



# THE DINGLEY DOSSIER

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## MEN'S HEALTH WEEK 9TH – 15TH JUNE

During Men's Health Week, all men are encouraged to have a check-up of their physical and mental health with a health professional.

We live in one of the world's healthiest societies, yet men of all backgrounds are less likely than women to live healthy lives: men die younger, experience more disease and have less access to support services.

Research shows that the best way to improve men's health is to tackle the underlying social factors that shape men's health like boys' education, men's experiences of fatherhood, men's working lives, men's social connections and men's access to male-friendly services.

Men's health is a shared responsibility between men, health professionals and the health system. Men need to be proactive in managing their health and make the most of preventative care rather than putting problems off.

### 10 surprising facts about men's health in Australia

#### Men are dying too young

- Men in Australia die 5 years younger than women on average. In 2023, the median age of death for men was 79.6 years, compared to 84.6 years for women.
- The gap for people born in Australia is larger. Men born in Australia are dying 6 years younger than women on average (78.3 years for men compared to 84.3 years for women).

Source: ABS Deaths Australia 2023

### 50 men a day die from avoidable causes

- Every day, 50 Australian men and boys die from preventable causes before the age of 75. In 2022, a total of 28,509 people under 75 died from potentially avoidable causes, comprising 18,080 males and 10,429 females.
- Reducing the number of preventable deaths in men to the same number as women would save the lives of more than 7,500 men and boys a year.

Source: AIHW MORT books 2018-2022

### Suicide is the leading killer of men under 65

- 9 people a day die by suicide, 7 males and 2 females on average, with men and boys accounting for 3 in 4 suicides.
- In 2023, a total of 3,214 people died by suicide, 2,419 males and 795 females. Suicide is now the leading cause of death in men under 65 in Australia.

Source: ABS Underlying causes of death 2023

### 7 in 10 young people who die are boys and young men

- Boys and young men are significantly over-represented in deaths of people aged 15-24 years old. 72.3% of people in this age group who die are male. In 2023, a total of 1,111 young people (15-24 years) died, 803 males and 308 females.

### Overall, young men and boys accounted for:



- 7 in 10 suicides (259 of 365 deaths)
- 4 in 5 road deaths (195 of 246 deaths)
- 4 in 5 accidental poisonings (46 of 56 deaths)
- 9 in 10 homicides (26 of 29 deaths)
- 9 in 10 accidental drownings (22 of 24 deaths)

Source: ABS Underlying causes of death 2023

### 4 in 5 heart deaths under 65 are men


- Heart disease is the leading killer of men in Australia, claiming the lives of more than 10,000 men (nearly 30 day) in 2023. Men are at significantly higher risk of dying from chronic heart disease before they reach the age of 65.

Source: ABS Underlying causes of death 2023

**Nearly 1 in 2 Australian males have experienced a mental health problem in their lifetime—and mental and substance use disorders are among the leading causes of disease burden for Australian men**

If you, or someone you know is experiencing distress, contact

**Lifeline**  **13 11 14**  **lifeline.org.au**

Source: The health of Australia's males

## FARMERS' MARKET

SATURDAY 21<sup>ST</sup> JUNE | 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.

## Men are 50% more likely than women to die from cancer

- While heart disease is the leading single killer of men in Australia, the combined total of male deaths from different types of cancers is nearly 3x higher than deaths from chronic heart disease.
- Cancer kills 80 men a day in Australia and 250 men a day are diagnosed with cancer. Men are over 30% more likely to get cancer than women and 50% more likely to die from cancer.

Source: ABS Underlying causes of death 2023; AIHW Cancer web article (02 Jul 2024).



## 7 in 10 alcohol-related deaths are men

- Alcohol kills 3 men a day in Australia, with men accounting for 70.9% of alcohol-induced deaths in Australia.
- Alcohol was found to be a contributing factor in a total of 125 deaths a week in 2018, with men accounting for nearly 2 in 3 of these deaths.

In terms of deaths where alcohol is a contributing factor, when comparing males and females, men and boys account for:

- 5x more suicides linked to alcohol (324 of 389 deaths)
- 5x more chronic liver disease deaths 1,394 of 2,184
- 75% more cancer deaths (405 of 467 deaths)

Source: ABS Underlying causes of death 2023; AIHW Australian Burden of Disease Study 2024.

## 3 in 4 road deaths are men

- Men and boys are 3x more likely to die in road deaths than women and girls.
- Men and boys account for:
- 2 in 3 pedestrian deaths (123 of 184 deaths)
- 2 in 3 car occupants who die 459 of 678 deaths)
- 95% of cyclists who die in accidents (41 of 43 deaths)
- 94% of motorcyclists who die in accidents (229 of 244 deaths)

Source: ABS Underlying causes of death 2023

## 95% of workplace deaths are men

- Every two days a man loses his life at work.
- Work was found to be a contributing factor in a total of 1,608 deaths in 2018, with men accounting for 90% of these deaths.

Source: Safework Australia, work-related fatalities dashboard; AIHW Australian Burden of Disease Study 2024.

## The preventable death rate in poor men is 4x higher than rich women

- Our health is shaped by our social status. In terms of preventable deaths, the poorest 20% of people are more than twice as likely to die from potentially avoidable causes than the richest 20%.

According to Government data on potentially avoidable deaths, the poorest 20% of men in Australia are:

- 80% more likely to die than women from the same social background.
- 2 x more likely to die than the richest 20% of men.
- 4x more likely to die than the richest 20% of women.

Source: AIHW MORT books 2018-2022



Information in this article provided by Australian Men's Health Forum. If you have any concerns about your physical and or mental health, please see your doctor or health professional.



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# 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

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

Allan Harris 9558 2591

Document Signing Station  
Springvale Library  
1300 630 920

### Teens Games Group

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

### Dingley Village Playgroup

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



### Zumba Gold with Norma

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



### Seniors Body and Balance with Norma

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

### Social Table Tennis with John

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



### Writing for Pleasure

Beginners to Established. People write for many different reasons. Would you like to explore your creativity in a supportive group. Tues, 10am to 12pm. Free drop-in group in the Library Meeting room 2.



### Pilates

Mums and Bubs Pilates Tuesdays 11.30 am – 12.15pm \$12 session. Mat Pilates 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 come along.



### Collection Point

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

### Taekwondo with David

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

### Tai Chi

Tai Chi aids the reduction of anxiety and stress, it also helps increase flexibility and balance. Wednesday 6.30 – 8.30pm and Tuesday from 9am-11.00am in the Harold Box Hall. Contact James 0430 570 460.

### Agna Yoga with Sneha

NEW class starting on May 16th, weekly on Fridays from 6pm-7.30pm Yoga & Meditation class in the Harold Box Hall. All enquires to agnayogawellness@outlook.com or Ph: 0421 876 858

### Sound Healing with Danielle

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

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Ph 9583 5680 or 0439 304 579

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Dingley Dossier - June 2025

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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



## SECURE YOUR HOME

Crime Statistics data shows that up to 80% of aggravated burglaries involve offenders entering through unlocked doors or windows, or abandoning the attempt once they discover the home is secured. Offenders regularly admit that they keep trying homes until finding one **unlocked**

### Top Five Home Security Tips

- 1 Make sure your house is visible from the street so passersby and neighbours can detect any suspicious activity.
- 2 Keep all keys, including spares in a secure place - never leave keys in your car.
- 3 Keep your car locked while driving park in a locked garage if possible or park in driveway or well lit area.
- 4 Bring in your bins and collect mail regularly so your home looks lived in. Ask a neighbour to if you are away.
- 5 Consider additional security such as security screen doors, sensor lights, CCTV or monitored alarm system

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

# Little Villagers Childcare

**Commonwealth Childcare Subsidy Approved Provider**

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

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



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Monday - Friday

**8512 0509**

Dingley Village Community Hub

31B Marcus Road, Dingley Village

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

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





# COMMUNITY

## Kingswood still needs your objections

Please write to the Planning Minister Hon. Sonya Kilkenny and our Local Member, Hon. Heang Tak. Recently a Parliamentary Planning Committee called on Government to explain planning amendments:

"The Victorian Government needs to rethink its recent planning amendments to ensure good planning outcomes", a report tabled in the Legislative Council said.

From the report, the Chair said: Of the many unintended consequences identified by stakeholders, the most concerning for me related to

- the new townhouse and low-rise code
- the removal of consideration of flood risks from the planning process,
- the reduction of environmentally sustainable development standards in major local government areas, and
- the excessive removal of existing trees.

Save Kingswood comment: every one of the above seems to have been especially developed to destroy Kingswood. In fact multiple witnesses have said that Satterley developments stated the Government asked them to provide maximum density.

