



# THE DINGLEY DOSSIER

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



## JOIN THE DINGLEY VILLAGE NEIGHBOURHOOD CENTRE BOARD

The Dingley Village Neighbourhood Centre has been providing services and support to our community since 1976.

As a not for profit, community-run centre, we rely on the support and dedication of volunteers to ensure that we can continue to offer the services that are so critical to our community.

In addition to recreation, leisure and community support programs, the Dingley Village Neighbourhood Centre also operates Little Villagers Childcare, Dingley Village Farmers Market and is the Publisher of the Dingley Dossier.

As we look to the future, we are seeking new board members to join us in our mission. We are particularly interested in individuals with a background in legal,

management, or marketing, as these skills will be invaluable in helping us to continue to grow and evolve as an organisation.

The Core function of the Board is to ensure that the Centres' Statement of Purpose (Mission) is met, and community trust is maintained.

It sets strategic direction, ensures legal compliance, manages risk, and appoints the Manager, focusing on long-term success rather than day-to-day management.

By joining our board, you will have the chance to make a real impact on the lives of those in our community. Whether it's through your expertise in specific skills, or simply through your dedication and commitment to our community, your

contributions will be valued and highly appreciated.

If you are interested in becoming a board member, we encourage you to get in touch with us today. Together, we can continue to make a difference in the lives of those who call Dingley Village home.

### For more information

Please contact the Centre Manager  
**Trudy Pritchard:** [manager@dvnc.com.au](mailto:manager@dvnc.com.au)



## FARMERS' MARKET

SATURDAY 16<sup>TH</sup> MAY | 8:30AM - 1:00PM



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

# WHAT'S ON AT THE NEIGHBOURHOOD CENTRE?

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

## LIVING IN DINGLEY VILLAGE

### IMPORTANT NUMBERS

**City of Kingston:**  
1300 653 356

**Emergency:** 000

**Police:** 131 444

**Crime Stoppers:**  
1800 333 000

**Lifeline:** 13 11 14

**Suicide Call Back Service**  
1300 659 467

**SES:** 13 25 00

**Vic Emergency Hotline**  
1800 226 226

**Poisons Info:** 13 11 26

**Emergency Relief**  
(MADDV) 9551 1799

**MensLine:**  
1300 789 978

**WIRE**  
(Women's Information and  
Referral Exchange):  
1300 134 130

**Safe Steps:**  
1800 015 188

**Nurse on Call:**  
1300 60 60 24

**Tip Smells & Dust:**  
EPA 1300 372 842

**Aircraft Noise:**  
1800 802 584

**Neighbourhood Centre:**  
8512 0505

**Community Association:**  
dvcasecretary@gmail.com

**Men's Shed:**  
9551 5892

**VicRoads Faults  
and Hazards:**  
13 11 70

**RSPCA**  
9224 2222

### Justice of the Peace

Marion Harriden 9551 1799

**Document Signing Station**  
Springvale Library  
1300 630 920

### Beginners Line Dancing

Every Monday evening  
7:30pm - 8:30pm in the  
Harold box hall (in library building). \$10 per  
session, EFTPOS only, no cash. Please bring  
a water bottle and small towel. Excellent  
low-impact exercise for all ages and no  
partner or special equipment required.



### Dingley Village Social Group

Looking to meet new people  
in a fun, relaxed setting?  
Playing cards, games, bingo,  
scrabble & mahjong.



Every Monday from 1.00pm-3.30pm in  
the Harold Box Hall at the Dingley Village  
Neighbourhood Centre. 31b Marcus Rd  
Dingley Village VIC 3172. \$2.00 per visit &  
light refreshments are provided.

Enquiries: admin@dvnc.com.au or  
Ph: **8512 0505**.

### Neurodiverse Parents Support Group with Geraldine

Parent lead group for children under the  
age of 16 with Autism, ADHD, Dyslexia and  
Dyscalculia. Meet in Meeting Rooms 4/5 every  
3rd Wednesday of the Month from 6.30pm-  
8.00pm Contact Geraldine Howley on  
**0449 150 415** or email: geraldineahowley  
@gmail.com

### Music with Mummies

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



### Teens Games Group

Fun environment for teenagers from 13 - 17  
to enjoy games together. Strategy, fantasy  
& sci-fi style board & role-playing.

Friday 5.30 - 7.30 pm in DVNC meeting  
room 4,5 & 6. **FREE event.**

### Dingley Village Playgroup

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



### Zumba Gold with Norma

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



### Body and Balance with Norma

This class 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

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



### Pilates

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

### Knit, Craft & Natter with Marlene

Have a knitting or any other craft project lying  
around or want to learn how to knit. Thursdays  
10am -12pm in DVNC meeting room 4 & 5.  
Free Class, no need to book, just come along.

### Chatty Café with Sue & Jo

The Chatty Café Scheme aims  
to get people chatting to build  
and encourage social connections within  
the local community, and to help reduce  
social isolation and loneliness. Let's keep our  
community connected! Wed 10am to 12pm in  
the staff room in the new DV Neighbourhood  
centre. Free, just some along.



### Collection Point

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

### Taekwondo with David

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

### Tai Chi with James

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

Tuesdays - 9am - 11am.  
Wednesdays - 6.30pm - 8.30pm  
Contact James: **0430 570 460**.

### Agna Yoga with Sneha

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

### 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**.



## JOIN A CLUB!



# COMMUNITY

## Happy Mothers' Day

To all the mums, grandmothers, step mums, foster mums, mums-to-be, mother figures, surrogate mums and all the men doing both the mother and father roles, wishing you all a wonderful day filled with love and laughter.



## Annual CWA Mothers Day Stall

Friday, 8 May, at Woolworths Dingley Village from 9:00 am. A wonderful selection of homemade gifts for Mum, along with our ever-popular home baking, jams, relishes, and of course—freshly baked scones.

Also on sale is a lovely range of hand-knitted baby items, perfect for keeping little ones warm as the cooler weather arrives. Pop along, say hello, and support a great cause.

## 90th Birthday Wishes

The Family of Kevin O'Reilly would like to wish him a very happy 90th birthday for the 5th of May. Kevin has lived in Dingley for 60 years and is an active member of the Dingley Village Men's Shed as well as a member of the Dingley Village Historical Society.



## Biggest Morning Tea

Dingley Village Neighbourhood Centre is holding a Biggest Morning Tea on 20th May, for more details see full page invitation in this edition of the Dingley Dossier.



## SPECIAL DATES IN MAY

### 1st – 31st May: Grey May - Brain Tumour Awareness Month

Brain tumours remain one of the most devastating forms of cancer, affecting thousands of Australians each year. Every May, Australians unite to shine a light on one of the most devastating and underfunded forms of cancer.



### 1st May: Vesak / Buddha Day \*\* Buddhism

Vesak is a major Buddhist festival, celebrating the birth, enlightenment, and death of the Buddha. Also known as 'Vishakha Puja' or 'Buddha's Day'.

### 15th May: Pirate Day

Did you know that brain cancer kills more children in Australia than any other disease? Pirate Day is The Kids' Cancer Project's annual dress up day to raise awareness and much-needed funds for childhood brain cancer, coinciding with Grey May.



### 18th – 24th May: National Volunteer Week

Not only does volunteering improve our communities but it brings us all together. The incredible work that volunteers do within communities changes countless lives and helps set up our future generations for success.

### 22 - 23 Shavuot \* Judaism

This two-day Jewish holiday commemorates the giving of the Torah at Mount Sinai by God to Moses and to the Israelites, 49 days (seven weeks) after the Exodus from ancient Egypt. It is celebrated with dairy meals, all-night Torah study, and synagogue services. Also known as Feast of Weeks.



### 24th May: Declaration of the Bab \* Baha'i

Declaration of the Bab commemorates when The Bab heralded the arrival of Baha'ullah, the founder of the Baha'i faith.

### 24th May: Pentecost Christianity

Pentecost is a major Christian holiday celebrated 50 days after Easter to commemorate the descent of the Holy Spirit upon the Apostles. Also known as Whitsunday, it marks the birth of the Christian Church.

