

THE DINGLEY DOSSIER

Volume 54
Number 10
November 2026
www.dvnc.com.au/dossier

Dingley Village ANNUAL INFORMATION NIGHT

TUESDAY | 7:00 PM | 1st DECEMBER 2026

HAROLD BOX HALL • 31B MARCUS ROAD, DINGLEY VILLAGE

Organized by the Dingley Village Community Association

GUEST SPEAKERS

KINGSWOOD PRIMARY SCHOOL

HAWTHORN FOOTBALL CLUB

BENDIGO BANK

DV NEIGHBOURHOOD CENTRE

SATTERLEY PROPERTY GROUP

City of Kingston: TOOTAL RD UPGRADE

MONSTER RAFFLE!

PRIZES DONATED BY LOCAL TRADERS

AUCTION BY BARRYPLANT

Supported by
Community Bank
Dingley Village
9551 6111

Bendigo Bank

FARMERS' MARKET

SATURDAY 21ST NOVEMBER | 9:00AM - 2:00PM

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?

31B Marcus Road, Dingley Village. 8512 0505 admin@dvnc.com.au

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

Vic Emergency Hotline
1800 226 226

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

Document Signing Station
Springvale Library
1300 630 920

Beginners Line Dancing

A lot of fun, great exercise, and music, Lorraine will teach you beginners line dancing. Weekly on Monday nights from 7.30pm-8.30pm. In the Harold Box Hall. Bring water bottle & small towel. \$10.00 per session and an eftpos machine is used for cards only.

*No Cash: Enquires: admin@dvnc.com.au
or Ph: 8512 0505

Patchwork for Charity

Tuesdays from 10am -12pm with our volunteers Helen and Carrie, they are creating a variety of handmade items for charity organisations, and any fabric donations are greatly appreciated. Beginners welcome to learn hands-on.



Dingley Village Social Group

Looking to meet new people in a fun, relaxed setting? Playing cards, games, bingo, scrabble & mahjong. Every Monday from 1.00pm-3.30pm in the Harold Box Hall at the Dingley Village Neighbourhood Centre.



31b Marcus Rd Dingley Village VIC 3172.
\$2.00 per visit & light refreshments are provided. Enquiries: admin@dvnc.com.au or Ph: 8512 0505.

Neurodiverse Parents Support Group with Geraldine

We are a parent-led support group, creating a welcoming space for all to come and share their experiences in raising primary school aged children with Autism and/or ADHD. Meet in Meeting Rooms 4/5 every 3rd Wednesday of the Month from 6.30pm-8.00pm

Contact Geraldine Howley on 0449 150 415 or email: geraldineahowley@gmail.com.

Games Group

A fun environment for teenagers, through to young adults to enjoy games together. Strategy, fantasy & sci-fi style board & role-playing.

Free event, Friday 5.30 – 7.30 pm in DVNC meeting room 4,5 & 6 and Girls Club – Craft Room.

Dingley Village Playgroup

Monday 9.00am-11.00am
Tuesday 9.30am-11.30am
\$40.00 Term fee in the Playgroup room. In the new DVNC centre & Early Years services building. Email: admin@dvnc.com.au or Ph: 8512 0505



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.

Body and Balance with Norma

This class focuses 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

Catering to all skill levels both men & women. Come along and join this friendly group. Mon, 9am & Wed 12.30pm in the Harold Box Hall \$3.00 per session. New members Welcome. No need to book just come along.



Pilates

Mums and Bubs Pilates Tuesdays 11.15am-12pm \$12 session. Mat Pilates Tuesdays 12.30 – 1.15 pm \$12 per session in the Harold Box Hall but please pay at reception first. Need to bring Yoga Mat, Water bottle and towel. All enquires please contact admin@dvnc.com.au or Ph: 8512 0505.

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 DVNC meeting room 4 & 5. Free Class, no need to book, just come along.

Chatty Café with Sue & Jo

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 staff room in the new DV Neighbourhood centre. 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.

Taekwondo with David

Mondays 5pm-7pm & Thursdays 5pm-8pm in the 'Harold Box Hall'. If you are interested in joining, contact David on 0439 304 579.

Tai Chi with James

Tai Chi aids the reduction of anxiety of stress; it also helps increase flexibility and balance. Sessions are held in the Harold Box Hall.

Tuesdays - 9am - 11am.

Wednesdays - 6.30pm - 8.30pm

Contact James: 0430 570 460.



JOIN A CLUB!



COMMUNITY

Remembrance Day Service 11th November 2026: Lest We Forget

The Dingley Village Neighbourhood Centre invites community members to gather at the Dingley Village War Memorial on Marcus Road this Remembrance Day, Wednesday 11 November, to honour and remember those who have served and sacrificed.

A brief, respectful commemorative service will commence at 10:45 AM, pausing for two minutes of silence at the eleventh hour.



Date: Wednesday, 11 November 2026

Time: 10:45 AM – 11:15 AM (Formal silence observed at 11:00 AM)

Location: Dingley Village War Memorial, 31B Marcus Road (outside the Neighbourhood Centre)

Format: Order of service includes the Commemorative Address, The Ode, The Last Post, two minutes of silence, and a community poppy/wreath laying. Limited seating will be available for those who require it. All residents, veterans, and families are warmly welcomed to attend, pause, and pay their respects together.

Lest We Forget.

Rose Show

The Rose Society of Victoria is holding its annual Rose Show on Saturday November 7th, 2025, 1.00-5.00 in the Harold Box Hall, (behind Library), 31 Marcus Rd. Entry \$5 for non-members, Raffles, Devonshire tea and Rose sales on site.

www.rosesocietyvic.org.au



Congratulations Dingley Football Netball Club Grand Finalists

Our Netballers had 4 teams in the grand finals with A1 & B3 winning their matches and A2 & B4 coming Runners up. Both the Division 1 Seniors and Division 1 Reserves Football teams also won their grand final matches.

A1 Dingley: 36 defeated Cheltenham: 34

A2 St Kilda City: 53 defeated Dingley: 44

B3 Dingley: 52 defeated Black Rock: 40

B4 Parkdale: Vultures: 34 defeated Dingley: 33

Div 1: Dingley Seniors: 75 defeated Cheltenham Seniors: 49

Div 1: Dingley Reserves: 48 defeated Narre Warren Reserves: 42

Bring your Dog to Church

On Sunday, 15th November at 10 am you are invited to bring your dog with you to Heatherston-Dingley Uniting Church for a special service to give thanks for what dogs do for us, followed by morning tea. Guest speaker will be Karen Hiam who will explain what her assistance dog does and means to her. All money received on the day will be donated to Assistance Dogs.



SPECIAL DATES IN NOVEMBER

1st – 30th November: Lung Cancer Awareness Month

Lung cancer is Australia's biggest cancer killer, though it historically receives less funding than many other common cancers. Over 14,500 Australian families are affected by a diagnosis each year. The Australian Government's National Lung Cancer Screening Program provides free screenings for eligible Australians aged 50 to 70 with a history of smoking.



1st – 30th November: Movember

Movember raises vital funds and awareness for men's health, with a specific focus on prostate cancer and depression in men. Get involved and join the event by growing a moustache or supporting others who are!

9th to 15th November: National Recycling Week

Over the past 30 years, the recycling rate in Australia has gone from 7% and just 1.5 million total tonnes recycled to over 60% and 43 million tonnes of materials recycled. Per person, that's recycling just 80kg of material yearly in 1996, to now about 1,700kg!

Join the Cycle in 2026 and keep reducing, reusing, repurposing, recycling and more at home and as part of your community.



