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Personally Speaking[™]

with Susannah Friis

I was in a grade one classroom recently and was listening to the teacher talk about the special jobs students would get to do if they reached certain award levels for behaviour, attitude to learning etc.

The special jobs were things such as being the one to hand out and collect other student's books, collecting everyone's lunch rubbish, being a line leader (this is a firm favourite in the primary years!), helping other students with their work and handing out drink bottles, as well as a few things like special reading time and choosing which maths game would be played that day.

The children were clearly excited at the mention of these special jobs; they visibly sat up straighter, folded their hands together and purposefully gave the teacher eye contact. They couldn't wait to try and be assigned one of these special jobs!

As I sat there watching, I realised all these reward jobs were actually about serving others—and the students were excited at the prospect of being chosen to do them! Something obviously changes as we get older and the thought of serving others in or out of a classroom context loses its appeal. In childhood, we have the notion that doing jobs that serve others are important and special. How many of us still believe that and live by it?

Imagine if in your workplace, instead of a bonus on payday for your hard work or for reaching a target, your reward was to make everyone a coffee, collect and then wash up all the mugs! Or your reward was to help a colleague who was struggling instead of taking the afternoon off. I don't think this sort of reward system would see a rise in sales and productivity at any workplace, do you?

It's interesting though, because most of us still respond to a leader or boss who gets their hands dirty along with us on the tough jobs, who stays back late if the staff do, and a boss who shouts everyone lunch or a coffee every so often can usually expect that their staff will respond by working harder. Leaders who show that they aren't above those who are following them will most often gain our respect and our loyalty. We love people who show a servant leadership style and do things for us, yet we aren't always that keen on being the 'servant' and doing things for others in a similar way!

Maybe we need to once again see serving others as a privilege, like children do, instead of a burden. Perhaps we need that pure enjoyment that comes from doing things for others, even if no one is watching, feeling no compulsion to post it on social media for all to see. What if we just served others—our family, friends, our neighbours and community because it's a privilege to do so? I wonder what our society would look like then.

**Letters & feedback are
always welcome**

email Susannah Friis at: editor@LNP.net.au

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ROTARY CLUB of Greater Springfield

UPDATE BY
Fiona Lorimer



As one of the Rotary Club of Greater Springfield's favourite sons returns home, it seems appropriate that the club also settles into a new home as well. Rotary Youth Exchange student James Goss has returned from a year in Sweden as the club enjoys the transition into its new venue at Aveo Springfield.

After graduating from The Springfield Anglican College, James Goss travelled to Nyköping, Sweden, as part of the Rotary Youth Exchange program. He completed a year at Nyköping Gymnasium Gripenskolen and was hosted by four different local Rotary families. James has displayed an impressive familiarity with the Swedish language on his return. He has become a competent skier and gained a growing affection for golf while on exchange.

During the northern hemisphere summer break, he had the opportunity to explore parts of Europe. As part of these travels, James met with families of past and present exchange students. Our club co-hosted an Austrian student in recent years and currently co-hosts a student from the Czech Republic. James enjoyed fellowship with both their families in their home towns.

The Rotary Youth Exchange program is open to students between the ages of 15 and 18 at the date of departure (mid-January in each year). It is not essential to be a Rotarian to host an incoming (inbound) student and there is no typical family structure required. It is a tremendous experience for both hosts and students and is worth consideration.

After enjoying the facilities at the Brookwater Golf and Country Club during its formative years, the Rotary Club now meets at Aveo Springfield (up the hill from the Mater Private Hospital). The club has enjoyed its first dinner at the new venue and looks forward to many great occasions at Aveo.

There have been many highlights during our association with the Brookwater Golf and Country Club highlights. Notable events include last year's HPV Golf Day, raising funds for thousands of vaccinations for girls in Papua New Guinea, as well as a Gala Cocktail Party providing money for a vehicle used by the Alzheimers Association respite cottage in Ipswich. Our President Regina Balachandran wishes to thank the Brookwater club for its support and hospitality during our club's formative years.

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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Hello Readers

A New Beginning

To be an educator of young people is to be in a position of tremendous privilege and reward; to be a teacher is to be a member of the noblest of professions; to be fortunate enough to be Principal of St John's Anglican College is to be blessed.