### 27th – 30th May: Eid Al Adha \* Islam

Eid Al Adha\* is a major festival commemorating Ibrahim's (Abraham) willingness to sacrifice his son as an act of submission to God's command. Also known as 'Feast of Sacrifice' and one of the two main Islamic festivals, the other being Eid al Fitr.

### 27th May – 3rd June: National Reconciliation Week

National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

### 29th May: Ascension of Baha'ullah \* Baha'i

Ascension of Baha'ullah observes the anniversary of the death of Baha'u'llah, the founder of the Baha'i faith, on May 29 1892 CE.

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

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

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



**Gambler's  
Help**  
1800 858 858

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

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### Dingley Village Police Update



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

[f](https://www.facebook.com/neighbourhoodwatchkingston) neighbourhoodwatchkingston [www.nhw.com.au](http://www.nhw.com.au)

## Protect Your Plates

The number one item stolen from vehicles in Victoria is Number Plates. Get your plates protected today!

Stolen plates are then affixed to stolen cars, which are used to commit a wide range of crimes - ram raids, petrol theft, burglaries, hoon driving and so on.

As well as 'fuelling' more crime, having your plates stolen is inconvenient and entails notifying the police, notifying VicRoads, and buying new plates - plus you will likely receive fines for speeding and failing to pay tolls.

Fortunately, there is something we can do about it. Fitting tamper-proof/one-way screws to your number plates will make it difficult for crooks to steal them.

There are a variety of different size screws for different plates. And there can sometimes be a difference between the front and back plates.

For more information on what size screws for your car and/or how to fit go to [www.nhw.com.au/cars-and-vehicles/protect-your-plates/](http://www.nhw.com.au/cars-and-vehicles/protect-your-plates/)

You can also watch out for Safe Plate events or phone 8335 6002

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

Limited Spots available!

# LITTLE VILLAGERS Childcare

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- ✔ Brand new centre & facilities.
- ✔ Commonwealth Childcare subsidy approved provider (CCS)
- ✔ Low turnover of staff, high commitment.

A program of Dingley Village Neighbourhood Centre



**ENQUIRE TODAY!**

31B Marcus Rd,  
Dingley Village

Ph: 8512 0509

## Sale of Moorabbin Airport

The industrial property company the Goodman Group have sold Moorabbin Airport to Barings property investors for \$1.5 billion. Moorabbin Airport in southeast Melbourne is already the country's top general aviation flight training airport and offers room for expansion.

The site spans 294 hectares and the airport is the country's second busiest air base, housing flight training, charters, aviation maintenance and aviation, which will continue normal operations.

## Anzac Dawn Service and Wreath Laying

We would like to acknowledge Des Williams for attending the Anzac Dawn Service at the Dingley Village Memorial and laying a wreath on behalf of the DVCA.

## Slow Progress??

The DVCA have worked tirelessly over the years to support and improve our community. It is therefore very disappointing and insulting to see council plans for our village move at glacial pace. For well over a decade the council have been promising to improve and develop the Spring Road Reserve. Despite having a master plan for the reserve for at least three years, there has been virtually no progress.

In recent years we have been advocating for a comprehensive upgrade of the Centre-Dandenong Road shopping centre streetscape. Again, there has been no progress. Neither project has received any funding in the forthcoming Kingston Council 2026/27 budget.

No money has been allocated towards these projects and others in Dingley Village. Council regularly seeks feedback from residents through 'Your Kingston, Your Say'. Please make your displeasure known.

## Spring Road Reserve

A friendly reminder again to dog owners, please ensure that you continue to clean up after your dogs. A plastic bag disposal unit is also located at the entrance opposite Toorak Road.

## Support Our Dingley Village Shops

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

## Snap/Send/Solve

This App continues to be a positive method to improve our Village. Residents are reminded that they can use this App to send a photograph of a local problem to the appropriate authorities. This could be in relation to uneven footpaths, traffic hindrances and damaged infrastructure.

**Dingley Village**

**FARMERS' MARKET**

**SAT 16th MAY**  
**8.30 am - 1 pm**

**Reserve, 31 Marcus Rd**

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

Free Entry - Free Parking

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

## Bottle Refunds – Reminder

If you are a local resident who would like to help the DVCA but you don't know how, one option is to contribute your recycling bottles and cans to our 'Return It' CDS Vic Depot fund by using our Barcode number, C200009985. We welcome everyone's support and contributions.

## 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

Meetings are held in the Library Meeting Rooms, on the second Tuesday each month, February-November, at 7.30pm. located at 31b Marcus Rd., our next meeting is on the 10th March.

The DVCA is always looking for interested residents to join the association and help further the various issues for the improvement of Dingley Village.

The 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.

For further information please contact the DVCA Secretary. Email [dvcasecretary@gmail.com](mailto:dvcasecretary@gmail.com).

**Box**

**Recyclable**

Look for a black recycling symbol. Separate each item and place it in your recycling bin.

**Wrap**

**Conditionally Recyclable**

Look for a white recycling symbol. Can be recycled ONLY if you follow the instructions below the symbol.

**Lid**

**Not Recyclable**

Look for a rubbish bin symbol. Place it in your rubbish bin, this is NOT recyclable.

# OUR COUNCIL

## Community voices at heart of draft budget

The City of Kingston's Draft Budget for 2026/27 has been shaped by what the community has told Council matters most, turning local priorities into a practical plan for investment in the year ahead.

The draft reflects priorities shared by residents through Talking Kingston and other community engagement, including the importance of parks and open spaces, safe roads and footpaths, sport and recreation facilities, waste and recycling services, and vibrant local shopping strips. Mayor Georgina Oxley said the draft budget focuses on delivering the projects and services the community values while managing ratepayer funds responsibly.

***"At Kingston, our community is at the heart of every decision we make, and this document reflects the priorities residents have shared with us,"*** Cr Oxley said.

***"We're investing in projects that make a real difference to everyday life, from upgrading parks and sporting facilities, to maintaining our roads and footpaths and upgrading our local shopping strips."***

Proposed investments include upgrades to Namatjira Park in Clayton South and Walter Galt Reserve in Parkdale, progress on the Le Page Park masterplan in Cheltenham, a new soccer pitch at Kingston Heath Reserve and upgrades to the Bonbeach Basketball Stadium.

We are really excited to open our new Mordi Aquatic Centre too. A major investment in the health and wellbeing of our community. Our kids will soon be enjoying new playspaces at Follet Road Reserve, Gartside Reserve, and Heights Park, among others, crucial flood mitigation works are on the way in Aspendale, and we are continuing to upgrade our public toilets across the city.

Just as importantly, we will continue delivering the services, events, libraries and community hubs that help bring people together and support our community every day. Cr Oxley said Council was also mindful of the cost-of-living pressures facing many households.

***"We know many families are doing it tough right now, which is why we're focused on spending your rates carefully and responsibly; maintaining our current assets and the services people rely on, while planning for the infrastructure our growing city needs into the future."***

***"We are also proposing to extend our Cost of Living Support Package, offering help with things like rates, leisure centre access, and pet registration for residents needing extra support."***

## Kingston Councillor resignation

Councillor Tess Law, Ward Councillor for Melaleuca, has advised Council that she has resigned her position on Kingston Council, effective immediately 31st March 2026. Cr Law was elected to Council in the November 2024 Local Government elections and has served on a number of committees in this time, including:

- Governance and Policy Committee
- Access and Equity Committee
- CEO Employment Matters
- Australian Local Government Women's Association (Victoria) Treasurer

Mayor Georgina Oxley thanked Cr Law for her contribution during her time as a Councillor.

***"On behalf of Council, I thank Cr Law for her service to the Kingston community and in particular her representation of the Melaleuca ward,"*** Cr Oxley said.

***"We wish her all the best for her future endeavours."***

Chief Executive Officer Peter Bean said Council would now work to ensure the Melaleuca community continues to be supported, and work with key agencies on next steps.

***"Following Cr Law's resignation, Council will put the appropriate arrangements in place to support the Melaleuca Ward with the Mayor and Deputy Mayor available to support local residents,"*** Mr Bean said.

