



# THE DINGLEY DOSSIER

Volume 51  
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[www.dvnc.com.au/dossier](http://www.dvnc.com.au/dossier)

## WELLBEING

We are hearing the phrase Health and Wellbeing a lot more, but what is wellbeing?

Wellbeing is not just the absence of disease or illness. It is a complex combination of a person's physical, mental, emotional and social health factors. Wellbeing is strongly linked to happiness and life satisfaction. In short, wellbeing could be described as how you feel about yourself and your life.

### Factors that influence wellbeing

Every aspect of your life influences your state of wellbeing. Researchers investigating happiness have found the following factors enhance a person's wellbeing:

- Happy intimate relationship with a partner
- Network of close friends
- Enjoyable and fulfilling career
- Enough money
- Regular exercise
- Nutritional diet
- Enough sleep
- Spiritual or religious beliefs
- Fun hobbies and leisure pursuits
- Healthy self-esteem
- Optimistic outlook
- Realistic and achievable goals
- Sense of purpose and meaning
- A sense of belonging
- The ability to adapt to change
- Living in a fair and democratic society

### Factors are interrelated

The factors that influence wellbeing are interrelated. For example, a job provides not just money but purpose, goals, friendships and a sense of belonging. Some factors also make up for the lack of others.

For example, a good marriage can compensate for a lack of friendships, while religious beliefs may help a person come to terms with physical illness.

### Wealth is not the key

Money is linked to wellbeing because having enough money improves living conditions and increases social status. However, happiness may increase with income but only to a point. Many people believe that wealth is a fast track to happiness. But it is not true. Various international studies have shown that it's the quality of our personal relationships, not the size of our bank balance, which has the greatest effect on our state of wellbeing.

Believing that money is the key to happiness can also harm a person's wellbeing. For example, a person who chooses to work a lot of overtime misses out on time with family, friends and leisure activities.



### How to achieve wellbeing

- Develop and maintain strong relationships with family and friends.
- Make regular time available for social contact.
- Try to find work that you find enjoyable and rewarding, rather than just working for the best pay.
- Eat wholesome, nutritious foods.
- Do regular physical activity.
- Become involved in activities that interest you.
- Join local organisations or clubs that appeal to you.
- Set yourself achievable goals and work towards them.
- Try to be optimistic and enjoy each day.



Information provided by Victorian Department of Health, [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)

## FARMERS' MARKET

SATURDAY 18<sup>TH</sup> FEBRUARY | 8:30AM - 1:00PM



We acknowledge the Traditional Custodians of the land on which we live, and pay our respects to them, their culture, their Elders past, present and future and uphold their relationship to this land and the important role all Aboriginal and Torres Strait Islander people continue to play within Australia.

# COMMUNITY

## LIVING IN DINGLEY VILLAGE

### IMPORTANT NUMBERS

**City of Kingston:**

1300 653 356

**Emergency:** 000

**Police:** 131 444

**Crime Stoppers:**

1800 333 000

**Lifeline:** 13 11 14

**Suicide Call Back Service:**

1300 659 467

**SES:** 13 25 00

**Poisons Info:** 13 11 26

**Coronavirus Hotline**

1800 675 398

**MensLine:**

1300 789 978

**WIRE**

**(Women's Information  
and Referral Exchange):**

1300 134 130

**Safe Steps:**

1800 015 188

**Nurse on Call:**

1300 606 024

**Tip Smells & Dust:**

EPA 1300 372 842

**Aircraft Noise:**

1800 802 584

**Neighbourhood Centre:**

8512 0505

**Community Association:**

dvcasecretary@gmail.com

**Men's Shed:**

9551 5892

**VicRoads Faults  
and Hazards:**

13 11 70

**RSPCA:**

9224 2222

### Justice of the Peace

Malcolm Gilbert: 0418 549 800

Marion Harriden: 9551-1799

Allan Harris: 0412 073 719

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

### Colouring Competition Winners

Thank you to all those children who took part in the Dingley Village Neighbourhood Centre Colouring Competition, the winners are:

#### 6 years old and Under:

1st place: Jasmine Ineni

2nd place: Milla Kilpady

3rd Place: Allis Patterson

#### 7 – 11 years old:

1st place: Dom Musgrave

2nd place: Isabelle Siebel

3rd place: Sophie Roberts



### Witticism

I'm in my mid 60's and I have just realized I still have so many unanswered questions!

I never found out who let the dogs out... the way to get to Sesame Street... why Dora doesn't just use Google Maps... why we don't ever see the headline "Psychic Wins Lottery"... why women can't put on mascara with their mouth closed... why "abbreviated" is such a long word... why lemon juice is made with artificial flavour yet dish-washing liquid is made with real lemons... and, why do you have to "put your two cents in" but it's only a "penny for your thoughts" where's that extra penny going to... why do The Alphabet Song and Twinkle Twinkle Little Star have the same tune... why did you just try to sing those two previous songs... and just what is Victoria's secret? ...and do you really think I am this witty?? ... I actually stole this from a friend who stole it from a friend of her brother's girlfriend's Uncle's cousin's, baby mamma's Doctor...

### Special Dates in February

#### Ovarian Cancer Awareness Month

Every February, women living with ovarian cancer, their families and supporters, and worldwide patient advocacy organisations come together to raise awareness about ovarian cancer.

Website: [www.ovariancancer.net.au/](http://www.ovariancancer.net.au/)



#### Red Feb

Heart Research Month raises awareness about the devastating impact heart disease has on families, friends and communities, and the importance of supporting life-saving heart research to find new ways of preventing, diagnosing and treating heart disease. Getting involved is as simple as wearing red and donating. Website: [www.heartresearch.com.au/wrd/](http://www.heartresearch.com.au/wrd/)



#### Safer Internet Day 7th Feb

Safer Internet Day seeks to start a national conversation about using technology responsibly, respectfully, and creatively. This day encourages people to explore how they manage their online identity and to consider how they perceive themselves and others online. It urges people to consider how their online identity makes them feel. It poses the question of whether their presence online is being used as a positive or negative form of expression.

#### International Day of Women and Girls in Science 11th Feb

This day celebrates that science is for all. It acknowledges the contributions of female scientists around the world, and encourages more young women and girls to train and work in scientific fields.



#### Nirvana Day (Parinirvana Day) 15th Feb

Nirvana Day is an annual Buddhist festival that remembers the death of the Buddha when he reached Nirvana at the age of 80. Nirvana is believed to be the end of the cycle of death and rebirth. Buddhism teaches that Nirvana is reached when all want and suffering is gone.

#### Ash Wednesday 22nd Feb

Ash Wednesday marks the first day of Lent in the Christian calendar, a 40 day period (excluding Sundays) that ends with Easter. This is a solemn period observed by prayer, repentance, fasting, and moderation.