15th – 22nd November National: Skin Cancer Action Week

Skin cancer is often called Australia's 'national cancer' — and for good reason. Australia has the highest rate of skin cancer in the world, and two in three Australians will be diagnosed in their lifetime.

29th November – 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.



1st November: All Saints Day | Christianity

All Saints Day honours exemplary Christians who achieved sainthood, especially those not having a special day. For many Christian denominations, all Saints Day is a remembrance of departed Christian people of any time and place.

8th November: Diwali **Hinduism

Diwali is one of the most celebrated Hindu festivals, commemorating the victory of good over evil. Diwali means 'row of lamps/lights' and refers to the rows of lamps celebrants place around their homes or on top of temples. Also known as 'Festival of Lights'.



10th November: Birth of the Bab 'Baha'i

Birth of the Bab is the birth anniversary of The Bab, born Siyyid 'Ali- Muhammad in 1819 CE, regarded as the prophet-herald of the Baha'i faith.

11th November: Birth of Baha'ullah 'Baha'i

Birth of Baha'ullah is the birth anniversary of Baha'u'llah, born Mirza Husayn-'Ali in 1817 CE, who is the founder of the Baha'i faith.

24th November: Birth of Guru Nanak Dev Sahib Ji | Sikhism

Observes the birth of Sri Guru Nanak Dev Sahib Ji, the founder of the Sikh religion, born in 1469 CE. An accomplished poet, 974 of his hymns are part of the Sikh scriptures (Guru Granth Sahib).

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

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

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



Dav's bigger for getting you moving

Whether you're looking to refinance, invest in a new property, or check your repayments, talk to a local home lending specialist about your needs.

Davorin Vlahovic · 0487 999 997
Home Lending Specialist

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Dingley Village

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Dingley Village Police Update



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

📱 neighbourhoodwatchkingston 🌐 www.nhw.com.au

VEHICLE SAFETY

Victoria Police would like to remind everyone about vehicle safety. Always secure your vehicle and never leave valuables inside your car.

Keep your vehicle secure and in well lit areas to make it less attractive to potential criminals.

Never leave your car running when unattended.

Do not put your name and address on any keys - use a mobile phone number.

Consider using anti-theft devices such as a steering wheel lock and/or an OBD (on-board diagnostics) port lock. Which is a physical security device that covers or blocks your car's diagnostic port to stop thieves from plugging in tools to reprogram keys or steal your car.



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

Limited
Spots
available!

LITTLE VILLAGERS Childcare

Not for profit organisation

Safe. Stimulating. Supportive.
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- ✓ Monday to Friday, 9am to 3pm
- ✓ Brand new centre & facilities.
- ✓ Commonwealth Childcare subsidy approved provider (CCS)
- ✓ Low turnover of staff, high commitment.

A program of Dingley Village Neighbourhood Centre



ENQUIRE TODAY!

31B Marcus Rd,
Dingley Village

Ph: 8512 0509

DINGLEY VILLAGE COMMUNITY ASSOCIATION

Information Night 1st December 2026

Residents are encouraged to attend the next DVCA Community Information Night on Tuesday, 1 December, 7:30pm to hear more about local issues and have their say on the future of Dingley Village. This year our night will include representatives from many community groups sharing information and updates which are important to all Dingley Village residents.

DVCA Action

There has been some positive progress on several issues important to Dingley Village residents, following the latest meeting of the Dingley Village Community Association (DVCA).

Representatives met with Satterley and Kingston City Council to discuss the Kingswood Golf Course redevelopment. Satterley reported that 28 contracts had been signed so far, with 26 purchasers coming from the Keysborough and Dingley area and intending to live in those homes. Construction is not expected to begin until about March 2027, once certain requirements are met to the satisfaction of Council.

One important local outcome is confirmation that the planned pathway next to Dingley Primary School linking the Kingswood project with Marcus Road, will go ahead. The pathway will be between five and 5.5 metres wide, likely with bollard lighting to improve safety for residents, students and families.

There is also some movement on improvements around the Dingley Village shopping centre. The proposed extended pedestrian crossing through Woolworths car park, and changes to parking and café areas have support from the key stakeholders, and work is progressing towards making the project a reality.

The DVCA is pushing for funding to be included in Council's budget by the end of this year.

At Spring Road Reserve, Council has started planting trees, with more planned for the next planting season. Council is also looking at parking arrangements to cater for netball tournaments, an important consideration as the reserve's masterplan progresses.

Council is now managing the Tootal Road issue, with a budget and timeline in place. Meanwhile, an electric vehicle charging station is expected behind the Neighbourhood Centre as soon as November, and there may be news about the proposed waterpark in the near future.

Given that Satterley have ongoing financial obligations as they progress, we want to ensure that this money is spent wisely in the immediate area. The DVCA will prepare a list of community priorities to put to Council, helping ensure local needs are fast tracked as the project moves forward.

Snap/Send/Solve – How you can help

Residents who have used this App already know how effective it can be. The DVCA is aware of a number of unsightly areas in our community. These include the rubbish that is constantly found along the side of Westall Road, close to the intersection with Centre Road and the many potholes encountered whilst driving.



Dingley Village

FARMERS' MARKET

SAT 21st NOVEMBER
9 am - 2 pm

Reserve, 31 Marcus Rd

Fruits, Vegetables, Live Music
Bakery, Treats, Local Crafts
Preserves, Hot food & coffee
Spirits and more Community Stalls

Free Entry - Free Parking
www.dvnc.com.au/farmersmarket

We remind residents that they can use this App to send a photograph of local problems such as these to the appropriate authorities. This could also be in relation to uneven footpaths, traffic hinderances, damaged infrastructure and so on.

Bottle Refunds – Remember

Many residents have been supporting the DVCA by recycling their bottles. We thank all members of our community who have supported us so far.

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



Support Our Dingley Village Shops

Please remember – it's in your interest to continue to do so – each dollar you spend locally helps keep our shopping centre strong and vibrant by continuing to provide us with great local services right here in Dingley Village.

Can we help?

If you have a local issue you need help with – don't hesitate to contact us and we will see if we can assist you with it.

DVCA Contact Information

Contact us by email at dvcasecretary@gmail.com or come to our monthly evening meeting.

DVCA Meeting Information

Meetings are held at 7:30 pm on the second Tuesday each month, February – November, in Meeting Rooms 4 and 5, at 31b Marcus Road. Our next meeting is on Tuesday the 13th of October 2026.

The DVCA is always looking for interested residents to join the association and help further the various issues for the improvement of Dingley Village. The Dingley Village Community Association (DVCA) is an incorporated voluntary body formed in 1971 to advocate for the interests of Dingley Village residents.

The association concentrates on enhancing the Village's character, environment and resident safety and is not affiliated to any particular political party. Membership is open to all residents over the age of 16 who genuinely care about our Village.

For further information please contact the DVCA Secretary. Email: dvcasecretary@gmail.com



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EMERGENCY RELIEF'S

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Drop off point

**Dingley Village Neighbourhood Centre
31b Marcus Rd Dingley Village**

PLEASE DO NOT WRAP YOUR DONATIONS.

ROLLS OF CHRISTMAS WRAPPING PAPER ARE GREATLY APPRECIATED



OUR COUNCIL

Be among the first to join Mordi Aquatic Centre

Exciting times are ahead, with people now able to sign up and choose from a range of flexible membership options ahead of the new Mordi Aquatic Centre opening in early 2027.

If you are keen to be among the first to experience the new aquatic and wellness centre, you can sign up now, with Foundation Packs available for a limited time and packed with Mordi Aquatic Centre goodies including a duffle bag, drink bottle, towel, swim cap, exercise bands and Pilates socks.



