

Young local talent takes centre stage



Aspiring performers, including two local youngsters, will get their chance to shine this month at the Queensland Musical Theatre's production of Annie. See page 9 for the full story.

Milton Dick
Federal Member for Oxley



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Personally Speaking[®]

with Susannah Friis

A friend of ours is experiencing some challenging life circumstances at the moment, which we are helping them navigate as best we can. Most of our support though, is just being there on the end of the phone, regularly checking in and long hugs after sharing a meal together. It seems what our friend needs most is just our agreement that it's hard and horrible and just to be there.

Most people would be familiar with the term 'Pollyanna Syndrome' which refers to people who always look on the bright side, are constantly cheery and chivvy others along. And if we're honest, they are also a bit of a pain and can often make us feel worse, instead of better.

Now before those of you who are into perpetual cheeriness get all indignant and those who are perpetually non-cheery feel justified, let me explain.

One thing I have noticed about myself that has (and I expect will continue to) changed is my level of cheeriness. You see, I definitely could have been labelled as having Pollyanna Syndrome over the years. I am generally keen to see circumstances and people optimistically, hoping for and expecting the best, not the worst in any given situation.

Yet, I guess I've come to see the value in so-called 'negative' feelings. Each of the emotions we feel has a purpose and we can discover what that purpose is if we pause long enough to listen to what we are feeling and attempt to understand it.

Take sadness as an example. Imagine if we weren't sad about the loss of a loved one or separation from a loved one who moves away or the loss of a relationship. Sadness is a real and normal response to loss.

There is such an overemphasis on being happy all the time that we leave no room to actually feel negative emotions and learn how to still be okay. I'm sure I'm not alone in experiencing that well meaning person who tries to cheer us up without actually asking why we seem down or upset. There is the inference that being down or upset is somehow wrong no matter the circumstances. Being grateful for all we have doesn't, and shouldn't, diminish the reality that what is currently before us is hard and difficult.

I still think that it's good to try and see the silver lining when things aren't going well and of course, being negative as a way of life is not healthy, but I do think we could all do with a bit more space to feel what needs to be felt in adverse circumstances, rather than others trying to constantly cheer us up. And this includes how we treat ourselves too!

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HELLO READERS

"The chief beauty about time is that you cannot waste it in advance. The next year, the next day, the next hour are lying ready for you, as perfect, as unspoiled, as if you had never wasted or misapplied a single moment in all your life. You can turn over a new leaf every hour if you choose."

So wrote Arnold Bennett, a rather genial English novelist perhaps best known for his novel, *The Old Wives Tale* and his non-fiction book, one of the first in the now familiar 'self-improvement genre', (it was written in 1910), "How to Live on 24 Hours a Day". His target audience were the swelling ranks of white collar workers once the Industrial Revolution had taken root in England, most of whom in his view, put in eight hours a day, 40 hours a week, at jobs they did not enjoy, and at worst hated. They worked to make a living, but their daily existence consisted of waking up, getting ready for work, working as little as possible during the work day, going home, unwinding, going to sleep, and repeating the process the next day. In short, he didn't believe they were really living. The book suggests ways we can improve ourselves by finding extra time each day to pursue wholesome and constructive endeavours.

Like many busy people, I can struggle to balance 'thinking' and 'doing' time in my daily routine. This is especially so in term time when email in-boxes and back-to-back meetings can limit opportunities for creative thinking. For some reason, time for thought and reflection sometimes occurs when I am a passenger on a long car journey, being in the bush with nature or I get on the treadmill and my mind wanders when in a rhythm of running.

Driving back from Mackay during our relocation to Forest Lake, we got stuck in a traffic jam on the Bruce Highway. As we ground to a halt my attention switched to how easy we had it in Mackay traffic in comparison to that was the Bruce Highway. Idle

thoughts about how we could encourage more people from cars into trains were interrupted when the traffic began to move.

The jam appeared to be the product of a broken-down truck in the middle lane of the highway but as we edged closer it became clear that far from a traffic villain, the truck driver was a motorway Samaritan. He had parked his huge truck to shield a car carrying a young family that had broken down in the centre lane. Without the truck, parked a safe distance from the car, the family involved would have been very vulnerable. A potential accident had been avoided

The truck driver had performed a 'random act of kindness' of the type increasingly promoted by charities, schools and community groups. There is a global random acts of kindness movement, which uses social media to showcase heartwarming examples of human generosity accompanied by evidence that being kind to each other promotes well-being, reduces anxiety, and aids cohesion. A profusion of kind acts can reset the social norm in society, raising behavioural bars, and setting positive examples for others to follow. One way in which Queensland brings out the best in humanity is through the efforts of volunteers, whose kind actions created a genuinely welcoming and warm experience for those suffering loss from natural disasters we regularly have in Queensland.

The point I wish to emphasise is that we are hard-wired to be kind, and with a school lead and some good examples of kindness to follow it becomes a natural part of our own College. Sometimes the pressure and pace of modern living can push kindness down the daily agenda but once exposed to examples of kindness our innate generosity and goodness are rekindled.

We have much to be grateful for. Let us always make an effort to promote kindness here, bring together the school community, Forest Lake community and make everyone feel better about themselves and each other. It creates a supportive and caring environment from which we all benefit.