A by-election will be held to fill the vacancy in the Melaleuca Ward. Local Government elections are conducted by the Victorian Electoral Commission and eligible residents enrolled in the Melaleuca Ward will be required to vote.

The timing of the by-election is yet to be confirmed. While the position of Melaleuca Ward Councillor remains vacant, residents can direct enquiries to the Mayor or Deputy Mayor.

Contact details are available on Council's website. [www.kingston.vic.gov.au/council/your-council/councillors](http://www.kingston.vic.gov.au/council/your-council/councillors)

Information in this article provided by City of Kingston



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IT'S A WILD WORLD

LS

# LOOKING AT LOANS



## Control your mortgage, rather than let it control you

A proactive approach to managing your mortgage can help steer you through a tough environment.

With the price of the average home seemingly beyond reach, most would-be home buyers feel like the odds are stacked against them when it comes to purchasing a home. Buying your first home or investment property is still possible - all it takes is a little time, mortgage know-how and the commitment to managing your finances.

But buying that home does not mean all your problems are over - you need then to meet those mortgage repayments! Cost of living increases and interest rate rises continue to affect us all. So, what do these pressures mean for you and your mortgage?

There is a range of different mortgages now available from numerous lenders. Switching products to better suit your financial situation could potentially save thousands of dollars on interest repayments and take years off the life of your loan.

For example, you may want to switch to a lower variable-rate mortgage with fewer features, or lock into a fixed-rate mortgage where you've got certainty in repayments each month. Breaking the terms of your current mortgage can be expensive, however, so you'll need to check that you'll end up ahead when all costs are considered.

If you have other debts that are impacting on your ability to meet your mortgage commitments, you may even consider consolidating all your debts into one easy monthly payment. Consolidating debts, such as credit cards or personal loans, into

your home loan can mean paying an overall lower interest rate and can help improve your cash flow. While it can be a very effective strategy, refinancing your home loan is not the only option that's available. A few simple tactics can help you against significant changes to your financial situation.

### These include:

**Setting a budget:** Work out your expenses, fortnightly or monthly, and factor in your mortgage repayments. You might need to cut back on spending in places to make sure your mortgage is a priority. Keep a diary of your spending and stick to your budget.

**Cutting your debt:** Reduce the number of credit cards you have (ideally down to one) and their credit limits and only use them sparingly. Having a mortgage means taking control of your spending.

**Arranging a direct debit:** Arrange for your mortgage repayments to be direct debited from your pay, so you always make them on time.

Remember, if you feel you're struggling to meet mortgage commitments it's best to act now, rather than let the problem spiral out of control. Speak with your mortgage broker today to explore how you can better manage your mortgage.

Integrity Finance Australia has been serving the Dingley Village community since 2006.

If you have any questions on the issues raised in this article or borrowing capacity or your home loan in general, then please email [loans@ifinance.com.au](mailto:loans@ifinance.com.au), or call us on **03 9511 8883**

Daryl Borden, your Dingley Village Mortgage Broker, ACL 392184

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## LEGAL PRACTICE

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**PHONE**  
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**AUSTRALIAN CREDIT LICENCE**  
392184

To arrange an appointment contact one of our consultants

 <p><b>Daryl Borden</b> 0417 593 893</p>	 <p><b>David Browne</b> 0409 051 111</p>
---------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------

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



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Business Development Manager

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Barry Plant Bayside

9B/79 Centre Dandenong Rd, Dingley

9586 0500

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

[barryplant.com.au/bayside](http://barryplant.com.au/bayside)

## What is Flumist, the new flu vaccine for kids that's sprayed in their noses?

### THE CONVERSATION

Academic rigour, journalistic flair

**Published:** March 20, 2026 6.03am AEDT

**Allen Cheng:** Professor of Infectious Diseases, Monash University.

**Christopher Blyth:** Paediatrician, Infectious Diseases Physician and Clinical Microbiologist, The Kids Research Institute Australia, The University of Western Australia.

Many kids are scared of getting needles, and this can stop them getting vaccinations that protect that against the flu. Less than one in four Australian children were vaccinated against influenza in 2025.

This winter, Australian families have another option. A nasal flu vaccine called FluMist will be available for the first time for children aged 2–17 years. FluMist is a needle-free alternative to the existing influenza vaccines. Nasal flu vaccines are widely used in the United Kingdom, Europe, Canada and the United States.



Recent studies in which both injectable and nasal flu vaccines are available suggest parents prefer a nasal vaccine, particularly when they're hesitant about vaccination. As such, the nasal option could increase vaccination coverage in Australia and reduce the spread of flu, not only in children but potentially in the wider community.

FluMist will be free in some states and territories for certain age groups. It will also be available for a fee at selected pharmacies and immunisation providers. Here's what you need to know about how FluMist works, how effective it is, and whether your child is eligible.

#### What's different about this vaccine?

Current vaccines used in Australia are all injected. They contain specific components of the influenza virus that are not capable of replicating. FluMist is different. It contains a weakened "live" form of the flu strain. These types of vaccines are known as live attenuated vaccines. Other examples include MMR (measles, mumps, rubella), chickenpox and rotavirus vaccines. With FluMist, six of the eight genetic segments in influenza virus are altered so they cannot replicate efficiently at normal body temperature. This means the virus only replicates in the nose (which is at a lower temperature), rather than deeper inside the body.

#### How do nasal sprays work? Are they more effective?

To give FluMist, a health professional sprays one dose of 0.1ml of the vaccine in each nostril.

It is simple, painless and very well tolerated by children, even the very young. Unlike injected vaccines, nasal vaccines trigger protective immune responses where influenza viruses enter the body – on the surface of the upper respiratory tract (the mucosa) including the nose and throat. So, in theory, nasal sprays should work better than injections.

Early studies in the late 1990s suggested the vaccine provided very good protection against influenza in children – and might even provide some protection against influenza strains not contained in the vaccine. However, in practice, data from subsequent studies suggests the live vaccine probably provides similar protection to the current injectable vaccines.

In the US, there was also an issue in the mid-2010s where the live attenuated vaccine (given as a nasal spray) was not as effective as the injected vaccines. This led to the recommendation for its use being withdrawn from 2016 until 2018. As a result, changes were made to the process of selecting vaccine strains. Data from more recent seasons shows nasal spray vaccines are now just as effective as injected vaccines. Both reduce influenza infection by 40–60%.

#### How safe is the nasal flu vaccine?

The vaccine is safe, with mostly similar side effects to the injected influenza vaccine. The nasal flu vaccine has been used in the US since 2003, Canada since 2010, and Europe since 2011. The UK has had a national childhood program using the nasal vaccine since 2013. A proportion of people may have side effects, but these are mild and transient. Over half of children will have a blocked or runny nose, and around one in ten have a fever or headache.

Those who are severely immunosuppressed (have a weakened immune system) or regularly take aspirin should not use FluMist. If your child is mildly immunosuppressed, has severe asthma or another lung disease, speak to your GP or specialist about the vaccine. Adolescents who are pregnant should also seek medical advice.

#### What are the potential benefits?

The main benefit of a nasal vaccine is improving coverage in an age group where fear of needles stops children getting vaccinated and in settings where needles are a logistical hurdle. The UK introduced a school-based vaccine program in 2013. This had an immediate impact on vaccine coverage, which had been very low before 2013. Now, around half of children there receive an annual influenza vaccine. We know vaccinated children are less likely to fall sick and to take time off school. And evidence also suggests vaccinating this age group can reduce transmission of influenza in the community, thereby protecting others. In the UK, studies suggest the introduction of influenza vaccines for school-aged children reduced GP presentations with influenza in all age groups. Reducing influenza community transmission is expected to result in fewer influenza cases, lower health-care costs, and reduced pressure on hospital and health providers.

#### So, who can get the nasal flu vaccine?

In 2026, FluMist will be one of several influenza vaccines available in Australia. But funding arrangements vary across states and territories, affecting who is eligible for a free vaccine. Others will need to pay around \$50–70.