# FARMERS MARKET



**OUR NEXT MARKET IS ON SATURDAY 18<sup>TH</sup> FEBRUARY**

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

**With Summer in full swing, there is a plentiful selection to tempt your taste buds,**

We have a range of fresh, seasonal fruit and veg; artisan breads and small goods; award winning sausages and cheeses; small batch jams; free range eggs and so much more!

Pick up your favourite fresh and frozen berries from Yarra Valley Produce, Spud Sisters & 280 Fresh Veg will have the perfect ingredients for your summer salads and for that Quiche or Frittata Egg-erton Free Range Eggs, La Villa Salumi bacon, Blue Bay Cheese are the stalls for you. We have a diverse range of produce at the market from staples to special treats, as well as boutique drinks and complimentary products such as Roving Refills.

Check out our Facebook page on the Friday prior to each market for an updated list of stall holders attending on Saturday. While most of our stall holders are permanent, sometimes they are unable to attend <https://www.facebook.com/DingleyVillageFarmersMarket/Plus>, all the regular stall holders continue to provide quality local produce and products. At their heart, farmers' markets are a place for food producers and consumers to connect directly in the buying and selling process.

Our farmers' market gives you a chance to meet the person who grew or made your food.



DingleyVillageFarmersMarket



**DINGLEY VILLAGE  
FARMERS'  
MARKET**

**SATURDAY  
18th Feb  
8.30AM—1 PM**

**31 Marcus Rd,  
Dingley Village**

**Free entry & parking**

[www.dvnc.com.au/farmersmarket](http://www.dvnc.com.au/farmersmarket)



# HONDA

## SERVICE CENTRE

4/32 Taunton Drive, Cheltenham

Log Book Service/General Repairs  
Electrical Service/Repairs RWC  
Clutch and Brake Service/Repairs  
Automotive Transmission Service  
A/C Service and Repairs

Open- Mon. - Sat.

P: 8555 0566 M: 0408 343 212 (Kel)

### Dingley Village Police Update

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

## When you need us, but not the sirens

Use our Police Assistance Line and Online Reporting service to report non-urgent crimes or events 24/7. Save 131 444 to your mobile phone contacts to report quickly and easily.

**For emergencies, to report a crime in progress, or for immediate police attendance, please call Triple Zero (000).**

Online Reporting provides you with the same service you would receive at a police station at a time or place convenient to you.

You can submit a report online for:

- \* lost property \* theft \* property damage
- \* absence from residence \* Partysafe registration.

Once we process your report, you will get a notification with support information and a police reference number. This will be sent either by email or by post.

You can call 131 444 to report some non-urgent crime and events anytime, anywhere 24 hours a day, seven days a week. Examples of non-urgent crimes and events include:

- \* burglary including at a commercial property or a home with no occupant present
- \* theft (including theft of a motor vehicle)
- \* property damage up to \$5000
- \* lost property
- \* general enquiries.



*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 5 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 9am - 2pm**

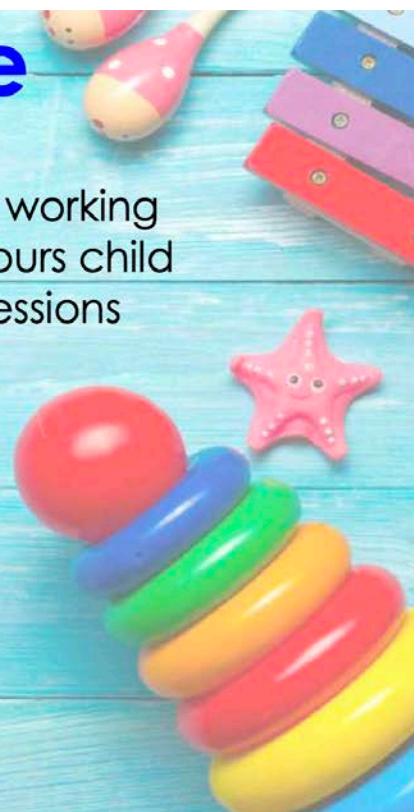
Monday - Friday

**8512 0509**

31B Marcus Rd, Dingley Village

(inside Neighbourhood Centre)

Email: lvcc@dvnc.com.au



*DVCA hopes you had a happy, healthy festive season and we wish everyone an excellent year ahead in 2023.*

## Meng Heang Tak, Member for Clarinda

Following the State Parliament electorate redistribution in November 2022, Dingley Village is now located in the State Electorate of Clarinda and our new local State Member of Parliament for Clarinda is Meng Heang Tak.

DVCA congratulates him on his successful re-election to State Parliament last November and looks forward to his representation of our Dingley Village community and issues.

## Hawthorn Football Club Kennedy Community Centre - What's Happening?

Development of the Hawthorn Football Club's new headquarters, the Kennedy Community Centre, on Tootal Road continues, with the latest news received from the club advising:

- The site at Tootal Rd has undergone considerable environmental works ahead of the commencement of the build.
- The club is in the final stages of signing an agreement for the construction contract.
- Hawthorn Football Club is aiming for a completion date of midway through 2024.

The first stage of the Kennedy Community Centre development will be the community oval and grandstand. DVCA is working with the Council on the upgrade of Tootal Rd to accommodate the increase in traffic once the Kennedy Community Centre opens.

We thank Hawthorn Football Club for their continued proactive communication with us.

## City of Kingston Neighbourhood Character and Housing Study Planning Scheme Amendment C203

Amendment C203 sets out the proposed residential zones for the City of Kingston, based on Council's Neighbourhood Character and Housing Study 2021.

### Where are we at?

In September last year, Council received 506 submissions on Amendment C203, which covered numerous issues, such as planning zone building height limits,

population growth and the resultant impact on parking, traffic and other infrastructure in the City of Kingston.

Following consideration by Council of the number and breadth of issues raised in these submissions, Council has now requested the Minister of Planning to appoint a Planning Panel to consider these submissions made on Planning Scheme Amendment C203.

Everyone who made a Amendment C203 submission will be invited to present their issues/views to the Panel.

## The Amendment C203 Process Timeline

- Public Exhibition: 6 weeks from 18 August to 29 September 2022
- Council Consideration of our Feedback: December 2022
- State Government Directions Hearing: Week of 13 February 2023
- State Government Panel: Week of 27 March 2023

### What happens next?

1. Planning Panel will make recommendations and provide a publicly available report.
2. Council will then consider the Panel report at a Council meeting and decide to:
  - adopt the amendment, or
  - adopt the amendment with changes, or
  - abandon the amendment

## Why is Amendment C203 So Important for Dingley Village?

Amendment C203 sets the residential zoning of our village.

Most of Dingley Village would be designated Neighbourhood Residential zoning (NRZ) with a 2 storey height limit, with a limited area around the village shopping centre precinct (200 metres walking distance), to be General Residential zoning (GRZ) with a 3 storey height limit.

That will allow over 100 dwellings near the shops to be three storey.