Please continue to protest to politicians and take a moment to look at the grotesque plan, at our website: [www.savedingley.com](http://www.savedingley.com)

## Working Smoke Alarms Save Lives

Smoke alarms detect smoke quickly, alerting residents to a fire before it's too late. The warning from a smoke alarm gives people time to evacuate their homes and call for help. When people are asleep, their sense of smell is reduced, making it harder to detect smoke. Working smoke alarms significantly reduce the risk of death in a fire.



## Market Day

Lexington Gardens Retirement Village is holding a quarterly market day. Friday 6th June from 10 am - 1 pm at 114 Westall Road, Springvale. FREE Entry & Parking, some Stalls are CASH ONLY. Village Cafe open for morning tea and/or lunch.



## A Tribute to Margaret Vogt

At Make a Difference, Dingley Village, we appreciate the opportunity to acknowledge Margaret Vogt for her interest in our work and on her commitment to support the villagers and residents. It was in 1984 that a public meeting was held with an interest to support families in crisis, through our yet to be formed organization.

Margaret and Ron were convinced that this organisation would grow and offer programs to support to those in need. We have recently held our 40th birthday and we believe Margaret would have been proud.

She believed that everyone needed a helping hand at times, and we continue to fulfill this daily, and into the future.

## Special Dates in June

### 1st – 3rd June: Shavuot \* Judaism

Shavuot is a Jewish celebration of Moses's descent from Mount Sinai with the Ten Commandments. It is the second of the Jewish pilgrim festivals.



### 4th – 9th June: The Hajj (Pilgrimage) to Mecca, Saudi Arabia\* Islam

On specific days of the Islamic month of Zu Al-Hijja, millions of Muslims from around the world congregate in the Prophet's birthplace of Mecca in Saudi Arabia. The Hajj is obligatory for all Muslims who have the means to undertake it.

### 6th - 10th June: Eid al Adha\* Islam

The Eid al Adha means Feast of Sacrifice and commemorates the ordeal of Ibrahim (Abraham) who was asked to sacrifice his only son to prove his faith to Allah (God). The timing of this event is subject to the sighting of the moon and runs for three to four days and one of the two main Islamic festivals, the other being Eid al Fitr.



### 8th June: Pentecost, Christianity

Pentecost commemorates the descent of the Holy Spirit upon the disciples of Jesus, fifty days after Easter, and the beginning of the Christian Church.

## 9th -15th June: National Blood Donor Week

Did you know that a third of donated blood supports cancer treatments? It only takes an hour to give blood, but every blood donation helps to change many lives.



## 15th – 21st June: Refugee Week

Refugee Week is celebrated around the country. It is an opportunity to acknowledge the success of refugees and humanitarian entrants in Australian society.

## 25th – 26th June: Al Hijri (Islamic New Year) \*Islam

According to the lunar or Islamic Calendar, Al Hijri (Al Hijrah in Arabic) is the Islamic New Year observed on the first day of Muharram. Muharram is the Islamic Calendar's first month of the year and is the second holiest month after Ramadan.

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

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



# DINGLEY VILLAGE COMMUNITY ASSOCIATION

## DVCA Annual General Meeting

The DVCA Annual General Meeting will be held on Tuesday 12th August 2025 at 7.30pm at the Dingley Village Library, 31b Marcus Road Dingley Village. All residents of Dingley Village, young & old, are welcome to attend.

Please come along & see what we do at the DVCA to help keep our village a great place to live and work in.

### Mark Dreyfus MP, Member for Isaacs

DVCA congratulates Mark Dreyfus, the Federal Member for Isaacs, on his re-election as our local federal member of parliament. He has been a strong representative for our community, supporting our village community's fight to save the Kingswood Golf Course habitat and our village amenity.

His successful re-election result, with an increased margin, demonstrating the results of his active participation and support of community issues within the Isaacs electorate.

### Kingswood Golf Course Proposed Redevelopment - Submissions Made

Again, how amazing is this community! Thank you to all the many residents and supporters of Dingley Village who spent the time and effort to make a submission to the Ministry of Planning about the Former Kingswood Golf Course Development Plan, February 2025, proposed by Satterley Property Group for Kingswood Golf Course.

By the submission cut-off date, 17 April 2025, more than 1500 submissions were made about this inappropriate development proposal for Kingswood Golf Course. With so much at stake here for our village - well done to everyone for such a fantastic effort over the tight 4-week timeframe allowed for submissions.

### What Happens Next?

Assessment of the Proposed Development Plan to be made by the Ministry of Planning, over the following months, will include:

- Review of the Submissions received.
- Assessment of compliance to the Development Plan Overlay Schedule 8 (Former Kingswood Golf Course) (DPO8) of the Kingston Planning Scheme. As stated by the Ministry of Planning, this Proposed Development Plan: *'Must meet the requirements set out in the relevant Development Plan Overlay.'*

The Minister of Planning's decision on this Kingswood development proposal, such an important issue for our community, to be made following this.



### 2025 - Other Village Issues

While we watch the Kingswood issue closely for any changes, DVCA now turns attention back to our other projects and priorities, including Tootal Rd, implementation of the Spring Road Reserve Masterplan, Village Shopping Centre improvements and many more.

### Can We Help?

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

### DVCA Contact Info

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

### DVCA Meeting Info

DVCA seeks new enthusiastic members to join and help keep our village a great place to live and work in.

The DVCA is a voluntary group of Dingley Village residents, not affiliated to any political party and membership is open to all residents who genuinely care about our village.

Meetings are held in the Library Meeting Rooms, on the second Tuesday each month, February-November, at 7.30pm. located at 31b Marcus Rd. New members are most welcome to attend. For further information please contact the DVCA Secretary at [dvcasecretary@gmail.com](mailto:dvcasecretary@gmail.com).





# OUR COUNCIL

## Kingston's draft budget to build on our strengths

Responsible financial management and future thinking are the key characteristics of Kingston's 2025-26 Draft Budget.

We are a thriving city thanks to our great community and local businesses and our council is committed to building on our great strengths.

Investing rates wisely means continuing to deliver the services needed, renewing and maintaining our facilities and key infrastructure and delivering new projects in a considered and cost-effective manner, as outlined in the blueprint for the year ahead.

We always value our community's ideas and aspirations for our city, and we were absolutely thrilled to receive 724 submissions to this budget process through our Talking Kingston platform.

Mayor Georgina Oxley said this has enabled us to present our most collaborative budget yet. "Among the key themes we heard were the need for traffic improvements, more active recreation facilities, clean and well-maintained open spaces, and to encourage more lively and vibrant shopping strips – all of which are reflected in the draft," Cr Oxley said.

"This is a financially responsible budget focused on making every dollar count for the community by prioritising, renewing and maintaining vital infrastructure and facilities to ensure they remain in great condition for years to come."

"It also accommodates new projects and programs that our growing community needs, while still looking out for those that need a little more help now. These are really challenging economic times, and that is reflected in the cost-of-living relief provided.

This includes financial hardship assistance, offering reduced fees on services such as aged care, leisure centres, and pet registration, and providing a range of low-cost and free community activities.

The development of any budget is a balancing act, and we are focused on strengthening our community while future-proofing our city."

### The highlights of a \$103.6 million capital works program include:

- \$48.6 million for the Mordi Aquatic Centre
- \$20.5 million for community and sporting facilities
- \$20.2 million for roads, drains, footpaths, and bike paths
- \$6.3 million for parks and reserves
- \$5.6 million for playgrounds and active recreation

The mayor said the continued engagement with our community in putting the budget together has us very well placed to engage positively with the other levels of government too.

"That includes strongly representing our community around important issues and projects like housing, the Suburban Rail Loop and level crossing removals," Cr Oxley said.

"This advocacy has also extended to securing funding for important local projects like the Mordi Aquatic Centre that is well underway and major upgrades to Le Page Park and Namatjira Park, which will now be able to happen sooner. "It is shaping as another big year as we continue to make Kingston an even better place."

To view the draft 2025/26 Budget, the draft 2025/26-2034/35 Financial Plan, and the draft 2025-2029 Revenue and Rating Plan, and provide your feedback, visit [yourkingstonyoursay.com.au/2526budget](http://yourkingstonyoursay.com.au/2526budget).

### Our plan to achieve Kingston's community vision

The road map that will guide our work over the next four years has been released. The draft Council & Wellbeing Plan 2025-29 spells out the goals, priorities and aspirations of our community as we work in partnership to make Kingston an even better place. The draft Annual Action Plan 2025-26 outlines the specific actions we will take over the coming year to advance these objectives.