#### From early April, the nasal vaccine will be available in:

- New South Wales and South Australia as state-funded programs (free) for children aged 2–4 (inclusive) and available on the private market (for around \$50–70) for 5–17-year-olds
- Queensland as a state-funded program for 2–5-year-olds and privately for those aged 6–17 years
- Western Australia as a state-funded program for 2–11-year-olds (inclusive), and on the private market for those aged 12–17 years
- The Australian Capital Territory, Northern Territory, Tasmania and Victoria on the private market for 2–17 year olds.

The nasal vaccine is currently only registered in Australia for children.



#### Disclosure statement

Allen Cheng receives funding from the Australian Department of Health, Disability and Aged Care and the Australian Centre for Disease Control. He is a member of public health advisory committees and a former member of the Australian Technical Advisory Group on Immunisation.

Chris Blyth receives funding from the Australian Department of Health, Disability and Aged Care and the Australian Centre for Disease Control. His institution receives funding from Astra-Zeneca for vaccine-related research. He is a member of the Communicable Disease Network of Australia, the West Australian Immunisation Advisory Committee and a former member of the Australian Technical Advisory Group on Immunisation. He is president-elect of the Australasian Society for Infectious Diseases.

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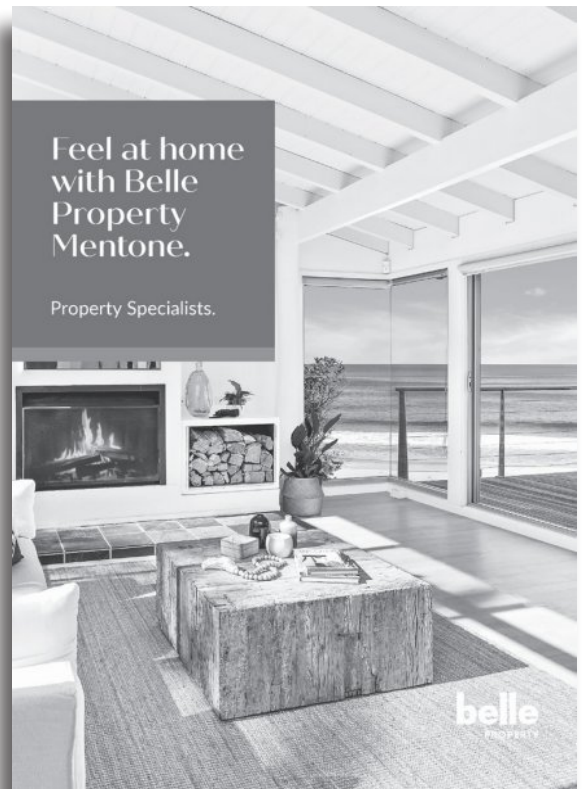
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## Need to parent differently now your kid's a teen or tween? 5 techniques that actually work.

### THE CONVERSATION

Academic rigour, journalistic flair

**Published:** March 25, 2026 3:03pm AEDT  
**Simone Hain:** Research Psychologist, University of Technology Sydney

As your child approaches their teenage years, they'll want more independence, their emotions will run higher and you might see more disagreements in your household. This is normal. Adolescence – which starts at around ten – is a time of rapid brain, social and emotional development.

Teens also start turning away from parents and more towards friends. But supportive parenting is one of the strongest protective factors for young people's mental health. Close parent-child relationships reduce the risk of mental health problems and help teenagers cope with stress.

What if the parenting strategies you used in your child's younger years no longer cut it? Here are five evidence-based strategies to stay connected and support your adolescent during this time of growing independence.

#### 1. Coach them on emotions

Teens often have intense emotions but may not yet know how to manage them. Emotion coaching means helping your child recognise and understand feelings instead of dismissing them. If your child comes home upset after an argument with friends, a common response might be to tell them, "Don't worry about it."

Emotion coaching focuses on understanding the feeling before trying to solve the problem. For example, "That sounds really upsetting. Do you want to tell me what happened?" This helps them feel understood and learn they can handle emotions. Emotion coaching is linked with better emotional regulation, stronger parent-child relationships and fewer behavioural problems.

#### 2. Actively listen

Teenagers quickly notice when parents are distracted. Active listening means giving your full attention and showing you genuinely care about what your child is saying. Simple actions such as putting away your phone, making eye contact and reflecting back what you hear can make a big difference. You might say: "It sounds like you felt left out when that happened," and ask follow-up questions. You don't have to agree with everything your child says. The goal is to show you are trying to understand. Adolescents who feel heard by their parents are more likely to talk about challenges such as friendships, school stress and risky situations.

#### 3. Avoid judgement

Many teenagers stop sharing problems because they expect criticism. Sometimes criticism is obvious, other times it's unintended. When parents respond with worry or advice, for example, "You shouldn't have done that. That was risky."

Parents can model calm, non-judgemental responses to mistakes. Instead of scolding, you might say: "Thanks for telling me. Can you walk me through what happened?" This doesn't mean ignoring problems. It means separating the behaviour from blame or shame and keeping the conversation open. Teens who feel their parents accept them are less likely to engage in risky behaviour and more likely to seek support.

#### 4. Set clear boundaries

As children grow, they push for independence. Clear and consistent boundaries help teenagers feel safe while learning responsibility. Boundaries might include expectations around screen time, schoolwork, curfews, or respectful behaviour. Teens are more likely to cooperate when rules are explained and discussed rather than imposed without conversation. For example: "You can go out with friends. Let's agree on a time to be home so we know you're safe."

It also helps to talk about consequences if rules are broken. Short-term logical consequences are often easier for parents to follow through. If a rule about phone use is broken, for example, a consequence might be losing access to their phone the next day instead of the whole week. Young people do best when parents combine warmth with clear expectations. But rules may need adjusting as teens mature.

#### 5. Help teens solve their own problems

Parents naturally want to step in and fix difficulties. But adolescence is a key period for developing independence and, importantly, managing challenges. Teenagers with stronger problem-solving skills cope better with stress and are less likely to develop mental health difficulties.

So instead of offering solutions immediately, guide your child through the process. Ask questions such as: "What do you think your options are?" or "What might happen if you tried that?" This builds confidence and resilience. Parents can still offer support and advice but letting teenagers take the lead prepares them for adult life.

#### What if you or your teen need more support?

Ups and downs are normal, but sometimes you or your teen may need extra help. If your teen has ongoing mood changes, is withdrawing from friends, refusing school, having problems sleeping, or they're talking about hopelessness, talk to your GP, the school counsellor or a psychologist. Raise your concerns with your teen before booking

an appointment so they feel part of the process rather than a problem to be fixed.

If there's constant conflict at home that doesn't improve, or you're looking for more tips and guidance, online programs for parents of teens can be useful. These include Teen Triple P (low cost) and SuperParent Powers (free). Websites such as Family and Child Connect and Raising Children Network also offer practical advice and support for families facing challenges.

For more tailored support, families can access clinical care through state-run Child and Adolescent Mental Health Services (CAHMS or CYMHS), as well as community-based family support services for parenting and relationship challenges through the Family Relationship Advice Line (1800 050 321) or Parentline (different numbers in each state).

The teenage years can be challenging, but they're an important developmental period. This stage often brings new opportunities to build trust, foster independence and watch your child develop their own values, strengths and identity. Small shifts in parenting can help you stay connected and support them as they transition to adulthood.

#### Disclosure statement

Simone Hain works for The Kidman Centre UTS which developed SuperParent Powers (a free, online parenting program for parents of teens) which is mentioned in this article.

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## **Dingley Village Men's Shed Wins Prestigious National "Green Shed Award" for Innovative Plastic Recycling Project**

The Dingley Village Men's Shed has been officially named the joint winner of the 2026 Green Shed Award by the Australian Men's Shed Association. The award, presented at the association's annual Gathering and Awards Night, recognises the Shed's outstanding commitment to sustainability through its large-scale plastic recycling initiative. Since the project's inception, the team has successfully diverted over 20,000 plastic milk containers from landfills and local waterways, transforming them into durable, serviceable products for the community.

