in the healthcare sector, and optometry is no exception. Optometrists are increasingly working in tandem with other healthcare professionals, such as general practitioners, ophthalmologists, and neurologists, to provide comprehensive care for patients.

This collaborative approach ensures a holistic understanding of patients' overall health, as many systemic conditions can manifest symptoms in the eyes.

# Focus on Preventive Care and Education

The future of optometry in Australia emphasises proactive measures to maintain eye health. Optometrists are playing a crucial role in educating the public about the importance of regular eye examinations, the impact of lifestyle choices on vision, and the early signs of eye diseases. Preventive strategies, including nutritional counselling and lifestyle recommendations, are becoming integral components of optometric practice.

### **Expansion of Scope of Practice**

The role of optometrists in Australia is expanding beyond traditional eye examinations and prescription of corrective lenses. With additional training and certifications, optometrists are taking on more responsibilities, such as the management of certain eye diseases, pre- and post-operative care for surgical procedures, and even minor surgical interventions.

This expanded scope of practice enhances the efficiency of the healthcare system by utilising optometrists' expertise to the fullest extent. The next steps involve optometrists delivering simple laser therapies involved in the treatment of disease such as glaucoma that can simply be done in the current consulting room setup.

#### Conclusion

The future of optometry in Australia is characterised by a dynamic interplay of technological innovation, personalised care, collaboration across healthcare disciplines, a focus on preventive strategies, and an expanded scope of practice. As the profession evolves, it will continue to play a crucial role in preserving and enhancing the vision and overall well-being of the Australian population.

Optometrists are poised to be at the forefront of these transformative changes, ushering in an era of advanced, accessible, and patient-centric eye care.

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# **BACK TO SCHOOL**

# Back-to-school blues are normal, so how can you tell if it's something more serious?

# THE CONVERSATION

Academic rigour, journalistic flair

**Published**: February 1,2023 6.12am AEDT Vanessa Cobham, Professor of Clinical Psychology, The University of Queensland

Many children come down with a case of the back-toschool blues as summer slips away. Having spent the holidays staying up late and having fun with friends and family, it can be a struggle to get back into a routine.

For some children, going back to school can also be daunting if they are worried about keeping up with schoolwork, friendship problems or how they might go with a new teacher and class. Nerves about returning to school can manifest in a number of ways, from irritability to tears at the school gates.

How can you cope with this routine challenge? And how do you tell if is it something more serious?

## How to tackle black-to-school blues

There are a few ways you can support your child and the family as you all head back the daily routine of school.

# Plan ahead together

There are lots of ways you can gently work in a new routine - from encouraging kids to pack their bag the night before, to thinking of lunchbox ideas together. Giving your child choices and the chance to be part of the decision-making process around routines will give them a sense of ownership and independence. For example, you could negotiate bedtime for the school term.

There are other fun, simple ways you can support them through this time.

For example, you could create a music playlist for the school run, set aside a regular time after school to do something you both enjoy (like a play at the park, seeing friends or buying an ice-cream) or set up a reward system for getting homework done on time.

# Chat about school

Check in regularly with your child about how they are feeling, particularly in the early weeks. Try to do this in a way that shows that you're interested rather than concerned. For example, keep the questions openended: "what happened in your day?". And keep a positive focus: "what was the best bit of your day?"



## Look after yourself!

With a hundred different things to think about, many parents and carers often forget about their own needs. But it is crucial to give yourself time to recharge, and reach out for support from friends, family or a health professional if needed. If you are calm and positive, your kids will find it easier to remain calm and positive, too.

#### When is it more than the blues?

Nervousness about returning to school is normal. But some children will experience a level of anxiety about going to school that causes them significant problems. Because everybody feels worried or anxious from time to time, it can be really tough to know how to distinguish between "normal"

nervousness and problematic (or clinically significant) anxiety. There are two key ideas to keep in mind: are the feelings causing high and persistent levels of distress? Are they stopping your child from doing what they want or should be able to do?

#### What should I look for?

- When it comes to school-related anxiety, here are some specific signs to look for:
- frequently feeling physically sick (such as a tummy or headache) and unable to go to school. Anxiety causes real physical changes in our bodies, so when kids say they're feeling sick, they're telling the truth. It's just they might be describing "worry sick" as opposed to "doctor sick."
- becoming teary, angry or aggressive when thinking or talking about school.
- being uncharacteristically slow to get moving on school mornings.
- avoiding activities that relate to school, such as joining a sporting team, putting on their uniform or going on a play date.