Kingston Mayor Cr Georgina Oxley said now was the perfect time to get on board. "Opening a brand-new aquatic centre is pretty exciting, and I know our community is looking forward to seeing Mordi Aquatic Centre come to life," Cr Oxley said. "Now you can be part of it from the very beginning by becoming one of our launch members. "Mordi Aquatic Centre will be a place to swim, work out, relax and catch up with friends and family, all under one roof.

"Whether you're looking to get moving, build a new fitness routine, spend more time with the family or focus on your wellbeing, there will be something for everyone."

"And if you want to be one of the first through the doors, now is the time to join."

Located at 76 Governor Road in Mordialloc, Mordi Aquatic Centre will feature a 50-metre lap pool, aquatic programs, fully equipped gym, group fitness and Reformer Pilates, as well as wellness spaces including a warm water pool, spa, sauna and steam room. An onsite café will also provide a great space to meet and catchup with friends.

Flexible memberships will provide access to programs and activities for every age and ability, creating a welcoming community where everyone can feel supported. Mordi Aquatic Centre is due to open in early 2027.

Memberships are on sale now at:
www.kingstonactive.com.au/memberships.

Kingston and community disappointed by final Kingswood approval

Kingston Council and the Dingley Village community are deeply disappointed at the state government's approval of the controversial Kingswood Golf Course development, despite some changes secured through more than a decade of opposition and advocacy.

Council and the community have consistently opposed the development of the former golf course site, raising concerns about the scale of development, loss of native vegetation and open space, traffic, flooding and the pressure the additional population would place on local infrastructure and services. In 2018 Council refused permission for the development following

thousands of community objections but was overruled by the state government who stepped in and approved the plans. Throughout the long-running planning process, Council and the community worked together to secure better outcomes and stronger protections including improved drainage, pedestrian links, use of recycled water, appropriate perimeter fencing and increased open space.

Kingston Mayor Georgina Oxley said Council and the community had fought for meaningful changes to the proposal and, while some improvements have been achieved, were incredibly disappointed by the significant loss of native vegetation, including dozens of significant trees.

"We are angered by this state government decision. For more than a decade, the community and Council have raised serious concerns about huge tree losses, the scale of development, limited open space, traffic impacts and flood risks. Yet we have been consistently ignored. Now the 932-home development has been approved just months out from a state election," Cr Oxley said.



"This decision has been made despite overwhelming community opposition, clear environmental risks and warnings from the Government's own advisory processes that the site is highly constrained by flood risk and contains critical environmental values."

"Kingston and Dingley Village have spent years fighting for meaningful changes and quite frankly deserve better. For decades this site was the lungs of Dingley Village, but this decision shows scant regard for the environment."

Cr Oxley said Council would continue to watch over the site to ensure the secured minor improvements required are delivered as the development progresses.

"We have previously called for appropriate investment in drainage, roads, active transport, open space and community infrastructure to respond to the significant population increase associated with the development," she said.

"Kingston is happy to take its share of growth to address the housing crisis and consistently supported new housing in the right locations. But this proposal has always been the wrong development, in the wrong location, at the wrong scale."

Information in this article provided by City of Kingston



LOOKING AT LOANS



Home Ownership And The Rent Trap

For many young Australians, renting is the first step towards independence. But surging rents and limited housing supply are making that freedom increasingly expensive - and pushing home ownership further out of reach.

Renting has traditionally offered flexibility and a lower upfront cost than buying. However, the equation is changing. The "rent trap" occurs when rental payments consume so much income that tenants cannot build a deposit to buy. That pressure is evident across Australia. Cotality figures show rents growing at an annual rate of 5.9%, adding to household costs at a time when the pool of available rental properties remains tight.

Cotality Australia Head of Research Gerard Burg said the acceleration in rents, running well ahead of household incomes, was creating severe affordability constraints. "We are seeing a profound shift in affordability across the market," he said. A typical household is now allocating about one-third of gross income to rent, compared with roughly 27 per cent five years ago, Mr Burg said. He added that the underlying housing supply deficit meant conditions remained "incredibly challenging" for tenants.

Although property prices have eased from their peak, rents continue to rise. Affordability may eventually constrain further increases, just as mortgage serviceability limits buyers. For now, tenants face intense competition and fewer choices.

Landlords are also dealing with higher ownership costs. To justify buying and leasing a property, investors need a favourable return compared with leaving their money in the bank. Higher costs place upward pressure on rents. The practical advantages of renting are being eroded.

A shortage of properties limits choice, while long-term tenure is never guaranteed. The prospect of moving after a lease review can disrupt households seeking stability. Over the medium to long term, renting may deliver less financial value.

Rent secures accommodation but does not create an asset. Mortgage repayments reduce debt and build equity, while inflation can lower the debt's real value and long-term capital growth may increase the owner's stake.

Home ownership carries risks. Interest-rate movements affect repayments, and owners must budget for maintenance, insurance and other costs. Even so, ownership provides housing security and a foundation for future wealth. In the longer term, home ownership becomes the central pillar of a comfortable retirement.

The central difficulty is saving a deposit while about one-third of household income goes towards rent. Some younger Australians may choose to remain with their parents for longer so they can save, but that option is neither available nor suitable for everyone.

There is no single route out of the rent trap. First-home buyer initiatives may help eligible purchasers, while other lending structures and savings strategies may suit different circumstances.

Missing out on one widely promoted scheme does not necessarily make buying impossible. The decision to purchase a home is personal and should account for income, expenses, job security, lifestyle plans and borrowing capacity.

Prospective buyers should seek professional guidance, compare their options carefully and avoid stretching their finances beyond a sustainable level.

In the current climate, home ownership should not be dismissed prematurely. It requires planning, discipline and realistic expectations, but the right strategy can help renters build a deposit and gain the stability of a home of their own.

New clients are welcome; if we can assist you, please email loans@ifafinance.com.au, or call us on 03 9511 8883.

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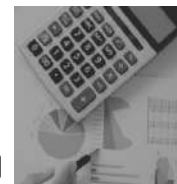
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bayside@barryplant.com.au

barryplant.com.au/bayside



Slow down, reminisce if it feels right: practical tips for talking to people with dementia.

THE CONVERSATION

Academic rigour, journalistic flair

Published: October 6, 2026 6:10am AEDT

Nikki-Anne Wilson: Lecturer, School of Psychology, UNSW; Neuroscience Research Australia

No one likes to feel left out of the conversation – including people living with dementia. Sometimes, all it takes is a little extra thought to make sure everyone feels included.

Here are some things you can do to help make communication a bit easier when someone you know is living with dementia.



Some basics

Dementia is an umbrella term for a group of brain diseases which can impact memory, language and how people communicate. Specific types of dementia can affect someone's understanding of the meaning of words or their ability to produce language.

People with dementia may find it hard to find the right words, or it might take them longer to process information. Changes in memory and thinking can also make it hard to keep up with conversations and remember what you wanted to say.

Dementia affects each person differently. There is no one way of talking to people living with dementia, just as there is no one way of talking to any group of people.

But the principles remain the same

People with dementia continue to face high levels of discrimination and stigma. But fundamentally, how you talk to someone living with dementia is the same as talking to anyone else.

Communicating means being clear and showing respect, and not assuming what the other person may or may not be able to understand. When someone has dementia, you may have to adapt and simplify some of the ways you communicate. But it's important to do this without talking down or infantilising them.