For the first time, our Council Plan also incorporates our Municipal Public Health & Wellbeing Plan, reinforcing the importance of health and wellbeing in everything we do. Thousands of pieces of community feedback received through our liveability and health and wellbeing surveys, along with recommendations from our 48-person representative panel have played a key role in shaping the draft plan. The newly elected council have been working together over the past months to define this new way forward.

Mayor Georgina Oxley said this plan represents our shared ambition for a city that is Healthy & Connected, Vibrant & Prosperous, Liveable & Sustainable, and Responsibly Governed.

"It sets a clear and strategic direction for Kingston, ensuring we continue to meet community needs while maintaining a responsible and sustainable approach," Cr Oxley said. "We are prioritising fiscal responsibility to ensure value for rates, while continuing to meet community needs, delivering strong and lasting benefits for our residents.

"We recognise there will be challenges ahead, but we are committed to embracing opportunities as they arise, finding innovative solutions to support and strengthen our great city. "Kingston is a unique, connected, and thriving place, and together, we are shaping a future where everyone belongs.

"I look forward to working with my fellow Councillors, Council staff, and our community to deliver the priorities set out in this plan and create a lasting legacy for future generations."

To view the draft Council & Wellbeing Plan 2025-29 and draft Annual Action Plan 2025-26, and provide your feedback, visit [yourkingstonyoursay.com.au/draft-council-wellbeing-plan](http://yourkingstonyoursay.com.au/draft-council-wellbeing-plan).

### Kingston raises concerns about SRL precinct plans

Kingston Council has raised concerns about the Victorian Government's Suburban Rail Loop (SRL) draft precinct plans, warning that the current plans fail to identify how critical infrastructure needed to support liveable, sustainable neighbourhoods will be delivered.

Mayor Georgina Oxley said that, while Council supports new public transport and housing, the plans released by the Suburban Rail Loop Authority do not commit to essential services and infrastructure to match the scale of growth being proposed.

"These draft precinct plans allow for significant development - at a level not seen in Kingston - but they do not provide a clear pathway for the delivery of vital services and infrastructure," Cr Oxley said.

"While our Housing Strategy did identify growth in these areas, it was not this significant. "We're particularly concerned about the lack of funding commitments to plan and deliver new sporting facilities, schools/kindergartens, community facilities and bicycle paths that are essential before development comes."

Some of the key matters the Council is asking the State Government to address in the draft Cheltenham and Clayton precinct plans include:

- Setting aside funding to deliver essential infrastructure to support liveable neighbourhoods including a community hub/library and schools/kindergartens.
- Identifying suitable land in Kingston's Green Wedge to deliver sporting fields to meet significant additional demand that will result from the SRL project and Victorian Government's Activity Centre program. With population growth also expected in surrounding areas, Kingston is the only suitable location for large-scale sporting facilities.
- Delaying or staggering new development rules - that allow high-density housing with reduced parking - so they do not come into effect years ahead of the new SRL stations being ready.
- Delivering bike paths and bus routes immediately to manage pressure on already congested local streets.
- Providing improved, under-cover connection between the new SRL station and existing Southland Station.
- Providing (prior to construction starting) a clear plan to replace parkland that will be lost at Sir William Fry Reserve.

- Better integration between the SRL and Level Crossing Removal Project to ensure a continuous pedestrian/cycle path will be delivered to link right along the Frankston trainline.
- Appropriate planning controls to manage the impact on residential streets from overshadowing, delivering the highest quality building design and achieving landscape outcomes that deliver the urban forest targets the Government have set.

Cr Oxley called on the Victorian Government to address these issues urgently. "We're asking the State Government to commit to funding the critical community infrastructure needed to make these precincts truly liveable," she said.

"One of our primary concerns in 2025 is that new developments will be allowed without adequate car parking long before the new SRL station opens.

"We could face years where new developments with little-to-no car parking are allowed and being constructed without the SRL stations established and critical pedestrian and cycling infrastructure being built.

Our local streets and communities simply cannot accommodate more demand for on- street parking.

"We call on the Victorian Government to instead adopt a transitioned approach to allow decreasing parking gradually, to minimise the gap before the new station is up and running."

Cr Oxley thanked the many residents and traders who took the time to review the plans and share their feedback directly with the Suburban Rail Loop Authority.

"We want to thank all community members who spoke up and made their voices heard," Cr Oxley said.

"This is a major change for our neighbourhoods, and it's vital that the community's expectations around infrastructure, services and quality design are reflected in the final plans."

Kingston's full submission is available at [kingston.vic.gov.au/srl-submission](http://kingston.vic.gov.au/srl-submission).

*Information in this article provided by City of Kingston*



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# LOOKING AT LOANS



## Focus on Melbourne

Patterns and cycles are all around us. Your sub-conscious will be aware of them even if your conscious is not. To 'see them' requires an opening of the mind, and a look at the 'big picture'.

Famously the Fibonacci patterns in nature (google it for a fascinating deep dive!) have been extended to daily use in financial analysis.

Unfortunately, most people fail to see cycles and patterns, largely due to seeing the world through a narrow looking glass. Human minds often fail to see the bigger picture. This failure in vision has daily impact in life, and in finance.

### The Property Cycle is a Wealth Cycle

Today I am thinking about property cycles and considering the last 5-year movements in capital city dwelling values. The odd one out is Melbourne! It is astounding how poorly Melbourne has performed since Covid.

There are reasons of course, including how the extended covid lock downs affected the city, and State Government policies. This will cycle. Already we are seeing the beginning of the upturn.

### What to do?

From an owner occupy perspective – prospective Melbourne first home buyers would be advised to buy sooner rather than later, or the market will run away from you again. Likewise for upgraders – moving now will be beneficial.

For those looking to downsize to a lower value home – financially you will be better off to defer that. A 10% increase in both your sale and purchase properties will leave more cash in your pocket if you wait for this expected large jump! The investor perspective is the most interesting – for the first time in over a decade, specialist investment property companies are recommending Melbourne at the top of their 'best to invest' lists. Increased rents have covered the increased holding costs,

capital growth forecasts are substantial. The need for 'new builds' combined with depreciation benefits shines an even greater spotlight on that investment market segment.

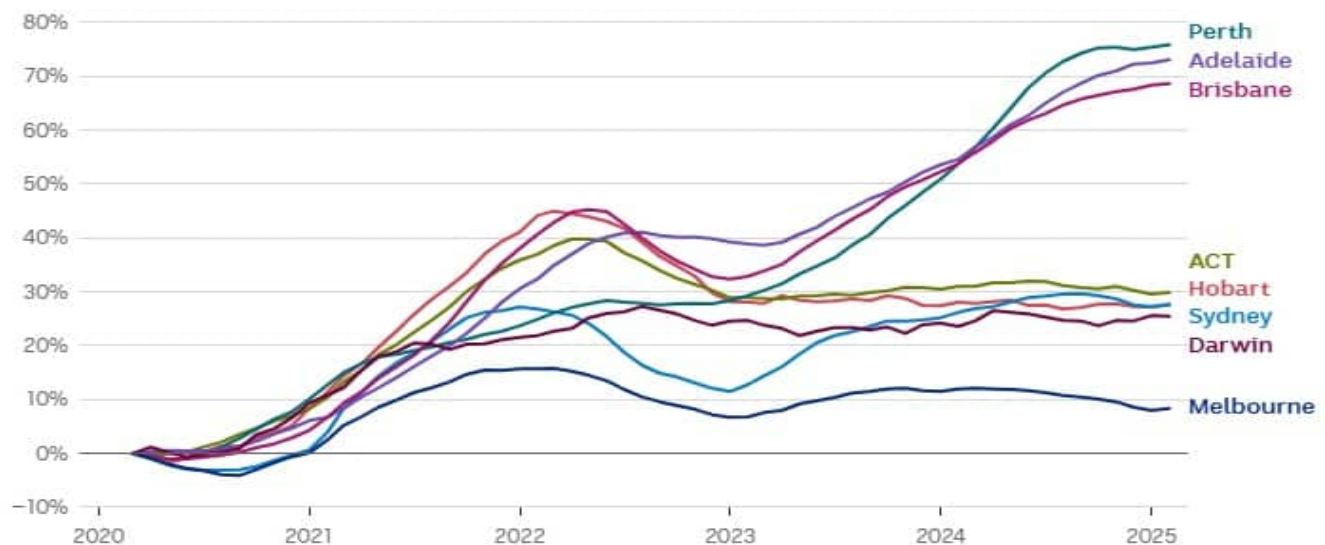
Melbourne property prices will 'catch up' to the other cities in a relative sense, and Dingley Village will ride that wave. That is the cycle.

Continued strong population growth and limited new housing supply will underpin the strength of that recovery.