#### Is this school refusal?

School refusal or avoidance (when a child regularly fails to attend class for some or all of the day) has anecdotally been on the increase since COVID. The Senate is currently conducting an inquiry into the issue, with a report due in March.

If you're starting to think your child's anxiety may be falling into the problematic zone, you are not the only one. Anxiety is the second most common mental health problem experienced by all children in Australia (among girls, it takes first place).

Without treatment, children with clinically significant anxiety don't tend to "just grow out of it". Anxiety (often together with ADHD) tends to be the cause of school reluctance or refusal.

# Next steps - If you notice your child is struggling to get to school, it's important to act quickly.

The more time kids miss in school, the harder it becomes for them to return. The first thing to do is work with school staff. Your child's classroom teacher will be able to tell you if they or someone else in the school is the best person to be talking to. If necessary, seek further support from a health professional.

You can start with your GP, who may suggest a referral to a psychologist. There are also free, evidence-based programs been developed by clinical psychologists for parents of children who are experiencing anxiety.

Although it can be daunting, it is important to know you are not alone and there are interventions that can help. If this article has raised issues for you or someone you know, you can call Lifeline on 131114 or Kids Helpline on 1800 551 800.

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# Better Health Network Social Support Groups

The Better Health Network (BHN) provides Social Support Group programs to benefit the health and wellbeing of seniors across the South-East suburbs of Melbourne.

Social Support Groups bring older people in our community together to connect through small group activities and events. The service also provides valuable day respite for carers.

The program operates Monday to Friday offering over 25 different activities a week.

In the City of Kingston, programs are run from the BHN's main centre in Mentone and various other locations. Social outings and activities on offer include visits to historical gardens, café lunches, going to movies, gentle exercise, cultural specific groups and a variety of centre-based programs, including activities tailored to clients with dementia.

On 22 November BHN will be hosting a Pop-Up Art Show at their Mentone site and invites the community to come along and see the wonderful display of artwork that their Social Support Group clients have created.

Watch some BHN clients in action as they demonstrate their art skills, enjoy some afternoon tea and meet their special guest artist Alison Pilcher!

Drop in at 2-4pm to 31 Venice Street, Mentone.

The BHN was formed by the voluntary amalgamation of Central Bayside Community Health Services, Connect Health & Community and Star Health. The Social Support Group programs are also available at various BHN locations across South-East Melbourne.

For more information on eligibility and available groups, please phone

9581 8500 or visit the BHN website:

bhn.org.au/services-2/bhn-groups/social-support-groups.

# **BHN Pop-Up Art Show**

22 November 2–4pm31 Venice Street, Mentone



# Volunteering to support your wellbeing

# Better Health Network Meaningful Connections



Meaningful Connections is Better Health Network's government-funded volunteer visiting program (formerly the Community Visitors Scheme) that has been enhancing the health and wellbeing of senior Australians since 1992.

Meaningful Connections provides companionship to seniors who are experiencing loneliness and social isolation, through regular social visits. Volunteer visitors are matched with recipients based on shared interests, to enable meaningful connections through conversation and activities such as board games, reading, reminiscing or outings.

BHN program operates throughout the City of Kingston and across Southern Metropolitan Melbourne. Volunteers support seniors living in either private homes or aged care facilities, with visits taking place weekly or fortnightly.

Meaningful Connections provides a wonderful opportunity to improve your own wellbeing whilst helping someone else. Research shows that being a volunteer for your community can:

- Provide a sense of meaning and purpose and community connection
- Help you share your talents, learn new skills and provide a pathway to paid employment
- Help you meet new people and build healthy relationships
- Increase self-esteem, confidence and mental health (including mental health recovery)

Better Health Network offers a range of volunteering opportunities for anyone interested in giving back and making our community better.

For more information, please get in touch. BHN friendly team would love to hear from you!

**\ 03 8587 0322** 

volunteers@bhn.org.au

bhn.org.au/getting-involved/volunteering

# IN THE GARDEN

# **Dazzling Dahlias**

Have you ever seen such a wonderful flower that stops you in vour tracks?

