



THE DINGLEY DOSSIER

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www.dvnc.com.au/dossier

SEPTEMBER IS DEMENTIA AWARENESS MONTH

Dementia is Australia's leading cause of death, but it's not talked about nearly enough. Almost half a million Australians are living with dementia today and over 1.7 million people are involved in their care. But we don't talk about it enough, It can feel too hard to raise.

We worry about saying the wrong thing. And it's often wrongly seen as just a part of getting older. But silence has a cost - delayed diagnoses and treatment, carers who feel isolated, and people who never learn that help is here.

Dementia Key Facts

- Dementia is a brain condition. It's not a normal part of ageing.
- The effects of dementia vary, but generally, dementia affects your mood, memory, thinking and behaviour.
- Dementia can happen to anybody, but it is much more common after the age of 65.
- There's currently no known cure for dementia, but there are treatments for many of the symptoms, and support is available.

About Dementia

Dementia describes a collection of symptoms caused by disorders affecting the brain. Dementia is not a normal part of getting older, and it isn't one specific disease. Instead, it's a broad term that covers the effects on people of a number of different medical conditions. Those conditions include Alzheimer's disease, vascular dementia, the Lewy body dementias and more.

The effects of dementia vary from person to person, but generally, dementia affects your mood, memory, thinking and behaviour. Dementia can happen to anybody, but it is

much more common after the age of 65. In Australia, there are an estimated 446,500 people living with dementia. Dementia is now the leading cause of death for Australians, according to the Australian Institute of Health and Welfare (AIHW).

There's currently no known cure for dementia, but there are treatments for many of the symptoms. Some people with dementia lead active and fulfilling lives for many years after their diagnosis.

Signs and symptoms of Dementia

Because dementia can be caused by so many different conditions, everyone's experience of dementia is unique. But broadly, dementia can affect you:

Memory

You might find it harder to remember recent events, names of things and people. It might also get harder to make new memories.

Thinking

You might get more confused, have trouble concentrating, planning and problem-solving, struggle to complete everyday tasks, find it hard to think of the right word or express yourself, and find it hard to judge distances, directions and time.

Mood

You might find yourself feeling less motivated and social, more prone to depression, anxiety and agitation, or otherwise not yourself.

Behaviour

You might start saying or doing things that are out of character for you. You might become restless and wander, and have more disturbed sleep.

Diagnosing Dementia

There isn't one single test that tells you if you have or don't have dementia. Instead, doctors will do several different kinds of test. The results of these tests will help them rule out some conditions, and get closer to working out what's causing your changes. If it's not anything serious, you can put your mind at rest. If it's some other condition than dementia, you can start getting treatment. If you get a diagnosis of dementia, the sooner you know, the more you can do.

Information and Support

Free and confidential, the National Dementia Helpline, 1800 100 500, provides expert information, advice and support, 24 hours a day, seven days a week, 365 days a year. No issue too big, no question too small.

National Dementia Helpline

- provides emotional support and guidance
- connects you to Dementia Australia and community support services and programs
- provides information on government support, including My Aged Care, National Disability Insurance Scheme (NDIS), Carer Gateway and Dementia Behaviour Management Advisory Service (DBMAS).



Information in this article is provided by Dementia Australia as general information and is not medical advice. If this article has raised any concerns see your Doctor.

FARMERS' MARKET

SATURDAY 19TH SEPTEMBER | 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

Patchwork for Charity

Tuesdays from 10am to 1pm with our volunteers Helen and Carrie, they are creating a variety of handmade items for charity organisations, and any fabric donations are greatly appreciated. Beginners welcome to learn hands-on.



Dingley Village Social Group

Looking to meet new people in a fun, relaxed setting? Playing cards, games, bingo, scrabble & mahjong. Every Monday from 1.00pm-3.30pm in the Harold Box Hall at the Dingley Village Neighbourhood Centre.



31b Marcus Rd Dingley Village VIC 3172. \$2.00 per visit & light refreshments are provided. Enquiries: admin@dvnc.com.au or Ph: 8512 0505.

Neurodiverse Parents Support Group with Geraldine

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

Games Group

A fun environment for teenagers, through to young adults to enjoy games together. Strategy, fantasy & sci-fi style board & role-playing.

Free event, Friday 5.30 – 7.30 pm in DVNC meeting room 4,5 & 6 and Girls Club – Craft Room.

Dingley Village Playgroup

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



Zumba Gold with Norma

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



Body and Balance with Norma

This class 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



JOIN A CLUB!



COMMUNITY

Fathers' Day

To all the fathers, grandfathers, stepdads, foster dads, fathers-to-be, father figures, and all those doing the father role, wishing you all a wonderful day filled with love and laughter.



Victorian Seniors Festival

The Victorian Seniors Festival is a major state-wide festival for and involving seniors and runs from 1-31 of October every year. The festival delivers a range of free and low-cost events for older Victorians, make sure you look out for upcoming events in October and book early.

Lexington Gardens Market:

Friday 4th September 10am – 1pm

FREE ENTRY & FREE PARKING. Crafts, food items, gifts, jewellery... and lots more, some stalls CASH only. Village Cafe open for morning tea and/or lunch. Parking on site in Visitor car park on left of Westall Road entrance and Windsor Avenue (Souter St) entrance, Lexington Gardens Retirement Village, 114 Westall Road, Springvale.

If you or someone you know is in crisis, Australia offers several mental health helplines available 24/7 for immediate support.



Lifeline: Provides 24-hour crisis support and suicide prevention services. You can call **13 11 14** or text **0477 13 11 14** for immediate assistance.

Beyond Blue: Offers support for mental health issues, including anxiety and depression. Call **1300 22 4636** or chat online for help.

Suicide Call Back Service: A 24/7 service providing support for people affected by suicide. Call **1300 659 467** for confidential support.

Kids Helpline: A free, private, and confidential counseling service for young people aged 5-25. Call **1800 55 1800** for support.

MensLine Australia: A professional telephone and online counseling service for men. Call **1300 78 99 78** for support.

13YARN: A national crisis support line for Aboriginal and Torres Strait Islander peoples.

Open Arms: Provides mental health support for veterans and their families. Call **1800 011 046** for assistance.

1800RESPECT: A national service for people affected by domestic, family, and sexual violence. Call **1800 737 732** for support.

SPECIAL DATES IN SEPTEMBER

1st – 30th September: Suicide Prevention Month

The month is dedicated to increasing public awareness about suicide, encouraging open conversations about mental health, and highlighting the importance of early intervention and support services. It aims to reduce stigma, educate communities, and provide resources for those at risk or affected by suicide.

1st – 30th September: Prostate Cancer Awareness Month

1 in 5 men will be diagnosed with prostate cancer in their lifetime, making it the most commonly diagnosed cancer in Australia. Early detection matters so encourage the men in your life to take charge of their health and be aware of the symptoms of prostate cancer. www.australianprostatecancer.org.au



1st – 7th September: Asthma Week

The aim of Asthma Week is to 'put asthma on the kitchen table of all Australians' which means to get people talking about asthma with family and friends and to improve awareness of the impact this chronic health condition has on so many lives. www.asthma.org.au

21st – 27th September: National Week of Deaf People

The National Week of Deaf People (NWDP) is a week-long national celebration of Deaf individuals and the Australian Deaf community, which includes celebrating the International Day of Sign Languages (IDSL) on the 23rd September.

