



# THE DINGLEY DOSSIER

Volume 53  
Number 9  
October 2025  
[www.dvnc.com.au/dossier](http://www.dvnc.com.au/dossier)

## VICTORIAN SENIORS FESTIVAL OCTOBER 2025

**The 2025 Victorian Seniors Festival, themed "Connect. Create. Celebrate.", will take place throughout October, with a key focus on celebrating older Victorians and their contributions to the community.**

The Victorian Seniors Festival delivers a range of free and low-cost events for older Victorians. Celebrate positive ageing and take part in events and activities close to home and right across the state.

### Festival events are delivered by:

- the Victorian Government
- local councils
- community and cultural organisations
- commercial partners.

The festival officially launches with a free Celebration Day at Federation Square on Sunday, October 5th, offering entertainment, music, and activities, plus Seniors Card holders can enjoy eight days of free public transport from October 5th to 12th.

An online event calendar will be available on Seniors Online, allowing people to find events and activities happening throughout Victoria. A printed festival guide, can be picked up from the Neighbourhood Centre, Library, Coles and many community organisations.

### Activities and events include:

- Walking Tours in the Melbourne CBD
- Big Band Dances
- Victorian Senior of the Year Award
- Concerts
- Interactive workshops and seminars



For more details about festival offerings, access Seniors Online Victoria go to: <https://www.seniorsonline.vic.gov.au/festival>

Or check out COTA Victoria, City of Kingston and other groups across the state.

**COTA:** [www.cotavic.org.au/events/](http://www.cotavic.org.au/events/)

**City of Kingston:** [kingston.vic.gov.au/seniors-festival](http://kingston.vic.gov.au/seniors-festival)

**Seniors in Melbourne:** [www.seniorsinmelbourne.com.au/victorian-seniors-festival/](http://www.seniorsinmelbourne.com.au/victorian-seniors-festival/)



## FARMERS' MARKET

SATURDAY 18<sup>TH</sup> OCTOBER | 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?

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

### Music with Mummies

An interactive and personable experience for both you & your child. Ages: 6 months -3 yrs, Wednesdays in the Library Meeting Room 2. All enquires contact Emma: Ph: 0412 796 424 or email: musicwithmummies@gmail.com



### Teens Games Group

Fun environment for teenagers from 13 - 17 to enjoy games together. Strategy, fantasy & sci-fi style board & role-playing. Friday 5.30 - 7.30 pm in DVNC meeting room 4.5 & 6. **Free event.**

### Dingley Village Playgroup

Now on Monday and Tuesday from 9am to 11am. Fee per term is \$40.00. In the new playgroup room in the new DV Neighbourhood Centre & Early Years services building



### Zumba Gold with Norma

Zumba Gold is a low- impact dance fitness class perfect for beginners of all ages and fitness levels. Thurs, 9.30am -10.30am in the Harold Box Hall, \$10.00 per class. No need to book just come along.



### Seniors Body and Balance with Norma

This class focusses on balance, ranges of motion and coordination. Thurs, 11am-12pm in the Harold Box Hall, \$10.00 per class No need to book just come along.

### Social Table Tennis with John

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



### 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

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

### Tai Chi

Tai Chi aids the reduction of anxiety of stress; it also helps increase flexibility and balance. Sessions are held in the Harold Box Hall. Tuesdays from 9am -11am. Wednesdays 6.30pm-9.30pm Contact James: 0430 570 460.

### Agna Yoga with Sneha

NEW class starting on May 16th, weekly on Fridays from 6pm-7pm. Yoga & Meditation class in the Harold Box Hall: All enquires to agnayogawellness@outlook.com or Ph: 0421 876 858

### Sound Healing with Danielle

Bio tuning session weekly on Tuesdays from 7pm-7.45pm in the Harold Box Hall. All enquires contact Danielle at Biofieldbayside@outlook.com or Ph: 0478 736 675.

## KEATS PLASTER

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# COMMUNITY

## Gardening Guide

Apologies for the missing gardening guide in September. Do you have a gardening question for Mario? November Dingley Dossier will include a Q&A.

Email your question to [dingleydossier@dvinc.com.au](mailto:dingleydossier@dvinc.com.au) by 10th October and Mario will endeavour to answer your questions. This will also help determine future articles.

## Victorian Seniors Festival

The Victorian Seniors Festival is a major state-wide festival for and involving seniors and runs from 1-31 of October every year. The festival delivers a range of free and low-cost events for older Victorians.

## Probus Open Day

Are you retired? Come and experience the fun, fellowship and friendship of the Probus Club of Dingley Central, Monday 6th October, 10.00am. Our Guest Speaker will provide an updated information session on AccessCare, at Kingston City Salvos, 12 16 Garden Blvd, Dingley Village which is a comfortable, accessible venue with plenty of parking.

Please reserve your place with our Secretary, Jean on 0438 272 232

## Daylight Savings Starts

Daylight Saving Time (DST) in Australia will start on Sunday, October 5, 2025, when clocks move forward one hour at 2:00 am Australian Eastern Standard Time (AEST). Don't forget to put your clocks forward before you go to bed on Saturday night.



## Dingley Primary School Turns 100! Celebrate With Us!

Dingley Primary School is turning 100! We're inviting all past and present students, families, staff, and friends of the school to join us for two days of celebrations that honour our history, showcase our achievements, and look ahead to the future.

Wednesday 15th October: 9.30am Centenary Assembly, followed by Morning Tea, 11am Art Show and Historical Display.

Thursday 16th October: Centenary Carnival 3.30 – 6pm

## Rose Show

The Rose Society of Victoria is holding its annual Rose Show on Saturday November 8th, 2025, 1.00-5.00 in the Harold Box Hall, (behind Library), 31B Marcus Rd.

Entry \$5 for non-members, Raffles, Devonshire tea and Rose sales on site. [www.rosesocietyvic.org.au](http://www.rosesocietyvic.org.au)



*Dingley*

## Special Dates in October

### Mental Health Awareness Month

October is Mental Health Month, a time when the Australian community comes together to raise awareness and promote better mental health for all. Mental health encompasses emotional, psychological, and social well-being, and plays a crucial role in an individual's daily life when managing stress, engaging with others, and contributing to life overall.



### Breast Cancer Awareness Month

Every day 58 people in Australia will be diagnosed with breast cancer. Every year over 3,300 people in Australia (including 33 men) will die from breast cancer. That's someone's mother, sister, friend or family member whose life has been tragically cut short because of the disease.

### 12th – 18th October: National Carers Week

Anyone can become a carer, at anytime. Carers are people who provide unpaid care and support to family members and friends who have a disability, mental health condition, chronic condition, terminal illness, an alcohol or other drug issue or who are frail aged.

### 2nd October: Yom Kippur \* Judaism

Yom Kippur, the Day of Atonement, the most solemn day in the Jewish calendar, it is a day set aside to "afflict the soul," to atone for the sins of the past year. Yom Kippur atones only for sins between man and God, not for sins against another person. The day is characterized by fasting, intensive prayer, repentance and forgiveness.