Dahlias are making a comeback and growing in popularity. They make excellent cut flowers that set off any floral arrangement, big or small! What is even better, the more blooms you cut, the more they flower! A real win for gardeners that like to cut their flowers for vase arrangements or give to friends as a big bunch!

Like most plants, Dahlias thrive when fed, watered and get some sun. Dahlias always bring a smile to your face and are easy to grow! With the right care, they will reward you with many blooms over the growing season, which is usually from January and all the way through to May.

Dahlias grow well in slightly raised beds and also in pots. Growing in pots is a great way to grow dahlias if you only have a small space. The Dahlia Society of Victoria, Australia have recently refreshed their website and shared many great growing tips, general information and many photos. - Be sure to check it out!











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The 2024 Annual State Dahlia show is held at Mount Waverley on the 24th and 25th February 2024, where the dazzling, beautiful dahlias will be available for everyone to enjoy.

Come along for a great day out with family and friends! All Welcome. We hope to see you there! For more information on Dahlia growing tips, society events, upcoming shows and becoming a member, visit our website and social media.

Website: Dahliasocietyofvictoria.org.au Facebook: @Dahliasocietyofvictoriaaustralia Instagram: @Dahliasocietyofvictoriaaust

Photos and article by Anna Cameron - Dahlia Society of Victoria, Australia

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# PETS & LOCAL WILDLIFE

# How do you care for your pets during a heatwave?

Over the past 100 years, heatwaves have killed more Australians than any other natural hazard, and scientists predict that heatwaves are only going to get hotter, longer and more frequent.

While us humans can escape to airconditioned spaces or strip off to cool down, we need to consider our furry friends in the extreme heat – both domestic pets and surrounding wildlife.

Just like us, many animals can be affected by heat stress or heat stroke. Similar to humans, the old and the young are often the most vulnerable. However, while we can sweat it out, dogs and cats can only release heat through areas not covered by fur, mostly their paws.



# How do you care for your pets during a heatwave?

Cats are normally pretty self-sufficient and stay cool by seeking shade and limiting physical activity. They will normally find a nice cool place to sleep it off so just make sure they have water and shade and some wet towels if they want them.

However, dogs need a little more TLC when it gets hot. The small surface area of their paws are not a very effective means of getting rid of excess heat from their bodies. Dogs use the evaporation of moisture from their tongues, nasal passages and lungs to cool down by panting.



If you are heading to work, make sure your canine friend has plenty of water and shade in a well-ventilated area. If you want to get creative with ways to cool your dog down, you could whip up some refrigerated snacks, top their

bowls up with cold water from the fridge or simply dampen their bed. Got a garden? Perhaps invest in a small paddling pool or turn the sprinklers or hose on so they can get a bit of a shower (while being conscious of any water restrictions in your area).

If your dog is riding with you never leave them locked in the car! It takes under 10 minutes for a car to reach lethal temperatures even when parked in shaded areas, with the windows open.

Although they are eager to get out and burn off some energy, reconsider going for midday walks as the hot pavement can burn their feet (if it's uncomfortable for you to walk barefoot then it will be for them too!).

**Top tip:** head out for a stroll early in the morning or just before bed and stick to grassy areas. Ultimately if you are melting and want to be in front of the fan or air conditioner, then they probably do too!

# How do I know if my pet is affected by heat?

Key signs you should look for are changes in behaviour, disinterest in food and water, isolating themselves and heavy panting. If your pet is lethargic, relentlessly panting, drooling, vomiting or collapsing, get them to a vet ASAP.

# How do you help wildlife during a heat wave?

While you are out and about, think of our native wildlife too: the same rules apply – water, shade and rest. Leave bowls of water out in shady areas for any native wildlife that may be nearby. A shallow dish with a few rocks placed in it creates a great little oasis for insects like bees to flock to when needing a drink and a cool down.

Try to avoid disturbing our native wildlife more than you must. Everyone is feeling hot and bothered, so the last thing you'd want to do is stress them out and use up any more of their already low energy stocks.