DVCA hopes that the Neighbourhood Character and Housing Study 2021, which would be incorporated into our planning scheme under Amendment C203, will assist in preserving our unique village environment and protect the neighbourhood character and amenity of our residential streets.

Preventing inappropriate housing development, such as Australian Super's current proposed large-scale development

of Kingswood Golf Course for the construction of medium density "front and rear loading townhouses" up to 3 storeys high.

## Have Your Say - City of Kingston's Draft Urban Forest Strategy

Council is currently developing an Urban Forest Strategy to assist in protecting and increasing Kingston's tree canopy.

Currently Kingston's tree canopy is a relatively low 12.5% and Council seeks to increase this to 20% by 2050. This is an important issue for our community's current and future urban environment, significantly impacting urban cooling, flooding, air quality, habitat and biodiversity.

Your opinion is needed by Council - So Have Your Say, by simply going online to

<https://www.yourkingstonyoursay.com.au/urbanforest>

for further information and to send in your feedback before Monday 20 February 2023.

### DVCA

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

Meetings are held in DVNC Cottage Room adjacent to the library, on the second Tuesday each month, February-November, at 7:30pm.

New members are most welcome to attend. For further information please contact David (Secretary) at [dvcasecretary@gmail.com](mailto:dvcasecretary@gmail.com), or visit [www.dvca.info](http://www.dvca.info).



# SHOP LOCAL THIS SUNNY SEASON!

Find everything you need this Summer at Dingley Village Shopping Centre!



Keep things convenient and local this Summer!

Tick off your to-do-list with a range of options for; services, fresh food, health and beauty, gift shopping and so much more.

Then take your pick from the best restaurants and cafés in town!



SCAN THE QR CODE

For a full list of retailers and the latest news from #DingleyVillage



[www.dingleyvillageshoppingcentre.com.au](http://www.dingleyvillageshoppingcentre.com.au)

79 - 109 Centre Dandenong Rd, Dingley Village VIC, Australia

# LETTER TO THE EDITOR



AustralianSuper, the developer who wants to destroy Kingswood, even in caretaker mode, has plundered grass for years and continues to remove as many trees as possible.

When council rejected their 22 separate applications to remove trees recently, the developer appealed to VCAT and a number were approved. So, expect the sound of chainsaws.

Now they have made 3 more separate applications. This is so unnecessary and goes against

AustralianSuper's environment-friendly claims. (ESG)

Kevin Poulter  
Save Kingswood Group inc.  
[www.savedingley.com](http://www.savedingley.com)



Save Kingswood Group Incorporated

## MENS SHED



### A Long Way on a Push Bike

Each calendar year a group of DVMS (Dingley Village Men's Shed) members set out to ride their push bikes and enjoy each other's company.

This is a weekly occurrence on a Wednesday although some ride on other days of the week as well. Whilst there is a great deal of banter included the serious side is the un-derlying competition to see who can ride the farthest in that calendar year. The record is around 1,700 k's.

Now, we should realise that these guys are aged from 65 to 87 years of age so to ride a push bike ANY distance is a feat in itself. But these are no ordinary novelists.

Some have been riding for years whereas others have only recently taken up the challenge. The draw is to get out in the fresh air, get some exercise, have some fun and maintain a lev-el of fitness they might not otherwise achieve.

As kids they might have chided each other about their prowess of speed and distance so it comes as a bit of a surprise that these "mature" guys still have that competitive spirit - if somewhat dampened over time.

The award for the Most Consistent rider this year went to Bill Goldsmith who at 82 years of age was recognised as being one of only two original group members who began 9 years ago, Vaughan Gibson being the other.

So there is truth in the old adage that "There is still life in the old dog yet!!"



Vaughan Gibson presents the 'Most K's in 2022' Award, to the Bill Goldsmith Bike Group.



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With four prominent Bayside locations, if you're looking to buy, sell, rent or lease, our dedicated local team of professionals are here to assist you.

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### Barry Plant Bayside Sales Team



Michael Care



Dora Kambouris



Eva Cumming



Zoltan Ganya



Jake Mabey



Damien Murphy



Kristyn Buckley



Dean Sirianni



Kylie Sirianni



Chris Kavanagh



Chloe Barry



Donna Brient

### Barry Plant Bayside Property Management Team



Maria Imbriano



Joshua Fabris



Justin Wright



Lily Brown



Vicki Smith



Carla Granger



Svetlana Marchese



Debbie Owen



Kathy Tiermanis



Rebecca Mitrevska



Georgie Stubbs



Natalie Riederich

*"To discuss your selling, buying or property management needs, contact us today"*

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#### Dingley Village

9B/79 Centre Dandenong Rd,  
Dingley Village

#### Mordialloc

507 Main Street,  
Mordialloc

#### Mentone-Cheltenham

18 Nepean Highway,  
Mentone

#### Chelsea

394-395 Nepean Highway,  
Chelsea

**9586 0500**

[bayside@barryplant.com.au](mailto:bayside@barryplant.com.au)

# OUR COUNCIL

## Historical clock switched back on



The historically significant Nylex clock in Mentone has been fully restored and is back displaying the time and temperature. The project was led by Council with support from site tenant Bunnings and comes after the clock fell into disrepair following the closure of the Nylex factory in 2006.

Nylex (formerly Moulded Products) originally came to Kingston in 1944 and was a major employer over the ensuing years, while the clock took its place on the Nepean Highway landscape in 1967.

Kingston Mayor Hadi Saab said it was fantastic to see the clock back operating. "The clock was previously heritage-listed under our planning scheme, meaning it couldn't be demolished and we have been working towards this outcome for a number of years," Cr Saab said.

"For decades the clock was an icon of our area, and it is exciting to know that it will remain as a nod to our history.



"Over recent years a number of iconic aspects of Kingston's heritage have received substantial public and private investment, so we are very pleased to add the clock to the list of recent achievements." Como Ward Councillor Chris Hill gave credit to the Mordialloc and District Historical Society for their advocacy around the restoration of the clock.

"There's was certainly a strong level of support from the community to get the clock running again and we are thrilled it has been restored," Cr Hill said.

"My dad actually worked for Nylex in the 60's and 70's, so the project has a real personal connection for me.

"It's a nice quirk that grandparents and parents travelling past on the Nepean Highway will be able to tell their kids this is how we used to get the time and weather before mobile phones.

"Hopefully the sign's restoration also sparks interest in the history of Nylex as a manufacturing icon - a role it played in our local economy for 60 plus years."

## Independent panel to assess new planning rules

New planning zones and updated rules for Kingston (Amendment C203) will proceed to an independent planning panel for assessment early in 2023.

All community members who made a submission regarding this important city-shaping amendment are encouraged to present their views to the planning panel to ensure their important feedback and lived experiences are properly considered as part of the process.