### 7th – 13th October: Sukkot \* Judaism

Sukkot is an eight-day harvest festival which recalls the 40 years the Jews spent in the wilderness on the way from slavery in Egypt to freedom in the Promised Land. The name refers to the temporary hut or booth (sukkot) used for eating meals and for socialising.

### 14th – 15th October: Shemini Atzeret/ Simchat Torah \* Judaism

**Day 1:** Shemini Atzeret, literally the '8th day of assembly', marks the end of Sukkot

**Day 2:** Simchat Torah is a joyous festival in which the annual cycle of reading the Torah is over, and the next cycle begins again (the reading moves from the last words of Deuteronomy to the first ones of Genesis). The celebration typically includes singing, dancing, and parading Torah scrolls around the synagogue.



### 20th October: Diwali \*\* Hinduism

Diwali, also called Deepavali or Deepawali, is the Hindu festival of lights, with variations celebrated in other Indian religions such as Jainism and Sikhism. It symbolises the spiritual victory of Dharma over Adharma, light over darkness, good over evil, and knowledge over ignorance. Also known as 'Festival of Lights' it is one of the most celebrated Hindu festivals.



### 22nd October: 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.

### 31st October: World Teachers Day

World Teachers' Day honours the dedication, hard work, and passion of teachers who play a crucial role in shaping the minds and futures of our children.

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

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



**Dingley Village Neighbourhood Centre is now on**



We would love for you to follow us. Please either scan the code or search Dingley Village Neighbourhood Centre on Instagram



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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

## MOTOR VEHICLE THEFT

Increasingly organised thieves are targeting specific car models for re-birthing or parts. To see makes and models that are being targeted more than others go to [www.police.vic.gov.au/preventing-motor-vehicle-theft](http://www.police.vic.gov.au/preventing-motor-vehicle-theft)

### Theft Prevention

Keep your car physically secure, lock all doors and close all windows.

Install anti-theft devices, e.g. simple steering wheel lock, car alarms, on-board diagnostic (OBD) port locks.

Secure your keys, never leave in vehicle.

Park in a secure well-lit area, Park off the street in locked garage, behind locked gates or a driveway if you don't have a garage. If parked in a driveway, consider the installation of a sensor light and CCTV.

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

# Little Villagers Childcare

## Commonwealth Childcare Subsidy Approved Provider

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

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



**Open 9 am - 3 pm**

Monday - Friday

**8512 0509**

Dingley Village Community Hub

31B Marcus Road, Dingley Village

Email: [lvcc@dvnc.com.au](mailto:lvcc@dvnc.com.au)

**Our caring, nurturing staff invite you to check out our new modern Childrens' Centre**

# DINGLEY VILLAGE COMMUNITY ASSOCIATION

## DVCA Information Evening

The Annual Community Information evening will be held on Tuesday the 18th of November at 7:30PM in the Harold Box Hall. We encourage all residents to attend and learn about the latest community news. Further information will be provided in the coming month.

## New Business In Dingley

We warmly welcome some new businesses to Dingley Village. These are: Sip Society, Dingley Fresh Blooms, Najafi Barber's Shop and the latest two Pilates venues, Memphis Pilates and Reformer Pilates.

## DVCA Report Card

The DVCA follows many projects affecting Dingley Village. Each month, we will update residents on any action (or lack of action) taken on all these projects!!

### 1. Community Information Night

Save the date of Tuesday 18 November, 7:30 at Harold Box Hall.

### 2. Tootal Road

Upgrades are essential and overdue, especially with the Kennedy Community Centre due to open. Cr White raised this in Council in August, no action since then.

### 3. Shopping Centre

All parties support the extension of the zebra crossing to Marcus Rd and to reshape and modernise the parking/café areas on Centre Dandenong Rd, but it is not yet budgeted.

### 4. Spring Rd Reserve

The Masterplan was unanimously endorsed by Council in April 2024 in six stages. Stage 1 has begun, but we are asking Council when Stage 2 will begin and for estimated dates of future stages.

### 5. Kennedy Community Centre

The Hawthorn FC buildings and grounds are progressing well but cannot host AFLW until Tootal Road is ready. There is a commitment (but not a plan) for 20 hours per week of Community Access. Bring your specific ideas to Info Night!

### 6. Cycling Masterplan

Council gathered community input on this 2 years ago and the project has disappeared. We hope to revive it.

### 7. Kingswood

DVCA worked very hard on writing submissions, calling for Satterley's 941 lot plan to be significantly reduced in density. We await the Victorian Government's decision. Save Kingswood are circulating a petition to have the issue debated in Parliament.

### Power Saving Bonus \$100 - Apply Now

Don't forget to apply for the State Government's Power Saving Bonus of \$100, paid to eligible households in Victoria.

### Who Can Apply for This?

Anyone with an eligible concession card, such as:

- pension concession card
- health care card
- DVA gold card



Please remember you must apply for this in order to receive the bonus \$100.

### How Do I Apply?

From 25 August 2025, simply go to the Victorian Energy Compare website: <https://compare.energy.vic.gov.au/> and complete the online application for it.

### 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 this.

### DVCA Contact Info:

Contact us by email at [dvcasecretary@gmail.com](mailto:dvcasecretary@gmail.com) or come to our monthly evening meeting.

Meetings are held in the Library Meeting Rooms, on the second Tuesday each month, February-November, at 7:30pm, located at 31b Marcus Rd.

New members are most welcome to attend. For further information please contact the DVCA Secretary at [dvcasecretary@gmail.com](mailto:dvcasecretary@gmail.com).

## COME AND TRY BOWLS

### "A GAME FOR ALL AGES"

*Don't miss a great opportunity*

**WE WOULD LOVE TO WELCOME YOU TO OUR CLUB**

*Come and have a look, meet the members and have a go!*

**Sunday 12th October @ 11am - 2pm**

**KEYSBOROUGH BOWLS CLUB**

**356 Cheltenham Rd, Keysborough**

**Sausage sizzle, free tea and coffee, Bar will be open**

# OUR COUNCIL

## Monitors appointed to Kingston

Kingston Council has been advised by the Victorian Government it has appointed a Municipal Monitor. Read the Victorian Government statement at [www.premier.vic.gov.au/monitors-appointed-kingston](http://www.premier.vic.gov.au/monitors-appointed-kingston). Mr John Tanner AM has been appointed until 31 December 2025. Mr Tanner has extensive experience in the local government sector and is currently serving as Municipal Monitor at Hobsons Bay Council.

He also chaired the panel of administrators appointed to Moira Shire Council. A second Municipal Monitor, yet to be announced, will also be appointed to assist. Kingston Mayor Cr Georgina Oxley and CEO Peter Bean expressed their commitment to working with the monitors.

"Our councillors, executive team and staff are keen to assist however we can to support them in the role," Mr Bean said. "Council remains committed to delivering excellent services to our community, built on a foundation of good governance and strong customer service."