However, rescue babies if they are particularly vulnerable and reach out to local wildlife helpline: Wildlife Victoria (03) 8400 7300



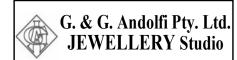


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# WRITERS CORNER

# **Bob Dylan and Every Grain of Sand**

What is it about that great song from Bob Dylan "Every Grain of Sand" and what was he really trying to say to the World? Plenty of people believe this to be the best song he has ever produced - I believe it's a most powerful philosophical poem laced with symbols and metaphors throughout. This is a personal story with a tone of sadness and sorrow crying out for help. In the opening lines of the first stanza "in the time of my confession, in the hour of my deepest need / When the pool of tears beneath my feet flood every newborn seed." When he says in the time of my confession, has he learned his lesson? Is he penitent and wants to mend his ways? There is the seed of hope that has been washed away and he can not find harmony in his life

In the second verse he says, "Don't have the inclination to look back on any mistake" He wants to ignore his misdeeds of the past, but he knows he must face the future and refers to Cain. Cain and Able were the first two sons of Adam and Eve and their story is famous in the Bible. Cain was a farmer and Able was a shepherd. In a fit of rage Cain killed Able - this was the first murder in the World. Cain was banished to wandering the World. "In the fury of the moment I can see the Master's hand / in every leaf that trembles, in every grain of sand. Was he accepting and recognising that there is a God or a higher power. In the late eighties he became a Born Again Christian.

"Oh, the flowers of indulgence and the weeds of yesteryear/like criminals" Is he contemplating a sinful past and corrupt people he has known? Life can be sweet and the body weak - He is reflecting on his life and it's depressing. There is a light to guide him and ease the pain.

"I gaze into the doorway of temptation's angry flame / And every time I pass that way, I always hear my name" Does he show his weakness and follow the path of pleasure through the doorway that leads to evil and hell? Temptation is all around calling him everyday. That every hair is numbered like every grain of sand' Are we all grains of sand in the world trying to find guidance and hope.

"I have gone from rags to riches in the sorrow of the night" His rise to fame has come at a price. He has been burning the midnight oil. Has he now reformed from his self-indulgent ways?

In the final verse of the song "I hear the ancient footsteps like the motion of the sea / Sometimes I turn, there's someone there, other times it's only me' He may be alluding to the prayer "Footsteps in the Sand". Where a man dreamed, he was walking on the sand with the Lord. For each scene he noticed there were two sets of footprints in the sand. For the last scene there is only one set of footprints in the sand. The man asked the Lord why that was and the Lord said, "during your time of trial and suffering, when you see only one set of footprints it was then I carried you".

Every Grain of Sand has a haunting imagery throughout with allusions to Jesus and spirituality. There are deep and hidden meanings that are left to each audience to interpret in their own way. I believe this song qualifies to be poetic.

# Every Grain of Sand Written by: Bob Dylan

In the time of my confession, in the hour of my deepest need When the pool of tears beneath my feet flood every newborn seed

There's a dying voice within me reaching out somewhere Toiling in the danger and in the morals of despair

Don't have the inclination to look back on any mistake Like Cain, I now behold this chain of events that I must break In the fury of the moment, I can see the Master's hand In every leaf that trembles, in every grain of sand

Oh, the flowers of indulgence and the weeds of yesteryear Like criminals, they have choked the breath of conscience and good cheer

The sun beat down upon the steps of time to light the way To ease the pain of idleness and the memory of decay

I gaze into the doorway of temptation's angry flame And every time I pass that way, I always hear my name Then onward in my journey I come to understand That every hair is numbered like every grain of sand

I have gone from rags to riches in the sorrow of the night In violence of a summer's dream, in the chill of a wintry light In the bitter dance of loneliness fading into space In the broken mirror of innocence on each forgotten face



## Dingley Village Writers Group

We need you! We are a small group who have been enjoying creative writing experiences and great casual conversation for a few years now. We meet each Wednesday morning at the DV Neighbourhood Centre - when it's not school holidays. Attend when you like and participate whenever you like, there is no cost. We have all improved our writing from learning from each other and if you want a tip or two, we can offer those too. Call **8512 0505** and leave your details. A member of the Writing Group will call or email. No obligations.



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# **CIRCLING THE CLUBS**



# Country Women's Association Dingley Village



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

Our last event for 2023 was held in December, a very successful Christmas Cakes and Craft Stall. CWA Dingley Branch would like to express our gratitude to Woolies, Dingley Village for providing us with the space to set up our Christmas Stall, as well as a huge thank you to our community for coming out and supporting us on the day and the other fundraisers we held throughout the year. We had lots of homemade craft items as well as our baked Christmas goodies which were very popular on the day.