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

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## How capital city dwelling values changed since COVID



ABC News / Source: CoreLogic



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## Digital mental health programs are inexpensive and innovative. But do they work?

**Published:** March 14, 2025 6:13am AEDT

**Bonnie Clough:** Senior Lecturer, School of Applied Psychology, Griffith University

**Aarthi Ganapathy:** Senior Lecturer, Mental Health, Edith Cowan University

**Lou Farrer:** Associate Professor and Registered Psychologist, Australian National University

Almost half of Australians will experience mental health problems in their lifetime. Recent floods, droughts, cyclones, bushfires and the COVID pandemic have increased distress in the community. Yet, many people who need mental health services are unable to access them. Cost, stigma and availability of mental health workers are barriers to care. Australia also has a critical shortage of mental health workers. And by 2030, it's predicted we will be missing 42% of the mental health workforce needed to meet the demand.

To partially address this gap, the Australian government has committed to investing A\$135 million in digital mental health programs if re-elected. Online mental health programs can be more innovative and less expensive than other types of therapy. But do they actually work? Let's assess the evidence.

### What are digital mental health services?

Digital mental health services vary widely. They include online or app-based mental health information, symptom tracking tools, and learning or skills programs. These tools can be accessed with or without support from a therapist or coach, with some using generative artificial intelligence (AI) and machine learning.

The umbrella term "digital mental health services" also includes peer-support networks, phone helplines and human-delivered phone, chat, or video-based telehealth services. Keep them at home. A cough that doesn't go away after two weeks should also be checked out by your GP. Services such as Mindspot, for example, offer online assessment, feedback and referrals to online treatments that have optional therapist support.

Digital mental health services target a range of mental health problems, such as depression, anxiety, trauma and eating disorders. Some are designed for specific groups of people, including culturally diverse communities, LGBTQIA+ people, new parents and young people. With so many digital options available, finding the right program can be challenging. The government-funded Medicare Mental Health portal was set up to help Australians find evidence-based services.



### Do they work?

A 2020 review of the evidence found almost half of people who used online programs for common mental health conditions benefited. This review included online programs with self-directed lessons or modules to reduce symptoms of depression or anxiety.

These programs were as effective as face-to-face therapy, but face-to-face therapy required on average 7.8 times more therapist time than online programs. The evidence for other types of digital mental health programs is still developing. The evidence for smartphone apps targeting mental health symptoms, for example, is mixed.

While some studies have reported mental health benefits from the use of such apps, others have reported no differences in symptoms. Researchers suggest these apps should be used with other mental health supports rather than as standalone interventions.

Similarly, while AI chatbots have received recent attention, there is uncertainty about the safety and effectiveness of these tools as a substitute for therapy.

Chatbots, such as the AI "Woebot" for depression, can give users personalised guidance and support to learn therapeutic techniques. But while chatbots may have the potential to improve mental health, the results are largely inconclusive to date. There is also a lack of regulation in this field.

Early studies also show some benefits for digital approaches in treating more complex mental health conditions, such as suicidal thoughts and behaviours, and psychosis. But more research is needed.

### Do users like them?

Users have reported many benefits to digital mental health services. People find them convenient, accessible, private and affordable, and are often highly satisfied with them. Digital services are designed to directly address some of the major barriers to treatment access and have the potential to reach the significant numbers of people who go online for mental health information.

Digital supports can also be used in a "stepped care" approach to treating mental health problems. This means people with less complex or less severe symptoms try a low-intensity digital program first before being "stepped up" to more intensive supports. The United Kingdom's National Health Service's Talking Therapies program uses this model.

But some people still prefer face-to-face services. Reasons for this include problems with internet connectivity, a perceived lack of treatment tailoring and personal connection, and concerns about quality of care. Some Australians face challenges with digital literacy and internet access, making it difficult to engage with online services.

Privacy concerns may also discourage people from using digital platforms, as they worry about how their personal data is stored and shared.

*Continued on next page...*



### What do clinicians think about them?

Mental health professionals increased their use of digital mental health tools (such as telehealth consultations) markedly during the COVID pandemic. Yet many clinicians struggle to use these tools because they have not received enough training or support.

Even when willing, clinicians face workplace barriers which make it difficult to incorporate them into their practice. These include:

- limited funding and reimbursement
- unclear policies related to liability and risk management, data storage and security
- workflow disruptions, such as integrating these tools into existing systems, training clients to use them, and monitoring their use.

Some patients and clinicians prefer in-person therapy. Some clinicians remain sceptical about whether digital services can truly match the quality of in-person therapy, leading to hesitation in recommending them to those who might benefit.

### What needs to happen next?

With mental illness and suicide estimated to cost the Australian economy \$70 billion per year, there are strong personal, social and financial reasons to support innovative solutions that increase access to mental health services. But for digital approaches to reach their full potential, we need to upskill the mental health workforce and support organisations to include

digital technologies into their practice. It's also important to improve awareness of digital mental health programs and reduce the barriers to accessing these services, or we risk leaving behind the very people who need them the most.

For Australians with more complex mental health issues, or those for whom digital mental health treatment hasn't worked, access to in-person therapy and other mental health treatments should remain available.

Digital mental health programs are one part of the mental health care system, and not a replacement for all types of care.

If you or anyone you know needs help or support, you can call Lifeline on **13 11 14**.

### Disclosure statement

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Aarthi Ganapathy and Bonnie Clough do not work for, consult, own shares in or receive funding from any company or organisation that would benefit from this article, and have disclosed no relevant affiliations beyond their academic appointment.

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# VILLAGE REFLECTIONS

## The Gartside Family

James Elias Gartside arrived in Port Phillip from Lancashire, England in 1858. The Gartside family moved to Dingley in 1902 and James' sons: Gerald, Henry, William and Charles leased the church paddock for market gardening.

In 1916 a partnership was registered by the brothers, and they set up the Gartside Brothers Canning Factory.

Over the next few years, they produced a variety of produce with most vegetables supplied by local market gardens. In peak canning season, the factory employed up to 50 people from Dingley Village and the surrounding areas. Ninety-five percent of the canned produce was sold interstate and overseas.

During World War 2 the Gartside Factory supplied food to Australia and troops overseas. Vegetables were brought in from up to two hundred kilometres away, in Colac and Kooweerup, to keep up with the demand.

The family gained local fame, being the only Dingley family with a motor buggy. The photo shows Charles, Jack and Alf in the front with Bill and two friends in the back.

Taken on Centre Dandenong Road, outside the Church of England in 1909, in an International Harvester car.



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## WRITERS CORNER



### A Simple Torch

The year was 1978. I was eleven years old and privileged to be at Madison Square Garden, New York City with my younger brother and parents. Ringling Brothers and Barnum and Bailey Circus were performing their extraordinary circus acts under the roof of the huge stadium. Three rings with simultaneous performances would feast our eyes from the high tiered seats.

At that time, my only exposure to a circus had been on the movie screen, watching Disney's Dumbo the Elephant. I had heard the term: 'run away with the circus,' but Dumbo seemed to need to fly away from it. Would I run or fly?

I flew.

At the end of the first half of the show, all the bright lights of Madison square Garden were turned off. The three circus rings were still.

All the sensory overload was calmed. The Circus Ringleader asked everyone to put down their hotdogs and take up the little torches our parents had been coaxed to purchase. Each torch had a plastic strap that we could place around our wrist to keep it on us.

The Ringleader instructed everyone to turn their torches on and swing them around by the strap.



In unison, every torchbearer swung their torch and lights swirled around the stadium like stars dancing in a night sky. It was illuminating. We were all taking part in something beautiful at the same time. One bright vision to enjoy and savour together. I felt like I could fly.

For those brief moments, I could escape all the noises, the kaleidoscope of colours, the malodorous mixture of hotdog and fried food smells, the danger of live, loose animals, the concern for the animals wellbeing, the fear that an acrobat could tumble and die and the confusing cacophony of the clowns.

I could escape feeling different and alone in the crowd. I could escape feeling the guilt that I was not enjoying the circus that I was privilege to see. I could escape feeling too sensitive and different.

That little torch was my Dumbo feather. Shining my light and doing it with all the other children around me; lighting up the darkness in the midst of a circus- that was a memory I will never forget.

Helen Murphy (a true story)

*The Dingley Village Writing For Pleasure Group meets each Tuesday from 10am to 12pm 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.*





## Looking After Your Eyes: Everyday Eye Safety at Work and at Home

Eye injuries can happen in the blink of an eye — and we see them more often than you might think. From workplace accidents to gardening mishaps and even tiny baby fingernails, many everyday activities can put your eyes at risk. The good news? A few simple precautions can go a long way in keeping your eyes safe and healthy.