"We look forward to better understanding the Victorian Government's concerns\* and working closely with the monitors to share our strong processes, governance oversight and transparent decision-making," Cr Oxley said.

"Our focus remains on serving the people of Kingston and I will continue to lead with independence and integrity, with decision-making that is guided by what is best for our community."

Terms of Reference of Appointment of the Municipal Monitor to Kingston City Council. Appointed under Section 179 of the Local Government Act 2020. Without limiting the Municipal Monitor's functions and powers under sections 180 and 181, respectively of the Local Government Act 2020 (Act), the Municipal Monitor is:

### 1. To monitor Kingston City Council's (Council) governance processes and practices, with specific regard to the following matters:

- a. the Councillors' understanding and performance of their statutory roles and responsibilities, including the adequacy of the Council's Councillor induction training program and any ongoing professional development opportunities;
- b. the relationship between Councillors and between Councillors and Council staff, including Councillor behaviour with respect to the Model Councillor Code of Conduct and processes for resolving disputes between Councillors;
- c. the Council's policies, processes and practices in relation to health and safety including any matters that may be creating a serious risk to the health and safety of Councillors, Council staff or other persons;
- d. the Council's meeting procedures and decision-making processes, Council briefings and meetings, the adequacy of the Council's Governance Rules, Councillor adherence to the Governance Rules and Councillor attendance and participation at meetings;
- e. the Council's policies, processes and practices related to the management of conflicts of interest, including in relation to community grants
- f. the Council policies, processes and practices to support adherence with the requirements of section 229 of the Act; and
- g. any other matters that may be affecting the Council's ability to effectively perform its role, including behaviour that may be preventing the Council from performing its functions.

2. To identify the underlying causes of any issues affecting the ability of the Council and/or individual Councillors to properly perform their statutory role, with specific regard to the matters raised in clause 1.

3. To assist the Council to develop an Action Plan and progress updates for any necessary governance improvements, with specific regard to the matters raised in clauses 1 to 2.

4. To report to the Minister for Local Government, with respect to the matters in clause 1, on

- a. any steps or actions taken by the Council to improve its governance and the effectiveness of those steps or actions; and
- b. any recommendations for the Council to ensure the proper performance of its statutory role, including in relation to the conduct of Councillors;
- c. any recommendations in relation to the exercise of any Ministerial powers under the Act

At the end of the appointment, the Monitor will report to the Minister on findings and recommendations and this report will be publicly available.

## Community voices shape Kingston's new Local Law

Kingston Council has formally adopted its new Community Local Law - a law that better reflects the community's values and priorities thanks to the feedback of residents, community groups and businesses. Mayor Georgina Oxley said the final law has been shaped by extensive community input, with more than 800 submissions received. Cr Oxley said we heard loud and clear from our community.

"The feedback we received was invaluable, and the final Community Local Law reflects the priorities, values and practical needs of the people who live and work here and visit our city," Cr Oxley said. Most submissions raised concerns about restrictions on gates and access from private properties to beaches or parks. In response, significant changes have been made, including:

- Deleting a proposal to restrict new gates to access public parks and foreshore areas.
- Removing the existing restriction on access points to the foreshore.
- Adjusting new rules on storing boats, trailers and caravans on public roads - requiring a permit after 14 days rather than the 7 days originally proposed, giving residents greater flexibility to pack, unload and prepare.

"We are really grateful to everyone who took the time to share their views," Cr Oxley said. "This process shows the strength of local democracy - people engaged, raised concerns, and helped us find a way forward together."

The new law provides clear, updated guidance for issues such as the use of public spaces, community safety, environmental protection, and the maintenance of local neighbourhoods. "This is about setting up Kingston for the future," Cr Oxley said.

"We want our city to remain safe, welcoming and liveable, and the new Local Law helps us achieve that. And just as importantly, we'll continue listening and adapting as our community's needs evolve."

*Information in this article provided by City of Kingston*

# LETTER TO THE EDITOR

## Save Kingswood

The destruction of Dingley Village is in the hands of the Planning Minister. Kingswood overdevelopment is outrageous and should never happen. Even the Government's own committee resolved that the planning decision for Kingswood should be decided by Kingston Council. Now Government has put "monitors" in council!

Of the 100 resolutions made by the committee, Government seized on only ONE - that they could build on Kingswood. The other 99 resolutions were reasonable for residents, like leaving a buffer zone and only building quality in-character homes. We don't want a ghetto. The new owner of the site says the Government insisted on the 941 highest density lots.

The chairman of the Government committee noted "Mr Poulter left no doubt that there are flooding problems that must be resolved first on Kingswood".

### So why no floods recently?

It's a major dry season which Melbourne water admits to, as they pour Desal into the dams. Time for us to look for insurance policies that include floods. Melbourne water stated the drainage plans are acceptable! We met their "engineer", who was so uninformed, he stood in front of a map of Kingswood and said "is this the right map?"

The whole mess should be investigated by a truly independent authority - wait, Council already has. How will Dingley Village cope with a 20% increase in population and absolutely zero increase in services, including medical? Write to the planning minister and tell her. To get any votes in Dingley Village plans need to be at least half of the density submitted so far: [sonya.kilkenny@parliament.vic.gov.au](mailto:sonya.kilkenny@parliament.vic.gov.au)

Kevin Poulter - President,  
Save Kingswood group Inc  
See our 60 page floods file at [www.savedingley.com](http://www.savedingley.com).  
[image@netspace.net.au](mailto:image@netspace.net.au)



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Find out more  
[kingston.vic.gov.au/community-support](http://kingston.vic.gov.au/community-support)



# LOOKING AT LOANS



## A Lifeline for Those in Debt

Congratulations on owning your own home! Paying it off will be hard work, but everyone has a mortgage, so it will be OK – won't it? Unfortunately, many do not fully think that through.

Debt is a reality for millions of Australians – from mortgages and car loans to credit cards and personal finance agreements. While debt itself isn't inherently bad, it becomes a serious risk when life throws the unexpected your way. Illness, injury, or sudden unemployment can quickly turn manageable repayments into a financial crisis. This is where personal insurance cover steps in as a crucial safety net.

Personal insurance – whether it's income protection, life cover, or total and permanent disability (TPD) insurance – ensures that if you can't work due to unforeseen circumstances, your obligations don't spiral out of control. For those carrying debt, this protection isn't a luxury; it's a shield against the domino effect of missed payments, mounting interest, and damaged credit.

Consider the alternative: Without insurance, a sudden loss of income could force you to dip into savings, sell assets at a loss, or rely on high-interest credit to stay afloat. In the worst cases, it can lead to foreclosure, bankruptcy, or long-term financial instability.

Insurance, on the other hand, provides a steady stream of funds to cover repayments, living expenses, and even medical costs – allowing you to focus on recovery rather than survival. Critics sometimes argue that premiums are an unnecessary expense, especially when budgets are tight. But for those in debt, the cost of going without can be far greater.

A modest monthly premium can mean the difference between keeping your home and losing it, between protecting your family's future and leaving them with a financial burden.