CWA members donate their time as well as the goods used in raising funds. All monies raised are distributed to charities in regional and remote communities including Blaze Aid, Royal Flying Doctor Service, Angel Flight and locally, Food Bank. We will advertise our 2024 events in the Dingley Dossier throughout the vear.

CWA Dingley Branch meets at the Dingley Village Neighbourhood Centre on the 4th Wednesday of the month at 10am. If you need any further information about CWA or would like to consider becoming a member, please contact Sue **0434 879 875**.

#### Dingley 60 Plus Social Group

Our gatherings adjacent to the Sports Bar of the Dingley International Hotel are being held only on the 2nd Thursday of the month so the next one will be on the 8th of 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.

Some of our members attended a great NYE at one of our local 55 Plus establishments.

Our regular dinner on the last Saturday of the month is proving popular with members and the next one will be on the 24th of February. Advice of future activities and venues are made at the Thursday gatherings and to facilitate bookings you can indicate which particular events you wish to attend.

Our activities are suitable for those in the 60 plus age group and provide an opportunity to socialise with your peers. Events can be proposed by members and those interested can get on board.

We are more than happy to welcome new members to the Group. Enquiries can be made to Graeme on 9551 3462.

PS – With a little bit of effort this New Year could be one of your better ones.

# **Probus Club Dingley Central**



Members have been enjoying various activities throughout January. Our first meeting of the year will be held on February 5, when we will be celebrating the clubs 33rd birthday.

Activities planned for February: Happy Hour, General Meeting, Camera Club, Legs and Morning coffee, Wine Tasting, Men's Lunch, Morning Melodie's, Dine Out, Craft Group and Games Day

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

# Dingley Village Senior Citizens Club Incorporated

Again, we wish all a happy and safe New Year. Our arrangements for February are as follows:

- Monday the 5th Games, Cards, Rummikub and Scrabble, followed by afternoon tea.
- Monday the 12th –Bingo (commences at 1:00 p.m.) followed by afternoon tea.
- Monday the 19th of February Games, Cards, Rummikub and Scrabble.
- Monday the 26th –Bingo (commences at 1:00 p.m.) followed by afternoon tea.

We are organising a bus trip for Wednesday the 6th of March – bookings for this outing are essential. If you are a little bored or at a loose end of a Monday afternoon, please feel free to drop in for a chat and a cuppa. Our afternoons are held in the Harold Box Hall.

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

# **Dingley Village Historical Society**

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

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

# Boomerang Bags, Dingley Village



Our aim is to REDUCE waste, REUSE quality shopping bags and RECYCLE fabric. Boomerang Bags Dingley Village is a community group which creates reusable shopping bags from donated recycled fabrics

You can help yourself to one of our FREE bags at the Dingley Village Farmers market or pick one up at the Dingley Village Neighbourhood Centre reception.

If you have clean sheets or fabrics you would like to donate, please contact Debbie **0411 058 804** or Helen **0425 862 718**.

#### 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 www.dvms.org.au



#### Lions Club of Dingley Village



If anybody has any of the following items, they can be left at the Dingley Village Neighbourhood Centre. Pre-loved spectacles, sunglasses and hearing aids and used stamps are still needed. Thank you to all who have donated, please keep them coming in.

Our meetings are held on the 4th Monday at 7.00pm at the Dingley Village Neighbourhood Centre, 31B Marcus Road, Dingley Village (Public Holidays excluded). These meetings are informal and friendly.

For any enquiries, please contact Lynne – 9551 3770 /0488 004 809. dingleylions@gmail.com

### Rotary Club Noble Park - Dingley



Active Rotarians - making friends and making a difference.

The Rotary Club of Noble Park-Dingley has an active social and project program. Our members love being part of our club and enjoy participating in our activities. Once you get to know us you might like to join us in being part of a network of 1.2 million Rotary volunteers worldwide.

We meet at 6.30pm on the first three Thursdays of each month at Keysborough Golf Club in Hutton Road. Please email info@npdrotaryclub.org.au for more information.

# Dingley Cheltenham VIEW Club (Voice Interest Education of Women)



New members are most welcome to join our monthly meetings and learn from our guest speakers and enjoy our monthly social outings. VIEW (Voice Interests, and Education of Women) Clubs support The Smith Family and their Learning for Life Programme which provides education for vulnerable Australian children. Australia has over one million children living below the poverty line.

