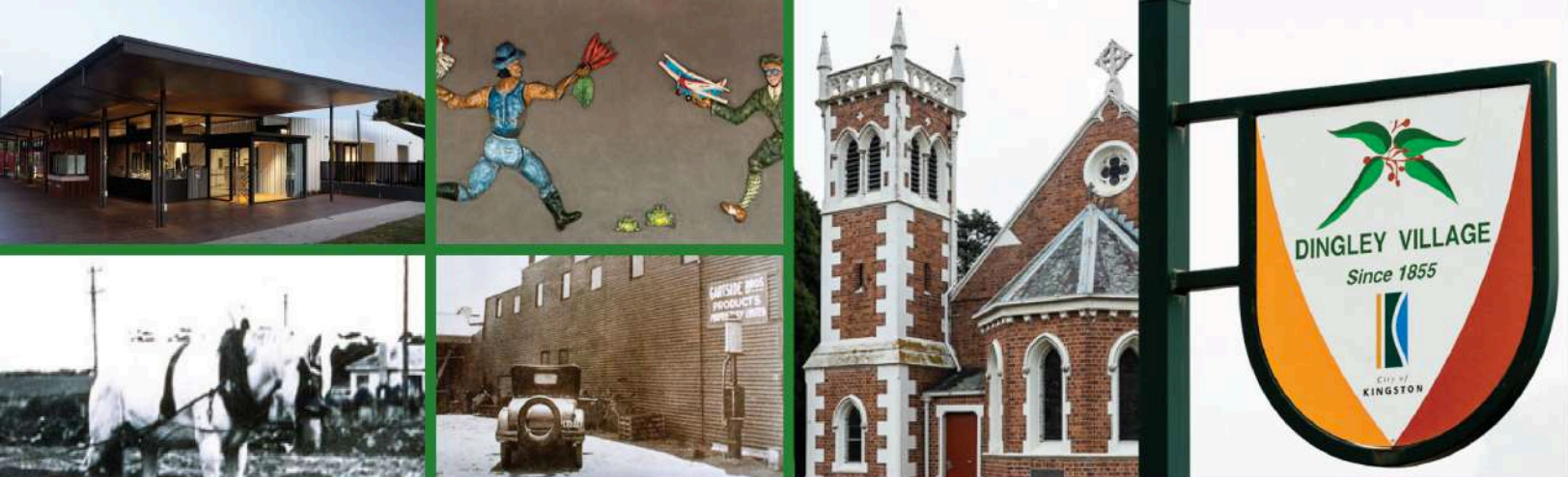




THE DINGLEY DOSSIER

Volume 54
Number 9
October 2026
www.dvnc.com.au/dossier

CONNECT, CREATE, AND CELEBRATE!

The Victorian Seniors Festival 2026 takes place throughout October 2026, delivering thousands of free and low-cost events for older people.

Celebrating its forty-third year, the Victorian Seniors Festival returns with a fabulous month-long program full of free or low cost events and activities. This major state-wide festival is spearheaded by the Victorian Government, and is bolstered by all of Victoria's 79 local councils alongside community, groups, clubs, and organisations including COTA Victoria and Seniors Rights Victoria.

The Victorian Seniors Festival is held for — and with — older people, and puts the emphasis on fun and good times. This year's Victorian Seniors Festival theme is "Connect, Create, Celebrate" — and invites older Victorians to come together, discover new interests, and celebrate.

A series of live events are planned throughout October 2026. Mark your calendar for:

- The Victorian Senior of the Year Awards 2026, including the Council on the Ageing (COTA) Victoria Senior Achiever Awards
- Nine days of free public transport for Victorian Seniors Card holders between 3-11 October 2026
- Live, local, and online events throughout Victoria as delivered by COTA Victoria and Seniors Rights Victoria, alongside local councils, community groups, and clubs
- Celebration Day, to be held at Federation Square on 3 October 2026
- Other flagship events including a Melbourne Town Hall Big Band Dance, a country concert tour, and an aged care tour that runs across Victoria.



City of Kingston events

This year's program includes over 100 free and low-cost activities and events. This is a great opportunity to get out and about, pick up new skills, learn what activities and services are available, join local clubs and groups in the community, meet others, and most importantly, have fun.

Featured Activities & Highlights

Classes: Free group fitness, including Tai Chi, Zumba Gold, and Active Seniors Yoga sessions.

Free Swims: Complimentary pool access every Wednesday in October at local facilities like Waves Leisure Centre.

Community & Culture: Author talks, nature walks, live music, craft sessions, dancing, and library card discovery workshops.

For more information about the Seniors Festival, please contact the City of Kingston at **1300 653 356** or info@kingston.vic.gov.au.

www.kingston.vic.gov.au/community/events/upcoming-events/seniors-festival

A full online calendar of events statewide is available on the Seniors Online website, www.seniorsonline.vic.gov.au/festival-calendar

A print guide is also available from the Dingley Village Neighbourhood Centre and Dingley Village Library.



FARMERS' MARKET

SATURDAY 17TH OCTOBER | 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

Patchwork for Charity

Tuesdays from 10am to 1pm 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

Mon & Thurs 5 -7pm 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.



Agna Yoga with Sneha

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



JOIN A CLUB!



COMMUNITY

SFNL Best & Fairest

Dingley Football Netball Club had a good night at the Southern Football Netball League 2026 Awards Night with two Division 1 Best and Fairest.



Chris Horton - Milne — Division 1 Seniors Best & Fairest | 22 votes

Ruben Nagar — Division 1 Reserves Best & Fairest | 19 votes. Congratulations to both players.

Congratulations also to netballers Georgie O'Brien and Jess Payne who were judged best players by the umpires in their Grand Final wins.

Don't forget to adjust your clocks

Daylight Saving Time begins on Sunday 4th of October, 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.



Shop Local, Shop Independent, Shop Small & do Business Locally

Did you know you can also support small local businesses in other ways? Tell and recommend to family and friends like, comment, subscribe or follow on a post. Shout out on social media, Tag a friend, repost or share a post. Give positive reviews.



Open Day

Dingley Central Probus has an Open Day on Monday, 5th October. We meet at 9.45am for 10.00am start. Our guest speaker is from the Quilts of Valour Australia, who award quilts to veterans and their families. Probus is a social club for retirees or semi-retirees and meets on the first Monday of the month.

