



**RUOK? Day is on  
12 September.**  
**Do you know the  
signs if someone is  
struggling with life?**  
**Learn why we need to  
ask RUOK? on page 2.**

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The Palaszczuk Government is backing small businesses and young job seekers even further by offering free apprenticeships to anyone under 21.

The \$32 million investment will take away the cost of training from employers and helps an estimated 60,000 young people into a trade.

The fully subsidised training will be offered in 139 apprentice and traineeships in industries showing a high demand for workers including:

- Electrical
- Plumbing
- Engineering
- Healthcare
- Hospitality
- Early childhood

We unveiled the free apprenticeships initiative as part of our launch of the Skills for Queensland plan, Great Training for Quality Jobs. The *Skills for Queensland* plan includes programs and initiatives that will target critical skills needs that address current skills shortages, the new skills needed for existing jobs, emerging opportunities brought about by technology advances, and regional and state-wide priorities.

We need to plan for the future of Queensland and ensure we have the skilled workers we need now and for the emerging industries.

This investment in free apprenticeships will support local businesses to be able to take on more apprentices and trainees – we are backing their business to grow. Right now, businesses bear the cost for training an apprentice, and we will be removing this expense to support businesses to be able to take on more apprentices and trainees.

For further information visit: [www.desbt.qld.gov.au/skillsstrategy](http://www.desbt.qld.gov.au/skillsstrategy). For a list of free apprenticeships visit: [www.desbt.qld.gov.au/freeapprenticeships](http://www.desbt.qld.gov.au/freeapprenticeships).



*Minister for Training and Skills, the Hon Shannon Fentiman MP  
Charis Mullen with health support students at  
WesTec Trade Training College in Springfield.*

## Trust the signs—ask RUOK?

National suicide prevention charity, R U OK?, is urging all Australians to Trust the Signs, Trust your Gut, and Ask, “Are you OK?” to support anyone who may be struggling with life’s ups and downs.

Thursday 12 September is “R U OK?Day”, a national day of action and a reminder that every day is the right day to meaningfully connect with those around us and ask a question that could change a life, “Are you OK?”

Research commissioned by R U OK? has found that nearly two-thirds of Australians (63%) are not confident they know the signs that someone might be struggling with life. Of those surveyed, 41% hadn’t asked someone if they were OK because they weren’t sure they knew the signs. However, there is hope, with almost half (49%) believing they’d be more confident starting a conversation if they knew the signs.

R U OK? CEO Katherine Newton said what people are saying, what they are doing and what’s going on in their life can provide signs as to whether they need support.

“We know the majority of Australians believe talking to someone who’s struggling can make a difference. But what we’re hearing is that people aren’t sure when is the right time to have an R U OK? conversation,” said Ms Newton.

“Signs can be subtle changes in verbal or non-verbal behaviour. You might spot a loved one is having unusual mood swings, changes in sleep, or a mate might be withdrawing from social situations like not turning up to sport training. We’re encouraging people to look out for those cues. We should also make a conscious effort to reach out to someone going through a significant life change such as job loss, relationship breakdown, study pressure or perhaps becoming a parent.

“This R U OK?Day, we want to empower people to trust their gut instinct and ask the question as soon as they spot the signs that someone might be struggling with life.”

R U OK? is encouraging all Australians to learn the signs, download a practical toolkit and have regular meaningful conversations across their communities. More information on how to get involved can be found at [ruok.org.au](http://ruok.org.au). For support at any time of the day or night, call Lifeline on 13 11 14.





## Personally Speaking<sup>™</sup> with Susannah Friis

One of our favourite things to do as a family is to see the fireflies in September in a certain spot in Brisbane. Even though the remaining children in the house are pretty much grown now, we take along our neighbours children who are aged four and three. And really, it's just an excuse for the rest of us to see the fireflies and not feel out of place among all the families with little kids.

They almost seem magical, fireflies. They flit about and light up like something from a fairy tale and we love it! There's something about being in the bush at night time and being surrounded by lots of tiny glowing lights while hearing all the squeals of delight from those around us.