The planning panel will meet at Kingston's Municipal Headquarters in late March 2023, with the dates soon to be confirmed. Only registered, formal submitters will be invited to present to the committee.



C203 seeks to introduce and imbue the Kingston Housing Strategy and Neighbourhood Character Study (2021) into the Kingston Planning Scheme and updates the local planning policy framework and existing planning controls to reflect the objectives, directions and actions of the adopted Housing Strategy and Neighbourhood Character Study.

As the formal framework for housing over the next 20 years it includes a series of priorities needed to make housing more affordable, diverse, environmentally sustainable and matched to the changing needs of the local community. The amendment and accompanying strategy include new format residential zones and overlays, as required by the State Government, that will direct key issues including density, building heights, setbacks, and landscaping in local streets neighbourhoods outside of major activity centres.

Kingston Mayor Hadi Saab said Council has been working alongside our community over several years in developing these new planning rules and we are now at the pointy end of the process. "Our most recent consultation period over August and September 2022 attracted over 500 submissions presenting a variety of divergent views and highlighted the importance of getting this right," Cr Saab said.

"Building heights, population growth and the impact on car parking, traffic, and infrastructure, the proposed application of the Neighbourhood Residential Zone, and environmental matters like climate change, trees and flooding were among the key issues and topics discussed by submitters.

"As always, we remain committed to ensuring Kingston is well planned, with any future growth centred in and around our key activity centres, close to public transport, shops, and services to allow us to protect the amenity of our neighbourhood streets.

"We look forward to the independent panel's assessment and moving forward with our action plan for carefully balancing how we plan for population growth," Cr Saab said.

## The future of the former Don Tatnell Leisure Centre

Kingston Council is set to proceed with the demolition of the former Don Tatnell Leisure Centre in Parkdale.

After serious structural issues were identified, the centre was closed in February 2020 on the orders of the Municipal Building Surveyor. Further expert inspections and reports undertaken since that time have confirmed the failure of the building, determining that it can't be retained, easily remediated or repurposed.

The aim is to return the site to open green space for the community, with design and necessary alterations to be made to the adjoining Mordialloc Community Hub (MCC) to ensure all current building and code compliance matters are addressed in the process. Kingston Mayor Hadi Saab said while there will be many in the community sad to see the decommissioned centre finally go but the safety of our community and users was Council's number one priority.

"The experts have made it clear that the building can't be retained, and we are acting on that advice," Cr Saab said.

"We will continue to liaise with the MCC and the Tatnell family during the process. "Excitingly - planning for our new, district level, Aquatic and Leisure Centre is progressing well, and we are looking forward to delivering this once in a generation facility for our community around the corner on Governor Road in Mordialloc." The demolition of the former Don Tatnell building and associated remediation and activation of the site is set to commence in 2023.



## eSafety

No one should have to deal with serious online abuse or exposure to illegal and restricted online content on their own.

eSafety is here to support you.

Serious online abuse is when the internet is used to send, post or share content that is likely to harm the physical or mental health of the person targeted. This includes:

- Cyberbullying of a child or young person (under 18)
- Adult cyber abuse (18 years and older)
- Image-based abuse (sharing intimate images or videos without the consent of the person shown).

The harmful content could be a post, comment, text, message, chat, livestream, meme, image, video or email. It can be sent or shared via an online or electronic service or platform, including a:

- Social media service
- Email service
- Chat app
- Interactive online game
- Forum
- Website

Illegal and restricted online content ranges from seriously harmful material such as images and videos showing the sexual abuse of children or acts of terrorism, through to content which should not be accessed by children, such as simulated sexual activity, detailed nudity or high impact violence.



### When to report

For eSafety to investigate, cyberbullying of a child or adult, it must have first been reported to the service or platform used to send, post or share it – at least 48 hours before it is reported to eSafety. This is often the fastest way to have the content removed. You can report complaints about image-based abuse or illegal and restricted online content to eSafety immediately.

### How eSafety can help

If you experience cyberbullying targeting a child or young person under 18, adult cyber abuse or image-based abuse (the sharing of intimate images or videos without the consent

of the person shown), the online or electronic service or platform has a responsibility to help you. But sometimes that's not enough. In the most serious cases, when the service or platform does not help, eSafety can direct them to remove harmful content that has been sent to an Australian, or posted or shared about them.

Sometimes, eSafety may be able to fine or take legal action against a service or platform that refuses to remove harmful content, or the person who sent, posted or shared it.

When eSafety receive a report about serious online abuse, their investigators can also help you to protect yourself, deal with the experience, and find counselling and support. Find out what to do when faced with an inappropriate online incident including how to respond, remove harmful content and seek support.

<https://www.esafety.gov.au/>

eSafety is an independent statutory office supported by the Australian Communications and Media Authority (ACMA). The Online Safety Act 2021 gives eSafety substantial new powers to protect all Australians across most online platforms and forums where people can experience abuse or be exposed to harmful content.

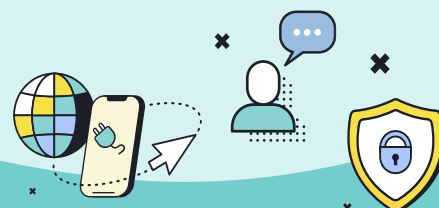
We are proudly supporting Safer Internet Day 2023

**connect. reflect. protect.**

Are you or someone  
you know experiencing  
serious online abuse?  
**eSafety can help**



Learn more at  
**esafety.gov.au**





# MARK DREYFUS MP

## FEDERAL MEMBER FOR ISAACS

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566 Main St Mordialloc VIC 3195

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



## How much memory loss is normal with ageing?

**Oliver Baumann**

Assistant Professor, School of Psychology,  
Bond University

**Cindy Jones**

Associate Professor of Behavioural  
Sciences, Bond University

You've driven home from work along the same route for the past five years. But lately, you've been stopping at the same intersection, struggling to remember if you need to turn left or right.

Many occasions in everyday life can make us question whether lapses in memory are normal, a sign of cognitive decline, or even the beginning of dementia.

Our first instinct might be that it's due to deterioration in our brains. And it's true that like the rest of our body, our brain cells shrink when we get older. They also maintain fewer connections with other neurons and store less of the chemicals needed for sending messages to other neurons.

But not all memory lapses are due to age-related changes to our neurons. In many cases, the influencing factors are more trivial, including being tired, anxious, or distracted.



### Some forgetfulness is normal

Our memory system is constructed in a way that some degree of forgetting is normal. This is not a flaw, but a feature. Maintaining memories is not only a drain on our metabolism, but too much unnecessary information can slow down or hamper retrieving specific memories.

Unfortunately, it's not always up to us to decide what's important and should be remembered. Our brain does that for us. In general, our brain prefers social information (the latest gossip), but easily discards abstract information (such as numbers).