Mrs Maria McIvor
Principal, St John's Anglican College
Kindy to Year 12

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Beyond Now app can help save a life

In 2016, Beyond Blue and Monash University developed a world-first smartphone application and website to help save lives when people are in a suicidal crisis. Since its launch, the free Beyond Now app has been downloaded 69,000 times and 25,500 suicide prevention safety plans have been completed. The app is a simple and practical tool for people to create their own suicide safety plan on their smartphone and share it with others. The Beyond Now suicide prevention safety plan can be accessed easily and discretely when suicidal thoughts, feelings or distress take hold.

The plan is ideally completed in the company of a trusted health professional, friend or family member. It involves: making a list of reasons to continue living; of contacts who can be relied on in a crisis; of emergency numbers; of things that will distract the mind when suicidal thoughts arise.

One of the priorities driving the Beyond Now app redesign was to improve appeal for Aboriginal and Torres Strait Islander people and lesbian, gay, bisexual, transgender and intersex (LGBTI) communities. These groups are at greater risk of suicide and suicide attempts. In 2017, suicide was the fifth leading cause of Aboriginal and Torres Strait Islander deaths.

Kungarakana and Yanyula man and Beyond Blue Board Director, Professor Steven Larkin, said the changes made in the app are designed to make it more meaningful.

"Having a culturally relevant suicide safety plan prepared before that moment of suicidal thinking or crisis could save lives," Prof. Larkin said.

"At Beyond Blue, we listened to feedback from people who have used the app and we made improvements based on their experiences to make the app as effective as possible. The changes in the app include art and design elements by an Aboriginal designer, more inclusive illustrations and content which represent our diverse population and the ability for users to upload their own personal photos, videos and sound clips to their safety plan. Suggestions for different actions were included, like helping my mob, visiting country, connecting to culture, and yarning to people. Aboriginal counsellors or health workers were added as a professional service that can offer support."

Beyond Blue CEO, Georgie Harman, added that LGBTI people experience greater suicide risk and increased suicide attempts than the general population.

"The updated app includes more content to reflect our diverse population, and people can now upload their own photos, videos and sound clips to their safety plan," Ms Harman said.

"A Beyond Now safety plan is in your pocket, to be accessed and edited at any time. A copy can be emailed to trusted friends, family or health professionals. It's there when you need it most."

Beyond Now is free to download from the Apple Store or Google Play. If you don't have a smartphone or would prefer to use your desktop or laptop, Beyond Now is also available to use online.



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ROTARY CLUB of Greater Springfield

UPDATE BY Fiona Lorimer



The United Kingdom may be hesitant to depart Europe but not everyone shares their reluctance. Our club recently hosted two young ladies from Germany on Rotary's Short Term Exchange Program (STEP). Regular readers will be aware of the important role that youth exchanges play in the Rotary organisation. While the organisation primarily offers full year experiences, more compact exchanges are also available.

Pauline Frohss and Svenja K hner hail from Warburg, a picturesque town of 24000 located close to the geographic centre of Germany. While on their six-week exchange during May and June they separately attended St. Augustine's College and The Springfield Anglican College before combining to attend Hymba Yumba Independent School. The experience was completed with a safari trip with other long and short-term exchange students. The journey took them through the southern capitals and Central Australia before returning through North Queensland. Both enjoyed improving their already excellent English skills, learning about Australian culture and enjoying our country's unique sights.



Short-term exchanges last from a few weeks up to three months. Next year's applications are due by April 2020, with assessment in May and departure in November-December. Our District's program provides short-term exchanges with New Zealand, USA, Canada and France with possible opportunities elsewhere.

Families sending a student overseas must be prepared to host as well. Candidates are matched with a teenager similar in gender, age and interests. To apply, students must have completed years 10, 11 or 12 and be under 18 upon departure. The exchange duration is to be negotiated with the overseas host family.

Short-term students do not have to attend school overseas. Most host siblings are at school in other countries between November and January though, so attendance is generally expected. Candidates should be above average students, possess an outgoing and pleasant personality, be able to accept discipline, capable of adjusting to unfamiliar conditions and adapting to the host family and school. Host families are not obligated to adapt themselves to the student's characteristics.

Parents are to provide the cost of transport to and from the host country, which varies depending on the destination. Students pay living expenses such as clothing, telephone, postage and organised tours while on exchange.

For further information – see www.yep9630.org

The Rotary Club of Greater Springfield meets at 6.30pm each Thursday evening at Aveo Springfield, 2 Symphony Way, Springfield Central. For enquiries regarding club activities, contact Fiona Lorimer on 0413 801 300.



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Seeds Fundraiser Dinner on this month



Westside Community Care (WCC) is once again excited to host the Seeds Fundraising Dinner on Monday 10 June. This year marks the fifth Seed Fundraising Dinner, a major support and resource for the work that WCC is part of in the local community.

"Westside Community Care has served the community of Greater Springfield for 21 years," said Pastor Phil Cutcliff. "The impact we've had has only been possible because of the support we have received from generous businesses, organisations and individuals within the Greater Springfield region, and Ipswich City Council.