One of the things that I love about fireflies is that they are almost impossible to photograph (well, for non photographically skilled people like me it is!). It might seem strange that that's one of the things I love about them but I like that we just have to enjoy them in that moment and then the only place they live on is our memory. As a result, none of us are desperately trying to get the perfect shot or concentrating on anything except appreciating them for the joy they give in that moment of time.

Obviously, I'm not against taking photos of things and people we love. I strongly believe in having a visual record of places we've been, people we've spent time with and occasions we've celebrated with others. It's just nice to have the chance to simply be present with a thing of beauty and not be focused on trying to capture it. We can get a bit obsessed with trying to hold onto the moment through taking photos; the cameras on our phones have proved to be a blessing and a curse!

Once we realise that the moment is what's important and not the photo, we can begin to just simply enjoy it for what it is. Life is full of 'moments' and they will come and go regardless of whether we try to capture them or not.

I remember a birthday party of mine when, for one reason and another, not many photos were taken, yet, strangely, I still remember the event! Sometimes I wonder whether I remember events themselves or if I only really remember the specific people or things in the photos. Without the photos, I'm free to remember all sorts of things about that birthday party that maybe I wouldn't remember if there were lots of photos. Of course, photos can jog our memories and bring back feelings associated with the occasion but I do find it interesting that about that particular night, I remember lots about the atmosphere of the night and how I felt seeing the people who were there.

I know it sounds like I'm against taking photos, and I'm really not! If anything, I'm the one wanting to take pics when I catch up with people and trying to immortalise moments and occasions. So I guess this is also a reminder to myself to not be so caught up with 'documenting' things that I miss the moments altogether. And I'm happy to be reminded of that by the cutest insect around, the firefly. If you haven't been to see fireflies before, do some research and find somewhere near you and go enjoy lots of tiny flashing moments this September.

**Letters & feedback are  
always welcome**

email Susannah Friis at: [editor@LNP.net.au](mailto:editor@LNP.net.au)

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## Powerful Owl's threatened existence

Did you know that Greater Springfield has a number of threatened species, such as Powerful Owls, Tusk Frogs and Brush-tailed Phascogales living in bushland surrounding Opossum Creek? Recently the critically endangered Regent Honey Eater paid a short visit to our suburb. Unfortunately habitat loss is affecting many of these keystone species.

The Powerful Owl (*Ninox strenua*), is Australia's largest owl. Their name stems from the fact that they have very strong and powerful claws to carry their prey, which can weigh as much as a small possum or around 1.7kg. It is a strikingly beautiful bird with a small head, large yellow eyes, and brown or grey feathers with multiple 'V' patterns. They feed on arboreal mammals that live in trees, such as possums, gliders and black and grey headed flying foxes or sometimes tawny frog mouths. They measure from 45 to 65cm and have an impressive wing span which measures 112 to 135cm enabling them to fly large distances.

They are found in south-eastern and eastern Australia within 200km of the coast. They prefer open forests and woodlands, as well as sheltered gullies in wet forests with dense understoreys, especially along watercourses. Sadly, in March this year a Powerful Owl was found dead in bushland in Greater Springfield. From initial inspection there did not appear to be any obvious injury. The owls are opportunistic hunters, chasing whatever they can find, such as rats and rabbits. It could have sustained an injury from chasing or catching its prey or by ingesting a poisoned rat. Since we know these birds inhabit our region perhaps we should consider using methods other than rat bait to eradicate rodents.

These owls are very territorial and do not do well in heavily developed areas or forest plantations because they require tree hollows to raise their chicks. This is another reason why we need to protect the wet sclerophyll forest surrounding Opossum and Woogaroo creeks. Otherwise these animals will decline even further and possibly become locally extinct.

They have a distinctive and impressive low rather mournful sounding woot woot. To hear some of the owl calls you can go <http://birdlife.org.au/projects/powerful-owl-project>

If you have you seen or heard a Powerful Owl you can report your sightings on Bird Data. It is free to use or you can download the free app on your android or apple device. To get started visit <https://birddata.birdlife.org.au/get-started>

Bird Life Queensland's Dr Rob Clemens has been running Powerful Owl workshops throughout Brisbane and surrounding shires. The Powerful Owl Project aims to:

- Inspire the general public, and educate them about owls, and their habitat requirements.
- Train citizen scientists to conduct surveys to find owls and track breeding success.
- Monitor the distribution and abundance of owls and uncover why owls are present in some areas and absent in others.
- Uncover habitat characteristics associated with greater breeding success in Powerful Owl.
- Develop a species distribution models of sufficient accuracy to be used as planning layers by state and council.
- Identify site-specific management recommendations for Powerful Owls.
- Understand the impact of threats such as vehicle strike, or electrocution.
- Inform, and support land management for the conservation of Powerful Owl.