Memory loss becomes a problem when it starts to affect your typical day-to-day living. It's not a huge issue if you can't remember to turn right or left. However, forgetting why you are behind the wheel, where you are meant to be going or even

how to drive are not normal. These are signs something may not be right and should be investigated further.

### Then there's mild cognitive impairment

The road between ageing-associated memory loss and the more concerning memory loss is coined as mild cognitive impairment. The degree of impairment can remain stable, improve, or worsen.

However, it indicates an increased risk (around three to five times) of future neurodegenerative disease such as dementia. Every year, around 10-15% of people with mild cognitive impairment will develop dementia.



For people with mild cognitive impairment, the ability to undertake usual activities becomes gradually and more significantly impacted over time. Besides memory loss, it can be accompanied by other problems with language, thinking and decision-making skills.

A mild cognitive impairment diagnosis can be a double-edged sword. It affirms older people's concerns their memory loss is abnormal. It also raises concerns it will develop into dementia. But it can also lead to the exploration of potential treatment and planning for the future.

### Losing your way can be an early marker

Impairment in navigation is thought to be an early marker for Alzheimer's disease, the most common type of dementia. Magnetic resonance imaging (MRI) studies have shown the areas that crucially underpin

memories for our spatial environment are the first to be affected by this degenerative disease. So, a noticeable increase in occasions of getting lost could be a warning sign of more pronounced and widespread difficulties in the future. Given the predictive link between declines in the ability to find your way and dementia, there is an incentive to develop and use standardised tests to detect deficits as early as possible.

Currently, the scientific literature describes varying approaches, ranging from pen-and-paper tests and virtual reality to real-life navigation, but there is no gold standard yet. A specific challenge is to develop a test that is accurate, cost-effective and easy to administer during a busy clinic day.

We have developed a five-minute test that used scene memory as a proxy for way-finding ability. We ask participants to remember pictures of houses and subsequently test their ability to differentiate between the pictures they have learned and a set of new images of houses.

We found the test works well in predicting natural variations in way-finding ability in healthy young people, but are currently still evaluating the effectiveness of the test in older people.

Get help when your memory lapses are consistent. While everyday memory lapses are not something we should unduly worry about, it is prudent to seek professional health care advice, such as from your GP, when those impairments become more marked and consistent.

While there is currently still no cure for Alzheimer's, early detection will allow you to plan for the future and for more targeted management of the disorder.

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# Help! My kid won't read chapter books. What do I do?

Published: January 9, 2023, 1:50pm AEDT

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Many children start school excited about learning to read. And parents too! After many years of reading and re-reading (seemingly ad nauseam) favourite picture books aloud, it's thrilling to see your child develop their own reading skills.

But what if they seem to be "stuck" on books that still use lots of illustrations, such as graphic novels, comics, or picture books?

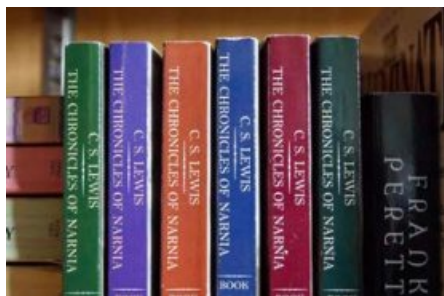
Many parents fret about their child still not having fallen in love with chapter books. You might mourn the fact they still aren't reading the books you loved as a child – the Roald Dahl classics, the Narnia books or more recent releases such as the Harry Potter series.

But the fact is, it's counterproductive to push your child to read a whole chapter book independently if they are not ready. You might turn them off reading altogether. Here's what to do instead.

**Yes, chapter books are important. But don't rush.**

Chapter books are an important step in learning to read. They introduce increasingly complex storylines, themes, characters, and settings.

They expand children's vocabulary (which is essential for developing reading comprehension). Importantly, when texts have no pictures, children must rely on decoding (recognising sound-letter relationships) to make sense of the words.



This helps with developing reading fluency (reading accurately with expression at a pace that allows for comprehension), and developing reading stamina (maintaining comprehension over longer passages of text).

But the transition to chapter books can be daunting for children. It's a big leap from picture books, where so much meaning is carried in the illustrations, to books where readers rely solely on the print to make sense of the text.

Your child may not be ready to read entire chapter books independently. They may still not have developed what researchers call "automaticity" in their decoding skills (reading words without having to sound them out).

Automaticity frees up mental space for paying attention to meaning. In other words, if you have to stop and sound words out all the time, it's hard to follow the plot and can take the fun out of reading.

Here are some ways you can help your child develop the skills they need to read and enjoy chapter books.

**Choose books that support the transition**

Many books are designed to support young readers, with short chapters featuring plenty of images.

There are picture books for older children, and don't be frightened of graphic novels. As well as visual richness, they often offer sophisticated storylines and themes.

Visit your local library and ask the children's librarian for suggestions. Share the reading, make it fun and keep the conversation going. Share the reading; you read a page or a paragraph, and they read a page or a paragraph, or even just a sentence or two.

This makes reading less overwhelming for kids, but still allows them to practise. Plan reading time so it doesn't compete with distractions such as screen time or siblings.

Your child may even like to help read a story to a younger sibling or to grandparents via Zoom. Read alongside your child so you can share ideas about the story, author, or series.

Talk with your child about movies, video games, images, art and comics. All of this talk helps build vocabulary and knowledge, which help them tackle more challenging texts.

**Respect their interests and keep it positive.**

Let your child explore the books they're interested in. Some children are not keen on fiction and prefer to read about science or the world around them. These kinds of texts also help develop vocabulary and complex language. Remember, reading for pleasure is associated with overall reading attainment and writing ability. It's a big part of becoming a lifetime reader.

Yes, you can still suggest books to your child. But don't get upset if they say no, and definitely don't insult their tastes by putting down their favourite books and authors. Whatever their response, keep the conversation channels open and help them feel confident about their own choices.



**Check your own anxiety levels and accept it takes time.**

Children can pick up on parental anxiety about academic achievement. Anxiety takes up mental space and interferes with your child's work as they practise more challenging reading.

Children may seem to master their sounds and letters quickly, but still need years of schooling to develop the knowledge and language they need for skilled reading comprehension. They also need time to get used to the pages of full print and the smaller font size in chapter books.

Accept that learning to read is a marathon, not a sprint. It's big work for a young person.

**What if I'm still worried?**

If you are really worried about your child's reading, talk to their teacher and consider if a sight or hearing test is warranted (to check they can see the letters and discriminate language sounds). If your child does have decoding difficulties, a systematic approach to learning about sound-letter relationships, and practice in reading accurately and fluently is important.

In the end, though, your most important role is to give time and encouragement, to maintain an interest and enjoyment in reading together and independently.

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## Keep up to date

Stay in touch with  
what's happening at the  
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at Centre Dandenong  
Road in Dingley Village.

The exhibition period for the redevelopment plans is now complete but you can still see what's being proposed by visiting the project website.