Insurance is not just for those with kids and a mortgage either. If you earn an income, you should be doing what you can to protect it.

Your income is your biggest asset. If you are 35 earning \$75,000pa and suddenly are no longer able to work due to illness or injury you would lose \$2,250,000 if you were unable to work until the age of 65 (this figure does not include CPI increase allowance). You insure your car, why not yourself?

The basic start point is provided via industry super fund policy cover. However, we would recommend a review via a risk expert, as that cover is often found inadequate on further inspection.

Debt is a commitment to your future self – and personal insurance is a promise to protect that future, no matter what happens. In a world where uncertainty is the only certainty, it's a safeguard no borrower should overlook.


Speaking from the position of providing debt advice: We recognise the importance of personal insurance to our clients and always recommend they discuss their personal position with a risk expert.

We do not provide such advice in-house; we work in conjunction with a business operating only in that space. If you want the best, use a specialist. And yes, if you would like to utilise that service, please feel free to contact us, you do not need to be an existing client to do so.

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

Daryl Borden, your Dingley Village Mortgage Broker, ACL 392184

Integrity Finance Australia – Changing Lives



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# SAFE COMMUNITIES

## 17 older Australians die from falls every day. Here are 5 things you can do to reduce your risk.

### THE CONVERSATION

Academic rigour, journalistic flair

Every day in Australia, more than 400 people aged over 65 are admitted to hospital due to a fall. That's around one person every four minutes. Although anyone can experience a fall, they're a common cause of disability and loss of independence in older age. Sadly, 17 older people die as a direct result of falls every day in Australia, often due to head trauma or internal bleeding. Many of these people are dying early, not when their "time has come".

The good news is that many falls are preventable. Here are five key actions you can take to reduce your risk of falls.

#### 1. Do balance challenging exercises

Recent Australian fall prevention guidelines recommend all people aged 65 years and over, and Aboriginal and Torres Strait Islander people aged 50 years and over, should take part in exercise to prevent falls, even if they have never fallen.

In particular, exercise that targets balance and strength is crucial for preventing falls. These are exercises you do while standing, with the feet close together or while standing on one leg (if it's safe to do so). These exercises should include controlled movement of the body (such as leaning, reaching and stepping). Examples include heel raises, squats, lunges and stepping in different directions.

To gain the most benefits, fall prevention exercises should be performed at least three times per week. People who have already had regular falls may benefit from specialised advice from a physiotherapist, exercise physiologist or trained exercise instructor.



#### 2. Have your medications reviewed

Certain medications, such as sleeping tablets, as well as taking multiple medications, can increase your risk of falling.

Older people should discuss and have their medications reviewed each year or after a change in their health, by a GP in collaboration with a pharmacist. Where appropriate, a health-care professional may be able suggest changes which minimise the use of medicines that increase a person's risk of falling.

#### 3. Maximise the safety of your home

About half of all falls that result in hospital admissions occur in and around the home. Older people at a higher risk of falls – such as those with significant vision impairment or who have poor mobility – can benefit from a home safety intervention. This would involve:

- an assessment of their home environment
- advice about how to safely undertake daily tasks at home and elsewhere, such as safe mobility on stairs and the use of walking aids where needed
- suggested changes to the home such as installation of grab rails, improved lighting and non-slip mats in the bathroom.

This may be more effective at reducing the risk of falls when provided by an occupational therapist. Even for older people who have not fallen before, it's a good idea to reduce clutter, ensure good lighting in the house and remove trip hazards such as electrical cords in walkways.

#### 4. Get your eyes tested regularly

Good vision is essential for maintaining balance, seeing obstacles and moving around safely. Cataracts, a clouding of the lens of the eye, blur your vision and can make you sensitive to light and glare. This common eye condition, associated with age, reduces your ability to spot hazards in the environment. Research shows having cataracts removed reduces the risk of falls. Fall prevention guidelines recommend a yearly eye check with an optometrist to detect cataracts and other eye conditions.

There's also evidence wearing bifocal or multifocal glasses can increase the risk of falls by blurring edges close to the feet (such as the edge of a step or gutter). For this reason,



the Australian fall prevention guidelines recommend active older people use single-lens distance glasses (rather than bifocal, multifocal or progressive lenses) when doing activities outdoors. It's also wise for anyone getting a new glasses prescription to be especially careful while they adjust to the new glasses.

#### 5. See a podiatrist if you have painful feet

Healthy and strong feet are important for maintaining good balance and avoiding falls. Research suggests if people with foot problems or painful feet see a podiatrist to have these problems treated, this can reduce their risk of falls. It's also important to wear sturdy, well-fitted shoes that have a low, wide heel for greater stability, and a sole with tread to prevent slips.

Don't wait for a fall to happen before you take action. Every step you take today to reduce your risk of falls is a powerful move toward staying safe and independent.

#### Disclosure statement

Anne Tiedemann receives funding from the Australian government National Health and Medical Research Council and the Medical Research Future Fund. Anne Tiedemann has voluntary roles on the Executive Committee of the Australia and New Zealand Falls Prevention Society and of the World Falls Prevention Society and is working with others to establish the Falls Prevention Alliance of Australia.

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(Ctrl + Click to follow link)

or scan the QR code.

To submit a question prior to the forum:

[KINGSTON NHP questions](#)

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### Event details

**Date:**

**Thursday 9<sup>th</sup> October 2025**

**Time:**

**10:00am – 1:00pm**

**(Doors open 9:45am)**

**Location:**

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# GARDENING GUIDE

**Do you have a gardening question for Mario? November Dingley Dossier will include a Q&A. Email your question to [dingleydossier@dvnc.com.au](mailto:dingleydossier@dvnc.com.au) by 10th October and Mario will endeavour to answer your questions.**

## Growing Tomatoes and Basil

Whether you're a seasoned gardener or just starting out, tomatoes and basil are must-haves in your garden. Both tomatoes and basil are relatively easy to grow, making them perfect for beginners. Tomatoes are robust and can be grown in the ground or in containers, while basil is quick-growing and can even be started indoors on a sunny windowsill. The satisfaction of nurturing these plants from seedlings to harvest is unmatched, and the rewards are delicious.

There's nothing like the taste of a tomato straight from the vine or the smell of freshly picked basil just before it goes into your dish. Gardening brings you closer to your food in a way that's truly rewarding. When you grow tomatoes and basil together, you're not just growing plants—you're creating experiences, making memories, and finding a deeper appreciation for the simple joys in life.

## The Benefits of Planting Tomatoes and Basil Together

Companion planting is all about making the most of the beneficial relationships between two or more plants, creating a healthier and more productive garden. It's an age-old practice that helps to control pests, improve growth, and make the most of your garden space. Tomatoes and basil are the poster children of companion planting. When grown together, they do more than just look good side by side—they actually help each other thrive. Basil acts as a natural pest repellent, keeping common tomato pests like hornworms and aphids at bay. Its strong aroma confuses these pests, reducing the need for chemical interventions.