If you are interested in volunteering to be part of the Powerful Owl surveys or attend a workshop, please email [powerfulowl-bris@birdlife.org.au](mailto:powerfulowl-bris@birdlife.org.au).

If anyone would like to join our Group, membership is free and meetings are held on the first Monday of the month. You can contact us through [info@SpringfieldLakesNatureCare.org.au](mailto:info@SpringfieldLakesNatureCare.org.au) or you can follow us on [www.facebook.com/SpringfieldLakesNatureCare](http://www.facebook.com/SpringfieldLakesNatureCare). *Photo courtesy of Josh Boswell.*



**Milton Dick**  
Federal Member for Oxley

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✂ *Building better communities through communication*

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## Dementia doesn't discriminate. Do you?

To mark Dementia Action Week 2019, which runs from 16-22 September, Dementia Australia will be calling on all Australians to change how we respond and behave around people living with dementia. This year's theme, *Dementia doesn't discriminate. Do you?*, aims to start a conversation with all Australians to consider how discrimination impacts people living with dementia, their families and carers.

Dementia Australia CEO Maree McCabe said dementia doesn't discriminate in terms of who is impacted, but we can choose not to be discriminatory in the way we interact with individuals who are living with this chronic condition.

"A person living with dementia might be ignored or dismissed in conversations," Ms McCabe said. "Sometimes without realising it, people will talk directly to the carer as if the person living with dementia is not even there."

"Assumptions might be made about a person's capacity to contribute to conversations, decision-making, whether they can still drive, cook or even continue to work. Friends and family might stop calling or inviting a person living with dementia to social occasions – not out of deliberate neglect but possibly out of not knowing how to include them."

"Our focus during Dementia Action Week will deepen the enquiry into discrimination and dementia. We are calling on the community to complete a short survey to help to create an informed, national picture to better understand how discrimination for people living with dementia occurs, within what contexts, and what it would take to shift that behaviour."

Dementia Advocate Dennis Frost who is living with dementia said that getting as many people as possible to complete the survey will provide solid data that will enable Dementia Australia to develop a roadmap towards changing community attitudes and behaviours.

"With 70 per cent of the 447,000 Australians with dementia still living in the community, it is so important for people, just like me and our carers, to remain connected and respected as we go about our everyday lives," Mr Frost said.

"We really want this survey to challenge Australians and inspire a societal shift in thinking about how their responses impact on the everyday life of a person living with dementia."

Ms McCabe said recent research had shown that around 40 per cent of people feel awkward around someone with dementia and found talking to them confronting.

"This lack of understanding about dementia impacts over time with people living with dementia more than two times more likely not to see friends compared to carers and the general public," she said.

There are a range of ways that people can get involved in Dementia Action Week. This includes completing the survey and then sharing the survey link and messages via social media to spread the word. All Australians can make a difference. Find out more about Dementia Action Week at [www.dementia.org.au/dementia-action-week](http://www.dementia.org.au/dementia-action-week).

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# Springfield Camira Men's Shed Update

by Jim Barclay - President

The Springfield Camira Men's shed is continuing to undertake a number of projects. Members of the men's shed get a great deal of pleasure from seeing a project completed and handed over to the person or group that has requested it.

One of our more recent projects was the restoration of a small coffee table or milking stool, depending on your perspective. This project brought a great deal of satisfaction to those who worked on it, mainly because of its amazing transformation from a dry lack lustre piece of wood to a multi patterned, multi coloured piece of furniture.

One of the questions we are most frequently asked is "What is a men's shed all about?" and like all hard questions, it's not a simple answer. In order to give you a better understanding about us, we thought we would include our Vision and Mission Statement as well as our objectives. Alternatively, we welcome you to visit us in person to see for yourself.