The website will publish the latest information about the planning process, about maintenance, tree and site management. And there are contact details for those with queries.

**[dingleyvillage3172.com.au](http://dingleyvillage3172.com.au)**

# LOOKING AT LOANS



## How Is Your 2023?

We all start a new year with hopes and dreams and expectations of the year to come. What happens next?

French philosopher Jean-Paul Sartre described life as being "C between B and D" – explained as C being the choices we make between B – birth and D – death. It is those daily choices each of us make that add up to create who we are.

Our choices can be our best friend, or our worst enemy, delivering the life we want, or not. For each choice has consequences, for better or for worse.

So, thinking about 2023 I ask myself:

- What should I start doing, or stop doing?
- What am I doing that I should do more of, or less of?

In all things, choices matter. Diet, exercise, finance – these are the easy start points for analysis. Of course, what is the "right" choice is not always obvious. That is where the choice to take advice is even more important.

For most, the purchase of a home is the largest financial transaction you will make in your life. The loan to fund that purchase becomes the largest debt and planning how to pay the debt off is critical. Which bank is best for you, fixed or variable loans, deposit required, government assistance

available, when to refinance; The list goes on. It is what you don't know that you don't know that is the most dangerous!

The need for advice in loan finance is well recognised. Latest statistics show more than 70% of home loans are being processed through the mortgage broker channel.

Using a broker was an easy choice for you to make! Integrity Finance Australia continues to provide services at no charge to clients, getting paid by receipt of commission from whichever bank a loan is eventually sent to (your choice in the end, inclusive of the 4 major banks).

Confirming also, banks do not add to their interest charges or fees to recoup commissions paid on residential loans. Commissions to brokers are paid from bank profits:

The product you end up with is guaranteed to be the same or better than if you went direct to that lender (so the added service and advice is genuinely at no added cost to you).

The Integrity Finance Team are dedicated to following best practice to assist you in making choices as to management of your home loan. We understand that the life you end up with is the accumulation of all the choices you make. Our goal is to assist you make the best choices, to change your life for the better, to pay your home loan off sooner.

Your past decisions have brought you to where you are today, your decisions made today will create your tomorrow. How can we help you?

Integrity Finance Australia has been serving the Dingley Village community since 2006. Call us on (03) 9511 8883 or email support@ifafinance.com.au.

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## Dingley Scouts

What an amazing end to 2022 we have had at Dingley Scout Group.

Firstly, can we thank everyone who supported our trivia night back in November, either by donation of prizes or by coming along and supporting our youth. Over 150 people attended with all money raised going to the lucky 9 members of Kingston District who are attending overseas events next year. The generosity and support of our community has been nothing short of humbling and our members thank you one and all.

Lots of fun activities were on offer as many of our sections ended the year with camps. Melbourne's weather was not going to stop the festivities. Our scouts had lots of rain and soggy ground, but our Venturers had beautiful hot sunny days. What was the old scout motto – Always be prepared – well our youth certainly are.



We also wish to congratulate Flynn and Malachi in our Cub section for achieving their Grey Wolf award. This is the highest award that can be achieved in the Cub section and shows the commitment and dedication these youth have to their scouting journey. Amazing effort Flynn and Malachi, well done.

Want to know more, contact our Group Leader, Vanessa, her details are below, and let's see where the adventure takes you.

Joeys 5 – 7yrs - Please contact our Group Leader below  
Cubs 8 – 10yrs - Monday 6:45pm – 8:15pm  
Scouts 11 – 14yrs - Thursday 7:00pm – 9:00pm  
Venturers 15 – 17yrs - Friday 7:30pm – 9:30pm  
Rovers 18 – 26yrs - Monday 7:30pm – 10:00pm



For more information about Dingley Scout Group contact Vanessa on

**0402 489 773** or  
email [dingleyscoutgroup@gmail.com](mailto:dingleyscoutgroup@gmail.com)

# WRITERS CORNER



## Me and My Bike

It blasts the neighbourhood every work morning at six. It also fills me with energy and fuels me for the day. Some people rise to their favourite music. So do I; this is it. I feel I can face the world with that sound in my ears – and the pulse of the engine coursing through my body. This, before even moving. I gun the engine producing an even louder symphony and more vibrations to awaken my body.

I move my Harley forward down the driveway, revving the engine more to warm it up for the ride to my brain sedating job.

Do I care that I am waking up the neighbours? No, this is me making myself known to the world – well, at least the locals, and anyone else I pass on the way to work. This is me. I feel great on this amazing machine in my leathers and crash helmet. People look, they may screw up their faces at me, or block their ears, but they notice me.

For years I wasn't noticed. Average, maybe a bit below in some areas, at school, not a standout sportsman, no great circle of friends, no important job. When I bought my Harley, that changed, people noticed me for the first time. It felt good. Some approved, some didn't. But I was noticed.

Everybody wants to be noticed, don't they? Some have big houses, bigger than they need. Others have flashy cars, some smaller than what may be sensible, some larger. Most certainly more expensive than necessary. There are people who spend time and money getting the right clothes to be noticed.

And then replace them with the next fad, just to make sure they keep on being noticed. Those expensive overseas holidays – they sit in the sun, the same sun we have here, around a pool, so they can say they have been to some exotic spot. They come back with the T shirt or cap to let us know they've been there. Those people with the big jobs – they love to let you know about it. I'm not sure they are all useful jobs, but they make sure they are noticed.



Another thing I really enjoy about having a Harley is that recently I joined a club. Twenty guys, just like me. We have respect for each other because we are similar and when we go out as a club, people really do notice us.

### Warren D

*The Dingley Village Writing For Pleasure Group meets each Wednesday at 10 am at the Dingley Village Neighbourhood Centre. Our small group is comprised of members with varying talent and experience. Some have never written at all prior to joining us. Contact Warren at [wasadunc@bigpond.net.au](mailto:wasadunc@bigpond.net.au) with any enquiries.*



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The fast way to a life supported by passive income is to win the lottery or receive a large inheritance. Invested wisely, large lump sums can generate rental income, interest, share dividends and capital growth, all of which can replace an earned income but without the hard work.

Other forms of passive income include royalties on book sales, licensing fees on patents and, increasingly, income associated with creation of Internet content, such as YouTube videos. However, while these passive income streams may become geese that lay golden eggs, it takes a lot of effort to write a book, develop an invention, or create popular Internet content. And the unfortunate reality is that we can't all be lottery winners or best-selling authors, genius inventors or Internet sensations.

We can, however, start to build a passive income stream that will grow over time, replacing an increasing proportion of our active income. In fact, if you're working and receiving employer superannuation contributions, you're already on the path to generating a passive income. You may just have to wait awhile until you can enjoy it.

With its generous tax breaks superannuation is likely to play a leading role in most passive income strategies. However, with its restrictions on access, if you are some years away from retirement age you may want to pursue a more flexible approach to developing a passive income stream. How? It all begins with a savings plan.