With the celebratory milestones of the College having turned 25 behind us, we look forward to 2019. Our twenty-sixth year, our institutional 'adulthood', we are well prepared to embrace the responsibility and challenges that such maturity brings. Part of that maturation process sees us begin the school year with enrolments of over 1,060 students and wait lists established for many year levels.

As we settle into Term 1, our staff look to our young people for innovation and inspiration which always lights hope in our hearts. As Principal, my commitment is to provide you with assurance that I will do everything I can to help our staff and students to be the best they can possibly be.

Our own perceptions do so much to define the quality of our lives. If we perceive every day of our lives to be a blessing, then we are far more likely to feel blessed. If, on the other hand, we see life as a struggle to be survived, our diminished expectations might obscure all manner of opportunities for celebration and joy. This same dynamic operates with the way we perceive

others. If we expect those around us to do the right thing, to treat us with respect and compassion, then invariably, it seems, they do precisely that.

We tend to see what we want to see in others, and it is important that with each other we encourage and teach our young people to want to see only the best things in others and indeed in life in general. By constantly reinforcing standards of behaviour and expectations at St John's Anglican College, we are allowing ourselves to live in a community where it is acceptable to think the best of others, a place where we do not expect to be let down. This does not of course mean that we will never experience selfish or anti-social behaviour, but such occasions are the exception rather than the rule, and lapses in our agreed standards tend to stand out and demand attention. Leadership at St John's is committed to walk the extra mile in humble service for our students, staff, parents and the wider community to support each other by striving always to think the best in all situations.

We are immeasurably enriched by the presence of others in our community and are grateful for the privilege to have our students, from the little ones through to our seniors, given into our care for the coming school year.



Mrs Maria McIvor
Principal, St John's Anglican College

Kindy to Year 12 07 3372 0111
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Bee aware!



In Australia, we are fortunate in that our bees seem to be doing better than in many other parts of the world. The question is: how much longer will this last?

Bee populations have been in decline all over the world. Ten years ago, bee keepers in the United States first raised the alarm when they realised that their bees were mysteriously vanishing.

The complex phenomenon known as Colony Collapse Disorder, along with other factors such as parasitic infections by the varroa destructor mite, has led to the demise of 40 percent of the world's bee population — and that's just in the last year alone.

The importance of bees for global food production cannot be overstated. Even in Australia, where other insects, birds and bats are also responsible for pollination, around a third of the total food production is made up of crops that rely on bee pollination. So far, Australia has been lucky to avoid the catastrophic decline occurring in other countries.

To read the full article about challenges facing bees in Australia and how you can help, jump online to get your copy of RSPCA's Magazine, *The Biscuit*. All proceeds go directly back to helping RSPCA animals in care (www.thebiscuit.com.au).



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Healthy eating and exercise ensure a great start to lifelong wellbeing

Children attending Woodcrest Early Education Centre are getting the most well rounded, wholistic education experience possible.

Megan Gracey, a Sports Dietitian from the Healthy Cooking Company, has been working hard alongside primary school physical education teachers developing and implementing a company-wide motor program for all age groups.

Megan has been visiting Queensland Childcare Centres across Brisbane and teaching staff how to implement this early childhood exercise program into their daily routine.

The program focusses on helping children practice and develop fundamental motor skills before they reach primary school age. Each age group (including babies!) has been equipped with a daily set of exercises and games to help develop these key skills.

Children aged between one and five should be physically active every day for at least three hours per day, spread throughout the day. Unfortunately, in Australia, only 31.5% of boys and 41.9% of girls are getting up to two hours of physical activity each day, which is less than the physical activity recommendations for this age group.

Children benefit greatly from being physically active as it promotes healthy growth and development of bones, muscles, flexibility, balance, posture and cardiovascular fitness. It can also help to establish connections between different parts of the brain that develop memory and language. Additionally, it helps maintain a healthy weight, improve concentration, confidence and self-esteem.

Early childhood services are a great place for children to develop long lasting physical activity habits, which are crucial for their healthy development. Habits developed in the preschool age are more likely to continue long term, contributing to ongoing positive health and wellbeing.

A company-wide motor program for all ages is not the only way QCCS supports children's health and wellbeing.

Since the opening of their own kitchen facilities in 2015, the Healthy Cooking Company, children attending QCCS centres are provided with extremely nutritious morning tea, afternoon tea and lunch meals.