Sep 26 – Oct 2 Sukkot * Judaism

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



4th September: Krishna Janmashtami ** Hinduism

Krishna Janmashtami commemorates the birth of the Hindu deity Krishna, considered to be the eighth incarnation (avatar) of the Hindu God Vishnu. It is marked by midnight prayers, fasting, devotional singing, and vibrant community events.

10th September: R U OK? Day

This day is dedicated to encouraging people to check in with friends, family, and colleagues to promote mental health awareness.

12th – 13th September: Rosh Hashanah * Judaism

Rosh Hashanah, the Jewish New Year festival, is the beginning of the holiest time of the year for Jews, and the anniversary of the creation of the world. Marked by the blowing of the horn (shofar) which begins the ten days of penitence culminating in Yom Kippur (Day of Atonement).

14th September: Ganesh Chaturthi ** Hinduism

Ganesh Chaturthi is a major Hindu festival celebrating the birth of Lord Ganesha, the elephant-headed god of wisdom and new beginnings. Celebrations include: Placing clay statues of Ganesha in homes or decorated public tents (pandals). Offering flowers, lamps, and sweets and ending the festival with music, dancing, and carrying the idol to a river or sea for water immersion.



21st September: Yom Kippur * Judaism

Yom Kippur is the holiest day of the year for the Jewish people, characterized by fasting, intensive prayer, repentance and forgiveness. Also known as Day of Atonement.

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

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



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

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Dingley Village Police Update



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

neighbourhoodwatchkingston www.nhw.com.au



**NOT SURE WHO
TO CALL?**

TRIPLE ZERO - 000

FOR EMERGENCIES OR LIFE THREATENING SITUATIONS

POLICE ASSISTANCE - 131 444

IF YOU ARE A VICTIM OF A CRIME

CRIME STOPPERS - 1800 333 000

TO REPORT CRIME INFORMATION

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Dingley Village

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DINGLEY VILLAGE COMMUNITY ASSOCIATION

The Dingley Village Community Association (DVCA) is an incorporated, voluntary body formed in 1971 to advocate for the interests of Dingley Village residents.

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The association concentrates on enhancing the Village's character, environment and resident safety and is not affiliated to any particular political party. Membership is open to all residents over the age of 16 who genuinely care about our Village. For further information please contact the DVCA Secretary. Email: dvcasecretary@gmail.com

The DVCA is constantly working with the City of Kingston to achieve improvements to our Village. Most recently, the council has communicated with us and informed us of the important works being carried out along Tootal Road, between McClure Road and the Dingley Bypass.

The Works will include:

- Full road reconstruction between Dingley Bypass and McClure Road with new surfacing and intersection improvements.
- Drainage upgrades to address flooding that has affected the area during heavy rain.
- A new Shared Use Path that will provide a safer route for people walking and cycling along the corridor, as well as a new pedestrian island across Tootal Road.
- Construction is planned to commence in late 2026 and additional details will be provided closer to the commencement of works.

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 by 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 hinderances, damaged infrastructure and so on.

Bottle Refunds – Remember

If you are a local resident who would like to help the DVCA, but you don't know how, one option is to contribute your recycling bottles and cans to our 'Return It' CDS Vic Depot fund by using our Barcode number: C2000009985. We welcome everyone's support and contributions.

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 or come to our monthly evening meeting.



Dingley Village

FARMERS' MARKET

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8.30 am - 1 pm
Reserve, 31 Marcus Rd

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Bakery, Treats, Local Crafts
Preserves, Hot food & coffee
Spirits and more Community Stalls

Free Entry - Free Parking
www.dvnc.com.au/farmersmarket

DVCA Meeting Info

Meetings are held in Meeting Rooms 4&5, on the second Tuesday each month, February – November, at 7:30 pm located at 31b Marcus Road. Our next meeting is on the 8th of September.

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



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OUR COUNCIL

Cost of Living Support Package

We're continuing our Cost of Living Support Package in this year's Budget to help those who need it most. This is in addition to a wide range of existing Council services, free and low-cost community activities, and external support programs offered by local organisations and service providers. We encourage you to make use of the support available, noting some services may have eligibility criteria.



Services and Support

Explore all the support on offer to help you manage expenses, including discounts on rates, aged care services, leisure centre access, and pet registration. Kingston also offers a range of other free and/or low-cost services, events and activities for the community. Explore them more at City of Kingston's services.

Rates:

Both the State Government and Kingston offer a pension rebate for eligible pensioners. These include:

- \$272.70 government rebates
- \$130.49 Council rebate
- \$50 Emergency Services and Volunteers Fund rebate.

We also offer support for residents experiencing financial hardship:

- hardship assistance rebate – a one-off rebate to cover the proposed 2.75% rate increase for the 2026/27 year
- payment arrangements based on your ability to repay (short-term)
- rates deferrals (long-term)
- If you're having difficulty paying your rates, we're here to help. Contact us on **1300 653 356** or via email info@kingston.vic.gov.au.

Making every trip to the beach more accessible

Whether it's watching the grandkids build sandcastles, taking a stroll along the shoreline, dipping your toes in the bay or simply sitting back and enjoying the view, more people can now enjoy everything Kingston's beautiful beaches have to offer.

Getting across soft sand can be one of the biggest barriers to enjoying a day at the beach. New accessible beach paths installed at Mentone, Chelsea, Aspendale and Mordialloc are helping more people reach the water's edge and experience everything Kingston's beautiful foreshore has to offer.

While Kingston's foreshore already features accessible promenades and beach access ramps, the beach itself has often remained out of reach for many people. These new paths bridge that final stretch across the sand, making it easier for people using wheelchairs and mobility scooters, older people, families with prams, people recovering from injury and anyone who finds walking on soft sand challenging to enjoy the beach with greater independence. Mayor Georgina Oxley said "Something as simple as crossing soft sand shouldn't stop someone from being part of those moments.

The accessible beach paths are part of Council's ongoing commitment to creating welcoming and inclusive public spaces for people of all ages and abilities. They build on Council's broader work to improve accessibility across Kingston and help ensure more people can experience the beauty of our 13 kilometres of Port Phillip Bay coastline.



Two beach wheelchair lockers are set to be installed too. Together, these improvements are helping create a foreshore that is welcoming, inclusive and accessible to as many people as possible and making Kingston's coastline a destination that more people can enjoy.

VEC declares Nikki Kaur new Melaleuca Ward Councillor

The Victorian Electoral Commission (VEC) has declared the results of the Kingston Melaleuca Ward by-election, however, has also announced it has referred the results to the Victorian Civil and Administrative Tribunal (VCAT) due to concerns over potential voting irregularities.

The VEC declared Nikki Kaur as the winner, with Cr Kaur immediately taking the oath of office to serve as Councillor. The VEC will refer matters to VCAT to ensure the integrity and validity of the election. Cr Kaur will serve as Kingston Councillor until any further advice is provided by VCAT and the VEC. View the VEC statement. Kingston Mayor Georgina Oxley said Council was deeply committed to upholding local democracy and will work closely with the VEC to ensure all correct procedures are followed. Council welcomes that the VEC has also referred the matter to the Local Government Inspectorate and any necessary agencies.

Mayor Oxley also congratulated Cr Kaur on her election. "It is my pleasure to congratulate Nikki on her election and welcome her to Council," Cr Oxley said.