"Last year's Seeds Dinner raised an impressive \$27,212. These contributions have had a significant impact on the lives of individuals and families in the Greater Springfield region."

The Seeds Fundraising Dinner gives participants the opportunity to network with local business leaders and influential members of the community. People who have been positively affected by the work of Westside Community Care will share their stories and guests will be entertained by musical duo, *The Amicables* at the Brookwater Glasshouse which overlooks the award-winning Brookwater Golf Course.

Through the generosity of table sponsors and guests on the night, funds raised will sow financial Seeds into the following areas: Victims of Domestic Violence, working towards emergency accommodation and assistance; CAP Australia Debt Management Centre, currently 30 families have already become debt free, with 30 more families on their way to financial freedom; support for struggling families - food vouchers, back to school, rent assistance and counselling services.

"During the night, there will be an opportunity to make a tax deductible donation towards the work of Westside Community Care so that with your help we can continue making a difference in the lives of people in the Greater Springfield Region," said Ps Phil.

To book your seat at the dinner, send an email to seeds@wccare.org.au. Table sponsorship for eight guests is \$1000 (including GST), and individual seats are \$125 each (including GST).

For further information contact the WCC sponsor coordinator, Denyse Burchell on 0408 764 127.

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Talking Teeth

with *Dr Bryan Dubbeldam*
Robelle Dental Centre

Over the last few months I have covered a range of different topics related to dentistry. I hope that when you read this column you will not only learn something but also realise that dentistry is something to be a little less concerned about.

This month, I'm taking a look at the mainstay of modern dental practice – fillings – which are still essential for many patients despite the professions strong preventive approach.

Just what are fillings anyway?

Fillings, or more correctly, a dental restoration, is designed to return a tooth to acceptable function and appearance. It will be needed should your tooth experience tooth decay or trauma, and more goes into its design than just filling a hole. Factors that our dentists need to consider include the location, size, shape, colour and biting forces applied to the tooth. For this reason, the dental profession has developed several different materials that are useful to repair a tooth.

What materials can be used for a filling?

The first materials that could be directly placed into a patient and then set were gold foil, followed by the invention of dental silver amalgam in the late 1890s. Amalgam had the advantage over gold by being cheaper but also much easier to work with in a patient's mouth. It has proven its worth many times over, and though now in decline, remains a durable and cost-effective filling material. Of course, most of our patients today not only want their teeth to function well, but to look great too. This has led to the development and rise of tooth coloured materials. Prior to the mid-1970s there was not a lot of choice. The first composite resins didn't have many different colours, did not adhere well to teeth and didn't last very long.

Alongside composite, glass ionomer cement materials developed. They have the advantage of releasing fluoride to protect the tooth surrounding the filling. This is a great feature, but also makes the material prone to acid wear and failure.

Our dental scientists have continued to improve not only the materials themselves but to refine the techniques for dentists to produce better results for our patients and we can now deliver highly aesthetic, long lasting fillings.

How long do fillings last?

Firstly, though a new filling will last for some time, it will not last a lifetime. There are multiple factors that will decide how long a filling will last. These include: the type of material used; how big the filling was to start with; how well someone brushes and flosses to look after it; the skill and experience of the dentist who placed; the forces applied to the filling itself in use and many more. I feel that if I get one of my fillings to the 10-year mark, then we have all done pretty well.

If you have any questions about this article, or would like to know more, please call our practice on 3470 1313 to arrange an appointment.





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Young local talent takes centre stage



Tony Award winning musical *Annie* has not only captured the hearts of theatre professionals but ignited a passion for musical theatre in two young, up-and-coming performers.

Eight-year-old Chloe Chan from Springfield Lakes and thirteen-year-old Makensie Hillier from Bellbird Park share their admiration for the ginger-haired heroine, Annie.

With the production's orphans double cast for industry regulation purposes, there was double the opportunity for developing performers to be part of this spectacular production.

Now over 40 years young, the show continues to be one of the most popular musicals for audiences that now span generations.

Young Makensie's passion for theatre was sparked after seeing Brisbane's 2012 production of *Annie*. With her desire to get involved and a dream of one day performing at the Queensland Performing Arts Centre (QPAC), Makensie has thrived in her roles as a Pumpkin in *Cinderella* (2017) and A Planter's Child in *South Pacific* (2018) both with Queensland Musical Theatre. Shortly she will add another experience under her belt when she performs in her dream production as an orphan.

Another young, aspiring performer, Chloe, travelled to Glasgow with her family in April to watch the UK production of *Annie*. Along the way, Chloe re-united with former musical theatre classmate Emily-May Stephensen who currently plays the role of Kate in both the UK and West End productions of *Annie*. After an eye-opening experience in Glasgow, Chloe has imitated the enthusiasm she observed and brought new life to her performance. Chloe is thrilled to take to the stage as an orphan performing in classics such as *It's The Hard Knock Life* and *You're Never Fully Dressed Without A Smile*.

Backed by a 17-piece orchestra conducted by Trenton Dunstan, directed by Deian Ping and choreographed by Julianne Burke, you can bet your bottom dollar *Annie* will shine.

Queensland Musical Theatre will bring the timeless and optimistic message of *Annie* to life at the University of Queensland's Schonell Theatre from June 5-9.