The Healthy Cooking Company caters not only for children, but also families and individuals in the greater Brisbane area. The Dietitians and Chefs at the Healthy Cooking Company have designed take-home family meals, individual nutrition plans, children's meals and baby food to meet the Australian Dietary Guidelines. Their most recent menu has been inspired by the evidenced-based Mediterranean Diet.

By combining physical activity programs with healthy eating and food education, children attending Woodcrest Early Education Centre are getting the best possible start to life.

The Woodcrest Early Education Centre will continue to promote a wide range of physical activity and healthy eating habits to all their children with the support of the Healthy Cooking Company.

For more information about the Healthy Cooking Company visit www.healthycookingco.com.au or phone 3806 0087. For any childcare enquiries please contact 3818 9933, woodcrest@qccs.com.au or call into the centre at 28 Woodcrest Way, Springfield.



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Camira roads soon to be fully kerb and channelled



David Morrison is happy to see one of the last streets in Camira being kerb and channelled.

One of the original Camira residents, former councillor David Morrison, said he remembers when there were no roads in Camira that had bitumen or kerb and channelling.

"Every road was like a dirt track and we were always happy when Council put a grader over the road that filled all the potholes and eroded trenches," he said.

"When I was elected to Council in 2000, one of my aims was to have every street in Camira kerb and channelled and increase the formalised footpath network.

"Bit by bit this has become a reality and now one of the last non-kerb and channelled streets in Camira is now being kerbed and channelled."

David Morrison said he was very happy to have the two last remaining non kerb and channelled Camira streets included in the 18-19 Council budget to be kerb and channelled.

"Camira is a wonderful suburb that is being discovered for the first time by many and this year will have all streets with kerb and channelling."

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Getting away from home or departing from the ritual of daily routine is beneficial for both mind and body. The long-lasting personal benefits of new experiences far outweigh the costs and time necessary to get organised.

So, what are the benefits of travels, whether long distance or those closer to your home, exploring the local neighbourhood?

Being away from familiar environment sharpens the mind. A completely new environment engages a dormant part of your mind and gets your brain healthily activated. If nothing else, you'll be required to navigate unfamiliar places, notice and observe new things, and trying new things or explore new environments. All the new sights, sounds, and places will require mental processing and your brain will absolutely welcome these new stimulations. Being exposed to new experiences will shift your paradigm and create a healthier perspective once you return back home, no matter how small the adventure was!

Explore new things - travelling and changing spaces kicks you out of your comfort zone and forces you, for better or worse, to try new things! If nothing else, at least you'll be able to relate to the new experience in the future.

Getting out and about can help you meet a more diverse range of people than you would under ordinary circumstances. Locals and other explorers tend to give tips on places to go, things to see or other 'must have' experiences. Striking up a conversation with other explorers, whether out and about in your local park or abroad is extraordinarily easy.

The journey as much as the destination will help to form your own opinion regardless of the guide books or literature on the topic and expand your mental, experiential and sensory horizons giving your mental stimulation your brain will enjoy and thrive on it. Even the walk down to your local park at a different time of day will expose you to a whole range of new experiences such as different light, sounds or other sensory exploration.

A different time of the day or season will present you with new perspectives. Discover new experiences...even if you are very familiar with the site or location. Give yourself a permission to explore...watch, listen, observe, tune in—there is so much out there. It might be a never spotted before plant, or a seed pod or a wildlife. Or perhaps a site feature that got missed till now...explore your neighbourhood with a new, refreshed mind.

Regardless of whether your trip is an adventurous one or simply a walk through a local site, or perhaps a gallery, being away will benefit your long term-health and sense of well-being. Breaking up the monotony for awhile is a great way to reduce stress and give your life an injection of excitement. You'll return with renewed energy and ready to take on the next big project or challenge. Don't be surprised if shortly after your return, you're already counting down days until the next trip!



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a message from
the desk of

Milton Dick MP

FEDERAL MEMBER FOR OXLEY



This month I am proud to announce the first round of successful grant applications through the Stronger Communities Grant Programme. These grants will support our local community groups and organisations and build on the already incredible work they do for our community. Almost \$150,000 worth of grants have been allocated towards projects such as a new Championship Timing System for the Lakes Swimming Club in Forest Lake, new community centre upgrades for the Springfield YMCA and a new club den fit out for the Camira Scouts.