"I look forward to working alongside Cr Kaur and my fellow councillors as we continue delivering the projects, services and advocacy that matter most to our community."



Cr Kaur said she was honoured to have been elected and thanked everyone in Melaleuca Ward for placing their trust in her. "I'm looking forward to getting out into the community, meeting residents and businesses, listening to what's important to people and working alongside my fellow councillors to make a positive difference for Melaleuca Ward and the wider Kingston community," she said.

Cr Kaur has lived in Kingston for almost two decades, has volunteered extensively in the community and brings skills from her professional background in both IT and OHS. City of Kingston CEO Peter Bean thanked the 13 by-election candidates who put themselves forward to serve their local community. "Standing for election takes time, commitment and courage, and I thank every candidate for their willingness to contribute to their community and to the democratic process," Mr Bean said.

"I congratulate Cr Kaur and wish her all the very best as she begins her term as a local Councillor, serving and leading the Kingston community."

To find out more visit kingston.vic.gov.au/accessible-paths.



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LOOKING AT LOANS



Can anyone still afford to buy a home?

Housing prices may be easing, but for many young buyers the central question has not changed: How can anyone realistically afford to enter the market?

For single buyers in particular, one option is gaining attention: purchasing with a friend. It can improve borrowing power and make ownership more achievable, but it also requires clear legal, financial and personal boundaries from the outset.

The affordability challenge is sharper for singles. Prices may move a little, but borrowing capacity is higher in dual-income households, leaving single applicants competing from a weaker position.

One practical way to overcome this barrier is to consider buying with a friend. While this approach can make property ownership more achievable, it also comes with important risks, so careful planning is essential to protect both your finances and your friendships.

Buying property can be exciting, especially when the experience is shared. But that excitement is also when buyers need to ask harder questions about what happens if plans change, costs rise or one person wants out. Everyone involved should be upfront from the beginning about their goals, expectations and timeframes.

That means agreeing on when to buy, how the property will be paid off and when it may eventually be sold, then recording those arrangements clearly in a co-ownership agreement. It is important to engage a solicitor or conveyancer to assist in this. The right adviser can help prepare an agreement that suits your circumstances and provides appropriate legal protection for everyone involved.

A key decision will be the ownership structure you choose. Broadly, there are two options:

joint tenants and tenants in common. Joint tenancy is the more common structure in Australia and is typically used for family homes. However, when friends are buying together, the tenants in common structure is more suitable.

Friends are generally less likely than couples to merge finances over the long term or leave assets to each other in their wills, so this model can offer greater flexibility. Under this structure, each person owns a defined share of the property's value. The way each share is funded may differ, with owners contributing different amounts by way of deposit and loan.

These shares can be equal, but they do not have to be. It is important to remember that each share relates to the property's value, not to control over particular parts of the property. In legal terms, each owner generally has the right to access and use the whole property. The co-ownership agreement should also explain how ongoing costs, such as maintenance and insurance, will be shared, as well as how sale proceeds will be divided.

The agreement should also set out an exit process, including how one owner can sell their share, whether the other owners have the first right to buy it, and how the property will be valued if someone wants to leave. It should also address whether the property is intended to be owner-occupied or used as an investment, noting that this may change over time.

If all purchasers plan to live in the property, the agreement should also consider what happens if one owner decides to move out but keep their share. Under a tenants in common arrangement, the remaining owners would not usually be required to pay rent to that person, provided they are not limiting that co-owner's access to the property.

From a lending perspective, many lenders will require all owners to be joint borrowers for the full debt. However, there are options available where each person borrows only

the amount, they are responsible for, which can be a more practical arrangement. Professional advice is very important. Buying with friends can open a door that may otherwise stay closed, but it should not be treated casually. The best arrangements are planned early, documented clearly and supported by professional advice from the start.

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

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

Daryl Borden, your Dingley Village Mortgage Broker, ACL 392184

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Prostate Cancer



Prostate cancer is the most commonly diagnosed cancer in Australian men, with nearly 29,000 new cases estimated annually. While around 1 in 5 men face a diagnosis by age 85, the five-year survival rate exceeds 96%, rising above 99% if detected early in Stage 1. Fortunately, prostate cancer is slow-growing and if detected early enough you have an excellent chance of survival.

What is Prostate cancer?

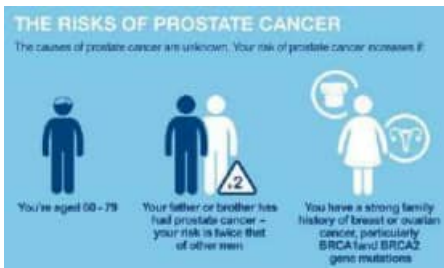
Prostate cancer occurs when abnormal cells in the prostate grow in an uncontrolled way. The prostate is a gland in the male reproductive system. It makes a fluid that forms part of semen. The prostate is located just below the bladder and in front of the rectum.

Prostate cancer can press on or block the bladder or the urethra (the tube that allows urine to be released from the bladder) and cause problems with urination and sexual function. In advanced disease, the cancer can spread to other parts of the body to form secondary cancers (known as metastasis).

Almost all prostate cancers are adenocarcinomas, which develop in the gland cells of the prostate. Other, rarer types include sarcomas, small cell carcinomas, neuroendocrine tumors, and transitional cell carcinomas.

Prostate cancer risk factors

Having one or more risk factors does not mean that you will develop cancer. Many people have at least one risk factor but will never develop cancer, while others with cancer may have had no known risk factors.



Factors that are associated with a higher risk of developing prostate cancer include:

Age

The risk of developing prostate cancer increases rapidly from age 50; it is most commonly diagnosed in people aged between 60 and 79.

Family history

Those who have a father or brother with prostate cancer who were diagnosed before the age of 60, or who have a family history of breast or ovarian cancer, are more likely to develop prostate cancer.

Changes in certain genes that can be carried in families

Inherited mutations in certain genes, such as the BRCA1 or BRCA2 genes, may increase the risk of developing prostate cancer in some people.

People with a genetic condition called Lynch syndrome (also called hereditary nonpolyposis colorectal cancer or HNPCC) also have a higher risk of developing prostate cancer.

Symptoms of prostate cancer?

Prostate cancer may cause no symptoms, even in the advanced stage. Symptoms of advanced prostate cancer can include:

- problems urinating, including weak flow, a flow that stops and starts, needing to urinate urgently or frequently, difficulty starting the flow of urine, or feeling like you haven't completely emptied your bladder.
- pain or burning when urinating.
- blood in the urine or semen.
- pain in the back, hips, pelvis or chest.
- weak or numb legs or feet.
- unexplained weight loss.
- tiredness, shortness of breath, dizziness, fast heartbeat or pale skin.

Many conditions can cause these symptoms, not just prostate cancer. If you have any of these symptoms, talk to your doctor. Blood in the urine should never be ignored.

Detecting and diagnosing prostate cancer.

Testing for prostate cancer is done using a simple blood test called the PSA test (or prostate specific antigen test).

It doesn't diagnose prostate cancer, but depending on your symptoms, risk factors, medical and family history, this will often be the first test you'll have to check for any issues with your prostate.



Diagnosing or ruling out prostate cancer is not simple, but involves a complex fact-finding process. Your doctor will consider your symptoms, age, family history and the results of many different tests and examinations. If this information suggests that there is a chance that you may have prostate cancer your doctor is likely to recommend that you have a biopsy.