Control what you can

If your friend or loved one with dementia often finds communicating challenging, planning ahead can make a difference. Most of us would find it harder to concentrate in a busy cafe with the coffee machine roaring, music playing and background conversations. But for someone with dementia this can be particularly overwhelming.

Wherever possible, choose a quiet space to catch up, and limit the group to one or two people. If you're in a bigger gathering, consider having someone stay with the person with dementia to support them if they start to feel overwhelmed. Communication is both verbal and non-verbal. So make sure there is good lighting and that you sit where the person with dementia can see you.

If they (or you) use hearing or visual aids, make sure they're worn and on. And put down your phone – giving the person your full attention can help them anchor theirs. Using expressive body language – such as smiles and nods – can help convey meaning.

Let them lead

Sometimes people with dementia may say things that are out of place. They may also refer to people or things from the past as if they're here today. When this happens, it's natural to want to correct them, but it's not the best approach. Lying should also be avoided wherever possible.

So what can you do instead? Focus on alleviating their distress, validating their emotions or redirecting the conversation. You can try to understand what they're feeling or experiencing.

If someone asks for their mother, for example, it could be a sign they need comfort. After checking for anything else that could be causing distress, you could acknowledge they miss their mum, but explain she's not here right now.

Where appropriate, touch can provide comfort and help redirect the conversation. Reminiscing can also be positive. If they ask about a specific person or place, a memory book can help prompt recollections of good times they've shared.

Of course, not all family relationships or past experiences are positive. If you know there are difficult topics or relationships, try to let the care team or other people around them know the person's history so they can watch for signs of distress.

More practical tips

Inclusion should always be the priority. So try to speak directly to the person living with dementia, not about them. Use their name, and don't be shy to introduce yourself and remind them how you know each other.

For example, "Hi Brenda, I'm John. We met at tennis." Don't rush to finish their sentences. Slow down and give them time to respond.

Show interest in what you know about the person from their past. Ask questions, but remember – providing context can make it easier to answer. "I've been enjoying Wimbledon. Have you got a favourite tennis player?" or "It's a lovely day outside. Shall we see what's growing in the garden?"

Music is also a wonderful way to connect and may help reduce depression. Listening to familiar songs can be a way to spend time together without the pressure of a conversation.

Or you might find other ways to connect through art, gardening or spending time with grandchildren.



Good days and bad days

Dementia is progressive, so it will get worse over time. However, symptoms can change depending on the time of day, and daily fluctuations are more common in some types of dementia. As for any of us, feeling tired, unwell or in pain can make it harder to pay attention.

But if you notice a sudden change – such as the person not knowing where they are, hallucinations or a mood shift – check for infection or recent medication changes, and seek help. These could be signs of delirium, which is a medical emergency.

Remember that you're human, too

Caring for someone living with dementia can also affect your own health and wellbeing. It's important to take time out for yourself, connect with support services, ask for help, and remember that we all make mistakes.

When someone has dementia, challenges communicating are not anyone's fault. But slowing down, being patient and listening can make a world of difference.

Disclosure statement

Nikki-Anne Wilson has previously received funding from the Australian Association of Gerontology and the UNSW Ageing Futures Institute. University Of New South Wales provides funding as a member of The Conversation AU.

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MEDIA RELEASE

Statement from Ann-Marie Hermans, Liberal Member for the South Eastern Metropolitan Region

The Victorian Labor government's approval of the Kingswood Golf Course Redevelopment is a very sad and disappointing outcome for the community and residents of Dingley Village.

For more than a decade, Dingley Village residents have repeatedly raised serious concerns about the flood risks, traffic congestion, loss of trees and open space, and strain on infrastructure and services.

In September, the Victorian Labor Government finalised planning approvals and permits for the proposed redevelopment of the 53-hectare site on Centre Dandenong Road, allowing it to be subdivided into more than 932 housing lots.

The Labor government has continuously ignored residents' strong objection and failed to consider the local community's opposition

to this redevelopment. My petition, signed by more than 2,000 residents and tabled in Parliament in June, called for a review and reduction of homes proposed to be built and urged the Victorian Labor Government to reverse its planning interventions, which overruled local council authority.

A Jess Wilson Liberal government will restore local council planning authority to ensure residents' voices are heard through community consultation and that housing estates such as Kingswood in Dingley Village are developed responsibly.

A Liberal and Nationals government will offer more housing options to give every Victorian the best opportunity to own their own home.

We are committed to empowering local councils and communities to ensure developments are managed responsibly, including proper assessment of potential impacts on the local infrastructure and the environment.



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Dingley Village Primary Schools

From the 1930's to the 1960's most students attending school in Dingley Village came from the market gardening families. Dingley Primary school, originally called Dingley State School, opened in 1925 on land donated by the Gartside Family. Before the construction of Dingley Primary School, local children had to walk about two and a half miles (four kilometers) to Heatherton State School and back home each day.

The original school consisted of one room divided into two by a sliding concertina wall giving separate areas for older and younger children. The first intake enrolled thirty-eight students, twenty-nine of whom transferred from Heatherton State School.

By the 1970's the increasing population of Dingley required more schools and St Mark's Primary School opened in 1973. Previously, Catholic education in the area was conducted in a small house in Jacks Avenue.

In 1969, the Brigidine Sisters purchased a house in Jacks Avenue which also served as a convent until the site for the permanent school was purchased. Prior to this, parents wanting a Catholic education for their children had to send them to other parishes.

In the early 1970's enrolments at the Dingley Primary School were climbing and the school was already crowded. It was clear that Dingley Village needed a second government school. Kingswood Primary School opened on February 3, 1976. The design of the school was based on the layout of Spring Valley Primary School in Springvale South. By 1977, enrolments had reached three hundred students and in 1986 almost four hundred.



The Dingley Village Historical Society has a collection of documents, photographs and information on the history of Dingley Village and its early families, we are always looking to add to our collections and would welcome any information people would like to share with us. If you would like information or would like to share any information with us, please contact: The Dingley Village Historical Society enquiries@dvhs.com.au or visit us at 31A Marcus Road, Monday, Tuesday or Thursday from 10am to 12.

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State Member for Clarinda

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Authorised by Steve Stakos, Australian Labor Party, (Victorian Branch), 438 Docklands Drive, Docklands VIC 3008.



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Contact Lenses: What Your Eyes Wish You Knew

Contact lenses are a safe and convenient way to correct vision, and millions of people wear them every day. However, because contact lenses sit directly on the surface of the eye, how they are worn and cared for can have a significant impact on eye health.

One of the most important things your eyes wish you knew is that contact lenses are not designed to be worn indefinitely. Even when lenses feel comfortable, they still need to be replaced according to their recommended schedule.

Over time, deposits can build up on the lens surface, reducing comfort and potentially affecting the health of the eye.

Sleeping in contact lenses is another common risk. Unless you have specifically been prescribed lenses that are approved for overnight wear, contact lenses should be removed before going to sleep. During sleep, the amount of oxygen reaching the cornea is reduced, and wearing a lens can further restrict oxygen supply. This can increase the risk of inflammation and, more seriously, corneal infection.



It is also important to keep contact lenses away from water. Swimming, showering and even rinsing lenses with tap water can expose them to microorganisms that can cause serious eye infections. Contact lenses should only be cleaned and stored using the appropriate recommended contact lens solution.

Another habit worth considering is how long you wear your lenses each day. If your eyes become red, uncomfortable, dry or blurry towards the end of the day, this may be a sign that your eyes are struggling with the current lens or wearing schedule.

Simply removing the lenses and putting them back in the following day may not address the underlying problem.