I'm fortunate to visit many community groups in our area and see firsthand just how much hard work is put in by each of them along with their many dedicated volunteers.

These grants will provide crucial funding for these local groups to upgrade, install or build new facilities to deliver better opportunities and services to our community.

Congratulations to all the recipients of grants:

- Camira Scout Group (Club den fit out) \$5,200
- Centenary Suburb's Men's Shed (solar panel system upgrade) \$6,500
- Forest Lake Men's Shed (new shed) \$20,000
- Lakes Swimming Club (electronic timing system) \$7,656
- Goodna and Districts Rugby League Old Boys (spectator facility upgrades) \$10,000
- St Vincent De Paul Inala (community kitchen) \$2,500
- YMCA Springfield Lakes (Centre upgrade) \$15,800
- Australian Air League Forest Lake Squadron (drone



flight training facility) \$2,892

- Redbank Plains Scout Group (equipment upgrades) \$13,039
- Springfield Centenary Canoe Club \$5,000
- Centenary Christian Kindergarten (IT upgrade) \$5,500
- Forest Lake Junior Rugby League Club (field revegetation) \$10,000
- Wolston Park Golf Club (kitchen upgrade) \$9,983
- Centenary Rowing Club (safety boat upgrade) \$8,494
- Vietnamese Women's Association \$17,00

Applications for the next round of grants will again open in the second half of this year. Please contact my office on 3879 6440 or email me at Milton.Dick.MP@aph.gov.au if your group would like to be notified when applications open.

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Talking Teeth

with **Dr Bryan Dubbeldam**
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Though we have had a long hot summer, the winter sports season is coming, with football club sign-ons and training already started. This month I wanted to remind readers of important dental first aid if an accident should occur.

We would recommend all dental injuries be assessed by a dentist. Don't assume just because it looks okay, that it is. Teeth can be cracked, chipped or become loose from accidents in ways not visible to the eye or in ways that early treatment can prevent more complicated dental problems later on. But there's also quite a bit you can do before you reach the dentist.

For babies or toddlers, bumps, knocks and spills are a standard part of growing up. Over the years, we have cared for many kids following a fall or accident at childcare, school or around the home. If your child knocks out a tooth, quickly following these steps can minimise any long term damage:

1. Find the tooth, make sure it's clean and hold it by the crown only, not the root.
2. Place the tooth back in position, making sure it's facing the right way round. But remember, if it's a baby tooth, don't place it back in, just keep it for the Tooth Fairy!
3. Come around to the practice as soon as possible and if you can't replant the tooth, transport it in milk or saliva.

With current dental technologies, sometimes we can rebond broken tooth fragments, so try to find these too.

Babies and toddlers are not the only ones to suffer from dental trauma. Teenagers and adults may not get through life without a scrape or two. Over the years we have seen trauma not only from traditional contact sports such as football and hockey, but also trampolining, scooters, trips and falls, and sadly assault.

Again, the key thing is to act quickly, so get to us as quickly as possible, ideally within 30 minutes.

1. Find the tooth and hold it by the crown only, not the root.
2. If the tooth is dirty, rinse it in milk but don't scrub or soak it.
3. Place the tooth back in position, making sure it's facing the right way round; once in, gently bite down on soft cloth or tissue, or use aluminium foil or your mouthguard to hold it in place.
4. If you can't replant the tooth, transport it in milk or saliva.

If you plan on playing contact sports, now is the time to make sure your mouthguard fits. If it does, great, wear it at training and on game day. Custom-made mouthguards take a week to make, but you can choose club or school colours. They are more expensive compared to the ones from a chemist or Rebel Sport but provide superior protection, comfort and fit. You will get a rebate from your private health insurance; Defence Health, for example, provide a 100% rebate.

If you need a new mouthguard, give the practice a call on 3470 1313 or book online via our website: robelledental.com.au.



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The first day of the 2019 school year was extra special for the students of Spring Mountain State School as they took their seats in the State's newest school.

It was wonderful to be joined by the Premier of Queensland, Annastacia Palaszczuk and the Minister for Education, Grace Grace to welcome excited families to the new school on its opening day.

As the local Member, it has been so fulfilling to see the development of this new school in my electorate.