Diagnosing prostate cancer involves classifying your cancer into different stages and grades. This helps you and your healthcare team understand if your cancer is low or high risk, whether it is localised to your prostate or has spread (advanced), or whether it is likely to grow or spread into other parts of your body. This information can help guide your treatment.

Information and Support

Free information, nursing support, and counseling for prostate cancer in Australia are available through the Prostate Cancer Foundation of Australia (PCFA) www.pcfa.org.au and the Cancer Council Australia.

PCFA Nurse & Support Helpline:

Call **1800 22 00 99** to speak directly with a Prostate Cancer Specialist Nurse or email telenurse@pcfa.org.au.

Cancer Council Helpline:

Call **13 11 20** for free, confidential information, counseling + local support group connections.

PCFA Counselling Service:

Offers phone and video sessions, request access via the PCFA Counselling Service page. www.pcfa.org.au/support/prostate-cancer-counselling-service/

Disclaimer

Information in this article is provided by Cancer Council Australia & Prostate Cancer Foundation as general information and not medical advice. If this article raises any concerns, see your Doctor.



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MENS SHED



Variety is the Spice of Life

How often have you said "Let's do something different?"

On the third Saturday each month the Dingley Village Farmer's Market, in Marcus Road, gives you that opportunity. There are at least forty different stallholders both inside and out at the Dingley Village Neighbourhood Centre (DVNC) offering all manner of produce, yummy snacks, arts and crafts even face painting and games for the kids. It really is "Something different"

To prove that point you can also listen to the Dingley Village Men's Shed (DVMS) band "The Shed Men" as they play tunes from the recent past. You might even enjoy singing along.

This "something different" is a great hit with little tackers, mums, dads and even grandparents. So if you haven't been yet you are missing out!!

Apart from our band the participation of the DVMS extends well over every month for the past three years now and involves at least a dozen members to set up the market with all the necessary infrastructure like tables, chairs, bins, banners etc before the market opens at 8.30am. Then at 1pm when the market closes we put all that infrastructure away again. We, the DVMS, enjoy providing this 'service to our community'.

So, the DVMS is really a critical part of this monthly event which is great for local Dingley Village residents but is fast drawing patronage from nearby suburbs as well. In August our AM team saw Terry & Craig



Vines, Paul Brennan, Michael Milan, Steve Warren, Ray Chadwick and myself get the market off to a great start. Then our PM shift consisting of Terry & Craig Vines, Paul Brennan, Michael Milan, Brian Cahill, Cameron Turnbull, John Walters and myself who put it all away leaving the area as if nothing had ever happened.

So, should you be looking for "something different?" – have we got a deal for you?!

Mark your diary now and we will see you at the Dingley Village Farmer's Market on Saturday September 19th 2026. You won't be disappointed.

Geoff Hergt DVMS



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Dear Editor

Save Kingswood' It's not over!

Never forget without Labor setting up their dodgy Golf Course Redevelopment Committee, with people paid by them, we would have the Kingswood wildlife park forever. Correction. In the last issue we stated: "The development will be starting near Higgins close" It should read "We believe bulldozers will start near McClure road".

Lobby politicians to save the Endangered and Protected Wildlife, plus snake issues and everything else important to you.

Please visit www.kingswood-floods.com for regular updates, including the 300+ FLOOD photographs. Then decide how you are going to vote.

If you have anything to report or say, please email image@netspace.net.au

Kevin Poulter, President, Save Kingswood Group inc.

Dear Editor

Make sure you scowl!

I had a great coffee with Tony, my ninety-two year old friend at a local Café in Dingley Village. It was your typical Melbourne August morning, it didn't know what to do. It was chilly but all things considered reasonable until a sharp wind picked up, threatening the calm.

Just like a sharp wind in another form, a 4 wheel drive scooted past a van on Marcus Rd that was obscuring my view of oncoming traffic. I was edging out of the car park, my mind and eagle eyes trained to expect the unexpected on Melbourne roads.

I had been having a good morning. A conversation with a good friend, a successful navigation of shoppers with shopping carts exploring any opportunity to challenge drivers looking for car places as close as possible to the back door of Woolies in the car park. And not forgetting the new sporting culture in Melbourne of reversing into car places whenever you can.

There was not even the remotest of a chance for our two vehicles to collide.

I had inched out of the exit, so I might have been two feet - remember them - onto the road. The driver of the 4 wheeler (white, they're all white aren't they) made a point of screeching to a halt, at least one hand (and possibly even two) on his horn.

And the coup de grace to cope with his anguish?

There was no mistaking the driver's determination to reveal his ill pleasure at his moment of extreme pain and discomfort to his day.

An angry face erupting from his tilted head, his eyes focussed in an attempt to pierce my mind and ensure that I felt guilty and regretted any perceived failing for the rest of the day. A severe hounding from a car horn can do that.

This was a scowl, in anyone's culture. The male driver had clearly been keeping this one in his mental backpack for just this opportunity to express himself, through the loud continuous honk of his horn.

Don't you love it?

But I would ask if you have a scowl or grumpy face all ready in your mental backpack, don't use it until it is likely to have a major impact. We wouldn't want the effectiveness of the shock of the honk to wane, would we?

Meng Heang Tak MP

State Member for Clarinda

Local : Dad : Listens

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Little White Church

The first seeds of Methodism were sown in the district even before Heatherton was known by that name. Methodist churches had been established for some years in the neighbouring districts of Brighton, Moorabbin and Cheltenham, when a Mr Laver, who came to resign at "Kingstown", as it was then known, found the need for a local worship centre.

The home of Mr Henderson was used for the first services until Mr Laver was appointed as the first class-leader in the year 1859. A grant of two acres of land was obtained from the government, and the foundation stone of the church was laid by Rev. Padwick in 1861.



The church was built, free of charge, by Mr Laver, a stonemason, with materials carted by bullock teams from a Dingley quarry. It is on record that Messers Follett, Porter and Dunlop assisted in the quarrying and carting. The building was used for services even before a floor was constructed, and the first seats did not have backrests. Mr and Mrs Laver, Mr and Mrs Wells, Mr and Mrs Noy and Mr and Mrs Deal were all associated with the early work of the church.

A building committee, comprising Messers Ross, Porter, Laver, Henderson, Wells and Follett, was formed to obtain funds for the completion of the work. This was done to such good effect that the church was opened free of debt.

The church was officially included in the Brighton circuit under the ministry of Rev E King. The Heatherton-Dingley Uniting Church celebrated its 165th birthday earlier this year with the laying of a new commemorative plaque.

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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Dingley Football Netball Club



At the time of this report, the Senior football team has secured top spot on the SFNL Division One ladder, holding a three game buffer on second placed Narre Warren with just two games to go.

This will allow a weeks rest for the senior team at the conclusion of the season proper, before commencing its finals matches. The Reserves' fate is in its own hands as it currently sits in third position. Two wins against Cranbourne and Port Melbourne Colts will almost certainly guarantee a finals spot. Our Netballers have already commenced their finals and Divisions A1, B3 and B3 have booked their places in Grand Finals after early success. There is no need to wait for our next report as all football and netball result are available on our website as they happen each week.

Unfortunately, our Thirds [Open Grade] has finished a credible sixth in their competition and can only look forward now to 2027 and beyond. Considering the exodus of large numbers of players from our Reserves and lower grades at the start of the year, that result has been amazing, and all those involved at that level are to be congratulated.