Interestingly, a contact lens can feel comfortable even when it isn't the ideal lens for your eye. Contact lens fitting involves more than simply matching a prescription. Your optometrist can assess how the lens sits on the eye, how it moves with blinking and how the eye responds to wearing it over time.

Regular contact lens examinations are therefore important, even if your vision remains clear and your lenses feel comfortable. Your prescription can change, but so can the surface of your eye, tear film and the way a lens interacts with your cornea.

Finally, if you experience significant redness, pain, light sensitivity, discharge or a sudden reduction in vision while wearing contact lenses, remove the lenses and seek prompt professional advice. These symptoms should not simply be put down to tired or dry eyes.

Contact lenses can be an excellent option for many people when they are properly fitted, worn and cared for. The best approach is simple: listen to your eyes, follow good lens hygiene and have your lenses and eyes reviewed regularly.

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FROM 1 OCTOBER 2026

Victoria's real estate laws have been updated to promote greater transparency, protect consumers and create a fairer property market for buyers and sellers.



01



PROPERTY PRICE STATEMENT

Agents must provide a clear and compliant Property Price Statement before a property is marketed, including the price range and key terms of the sale.

02



RESERVE PRICE DISCLOSURE

Auction listings must now disclose the reserve price (or price range) before the auction, so buyers know what to expect.

03



SOLD PRICE DISCLOSURE

Agents must disclose the final sold price (or price range) within 2 business days of the sale, increasing transparency for all parties.



WHAT THIS MEANS FOR BUYERS

- Greater transparency and clearer pricing information.
- More confidence when bidding or making an offer.
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Dingley Football Netball Club



To say that the Football and Netball Club achieved its goals and objectives is the understatement of the last decade.

In the season's wash-up, our Netballers added two further top Division Premiership Cups to their collection. For the Club, there is a downside. After ten years, our Head of Coaching A.J. Ballantyne, has accepted the position as Assistant Coach of Melbourne Vixens Reserves Team.

We thank 'A.J.' for his ten years work at Dingley, where he has taken the netball arm to a position which is the envy of the competition. We wish him every success as he pursues his coaching dreams.

Back on the football centre stage; determined to atone for last season's Grand Final loss, the Senior Team took on reigning Premier Cheltenham in this years decider.

It was a resolute 'Dingo Pack' who took complete control of the Grand Final from the start, allowing Cheltenham just a single goal to half time. Despite a goal for goal second half, Cheltenham was never likely to recover from Dingley's early dominance. and success was ours. So into the record books goes the clubs fifth premiership from seven Grand Final appearances since 2015 and into the trophy cabinet goes another shiny Premiership Cup.

To complete an absolute fairy tale, our Reserves also won the flag against Narre Warren who had dropped only one game for the year. The Presentation of Award night was a massive celebration for President Clinton Brooks, his band of volunteer staff, and our loyal and generous sponsors. We thank you all.

Also for the record, the David Lee Medal for Senior Best and Fairest, was shared between brilliant midfielders Lachie Benton and Kai Stretton, with SFNL Best and Fairest winner Chris Horton-Milne runner up.



2026 LIFE MEMBER AWARD

Matthew BUTTS



2026 LIFE MEMBER AWARD

Melissa ADES

Seventeen year old Ruben Nagar became the youngest winner of the Reserves Award. That is a name to watch as Ruben's career could go anywhere from here.

Two fabulous club stalwarts in Mel Ades and Matthew Butts were awarded Club Life Memberships for their tireless and voluntary work around the club. Congratulations to you both and well done.

Nothing much more to say except that after a well earned rest for the playing group, plans are already underway to re-arm for season 2027. Be proud of your club's achievements. It is an organisation made up of good citizens working hard representing your Dingley community.

See you again in 2027

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4 expert tips for family mealtimes without the drama

THE CONVERSATION

Academic rigour, journalistic flair

Published: March 16, 2026 10:56am AEDT

Nick Fuller: Clinical Trials Director, Department of Endocrinology, RPA Hospital, University of Sydney

When you have young children, it can be tempting to feed them early, then sit down to a separate meal once they're in bed. But setting a routine where you eat as a family, for even a couple of nights a week, can lay the foundations for healthy eating habits, positive relationships with food and social skills that extend into adulthood.



Here's why – and how you can make family mealtimes with young children more manageable.

Reducing fussiness

Preschool-aged children who regularly eat with their families eat more fruit and vegetables and are less likely to develop fussy eating habits. One reason is children learn through observation. When parents and older siblings eat and enjoy a wide variety of foods, children are more likely to try and accept those foods themselves.

Allowing children to touch, explore and play with food in their first year supports sensory development and confidence with eating.

It can be messy – much of the food will end up on faces, hands or the floor – but this exploration is a normal and valuable part of learning to eat. Family meals provide repeated, low-pressure opportunities for children to become familiar with a variety of foods. Over time, this exposure can increase acceptance of foods that they initially refuse.

Tuning into hunger cues

Regular family meals create predictable eating routines. And eating at the table, rather than in front of screens, helps children pay attention to hunger and fullness cues, reducing the likelihood of overeating. Children who share family meals at least three times a week are more likely to eat nutrient-dense foods, maintain a healthy weight, and are less likely to have disordered eating.

Learning social skills

A relaxed, supportive mealtime helps children develop positive attitudes to food and encourages exploration without pressure. Family mealtimes are opportunities to slow down and connect.

Studies link regular shared meals with improved communication, greater family closeness and stronger self-esteem in children.

Mealtimes also play an important role in teaching table manners, and self-regulation of their emotions and the amount of food they're eating.

Observational research suggests everyday family meals are a key setting in which children learn how to sit, use cutlery and engage appropriately at the table, helping them learn broader expectations about interaction and self-control that extend beyond eating.

4 ways to make meal times manageable

Having young children at the dinner table can be challenging. Here are four tips to make them more manageable:

1. Be realistic

Modern life's demands make it unrealistic for everyone to be around the table for every meal. So, set a target that works for your family, such as having three family dinners weekly. If someone works nights, make breakfast your shared meal. But put devices away so everyone's focused on eating and connecting.

2. Don't create separate meals

It's tempting to make different meals for toddlers, but this creates unnecessary work and can establish fussy eating. When families eat together, meals are more likely to be home-cooked and nutritionally balanced. They tend to involve planning and preparing one dish for everyone, rather than relying on convenience or "fast" food.

Children are more open to trying new foods when there's something familiar on their plate. Try tweaking family favourites by swapping ingredients, such as using lentils instead of beef in bolognese or roasting carrots to make "orange chippies". Grating veggies into sauces also expands kids' diets without overwhelming them.



3. Abandon rules that have never worked

Many of us remember being required to finish everything on our plate or be denied dessert unless we ate our vegetables.

While well-intentioned, these coercive food practices can teach children to eat in response to external pressures rather than internal hunger and fullness cues.

Coercive food practices among parents are associated with poorer self-regulation of eating and emotional overeating in young children.

Over the long term, studies link these experiences in childhood with less intuitive eating and more disordered eating behaviours in adulthood. So these old-school rules can have lasting effects. Simply offer the family meal and allow them to dictate how much they eat.

4. Involve your child and make food fun

Including children in preparation and serving gets them interested in and used to family mealtime routines. Ask them to pick healthy recipes and complete child-appropriate tasks such as washing veggies. When they're old enough, ask them to set the table.

Younger children often respond well when healthy foods are presented in playful, engaging ways. Try offering a mix of colours, textures and shapes to keep their interest.

Switching up the setting can help too – even a simple picnic in the backyard or local park can make mealtimes feel fresh, special and fun.