Meetings are at Kingston Salvos hall in Dingley. All are welcome. For more details contact the Secretary, Ruth on 0419 899 558.



SPECIAL DATES IN OCTOBER

1st – 31st October: Mental Health Awareness Month

The month is dedicated to raising awareness of mental health, reduce stigma and encourage people to seek support when they need it. It's also an opportunity to pause, check in with ourselves and those around us, and reflect on how we can look after our own mental health and wellbeing.

1st – 31st October: Dyslexia Awareness Month

Did you know that 10% of all people are affected by dyslexia? Being able to write and read with ease is something that a lot of us don't think twice about, however for many it's something that they can only imagine. Dyslexia Awareness Month, aims to build understanding of dyslexia, dispel common myths, and celebrate dyslexic strengths.

1st – 31st October: Breast Cancer Awareness Month

Around 65 Australians are diagnosed with some form of breast or a gynaecological cancer every day. The goal of this month is to raise awareness around breast cancer and raise funds for support services, prevention programs and crucial cancer research.



11th – 17th October: National Carers Week.

National Carers Week is a time to recognise, celebrate and raise awareness of the more than 3 million Australians who provide unpaid care to a family member or friend. The 2026 theme, "Care for a carer: Making carers visible," shines a light on the invaluable contribution of unpaid carers and encourages all Australians to recognise, support and care for the carers in their families, workplaces and communities.



24th October – 1st November: Children's Week

Children's Week is a national celebration of children's rights, talents and citizenship. 2026 Theme: "Children have the right to use their own language, celebrate their culture and practise their religion".

4th October: Simchat Torah * Judaism

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.



22nd October: Pink Ribbon Breakfast

Gather your favourite people for a breakfast, brunch, morning tea or event on Thursday 22 October (or any day that works for you) and help support the 56 Australians diagnosed with breast cancer every day.

29th October: Bandana Day

Bandanna Day is Canteen's flagship fundraising and awareness campaign. Buy a Canteen Bandana and wear on Bandana day to stand in solidarity with young Aussies facing cancer.

30th October: World Teachers Day "Shine a light on teachers"

World Teachers Day is a time to celebrate all the teachers in our lives, past and present. Not just qualified teachers, but anyone who we learn from deserves acknowledgement today.



* 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

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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

Operation Pulse: Southland Shopping Centre Victoria Police will continue high-visibility retail crime patrols under an expanded Operation Pulse

For the remainder of 2026 Southland Shopping Centre is a Designated Place under section 3A(2) of the Victoria Police Act 2013. A Designated Place declaration gives protective services officers (PSOs) the authority to use their powers in additional specific locations, for up to 12 months.

Police data has identified that crime is on the move in shopping strips and centres Victorians use every day. The data also reveals that having a more visible uniform presence at shopping centres will help those working at and visiting the centres feel safer.

That's why PSOs (Protective Services Officers) and police officers will continue to patrol some of Melbourne's busiest shopping centres until the end of the year.



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

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A program of Dingley Village Neighbourhood Centre



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Dingley Village

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DINGLEY VILLAGE COMMUNITY ASSOCIATION

INFORMATION NIGHT 1ST OF DECEMBER 2026

The DVCA annual Information evening will be held on the 1st of December this year. Please make sure that you add this date to your calendar. This year our night will include representatives from many community groups sharing information and updates which are important to all Dingley Village residents.

We are all aware of the many changes taking place in our community and this evening will offer residents the opportunity to be informed and discuss issues that are important to everyone.

Groups who will be presenting during the evening include Kingston Council (with updates on local projects including the redevelopment of Tootal Road), Satterley Property Group who are the owners of the former Kingswood Golf Course, the Hawthorn Football Club, the Dingley Village Neighbourhood Centre, Bendigo Bank Dingley Village, and Kingswood Primary School. Further information will be available in next month's issue of The Dingley Dossier.

Snap/Send/Solve

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.

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.

We have been informed that a team has been scheduled during the last two weeks of September to fix around 50 potholes in Clarinda and the Marcus Road corner will be repaired by the Department of Transport.



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.



Dingley Village

FARMERS' MARKET

SAT 17th OCTOBER
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

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

	Box	Recyclable Look for a black recycling symbol. Separate each item and place it in your recycling bin.
	Wrap	Conditionally Recyclable Look for a white recycling symbol. Can be recycled ONLY if you follow the instructions below the symbol.
	Lid	Not Recyclable Look for a rubbish bin symbol. Place it in your rubbish bin, this is NOT recyclable.

OUR COUNCIL

Kingston and Bayside join forces to demand better State roads

Kingston and Bayside councils have united to call on the State Government to get its roads back on track, with potholes and deteriorating road surfaces creating safety risks, vehicle damage and frustration for thousands of road users.



The mayors of Kingston and Bayside, Georgina Oxley and Debbie Taylor-Haynes, launched the joint advocacy push today from the Nepean Highway and South Road intersection, right on the border between the two municipalities. While the intersection marks the boundary between Kingston and Bayside, the mayors say there is nothing local about the problem.

Thousands of residents, commuters, businesses, cyclists and public transport users rely on major State-managed roads every day, including the Nepean Highway, and are increasingly being forced to navigate potholes and deteriorating road surfaces.

Kingston Mayor Georgina Oxley said local communities should not have to put up with deteriorating State roads. "Our residents shouldn't have to dodge potholes on the way to work, school or home," Cr Oxley said.

"Councils invest heavily in maintaining the roads we're responsible for, and we expect the State Government to do the same with its roads. This is about making sure fixing these roads is a priority. Our community deserves safe, reliable roads – not more excuses."

Bayside Mayor Debbie Taylor-Haynes said the condition of State-managed roads was a problem that affected the whole region. "These are major roads used by thousands of people every day, yet too many are being left to deteriorate," Cr Taylor-Haynes said.

"Potholes and poor road surfaces aren't just frustrating; they can damage vehicles and create genuine safety risks. The State Government needs to step up, fix these roads properly and keep them maintained."

The councils are calling for urgent action to repair deteriorating State-owned roads across the region, warning that delaying maintenance will ultimately increase the cost to taxpayers. Kingston and Bayside will continue to highlight problem areas across the two municipalities and make the case for the State Government to properly fund, repair and maintain its road network.