As for recent results in football, the Seniors withstood a strong challenge from now second placed Narre Warren in Round Thirteen, holding their visitors off by eleven points; a good even team display where it was hard to isolate one outstanding player.

It seems that Narre Warren will figure prominently in end of year finals action and we look forward to the challenge. Despite having lowered our colours just once previously this year, the trip to Bentleigh in Round Fourteen was a major disappointment. It was hard to pick clear Dingley winners, compared to the previous week as we managed just eleven goals for the afternoon; Bentleigh putting their name forward as serious challengers with four games to play at that stage.

Players felt that it was time to redeem themselves at St Pauls McKinnon the following week and despite our recent fairly dismal performances at Tucker Rd in recent times, we produced a quality effort, kicking seventeen goals to St Pauls' six. This was a significant result against a team with their usual finals expectations. Adam Peacock, Nathan Taylor and Scanlan Lynch bagged ten of our goals between them.



We were home again against a youthful and 'up and coming' Murrumbene in Round Sixteen. Lead by key forward Jack Ferraro with five goals, we consolidated the double chance and earned a weeks rest in Finals Week One. Competition for places in the senior team are now hot property which is how it should be.

Be part of the action and follow us as we undertake yet another September finals campaign.

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When Blurred Vision isn't a Glasses Problem

When a patient tells us their vision has become blurry, one of the first things they often assume is that they simply need a stronger pair of glasses. Sometimes that is exactly the case. However, blurred vision is one of those symptoms that can have many different causes, and changing the prescription is not always the answer.



One of the most common causes of fluctuating or intermittent blur is actually the surface of the eye. Our eyes rely on a healthy tear film to provide a smooth optical surface.

When the tears evaporate too quickly or are not produced in sufficient quantities, vision can become intermittently blurry, particularly when reading, using a computer or spending long periods looking at a screen. Patients will often describe their vision as being clear one moment and blurry the next, sometimes improving temporarily after blinking.

Cataracts are another common cause of gradually worsening vision. As the natural lens inside the eye becomes cloudy, patients may notice increasing blur, glare from headlights at night, difficulty seeing in low light or that colours appear less vivid.

Importantly, cataracts do not always cause a dramatic change in visual acuity initially. Early cataract changes can sometimes be present even when a patient feels their vision is still reasonably good.

Blurred vision can also be associated with changes within the retina. Conditions affecting the macula, the central area of the retina responsible for detailed vision, can cause distortion, difficulty reading or missing areas of vision rather than simply making everything uniformly blurry. This is one reason why a retinal assessment is an important part of a comprehensive eye examination.

Another area that is sometimes overlooked is the way the two eyes work together. Problems with focusing or binocular vision can cause blur, particularly during prolonged periods of reading or computer work. Some patients may experience headaches, eye strain, difficulty concentrating or words

appearing to move on the page. In these cases, simply increasing the spectacle prescription may not address the underlying problem.

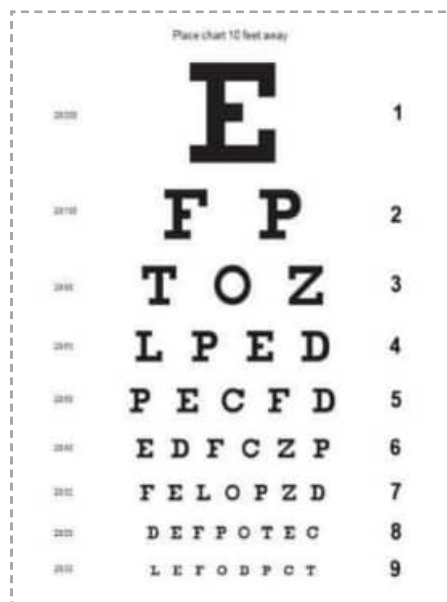
Changes in blood glucose can also cause temporary changes in vision. This can occur because fluctuations in glucose levels can affect the refractive properties of the eye.

For someone with diabetes, a change in vision should therefore not automatically be assumed to mean that their glasses need changing.

It may be appropriate to investigate whether there has also been a change in their blood glucose control.

There are also situations where blurred vision can be a warning sign of something more serious. Glaucoma, retinal disease, optic nerve problems and other ocular conditions can develop with surprisingly few symptoms in their early stages.

This is why an eye examination should involve more than simply reading letters from a chart and checking whether one prescription is clearer than another.



Modern optometry allows us to assess much more than visual acuity. Depending on the individual patient, an examination may include assessment of the cornea and tear film, eye pressure, peripheral vision, the optic nerve, retina and macula.

Technologies such as retinal photography and OCT can provide detailed information about structures that cannot be assessed by simply looking at how clearly someone can read an eye chart. So, if your vision has become blurry, don't automatically assume that you need stronger glasses.

Sometimes the solution is a new prescription, but sometimes the blur is telling us something else about the health or function of your eyes.

If you have noticed a recent or unexplained change in your vision, particularly if it is sudden, affects one eye, is associated with distortion, flashes, new floaters, pain or a loss of vision, it is important to have your eyes assessed promptly.

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'No, I want Mum!' Does it feel like your child has a favourite parent?

THE CONVERSATION

Academic rigour, journalistic flair

Published: August 13, 2026 4:11pm AEST
Tianyi Ma: Research Fellow, The University of Queensland

Many parents have experienced the sting of hearing "no, I want Mum!" Or "only Dad can put me to bed tonight". It can feel personal. Parents may worry their child loves one parent more, or that they have done something wrong.

The good news is these preferences are often temporary and a normal part of child development, rather than a sign one parent is less loved. But how might these preferences form? And what's the best way to respond?

Why might kids have a 'favourite parent'?

Research on infants' attachment to their parents has consistently shown little children can form close bonds with multiple caregivers. But they often seek out the caregiver who has provided more comfort and daily care when they are distressed.



For example, if mum is with them more often, they are more likely to go to mum if they fall over and hurt themselves. It also depends on the particular situation and what a child is used to. If one parent almost always handles bedtime, a child may protest when the other parent takes over. That reaction may reflect unfamiliarity rather than rejection.

The preferences can differ between particular routines too. A child may want one parent for swimming lessons, and either parent for meals. These patterns often change as children grow and family roles shift. As another caregiver becomes more involved in daily care, school routines, homework, sport or emotional support, children's preferences may change too.

This means a child saying "I want Mum" is usually telling you who feels most familiar in that moment, not who is loved more.

Are kids seeking out the 'easiest' option?

Children may consistently approach one parent over the other due to differences between parents.

For example, if one parent is usually stricter and the other is more lenient, children quickly learn who is more likely to say yes to their requests. Over time, they may start seeking out the parent who helps them get what they want. It's also important not to reinforce children's behaviour if they keep turning a parent away.



If a child says "I only want Dad" and mum immediately withdraws, the child learns protesting is an effective way to get the preferred parent. This is why it's important not to interpret a temporary preference as a permanent judgement about the parent-child relationship.

How should parents respond?