### **From Vision to Innovation**

The journey began in 2019 when a group of retired engineers at the Shed sought a solution for the growing problem of plastic waste. What followed was years of custom engineering and persistence:

- ◆ **The Shredder:** Member David Taylor designed and refined the first shredding machine to process plastic into the perfect granule size.
- ◆ **The Extruder:** In 2020, Kevin Strahan fabricated a custom extrusion machine using the Shed's own lathes and welding bay, while Robert O'Brien designed and assembled the complex electronic systems required to run it.
- ◆ **Persistence Through Lockdown:** During the 2020 COVID-19 restrictions, the team conducted over 500 trials in a member's garage to perfect the temperature and speed settings required to produce high-quality recycled materials.

### **Turning Waste into Community Assets**

By 2022, the Shed moved into regular production. Today, they utilise a variety of custom dies to create everything from garden stakes to heavy-duty furniture. Their impressive production tally includes: 36 Two-Person Benches, 6 Benches with Backrests, 100 x 1.8 metre Garden Stakes and 4 Adirondack (Cape Cod) style Deck Chairs.

**Special Projects:** Including six oversized bench seats custom-built for a local bowls club, as well as planter boxes and deck chairs.

### **A Team Effort**

The project's success is driven by the current core team of Kevin Strahan, Ken Groves, Brian Esmond and Damien McShane supported by the entire Dingley Village Men's Shed membership who consistently supply the empty containers that fuel the machines.

The Green Shed Award highlights how local community groups can lead the way in environmental engineering and circular sustainable economy practices. These awards are a powerful reminder of the impact Men's Sheds have across Australia – improving lives, building healthy communities, and creating places where everyone belongs.

The Men's Shed reported on this project in the February edition of the Dossier, check it out at [www.dvnc.com.au/images/Dingley\\_Dossier/February\\_26\\_Online.pdf](http://www.dvnc.com.au/images/Dingley_Dossier/February_26_Online.pdf)

### **About Dingley Village Men's Shed:**

The Dingley Village Men's Shed provides a productive space for members to share skills, work on community projects, and support men's health and wellbeing through social connection and practical activity. Other activities include: Woodworking, Music, Photography, Art, Metalworking, Automotive, Bike Riding, or just sitting down and having a chat.

**The Dingley Village Men's Shed is in Cypress Drive, Braeside Park (near Visitors Centre), Lower Dandenong Road. Ph. 9551 5892, E-mail: [info@dvms.org.au](mailto:info@dvms.org.au) [www.dvms.org.au](http://www.dvms.org.au)**

# MENS SHED



## Open Day at the CFA

On Sunday March 29th from 10am until 2pm our friends at the Keysborough CFA conducted their Open Day at their station in Chapel Road.

Not only were there lots to see and do relating to the CFA station and vehicles but our generous and very helpful Bendigo Bank (Dingley branch of course) were there along with Scouts Victoria and the Dandenong SES. Our shed has worked with many of these exhibitors as well as the Keysborough CFA.



Soon after 10am the mums, dads, kids and dogs began to arrive. Former Station Secretary Gill Grigg advised that they were anticipating 400 plus attendees during the day.

A Sausage Sizzle meant that tempting food aromas filled the area which I am sure would have been very popular around lunchtime.

From the pics you will realise that much of what was on offer related to kids of all ages. From sitting in the Fire Trucks and pretending to having a go with the fire hose.

Now this is where we came in. Our very own Robert O'Brien and team had built a target house for training purposes at putting out a house fire. It was wonderful to see the fun the

little tackers had training the water, under pressure, from the fire hose onto the building and knocking down the 'pretend' fires in the spring-loaded windows and chimney.



This was all conducted with CFA volunteers assisting on a large concrete pad, so no one got wet feet. Whilst this was going on there were games to keep the kids amused.

That gave mum and dad a chance to marvel at the kit available to members of the station and imagine what it would be like to be a CFA volunteer.

It is worth remembering that all these brigade members are volunteers who are prepared to be called out to attend an emergency at any time day or night.

So, with units from Koriella, Carrum Downs and Springvale also in attendance it really was a great day. The weather gods supported the day and no 'call outs' occurred whilst I was there.

It really was a very impressive overview of just what these volunteers do for our community.

If you are interested in the Dingley Village Men's Shed, we have a social meeting every Friday Morning (except holidays as designated). Come along, enjoy a cuppa, chat & meet with your fellow shedders.

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

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## Protect Your Vision: Eye Symptoms You Shouldn't Ignore

As Australians we can often tend to brush things off with a 'She'll be right' attitude. But when it comes to your eye health, even small changes in your eyes can signal that things may not be quite right.

Knowing what to look out for and when to get checked can make all the difference when it comes to protecting your vision.

### Here are five eye symptoms you should NEVER ignore:

#### Sudden changes in vision

If your vision suddenly becomes blurry, dim, or you notice any loss of vision, it is important to have it assessed promptly, even if it seems to improve again. Sudden changes are never something to ignore, as they can sometimes indicate issues such as retinal problems, eye blood flow issues, or other urgent eye conditions.

Sometimes it can be really difficult to notice when only one eye has been affected because the other one will take over. A good habit to get into is to close one eye and then the other to assess your vision every day at a specific time, like when you wake up or when having breakfast. This way you'll pick up changes as soon as possible.

#### Flashes or a sudden increase in floaters

Many people notice the occasional floater which moves around when you move your eye. When they have been around a long time and unchanging, they are completely normal.

Sudden increase in floaters or flashes of light, like flickering or lightning streaks, can be a sign of a retinal tear or detachment. These conditions require urgent assessment, so it is always better to be safe and have your eyes checked that same day.

#### Eye pain

Eyes are not meant to hurt. Ongoing or severe eye pain, especially when combined with redness, light sensitivity, or blurred vision, is a warning sign that something is not right. Pain may be caused by issues like corneal scratches, infections, or increased eye pressure, all of which should be assessed by an optometrist or ophthalmologist.

#### Red eye that is not improving

A red eye can happen from simple irritation, allergies, or dryness. However, if the redness is sudden, persistent, worsening, or accompanied by pain, discomfort, discharge, or vision changes, it is important to have it checked. Persistent red eyes can sometimes indicate infections, inflammation, or other underlying eye conditions that need attention.

#### Double vision

Seeing double, even briefly, is not normal. Double vision can be caused by problems with the eye muscles, nerve issues, or other health conditions. It is always important to get double vision assessed so the cause can be identified and addressed promptly.

#### Trust Your Instincts

You know your eyes better than anyone. If something feels different, unusual, or concerning, it is always okay to get it checked.

Early assessment can not only provide peace of mind but also allows any potential issues to be treated promptly, protecting your vision in the long term.

#### We're Here to Help

At Insightful Eye Care, we are passionate about helping you look after your eyes and your vision. Our experienced optometrists provide thorough eye assessments and personalised care.

If you have noticed any changes in your eyes or vision, we are here to support you.

You can call us, book online at [www.insightfuleyecare.com.au](http://www.insightfuleyecare.com.au) or visit us in person to make an appointment. Your eyes are important. Let's look after them together.

### Dingley Eye Centre - Insightful Eye Care™

Josefina Karjanmaa, Dr Mark Glogowski, Darran Yeow and the team  
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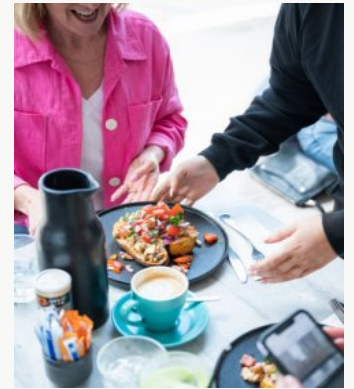
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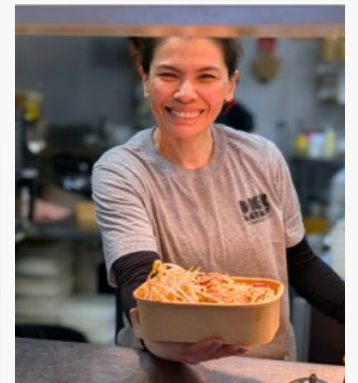
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# SAVE KINGSWOOD

## Save Kingswood Group The final countdown

Thank you, Councillor Caroline White, for your incredible support. Government installed monitors in council - at resident's expense!