The mayors said the joint push was about ensuring the region's growing communities had the safe and reliable road network they deserved.

To view Kingston's advocacy priorities ahead of the State Election, head to www.kingston.vic.gov.au/put-kingston-first

Kingston residents reject fourth bin for glass recycling

Kingston residents have sent a clear message to the Victorian Government; they do not want a costly fourth bin for glass recycling. The results come from a statewide survey led by a group of 35

councils campaigning against the Victorian Government's requirement for councils to introduce a separate, purple-lidded glass recycling bin by July 2027.

Across Victoria, 83 per cent of nearly 25,000 respondents opposed the proposed glass-only bin, while 91 per cent supported expanding the Container Deposit Scheme (CDS) to include glass wine and spirit bottles. In Kingston, the sentiment was even stronger, with more than 85 per cent of local respondents opposed to the separate glass bin and more than 96 per cent wanting the CDS expanded to include wine and spirit bottles.

Kingston Mayor Georgina Oxley said the results showed the community was looking for a practical and cost-effective approach to glass recycling. "Kingston residents have been very clear that they want a smarter approach to glass recycling, not another bin at the kerbside," Cr Oxley said.

"We're already seeing the benefits of the Container Deposit Scheme, with less glass going into household recycling bins. Adding another bin to every property, along with another collection service, is an expensive response to what is now a much smaller problem."

"Many Kingston households simply don't have room for a fourth bin, and we'd also see more collection trucks on our local roads, adding to traffic and environmental impacts. "The community is telling us there is a better way forward. Expanding the Container Deposit Scheme to include wine and spirit bottles would build on a system that is already working, rather than creating another costly kerbside service."

The Victorian Government has mandated that councils introduce a separate glass-only kerbside collection service by July 2027. Independent modelling commissioned by councils has estimated that introducing the service could cost a typical council around \$4 million upfront, with ongoing operational costs of around \$27 per household each year. Kingston is joining with 34 other councils to call on the Victorian Government to reconsider the July 2027 deadline and work with councils on a more practical approach to glass recycling.

Councils are also calling for greater transparency around the Government's decision, including the release of the business case used to support the glass recycling mandate so it can be considered alongside the independent economic modelling commissioned by councils. Cr Oxley said councils supported improving recycling outcomes but needed the flexibility to deliver solutions that worked for their communities. "We absolutely support recycling and reducing waste, but we also have a responsibility to make sure we are delivering services that provide real value for our community," Cr Oxley said.

"We're asking the State Government to listen to what councils, and our communities are telling them and reconsider the current approach."

Kingston puts transparency and accountability front and centre

Kingston residents can now find key Council information in one place, with the launch of a new Transparency and Integrity Hub. The new online hub brings together information from across Council's website, making it easier for residents to find out how Council operates, how decisions are made and how public money is being spent.

It includes information such as Councillor expenses, gift registers, Council meeting attendance, budgets, public submissions, election information and Council's advocacy activities. The initiative follows a Notice of Motion from Mayor Georgina Oxley, who called for a centralised hub based on a 'default to open' approach to transparency. *(continued on next page)*

Cr Oxley said transparency was fundamental to building trust between Council and the community. "Good local government is about being accountable to the people we represent, and that starts with being open about what we do," Cr Oxley said.

"We want to make it as easy as possible for residents to find information about their Council, without having to know exactly where to look or search through different parts of our website."

"This hub puts that information at their fingertips and makes it easier for people to understand what Council is doing and hold us to account. For me, this is ultimately about trust. Our community deserves to have confidence in the decisions we make and how we use public resources."

The first stage of the hub has been delivered using existing Council resources and technology, but it won't stop there. The next stage will be shaped by Kingston residents, with the 45-member Kingston

Represent Community Panel to take a deep dive over the coming months and provide recommendations on what information people want to see, how it could be presented and how they want to access it. Cr Oxley said putting the community at the centre of the next stage was important.

"We have made a start, but we want to make this genuinely useful for our community," she said. "We'll be asking residents what they want to know, what would make information easier to understand and what they would actually find useful. That feedback will help us build the next stage of the hub around the needs of our community."

Implementation of the second stage is expected to commence from January 2027, following further consideration of the scope, timing and budget. You can find the new hub at kingston.vic.gov.au/transparency.

Information in this article provided by City of Kingston



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LOOKING AT LOANS



Home Loan Health Checks Could Help Households Ease Cost Pressures

Melbourne residents facing rising household costs are being urged to review their home loans, with brokers saying a simple loan health check could uncover savings, better features or new borrowing options.

For many borrowers, the loan that suited their needs when they first bought a property may no longer be the most competitive or practical option. Interest rates, fees, lender policies and personal circumstances can all change over time, leaving households paying more than necessary or missing out on features that could make managing repayments easier.

The issue is especially relevant now as some lenders have restructured existing loans onto higher interest rates, while everyday expenses continue to place pressure on family budgets. In that environment, reviewing a mortgage can be one of the most practical ways to look for savings.

For some households, a review may identify a lower interest rate, a more suitable mortgage repayment structure or a loan package with features better matched to their current needs. For others, it may reveal an opportunity to consolidate other debts, fund renovations, upgrade to a new home or purchase an investment property.

Energy efficiency upgrades are a common reason for borrowers to revisit their mortgage. A one-off cost, which may be able to be paid for by mortgage refinance, can decrease power bills into the future.

If a homeowner is happy with their location but not with their property, improving the existing home is more appealing than buying and selling, particularly once transaction costs are considered. Finance options can vary depending on the size and type of project.

Some borrowers may be able to use funds available in redraw; some will access equity by refinancing or increasing their existing home loan; some will use a construction loan for larger structural works.

Construction loans typically release funds in stages as the project progresses. For major renovations a pre-approval is prudent. Your broker will need quotes, plans and any required council approvals ready before applying to the bank for unconditional finance.



In some cases, refinancing and topping up a loan to fund improvements may allow borrowers to complete work such as a new kitchen or energy-efficiency upgrade while keeping monthly repayments close to their current level.

This can be a double win!

With cost-of-living pressures front of mind, you should not assume your current loan remains the best fit. A no-obligation review may be enough to identify savings, improve flexibility or open the door to future property plans.