You can see Makensie Hillier perform in the 7.30pm 5th June, 7.30pm 7th June and 1.30pm 8th June shows. Chloe Chan can be seen at 7.30pm 6th June, 7.30pm 8th June and 1.30pm 9th June shows.

To purchase tickets to Queensland Musical Theatre's production of *Annie*, visit www.queenslandmusicaltheatre.com. Tickets range from \$25 for children to \$48 for adults.


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Camira Friends & Neighbours

Update by Barb Gorman

On the night of Friday 12 April, the club held a Café Night with the theme 'Posh'. Everyone turned up wearing their best outfits and looking very posh indeed. We enjoyed a good dinner, good music and a bit of a dance for those who chose to join in. Thanks to all who helped with the set-up, the clean-up and everything in between.

Members again put in some effort for our Easter Day celebrations. Thanks to all those who decorated the tables and wore their Easter bonnets and hats. Thanks also to the cooks and helpers who provided the sausage sizzle. Congratulations to Gail Munro who was the Easter bonnet parade winner.

The very next week, we held a special memorial day for ANZAC Day. Many members brought in memorabilia from past wars and told stories of fathers, husbands and uncles who had served in both World Wars and in Vietnam. Some members shared their childhood memories or their experiences in England during the war. It was a good morning and thanks to all who contributed to the day.

Our guest speaker at the May meeting was Jason Sondorp from Queensland Ambulance. The main focus of Jason's presentation was the use of the Automated External Defibrillator (AED) such as the one we have at the club. Jason demonstrated the use of the defibrillator in a very detailed and clear manner. While it is great that we are all more familiar with the use of the AED, let's hope we will not need to use this information.

Great reports from our members who were on the recent Great Ocean Road bus trip. Despite the chilly and dull weather, everyone enjoyed exploring the towns along the way and the Great Ocean Road did not disappoint.

We have some interesting day trips planned for the rest of the year. On 19 June we are heading for a Back to the Tivoli outing. On 22 August there is a visit to Parliament House and lastly a cruise on the Lady Brisbane on 13 November. Everyone is welcome to join in these outings since they are not exclusive to club members. If you would like more information about these trips contact Val Malynn on 3288 2689 or Suzanne Jessen on 0408 068 305 or email suzannej46@hotmail.com

If you would like to know more about the club contact club president Suzanne Jessen on 0408 068 305 or email suzannej46@hotmail.com.



Thanks to Anne Hobbs for this lovely ANZAC memorabilia.

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Wednesday:	Little Gems Playgroup (0-5yr olds)	9.30am – 11.30am	FREE
Thursday:	Sewing and mending group	9.30am – 11.30am	\$4 per session
	Gales BoBs (Bunch of Blokes)	10.30am – 12.30pm	\$4 per session
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Pedestrian Arch under Sinnathamby Boulevard

Included in the planning and construction of Sinnathamby Boulevard was a pedestrian arch that would connect Robelle Domain with Springfield Central Sports Complex.

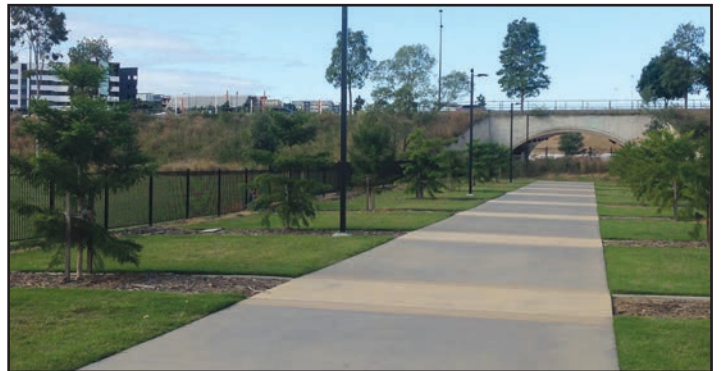
This pedestrian arch will soon demonstrate the value of long term planning. Pedestrians will be able to move freely between one of South East Queensland's largest sporting facilities and Robelle Domain without interrupting the traffic flow on Sinnathamby Boulevard.

The Springfield Central Sports Complex will include four AFL size ovals which equates to eight rectangular fields, 16 netball courts, eight tennis courts and over 600 car parks.

I predict this will be a very popular walking and jogging route for many residents. Sinnathamby Boulevard has become one of Ipswich City's busiest roads so the least interruption to traffic flow the better.

Pictured top: The Pedestrian Arch being constructed as part of Sinnathamby Blvd.

Pictured bottom: The Pedestrian Arch today.



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Forest Lake Twilight Markets officially opened last month



Residents of Forest Lake and surrounding suburbs welcomed the return of market stalls at Forest Lake Shopping Centre on Saturday 27 April.

Operating as part of the not for profit organisation Creative Collective Cultural Community Inc, the Twilight markets are scheduled for the fourth Saturday of each month from 3-8pm.

Located in the carpark outside the entrance near Stella Rossa, the market's official opening included 38 stalls and live music to celebrate it's return to the shopping centre. With Heritage Forest Lake Community Branch onboard as sponsor, CCCC are keen to see the markets grow and provide residents, not only with great items to buy but with a regular community event to gather at with friends, family and neighbours.