The Save Kingswood Group continues to advocate for less dense development on Kingswood, with proper roads and access for service vehicles like Ambulances, Firetrucks and Waste trucks. The existing plan is woefully inadequate in many areas. Developer - Nigel Satterley said in front of witnesses: "The Government encouraged the highest density", and "Bins can go to the nearest street". Kevin Poulter replied: "that would be 68 bins at the end of one lane".

Satterley developers own Kingswood from March 2nd. They still have to provide plans for approval, but will the government bypass council as much as possible?

Satterley paid way beyond market value for Kingswood and probably were not told that 96% of Dingley Village residents are against the development. That figure was quoted by AustralianSuper at their display before they on-sold!

One of Satterley's first steps is to construct a paling fence around the golf course. So, all Dingley Village residents that were promised endless views forever by real estate agents will have a fence and neighbours along their boundary. If you have plants, take steps to save them, as fencers won't.

Please note the construction of the border fence is mainly not a council matter but a civil matter.

Will residents be served a fencing notice as required by law? Will residents be asked to pay for half the fence? Can residents refuse to pay half or even refuse a new fence, as there's an adequate fence already? Unfortunately, residents would have to take it to court to contest.

### Wildlife

There's no evidence that Satterley has an adequate plan for endangered and protected wildlife. Certainly, they will say many trees have no significance or are dead and remove them. Birds rely on all trees including hollow trunks in dead trees as their home. Please write to Satterley about this. Also, the golf course had a high concentration of snakes, so ask how residents, their children and pets will be protected during construction.

A border resident already had 3 snakes in his yard! Constructing a paling fence is

not enough barrier. Snakes travel via tiny gaps or tunnels under, in fright awws bulldozers destroy their habitat. A development in Chelsea resulted in birds flying around aimlessly for weeks, as their homes were destroyed.

There are also echidnas (if not already destroyed by "Round Up") and an endangered colony of grey head flying foxes.

### Floods

The developers plan to remove previously effective flood control measures like the Aquifer. This resource was capable of controlling half a billion litres of floods a year. We have been asking Melbourne Water about flood control measures.

After much lobbying, there's very sparse detail. There will be a larger drain constructed along Howard Road to channel some of the floods. But where will the water go? Chadwick Reserve has been waist deep previously and even Lower Dandenong Road flooded.

The reason we have not had floods recently is we are in a record dry. Ask questions about the fencing, flooding, wildlife and any other concerns to Satterley and government. Contact details at [www.kingswood-floods.com](http://www.kingswood-floods.com).

You can also contact me at any time. Please let me know if you can research a particular issue like birds.

### Friends and Neighbours

It's been a long road for 13 years and the door is not slammed, but it's hard to change directives from the government.

The Save Kingswood group is also asking if the golf course park and Dingley Village will have adequate drinking water pressure, and services like reliable electricity and sewage. We recently had several local power failures.

A Satterley development south of Perth has such poor drinking water pressure, a resident said it takes 40 minutes to fill a bath! If that happens on Kingswood, we all are affected.

A resident near Kingswood was refused insurance due to floods and another had his insurance double. Will units on Kingswood and indeed Dingley Village, be very expensive to insure or insurance cover refused?

**There are 50 reasons why development should not take place - see the first site [www.savedingley.com](http://www.savedingley.com).**

All politicians of all political parties responsible for our area were against development. The honorable Mark Dreyfus even said there should be no development.

### Never give up.

The very least we can do is request moderation. Eight of their small blocks would fit into one typical Dingley Village block. There is not a single additional service provided. So, there's no way anyone can say the lots are in character or net benefit to Dingley Village.

**Kevin Poulter** President,  
Save Kingswood Group inc.  
[www.kingswood-floods.com](http://www.kingswood-floods.com)



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## Dingley Football Netball Club

Dingley's depth of football talent over recent seasons, in which has been at the head of the bunch, has meant that many of our 'Reserves' players have been starved of senior opportunities.

Consequently, in recent months, rival clubs have offered opportunities to play Senior football, albeit in lower grades, causing a considerable loss of player numbers. No one begrudges those who have moved on but managing these losses has been a massive challenge.

Under new Reserves Coach, Jarrod Best, we approached Round One against Springvale Districts with only our Reserves captain Brad Cunningham remaining from last years Reserves 'Runners Up' team. Many of last year's Open Age side stepped up, along with many youngsters to make up the numbers on the big day. The result was a three goal victory away from home. We can only get better from here and spirits are high.

That set the scene for battle against one of our fiercest rivals in front of a large and vocal Good Friday crowd. Although the Seniors were missing many of our more experienced players, and featuring five new recruits, we got the job done to the tune of eight points in a thriller at Springvale.

Bailey Patterson, Emile Tait, Josh Docking, Nathan Taylor and seventeen year old Rory Tebb made their debuts in a memorable win against the odds. Our open age Thirds also kicked off their year with a 104 point win to make it a perfect weekend.

In miserable weather our Netball season in which we are fielding ten teams, also got off to what looks like more success to follow on from recent years. Six wins from ten games was a great return and the best is yet to come. Readers can keep up to date by logging into our website for all results and club news.

**'Be part of the 2026 pack!'**



**Player OF THE WEEK**

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# FRIENDS OF BRAESIDE PARK

## Autumn Heathland Walk

The Friends of Braeside Park invite the community to join a walk in the heathlands to see delicate mushrooms and colourful fungi. It's a rare chance to see the underground network that keeps the bush alive.



**Date:** Sunday 17 May 2026

**What:** Autumn's colourful and mysterious fungi

**Time:** 2:00 – 4:00 pm

**Venue:** Visitors Centre

Begin with a walk through the Heathland, a conservation area with restricted entry, and end with a delicious afternoon tea. Register on <https://www.trybooking.com/DLJUL>.

## Training the Horses

Tucked away in the middle of Braeside Park is a reed-lined dam known locally as Phar Lap's Swimming Pool. Once part of a private horse-training estate built by Dr. Arthur Syme at the turn of the twentieth century, the centre included staff quarters, stables, a dam, and tracks — and hosted for a fleeting time, the legendary race horse, Phar Lap.

Today, where racehorses once swam, ducks drift, frogs call after rain, and eels slip quietly through the water. Visitors can join weekly Park Runs, or jog, or cycle, or stroll with friends and families.



along the restored sandy track where Phar Lap trained for the 1930 Melbourne Cup. Remnants of the original racetrack infrastructure can still be found, stumps from the white railings that previously marked the track's edge. The magnificent stables however were lost in a fire in 1982, but the brick circles which edged the water wells, and a few gnarled, ancient, fruit trees suggest cottages with a kitchen garden.

This history, the Park's racing story, is now being captured by the Dingley Village Men's Shed Art Group aided by the Kingston U3A Art Group, and Kilbreda College. Their painted wooden panels will form the Cypress Stump Art Trail — a project telling the story of Braeside Park from a swamp to the present metropolitan park.

The opening celebration will be on Saturday, 1 August 2026, Phar Lap's 100th birthday.

Braeside: still moving — just at a different pace  
- Judith Sise

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## Citrus Gall Wasp

The citrus gall wasp (*Bruchophagus fellis*) is a native insect native to coastal regions around the border of Queensland and New South Wales.



It has now spread throughout the eastern states, including South Australia and Victoria and has also been found in suburban Perth. The wasp produces lumpy, woody galls around its larvae on branches. The galls weaken the trees, reducing fruit size and yield and sometimes causing branch dieback.

### How to spot citrus gall wasp

The citrus gall wasp produces characteristic woody galls which form around the developing larvae. These galls start to become visible in April and are easy to see by June. The wasps themselves are rarely seen as they are only 3mm in size and emerge out of small holes in the gall in early to late spring.