But the benefits don't stop there. Basil is also believed to enhance the flavour of tomatoes when grown nearby. Whether this is due to shared soil nutrients or the beneficial interactions of their root systems, many gardeners swear by the improved taste of tomatoes grown with basil. Plus, basil's fast growth can help shade the soil, reducing water evaporation and helping to keep tomato roots cool during hot summer days.

## Practical Tips for Companion Planting

To get the most out of this dynamic duo, it's important to plant them correctly. Both love the same soil conditions and moisture levels making it pretty easy to keep both happy. Here are some helpful tips to get you started:

- 1. Spacing:** Plant basil around 30-45 cm away from your tomato plants. This spacing allows for airflow and reduces the risk of fungal diseases. When growing in pots, you can grow companion basil in the container depending on the pot size, or in a separate container that you position next to the tomato plant. Planting in scattered groupings rather than neat rows helps confuse pests and isolate infestations.
- 2. Watering:** Both plants enjoy consistent watering but be careful not to overwater. Basil doesn't like soggy soil, and too much water can lead to root rot in both plants.
- 3. Sunlight:** Ensure that both plants get plenty of sunlight—around 6-8 hours of direct sun per day is ideal. Spring is the best time to begin growing tomatoes and basil in the garden.
- 4. Mulching:** Add a layer of mulch around your plants to help retain soil moisture, suppress weeds, and protect the roots from temperature extremes.
- 5. Fertiliser:** Basil loves a nitrogen heavy fertiliser however be careful to strike the right balance as too much nitrogen cause end up with green tomatoes to don't fully fruit.
- 6. Biodiversity:** Include flowering plants in and around your vegetable garden to draw beneficial insects and support pollinators.

With these simple tips, you'll be well on your way to a thriving garden filled with vibrant tomatoes and fragrant basil.



## Edible Landscaping

Instead of limiting these tasty plants to a separate veggie patch, why not make your entire garden both beautiful and productive by blending tomatoes and basil with your regular plants? This approach, known as edible landscaping, allows you to enjoy the benefits of fresh produce while enhancing the beauty of your outdoor space.

## Creative Support Structures for Growing Tomatoes

**Traditional Stakes and Cages:** The most common support structures for tomatoes are stakes and cages.

**Decorative Trellises:** Why not combine function with style by using decorative trellises to support your tomatoes? Trellises can be made from a variety of materials, such as wood, metal, or even repurposed items like old ladders or fence panels.

**A-Frame and Teepee Supports:** A-Frame and teepee-style supports are not only practical but also visually striking. These structures provide a sturdy framework for your tomatoes to climb, creating a central focal point in your garden.

**Hanging Baskets:** A Great Option for Tomatoes and Herbs. Hanging baskets aren't just for flowers—they're a brilliant way to grow both tomatoes and herbs like basil. If you don't have much space in your garden or just want to try something different, hanging baskets are a great choice.

Cherry and grape tomato varieties, like Tommy Toes, Sweet Bite, and Cherry Roma, do really well in hanging baskets. The best part? You can move the baskets around to make sure your plants get enough sun or to protect them from strong winds. Basil and other trailing herbs like thyme and mint also thrive in hanging baskets. You can even plant tomatoes and basil together in the same basket for a mini garden that's as beautiful as it is practical.

## Creating an Aromatic Walkway

Another innovative way to incorporate basil into your garden is by creating an aromatic walkway. By lining a path with fragrant herbs such as basil, lavender, mint, and lemon balm, you can turn a simple walk through your garden into a sensory experience. Every time you pass by the aromas of these herbs will fill the air, making your garden not just a visual treat but an aromatic one as well. Basil thrives in sunny areas with well-draining soil, making it an excellent choice for this purpose.



For more information on planting tomatoes and basil <https://www.youtube.com/watch?v=QnAk7gF2aD8>

Cooking with Tomatoes and Basil  
<https://www.youtube.com/watch?v=ZvIkGMtvFPY>

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## Thunderstorm asthma

The risk for thunderstorm asthma is significantly higher in Victoria during the grass pollen season (October through December)

Thunderstorm asthma events are thought to be triggered by an unusual mix of high levels of grass pollen and a certain type of thunderstorm. During these storms tiny pollen grains from grasses can be swept up in the wind and carried long distances. When exposed to this air, the tiny particles of pollen are breathed deep into your lungs, triggering an asthma flare-up or attack.

### Who can get thunderstorm asthma?

You might have a higher chance of a sudden asthma flare-up triggered by a thunderstorm if you have:

- seasonal hay fever
- current asthma
- a history of asthma
- undiagnosed asthma.

The chance of having thunderstorm asthma is highest for adults who are sensitive to grass pollen and have seasonal hay fever (with or without known asthma). The worst outcomes are in people with poorly controlled asthma, see your doctor to discuss options on how best to protect yourself during this thunderstorm season.



### Recognising asthma symptoms

Asthma affects about one in 9 Australians and can start at any age – even as an adult. It is important to recognise asthma symptoms and see your GP if you experience any of them.

People with asthma may experience one or more of the following common symptoms:

- wheezing – a high-pitched sound coming from the chest while breathing
- breathlessness
- a feeling of tightness in the chest
- a persistent cough.
- These symptoms mean that a person's lungs (lower airways) are affected.

Asthma symptoms come and go over time, and you don't need to have all of these symptoms to be diagnosed with asthma. Not every person experiences the same symptoms. Sometimes people with asthma don't notice their symptoms, and sometimes they don't address or manage their symptoms by seeing their GP or using their asthma medication.



### What can I do?

To lower the chance of having thunderstorm asthma when it is a known trigger for you, it is best to have good asthma management year-round.

This means:

- using your preventer especially during the spring thunderstorm season
- keeping your hay fever under control and taking any necessary hay fever medication
- checking pollen levels and where possible avoid being outside on these days.
- being prepared. Have your scripts and supply of your asthma and hay fever medicines ready for the thunderstorm asthma and pollen seasons.

### VicEmergency

VicEmergency is a centralised website for Victorians to find emergency information and warnings. The website has a real-time map display with incidents across the state including thunderstorm asthma warnings.

Visit the website to download the mobile app, [www.emergency.vic.gov.au/respond/](http://www.emergency.vic.gov.au/respond/)

For pollen monitoring in Victoria, you may like to save the Melbourne Pollen page as one of your favourites. [www.melbournepollen.com.au](http://www.melbournepollen.com.au)

See a doctor immediately or call Triple Zero (000) if you experience any difficulty breathing during this thunderstorm season. Do not wait, act quickly!

Information in this article is provided by Asthma Australia and is for informational purposes only, it is not intended to be a substitute for professional medical advice. Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or a medical condition.



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## Spring Allergies and Your Eyes: What You Need to Know

As spring approaches in Melbourne, many of us look forward to warmer weather, longer days, and blossoming gardens. Unfortunately, this time of year can also bring an increase in itchy, watery, and irritated eyes for those prone to allergies.