Call your broker for credit advice and assistance. Integrity Finance Australia has been serving the Dingley Village community since 2006.

New clients are welcome; if we can assist you, please email 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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PHONE

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AUSTRALIAN CREDIT LICENCE
392184

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Has hay fever season started early? And what's the most common culprit?.

THE CONVERSATION

Academic rigour, journalistic flair

Published: September 8, 2026 4:54pm AEST

Mary Hanson: Aerobiologist and Work Integrated Learning Academic Coordinator (Science), Edith Cowan University

The 2026 Australian pollen season has started, with some people in the eastern states reporting their hay fever symptoms have begun earlier than normal. Compared to last year, satellite imaging suggests eastern states have experienced more vegetation growth during late winter and early spring. Meanwhile, Western Australia has lower levels of plant growth, likely due to lower than usual rainfall. This may mean a slower start to the pollen season.



Plant growth is an important predictor for pollen season severity, as greater growth can lead to earlier flowering and increased pollen production. Spring rainfall over the next few weeks will also be crucial in determining the severity of the pollen season.

How does pollen cause hay fever symptoms? Pollen is produced as part of a plant's annual reproductive cycle. Male flowers produce pollen, which is distributed to female flowers by insects, birds and the wind.

When the wind disperses pollen grains, they can travel great distances in the air, and when we breathe in, we can inhale them. Once in the nose, eyes and lungs, proteins on the surface of the pollen, and small pollen fragments, interact with our cells. In people with pollen allergy, this can trigger an immune response that causes hay fever symptoms, including sore and itchy eyes, sneezing and coughing.

What are the most common hay fever causes?

Hay fever, or allergic rhinitis, affects nearly one in four Australians. The most common cause of seasonal hay fever is grass pollen from a range of different grass species. Some people get hay fever from tree and weed pollen, particularly from certain conifers and European trees such as pines, planes and olives. Trees often release pollen early in the season, followed by grasses and weeds. Pollen calendars can indicate the likely timing and duration of pollen release for particular plant species.

Some plants release pollen more rapidly than others, over just a few weeks, while the most common allergen, grass pollen, is released throughout the season.

This means different people have hay fever symptoms for different lengths of time, depending on which species they're allergic to. When pollen enters the lungs, it can also trigger asthma attacks.

This is more likely to occur during thunderstorms, when changes in air pressure and humidity cause pollen grains to rupture. Fragments of pollen can travel deep into the lungs, making it harder to treat the resulting asthma.

So has the pollen season started early?

Researchers define pollen seasons when concentrations in the air exceed a certain level. This usually occurs in spring, peaks in early summer and finishes with the end of summer, or when hot conditions slow pollen release.

Historically the pollen season in Melbourne and Canberra has been considered to extend from the start of October to December, and in Sydney from September to December. Peaks come in October (for Melbourne and Canberra) and September (Sydney).

Less is known about the timing of the peaks in other states and territories such as WA, South Australia and Tasmania, although research is underway to answer these questions.

This season may have started earlier in eastern states, due to the strong vegetation growth, while other areas, such as WA may be experiencing a delayed start. When there is adequate rainfall for strong plant growth, this can increase the potential for plants to produce pollen over the season.

However daily rainfall patterns can also help wash pollen out of the air, depending on rainfall intensity, giving some relief for hay fever sufferers.

How do climate patterns affect pollens?

The start, peak and severity of pollen seasons can vary considerably across Australia due to differences in weather patterns, environmental conditions and underlying geography.

Transient climate patterns, such as the current El Niño event, can influence pollen levels. While associated hot and dry conditions across the country could favour pollen transport and pollen fragmentation, if drought conditions occur as a result of low rainfall, pollen production will decrease, reducing the severity of the pollen season.

Climate impacts on pollen seasons are equally complex. Predictions of pollen abundance under climate change scenarios show different plant species may respond differently to warming conditions. Common allergenic species may reach higher or lower annual pollen levels in the future.

How to check the pollen count in your area

Australian researchers have developed forecasting models and the real-time pollen monitoring tool, AirRater, with a free app for monitoring pollen and air quality.

This helps hay fever sufferers monitor their exposure, manage their symptoms and appropriately time medications to coincide with periods of high pollen exposure.



You can download the AirRater app free from the Apple App store or Google Play.



As part of our research, we are mapping individual trees to gain a better understanding of pollen dispersal and local pollen patterns. We are working to develop this into a tool which can complement existing strategies and help people further reduce their exposure.

How to stay on top of your symptoms

People with moderate or mild symptoms can use oral antihistamines, eye drops and nasal sprays or corticosteroid nasal sprays to treat their symptoms.

However, if you have severe hay fever symptoms or asthma, or your symptoms interfere with your daily activities or are getting worse, visit your GP to talk about your options and ensure you're prepared for pollen season.

When hay fever is triggered by grass or common tree pollens, allergy specialists can offer immunotherapy. This involves repeated exposure to low levels of the pollen allergens – through regular injections or sublingual drops given under the tongue – can help to eliminate hay fever symptoms. But immunotherapy can take 3–5 years to be effective and may not work for everyone.

Disclosure statement

Mary Hanson does not work for, consult, own shares in or receives 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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MENS SHED



Local Men's Sheds Recognized in Council Awards

Following receipt of the National Men's Shed "Green Shed" Award. Our Dingley Village Men's Shed (DVMS) was a finalist in the Kingston City Council 'Sustainable Business Awards' for 2026. The whole purpose of the event is to recognize the ways in which Recycling is benefitting our community.

Our recognition was based on the DVMS turning circa 20,000 (so far) empty plastic milk bottles into usable worthwhile outdoor furniture, amongst other things. The brainchild of several retired engineers and enthusiasts this project has improved the environment by redirecting plastic waste, creating functional everyday items and brought pride and appreciation to many.

The council awards were presented at the Kingston Town Hall on Thursday September 10th where an estimated 200 captains

of industry and private residents enjoyed the remarkable achievements of businesses and organisations operating throughout the Kingston Local Government Area (LGA).

All finalists were able to display and discuss their products with attendees both before and after the main event. It was here that the many and varied aspects of what a Men's Shed is able to achieve became a revelation to so many enquirers.

What we found interesting was that although there have been at least four Men's Sheds operating in the Kingston LGA for many years this valuable and productive community asset is hardly known at all and generally misunderstood.