### On the Job

If you work in a trade, factory, lab, or construction site, protecting your eyes should be part of your daily routine. We often see injuries from:

- Flying dust, metal, or wood chips
- Chemical splashes
- Impact from tools or equipment
- UV exposure (especially from welding)

Wearing the right safety glasses makes a big difference — especially if you wear prescription lenses. We can provide prescription safety glasses that help you see clearly while protecting your eyes. Whether you need single vision, bifocal, or multifocal lenses, we'll fit you with comfortable glasses that meet safety standards without compromising your vision or comfort.

### In the Garden or Backyard

Eye injuries aren't just a workplace issue — plenty happen right at home. We regularly see patients with injuries from mowing the lawn, using power tools, or accidentally scratched by branches and thorns while gardening.

While safety glasses aren't always required for light gardening tasks, it's important to stay aware of potential risks. We especially recommend wearing protective eyewear when mowing the lawn or using power tools, as these activities can throw up debris that may cause injury.

### Watch Those Little Fingers

One surprisingly common cause of eye scratches? Newborns! Their fingernails are sharper than you'd think, and we often see new mums with scratched eyes after a cuddle or feeding.

If you wear glasses, keeping them on while holding your baby can help protect your eyes. If not, gently guiding their hands away or closing your eyes when the little ones reach for your face can prevent accidental scratches.

### Simple Ways to Protect Your Eyes

- Wear safety glasses when doing high-risk jobs
- Be cautious when mowing, trimming, or working with tools
- Take care around little hands during cuddles
- Stay up to date with regular eye exams

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## School is boring': what it means when your child says they're bored in class, and how you can help.

### THE CONVERSATION

Academic rigour, journalistic flair

**Published:** October 1, 2024 5:50am AEST  
Amanda Bourgeois: Postdoctoral researcher in the UQ Learning Lab, The University of Queensland  
Annemaree Carroll: Professor of Educational Psychology, The University of Queensland

Have you ever asked your child how school was today, only to be told it was "boring"? It's a conversation sadly all-too-familiar to a lot of parents. Many are left wondering why and what they can do to help. It's important to understand why your child may be feeling bored at school. Here are some possibilities to consider.

#### Not every aspect of school is engaging

Boredom at school isn't uncommon. Remember, a child's learning journey is jagged, not linear. Their learning may progress quickly during some periods, and less so at other times. Sometimes they will be bored.

Research has found Year 9 students reported feeling bored during nearly half of class time, on average, while younger students report feeling bored during about a third of class time.

Our own research, which involved surveying 412 students in Year 10 about their emotions, revealed boredom was the most commonly reported emotion among participants. This is concerning because students need to be emotionally invested to learn well.



As we argued in our paper, it's possible there's a need for some teachers to develop more stimulating lesson plans, and work more with students to find ways to motivate and engage them. Collecting feedback and working with their students to minimise classroom boredom could help some teachers.

Young people are growing up in an era where – thanks to technology – boredom in spare time is rare. This can be quite challenging for teachers, who generally want to encourage their students to reflect, ponder and contemplate. But research has found closer student-teacher relationships, creating safe and supportive classrooms, and linking learning to real-world contexts

relevant to students can often mitigate negative emotions like boredom.

The greater the control the student has over their learning – and the better they see the value of it – the more motivated they're likely to be. But lesson content is only part of the picture.

#### Is your child bored some or all of the time?

If your child is feeling bored in just one class, or one subject, then it could be the lesson content. But if your child is consistently complaining that all classes and all school is boring – and you've noticed their grades are declining – there may be more to consider, such as:

- the possibility of an underlying learning difficulty, such as dyslexia (which relates to reading) or dyscalculia (which relates to maths and numbers)
- the possibility of hearing or vision impairment
- the possibility your child is "gifted", meaning they learn much faster than their peers.

If you suspect any of these, talk to your GP, and to your child's teacher.

#### Is boredom masking other emotions?

When children say they are bored, they might be struggling to identify and express more complex feelings such as sadness or anxiety.

So it's worth considering if there are friendship issues happening in the playground, or if there is something else going on emotionally for your child. These stressors can occupy your child's thoughts in the classroom, taking attention away from learning.

By helping children to understand and articulate their emotions, we can provide them the tools to manage these experiences more effectively. Some schools offer programs that help children identify their emotions and learn social, emotional and behavioural regulation skills.

Children with good social emotional skills are likely to do better on a range of interpersonal and academic outcomes, which can also benefit parents, teachers and the school in general.

#### So what should parents do?

Talk openly with your child. Ask more specific questions about their day, instead of just "how was school?". Instead, you can try questions like:

- what was the most interesting thing you learned at school today?
- can you tell me about something you enjoyed doing at school today?
- was there anything that made you feel frustrated or bored today?
- what do you wish you could change about your day?

- who did you play with today?
- if you were the teacher for the day, what would you do differently?
- what feedback did you receive from your teacher on your work today?

Find out what they mean when they say they're bored at school, and when they feel bored.

Consider having them assessed for possible learning difficulties, and their eyes and ears checked. Find out if there any problems with friends, or possible anxieties lurking below the surface. If your child is particularly high achieving academically, discuss this with the school. Your child may be eligible for further assessment and extension support.

Find ways to relate what your child is learning in school to their own lives and interests. Consider how you can strengthen your child's relationship with their teacher, and talk to the teacher, too. They might be able to make simple adjustments to support your child's motivation and engagement.

#### Disclosure statement

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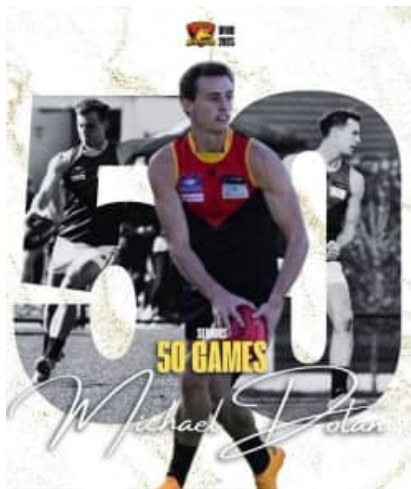


Our flying start to the football season continued in Rounds 3 and 4 with strong wins in both the Senior and Reserve Grades. Our much anticipated clash on Good Friday against long term rivals, Springvale Districts attracted a crowd never before seen at Souter Oval.

It is estimated that 2,000 footy fans attended to witness a fantastic game of local football, in which Dingley recorded their third win from three outings. Our boys were in control from the start and held a big lead at half time before Springvale fought back into game, getting within a couple of kicks, before a settling late goal by skipper Jackson Peet saw us get home by a comfortable fifteen points. Best players were Benton, Freeman, Morecroft (5 goals), Johnson, Peet and Walmsley.

Apart from the success on the field, the real club stars were the fabulous volunteers working their backsides off to make the day the biggest event in our history.

Well done to everyone who rolled up their sleeves to showcase your footy side in its new facility: 'The Pav'.



East Brighton, boasting some big name ex AFL players were our next guests and although the margin was only four goals, it felt as though we were again in control for most of the day. Small forward Tom Morecroft helped himself to another five goals after stepping up for a couple of injured or suspended key forwards.

Other good players were Walmsley, Horton-Milne, Windhager, Stretton, Gent and Barnes.

This win took us to outright top position with four wins and set to face a traditionally strong Narre Warren in Round 5. Narre Warren has entered SFNL for the first time in 2025, but old Dingoies well remember them from our fierce clashes through the seventies, eighties and nineties in the old South West Gippsland league.

Both sides entered this game with little or no prior knowledge of each others strengths and weakness, but at five o'clock, Dingley had overcome Narre by three goals to maintain our unbeaten run.

Dingley Reserves have a similar unbeaten record and had another comfortable win away against Narre, to also be 5 from 5. Round 6 is not until May 24 after a Bye Round, when we venture to McKinnon to face something of a hoodoo challenge against an always strong St Pauls.

Keep up to date with all results, Football Firsts, Reserves and Thirds plus our dominant Netballers who are taking all before them again this year.

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

52-70 Centre Dandenong Rd, Dingley Village VIC 3172, (03) 9558 3322, [gvilleage@tpg.com.au](mailto:gvilleage@tpg.com.au)



# SENIOR SUPPORT SERVICES

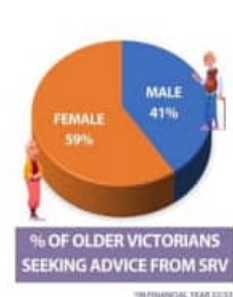
## World Elder Abuse Awareness Day (WEAAD) is 15 June

Everybody deserves to be treated with respect and dignity.