From visiting the site when it was still very much a construction site to seeing students playing in the grounds on the first day, Spring Mountain State School is a \$40 million investment and one which will serve our growing community of Spring Mountain well into the future.

Spring Mountain students will enjoy state-of-the-art new facilities including 30 modern classrooms, music and science rooms, a resource centre and a multi-purpose hall.

But of course, we know that whilst the physical nature of a school is an important element of the education journey, it is developing and nurturing the school community that has the most lasting impact.

I would like to acknowledge Spring Mountain State School's new Principal, Cherie Moore who, along with dedicated teachers and staff, has already created an incredibly welcoming and inclusive school environment.

This was no accident of course, with Principal Moore working closely with local families through a Community Reference Group to make decisions on everything from the school name and school motto, *Leading by Example*, as well as uniform colours and designs, and of course the very important school mascot, Monty the Lion.

It was certainly clear on the first day of school that our Spring Mountain families already feel a strong sense of ownership of the new school.

It was wonderful to see all the discussions, vision and decisions made by the community become a reality on day one – and I am confident that our new school in Spring Mountain will become the hub of this emerging community.



Camira Friends & Neighbours

Update by Barb Gorman



Australia Day was celebrated in fine style this year. The hall was decorated with flags and bunting and members decorated their tables with all manner of Australiana items such as kookaburras, koalas, kangaroos, even a wombat and gum leaves. Others got into the spirit by dressing up in Australian colours, the green and gold or red, white and blue. We had two competitions, Toss the Thong and Heads and Tails. We had a sausage sizzle too! Thanks to all the helpers on the day.

Our next gathering was a games day where Sequence and Rummy King proved very popular. These days are also good for

those who just want to chat with friends.

On the first Wednesday in February, we held our first meeting for 2019. After the meeting our guest speaker, Helen Rattenbury, addressed the group. Helen is a keen gardener and presented many tips on gardening and potting plants. She is also very keen on Recycling and Repurposing. She had quite a few ideas for us on various topics ranging from creating worm farms for the garden to recycling cups, plates and saucers to build interesting Planter Towers. Other tips included making a compost bin from a large plastic tub e.g. plaster container and using toilet roll centres to plant seedlings. She also had some good advice on saving water.

As I write, a number of members and friends are preparing for a trip to the Outback Spectacular. All are looking forward to the Australiana dinner and the show package featuring many Australian animals, songs and bush tucker. This outing is the first for the club this year.

We held a Hoy day during the month with many members happy to win prizes. Some were not so lucky but still enjoyed the day.

The major bus trip for this year is a trip to the Great Ocean Road in May. These trips are open to everyone, not only members. Further details will be provided as they become available but for now, if you would like more information contact Val Malynn on 3288 2689 or Suzanne Jessen on 0408 068 305 or send an email to suzannej46@hotmail.com.

The club meets every Wednesday from 9.30am to 11.30am at Langley Hall, Bruce Lane Camira. New members are always welcome, so if you think you might like to join in any of the activities contact Suzanne Jessen on 0408 068 305 or send an email to suzannej46@hotmail.com.

Town Square

Before stage one of Orion Springfield Central was approved, we often spoke of a Town Square concept being incorporated into the master design.

We also spoke of having some form of water and light feature within the Town Square. The fountain at Orion Springfield Central was the final outcome.

I believe incorporating the fountain into Town Square into the design has been a great success.



Orion Town Centre today



The Town Square fountain being constructed in 2015.

As construction of stage 2 of Orion Springfield Central was being finalised in 2015, it was interesting to witness all the infrastructure underground that was required for the fountain to operate.

As visioned and planned, Orion Springfield Central has become a true Town Centre that attracts people from many suburbs.

It is always satisfying to see verbal ideas becoming a reality in our wonderful community.

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building better communities through communication



Working together to ensure successful pest removal

At the time of writing this article, parts of western Queensland were in drought and our suburb had started to show the obvious signs of lack of rain. Under scorching hot temperatures even the water levels in the lake have dropped due to evaporation.

You might have noticed an increase of the invasive introduced Indian Myna birds in our suburb or coming into your yards. Springfield Lakes Nature Care isn't sure why this happens but we suspect that the birds fly to where the food source is. Dry grass out west means no insects or grasshoppers and since the birds are breeding now, they require large amounts of food in order to feed their young. Other residents have commented that they have even seen the Indian Myna birds disturbing the native bird nests and eating the small featherless chicks while the nest was unattended.