This simply involves making regular contributions to a suitable investment vehicle. To begin with this might be an interest-paying bank account, but as your nest egg grows you can diversify into potentially higher performing investments such as managed funds, direct shares and eventually direct property. Importantly, by reinvesting the income produced by your savings plan you'll tap into the power of compound interest.

Over the long term, compounding is the powerhouse that will contribute the most to your future passive income stream. As the income produced by your portfolio increases, so do your options. For example, you might want to cut back to working part time.

One other form of passive income worth mentioning is the age pension. If you're over age pension age it may be a good idea to investigate strategies to maximise your pension entitlement. Just make sure the overall result is positive.

Ready to pursue the potential of passive income? Your financial adviser will be happy to help you take that first step.

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## Country Women's Association Dingley Village



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

Our last event for 2022 was held in December, a very successful Christmas Cake and Craft Stall at Woolworths Dingley Village. We had lots of homemade craft items as well as our baked Christmas goodies. We would like to thank everyone who supported our Christmas fundraiser and the other fundraisers we held through the year. All monies raised are distributed to charities in regional and remote communities including Blaze Aid, Royal Flying Doctor Service, Angel Flight and locally, Food Bank. We will advertise our 2023 events in the Dingley Dossier throughout the year.

Our Business Meetings take place on the 4th Wednesday of the month. The next meeting will be on 22nd February 2023 at the Dingley Village Neighbourhood Centre. Craft meetings are held on the second Wednesday of each month.

If you would like to know more about CWA, consider becoming a member, or if you would like to attend a craft morning, please contact Sue on **0434 879 875**.

## Dingley 60 Plus Social Group

Our gatherings adjacent to the Sports Bar of the Dingley International Hotel are being held only on the 2nd Thursday of the month so the next one will be on the 9th of February and the March one also on the 9th. Starting time is 7.00 PM and meals and snacks are available if you want to make a night of it. Of course you have the usual wide choice of beverages being dispensed for your indulgence.

Our regular dinner on the last Saturday of the month is proving popular with members and the next one will be on the 25th of February. Mid-month Saturday dinner dances are expected to resume later this month. Advice of future activities and venues are made at the Thursday gatherings and to facilitate bookings you can indicate which particular events you wish to attend.

Our activities are suitable for those in the 60 plus age group and provide an opportunity to socialise with your peers.

Events can be proposed by members and those interested can get on board. We are more than happy to welcome new members to the Group.

Enquiries can be made to Graeme on **9551 3462**. PS – get out, socialise and be free in 2023.

## Dingley Village Senior Citizens Club Incorporated

Well, not only have we entered the Summer Season, but we are also well into the New Year. Happy 2023 to you all! We hope that you were all able to enjoy the recent Festive Season and to have had a really great break. Planned activities for February 2023, which commence at 1:00pm, are as follows:

- 6th – Games.
- 13th – Bingo.
- 20th – Games.
- 27th – Bingo.

Also, on the 1st of March 2023, there is a planned bus trip. Bookings for this are essential. We welcome any one over the age of 55 to join us in our activities. For more information, contact our President, Mary, on **0439 426 728** or our Vice President, Joan, on **0421 736 795**.

## Probus Club Dingley Central



At our January meeting, we were shown a very confronting documentary "Police Under Fire", which involved one of our members, retired Sergeant Brian Stooke. It was grim reminder of the Police Shootings in June 1985.

Pavel Marinoff (aka Max Clark) not known to Police, in 3 confrontations that night would shoot 4 Police officers, 1 remaining permanently paralysed. On the run for 8 months he was dubbed by the media as Mad Max.

Information of Clarks where abouts, led Police to Wallan. One final confrontation with Max Clark, would leave 2 Police officers shot and wounded. Escaping the scene Clark would be mortally wounded, eventually losing control of his vehicle and crashing into a paddock, where Police would find his body slumped in the car. One of the biggest manhunts in Police history was now over. Activities for February: Movie Afternoon, Happy Hour, Camera Club. Legs and Morning Coffee,

Wine Tasting, MTC, Dine Out, Games Day and Craft Group. Our meetings are held on the 1st Monday of Month at 10am, at the

"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**.

## Boomerang Bags, Dingley Village



Our aim is to REDUCE waste, REUSE quality shopping bags and RECYCLE fabric. Boomerang Bags Dingley Village is a community group which creates reusable shopping bags from donated recycled fabrics. You can help yourself to one of our FREE bags at the Dingley Village Farmers market or pick one up at the Dingley Village Neighbourhood Centre reception.

The group meets each Thursday morning, subject to COVID19 restrictions, at the Dingley Village Neighbourhood Centre, 9:30-12pm.

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



## Dingley Village Men's Shed



Opening Hours and General Activities:

Day of Week	Open Hours	General Activities
<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)  
[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](mailto:dingleylions@gmail.com)

## 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, give Rob a call on **0407326481**, he'd love to hear from you. We are located on the corner of Springvale Rd and Heatherton Rd Springvale. We hope to see you soon.

## Rotary Club Noble Park – Dingley



Active Rotarians – making friends and making a difference.

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to join us in being part of a network of 1.2 million Rotary volunteers worldwide. We meet at 6.30pm on the first three Thursdays of each month at Keysborough Golf Club in Hutton Road. Please email [info@npdrotaryclub.org.au](mailto:info@npdrotaryclub.org.au) for more information.

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



New members are most welcome to join our monthly meetings and learn from our guest speakers and enjoy our monthly social outings.

VIEW (Voice Interests, and Education of Women) Clubs support The Smith Family and their Learning for Life Programme which provides education for vulnerable Australian children. Australia has over one million children living below the poverty line. Dingley Cheltenham VIEW Club are currently sponsoring 7 Children with their education.

Women from all walks of life are most welcome to join us please contact Fran Thomas for further information. [franniet@gmail.com](mailto: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.

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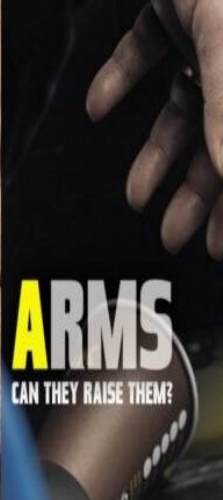
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**Our Mission:** Reach, Restore, Relate, Resource And Release.

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Email: [admin@crm.org.au](mailto:admin@crm.org.au)

**Senior Pastor:** Dan Parker

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

### Home Groups/Link Groups

Over the past 12 months our home groups/link groups network has continued to expand. These groups consist of members in our neighbourhood who meet in homes on a weekly/fortnightly basis to chat, care, share supper and support each other. We have link groups in various suburbs that have been a source of strength to many in our community with prayer and social networking.

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

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

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

Dishan Rajaratnam.

## Village Church Dingley



Village Church Inc.