Hopefully exposure at events like this will help to inform and inspire our community. Recognition was shared between Chelsea, ourselves and Kingston (Clayton) Men's Sheds.

Geoff Hergt DVMS



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Dingley and District Football Club (Dingoes)

The Dingley and District Football Club was formed in 1958 and first competed in 1959.

The club has played in five competitions:

- Caulfield Oakleigh Football League (1952 – 1962),
- South East Suburban Football League (1963 – 1976),
- South West Gippsland Football League (1977 – 1994),
- Mornington Peninsula Nepean Football League (1995 – 2006)
- Southern Football Netball League (2007 – present).

The first president of the club was local market gardener, Harry Goodrich. Purely amateur in status the club was funded by locals. Harry was supported by Secretary Bill Kircaldy, who held the position for six years until his death in 1965.

The football clubs first life membership was awarded to Bill posthumously in 1968.

The clubs first captain-coach, Ray Steele, was recruited after playing for Sandringham in the VFA bringing his knowledge and experience to the club. The club first competed in the Caulfield/Oakleigh League 'A' grade Reserve Open, a fifteen-team competition.

Most sides fielded a senior side in 'A' grade meaning that Dingley, Doveton and North Caulfield were fielding one senior side against other clubs' reserve sides. Dingley was not able to field a reserves team until ten years later. The clubs' first game was against a Clayton team whose home ground was on or near the site where Monash Hospital now stands.



The score was "about thirty goals to three" on Clayton's favour. In the return match at Dingley, the losing margin was reduced to six goals. The clubs first known victory was against North Caulfield at Caulfield Park on May 9 in round three.

Information from "Dingo Tales: The history of Dingley Football Netball Club" by Brian Edwards and Dave Meeve.

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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Could Your Headaches be an eye problem?

Headaches are incredibly common and can have many causes, including stress, dehydration, poor sleep and migraines. But did you know that sometimes your eyes can contribute to headaches too?

If you are experiencing new or recurring headaches, particularly after reading, working on a computer or doing other visually demanding tasks, an eye examination can be a useful first step.

When your eyes are working too hard

One common reason eyes can contribute to headaches is eyestrain. If your prescription is not quite right, your eyes may have to work harder to maintain clear and comfortable vision.

This can happen with an under corrected prescription, including astigmatism or long-sightedness (hyperopia). You may still see reasonably well, but the extra effort required to maintain clear vision can contribute to headaches, tired eyes and difficulty concentrating. For some people, an under corrected prescription may also trigger migraines.

Your eyes need to work together too

It is not always about how clearly you can see with each eye individually. Your eyes also need to work together as a team. Problems with focusing or coordinating the eyes can cause headaches, eyestrain, blurred vision and difficulty concentrating, particularly during prolonged reading or study. This can be especially important for children and teenagers, who may spend hours reading, studying or using digital devices without realising their eyes are working harder than they should.

What about screen time?

Digital eye strain is increasingly common. When we concentrate on a screen, we tend to blink less frequently, which can contribute to dry, tired and irritated eyes.

Taking regular breaks, looking into the distance and remembering to blink fully can help. If headaches continue, an eye examination can help determine whether your eyes are contributing.

Sometimes headaches can indicate an eye condition.

Less commonly, headaches can be associated with conditions affecting the eye. Uveitis, an inflammation inside the eye, can cause eye pain, light sensitivity and headache. People with narrow internal drainage angles leading to high eye pressure can also experience headache or eye discomfort, particularly in dark environments.

A comprehensive eye examination can help identify whether this may be a concern.

When should you have your eyes checked?

Eye-related headaches often occur during the day, particularly around mid-morning, midday or later in the afternoon or evening after your eyes have been working for several hours.

If your headaches are new or recurring, especially if they are associated with visual tasks, eyestrain or blurred vision, an eye examination is a great place to start. We can assess your prescription, focusing system, eye coordination and eye health. Headaches that occur first thing in the morning or during the night are less typical of visual strain and should be discussed with your GP, particularly if they are new or unusual for you.

Not every headache is an eye problem, but having your eyes checked is a great first step to identifying the cause.

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Sometimes the first step in understanding your headaches is checking your eyes.

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Dingley Football Netball Club



After two more unbelievable football and netball seasons, your local Dingley teams have again done the community proud. At the time of writing these notes, both the Senior and Reserves football teams are again competing for the Premiership in a few days [Saturday September 19] against old rivals in Cheltenham in the Senior grade and against Narre Warren in the Reserves.

Our Netballers have already won premierships in Divisions A1 and B3 to consolidate their high standings in the sport, not only locally but state-wide. In coming days all football results will be on the club's website as they happen.

In the football world, all players and support staff are fully concentrating on the days ahead as both sides aim for more premiership success.

In recent days, Dingley midfielder Chris Horton-Milne has carried off his second Southern Football Netball League Best and Fairest Award with 22 votes, having won previously in 2021.

We got further cream to our 2026 pie, with young star Ruben Nagar winning the Reserves grade award. Congratulations to both. Chris rates alongside our greatest ever players and Ruben has the world at his feet.

Congratulations also to netballers Georgie O'Brien and Jess Payne who were judged best players by the umpires in their Grand Final wins. Being judged 'Best on Court' in the biggest match of the year is about as good as it gets.

In previous reports I've mentioned that at the start of the year as players began pre-season training, only one of last years 21 Reserve Grand Final players had committed to this year, that being Captain Brad Cunningham.

In more than sixty years involvement in the game, I have never experienced or even heard of, any team not only being able to recover enough to put together a competitive side but to reach the Grand Final. We will know the result soon but to all those involved from coach Jarrod Best down, you are already winners.

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Dusky Moon
by Richard Walsh



School formals can increase body image anxiety for some teens. Here's how parents can help.

THE CONVERSATION

Academic rigour, journalistic flair

Published: September 4, 2026 6.09am AEST
Vivienne Lewis: Clinical Psychologist and Senior Lecturer in Psychology, University of Canberra

Formal is one of the most exciting events on the school calendar for many senior students. Young people can spend months choosing outfits, planning a hairstyle and trialling different makeup looks. For some teens, it may even be their first time wearing a suit or a more "dressy" dress.