Whilst people might believe that this is just nature taking its course, however, this is not the case. The Indian Myna are not native and compete with our smaller birds such as Magpie Larks (Peewees), Willy Wagtails and other insect eating birds. The Mynas are also prolific breeders, laying four clutches of eggs up to five times per year in the breeding season from September to March. In a short period of time, these birds outnumber our native birds that lay only two to three eggs per season. These birds threaten our native biodiversity as they are very territorial nesters and will drive away other birds from their roosting site, whereas native birds will co-habit together.



Members of the Springfield/Camira Mens Shed working hard on building the cages. (Photo courtesy of Ray Hembrow)



Cages in place (Photo courtesy of David Manning)

Other Landcare groups in communities such as Inglewood in south-west Queensland have been removing the pest species to stop them moving further and further west. An initial count in the Inglewood area before the control period began in 2013 revealed a count of 250 individuals and five roost trees. Towards the end of the trapping period in 2015, pest myna numbers had dropped significantly to a count of 50 individual birds with just one roost tree observed. Most importantly, numbers of hollow-nesting native parrots and cockatoos were observed to have more than doubled in the same time as pest mynas decreased.

The success of pest removal projects work well when there is committed community involvement and when local residents are willing to be actively involved in catching these birds as cages can't be left in unmanned council owned parks. Council held workshops on how to trap the birds in 2017 but there were not many cages available for residents.

SLNC contacted the Springfield/Camira Mens Shed President Roland Brown to ask if the Men's Shed could help make the cages. The Men's Shed constructed four cages which have now been sent to residents in the Camira Springfield area.

We are grateful to the Men's Shed for their assistance and the members were great to work with. If other community groups need help with a project or if anyone wishes to become a member of the Springfield/Camira Mens Shed, which is open two days a week, they can contact them on: 0413 319 558.

If you need a cage, you can contact info@springfieldlakesnaturecare.org.au. Membership of our group is free and you can follow us on www.facebook.com/SpringfieldLakesNatureCare.

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/S'Field 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
Peter 3288 3511

Rotary Club of Greater Springfield
Fiona 0413 801 300

Soroptimist International of Springfield
Bev Ditton 0414 340 216
bevditton@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

S'Field Lakes Maritime Modellers Inc,
sites.google.com/site/
springfieldlakesmmodellers/home

Springfield Sparklers
Senior Dance Troupe
Christine 0414 451 438

Table 8 Singles
Enquiries: meetupsocial@gmail.com
www.meetup.com/table8singles

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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Sport & Fitness

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/S'field 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 Aiavao 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/S'Field 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
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Senior Campus 3814 8100
www.tsac.qld.edu.au

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

Woodcrest State College (S'Field)
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



Just what is Probus? Probus has its origins in the United Kingdom, with the development of two community-based social clubs in the 1960s. Probus is now a worldwide movement in 23 countries. The first Probus Club in Australia was formed in 1976. Although they are sponsored by Rotary Clubs, Probus Clubs are not service clubs and do not engage in fund raising or community sponsorship.

Our Goodna Springfield Probus Club commenced in 2008. So we have recently and proudly celebrated our 10th Anniversary. Probus is all about *friendship, fellowship and fun* in retirement.

Probus provides the opportunity to join together in a club and to promote healthy minds and active bodies through social interaction and activities with retirees in our own community.

Probus opens the door to new experiences and friendships, we can hear wonderful guest speakers, stay active by participating in a wide range of activities and explore our community, our country or the world.

In summary, Probus is an association of retired and semi-retired men and women who join together in clubs for the purpose of regular social interaction to keep both their minds and bodies active and to enjoy the fellowship of new friends. It is made up of members from all walks of life. It is also non-sectarian and non-political. For many retired people today, it is necessary to find an outlet to enable them to make new friends and to take part in new interests. The only criterion for membership is to no longer be in full time work.

I have drawn heavily on the information provided on our website for this article. So if you would like more information, you can go to the website (Goodna Springfield Probus Club) or contact our lovely membership officer, Penny, whose details are listed below.

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 email gsprobus08@outlook.com. Visitors are always welcome and your first visit will be free of charge.

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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
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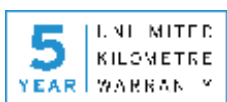


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