1. Don't take it personally
2. Children's requests are often about comfort, habit, tiredness or emotion during a particular moment. Responding with hurt, anger or competition between parents can increase family tension.
3. Focus on regular involvement
4. Not every family can divide caregiving tasks evenly. What matters for a child's relationships is that both parents have meaningful opportunities to care for, play with, and connect with the child. Small, repeated experiences matter more than occasional grand gestures. Research shows that parents feeling confident with everyday routines can help them stay involved and responsive.
5. Aim for a broadly consistent parenting approach
6. Parents do not need to be identical, but agreeing on key rules reduces the chances children will play one parent against the other.
7. Acknowledge children's feelings, but be realistic
8. Kids can't always get what they want. Sometimes plans need to change. You can explain this firmly but gently to your child. For example, if dad is putting a child to bed when it's usually mum who does stories, you could say

"I know you wanted Mum tonight, and it is okay to feel disappointed. But I am putting you to bed tonight."

When it becomes a problem

There are times when a strong parental preference deserves closer attention. Parents may want to seek professional advice if the preference appears suddenly after a major family change (such as separation), is extremely intense, persists across many situations, or is accompanied by broader emotional or behavioural difficulties.

Evidence-based parenting programs can help strengthen parent-child relationships, improve parenting confidence, and develop consistent routines. My team's research has found online parenting programs and even parenting seminars can improve child and family wellbeing.

For most families, though, children's preferences ebb and flow. What matters most is not whether a child occasionally chooses one parent, but whether they experience warm, reliable relationships with both. Those steady relationships are far more important than who gets chosen for bedtime tonight.



Disclosure statement

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-  **What:** Spring's flowering in the Heathland
-  **Venue:** Visitors Centre
-  **Register:** <https://www.trybooking.com/DONVN>

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-  **When:** Friday 5 September 7-8:30 pm
Friday 2 October 7-8:30 pm
-  **Venue:** Visitors' Centre, Braeside Park
-  **What:** Researchers talk & walk on Braeside Parks' resident frogmouths?
-  **Register:** <https://www.trybooking.com/DONXZ>



Do you remember our COVID lockdowns: supermarket restrictions, distancing, coughing etiquette, and vaccinations?

In some ways, I imagine this is what the birds of Braeside Park are now facing — except they have no guarantee of food, no vaccinations, and no understanding of "social distancing."

The arrival of H5N1 bird flu in Australia is both sad and frightening. We may have to confront the sight of sick birds, dead birds, and even large numbers of dead birds around our wetlands.

Overseas experience tells us this is possible. Our Parks Victoria Rangers are already putting information around the park and preparing for its arrival. So, what can we, as a community, do to help our resident birds?

Firstly, read the information provided about what to do if you find a sick or dead bird. Keep your distance, do not touch it and report it to the appropriate authorities.

Secondly, we can reduce the other pressures on birds. Those who still take dogs where they should not go, or allow them to chase wildlife, need to stop.

Those who persist in feeding ducks and Sulphur-crested Cockatoos — yes, this means you! — need to stop. Take your lunch scraps and takeaway containers home. And please, never abandon unwanted cats or kittens around the park.

Bird flu will not be the only challenge our wildlife faces. There are still foxes, rabbits, habitat pressures, and the prospect of a long, scorching summer with reduced food and water.

At home we can help by planting indigenous shrubs and other native vegetation. Keep cats indoors always and dogs on a leash around wildlife. Give birds space and reduce the pressures that we can control.

We should also prepare ourselves and our families for the possibility of seeing dead birds, even in distressing numbers. I am worried about what H5N1 may mean for Braeside Park.

Every nature lover should be concerned. But concern should lead to action: our birds already have enough to contend with. Let us give them the best possible chance.

Judith Sise

<http://www.braesideparkfriends.org.au/>



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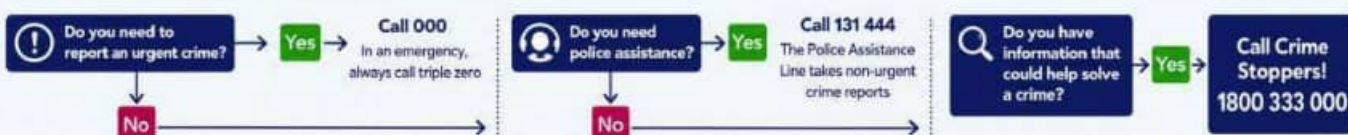
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GARDENING GUIDE



Spring Gardening

In Melbourne, spring gardening means working with fast-changing weather – some days feel like summer, and others remind us that winter's not entirely over! Plant cool-season crops like lettuce and spinach. Don't rush to plant summer crops like tomatoes or capsicums in cold soil before the risk of frost passes.



Spring Gardening Do's

Do enrich the soil: Mix organic compost or well-rotted manure into your garden beds to replace nutrients lost over winter.

Do apply fresh mulch: Lay a 5 to 7 cm layer of organic mulch (such as pea-straw, lucerne or sugar cane mulch) around plants to stop weeds. Keep mulch away from plant stems.

Do plant cool-season edibles early: Start with leafy greens, carrots, beetroot, and peas in early spring (September).

Do protect new seedlings: Shield young plants from sudden late-spring hot snaps or high winds with temporary shade cloth or cloches.



Spring Gardening Don'ts

Don't plant summer heat-lovers too early: Avoid planting sensitive crops like tomatoes, chillies, and basil into cold ground; wait until late October or November when Melbourne soil warms up. Sow seeds indoors or in a greenhouse first to protect them from late frosts.

Don't over-work wet soil: Refrain from heavy digging when the soil is wet or soggy, as it ruins the natural structure of the dirt.

Don't water in the midday sun: Skip watering during the hot middle of the day to prevent water waste and leaf burn; water early in the morning instead.

Don't forget pest control: Don't ignore early signs of snails, slugs, and aphids; deal with them immediately before populations explode in the warmer weather. Regular scouting and early intervention help keep your garden healthy.

Common Spring Pests

Aphids: Tiny, soft-bodied insects that cluster on soft new shoots and flower buds, sucking plant sap.

Snails and Slugs: Thrive in damp, cool spring weather, feeding on seedlings and tender foliage at night.

Bronze Orange Bugs: Bright orange or dark-brown bugs that attack citrus trees by sucking sap from young stems and new growth.

Thrips: Tiny insects that scar leaves and flowers and can spread plant viruses.

Caterpillars & Cabbage White Butterflies: Chew holes in the leaves of brassicas (like broccoli and cabbage) and leafy greens.

Two-Spotted Mites: Small pests that cause mottled, bronzed, or shrivelled foliage during dry, warm spells.

Organic and Practical Control Methods

Physical Removal: Squash or pick off small pests like caterpillars, beetles, and bronze orange bugs by hand (wear gloves and eye protection for smelly bugs).

Hose Them Off: Use a strong jet of water from a garden hose to knock aphids and soft-bodied insects off delicate shoots.

Encourage Beneficials: Attract natural predators like ladybirds, lacewings, hoverflies, and small birds by planting flowers like lavender or marigolds.

Use Barriers: Install fine insect netting or row covers over seedlings and maturing fruit crops to prevent pests from laying eggs or feeding.

Natural Sprays: Apply gentle options like insecticidal soap, neem oil, or white oil to smother soft-bodied insects. For safe product options or advice, you can check local hardware guides like Bunnings DIY Advice.

USEFUL RESOURCES

Australian Gardening Calendar: A comprehensive book that provides a month-by-month guide for all climatic zones in Australia.