But while formals make for great high school memories, some young people might experience increased anxiety about their body image and feel an enormous pressure to look a certain way on the night.



What is 'body image'?

Many people think "body image" simply refers to how someone feels about their body size or shape. However, body image is much broader than this. Body image refers to the thoughts, feelings and beliefs we have about our body and physical appearance.

This can include our weight and shape, but also features such as our hair, skin, height, facial features and other aspects of how we look. It also includes what we believe our appearance says about us as a person, and how we think other people perceive and judge our appearance.

For example, a teenager struggling with their body image might think, "if I lose weight, I'll look better in my dress".

But underneath that can be a bigger belief such as, "if I look better, people will like me more".

They may give their appearance more power over how they feel about themselves than it deserves. Body image isn't just a girls' issue either. Boys can be affected by body dissatisfaction and experience pressure to be lean, muscular or athletic.

Comparison can make it worse

Social media can turn up the volume on all of this. Research shows social media gives teenagers many more opportunities to compare their appearance with other people, such as friends, influencers and celebrities.

The more often teens make these comparisons, the easier it can be to decide their own body doesn't measure up to perceived beauty standards.

School formal can create anxiety

Formal time can bring these worries to the surface. In the lead up to the event, a teenager might scroll through hundreds of images of dresses, suits, bodies, makeup, hairstyles and "formal transformations" (when teenagers post comparisons of their before and after looks when getting ready).

This can create an idea of what someone going to a formal is "supposed" to look like. Of course, they're comparing themselves with carefully selected images. We don't usually post photos where our eyes are closed, we're standing awkwardly or the angle is bad.

Signs your teen needs support

Some behaviours parents should watch out for in young people are when they:

- Speak more critically about their body
- Often make comparisons between themselves and their friends
- Say they don't want to attend formal because of how they look
- Avoid shopping for an outfit
- Are distressed about how they look in photographs.

It's important to pay attention to your child's relationship with food and exercise too.

As formal approaches, some teens may start skipping meals, cutting out foods or exercising more because they want to lose weight or change their shape before the event.

This doesn't necessarily mean they have an eating disorder. But such changes are worth noticing, particularly if your teenager becomes increasingly preoccupied with food, weight or appearance.



What parents can do to help

If you've seen concerning behaviour from your teen, you might start the conversation by saying:

I've noticed you seem really worried about how you're going to look at the formal. Tell me what's worrying you.

Then listen. You don't have to immediately fix the problem.

During conversations, you might also ask them:

- Who decides one body looks better in a formal dress than another?
- Why does a boy need to be muscular to look good in a suit?
- Would you judge your friends' bodies as harshly as you judge your own?

These points can help them question where their ideas about bodies come from. It's important to talk to teens about their social media use too. You might encourage them to question the content on their feeds and to unfollow accounts that make them feel worse about themselves. If they say something critical about their appearance in front of you, avoid saying phrases such as, "don't be ridiculous, you look beautiful". This can dismiss their feelings and reinforce the idea that how they look is what matters.

Shift the focus

It can help to shift your child's focus from what their body looks like to what their body allows them to do and experience. You might tell them it's okay to not love every part of their body every day. But also let them know it's still important to learn how to respect and appreciate their body. It helps to remind them their appearance is only one small part of who they are.

As a parent, you can model this too. Try not to criticise your own body, talk about dieting before an event or comment on other people's weight.

Most importantly, help your teenager put the formal back into perspective. The purpose isn't to have the perfect body, wear the perfect outfit or take the perfect photo. It's to celebrate, have fun and make memories with friends. Years later, they'll hopefully remember who they were with and how much they laughed, not what size they wore.

The Butterfly Foundation provides support for eating disorders and body image issues, and can be reached on **1800 334 673**.

Disclosure statement

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What Do We Lose When We Lose Nature?

A recent Friends of Braeside Park Spring Walk was a reminder of how much there is to discover when we slow down and look closely.

In ninety minutes through the restricted heathland, we smelt fragrant Wedding Bush (*Ricinocarpus pinifolius*), examined the strange Cherry Ballart (*Exocarpos cupressiformis*), listened to honeyeaters and learnt to distinguish different *Drosera* species.

These indigenous plants are part of the Sandbelt landscape on which Braeside and much of Kingston sit. They have evolved alongside insects and other wildlife to survive in our nutrient-poor sandy soils.

Yet this year there seemed to be noticeably fewer insects. Perhaps it was simply the weather or time of day, but it was also a reminder of the wider decline in insect populations. Insects pollinate plants, feed birds and other animals, and help sustain the ecosystems on which we depend.

The way we design our suburbs matters. Natural habitat is increasingly replaced by intensively managed turf, buildings, roads and brightly lit sporting facilities.

We need playgrounds, sporting grounds and shops, but we also need places where nature itself is allowed to flourish. Natural open space should be regarded as essential community infrastructure, not simply land waiting for another use.



Save Greenlink Sandbelt Indigenous Plant Nursery

There is an uncomfortable contradiction in Kingston.

Council's Gardening for Wildlife program encourages residents to create small pockets of indigenous habitat, yet Greenlink Indigenous Nursery, which grows the indigenous plants of our local area, struggles to find a permanent home because it does not fit neatly into land designated for sport, business or industry.

If we can find room for almost every human activity but cannot find room for the plants, insects and wildlife that belong here, something is wrong with our priorities. www.greenlinksandbelt.org.au

Braeside's heathland shows us what can survive when nature is given space. Protecting our local flora and fauna is not an optional extra.

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GARDENING GUIDE



A weekend spring reset for Dingley gardens

By Tim Le Grand, Kanga Gardening

A spring weekend in the garden can disappear quickly. There are weeds to pull, beds to prepare and rejuvenate, citrus trees to prepare for an abundant harvest next winter and watering systems to check. A few jobs done at the start of spring can make the garden easier to manage as growth picks up. Dingley has a cool temperate climate, and the mild, moist weather of early spring is the perfect time for planting. The local nurseries are bursting with colourful displays clamouring to be taken home.

Read the soil suitability

Look around your garden to locate areas that remain saturated after surrounding areas have drained. To alleviate this problem, first check where the water is coming from and ensure surface drains are not blocked by leaves. Persistent wetness can have several causes, including compacted soil, poor drainage or runoff from paving. Adding soil over a low spot will not necessarily fix the underlying problem.