Dingley Cheltenham VIEW Club are currently sponsoring 7 Children with their education. Women from all walks of life are most welcome to join us please contact Fran Thomas for further information. franniet@gmail.com or **0419 309 931.** Meeting; Second Tuesday of the month at 10am. Where: Keysborough Golf Club, 55 Hutton Rd Keysborough, easy parking.

# Italian Senior Citizens of Kingston - "La Baracca"

The Italian Senior Citizens of Kingston offer a two course homecooked lunch with coffee and biscuits every Wednesday and Sunday at 12 pm. \$17 for members, \$20 non-members.

New members welcome. All are welcome to socialise, play billiards, bocce and cards and once a month Sunday Bingo. The last Sunday of every month we hold a lunch dance at 12pm offering a three course meal with coffee and a live band. Booking essential Giovanna **0421 045 648**.

# Keysborough & District Multicultural Senior Citizens Inc.

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

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

Concerts with professional entertainers on the 3rd Tues of the month 1pm to 3pm. \$3.00 entry.

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

**Thursdays** - Ballroom dancing lessons 12.30 to 1.00pm and Ballroom dancing from 1.00pm to 3.00pm. Entry \$3.00.

Tea and coffee is supplied for all activities. Entertainment schedule: 20 February -Alex Matthews.

Club membership for the remainder of F/Y 23/24 is \$5.00.

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)



#### **Mentone Hub Activity Group**

We are a group of seniors who get together every Tuesday to play cards and various other games at the Mentone Hub in 29 Venice St, Mentone. We play Bingo very few weeks (for chocolates as prizes, not sheep stations), also Crazy Whist for similar prizes.

We don't take it too seriously; the point is to enjoy ourselves. We are under the auspices of Kingston U3A, so if you are a member there, you are already paid up.

We start at 10am, BYO lunch, we supply tea, coffee, milk and biscuits and finish at 3pm. If you are registered with the Kingston Council for Home Help or other services, you can arrange to be picked up and bought home, we are happy to welcome new members.

#### Kingston Communicators Toastmasters Club

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

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

For details or more information call **0497 839 947** Or visit us at <a href="https://kingston.toastmastersclubs.org/">https://kingston.toastmastersclubs.org/</a>



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Our Vision: Connecting People To

Jesus Christ

Our Mission: Reach, Restore, Relate, Resource And Release. Ph: 8551 6600, Fax: 8551 6690. Web: www.kcc.crm.org.au Email: admin@crm.org.au

Senior Pastor: Dan Parker Sunday Services: 10am Service has Children's Ministry.

#### Home Groups/Link Groups

Our home groups/link groups network are an integral part of our church. These groups consist of members in our neighbourhood who meet in homes on a weekly/fortnightly basis to chat, care, share supper and support each other. We have link groups in various suburbs that have been a source of strength to many in our community with prayer and social networking.

We encourage our church attendees to be a part of a group and we welcome anyone from our community to also consider joining one of our link groups. Our groups reflect the demographics and cultural diversity of our community.

Please feel free to reach out if you would be interested in connecting with our link groups. I'll leave you with a verse from the bible, which I believe we as a community are putting into practice.

Philippians 2:4 'do not merely look out for your own personal interests, but also for the interests of others.'

- 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.heathertondingleyuca.org.au

#### Our Vision and our Mission

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

# What's On:

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

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

Second And Fourth Thursdays Of The Month - Unleash the Music in You - 7.30 p.m. at the Church. For further information contact Bob Lorraine on 0418 998 714.

# First Friday Of Each Month

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

Third Saturday On Odd Months Of The Year - Bark And Chat - This is an informal group of dog lovers who bring their dogs along for a chat and short information session on different topics relating to dogs, followed by morning tea. For further information contact Margaret on 0401 392 772

Third Saturdays On Even Months Of The Year - A special service for dog owners and lovers to which you can bring your dog. For further information contact Rev Deacon Andrea Mayes on **0408** 65 939.

Third Saturdays On Even Months Of The Year - A special service for dog owners and lovers to which you can bring your dog. For further information contact Rev Deacon Andrea Mayes on **0408** 65 939.

## Village Church Inc.



Address: 7-9 Fiveways Blvd Keysborough 3173

Pastor: Rodney Hole Elders: Andrew Weston & Malcolm Crouch

Church Office: 8712 8254 or admin@ villagechurch.org.au

Visit our website: www.villagechurch.org.au

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

Village Church offers the following ministries to 'Inspire People to Discover and Develop Life in Christ'.