CERES Nursery: Offers a planting guide and seasonal gardening advice specifically for Melbourne's temperate climate. www.ceres.org.au/nursery/seasonal-gardening-advice

The Diggers Club: Provides monthly gardening guides for specific regions, including the "cool region" which covers Melbourne. www.diggers.com.au/pages/my-garden-path

Sustainable Gardening Australia (SGA): Offers monthly garden tips and guides to help you plan your gardening activities seasonally. www.sgaonline.org.au

Happy Gardening

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117 Centre Dandenong Road Dingley, Victoria 3172

PROBUS OPEN DAY



PROBUS OPEN DAY, MONDAY 5TH OCTOBER CELEBRATING 50 YEARS OF PROBUS IN AUSTRALIA



Are you retired or semi-retired and looking to stay active, informed and socially connected?

Come and experience the fun, fellowship and friendship of the Probus Club of Dingley Central. We'd love to share with you a typical meeting that you can experience firsthand at our Open Day on Monday 5th October. Our Probus Club has over 100 members, both men and women who love to mingle with like-minded people.

Our Open Day celebrates the 50th Anniversary of Probus in Australia. Probus is non-political, non-sectarian and non-profit. The major difference between Probus and many other community clubs is that Probus focuses on friendship, not fundraising. We aim to enrich members' lives through social connection, engaging activities and shared experiences.

Our Open Day will feature our Club meeting formalities, morning tea and then we'll be hosting our special guest speaker from Quilts of Valour Australia. They award quilts to veterans, service personnel and immediate family of veterans who have passed.



Afterwards, you are invited to join us for lunch at a local venue. There are plenty of activities on days throughout the month: coffee and chat, wine tasting, card games, iPad and computer group Camera group & craft group.

Throughout the year our Club members love going on a bus day tour while some members prefer multi-day extended tours.

If you've been thinking about joining a club but weren't sure where to start, this is your opportunity. You'll meet current members, enjoy a warm welcome, and discover all the benefits of becoming part of the Probus community.

The Open Day is on Monday 5th October, meeting at 9.45am for a 10.00am start. The Probus Club of Dingley Central meeting finishes at around 12.15pm.

We meet at Kingston City Salvos, 12 16 Garden Blvd, Dingley Village which is a comfortable, accessible venue with plenty of parking. As seats are limited, bookings are essential before Friday 2nd October.

Please reserve your place with our Secretary

Ruth on **0419 899 558** and please let her know whether you intend to go to lunch.

Chabad of Dingley
wishes the community a
HAPPY
Jewish
NEW YEAR
— & —
an easy fast

• ROSH HASHANAH & YOM KIPPUR 2026 •

 ROSH HASHANAH 11 - 13 SEPTEMBER 2026	 YOM KIPPUR 20 - 21 SEPTEMBER 2026
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If you'd like to join us for the services, please call **0406 987 900** We'd love to welcome you!

CIRCLING THE CLUBS



Country Women's Association Dingley Village



Thank you in advance to all our lovely supporters who will attend our Annual Bunnings Father's Day Stall, 5th September at Bunnings Keysborough. Your generous patronage makes a big difference to the Charities we support.

A big thank you also to our friends of the CWA in our community who donate wool and jars etc and our generous knitters, crocheters and sewing ladies that make articles for us. These lovely people, while not members, play an integral part in our endeavours to help those in need in our local and wider communities.

This last month we stretched our wings and provided a thankyou morning tea to the Dingley Men's Shed. Although not our usual thing, we are happy to establish good connections throughout our other similar community groups.

If you want to join us or just see what we do or how you can help, check out our Dingley CWA facebook page, pop into one of our 4th Wednesday of each month meetings or contact Cathy on **0425 877 469**.

SAVE THE DATE – 5th September, CWA Father's Day Cake Stall, Bunnings Keysborough





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Probus Club Dingley Central



At our August meeting the guest speakers were from the Kingston Council "Solar Savers Team" and they presented an insight into The Kingston Power Savers Program.

They suggested various ways on how to improve energy efficiency in households and businesses, and lower energy costs. The program offers expert advice, reliable quotes, and guidance finding the right products and installers. An online platform helps you explore upgrade options, compare suppliers and manage paper work more easily.

Activities planned for September

Happy Hour, iPad and Computer Group, Wine Tasting, Camera Club, Legs and Morning Coffee, Morning Melodie's, Dine Out, Mens Lunch, Ladies Lunch, Games Day and Craft Group.

Our meetings are held on the 1st Monday of the month, at The Salvation Army Kingston Centre, 13/12-16 Garden Boulevard, Dingley Village. New members are most welcome. For further information please contact Ruth on **0419 899 558**.

Website: dingleycentralprobus.wix.com/dingleycentralprobus

Keysborough Bowls Club



356 Cheltenham Road, Keysborough

Wednesdays: weekly from April 22nd 10 am start

Saturdays: weekly 11am start - BYO lunch
Two games x 10 ends both days

Why not give Bowls a go?

New members most welcome with coaching available. If you have any questions or are interested in giving it a go. Call on **97982097** or **0421123495**. We would love to see you.

Dingley 60 Plus Social Group

Our friendly group of singles and couples have a group dinner at various locations on the last Saturday of the month, and these have been quite popular with members and visitors alike.

If you would like details of the venues or wish to attend any of these gatherings, please call Shirley on the number below at least a week before the final Saturday of the month.

Please come and join us – new members are welcome! For more information contact Shirley on **0411 265 261** or Graeme on **0407 903 515**.

Dingley Village Historical Society



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

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

Contact by email: enquiries@dvhs.com.au

Dingley Village Men's Shed



Opening Hours and General Activities:

Day of Week	Open Hours	General Activities
MON	9am - 1pm	Metal Work, Wood Work, Art, Bicycle & Car Maintenance
TUE	9am - 12pm 1:30pm - 3:30pm	A' Team workgroup & Bike Riding Group Photography
WED	9am - 12pm	Bike Riding Group & Music Group
THU	9am - 12pm 1pm - 3pm	A' Team workgroup Pool / Snooker
FRI	9am - 1pm	Members Muster This is our main day!

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

We also hold a great Raffle (fundraiser) for members & visitors, and also a Golf Putting Comp. Other Activities from time to time include Golf Days, Special Event Days e.g., Cup Day & Australia Day BBQ's, plus, the occasional outing to places of interest.

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

Ph. **9551 5892**, E-mail: info@dvms.org.au
Web: www.dvms.org.au



Gambler's Help
1800 858 858

Lions Club of Dingley Village



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

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

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

Rotary Club Noble Park – Dingley



Active Rotarians – making friends and making a difference.

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

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

Dingley Cheltenham VIEW Club (Voice Interest Education of Women)



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

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

Dingley Cheltenham VIEW Club are currently sponsoring 9 Children with their education.

Women from all walks of life are most welcome to join us please contact Fran Thomas for further information, franniet@gmail.com or 0419 309 931.

Meeting: Second Tuesday of the month at 10am.

Where: Keysborough Golf Club, 55 Hutton Rd Keysborough, easy parking.

Italian Senior Citizens of Kingston - "La Baracca"

The Italian Senior Citizens of Kingston offer a two course homecooked lunch with coffee and biscuits every Wednesday and Sunday at 12 pm. \$17 for members, \$20 non-members. New members welcome.

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

Braeside Park Walking Group

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

Keysborough & District Multicultural Senior Citizens Inc.

This over 55s club is located at the Rowley Allan Reserve 352 Cheltenham Road Keysborough. The 2026 programme is underway and the following activities will be available for members and visitors:

Tuesdays – Bingo on the 1st, 2nd and 4th of the month 1pm to 3pm. \$3.00 entry and \$1.50 per book.