If you're interested in becoming a stallholder, enquiries can be made to Donna by calling 0455 501 314 or go to minglemarketsaustralia.com.au for more information.



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building better communities through communication

FROM THE DESK OF

Charis Mullen MP

State Member for Jordan



Investment in education is a priority for me and I have been pleased to see progress and completion on a number of key school infrastructure projects over the last few months.

It was my absolute honour to recently officially open the Jude Fox Learning Hub at Flagstone State Community College. Named after the late Jude Fox, Foundation Principal, the \$5.89 million Learning Hub contains five special education, five general learning areas and a range of other spaces including the popular life skills area.

I also recently visited The Hangar, an impressive \$576,000 refurbishment at Woodcrest State College – which has seen a rather dated facility upgraded, ensuring students have access to state-of-the-art facilities for the skills they need in our rapidly-expanding digital economy.

I spent time at Greenbank State School where I had the opportunity to inspect the refurbished tuckshop. In collaboration with the wonderful school P&C, the Queensland Government has contributed almost half of the \$384,000 for this upgrade.

A \$2.2 million project at Springfield Central State School has recently been completed – delivering six additional learning areas, three teacher support areas, offices, meeting rooms and a new covered play area. This is all catering for the increased enrolment growth at this popular school and will be well utilised.

The same can be said for Augusta State School with construction now underway on an exciting \$6.3 million new multi-storey learning centre that will deliver eight new learning areas – and with the potential to grow further.

Finally, I am pleased to see great progress on the Springfield Central State High School Multi-Purpose Hall and Community Centre – a \$9.89 million project which is highly anticipated by students, staff and the community.

It has been really good to see workers on site at all of these schools – as these are important jobs being generated in the building and construction industry. Not only is this a tremendous boost to public education in the Jordan electorate but a tremendous boost to jobs as well.



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*a message from
the desk of*

Milton Dick MP
FEDERAL MEMBER FOR OXLEY



For the past three years it has been a privilege to serve as your local Federal Member.

I am deeply honoured and humbled that our local community at last month's Federal Election supported me again to continue as your representative in the parliament for a further three years.

I don't take this support for granted and will continue to earn people's trust by working hard and delivering for our community.

I am driven by service to our local community – it is a core value of my family. My late father served in the Navy during World War II, my mother was a midwife, my brother is a lawyer and state MP, and my sister has been an educator for over 30 years. We were all raised with this notion of service.

Serving our community has been the greatest honour of my life. This means I'll continue to fight hard for the needs of our region by ensuring our schools and hospitals receive the funding they deserve, and local families, young people and seniors are given a fair go.

My door will always be open. Whether it be helping someone with their own individual problem, or supporting our local community groups – my job is to serve you.

I've always taken the view that all politics is local. No problem is too big or too small. If there's anything I can ever help with, please email me Milton.Dick.MP@aph.gov.au or give my office a call on 3879 6440.

Again, thank you for placing your trust in me. I look forward to working hard to deliver for our community.



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A pair of Comb-crested Jacanas have recently arrived back at Regatta Lake in time for World Migratory Bird Day which started on May 11. It's fitting to note that the theme for this years' World Migratory Bird Day is "Protect birds—be the solution to plastic pollution".

The world produces more than 300 million tons of plastic and it is now one of the most widely used materials in the world. What often escapes one's attention is that the plastic is primarily used for single use items. These lightweight items pieces are easily transported to ecosystems through the forces of nature causing serious threats to migratory species around the world. An estimated eight million tons of plastic waste enter the world's oceans each year. To make matters worse, plastic does not simply dissolve; it just breaks down into small particles by water, sunlight, and wind.

The community is acutely aware of the impact plastic has on marine animals but sadly, having wings does not help birds escape the threat of plastic either. Another imminent danger to birds is when they become entangled or smothered by plastic rings and nets. The foraging behaviour of seabirds makes them prone to ingesting plastics. Dangerous items that float inconspicuously on the surface of the water, covered in algae, single-use plastics such as bags, drinking straws, and bottles can easily be mistaken for prey, both by shape and by smell. Unwittingly, birds feed plastic to their chicks that are even more vulnerable due to their underdeveloped organs.

I recently watched a film called *Albatross* in which the adult parents regurgitated food collected from the ocean to feed their young chicks. The only problem was the hungry chicks were also ingesting a diet of plastic instead of marine animals. The chicks were unable to fly off the island as they were too weak from malnourishment. Others were too heavy to fly because they couldn't regurgitate the amount of undigested plastic, which lay inside them. Eventually, these birds would starve to death because they were unable to catch their food.

In cases of ingestion, the damage caused by plastic depends on its shape. Sharp plastic particles cause immediate death by piercing internal organs. But mostly, plastic consumption leads to a chronic feeling of hunger and starvation as it gives the sensation of having a full stomach without any nutritional value. The toxicity of chemicals coating plastics is an additional threat. The number of seabirds dying from the effects of plastic every year is currently one million and growing. In fact, 90 percent of seabirds are estimated to have plastic in their guts but at this rate, the proportion of seabirds ingesting plastic will reach 99 percent by 2050.