If the same area always stays wet, investigate it before buying replacement plants. You may need drainage advice or plants better suited to those conditions. Fertiliser will not correct a lack of air around waterlogged roots. Tidy up by sweeping debris off paths. Don't forget to save your old leaves for the compost bin.

Get weeds out before they seed

Work through one bed at a time, starting with weeds that are flowering or forming seed heads. Small weeds are usually easier to remove, and dealing with them now reduces the amount of seed left for later and will minimise root competition for the plants. Remove as much of the root system as you can and dispose of seed heads carefully rather than scattering them as you work. If you do not recognise a plant, identify it before pulling it out. Self sown garden plants and emerging bulbs can be easy to mistake for weeds.



Ribwort plantain pulled whole roots and all, before it sets seed. Check the patch again for regrowth

Watch the watering system work

Run each irrigation zone briefly and walk along it. Look for sprinkler heads hidden by growth, spray landing on paving, split dripline and leaking fittings. With drippers, check that water is reaching the soil near the plants. Mark faults as you find them so they are easy to locate when the system is off. Repair accessible faults within your skills and arrange help for anything more involved.



Check where the water is landing before covering the bed with fresh mulch

Check the controller clock and watering days as well. Spring rain may be supplying enough moisture, even when the weather feels warmer.

Look beneath the mulch before adding another watering cycle, and adjust the schedule as conditions change.

Under Victoria's permanent water saving rules, garden watering systems using drinking water can only operate between 6 pm and 10 am. Check your water retailer's current advice when setting the controller.

Prepare the garden beds

First weed and remove any old spent growth. Then aerate lightly with a fork to make sure the earth is nice and loose. Next, cover with a light sprinkling of compost and work the compost into the top two centimetres of soil with your hands.

Make sure to wear gloves. Finish with mulch. Pull back a small section to see how much mulch remains and how much you will need to top it up. For many established shrub beds, a total layer of coarse organic mulch around 50 to 75 millimetres deep is a useful guide.

Spread it over moist soil, keeping it clear of trunks, stems and the crowns of low plants. Mulch helps limit evaporation and suppress new weeds, while giving the bed a tidy finish. Spread it evenly rather than leaving deep piles beside the plants.

Give the citrus trees a spring routine

Once the winter fruit is gone, check for pests and disease and act by removing or treating the affected parts. Then lightly prune to shape and remove any diseased branches.

Feed the roots by watering in trace elements (the micronutrients) around the base of the tree, then apply a seaweed emulsion to encourage microbial activity and water retention. Mulch well to keep moisture in as the weather warms up.

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

kangagardening.com.au

hello@kangagardening.com.au

0406 937 593

Happy Gardening



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117 Centre Dandenong Road Dingley, Victoria 3172

Worried your pet might catch bird flu? Here's what you can do.

THE CONVERSATION

Academic rigour, journalistic flair

Published: September 10, 2026 6.08am AEST

Sally Coggins: Postdoctoral Research Fellow
(Diseases and Treatment of Cats), University of Sydney

As a veterinarian who studies infectious diseases in cats, I've been repeatedly asked whether Australia's outbreak of the H5 bird flu poses a risk to pets. The short answer is yes.

As this lethal virus continues to infect more mammals, poultry farmers and backyard chook owners remain on high alert. But outbreaks overseas suggest pets – particularly cats – can also contract H5 bird flu and develop severe disease. To date, Australia has not recorded any cases of the deadly H5 bird flu in pets and the risk to most cats and dogs remains very low. But if infection does happen, the consequences can be serious.

As a nation of pet owners – with 7.7 million Australian households sharing their homes with a pet – we must understand how cats and dogs may become infected, what signs to watch for and which practical measures can reduce exposure to H5 bird flu.

Not just birds

Cats and dogs can catch bird flu in four main ways:

- direct contact with infected wildlife
- being in places where infected wildlife have been consuming infected animal products
- coming into contact with the virus at home, including via clothing, shoes or equipment.



H5 bird flu outbreaks abroad – including in Poland, South Korea and Belgium – suggest infected cats can deteriorate rapidly and often die within days of exposure. Dogs can also become infected but appear less vulnerable to severe sickness. Many develop only mild symptoms or none at all. Currently, no vaccinations are available for pets, and there is limited data on whether existing influenza antivirals could be a safe and effective treatment for cats and dogs. This means prevention is the most effective tool we have.

How would I know if my pet is infected?

The early signs of H5 bird flu infection resemble those of many common animal diseases. Infected pets may initially look unwell, develop a fever, become lethargic and go off their food. Common respiratory signs include coughing, difficulty breathing and discharge from the eyes or nose.

In cats, H5 bird flu can quickly progress and lead to serious neurological symptoms such as tremors, seizures or sudden blindness. If your pet develops any of these symptoms, don't arrive at your veterinary clinic unannounced. Call ahead and discuss your concerns with a vet, telling them if your pet has recently had contact with wild birds, wildlife or raw animal products. This will allow your vet to assess your pet's level of risk and determine the safest way to examine them. If your vet suspects your pet may have bird flu, they may conduct an initial assessment outside the hospital and implement additional infection control measures, such as wearing protective clothing and caring for your pet separately from other animals.

They may also consult with the government veterinarian coordinating the bird flu response in your area.

If directed to do so by the government veterinarian, your vet may collect samples – most commonly respiratory swabs similar to COVID tests – to determine whether H5 bird flu could be involved. Currently, there is no in-house test that veterinary clinics can perform, so samples must be sent to a dedicated government laboratory for analysis.

What you can do

Here are four practical steps owners can take to help keep their pets safe.

1. Avoid contact with wildlife

Leashing dogs and keeping cats indoors where possible will stop them from touching, scavenging or hunting infected wildlife. This also prevents pets from hunting healthy native wildlife, which need all the help they can get as this virus spreads.

2. Stay away from contaminated environments

H5 bird flu can be present in bird droppings, feathers, carcasses and contaminated water. Depending on environmental conditions, the virus can survive for days or even weeks.

To protect your pet, bring food and water bowls inside when not in use and cover outdoor cat enclosures with roofing or tarp to keep contaminated bird droppings out. You can also shift bird baths and feeders from areas your pet frequents or remove them altogether.