Allergic conjunctivitis occurs when the eyes react to airborne triggers such as pollen, grass, or dust. Your immune system treats these harmless particles as threats, releasing histamine that leads to redness, swelling, tearing, and that all-too-familiar itch. Symptoms are often worse outdoors, particularly on windy days when pollen levels rise.

There are several ways to ease discomfort during the season. Keeping an eye on daily pollen counts can help you plan when to spend time outdoors. Protective eyewear such as wraparound sunglasses can limit exposure, and rinsing your face or showering after outdoor activities will reduce the pollen that lingers on skin and eyelashes. If your eyes feel irritated, placing a cool compress over them can soothe swelling, and resisting the urge to rub them will prevent the reaction from worsening.

For treatment, simple lubricating eye drops can flush allergens from the eyes and relieve irritation. Many people benefit from antihistamine or mast-cell stabilising drops, which are available through your optometrist or pharmacist. Oral antihistamines can also help if allergy symptoms extend beyond the eyes.

For more severe or persistent cases, an optometrist can prescribe stronger medicated drops tailored to your needs. If your eyes remain irritated despite these measures, or if you experience blurred vision or ongoing discomfort, it is worth having a professional eye examination. While spring allergies are common, not every red or watery eye is caused by pollen, and timely care ensures that nothing more serious is overlooked.

Allergies may be a part of Melbourne's Spring, but with the right strategies and treatments, there's no reason you can't enjoy the season with clear and comfortable vision.

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## Many Hands Make Light Work

On National Tree Planting Day '25 in Braeside Park, behind the Phar Lap/Tommy Woodcock tree carving, a transformation took place. Circa 50 folk planted 650 trees, grasses and bushes which will beautify the area complementing the existing tanbark.

Members of the Friends of Braeside Park, Dingley Village Men's Shed (DVMS), ParksVic staff, several local Scout Groups and the State Member for Clarinda Meng Heang Tak combined to achieve what will be an excellent improvement to this area for all to enjoy.

The photos tell the story but the guards are required around each plant to be sure they are not eaten by the voracious local inhabitants - Rabbits!!

What was really pleasing was that many of the workers on the day were the adults of the future. They will likely bring their children to walk in the park and see what their parents did all those years ago. As an example, DVMS member Ken 'Twangy' Hutchison brought his granddaughter with both being fully involved in the planting project.

It was wonderful to see what could be achieved by working together.



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## How do you know when it's time to seriously think about changing your child's school?

### THE CONVERSATION

Academic rigour, journalistic flair

Published: July 31, 2023 6.08am AEST

**Vanessa Cobham:** Professor of Clinical Psychology, The University of Queensland

**Julie Hodges:** Post doctoral research fellow, The University of Queensland

Going to school can be challenging for children and young people at times. Most young people will have patches during their school career where it feels hard. That's normal. Getting through those hard times can bring with it sense of mastery, confidence and resilience.

Of course, this is not the experience of all young people, and many families find themselves asking whether a change of schools might be the best option for their child.

This is a big decision and one that parents don't make lightly – few parents think it's a good idea to change their child's school on a regular basis. While there are no black-and-white answers around this, there are some questions that might help your thinking.

#### Involve the current school if you can

Sometimes, when things are very difficult for your child at school, it can be easy to forget teachers and schools – just like parents – want the best possible outcomes for the children in their care.

If you haven't already, contact your child's school or teacher. The best solutions are usually reached when parents and teachers can work as a team to understand and help children who are unhappy or struggling.

can't tell you how well students are developing their knowledge in other subject areas (such as history and science). It does not say anything about the creative arts, physical education and social skills. These are also really important components of a well-rounded education.

#### Understanding why school feels like such a struggle

There are many different aspects to school. Students need to manage academic work, peer interactions as well as their own behaviour and emotions in the classroom and playground. To figure out how best to support your child, you will need to work with them and their teacher(s) to develop a good understanding of exactly what it is about school that is hard.



Maybe they are confused in maths lessons, maybe they are having problems with their friends or maybe your child is experiencing bullying. Often it will be a combination of factors.

Anxiety is often the big emotion behind children's struggles with school. If this is the case for your child, your child may benefit from learning about how to manage anxiety (there are evidence-based free online programs).

Another important factor to consider is the "goodness-of-fit" between your child's strengths and abilities and the school they are attending.

Maybe you set your heart on your child attending a particular school (perhaps one that has a reputation for academic or sporting excellence). Maybe you enrolled them as soon as they were born. But is this emphasis right for your child?

#### Are there skills or supports your child needs?

Once you've identified the aspect(s) of school that are presenting challenges for your child, think about whether there are skills they can be helped to develop to manage these more effectively.

This might include learning how to manage frustration when things don't go their way, or how to respond assertively, rather than being aggressive when they are challenged.

There might be supports that can be put in place by the school to help, such as extra learning support. Speak to your child's teacher if you are concerned, they might be being picked on and see if you can work collaboratively to address the problem.

#### Is changing schools going to help?

Once you feel like you understand your child's challenges at school, it's important to ask yourself: "how likely is it that their specific situation is going to be improved by changing schools?"

Keep in mind to the message you may be unintentionally communicating to your child by changing schools – we want to avoid reinforcing avoidance of anxiety-provoking situations that are manageable with the right support.

Also keep in mind that, apart from home, school is the place that children spend the most time. This means that it is likely that sometimes, children's distress at school is influenced by factors that aren't necessarily caused by school. This could include mental health issues that are not specifically related to school or worries about the family's financial situation.

#### A fresh start

Sometimes, despite everyone's best intentions and efforts, there might come a point where it's time to acknowledge a challenging situation at school is not changing. And a child's mental health and wellbeing is being negatively impacted. If this is the case, a fresh start at a new school may be the best option. One way to explain it to your child could be to say something like I believe in you. With your teachers, we've tried our best, but this school isn't the best fit for you and now it's time for a fresh start.

Leaving one school for another one doesn't represent a failure. Rather, it represents a change in direction based on the available information.

#### Disclosure statement

Vanessa Cobham: I am the first author of the Fear-Less Triple P program. The online program is freely available to Australian parents. [www.triplep-parenting.net.au/au/triple-p/](http://www.triplep-parenting.net.au/au/triple-p/)

Julie Hodges does not work for, consult, own shares in or receive funding from any company or organisation that would benefit from this article and has disclosed no relevant affiliations beyond their academic appointment.

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## Dingley Football Netball Club



The football season proper concluded with both the Senior and Reserves teams finishing on top of their respective ladders, both therefore earning a weeks rest in our final five system before going into battle for premiership honours.

The Senior team won its Qualifying Final over Cheltenham by seven points putting them straight into their seventh Grand Final in ten years. Their opponent will once again be Cheltenham and by the time you read this the result will be known.

Our Reserves lost their first final by just two points to Bentleigh before redeeming themselves in handsome fashion the following week to get another crack at Bentleigh in their Grand Final.

Both sides face big challenges in their 'big dances', but our best football is as good as either of their opponents. Earlier our Thirds [Open Grade] won their Premiership over highly fancied Edithvale-Aspendale. This was just reward for Playing Coach Colin Craney, who has been a massive contributor to the club as a player, ex-President, Reserves Coach and Life Member for nearly twenty years.