**Our Vision:** To provide a men's shed that gives a strong sense of belonging and satisfaction to its members and value to its surrounding community.

**Our Mission:** Deliver a service to the community of Greater Springfield and Camira by offering a place for men to interact and share their knowledge and skills with like-minded individuals.


## Our Objectives

- Provide members with the support, space, tools, equipment and supplies to undertake the activities or conversations they wish to be involved in.
- Deliver community-focused projects utilising the skills of its members, the facilities and equipment of the shed and the supplies necessary to complete the project.
- Provide a safe environment where the men of Greater Springfield and Camira area can gain a sense of purpose, joy and/or satisfaction from interacting with like-minded individuals.
- Ensure the shed is sustainable, in terms of funding sources, expenditure management, governance, member growth, physical environment, skills transfer and safety management.
- Provide activities, training and knowledge-sharing opportunities that meet the wants and needs of members both on site and at external locations.
- Look for opportunities to collaborate with other community and charity organisations in the area, where there would be mutual benefit and a higher level of outcome to the community from an injection of the men's shed members' skills.
- Open sharing of skills and knowledge between the members of the men's shed.
- Work with businesses, federal, state and local governments to ensure that where possible, the combined resources of the men's shed are focused on undertakings that deliver the greatest member and/or community benefit.
- Promote an environment of good physical and mental health that welcomes open communication and invites professionals in on a regular basis to discuss men's physical and mental health.
- Provide a comfortable and interesting place for displaced male partners/husbands or widowers to hang out, while partners/wives or family enjoy their own pursuits.
- Develop a community garden that not only meets the needs of members but extends to those in need of a shared garden.
- Cultivate enough produce to meet members' needs and deliver an added income to support the garden and other community-based projects.
- Make full use of the equipment, space and facilities available to us.
- Position and maintain Springfield Camira Men's Shed inc as a trusted and valued brand that delivers on its vision and goals, to its membership, the community, businesses and government partners.
- Act with integrity and compassion in all dealings.



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# September is Save the Koala Month



Each September the Australia Koala Foundation invites the public to join them to celebrate and help save our Koalas through month-long festivities and 2019 marks the 30th anniversary.

This year the Australia Koala Foundation's theme of Save the Koala Month is *I Need a Hero*. Chairman of the Australia Koala Foundation, Deborah Tabart OAM said, "Everyone who stands up to protect koalas and participates in Save the Koala Month is a hero in our eyes and this year we want to celebrate them."

The Australian Koala Foundation recognises that when it comes to Save the Koala Month anyone can be a hero, no matter their location.

Ms Tabart said, "The highlights of my week consist of hearing amazing stories from people all over the world who are passionate about saving koalas."

People such as Penelope, a young girl from Florida USA, who, after reading a book at school about koalas in danger, immediately decided she needed to help. Since then, Penelope has been teaching her classmates about koalas and encouraging them to be kind to animals and the environment. When Penelope was contacted, she said, "I want to move to Australia when I grow up to help the koalas."

There are an incredible number of ways to be a hero and participate in Save the Koala Month and creativity is always welcome. A few examples include ordering a donation box for your workplace or school, using the Save the Koala Month certificate kit to fundraise in your local community or adopting a koala through the Australia Koala Foundation website.

Money raised from Save the Koala Month enables the Australia Koala Foundation to update the Koala Habitat Atlas and ensure that all koala habitats are protected with enactment of the Koala Protection Act.

"Without the public's generosity and enthusiasm, we would get nowhere. That's why it is so important to never underestimate the change, no matter how small, we are able to create," said Ms Tabart.

If you would like to be a hero this September please join the efforts to strengthen koala protection by visiting [www.savethekoala.com/how-to-help/save-koala-month](http://www.savethekoala.com/how-to-help/save-koala-month).

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## Gardening guru left big impact

For many years Delfin/Lend Lease ran a Garden Competition in September. The competition had many categories and many residents entered their gardens. Col Campbell, one of Delfin/Lend Lease's landscape designers, and I were the usual judges. Col who was known Australia wide as a gardening guru unfortunately passed away in August 2012. It was my pleasure to spend a few hours with him each judging day in September for a number of years.