Nick Fuller is the author of *Healthy Parents, Healthy Kids – Six Steps to Total Family Wellness*. His free, practical recipe ideas can be found at feedingfussykids.com.

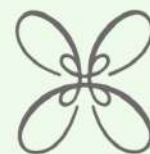
Disclosure statement

Nick Fuller works for the University of Sydney and RPA Hospital and has received external funding for projects relating to the treatment of overweight and obesity. He is the author and founder of the Interval Weight Loss program, and the author of *Healthy Parents, Healthy Kids* with Penguin Books.

University of Sydney provides funding as a member of The Conversation AU.

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FRIENDS OF BRAESIDE PARK

Rabbits: Cute but Destructive in Braeside Park

If I had a dollar for every time someone asked me, "What are you doing about the rabbits in Braeside Park?", I would be making a comfortable living!



Anyone visiting Braeside Park recently will have noticed rabbits everywhere. Some are grazing peacefully, others stretched out enjoying the sunshine, and then there are the tiny baby rabbits, small enough to fit in your palm. Visitors often tell me how cute they are and how they would love to take one home.

My response? "Please, take as many as you like!" But behind those appealing little faces is a serious environmental problem. Rabbits are among Australia's most destructive introduced pests. One breeding pair can multiply into 184 rabbits in just 18 months.

Across Australia, rabbits cause approximately \$200 million in agricultural losses annually and threaten more than 300 native plant and animal species. They destroy seedlings, prevent native vegetation regenerating, and compete with wildlife for food and habitat. And they are doing exactly that in Braeside Park.

For 38 years, Friends of Braeside Park volunteers have propagated and planted indigenous plants to restore the Park's natural environment. We collect seeds, grow seedlings, plant them, and protect them with guards until established. Then, when we finally remove the guards, rabbits sometimes eat our precious plants almost overnight!

At times, our volunteer nursery feels less like a conservation project and more like a free restaurant for rabbits. We have surrounded the nursery with rabbit-proof fencing, yet these determined creatures still find ways in. Twice weekly we check for holes and repair their latest breaches. But surely, we cannot fence every plant in Braeside Park forever?



Why are rabbit numbers exploding?

Favourable weather, including good rainfall and mild winters, encourages breeding. Reduced effectiveness of some biological controls adds to the problem.

Parks and suburbs provide ideal rabbit habitat: grass for feeding, bushes for shelter and few effective predators. Foxes eat rabbits but cannot control their numbers and are themselves introduced pests.

Some Friends volunteers completed training with the Victorian Rabbit Action Network. One message stayed with me: we may never eradicate rabbits completely, but we can control their numbers and reduce the damage. Effective rabbit management requires continuous, coordinated action, not occasional control programs.



Parks Victoria rangers are seeking specialist advice and working collaboratively on solutions. However, successful rabbit control requires staff, equipment, contractors and, most importantly, reliable government funding. Rangers should not have to depend on competitive grants to undertake essential environmental management.

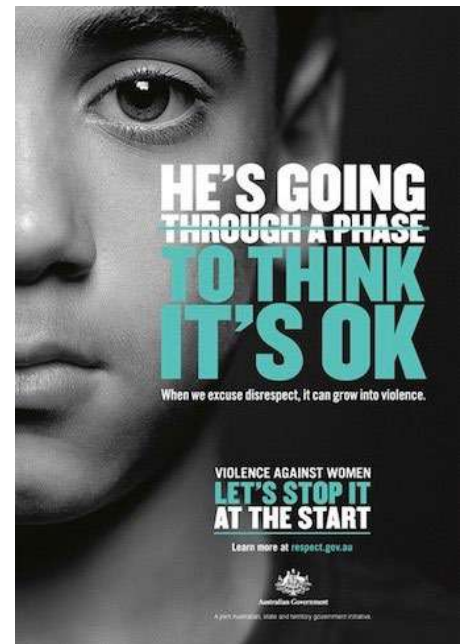
With Victoria's state election approaching, perhaps now is the time to ask every candidate for Clarinda: Will you support ongoing funding for Parks Victoria to control rabbits and protect Braeside Park's native vegetation?

After 38 years of volunteer restoration, we deserve to see our indigenous plants flourishing rather than disappearing into rabbit stomachs.

Next time you admire a cute rabbit grazing in Braeside Park, remember what else it might be eating. Rabbits may be cute, but a healthy park full of native plants, birds and wildlife is far more beautiful.

Judith Sise

<http://www.braesideparkfriends.org.au/>



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How and when to cut plants back

By Tim Le Grand, Kanga Gardening

When pruning there are two main things to consider, firstly, when you should cut back and secondly, how you should go about it. There are a few basic rules to follow depending on the species of plants in your garden. By late spring a lot of plants are ready for pruning so this is a busy time for cutting back. Things to consider are whether the plant has finished flowering, whether its new growth has firmed up and whether a run of hot days is forecast. Here is how that works with plants common around Dingley. Look for nests before you start. Native birds are protected in Victoria, so if you find a nest with eggs or chicks, leave that section until they have gone.

Trimming hedges.

Hedges should not be trimmed until you are sure the spring growth has slowed down. Wait until the new leaves have darkened and firmed, then trim. For most hedges that is about now.

One heavy cut a year goes back into old bare wood and can leave gaps that are slow to fill, on most conifers they never fill. Little and often is best. Hedges grown for their flowers are the exception, trim those straight after they flower.

Fast growers such as lilly pilly and pittosporum need a light summer trim and the last trim of the growing season should be done in autumn, around April. Light trims take off only the newest growth, which shoots again quickly and thickens the hedge. Do not trim when a day of 35 degrees or more is forecast, because freshly cut leaves will scorch.



A viburnum screening hedge held to a clean line

Clip spring-flowering shrubs once the flowers finish.

Most shrubs that flower in spring produce flowers on growth made the previous summer and autumn. If you clip them straight after they have finished flowering then they will have the whole growing season to make next year's flowering shoots.

If you clip them in autumn or winter you will be preventing flowers from growing next spring. Indian hawthorn, often grown as a row of clipped balls, is a good example. It should be clipped once the flowers finish, around October or November. Only prune very lightly, just enough to hold its shape.

The same rule covers azaleas and camellias, clip them once their flowers finish.



Indian Hawthorn balls in front of a New Zealand broadleaf hedge

Never cut coastal rosemary back to bare wood.

Coastal rosemary, or westringia, is the grey-green native clipped into balls and low hedges across the south east. It takes a light clip well, and the more regularly it is clipped the denser it gets.

What it cannot overcome is neglect followed by a hard cut. If you cut back past the last green leaves into bare wood, that branch may never shoot again.

Clip it lightly and often, and always leave green leaf below the cut. If a plant has already gone woody and bare, replacing it is often the only answer. The same caution applies to many other fine-leaved natives. Snip spent rose blooms now, prune in winter. Through the flowering season, snip spent blooms back to the first leaf with five leaflets. This will keep new flowers coming. Save hard pruning for winter, when the plant is dormant, traditionally July in Melbourne. Roses that flower only once a year, such as banksia roses, are pruned straight after flowering instead.



Coastal rosemary clipped into a ball

Cut strappy plants back in one go.

Lomandra, dianella and similar strappy plants do not thicken up when trimmed the way a hedge does. A trimmed leaf will keep its blunt end. Nibbling at a clump every few weeks only leaves a mass of browning tips. When a clump flops over a path, cut the whole plant back to about half its height in one go. Use sharp shears, pick a mild day between the end of winter and late spring, never the heat of summer, and water it afterwards. Tough lomandra varieties can go lower, to about 15 to 20 centimetres, but not every variety will take that, so half is the safe cut if you are unsure.