### Spread

The natural host of the citrus gall wasp is the native Australian finger lime (*Citrus australasica*). However, it has now become adapted to cultivated citrus varieties such as lemons and grapefruit. The wasp doesn't travel far from the original infestation, but the pest can spread from infested trees to nearby hosts and further distances through the movement of untreated, infested branches. Monitoring and control of citrus gall wasp is important to prevent further spread and damage.

### Management

While citrus gall wasp can be difficult to control, there are things that can be done to minimise the damage. Understanding the lifecycle of these wasps helps us to understand the best time of year for controls. Adult citrus gall wasps emerge from galls in spring – usually between mid-October to mid-December in southern Australia and are most abundant for about a month – from late October to mid-November.

Once the wasp has emerged, it has about a week to mate and lay up to 100 eggs under the green bark of a citrus tree. The eggs hatch after 2 to 3 weeks and the larvae burrow deep into the stem and feed on citrus tissue. The tree reacts by producing extra cells in the area which ends up creating the distinctive galls. Larvae feed within the stem for about 9-10 months.

The galls start to be seen from December through April and will gradually get bigger through autumn and winter. After a short pupation period in spring, the adults emerge from little holes in the galls and the cycle continues.

With this life cycle in mind, there are a few things to consider managing the pest:

**Time your pruning:** The best time to prune out galls is from April to June. Pruning in winter beyond June causes the tree to grow vigorously in spring and results in a flush of new foliage that the gall wasp prefers.

**Peel and reveal:** Instead of pruning, slice the top off one side of the active gall using secateurs, a sharp knife or a potato peeler, remembering to face the blade away from your body. This exposes the larvae to air and kills them, without causing lasting damage to the tree. The best time to do this is mid to late winter.

**Burn or bake gall-infected off-cuts:** Treat gall-affected branches before disposal by placing them in a well-sealed plastic bag in the sun to bake for a month or incinerate them. Wasps can still emerge from galls in pruning off cuts. Disposing of gall off cuts in normal household waste, a green verge collection or in garden bags will spread the pest to other areas.

**Fertilising:** Avoid heavily fertilising of trees in winter or spring, which will promote excessive fresh growth that the wasp prefers.

**Don't prune every year:** Citrus gall wasps like to stay close to home and, in many cases, the same tree, so yearly pruning regimes which encourage fresh growth can perpetuate the gall wasp cycle.

**Check your trees:** Galls in newly infested branches are small and difficult to see. Check for light green coloured shoots coming out at right angles from branches (spring to early autumn). Monitor all citrus trees all year round.

**Community involvement:** involves your neighbours in monitoring and managing the pest as well. Coordinating control with your neighbours will mean fewer wasps laying eggs to create galls in the following season.

**Natural enemies:** Parasitic wasps *Megastigmus brevivalvus* and *M. trisulcus* insert their eggs directly into the eggs of gall wasps where they slowly develop in the host larva, eventually killing it. Note that chemicals for gall wasp control will also affect the *Megastigmus*.

Deter egg laying petroleum spray oils used against other citrus insect pests can deter gall wasp adults from laying eggs, as can calcined Kaolin clay.

### Chemical Control

Chemical control is often one of the methods available for plant pests as part of an integrated pest management program. More information is available from:

- your local nursery
- cropping consultants
- chemical resellers
- the pesticide manufacturer



Information on currently registered or permitted chemicals can be found at the Australian Pesticide and Veterinary Medicine Authority (APVMA) website. Always consult the label and Safety Data Sheet before using any chemical product.

*Information in this article provided by Victorian Department of Agriculture*



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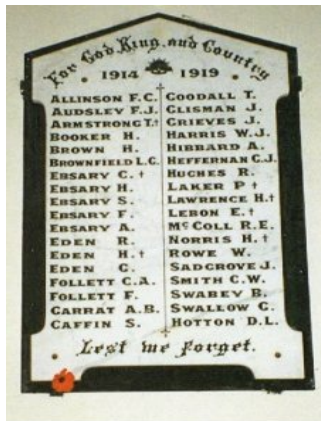


## Local Men who served in the Great War of 1914 – 1918

At the beginning of the First World War, the area around Dingley was a collection of farms.

Market gardens and a few roads. There was a small local population, and most young people attended Heatherton School. Residents didn't have a postal address; mail was delivered to Heatherton, Dingley or other local Post Offices for collection.

Australia was a Federation by 1914, but most citizens were Natural-born British subjects. Many of the young men joined the AIF (Australian Imperial Force). When the call was made to defend Britain and the Empire.



Christ Church Honor Roll

There are three local Memorial Rolls known to honour those who served: one in Christ Church, Dingley Village; one in the Heatherton-Dingley Uniting Church and the third from the Heatherton State School is now at the Cheltenham RSL.

Enlisting mainly in Melbourne, most did basic training at Royal Park or Broadmeadows before being allocated to an AIF Battalion.

They went on to serve in Egypt, Gallipoli, France and Flanders (Belgium), often in the major battlefields such as Lone Pine, the Somme, Pozieres and the Ypres Salient. Some were original ANZACS. Only two were found to be serving in the Royal Australian Navy.

Fourteen are known to have failed to return home, being killed in action or died of wounds and most are buried in Northern France or Belgium.

Some have no known grave. Many of those who returned came home ill, badly wounded or mentally scarred by their experiences. One became a prisoner of war.



The Dingley Village Historical Society has a collection of documents, photographs and information on the history of Dingley Village and its early families, we are always looking to add to our collections and would welcome any information people would like to share with us.

If you would like information or would like to share any information with us please contact:

The Dingley Village Historical Society enquiries@dvhs.com.au or visit us at 31A Marcus Road, Monday, Tuesday or Thursday from 10am to 12.



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# CIRCLING THE CLUBS



## Dingley Superules Football club Over 35s & Over 50s



Dingley Super Rules are looking for players and volunteers for the over 35s & Over 50s 2026 competition. Superules Football provides the opportunity to enjoy competitive matches in a safe and well-structured environment, players are eligible if they turn 35 or older in 2026 or turn 50 or older in 2026.

Please contact Shannon Hughes **0401 656 061** or email [dingleysupers.committee@gmail.com](mailto:dingleysupers.committee@gmail.com) if you would like to join or for further information.

## Country Women's Association Dingley Village



The ladies in our branch are gearing up for our fabulous annual Mother's Day Stall! Mark your calendars for Friday May 8th, Woolies Dingley Village, 9am to 3pm or unless sold out. Lots of goodies on offer - our signature plain and date scones (baked fresh that morning!), lots of slices, cakes, preserves and relishes. Handmade gifts for mum and as always, a selection of baby items and knits. Remember cash only.

A question I sometimes ask myself when making donations to different causes.... So where does the money raised go?

CWA Dingley Village is one of approximately 330 branches in Victoria. Eighty percent of the money our branch raises goes directly to our Branch's chosen charities: Royal Flying Doctors, BlazeAid, Angel Flight and Foodbank. The remaining twenty percent of the money raised by our Branch is given to our Head Office for distribution to charities on a larger scale.

This is a snapshot of where the CWA of Victoria have distributed money raised by all the branches in 2025:

- \$64,000 in Local supermarket vouchers (IGA, Richies, and Coles) was distributed to schools in the drought affected postcodes of western Victoria. This is a very effective way to help struggling families as the school knows where the need is.
- Approximately \$400,000 of the \$1,900,000 allocated to the CWA from the Victorian Government to disperse in \$1000 lots to farmers in drought affected areas has been delivered.
- Approximately \$43,000 was distributed for education grants.

So, thank you for supporting our efforts in the past!



## Probus Club Dingley Central



A beautiful Autumn day greeted us for our day trip to the Werribee Open Range Zoo. After a tour on the Safari Train, we were able to explore the animal enclosures at our own leisure. The day was enjoyed by all.

The guest speaker at our April meeting was Dr Geoff Crawford, a university lecturer who runs an antique business and is interested in crime. His topic "Poison and Poisoners."