### What is elder abuse?

Elder abuse comes in many forms. It can be financial, emotional, psychological, physical, sexual, or social. Elder abuse can occur once, or many times and can vary in severity from subtle through to extreme. It can include one or a combination of the different types of abuse. Most often, elder abuse is carried out by someone known to the older person, with two thirds of abusers being an adult child. Abusers can also be other family members, relatives, or friends.

Elder abuse affects people of all genders and all walks of life. The abuse, however, disproportionately affects women – two-thirds of people seeking help from Seniors Rights Victoria (SRV) are women. Culturally and Linguistically Diverse communities, Aboriginal and Torres Strait Islander communities and LGBTQI+ communities are additionally vulnerable, as are older people living in rural and regional communities.



### Who is affected by elder abuse?

The most recent study of elder abuse prevalence in Australia found that 14.8% of those 65 years and over had experienced at least one recognised form of elder abuse over the previous 12 months. This suggests that 160,000 older Victorians are experiencing elder abuse each year to a level they are willing to identify to researchers.

The incidence of abuse towards older people is also predicted to increase as many countries experience rapidly ageing populations, which Victoria is not immune from as our community ages.

By 2046, the number of Victorians aged 60+ is expected to increase by around 60 per cent to more than 2.3 million people,

accounting for approximately 25 per cent of the population will be 60 years of age or older. Insecure housing and homelessness are factors that greatly contribute to elder abuse, whether they are experienced by the older person themselves, or by people close to them.



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Insecure housing and homelessness are factors that greatly contribute to elder abuse, whether they are experienced by the older person themselves, or by people close to them.

### Where can I find out more?

Seniors Rights Victoria works to prevent elder abuse from occurring by offering free legal advice and information as well a range of educational and advocacy activities. We are committed to safeguarding the rights, dignity and independence of older Victorians.

You can learn more about elder abuse, and the services of Seniors Rights Victoria, by visiting our website. If you are experiencing elder abuse and want to know what options are available to you, call the Seniors Rights Victoria helpline on **1300 368 821**.

For nationwide assistance and to access additional resources in 20 different languages, call the Australian Human Rights Commission on 1800 ELDERHelp (**1800 353 374**) or visit this website. If it is an emergency, call **000**.

*Information in this article provided by Seniors Rights Victoria. Seniors Rights Victoria provides information and support for those concerned about elder abuse. They have a community legal service and can represent older people experiencing elder abuse. They help Victorians 60 and above, or any Indigenous Victorians 45 and above.*



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# VALE MARGARET VOGT

## It is with sadness that we acknowledge the passing of Margaret Vogt in May.

Margaret and her husband Ron served and supported many Dingley Village groups in addition to their service to their local church; Village Church Dingley Village, formerly called Dingley Union Church. Margaret was a woman of deep faith and her community work was guided by those values.

For 34 years Margaret Vogt and her late husband Ron published The Dingley Dossier.



The Dingley Dossier started as a weekly column in the Dandenong Journal written by Phil Kent until the Dandenong Journal terminated the column in 1972.

Phil decided to continue The Dingley Dossier as a separate four page local newspaper providing information about local news and events.

For over 11 years, Phil and his volunteers produced over 90 issues until a lack of financial viability resulted in the last edition in April 1983.

The Neighbourhood Centre, then called, the Dingley Village Community Centre, decided The Dingley Dossier could not be lost, and together with Ron Vogt, taking on the editorship role, published the first edition in Oct 1983.

Ron with the support of his wife Marg built up the viability of The Dingley Dossier, and soon become both editor and publisher, with Marg becoming co-editor when Ron's health deteriorated and taking over as publisher and editor in November 2003.

The Dingley Dossier provided information on local activities and events, allowed community groups to profile themselves, gave local businesses an economical avenue to advertise, as well as being a platform for lively community debate and opinion sharing. Due to their dedication and efforts, Marg and Ron Vogt have gifted the Dingley Village community a unique and valuable asset that is the envy of many other local communities.

Margaret retired as editor and publisher of the Dingley Dossier in December 2017, handing the reins back to the Dingley Village Neighbourhood Centre.

The Dingley Dossier is a lasting legacy of her and husband Rons' selfless commitment to the community of Dingley Village.

## Make A Difference Dingley Village

At Make a Difference we have initiated a campaign to assist families with toiletries for their bathroom cupboard.

We are collecting the following

Soap, toothpaste, toilet rolls, nappies, combs, deodorant, hand wash, antiseptic, shampoo, hairbrushes, travel essentials, throat care items, cough mixture, band-aids, paracetamol, cotton balls, and sunscreen.

Additionally, our storeroom cupboard needs food for distribution weekly, and can accommodate the following:

Cereal/Weetabix (small), Long – Life Milk (1 Litre pkts), Pasta, Dried Spaghetti (small), Pasta Sauce (small), Tins of baked beans, Tins of spaghetti, Tin of soup, Tins of Fruit, Coffee, Tea Bags, Sugar (small quantities), Rice (small quantities), Dishwashing Liquid (small), Clothes washing liquid/powder (small).

**\*\*A special "Thank you" to all who have been contributing, from us, and our recipients'!**

Simply drop the goods off to 29 Marcus Road, Dingley Village. Monday to Thursday 9am – 3pm

Phone: (03) 9551 1799 with any queries

Our website: <https://maddv.com.au>



## Pantry Fresh

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

(03)9551 1569

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- Pasta and all your grocery needs!

AND SO MUCH MORE - COME IN AND SAY HELLO







## Our Major Sponsor Turns 23yrs Young

Late in April this year, the Dingley Village Bendigo Community Bank turned 23years YOUNG. It was just two years ago that this branch of the "Better BIG Bank" awarded us (DVMS) their Cit-izen of the Year for our work in our local community. This was the first time in the 19-year his-tory of this award that it had been presented to a group rather than an individual.



Whilst a number of our members attended the function, held in the Dingley branch building, so too did many other organisations and individuals.

The crowd was estimated at 30+. Quite a squeeze if you know the branch. Staff served customers during the event, so it was a "happening" place to be.

Occurring at 10.30am the event was organised by the branch Community Engagement Advisor Emma Eckhardt who arranged a special cake to be enjoyed with either coffee or tea for all present. Darren Bodey, Chairman and Directors, Greg Lawes (a DVMS member), Jim Hardy and Peter Young were all on hand to greet business clients and customers alike.

It was an enjoyable event and a wonderful opportunity to network with other 'movers and shakers' with whom we regularly 'move and shake' to make our community a better place in which to live.

## Mother's Family Night 2025

On the Thursday before Mother's Day the Dingley Village Men's Shed (DVMS) combined with the Noble Park - Dingley Lions Club to celebrate a special occasion for Mum's, Dads and Chil-dren at Bunnings, the corner Springvale and Cheltenham Roads in Keysborough.



Our role was to cook and serve sausages in a slice of bread - no onions - but with a variety of sauces. All supplied free of charge by the store. Remember this is all happening around their regular dinner time. The venue was inside Bunnings because by the start time it was dark and cool outside. It was after all from 6 - 8pm with the following Sunday, May 11th, being Mother's Day.

Quickly it became obvious that our combined 'hands on deck' meant we could help out at other activities all designed to interest the children and give the parents a worthwhile break. Tam, our lady in charge (the store's Activities Officer), said "No problem we have plenty of jobs for your guys to do." One member was immediately assigned to the Spinning Wheel whilst the rest of us cooked, handed out sausages in bread, drinks, and popcorn. We were a BIG HIT with the children.



Oh, did I mention that there were a number of other activities all occurring at the same time. Things like Face Painting, Spinning Wheel a Craft Table and of course the Sausage Sizzle. Well, to say that we were really "under the pump" would be a gross understatement.

Frankly, I hate to think what we would have done if we, (the DVMS boys) had not had the Lions there as well. I reckon we would have been knocked over in the rush!! Remember this was a 6 - 8pm call so by about 7pm, after the mob had been fed and watered, they were off to participate in all the 'fun of the fair'.

As it turned out the giant raffle in which everyone (Mums, Dads and kids) all participated was conducted soon after 7.15pm. Again, the prizes were supplied by the store attracting a big audi-ence. After that it was time to go home.

We cleaned up, packed up and headed for home but not before receiving a heartfelt thanks from Tam for our voluntary efforts. So, all in all it was a fun but brief opportunity to support the customers and a business which itself supports many local organisations.



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# CIRCLING THE CLUBS



## Country Women's Association Dingley Village



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

Once more, the CWA Dingley Branch participated in the solemn Dingley ANZAC dawn service. Several dedicated members honoured the occasion by presenting our handcrafted wreath adorned with knitted poppies and fresh flowers. Being able to contribute to this poignant ceremony is a true honour and a deeply moving experience for all involved.