Clean up - Join clean-up activities in your area, or do an eco-friendly walk around a lake or along a beach or river and pick up any plastic items such as bags, straws, plastic bottles or lids, and fishing line. If you enjoy recreational kayaking or fishing bring a bag with you to dispose of any collected rubbish that you find. Spread the word - support local and global action against excessive, unnecessary use and detrimental disposal of plastic.

You can follow us on www.facebook.com/SpringfieldLakesNatureCare. Membership of our group is free, please contact info@springfieldlakesnaturecare.org.au or download the form on the website.



Photo courtesy of Mick Roderick

Even birds that live in the wetlands aren't immune. Layers of plastic covering wetlands lead to many cases of entanglement and trapping. Abandoned fishing gear is one of the most common causes leading to a phenomenon called 'ghost fishing'. Caught birds are either injured and pick up infections or end up drowning. Often, trapped birds are limited in their movements and easily become prey to other animals.

Studies show that local projects on the management of plastic waste produce results in a short period of time. Thus, common sense and awareness can help to curb the giant tide of plastic. The international community needs to take urgent action to mitigate unnecessary injuries and mortality of migratory birds due to plastic pollution.

What can you do to be part of the solution to plastic pollution?

Reduce, reuse and recycle - limit your use of plastic materials and replace them with eco-friendly alternatives, use and dispose of plastics sustainably.

Local Clubs & Groups

Aiki Jutsu Martial Arts USQ
Yong: 3470 4420 goh@usq.edu.au

Augustine Heights Cheeky Monkeys
Anna 0405 450 704
Harriot 0417 014 873

Bushwalking & Environmental Groups, S'field Lloyd 3282 3737

Camira Slimmers Joan 3288 4703

Camira Scout Group
Asst Group Leader - Stephanie - 0401 395 408
District Commissioner - Greg - 0414 494 389

Community Centres:
Springfield Lakes 3288 2292
Camira/SField Chris 38180921(bh)

Community House, Gailes
3879 3004

Friends & Neighbours Club, Camira
Suzanne 3818 2875 or 0408 068 305

Good News Group
Jean 3818 1986 Anna 38180454

Jacaranda Jam Community Choir
Angela 3818 3449

Karate - TSKF Springfield
Sensei Chris Myers 0423 386 676
tskf@springfield@gmail.com

Lions Club of Greater Springfield
Ray 0434 037 480

National Srs, Goodna/Redbank
Vera 3271 2772
Rosemaree 3282 1093

Probus Club of Goodna-Springfield
Penny 0412 270 628

Redhookers Fishing Club Inc
Felix 3814 3845 www.rhfc.com.au

Rotary Club of Goodna
0421 531 099
Email: rcgoodna@rotary9630.org

Rotary Club of Greater Springfield
Fiona 0431 801 300

Springfield Camira Men's Shed
Ph: Roland - 0413 319 558
Email: springfieldmensshed@gmail.com

Springfield Community Inc
email.gsc.inc@gmail.com

Springfield/Ipswich Chess Club
Ed 0431 065 425

Springfield Lakes Girl Guides
Samantha 0425 786 522
springfieldlakesgirlguides@hotmail.com

SField Lakes Maritime Modellers Inc,
sites.google.com/site/springfieldlakesmmmodellers/home

Springfield Sparklers
Senior Dance Troupe
Christine 0414 451 438

Toastmasters, Springfield Lakes
Bill 0400 561 264

Toastmasters, Goodna, Ipswich
Mike 3372 4349

Trefoil Guild, Centenary
Merril 3372 2735

Westside Community Care
Rita 3818 0921

Westlife Community & Westlife Care
Yvonne 3381 9988

Westside Business Women Group
www.westsidebusinesswomen.com

Westside Spiritual Haven Meditation
Yvonne 0422551102

Wine Club, Springfield Di 3288 3388

Women's Group, Springfield & Surrounds
Sarah 3812 0138

Youth Nights (Friday Nights)
High school aged & young uni,
Stacey 0425 715 714

Youth Space, Goodna
Danny or Vince 3818 9934

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AFL - Collingwood Park Power AFC
Redbank Plains - 3040 0232
powerafc@live.com.au

AFL - Greater Springfield Storm AFC
Luke 0420 476 829
president@greaterspringfieldstorm.org
www.greaterspringfieldstorm.org

Athletics - Goodna Little Athletics
0403 813 676 or 0419 197 272
www.goodnalittleas.com

Basketball - Springfield Brumbies
springfieldbrumbies.com.au
springfieldbrumbies@gmail.com

Baseball - Western Districts Bulldogs
Laurie 0421 137 406
www.wests.baseball.com.au

Canoe Polo, Springfield Lakes
Mick 0402 643 465

Community Walking Group:
Last Friday of the month 8am at Aveo
Springfield, 7004 Health Care Drive,
Springfield Central

Crick Club, Eastern Raiders
Bruce 0418 742 307
eastern-raiders@hotmail.com

Dragon Boat Club, Lake's District
Paul 0419 729 877 Greg 0418 732 672

Football (Soccer) Clubs:
Western Spirit Phone: 3818 6160
Futsal: Jan: 0414 661 911 spiritfc.com.au
enquiries@spiritfc.com.au
Springfield FC info.sufc@gmail.com