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

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

Entertainment - 15th September is Col Perkins and on 29th September we have Brenden Scott, and cost is \$3.00 per person.

Tea and coffee are supplied for all activities.

Club membership for F/Y 26/27 remains at \$10.00 and it is still available.

Contact Julie on 0428 561 694.



Spring Park YWCA Golf Club



A friendly welcoming group of ladies of varying standards meet at 7.45am for an 8.00am start on Monday mornings at Dingley's Spring Park Golf Course.

Cup of tea & biscuit is shared after the round.

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

Further information:

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

Mordialloc/Chelsea Evening VIEW Club



JOIN US!

Make connections and make a difference.

Be a part of a leading national women's volunteer organisation supporting the education of Australian students experiencing disadvantage. Enrich your life and connect with like-minded women in your community. As a VIEW member, you will make new friends, attend social activities, learn new skills and fundraise to support The Smith Family.

Mordialloc Chelsea Evening VIEW Club sponsor thirteen children. We are a friendly group that meets on the first Tuesday of every month at The Bridge Hotel, Mordialloc at 6.30pm which includes dinner and we hear from guest speakers.

All funds raised go towards helping Australian children in need through The Smith Family, so they can get the most out of their education.

New members and visitors are always welcome! If you would like to join us, search Mordialloc Chelsea Evening VIEW Club on our website-view.org.au Or search Mordialloc/Chelsea EVENING VIEW club on Facebook. You can also phone:

Maria - 0419 507 384
Lucinda - 0431 426 170

Burden Park Bowls Club



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

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

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



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

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

InspireMen is the Men's Group of Inspire City Church – Kingston located at 316 Kingston Road, Clarinda.

Our intention is to empower men to be honouring sons, loving husbands and caring fathers that flourish in their respective roles. InspireMen is designed with events that help develop men in wisdom, stature, socially and spiritually.

We meet once per term to share, discuss, and build mutually enriching relationships, as we strive to do life well and together. Check us out as we are here to encourage each other, as iron sharpens iron. For more information email men@crm.org.au or phone 03 8551 6600.

Join us on Monday 14 September at 7pm to dinner and be Inspired by Gordon Moore.

To register, please email: men@crm.org.au. See you there. Let's make the choice to be real men.

Dishan Rajaratnam

Heatherton-Dingley Uniting Church



Cnr. Kingston and Old Dandenong Roads, Heatherton. Sunday services at 10.00 a.m. Sacrament of Holy Communion second Sunday of the month at 10.00 a.m. All enquiries phone Kaye on 0438 873 784 www.heathertondingley.uca.vic.tas.org.au

Our Vision and our Mission

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

What's On

Second And Fourth Thursdays Of The Month

Kingston Music Club– 7.30 p.m. in the Church Hall Community singing and music group. Instrumentalists and singers welcome. For further information contact Bob Lorraine on 0418 998 712.

Third Saturday On Odd Months Of The Year. Bark And Chat

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

Village Church Inc.



Address: 7-9 Fiveways Blvd Keysborough 3173

Pastor: Rodney Hole

Elders: Andrew Weston & Warren Dean

Church Office: 8712 8254

or admin@villagechurch.org.au

Visit our website: www.villagechurch.org.au

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

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

Sunday Morning 10 am Worship Service

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

The church service includes:

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

Life Groups

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

Bible Study

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

Sisters in Christ

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

Men of Faith

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

Village Church Youth Group (Years 7 –12)

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

Street Ministry

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

Marriage and Family Support

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

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

Christ Church - Anglican Church Dingley Village



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

In September we celebrate 153 years of prayer, praise and worship at Christ Church Dingley. We are grateful to Mary Attenborough who faithfully built this church at God's instruction.

WEEKLY SUNDAY SERVICES

8.30 AM (Heritage Church)
Holy Communion Service

10.30 AM (Peace Worship Hall)
Worship Service with Kids' Church.

Bahasa Malaysia Service
2.00PM (Heritage Church).

Next Combined Service:
Sun 13th September 2026.

MONTHLY SERVICES

1.30PM Holy Communion Service
Formerly Pleasant Tuesday. Traditional Holy Communion Service with favourite hymns in the Heritage Church followed by a social afternoon tea.

Please contact our office for transport if needed.

Next Service: 8th September 2026.

6PM Azusa Worship Service (Auditorium)

Last Sunday of the Month.

Next Service: Sunday 27th September 6pm

SPECIAL EVENTS

Night Prayer

Friday 4th September, 8pm-12am
Hourly worship, brief talk, prayer.
Come for an hour or the whole time.

Women's Ministry

Saturday 19th September 2026
Please contact office for details.

Op Shop Sale

Saturday 3rd October. Details to follow.

Life Groups for Bible Study

For more information, please contact our office.

Saturday Youth Group - MOTION YOUTH

Motion Youth continues on Saturday nights for Term 3. Dinner is provided. We request a \$5 donation to cover the cost of dinner, please.

Drop off 6:30pm, pick up 9pm (sign-in essential). Please contact our office for details.

Weekly Prayer Meetings

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

Roundabout Op Shop

Normal opening hours on Wednesdays and Saturdays and we welcome you on these days but the Op Shop CLOSED on Thursdays for September.

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

Saturday 9.30am – 1.30 pm

Donations: We take clean, useable items but cannot accept electrical goods, or baby/child equipment. Please bring donations during opening hours. Thank you.

Supported Missions:

CCD supports: Make A Difference, Dingley Village; Common Grace; Hands At Work, Africa; BCA; CMS; NCIC.

Food Parcels Available

For those in need, upon request.

Facilities Hire

CCD facilities are available for hire for one-off events or ongoing bookings. Please see our website or call the office for details.

Prayer Ministry

Please contact our parish office for details and bookings.

Senior Minister: Rev. Richard Loh

Parish Office: 03 9551 7871

Email: admin@ccd.org.au

Website: www.ccd.org.au

St. Mark's Catholic Church

511 Lower Dandenong Road,
Dingley Village, 3172.

Phone: **9551 6930** or **9547 4877**

Email: Springvale@cam.org.au

Website for further information:

ST JOSEPH SPRINGVALE | Catholic church

Parish Priest: Fr Thang Vu

Assistant Priest: Fr Huy Nguyen

Mass Times

- Saturdays, 5:00pm
- Sundays, 9:30am
- Confession 4:30 – 4:50 pm before Mass on Saturdays

The Salvation Army Kingston City 'You Belong'



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

Facebook.com/KingstonCitySalvos

www.salvationarmy.org.au/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

www.echochurch.org.au

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DINGLEY VILLAGE TRADE DIRECTORY

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Heatherton Dingley Uniting 0431 244 561

Kingston City Church 8551 6600

St. Mark's Catholic Church 9551 6930

Salvation Army 9558 2045

Village Church Inc. 8712 8254

Echo Church 9558 3980

COMMUNITY

Neighbourhood Centre 8512 0505

Make A Difference 9551 1799

Historical Society 0423 209 005

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Dickson & Funke Pty Ltd 9558 1288

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Dingley Village Bendigo Bank 9551 6111

Integrity Finance Australia 9511 8883 0417 593 893

SS Accounting Solutions 9551 3940

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Pantry Fresh 9551 1569

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