CWA Dingley Village would like to thank Dingley Woolies and the community for supporting our Mother's Day stall on Friday May 9. We had our best stall takings ever and all monies will be donated to Royal Flying Doctors, Blaze Aid, Angel Flights and Food Bank.

Our next stall will be our Winter Warmers stall at Parkmore Shopping Centre on Friday June 13 from 9am - 4pm.

There will be a variety of knitwear for all your winter needs, including baby and lap rugs, toddler knits, knitted toys, baby knits and beanies for babies.... plus much more. Come along for a browse or to just say hello. Remember, **CASH ONLY**.

## 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 12th of June and the July one is on the 10th. Starting time is 7.00 - 7.30 PM and meals and snacks are available. Of course, you have the usual wide choice of beverages being dispensed for your indulgence.

Our regular dinner is held on the last Saturday of the month and the June one will be on the 28th. 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.

A number of 60 Plussers were entertained by Freddie G at the Keysborough Seniors Club in May and also attended a smorgasbord luncheon at the Lynbrook Hotel.

Our activities are suitable for those in the sixty 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 have had a few phone enquiries, but still no new faces so don't be shy as we are more than happy to welcome new members to the Group.

Enquiries can be made to Graeme on **9551 3462**. PS - Winter draw(er)s on?



## Probus Club Dingley Central



At our May Meeting the guest speaker was Bush Balladeer Don McQueen. Don has been acclaimed as the Bush Poet of the year on six occasions.

His passion for Australian History and Poetry recitals have become a feature of many guest speaking engagements throughout Australia, very popular on Australia Day and Anzac Day ceremonies.

Don presented a great selection of poems by renowned Bush Poets Banjo Patterson and Henry Lawson. Clancy of the Overflow, The Christening and The Fire at Ross's Farm were all delivered in Classical Bush Style. The presentation was thoroughly enjoyed by all.

Activities planned for June: Happy Hour, Legs and Morning Coffee, Wine Tasting, Camera Club, Morning Melodie's, Dine Out, Film Day, 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 always welcome.

For further information please contact Jean on **0438 272 232**.  
Website: [dingleycentralprobus.wix.com/dingleycentralprobus](http://dingleycentralprobus.wix.com/dingleycentralprobus)

## Dingley Village Senior Citizens Club Incorporated

The Dingley Village Senior Citizens Club Inc meets every Monday from 12:30 PM to 3:30 PM and new members are most welcomed.

March was full of fun and activities, members enjoyed the bus trip to Kallista Tea Rooms for morning tea. We then travelled to Ferntree Gully Hotel for a feast. As usual, the fifth Monday was special with a trivia quiz, prizes, and a light lunch.

**Mark your calendars for JUNE 2025 as we have some fantastic activities lined up for you:**

- **2nd** Games, Cards, and Dominoes
- **9th** HOLIDAY
- **16th** Games, Cards, and Dominoes
- **23rd** Bingo
- **30th** Games, Cards, and Dominoes

For more information, feel free to reach out to our President, Margaret, at **9580 4321**, or our Secretary, Asha, at **0417105646**



## Dingley Village Historical Society



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

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

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

## Dingley Village Men's Shed



Opening Hours and General Activities:

Day of Week	Open Hours	General Activities
<b>Monday</b>	9:00am - 1:00 pm	Metal Work, Wood Work, Art, Bicycle & Car Maintenance
<b>Tuesday</b>	9:00am - 12:00 pm 1:30pm - 3:30pm	A' Team workgroup & Bike Riding Group Photography
<b>Wednesday</b>	9:00am - 12:00 pm	Bike Riding Group & Music Group
<b>Thursday</b>	9:00am - 12:00 pm 1:00 pm - 3:00 pm	A' Team workgroup Pool / Snooker
<b>Friday</b>	9:00am - 1:00pm	<b>Members Muster</b> This is our main day!

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

We also hold a great Raffle (fundraiser) for members & visitors, and also a Golf Putting Comp. Other Activities from time to time include Golf Days, Special Event Days e.g., Cup Day & Australia Day BBQ's. plus, the occasional outing to places of interest. The Dingley Village Men's Shed is in Cypress Drive, Braeside Park (near Visitors Centre), Lower Dandenong Road.

Ph. **9551 5892**, E-mail: [info@dvms.org.au](mailto:info@dvms.org.au)  
Web: [www.dvms.org.au](http://www.dvms.org.au)



## Lions Club of Dingley Village



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

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

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

## Rotary Club Noble Park – Dingley



Active Rotarians – making friends and making a difference.

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

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

## Italian Senior Citizens of Kingston - "La Baracca"

The Italian Senior Citizens of Kingston offer a two course homecooked lunch with coffee and biscuits every Wednesday and Sunday at 12 pm.

\$17 for members, \$20 non-members.  
New members welcome.

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

## Braeside Park Walking Group

We need more walkers. Friendly mixed group meets Tuesday and Friday at the Visitors Centre Carpark. Arrive 9.20am for a 9.30 start to Circuit 5 km or shorter. Stay around for a chat afterwards, no booking just come along.

## Keysborough & District Multicultural Senior Citizens Inc.

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

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

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

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

Club members and visitors enjoyed an afternoon with Freddie G giving us a heap of popular, country and Rock and Roll songs. Future entertainment will be 17th June.

Rick Charles and Christmas in July at the Sandown Park Hotel Club membership for F/Y 24/25 is \$10.00.

Contact is Julie on 0428 561 694.

## Spring Park YWCA Golf Club



A friendly welcoming group of ladies of varying standards meet at 7.45am for an 8.00am start on Monday mornings at Dingley's Spring Park Golf Course. Cup of tea & biscuit is shared after the round.

We play 9 holes & provide an excellent starting point for those who have completed golf lessons & are ready to hit the fairways.

Further information: Jillian Sanders 0419 501 365 (Captain), Julie Westcott 0438 269 622. (President), Jan Boyes 0497 096 377 (Secretary).

## Mordialloc/Chelsea Evening VIEW Club

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

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

Our meetings are held on the first Tuesday of each month at The Bridge Hotel 1-4 Nepean Highway Aspendale at 6.30pm, includes dinner and a guest speaker RSVP Myra 0407041734. Anyone interested in becoming a member can call Maria on 0419507384 or Helen on 0418557358 or visit [www.view.org.au](http://www.view.org.au) for further information

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Dingley 3172 (Entrance off Redwood Dr.)

## Kingston City Church



**Our Vision:** Connecting People To Jesus Christ

**Our Mission:** Reach, Restore, Relate, Resource And Release.  
Ph: **8551 6600**, Fax: **8551 6690**.  
Web: [www.kcc.crm.org.au](http://www.kcc.crm.org.au)  
Email: [admin@crm.org.au](mailto:admin@crm.org.au)

**Senior Pastor:** Dan Parker

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

Life can be difficult to navigate and is often full of questions, especially for teenagers. With all the pressures they face from school, friends, and social media, it can all become quite confusing and even overwhelming.

This is why Revival Youth exists. Revival Youth is a Christian youth ministry program that runs at Kingston City Church in Clarinda. We run a fun-filled, Christ centered, biblically based youth program that consists of games, worship, and relatable and practical biblical teachings. Our program is for high school kids and is thoughtfully and prayerfully prepared to help the youth grow in their faith and walk with Jesus Christ.

We provide a safe and healthy environment with the aim to help empower teenagers for life's tough questions and situations from a biblical view.

At Revival Youth, our passion is not just to help these young people through life's situations, but to see them thrive and be a light for Jesus in a world that desperately needs Him.

Over the years we have seen many young people grow in faith, and confidence, better prepared to face everything that is ahead of them. Revival Youth is for teenagers in year 7-12 and runs from 7-9pm every Friday during the school term. For more information, jump onto our Instagram @ [revivalyouthkcc](https://www.instagram.com/revivalyouthkcc) or email me at [andy@crm.org.au](mailto:andy@crm.org.au). I encourage you to come and check us out.

Andy Watson - Youth Coordinator

## 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, if you have a concern that you would like prayed about, ring Margaret on **0401 392 772**

### Know Your Bible 9.30 – 11.00 a.m.

An interdenominational study of the Bible for women. For further information contact Kaye **0412 715 363**.

### Second And Fourth Thursdays Of The Month

Unleash the Music in You – 7.30 p.m. at the Church. For further information contact Bob Lorraine on **0418 998 714**

### 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 & Malcolm Crouch

Church Office: **8712 8254**

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

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

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

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

### Sunday Morning 10am Worship Service

In person or can watch livestream on our webpage.