He had a variety of poisons and non poisons on display, and explained how not all non poisons were not poisonous "the Dose makes the Poison"! Examples: Mercury is a liquid poison, in 1862 hand printed silk for clothes and wallpaper were found to be poisons, also Oleander leaves used to stir your coffee. Dr Boyle & Mrs Chandler's death in Sydney 1963 was later found to be caused from hydrogen sulphide poisoning emanating from a river. He had many interesting stories.

The mystery door prize was won by Bob Wood. Remember "The Dose makes the Poison".

**Activities planned for May:** Happy Hour, MTC Live Theatre, Legs and Morning Coffee, Ipad Group, Wine Tasting, Camera Club, Morning Melodie's, Dine Out, Mens Lunch, Holiday to SA, 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)

## Keysborough Bowls Club



356 Cheltenham Road, Keysborough

**Wednesdays:** Weekly from April 22nd 10 am start

**Saturdays:** Weekly from March 21st - 11am start - BYO lunch 2 games x 10 ends both days.

Why not give Bowls a go? New members most welcome with coaching available. If you have any questions or are interested in giving it a go. Call on **97982097** or **0421123495**. We would love to see you.

## Dingley 60 Plus Social Group

Our friendly group of singles and couples meet at the Dingley Hotel on the second Thursday of the month from 7.00pm. and our MAY meeting will be on 14th.

We also have a group dinner at various locations on the last Saturday of the month and these have been quite popular with members and visitors alike.

Please come and join us - new members are welcome! For more information contact Shirley on **0411 265 261** or Graeme on **0407 930 515**.

## Dingley Village Historical Society



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

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

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

## Dingley Village Men's Shed



Opening Hours and General Activities:

Day of Week	Open Hours	General Activities
<b>MON</b>	9am - 1pm	Metal Work, Wood Work, Art, Bicycle & Car Maintenance
<b>TUE</b>	9am - 12pm 1:30pm - 3:30pm	A' Team workgroup & Bike Riding Group Photography
<b>WED</b>	9am - 12pm	Bike Riding Group & Music Group
<b>THU</b>	9am - 12pm 1pm - 3pm	A' Team workgroup Pool / Snooker
<b>FRI</b>	9am - 1pm	<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](mailto: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 9 Children with their education.

Women from all walks of life are most welcome to join us please contact Fran Thomas for further information. [franniet@gmail.com](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. The 2026 programme is underway and the following activities will be available for members and visitors:

**Tuesdays** – Bingo on the 1st, 2nd and 4th of the month 1pm to 3pm. \$3.00 entry and \$1.50 per book. **Concerts** - none in May. **Bus Trip** - to Lynbrook Hotel for smorgasbord lunch on 19th of May.

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

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

**Tea and coffee are supplied for all activities.**

Our entertainer on 17th March is Gavin Chattellier and he will help us celebrate our 45th birthday on that day.

Club membership for F/Y 25/26 remains at \$10.00 and it is not too late to join this growing organisation.

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

### Further information:

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

## Mordialloc/Chelsea Evening VIEW Club

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.

## Burden Park Bowls Club



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

If you're interested in having a bowl, please call 9546 8851, or check out club website for more information [www.burdenpark.bowls.com.au](http://www.burdenpark.bowls.com.au).

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

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

**Senior Pastor:** Dan Parker

**Sunday Services:** 10am Service (includes Children's Ministry)

Worry, anxiety, stress – it all gets too much sometimes. Doing life on my strength under my own steam is not a solution I've found works. That's where GOD steps in and gives us his peace in his word Matthew 6:34 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?"

Community is a rare precious gold, a safe place where you can be your authentic self, ask questions without fear and be accountable to grow in faith with believers, where the spiritual gifts and fruits of the spirit are used to serve others, strengthen the church and glorify GOD.

If you are needing a solution, searching for answers, prayer, encouragement and connection with other women, come and try out the women's prayer warriors, connect link group which both run once a fortnight or women's events once a quarter, all during school terms.

Jade Mason - Women's Ministry Team Leader.  
 Kingston City Church / Inspire City Church  
 - Kingston

## Heatherton-Dingley Uniting Church



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

All enquiries phone Kaye on **0438 873 784**  
[www.heathertondingley.ucavictas.org.au](http://www.heathertondingley.ucavictas.org.au)

### Our Vision and our Mission

To seek to connect people to God and each other. Heatherton-Dingley Uniting Church - Meeting U at the Crossroads of Life.

## What's On

### Second And Fourth Thursdays Of The Month

Kingston Music Club- 7:30 p.m. in the Church Hall Community singing and music group. Instrumentalists and singers welcome. For further information contact Bob Lorraine on **0418 998 712**.

### Third Saturday On Odd Months Of The Year.

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

### Village Church Inc.



Address: 7-9 Fiveways Blvd Keysborough 3173  
 Pastor: Rodney Hole  
 Elders: Andrew Weston & Warren Dean  
 Church Office: **8712 8254**  
 or [admin@villagechurch.org.au](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 10 am Worship Service

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

### The church service includes:

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

## Bible Study

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

## Sisters in Christ

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

## Men of Faith

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

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

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

## Street Ministry

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

## Marriage and Family Support

At Village Church, our heart is to serve the surrounding community to support the growth of families. Families and marriages are under attack, and we are committed to helping you out in any way.

We have many gifted and equipped members who would love to listen, encourage, and give sound advice to you. Please call the church office if you need help.

## Christ Church - Anglican Church Dingley Village



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

### Weekly Sunday Services

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

**Next Combined Service:**  
**Sun 31<sup>st</sup> May 2026.**

**Bahasa Malaysia Service**  
**3.00PM (Heritage Church).**

### Monthly Services

1.30 PM Holy Communion Service Formerly Pleasant Tuesday. Traditional Holy Communion Service with favourite hymns in the Heritage Church followed by a social afternoon tea. Please contact our office for transport if needed.

Next Service: 1.30pm, Tuesday 12th May 2026.

**6pm Azusa Worship Service**  
(Auditorium) Last Sunday of the Month.  
**Sunday 31st May**, at 6pm.

### Special Events

#### Women's Ministry Lunch

Saturday 20th June 2026  
Guest Speaker Dr. Amanda Ward, known for her work with Murgwanza Hospital Project in Tanzania.

Registration at 10:30am

Cost \$10 per person

RSVP by 18th June to [admin@ccd.org.au](mailto:admin@ccd.org.au)

#### Life Groups for Bible Study

For more information, please contact our office.

#### Saturday Youth Group - MOTION YOUTH

Motion Youth runs Saturday evenings during school term with lots of fun and engaging activities for ages 13 to 17 years.

Dinner provided. Drop off 6pm, pick up 9pm (sign-in essential). Please contact our office for details.

#### Weekly Prayer Meetings

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

#### Roundabout Op Shop

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

Volunteers Welcome!

#### Opening Hours:

- Wednesday 9.30am – 4 pm
- Thursday 9.30am – 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.

#### 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, 5:00pm
- Sundays, 9.30am
- Confession 4.30 – 4.50 pm before Mass on Saturdays

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



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

Facebook.com/KingstonCitySalvos  
[www.salvationarmy.org.au/kingstoncity/](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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#### Mondays

32/107 Wells Road, Chelsea Heights

**Contact Sally - 0411 218 217**

[www.sukacitamassage.com.au](http://www.sukacitamassage.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
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## 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
Historical Society	0423 209 005

## COMPUTER REPAIRS/ SALES & SERVICE

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

## DANCING CLASSES

Broadbent Dance Academy	0411 024 438
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## DENTAL

Dental Harmony Dingley	8899 7891
Dentures with Dignity	9585 8170

## DISABILITY SUPPORT

Geraldine Howley	0494 022 401
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## ELECTRICIANS

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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## 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

Littlejohn Legal	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
Dingley Health Hub	9551 7110
Sukacita Remedial Massage	0411 218 217

## OSTEOPATHY

Dingley Health Hub	9551 7110
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## PLASTER

Keats	0402 917 110
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## 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
Digital Now	0407 992 253	

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# THE DINGLEY DOSSIER

ABN: 71 463 442 675

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