Golf Groups, Social
Spring Lakes Steve 0408 913 112
S'Field Lakes, Russell 3288 1285
John 3814 5633

Indoor Bowls
Eric & May 3814 0887

Indoor Soccer, Springfield
Yan Christiansen 3818 0008

KICKXercise
contact Camira/Sfield Community House
3818 0921

Netball Club, Springfield Lakes
E: springlakesnc@hotmail.com
Facebook: Springfield Lakes Netball Club

Orienteering Club, Ugly Gully
Lee 3378 7375

Orion Springfield Run for Life
Phil Cutcliffe 3818 2915

Radio Model Yacht Club
David 3879 6220 Robert 3288 3542

Rugby League
S'Field Panthers Scott 0405 108 931

Rugby League, Juniors:
S'Field Gary 3818 7370 Tony 3288 5924
Redbank Plains Jarrod 0421 504 531

Rugby Union Clubs
Goodna Peter Aiaiao 0427 751 506
S'Lakes Hawks Jeremy 0449 682 960

Running Group Greg 0408 628 104

Softball Club
Camira John or Julie Ashby 3288 1986
Raiders Mitch 0423 262 906
raiderrsips@hotmail.com

Softball, OzPitch, Springfield Lakes
Rebecca 3391 2447

Swim Club, Waterworx Amateur Club
Amanda 0434 868 611
Email: wworxrace@gmail.com

Touch Football
Springfield Lakes Paul 0411 348 470
Redbank Plains Jarrod 0421 504 531

Tennis, Springfield Lakes Social
3381 9652

Table Tennis Assoc, Ipswich
David 3282 4708 Glen 3389 6563

Trim & Tone Exercise Group
Lisa Purcell 0428 822 010

Walking Group:
Springfield Lakes Heart Foundation and
Orion Walkers 3810 6666
healthy4life@ipswich.qld.gov.au

Westminster Warriors Soccer Club
Redbank Plains Ph: 0450 005 152

Families & Health

Alcoholics Anonymous
Ph 3255 9162
www.aa.org.au

Al-Anon Family Groups.
For friends & family of alcoholics or
problem drinkers
Ph: 1300 252 666
Email: afgsq@bigpond.com

Asperger Services Aust West
Brisbane Region Support Group
Ph Jane 3278 3082

Australian Breastfeeding Association
Springfield & surrounds
Amanda 0431 850 241
Email: springfielddaba@gmail.com

Christian Family & Westside
Community Care, Springfield
Phil Cutcliff 3818 2915

Falun Dafa
Louise 3411 1174
www.falundafa.org

Ipswich Multiple Birth Association
Jennifer 0411 789 850 www.imba.net.au

Kites Family Day Care
38180329
admin@kitesfdc.org.au

New Parent Group - Springfield Lakes
Megann - 0499 652 808

Playtime, Camira/Springfield
Comm Ctr, Robyn 3818 0921

Playgroup, Gumnuts, Camira
Tenille 3818 6470, 0421 4480 046

Playgroup, Springfield Lakes
Heather 3288 1744

St John Ambulance Bellbird Park Div
Enquiries 0413 448 031

SNAP
for special needs,
Camira/SField Comm Centre,
Lois 0414 318 623

Suicide Bereavement Support Assoc
Lynne 1300 767 022
www.sosbsa.org.au

Churches

Arise Lutheran Church, S'Field Central
Pastor Matt Wilksch 0447 656 793

Breakthrough Church Springfield
Ps David Vaka 0434 421 720

Camira Christian Assembly
0431 663 228

Christian Outreach Centre
Bellbird Park 0433 680 223

Creek Road Presbyterian Church
Springfield 3398 4333
www.creekroad.org.au

Disciples Church Springfield
Ps Greg Gardiner www.disciples.org.au

El Shaddai Worship Ministry - Camira
Ps Milena Stavljanin - 0424 634 825

Grace Christian Church
Redbank Plains 0409 272 007
www.gracecc.com.au

Hillsong Brisbane West
Springfield Central 3381 9988
email: brisbanewest@hillsong.com

Maranatha Worship Centre Camira -
Multicultural Church, 3271 4712

Oasis Church Springfield
www.theoasis.org.au 3282 0847
Ps Don Stewart 0421 870 754

Our Lady of the Southern Cross Parish
Parish Office 3324 3900
Fr Mauro Conte 0417 726 521

Springfield Anglican Church
Rev'd Charlie Lacey 0476 818 763

Springfield Community Baptist Church
Camira/Springfield Community Centre
Ph 0432 579 205

Springfield Christian Family 3818 2915
info@springfieldchristianfamily.org.au

Voice of the Lord Assembly (African Church)
Mr Godfrey Egwu 0420 308 097
voiceofthelordassembly@yahoo.com

Westside Spiritual Haven Camira
Yvonne 0422 551 102

Westside Christian Church Camira
Ps Josh Hartog 0423 814 700
www.westsidechristianchurch.com.au