### The church service includes:

- Bible teaching through expository preaching.
- Pastor Rodney Hole is currently preaching through the book of Hebrews.
- Communion is held twice a month for those who know Jesus Christ as their personal Saviour and Lord.
- Kids Church - Younger Primary (4-8 years old) and Older Primary (9-12 years old).
- Little Blessings Preschool Program (0 – 4 years old)
- Tea and coffee are served after the service.



## Life Groups

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

### Ladies Bible Study

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

### Men of Faith

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

### Village Church Youth Group (Years 7 –12)

Meets weekly on Friday nights from 7-9pm during the school term for Bible study and fellowship.

### Street Ministry

Village Church partners with 'Bought with a Price Ministry' here in Melbourne. Every Wednesday and Friday from 5pm to 7pm, a team witnesses at either Dandenong, Noble Park, Glen Waverley, Ringwood, or Springvale areas.

### Marriage and Family Support

At Village Church, our heart is to serve the surrounding community to support the growth of families. Families and marriages are under attack, and we are committed to helping you out in any way. We have many gifted and equipped members who would love to listen, encourage, and give sound advice to you. Please call the church office if you need help.

### Christ Church - Anglican Church Dingley Village



Vision: From within you shall flow rivers of living waters" John 7:38

## SPECIAL EVENTS

### Men's Breakfast

8-9am, McDonalds Braeside.  
Guest speaker, a la carte menu. Rom 8:14  
"For as many as are led by the Spirit of God, these are sons of God." NKJ.  
Next Breakfast: Sat 14th June.

### Fill-A-Bag for \$10\*

CCD Op Shop Special Event  
Come and Fill-A-Bag for \$10 (bags supplied).  
Morning tea of Scones available at \$5 per serve, plus bottomless tea/coffee.  
CASH ONLY for morning tea.  
Sat 14th June, 9:30am-1:30pm.  
\*Exclusions apply

### Faith-Science Discussion:

Sunday 27th July 2-4pm  
Christ Church Dingley  
To be led by Physicist, Emeritus Professor John Pilbrow; Meteorologist Christie Johnson; and Rev. Dr Chris Mulherin Executive Director of ISCAST [Christianity in Conversation with Science].



### Weekly Sunday Services

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

### Next Combined Service

15th June at 10am.

### Life Groups for Bible Study

For more information, please contact our office.

### Youth Group Saturday

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

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

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

**Next Service:** 2pm, Tuesday 10th June.

### 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 – 4.00 pm

**Thursday** - 9.30am – 1.30 pm

**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.

### 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](http://www.ccd.org.au)

### St. Mark's Catholic Church

511 Lower Dandenong Road, Dingley Village, 3172.

Phone: 9551 6930 or 9547 4877

Email: [Springvale@cam.org.au](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, 5pm
- Sundays, 9.30am
- Confession 4.30 – 4.50 pm before Mass on Saturdays

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



13/12-16 Garden Boulevard, Dingley Village. Office Phone:

(03) 9558 2045.

Facebook.com/KingstonCitySalvos

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

Corps Officers (Ministers): Major Jennifer Cloke and Major Andrea Elkington.

### Hours of operation

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

### Our Mission

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

### Our Vision

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

### Emergency Relief | Casework

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

### Echo Church

**ECHOCHURCH**  
*heaven to earth*

"Your Kingdom come, your will be done, on earth as it is in heaven." - Matthew 6:10

50 Tootal Rd. Dingley Village

[info@echochurch.org.au](mailto:info@echochurch.org.au)

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

Sunday's at 10AM

Senior Leaders: Justin & Leigh Box

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The ring design C23, had a fancy shank with geometrical features across. The cluster on top was made of RBC Diamonds set on individual coronet elevated, at different level. This fancy RBC Diamond Engagement ring had a fitted band.

The ring design C24, had a triangle shank and featuring a very unique cluster top made of RBC Diamonds set into individual coronets, at different level. We created a triangle wedding ring to fit next to this ring.

These new shanks shape, were extremely comfortable.

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As we are not a retail outlet, consultation is **STRICTLY BY APPOINTMENT ONLY**  
Ph: 9551 0195 (Tuesday -Friday) or email [sales@andolfi.com.au](mailto:sales@andolfi.com.au) Web: [www.andolfi.com.au](http://www.andolfi.com.au)

# DINGLEY VILLAGE TRADE DIRECTORY

## ACCOUNTANTS

SS Accounting Solutions	9551 3940
Highview	5990 1000

## APPLIANCE REPAIRS

AAD&O Refrigeration	9551 4626	0418 331 548
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## AUTOMOTIVE

B.S.T. Car Care Services	9558 7388	
Hondcar Service Centre	8555 0566	0408 343 212

## BATHROOM SERVICES

Bathroom revival	0408 549 697
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## CARPETING

Carpet Melbourne Direct	0404 888 048
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## CHILDCARE

Little Villagers Child Care	8512 0509
Little Scribblers	1300 300 011

## CHIROPRACTOR

Dingley Chiropractic Centre	9558 1436
Dingley Health Hub	9551 7110

## CHURCHES

Christ Church, Dingley	9551 7871
Heatherton Dingley Uniting	0431 244 561
Kingston City Church	8551 6600
St. Mark's Catholic Church	9551 6930
Salvation Army	9558 2045
Village Church Inc.	8712 8254
Echo Church	9558 3980

## COMMUNITY

Neighbourhood Centre	8512 0505
Make A Difference	9551 1799

## COMPUTER REPAIRS/ SALES & SERVICE

Dingley Village Computers	9558 2456	0412 729 777
Digitall Now		0407 992 253

## DANCING CLASSES

Broadbent Dance Academy	0411 024 438
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## DEMENTIA SERVICES

Brighter Days Dementia Care	1300 599 511
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## DISABILITY SUPPORT

Geraldine Howley	0494 022 401
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## ELECTRICIANS

DMB Pty Ltd Electrics	9551 5679	0418 399 273
Jolly Electrical Services P/L.	9551 6505	0412 370 314
Dickson & Funke Pty Ltd	9558 1288	

## FINANCIAL SERVICES

Dingley Village Bendigo Bank	9551 6111	
Integrity Finance Australia	9511 8883	0417 593 893
SS Accounting Solutions	9551 3940	
Highview	5990 1000	

## FOOD RETAIL

Pantry Fresh	9551 1569
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## GOLF

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

Dingley Chiropractic Centre	9558 1436
PhysioChoice	9558 2155
Dingley Health Hub	9551 7110

## HYPNOTHERAPY

Adam Palmer	0409 533 774
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## INVESTMENT CONSULTANTS

Integrity Finance	9551 8883	0417 593 893
Bendigo Bank	9551 6111	
Highview	5990 1000	

## JEWELLERY MANUFACTURING

G. & G. Andolfi Pty. Ltd. Trust	9551 0195
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## LAWN MOWING & GARDENING SERVICES

Dingley Village Mowing	9551 6672	0421 338 289
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## LEGAL SERVICES

Michael Benjamin & Assoc	9558 0558
Balfe & Webb	9532 2993
Billings Cloak	95681833

## MARTIAL ARTS

Southern Taekwondo	0439 304 579
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## MASSAGE - Sports/Remedial Relaxation

Dingley Chiropractic Centre	9558 1436
PhysioChoice	9558 2155
Dingley Health Hub	9551 7110

## PHYSIOTHERAPY

PhysioChoice	9558 2155
Dingley Health Hub	9551 7110

## PLUMBERS & GASFITTERS

Ades Dingley Village Plumbing	9551 5446	0415 342 727
McLean Plumbing & Gasfitting	9551 1975	0408 549 697

## PODIATRIST

Dynamic Foot Clinic	9558 2155
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## POOLS & SPAS

Bayside Peninsula Pool Compliance	0403 577 254
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## REAL ESTATE

Barry Plant	9586 0500
Buxton	9558 3337

## ROOFING

Roof Boss	0478 585 207
Stormproof Roofing	0418 519 815

## SECURITY

Dickson & Funke Pty Ltd	9558 1288
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## SECURITY DOORS & SCREENS

Doorite	9555 4294
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## TELEVISION & VIDEO REPAIRS

Televideo Repair Centre	9585 0064	0402 464 030
Digitall Now		0407 992 253

## WINDOW CLEANING

BAM Window Cleaning	8682 8767	0406 990 999
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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)

## Community items:

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

## Advertising:

To advertise in The Dingley Dossier

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

Post: Dingley Dossier

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## Submission deadline:

4 pm 15th of each Month  
(excluding December)

Artwork requirements

Artwork should only be supplied in two formats:

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hi-res.pdf with fonts embedded.

Full terms and condition available

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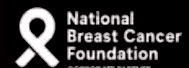
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