Before and after. Lomandra that had flopped across a footpath, cut back into low mounds on.

Make clean cuts and know where to stop.

Use sharp, clean secateurs and cut just above a leaf or bud. As a rule of thumb, take no more than about a third of a healthy shrub at once. For anything large, high or near powerlines, call a qualified arborist. My own terms stop at trees over 3.5 metres, because I do not own a cherry picker and I am not insured to work at that height.

In Kingston most trees are protected under the planning scheme or the council's local law, so check before removing a tree or pruning one heavily. Watch the plant as well as the calendar, and adjust the timing to suit.

Tim Le Grand runs Kanga Gardening, based in Edithvale, and maintains commercial, body corporate and larger residential gardens across Melbourne's south east.



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Former Kingswood Golf Course Site - Project Update

Advtorial to Former Kingswood Golf Course Site - Project update

Kingswood progresses following planning approval.

Planning approval has now been received for Kingswood, allowing the project to move into the next stage of detailed design and delivery. The approval follows an extensive planning process and enables Satterley to continue progressing the technical, infrastructure and authority requirements needed ahead of construction. It also follows a busy period for the project, with the Kingswood Sales Office opening in August and the first residential release attracting strong interest from prospective purchasers.

The initial release included a mix of homesites and townhomes and resulted in a number of sales, including to purchasers from Dingley Village and surrounding suburbs. Further homesites, house + land packages and

townhomes have since been made available as sales progress. Subject to the completion of these processes, construction is currently anticipated to commence in the first quarter of 2027. As the project moves closer to construction, the focus will shift to preparing the site for the first stages of civil works and infrastructure delivery. The first residential titles are currently anticipated in late 2027.



Further updates will be provided on construction timing, site activity and key project milestones as they are confirmed.

For any queries, please contact kingswoodinfo@satterley.com.au

Information is provided by the development company,
Satterley Property Group.



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Kingswood - its not over

Government tricked us into development on Kingswood, through their dodgy Golf Course redevelopment committee.

They also ignored 8,000 objections and thousands of suggestions. Ms Kilkenny says she consulted. We say she has a massive shredder and only one suggestion was adapted. Visit the Save Kingswood website to see statements by politicians and choose your vote wisely.

Kevin Poulter, President, Save Kingswood Group inc
www.kingswood-floods.com



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Dear Dingley Village community

As your state government representative, I promise to stand up for the people of Dingley. I will fight against the overdevelopment of the former Kingswood Golf Course after the State Government tried to silence me (and you too!), ignoring the local community and council. I will not let Dingley be sacrificed to boost the profits of a prominent Labor Party donor.

I have worked tirelessly for the community.

When vulnerable people were forced from their homes after the closure of the Five Ways Caravan Park, I found alternative accommodation that prevented people from falling into homelessness.

As councillor for the Caruana Ward, I have stood up for Dingley and remained an independent voice and not used as a political party instrument.

Development in Dingley must be sustainable, and it must consider the needs of the community. I am Dingley's only hope to defend against the overdevelopment of Kingswood. As your state government representative, I will fiercely defend the Dingley community.

You elected me to represent you in 2024, and this November I ask for your vote once more.

Yours in Liberty
Caroline White – votecaroline.com

Please note ~ I do not speak in my capacity as your local Kingston Councillor, but as your Independent for Clarinda in the upcoming Victorian State Election.


THE BAYSIDE GROUP

Not just one Dingley Village expert, a team of them.

Nathan Arrowsmith
0411 149 921

Genevieve Hill
0423 094 639

raywhitethebaysidegroup.com





Country Women's Association Dingley Village



November sees the CWA ladies getting ready for our Christmas stall.

We have many lovely handmade items available including gifts for your loved ones as well as for your tummy. We have items to suit male and female and age range 0 to 100.

The stall will take place at Dingley Village Woolworths in the first week of December. An exact date is still to be confirmed but that will be provided in Decembers dossier. Watch this space.

Some of our ladies volunteered for the Royal Melbourne show CWA Pavillion/Café this year. It was a busy enjoyable day, by all accounts, with a record number of our famous scones sold as well as other snacks and refreshments.

And for those who would like to give them a try – Here is the Official CWA scone Recipe.

- Ingredients:** four cups self-raising flour, 300ml cream, 300ml milk, pinch of salt, one teaspoon sugar.
- Preparation:** Sift the flour, add the other dry ingredients, and mix with the cream and milk to form a soft dough.
- Cutting:** Place the dough on a lightly floured board, cut with a floured scone cutter, and bake in a hot oven for 12-15 minutes until golden.
- Serving:** Serve with lashings of jam and whipped cream.

For a gluten-free version, replace the self-raising flour with gluten-free self-raising flour and add one teaspoon of xanthan gum. This recipe can be easily altered to suit personal preferences, such as adding dates or pumpkin for a different flavour.

Also of interest is the current program on the ABC called Recipe of the year with major involvement from the CWA. Well worth a look.

Just to let you know it is not a prerequisite to be able to make scones or be super crafty to join or help at the Dingley CWA.

If you want to join us or just see what we do, check out our Dingley CWA Facebook page, pop into one of our 4th Wednesday of each month meetings or contact Cathy on **0425 877 469**.



Probus Club Dingley Central



At our October meeting the club celebrated the 50th Anniversary of Probus with an open day, show casing the activities that are available to our members. The traditional cup cakes were served for morning tea and lucky door prizes were awarded.

The guest speaker was Helen Comport, Founder/Secretary of the QOV-Quilts of Valour Australia. Helen's son Matthew along with other soldiers were badly injured in a helicopter accident when on duty in Afghanistan in June 2010, they were helicoptered to a US Military hospital in Germany and whilst there were all given beautiful coloured quilts to keep which were made by the Americans.

On returning home Mathew said to Helen, "wouldn't it be lovely if we could do something like this here in Australia" and that was how the Quilts of Valour came about. With the help of friends, a committee was formed which then became a corporation. The Southern Cross is very important to the soldiers and with the Australian colours is on the QOV's emblem. Thankyou to all those quilters who help make and donate 1000's and 1,000's of Quilts which are awarded everyday around Australia and the world.

Activities planned for November

Happy Hour, Legs and Morning Coffee, Tech Talk, Wine Tasting, Camera Club, Morning Melodie's, Day Trip Ferry ride from Sorrento to Queenscliff for lunch, Mens Lunch, Craft Group, Ladies Lunch and Games Day

Our meetings are held on the 1st Monday of the month, at The Salvation Army Kingston Centre, 13/12-16 Garden Boulevard, Dingley Village. New members are most welcome. For further information please contact Ruth on **0419 899 558**.

Website: dingleycentralprobus.wix.com/dingleycentralprobus

Keysborough Bowls Club



356 Cheltenham Road, Keysborough

Wednesdays: weekly from April 22nd 10 am start

Saturdays: weekly 11am start - BYO lunch

Two games x 10 ends both days

Why not give Bowls a go?

New members most welcome with coaching available. If you have any questions or are interested in giving it a go. Call on **97982097** or **0421123495**. We would love to see you.

Dingley 60 Plus Social Group

Our friendly group of singles and couples have a group dinner at various locations on the last Saturday of the month, and these have been quite popular with members and visitors alike.

If you would like details of the venues or wish to attend any of these gatherings, please call Shirley on the number below at least a week before the final Saturday of the month.

Please come and join us – new members are welcome! For more information contact Shirley on **0411 265 261** or Graeme on **0407 903 515**.