There are barely enough superlatives to describe the efforts of our Netballers, who this season not only competed in Four Grand Finals, but won all four of them. Their full results are still available on the club's website along with all results each week.

Next months article will summarise all our team results and individual awards, such as David Cowell's achievement of winning his third successive Reserves Grade League Best and Fairest Award.

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# VILLAGE REFLECTIONS

## Ken Gartside Remembers the Gartside Brothers

The original Gartside brothers were very good market gardeners working leased land located at Dingley and owned by the Dingley Church.

The well-established partnership consisted of the three elder brothers – Gerald, Alf and Jack. The two younger brothers Bill (dad) and Charlie were not established so they bought a parcel of land and started market gardening using the business name of WA and CP Gartside.

Bill and Charlie built a shed on the block and lived in one end whilst using the other end as stables. It was later that the cannery was to be built on this block and still later that we lived on the block.

Charlie also built his house on it. Ten acres of land located in central Dingley, was given to the Education Department to establish the Dingley School. In the local history books, it is stated that the Gartside family donated the land for the school – this is however only partially true.

Dad was always experimenting by cooking up surplus tomatoes and canning them into treacle cans. This was good as they had a constant supply of tomatoes all year round. Dad also tried canning peas and beans only to find the cans exploding after 48 hours.

Dad got to know a gentleman that lived at "Dights Place", opposite where we lived as kids. This gentleman was known as a "Remittance Man". He was sent out from England and paid to stay in Australia. Back in England he was a University lecturer, he and dad became very good friends.

He explained to dad that tomatoes and all fruit could be kept canned with just one cooking, however vegetables needed to be cooked twice within 24 hours.

If you refer to the "Fowler Vacola Preserving for fun and profit" you will find this rule still holds true. Soon after learning this dad started canning vegetables and making pickles. In Gartside's Cannery we cooked vegetables at 240F for a minimum of 30 minutes and this proved to be sufficient sterilization. Charlie took on the job of managing sales.

They became so busy that they had no time to grow the vegetables, so they invited the three elder brothers to join them to produce the vegetables for canning.



George Booker, son of Harry Booker, visited me and related a story told to him by his grandfather. In approximately 1910 the 5 brothers were seen sitting on crates in the middle of a garden, obviously having a conference. The church paddock lease at Dingley expired in 1910 and I believe this must have been when they agreed to go into partnership.

To the best of my memory work within the partnership was divided up like this:

- Jack was in charge of the cooking
- Gerald and Alf either grew, had grown or purchased all the vegetables
- Bill did all the production
- Charlie attended the sales.

The "Remittance Man" informed dad about the errors in church teachings and fable surrounding Christmas (Christ's birth) and so introduced him to Christadelphians.

Dad would ride his bike from home into Cheltenham and then catch a tram into Melbourne to attend a meeting.

The rest as they say is "history"!

*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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# CIRCLING THE CLUBS



## Country Women's Association Dingley Village



CWA Dingley Village is always ready to take on a challenge! Last year we reached out to a family violence and housing support service based in the City of Kingston who offer both immediate and longer-term support for their women and children affected by family violence. This support services approximately 50 families per year and is one of the few organisations who do not discharge their clients without having safe and adequate housing.

Hats off to our amazing CWA Dingley Village members! For the second year running, in true to CWA spirit, we have met the challenge head-on — donating even more items than last year! What a fabulous effort from our talented, compassionate ladies. Together, we're making a real difference.

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 friendly group of singles and couples meet at the Dingley Hotel on the second Thursday of the month from 7:00pm, with the next one on the 9th October.

We also have a group dinner at various locations on the last 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 930 515**

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## Probus Club Dingley Central



At our Sept meeting the guest speaker was Bev Moss whose talk was titled "Come Fly With Me." As a 16 yo Bev showed an interest in becoming an air hostess, it was all about glamour for her.

She began training several years later in March 1967 with Ansett ANA in Melbourne and despite the strict hierarchy and rules, staying in nice hotels and taking flights everywhere, it was for her an exciting life. Appearance was everything, "keep smiling and stay skinny" and grooming, deportment and makeup was included in their training. On graduating at 22, she was sent to Brisbane working on DC3's and Fokker Friendship aircraft to regional areas.

After a year she returned to Melbourne, then some years later to Ansett New Guinea, which proved to be a more relaxed working environment. Bev met many well known passengers during her time as a hostess including prominent politicians and entertainers eg Malcolm Fraser, Gough and Margaret Whitlam, The Seekers and Norman Gunston.

**Activities planned for October:** Happy Hour, Dame Vera Lyn Concert, Camera Club, Legs and Morning Coffee, Wine Tasting, Dine Out, Film Day, Morning Melodie's, Ladies Lunch, Craft Group and Games Day.

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

Website: [dingleycentralprobus.wix.com/dingleycentralprobus](http://dingleycentralprobus.wix.com/dingleycentralprobus)

## Dingley Village Senior Citizens Club Incorporated

The Dingley Village Senior Citizens Club Inc welcomes new members to join their weekly meetings every Monday from 12:30 PM to 3:30 PM in the Harold Box Hall. October activities lined up for you are Games, cards, dominoes and Bingo.

For more information, feel free to reach out to our President, Margaret, at **9580 4321**, or our Secretary, Asha, at **0417 105 646**

## Dingley Village Historical Society



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

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

Contact by email: [enquiries@dvhs.com.au](mailto:enquiries@dvhs.com.au)

## Dingley Village Men's Shed



Opening Hours and General Activities:

Day of Week	Open Hours	General Activities
<b>Monday</b>	9:00am - 1:00 pm	Metal Work, Wood Work, Art, Bicycle & Car Maintenance
<b>Tuesday</b>	9:00am - 12:00 pm 1:30pm - 3:30pm	A' Team workgroup & Bike Riding Group Photography
<b>Wednesday</b>	9:00am - 12:00 pm	Bike Riding Group & Music Group
<b>Thursday</b>	9:00am - 12:00 pm 1:00 pm - 3:00 pm	A' Team workgroup Pool / Snooker
<b>Friday</b>	9:00am - 1:00pm	<b>Members Muster</b> 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](mailto:info@dvms.org.au)  
Web: [www.dvms.org.au](http://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 and the following activities are available for members and visitors:

**Tuesdays** – Bingo on the 1st, 2nd and 4th of the month 1pm to 3pm. \$3.00 entry and \$1.50 per book. **Concerts** with professional entertainers are on the 3rd and 5th Tuesday of the month 1pm to 3pm. \$3.00 entry.

**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 members and visitors enjoyed an afternoon with Alex Matthews who kept us dancing with a great variety of Country, Line Dancing and Rock & Roll songs.

Future entertainment for members will be a bus trip to Kallista for morning tea and a buffet lunch at the Fern Tree Gully hotel on Oct 21 and the Christmas function will be at the Sandown Park Hotel.