"Inspiring People to Discover and Develop Life in Christ"

Phone number: **8712 8254**

Email: [admin@villagechurch.org.au](mailto:admin@villagechurch.org.au)

[www.villagechurch.org.au](http://www.villagechurch.org.au)

**Our Church offers a range of ministries as follows:**

### Sundays

10.00 a.m. Worship Service at 7 Fiveways Boulevard, Keysborough and via livestream through <https://www.villagechurch.org.au>

\*Kids Church at 7 Fiveways Boulevard, Keysborough - 10.30am for 4-year-olds through to Grade 6. All welcome.

### Prayer Time

Weekly - Wednesdays 10-11am.

Monthly - This month is Saturday 18th February; 9-10am at the church. Monday 20th February 7.30-8.30pm via Zoom Only. Contact office for link.

### Bible Study

We have different fortnightly groups that run throughout the week.

### Monthly Ladies Group

Once a month on the 2nd Sunday of the month at 6.30pm.

### Monthly Men's Group

Once a month on the 4th Sunday of the month at 5pm (BBQ and study).

### Young Adults Life Groups

Fortnightly on Wednesday evenings 7.30pm.

### \*Youth Group

Every Friday night during school term 7pm till 9pm

\*Not held during school holidays.

### Marriage & Family Support

For nearly 80 years, Village Church has served the people of Dingley Village and its surrounding suburbs.

We greatly value the involvement that we have always had in our community and desire to make a difference for the greater good of all. As a caring church, our heart is to serve the community, by having an impact in and amongst its families. In today's climate, families and marriages are under attack; many relationships are strained and are at breaking point.

Many don't know where to turn, who to trust and as a result become despondent and disillusioned with life. We believe that now more than ever, Village Church can play a pivotal role in strengthening and encouraging families, as we commit to giving our all to help you out. We have many gifted, equipped and willing members who would love to listen, encourage and give sound advice to you. Village Church desires to help and would love to present practical

solutions, to any and every area that brings tension, pain and confusion.

Please give us a call on **0481 352 404**, we'd love to be able to encourage, support and strengthen you.

Our Church Office is at 7 Fiveways Boulevard, Keysborough. Please feel free to call Helen or Lesley on **8712 8254** with any enquiries you might have and leave a message if the office is unattended.

Our Pastor is Rodney Hole who may be contacted through the Church Office.

## Christ Church Dingley - Anglican Church



### Sunday Services

8.30 AM (Heritage Church) Holy Communion Service

10.30 AM (Auditorium) Worship Service with Kids Church.

### Connect Groups

For more information, please contact our office 9551 7871

### Community Teddy Bear Picnic

#### Fun-filled afternoon

Saturday 25 FEB, 2.30-4 pm

\$5 p Bear Entry. Bear hunt, fun activities, Food/Drink gold coin donation.

### 2nd Tuesday Monthly Service

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

### Weekly Prayer Meetings

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

### Roundabout Op Shop

Offering many bargains (good quality clothing, books, bric-a-brac, toys)

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### Opening Hours:

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

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

### Other Supported Missions: Medical Mission Auxiliary (MMA)

Monthly 1st Sunday, after morning services. Beautiful handmade goods, yummy jams, cakes, and relishes. Funds support medical supplies to hospitals in Tanzania, Nepal and Kenya.

### ALPHA Course – April 2023

Join us to freely explore life and the basics of the Christian faith in a friendly, open and informal environment.

### Pastoral Counselling

Please contact our parish office for details and bookings.

**Senior Pastor:** Richard Loh

**Parish Office:** 03 9551 7871

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

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

### Heatherton-Dingley Uniting Church



Cnr. Kingston and Old Dandenong Roads, Heatherton  
Sunday services at 10.00 a.m.  
Sacrament of Holy Communion second Sunday of the month at 10.00 a.m.

All enquiries phone 0431 244 561  
[www.heathertondingleyua.org.au](http://www.heathertondingleyua.org.au)

### Our Vision and our Mission:

To seek to connect people to God and each other.

*Heatherton-Dingley Uniting Church  
- Meeting U at the Crossroads of Life.*

### What's On

#### Wednesdays

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

#### First Friday Of Each Month

Indoor Carpet Bowls – 7.30 p.m. in the Church Hall followed by supper.

#### Second And Fourth Thursdays Of The Month

Unleash the Music in You – 8.00 p.m. at the Church. For further information contact Bob Lorraine on 0418 998 714.

### Queer Allies

A Peer Support Group for family and friends of LGBTQIA+ people to share the journey of growing in understanding, acceptance and support. Meets on the second Tuesday of each month at 7.00 p.m. Questions: Andrea Mayes 0408 65 939 or [heathertondingleyunitingchurch@gmail.com](mailto:heathertondingleyunitingchurch@gmail.com).

### St. Mark's Catholic Church

511 Lower Dandenong Road,  
Dingley Village, 3172.  
Phone: 9551 6930 or 9547 4877  
Email: [Springvale@cam.org.au](mailto:Springvale@cam.org.au)  
Website for further information:

ST JOSEPH SPRINGVALE | Catholic church. Parish Priest: Fr. Joseph Truong Nguyen OFM Conv.

### Mass Times

Saturdays, 6pm  
Sundays, 9.30am  
Confession before Mass on Saturdays

### Echo Church

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Vision: 'heaven to earth'

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

- Matthew 6:10

50 Tootal Rd. Dingley Village  
[info@echochurch.org.au](mailto:info@echochurch.org.au)  
[www.echochurch.org.au](http://www.echochurch.org.au)  
Sunday's at 10AM  
Senior Leaders: Justin & Leigh Box

### The Salvation Army Kingston City 'You Belong'



13/12-16 Garden Boulevard, Dingley Village, Office Phone: (03) 9558 2045

[facebook.com/KingstonCitySalvos](https://facebook.com/KingstonCitySalvos)  
[www.salvationarmy.org.au/kingstoncity/](http://www.salvationarmy.org.au/kingstoncity/)

Corps officers (ministers): Major Jennifer Cloke and Auxiliary Lieutenant James Singer.

### Hours of operation:

8:30am – 5:00pm  
Monday, Wednesday and 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.

### Family Worship or Service


If you would like to receive a video link to our Sunday worship services, or a Sunday worship pack sent by mail, please email [kgreception@gmail.com](mailto:kgreception@gmail.com) or phone 9558 2045 and we will be in touch.


### Emergency Relief | Casework

The Salvation Army Kingston City Doorways team offers assessments for emergency relief (currently via phone). Please phone 9558 2045, Wednesdays, Thursdays & Fridays 10am-4pm.




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# THE DINGLEY DOSSIER

ABN: 71 463 442 675

**Editor:** Pam Gates

**Publisher:** Dingley Village  
 Neighbourhood Centre Inc.  
 31B Marcus Road,  
 Dingley Village, 3172

**Phone:** 8512 0505

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

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

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