Hobbies, Arts & Craft

Active Crafts
Sharon 0402 342 551

Cross Stitch Club
Chris 3217 0976

Rubber Stamp & Scrapbook Club
Karen 3814 3525
Ingrid 3288 4614



Schools

Camira State School, Playgroup & P&C
3381 4888 www.camirass.eq.edu.au

Good Shepherd Catholic Primary
Ph: 3437 5000
www.goodshepherd.qld.edu.au

Hymba Yumba Community Hub
Prep - 12 Ph: 3381 8134
www.hymbayumba.qld.edu.au

Kindergarten Assoc Camira 3818 1789

Redbank Plains:
Primary: 3814 9222
www.redbplais.eq.edu.au/wcmss
State High: 3432 1222
www.redbplais.eq.edu.au

Redbank Primary 3381 4111

St Augustines College
3814 8300 www.stac.qld.edu.au

St Peter's Lutheran College
3470 3888 www.stpeters.qld.edu.au

S'Field Lakes State School 3437 9888
www.springfieldlakesss.eq.edu.au

Staines Memorial College 3814 8600
www.staines.qld.edu.au

The Springfield Anglican College
Primary Campus 3818 5777
Senior Campus 3814 8100
www.tsac.qld.edu.au

Westside Christian College (Goodna)
Grade (1-3) 3437 9001
Grade (4-12) 3437 9000
Prep 3437 9004 OSHC 3381 0529
www.wcc.qld.edu.au

Woodcrest State College (SField)
Junior Campus 3280 2477
Middle Campus 3437 9555
Senior Campus 3437 9666
www.woodcrestsc.eq.edu.au

Government

Federal Members
Milton Dick MP (Oxley)
Ph 3879 6440
Milton.Dick.MP@aph.gov.au

Shayne Neumann MP (Blair)
Ph 3201 5300
shayne.neumann.mp@aph.gov.au

State Members
Jo-Ann Miller MP (Bundamba)
3288 3737 / 3844 8101
bundamba@parliament.qld.gov.au

Charis Mullen MP (Jordan)
3447 9300
jordan@parliament.qld.gov.au

Ipswich City Council
General Enquiries 3810 6666

Local MPs
Justice of the Peace (Qual)
Suzanne Donovan 3818 3915
Thien Nguyen 3288 5221
Dallas Tunnah 3288 3175
Gail Frawley 0401 222 671

Commissioner for Declarations
Harold James Jackson 3389 1418

Groups & organisations listed are not for profit and run by volunteers.
If your group would like their contact information listed please send your request to springfieldtimes@Inp.net.au

Goodna/Springfield Probus Club Update

by Robyn Girdler



As a regular reader you will be looking forward to reading what has been going on with our club's latest activities.

For any newer readers, we may be just the club that you are looking for. If you are looking for a social club specifically for retired or semi-retired people then the Goodna Springfield Probus Club might be just the right fit for you.

Each month we hold an outing, a morning tea/coffee, a lunch at a local venue and a club meeting. The last part of the meeting is mostly devoted to guest speakers on interesting topics. Our lunches are popular and well attended. Economy is definitely a consideration when deciding on the venue. This month's lunch venue was Blue Fin in Inala. Our coffee morning was at our regular venue of Brookwater Golf Club.

By the time you read this, all of our May activities will be over and our club members are looking forward to our June activities.

From all reports, a recent outing to Southbank to view the musical *Senior Moments* was an enjoyable experience. Public transport helps to make visits into the city a fairly reasonable proposition. The highlight of the Walkabout Creek Discovery Centre at Brisbane Forest Park was a sighting of the elusive platypus. Morning tea and lunch were included in that excursion.

It is fair to say that when everyone gets together, we go home on a happy vibe. Visitors can contact our membership officer for further information on future events and adventures.

Are you looking for a combined social club for retired or semi-retired men and women? Are you looking for fun, fellowship and friendship? The Probus Club of Goodna-Springfield meets on the first Wednesday of each month at 1.30pm at Camira Friends and Neighbours Hall, Bruce Lane, Camira. If you would like to come along to a meeting or need more information, please phone Penny on 0412 270 628 or send an email to gsprobus08@outlook.com. Visitors are always welcome and your first visit will be free of charge.

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9.15-10.15AM	Konga the Jungle Body
3.45-6.00PM	Hardihood Theatre
6.30-7.45PM	Atomic Rose Dance Class
TUES	
12.30-3.00PM	Arts Laughs n Crafts
6.30-7.30PM	Rhee Tae Kwondo
6.30-8.30PM	Goodna Gymnastics
WED	
9.15-11.00AM	Petite Stars
9.30-10.30AM	Goodna Gymnastics
1.00-2.30PM	Let's Dance - Free Line dancing classes
3.30-5.00PM	KNECT Kids Primary (fortnightly)
6.15-7.15PM	Konga the Jungle Body
5.30-7.00PM	Karate
2.00-7.00PM	Mobile Library (fortnightly)
THUR	
6.30-7.30PM	Rhee Tae Kwon Do
6.30-8.00PM	Goodna Gymnastics
FRI	
9.30-11.30AM	Playtime
7.00-10.00PM	KNECT Youth
SAT	
9.00-2.00PM	Free Pentecostal Church of Australia
9.00-NOON	Goodna Gymnastics
7.00-10.00PM	SDA Volleyball
SUN	
7.00-8.30AM	Congregational Christian Church of Samoa
8.30-12.30PM	Springfield Community Church

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