**Sunday Morning 10am Worship Service** In person or can watch livestream on our webpage.

#### The church service includes:

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

Bookings essential. Please book via office: 9551 7871, admin@ccd.org.au

**Sat 3rd Feb:** Men's Breakfast, 8am at Holy Toast Café, 4 Station Rd, Cheltenham. Guest speaker. Cost of food and drink.

Sat 24th Feb: Op Shop Market Day, 9:30am – 1:30pm. Super Specials. Come in and grab a bargain. And join us for Devonshire Tea, 10am – 12pm. \$5 for bottomless tea/coffee plus a scone with cream and jam.

**Sun 25th Feb:** Faith – Science Forum, 2 pm at Christ Church Dingley. Be informed as science and technology shape our world. Facilitated by Rev Dr Chris Mulherin and Emeritus Prof John Pilbrow.

Sat 2nd Mar: Women's Breakfast, 7:45am at Christ Church Dingley. Discussion topic – The Importance of Women's Ministry.

**Sat 2nd Mar:** Men's Breakfast, 8am at McDonald's Braeside, corner Boundary & Centre Dandenong Rds. Guest speaker. Cost of food and drink.

### **Sunday Services**

8.30AM (Heritage Church) Holy Communion Service 10.30 AM (Auditorium) Worship Service with Kids' Church.

#### Connect Groups for Bible Study

For more information, please contact our office.

## Youth Group Friday

Resumes Friday 2nd 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 during school term. Contact our office for details.

#### Pleasant Tuesday Service

2 pm, 2nd Tuesday Each Month. Traditional Holy Communion with favourite hymns in the Heritage Church followed by a social afternoon tea. Please contact our office for transport if needed.

#### Weekly Prayer Meetings

Wednesday 1 PM in the Heritage Church Saturday 8 AM in the Atrium. Healing, Deliverance & Prayer Ministry available upon request.

#### Roundabout Op Shop

Reopens Sat 3rd February. Supports communities Locally, Nationally, and Internationally. Offering many bargains (good quality clothing, books, bric-a-brac and toys.

#### Volunteers Welcome!

#### **Opening Hours:**

- Wednesday 9.30am 4 pm
- Thursday 9.30am 1.30 pm
- Saturday 9.30am 1.30 pm
- Donations: We take clean useable items but cannot accept electrical goods, bedding, or baby/child equipment

#### MMA Stall:

MMA opens quarterly, usually on the first Sunday of the month but a change of date for December. Next MMA Sunday 10th December.

# **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

## Pastoral Counselling

Please contact our parish office for details and bookings

Senior Minister: Rev. Richard Loh Parish Office: 03 9551 7871 Email: admin@ccd.org.au Website: <u>www.ccd.org.au</u>

# St. Mark's Catholic Church

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

#### **Mass Times**

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

# The Salvation Army Kingston City 'You Belong'



13/12-16 Garden Boulevard, Dingley Village.

Office Phone: (03) 9558 2045 Facebook.com/KingstonCitySalvos www.salvationarmy.org.au/kingstoncity/ Corps Officers (Ministers): Major Jennifer Cloke and Major Andrea Elkington.

#### Hours of operation

10:00am – 4:00pm Monday to Friday or by appointment.

#### Our Mission

The Salvation Army Australia is a Christian movement dedicated to sharing the love of Jesus, by caring for people, creating faith pathways, building healthy communities, & working for justice.

#### Our Vision

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia, one life at a time, with the love of Jesus.

# Emergency Relief | Casework

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

# **Echo Church**



Vision: 'heaven to earth'

"Your Kingdom come, your will be done, on earth as it is in heaven."

- Matthew 6:10

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



# **DINGLEY VILLAGE TRADE DIRECTORY**

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Little Villagers Child Care	8512 0509		MK Mobile Locksmiths		0413 422 652
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Dingley Chiropractic Centre	9558 1436		Southern Taekwondo		0439 304 579
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Heatherton Dingley Uniting		0431 244 561	PhysioChoice	9558 2155	
Kingston City Church	8551 6600		PANEL BEATING		
St. Mark's Catholic Church	9551 6930		Glendaren Auto Panels	9543 3331	
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# DINGLEY DOSSIER

**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

# Community items:

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

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