#### 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).

#### Mordialloc/Chelsea Evening VIEW Club

Mordialloc/Chelsea Evening VIEW Club is on the lookout for new members who want to give back to their community and make new connections with women in the area.

"We are always looking for women of all backgrounds and ages to join us and look forward to welcoming new faces at our next monthly meeting," said Club President Rhonda.

Our meetings are held on the first Tuesday of each month at The Bridge Hotel 1-4 Nepean Highway Aspendale at 6.30pm, includes dinner and a guest speaker.

RSVP Myra 0407 041 734

Anyone interested in becoming a member can call Maria on 0419 507 384 or Helen on 0418 557 358 or visit [www.view.org.au](http://www.view.org.au) for further information.



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## Kingston City Church



**Our Vision:** Connecting People To Jesus Christ  
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 Web: [www.kcc.crm.org.au](http://www.kcc.crm.org.au)  
 Email: [admin@crm.org.au](mailto:admin@crm.org.au)

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

### Young Married Couples – Doing Life, Love & Family Together

At Kingston City Church, we're passionate about walking alongside young couples as they build strong, God-centred marriages and families. Whether you're engaged, newly married, or starting out as parents – this season is full of excitement, discovery and growth. We believe you shouldn't have to navigate it alone ...

Welcome to Matched & Marrieds – a vibrant group designed to support young couples through these key life stages:

- Engaged** – Preparing for a Christ-centred marriage
- Married** – Building strong foundations in your early marriage years
- Parenting** – Embracing the joys and challenges of parenthood

We get it – this season can feel like a whirlwind of love, learning, and change. From juggling work demands, planning your wedding, and adjusting to married life, to night feeds, first steps and growing families, there is so much going on! That's why we strongly value and support our young families, especially for couples to have wonderful marriages and to parent well, providing their children with strong foundations for life.

### Meeting fortnightly on Tuesday evenings, the group enjoys:

- Meaningful connection and fellowship with others in the same season of life
- Scripture-based learning, Biblical wisdom, and Spirit-led insights
- Honest, faith-based discussions about relationships, parenting, and life
- Encouragement and prayer in a safe, supportive environment

Whether you're figuring out how to love better, parent wiser, or simply stay sane in the chaos of it all – Matched & Marrieds is here for you. Come grow, laugh, learn, and journey with others doing life together. If you'd like to join us or find out more, just contact the church office – we'd love to connect with you!

Grant & Kerry Scott-Hayward

## 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](http://www.heathertondingley.ucavictas.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, if you have a concern that you would like prayed about, ring Margaret on **0401 392 772**

**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**

### 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](mailto:admin@villagechurch.org.au)

Visit our website: [www.villagechurch.org.au](http://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 twice a month for those who know Jesus Christ as their personal Saviour and Lord.
- Kids Church - Younger Primary (4-8 years old) and Older Primary (9-12 years old).
- Little Blessings Preschool Program (0 – 4 years old)
- Tea and coffee are served after the service.

### Life Groups

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

### Ladies Bible Study

Meets regularly to work through an entire book of the Bible, alternating between the Old Testament and the New Testament. Previously studied are the books of Ruth, Philippians, Genesis and James and a video teaching series on "War of Words" by Paul Tripp based on his book. We are currently studying through the book of Daniel and Martha Peace's "The Excellent Wife".

### 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

### Weekly Sunday Services

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

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

3.00 PM (Heritage Church). Bahasa Malaysia Service

### Life Groups for Bible Study

For more information, please contact our office.

### Saturday Youth Group

Change of day for Term 4 – now on Saturdays Saturday 11th October – Saturday 13th December.

Lots of fun and engaging activities for ages 11 to 17 years. Drop off 6:30 pm, pick up 9 pm (sign-in essential) Please contact our office for details.

### Pleasant Tuesday Service 2pm, 2nd Tuesday Each Month

Traditional Holy Communion Service with favourite hymns in the Heritage Church followed by a social afternoon tea. Please contact our office for transport IF needed.

**Next Service:** Next Service: 1pm, Tuesday 14th October.

### 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.

### Roundabout Op Shop

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#### Supported Missions

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#### Prayer Ministry

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**Senior Minister:** Rev. Richard Loh

**Parish Office:** 03 9551 7871

**Email:** admin@ccd.org.au

**Website:** [www.ccd.org.au](http://www.ccd.org.au)

#### St. Mark's Catholic Church

511 Lower Dandenong Road,  
Dingley Village, 3172.

Phone: 9551 6930 or 9547 4877

Email: Springvale@cam.org.au

Website for further information:

ST JOSEPH SPRINGVALE | Catholic church

Parish Priest: Fr. Joseph Truong Nguyen  
OFM Conv.

#### Mass Times

- Saturdays, 5pm
- Sundays, 9.30am
- Confession 4.30 – 4.50 pm before Mass on Saturdays

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[www.salvationarmy.org.au/kingstoncity/](http://www.salvationarmy.org.au/kingstoncity/)  
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#### 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

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## APPLIANCE REPAIRS

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Hondcar Service Centre	8555 0566	0408 343 212

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Little Scribblers	1300 300 011

## CHIROPRACTOR

Dingley Chiropractic Centre	9558 1436
Dingley Health Hub	9551 7110

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Heatherton Dingley Uniting	0431 244 561
Kingston City Church	8551 6600
St. Mark's Catholic Church	9551 6930
Salvation Army	9558 2045
Village Church Inc.	8712 8254
Echo Church	9558 3980

## COMMUNITY

Neighbourhood Centre	8512 0505
Make A Difference	9551 1799

## COMPUTER REPAIRS/ SALES & SERVICE

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Digitall Now		0407 992 253

## DANCING CLASSES

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## DEMENTIA SERVICES

Brighter Days Dementia Care	1300 599 511
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## DISABILITY SUPPORT

Geraldine Howley	0494 022 401
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## ELECTRICIANS

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Dickson & Funke Pty Ltd	9558 1288	

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Integrity Finance Australia	9511 8883	0417 593 893
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## FOOD RETAIL

Pantry Fresh	9551 1569
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## GOLF

DJ's Golf Workshop	9551 3197	0425 758 298
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## HEALTH

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Dingley Health Hub	9551 7110

## HYPNOTHERAPY

Adam Palmer	0409 533 774
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## INVESTMENT CONSULTANTS

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Bendigo Bank	9551 6111	
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## JEWELLERY MANUFACTURING

G. & G. Andolfi Pty. Ltd. Trust	9551 0195
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Balfe & Webb	9532 2993
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Dingley Health Hub	9551 7110

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McLean Plumbing & Gasfitting	9551 1975	0408 549 697

## PODIATRIST

Dynamic Foot Clinic	9558 2155
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## POOLS & SPAS

Bayside Peninsula Pool Compliance	0403 577 254
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Dickson & Funke Pty Ltd	9558 1288
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## SECURITY DOORS & SCREENS

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# THE DINGLEY DOSSIER

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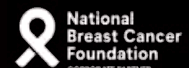
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