3. Steer clear of raw animal products

H5 bird flu is likely to spread into poultry or other farmed animals, making raw animal products a potential source of infection. Most feline cases overseas occurred when cats ate raw foods – including raw meat, unpasteurised dairy products and improperly processed pet food – later found to be contaminated with the virus. Owners should avoid feeding their pets such products. And it's worth noting, freezing or freeze-drying food does not reliably kill or inactivate avian influenza viruses.

4. Don't bring the virus home

To avoid accidentally infecting your pet, it's important to boost hygiene measures. This is especially true if you work with birds, wildlife or farmed poultry. Only handle sick or injured wildlife if you are trained to do so. If you do have contact with them, wash your hands thoroughly, disinfect any equipment and change clothing and footwear before returning home. For most Australian pets, the risk of getting H5 bird flu is extremely low. Taking some simple precautions can help keep it that way.

If you encounter sick or dead wildlife, remember to "avoid, record and report" any sightings to the Emergency Animal Disease Hotline on **1800 675 888**.

You can stay informed about where H5 bird flu has been detected by regularly checking the Australian government's bird flu website and detection map.

Disclosure statement

Sally Coggins 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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CIRCLING THE CLUBS



Country Women's Association Dingley Village



It has been a busy 4 weeks for our CWA group.

We had a very successful Father's Day stall. All money raised will go a long way to helping the causes we support. Our produce was well received especially the jams, lemon butters and chutneys. Thanks again to all our lovely supporters and Bunnings for generously hosting our stall.

At our last general meeting for August, we had a very informative talk from Peter O'Leary of the Men's Shed giving us some history and explaining how they function in the community.

This September craft day saw us learning how to connect our crochet squares together into blankets.

If you want to join us or just see what we do or how you can help, 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**.



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Probus Club Dingley Central



At our September meeting the guest speaker Samantha Clarke, presented an insight into the Mersey Ships. Two hospital ships offer state of the art facilities and sail along the West Coast of Africa including Fiji, Vanuatu and the Caribbean.

Before the ships dock, flyers are sent to inform the public of their impending arrival. An advance team screens thousands of patients to see who qualifies for surgery, with some people waiting for days hoping to be eligible for treatment. As patients have had little or no excess to medical care, ailments can be extremely severe. Some with disfiguring medical conditions, facial tumours and burns are very common. Often patients are cast out of their communities, treatment can help remove stigma and isolation they have experienced. All care is free of charge.

The ship is manned by over 400 volunteers, doctors, nurses, and bio medical technicians who all pay their own expenses and must sign on for 3 years. Each year the ships dock at the Canary Islands for 2 months maintenance and repairs. A new ship is being built to their specifications.

Activities planned for October

50th anniversary picnic, Happy Hour, Camera Club, Legs and Morning Coffee, Wine Tasting, Film Day, Morning Melodie's, Dine Out, MTC Live Theatre, 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)



**Gambler's
Help**
1800 858 858

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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Our Vision: Connecting People To Jesus Christ
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Ph: 8551 6600 **Email:** admin@crm.org.au
Web: www.kcc.crm.org.au

Senior Pastor: Dan Parker
Sunday Services: 10am Service
(includes Children's Ministry)

Building Stronger Marriages, Together

Marriage and engagement are exciting seasons of life, but building a strong, healthy relationship takes time, intention and a willingness to keep learning together.

Inspire City Church Kingston hosts a fortnightly relational support group for married and engaged couples in the early years of their life together. We meet on Wednesday evenings in our home in Dingley Village, where couples can enjoy a relaxed, warm and welcoming evening filled with connection, conversation, humour and plenty of encouragement.

Our evenings begin with supper and time to catch up, followed by a practical and purposeful relationship study. Each gathering includes teaching, couple time and group discussion, creating opportunities to reflect on your own relationship, learn practical skills and share experiences with other couples.

The group is intentionally small, providing a safe, faith-filled environment where couples can be themselves, ask questions, laugh together and support one another. We believe that investing in your relationship early can help build a strong foundation for the years ahead—and you certainly don't need to be experiencing relationship difficulties to benefit!

Whether you are newly engaged, recently married or a few years into marriage, we would love to welcome you. Fortnightly Wednesdays | Dingley Village | Inspire City Church Kingston

For more information, please contact Inspire City Church Kingston on admin@crm.org.au or call 8551 6600.

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.uca.vic.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

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 8th Outdoor service,
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: Tuesday 13th October 2026.

6PM Azusa Worship Service (Auditorium)

Last Sunday of the Month.

Next Service: Sunday 25th October 6pm

Op Shop Sale

Roundabout Op Shop Sale on Saturday 3rd October, 9:30am-1:30pm.

Sausage & drink for \$5.
MASSIVE Craft sale and huge stock of Christmas Decorations.

Life Groups for Bible Study

For more information, please contact our office.

Saturday Youth Group - MOTION YOUTH

Motion Youth is taking a break over the school holidays and will return on Saturday 10th October for Term 4. 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.

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

Supports communities Locally, Nationally, and Internationally. Offering many bargains (good quality clothing, books, bric-a-brac, toys).

Volunteers Welcome!

Opening Hours:

- Wednesday 9.30am – 4 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.

Food Parcels Available

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/kingstonsite/

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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GREENWOOD VILLAGE MEWS**

**You can contact us directly and find out just how easy it is to live locally
among friendly, supportive folk.**

**52-70 Centre Dandenong Rd, Dingley Village VIC 3172, (03) 9558 3322,
www.greenwoodvillagemews.com.au email:gvillage@tpg.com.au**

DINGLEY VILLAGE TRADE DIRECTORY

ACCOUNTANTS

SS Accounting Solutions 9551 3940

APPLIANCE REPAIRS

AAD&O Refrigeration 9551 4626 0418 331 548

AUTOMOTIVE

B.S.T. Car Care Services 9558 7388

Hondcar Service Centre 8555 0566 0408 343 212

BATHROOM SERVICES

Bathroom revival 0408 549 697

CARPETING

Carpet Melbourne Direct 0404 888 048

CELEBRANT

GS Ceremonies 0432 183 926

CHILDCARE

Little Villagers Child Care 8512 0509

Little Scribblers 1300 300 011

CHIROPRACTOR

Dingley Chiropractic Centre 9558 1436

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Christ Church, Dingley 9551 7871

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