Dingley Village Historical Society



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

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

Contact by email: enquiries@dvhs.com.au

Dingley Village Men's Shed



Opening Hours and General Activities:

Day of Week	Open Hours	General Activities
MON	9am - 1pm	Metal Work, Wood Work, Art, Bicycle & Car Maintenance
TUE	9am - 12pm 1:30pm - 3:30pm	A' Team workgroup & Bike Riding Group Photography
WED	9am - 12pm	Bike Riding Group & Music Group
THU	9am - 12pm 1pm - 3pm	A' Team workgroup Pool / Snooker
FRI	9am - 1pm	Members Muster This is our main day!

Every Friday Morning (except holidays as designated), come along, enjoy a cuppa, a chat & meet with your fellow shedders.

We also hold a great Raffle (fundraiser) for members & visitors, and also a Golf Putting Comp. Other Activities from time to time include Golf Days, Special Event Days e.g., Cup Day & Australia Day BBQ's. plus, the occasional outing to places of interest.

The Dingley Village Men's Shed is in Cypress Drive, Braeside Park (near Visitors Centre), Lower Dandenong Road.

Ph. **9551 5892**, E-mail: info@dvms.org.au
Web: www.dvms.org.au

Lions Club of Dingley Village



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

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

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

Rotary Club Noble Park – Dingley



Active Rotarians – making friends and making a difference.

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

We meet at 6.30pm on the first three Thursdays of each month at 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 9 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. The 2026 programme is underway and the following activities will be 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.

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

Thursdays – Ballroom dancing from 1.00pm to 3.00pm. Entry \$3.00.

Tea and coffee are supplied for all activities.

Club membership for F/Y 26/27 remains at \$10.00 and it is still available.

Contact 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 nine 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)

Mordialloc/Chelsea Evening VIEW Club



JOIN US!

Make connections and make a difference.

Be a part of a leading national women's volunteer organisation supporting the education of Australian students experiencing disadvantage.

Enrich your life and connect with like-minded women in your community. As a VIEW member, you will make new friends, attend social activities, learn new skills and fundraise to support The Smith Family.

Mordialloc Chelsea Evening VIEW Club sponsor thirteen children. We are a friendly group that meets on the first Tuesday of every month at The Bridge Hotel, Mordialloc at 6.30pm which includes dinner and we hear from guest speakers.

All funds raised go towards helping Australian children in need through The Smith Family, so they can get the most out of their education.

New members and visitors are always welcome! If you would like to join us, search Mordialloc Chelsea Evening VIEW Club on our website-view.org.au Or search Mordialloc/Chelsea EVENING VIEW club on Facebook. You can also phone:

Maria - 0419 507 384
Lucinda - 0431 426 170

Burden Park Bowls Club



The good news is that if you have been thinking of joining a lawn bowls club, this is your time to act. So come down and have a go, you will love it.

If you're interested in having a bowl, please call 9546 8851, or check out club website for more information

www.burdenpark.bowls.com.au.

We are located on the corner of Springvale Rd and Heatherton Rd Springvale. We hope to see you soon.

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Sunday Services: 10am Service
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INSPIRE CITY CHURCH - YOUNG ADULTS

Young Adults is a ministry for young people aged 18–30 who want to grow in their faith, build friendships and learn more about God.

We meet every Wednesday during the school term from 7 pm to 9.30 pm. Our nights begin with food and fellowship, giving everyone a chance to share a meal, catch up and get to know each other. We then spend time in worship before breaking into groups to explore God's Word together.

These nights are a great opportunity to connect with other young adults, ask questions and discover what it means to follow Jesus in everyday life.

We believe growing in faith is something we do together. Our heart is to see young people grow in their relationship with Jesus. If you're a Christian aged 18–30 and looking for a place to connect and grow in your faith, we'd love to welcome you!

Carlo Vilar | carlo@crm.org.au
03 8551 6610

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 Kaye on **0438 873 784** www.heathertondingley.ucavictas.org.au

Special Event

BRING YOUR DOG TO CHURCH

On Sunday, 15th November at 10 am you are invited to bring your dog with you to Heatherton-Dingley Uniting Church for a special service to give thanks for what dogs do for us, followed by morning tea. Guest speaker will be Karen Hiam who will explain what her assistance dog does and means to her. All money received on the day will be donated to Assistance Dogs.

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

Second And Fourth Thursdays Of The Month

Kingston Music Club- 7.30 p.m. in the Church Hall Community singing and music group. Instrumentalists and singers welcome. For further information contact Bob Lorraine on **0418 998 712**.

Third Saturday On Odd Months Of The Year. Bark And Chat

This is an informal group of dog lovers who bring their dogs along for a chat and short information session on different topics relating to dogs, followed by morning tea. For further information contact Margaret on **0401 392 772**.

Village Church Inc.



Address: 7-9 Fiveways Blvd Keysborough 3173
Pastor: Rodney Hole
Elders: Andrew Weston & Warren Dean
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 10 am Worship Service

In person or can watch livestream at <https://www.villagechurch.org.au/live-stream>

The church service includes:

- Bible teaching through expository preaching.
- Pastor Rodney Hole is currently preaching through the Gospel of Luke
- 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.

Bible Study

Our men and women meet regularly for more in-depth Bible studies. The women use an inductive style of Bible study with Precept Ministries.

Sisters in Christ

Meets once a month on a Saturday for afternoon tea and women's Bible study & fellowship.

Men of Faith

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

Village Church Youth Group (Years 7 –12)

Meets weekly on most 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

WEEKLY SUNDAY SERVICES

8.30 AM (Heritage Church)
Holy Communion Service

10.30 AM (Peace Worship Hall)
Worship Service with Kids' Church.

Bahasa Malaysia Service
2.00PM (Heritage Church).

Next Combined Service: November
Sun 22nd Annual Parish Meeting,
29th Baptisms 2026.

MONTHLY SERVICES

1.30PM Holy Communion Service
Formerly Pleasant Tuesday. 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.

Next Service: 1.30pm, Tuesday 10th November
6PM Azusa Worship Service (Auditorium)

Last Sunday of the Month.
Next Service: 6pm, Sunday 29th November

Life Groups for Bible Study

For more information, please contact our office.

Saturday Youth Group - MOTION YOUTH

Motion Youth has returned for term 4. We welcome youth from years 7 to 12.

They meet weekly on Saturdays. Dinner is provided. We request a \$5 donation to cover the cost of dinner, please. Drop off 6:30pm, pick up 9pm (sign-in essential).

Please contact our office for details.



Gambler's Help
1800 858 858

Weekly Prayer Meetings

Wednesday 10:30am for worship then 11am for prayers in the Prayer Rooms. Saturday 8 AM in the Atrium. Healing, Deliverance & Prayer Ministry available upon request.

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Volunteers Welcome!

Opening Hours:

- Wednesday 9.30am – 4 pm
- Thursday 9.30am – 4pm
- Saturday 9.30am – 1.30 pm

Donations: We take clean, useable items but cannot accept electrical goods, or baby/child equipment. Please bring donations during opening hours. Thank you.

Supported Missions:

CCD supports: Make A Difference, Dingley Village; Common Grace; Hands At Work, Africa; BCA; CMS; NCIC.

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For those in need, upon request. **Facilities Hire** CCD facilities are available for hire for one-off events or ongoing bookings. Please see our website or call the office for details.

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 Thang Vu

Assistant Priest: Fr Huy Nguyen

Mass Times

- Saturdays, 5:00pm
- Sundays, 9.30am
- Confession 4.30 – 4.50 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

ECHOCHURCH
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

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