*Regatta Lake, Springfield Lakes 2019.*



*Col Campbell and David Morrison in 2006 when Regatta Lake, Springfield Lakes, was almost half full.*

If you are getting into your garden don't forget you are entitled to six free plants each year from Ipswich Council. I recommend you visit the main nursery at Queens Park Ipswich with your rate notice and select suitable plants for your garden and enjoy Queensland's oldest park when you are there.

## the greater Springfield Times

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**Follow the link at <http://lnp.net.au/the-greater-springfield-times/>**

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## Local law firm takes out top award



Last month, the Inaugural Springfield Chamber of Commerce Business Awards were held at the Brookwater Golf and Country Club.

McNamara Law took out the prestigious *Professional Services Award* sponsored by Charis Mullen MP, State Member for Jordan.

"We would like to congratulate the Springfield Chamber of Commerce," said McNamara Law Partner, Jeremy Bruce. "As well as the sponsors and the supporters of the awards for giving businesses, employees and apprentices the opportunity to recognise and celebrate their achievements within the greater Springfield business community. We look forward to supporting the Springfield Chamber of Commerce in the future."

McNamara Law has been present within the Springfield area for 12 years with the first office opening in the Orion Shopping Centre in 2007 and are avid supporters of the Greater Springfield Chamber of Commerce, Westside Community Care and local schools within the Springfield community. In 2017 McNamara Law made the move and relocated their office to the GE Building in Springfield Central.

McNamara Law pride themselves on being a full service local law firm offering business class service. With this in mind McNamara Law has ensured that each of the offices in Springfield Central, Ipswich and Gatton has a specialised team of lawyers and support staff with extensive experience in all areas of law. Including but not limited to commercial, conveyancing, family law, wills and estates, personal injury and litigation, all your law needs are completely covered with McNamara Law.

If you need help with a legal issue, visit Jeremy Bruce (Partner) and the friendly legal team at the Springfield Central office situated at the GE Building, Level 1, 6 Yoga Way or offices in Ipswich and Gatton, or call on 13 58 28 to book an appointment with one of the expert team.

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# Goodna/Springfield Probus Club Update



by Robyn Girdler

A small group of our committee members recently set up a table at the Orion Shopping Centre to hand out fliers and to chat to interested retirees and semi-retirees (or those about to retire) promoting our Free Morning Tea.

The morning tea, which was sponsored by IGA Springfield Lakes and Coles Orion, was held later in the month, in the Meeting Room at the Springfield Library. Information was available about Probus and our club, in particular with presentations by committee members.

A number of members of the public expressed an interest in learning more and they, together with a number of other people who had seen our ad in this publication, came along to our Free Morning Tea at the Library. It was an opportunity to meet and interact with our members, a number of whom attended, and to find out more details on how to apply to join Probus.

Some of those potential new members are planning to come along to one of our meetings (without charge) to ascertain whether our group is just what they are looking for.

For anyone who was unable to make it to the Morning Tea or who is only now reading about it, we welcome potential new members to come along to a meeting to investigate our club at any time throughout the year.

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](mailto:gsprobus08@outlook.com). Visitors are always welcome and your first visit will be free of charge.



## Camira Friends & Neighbours

Update by Barb Gorman

Recently we held our regular Hoy Day. On an average Hoy Day we play around twenty games. Once again our thanks to Jackie and Joe O'Dowd who purchase the prizes.

The next week Colin Harvey prepared and chaired a meeting during which he presented topics to the group and invited all members to give their ideas and opinions on a certain topic. Topics included were: reality television; driving licence restrictions for aged people; Why are teenagers going astray? What are possible solutions?; What world events do you remember?

It was a very interesting morning. Thanks to Colin for all his work and thanks to everyone who contributed to the discussion and the success of the day.

At our monthly meeting in August, our guest speaker was Samantha Crook from the Macular Disease Foundation Australia. The Foundation is committed to reducing the incidence and impact of macular disease in Australia through education and awareness programs, research, provision of support services and representing the best interests of the macular disease community. This topic was very relevant to a number of our members and Samantha provided interesting and valuable information.

This month we held a Games day with a difference. Four members participated in a Touch and Guess Game. Some of the items presented were play dough, a peeled hardboiled egg, an egg separator, and a needle threader. Contestants did very well. Thanks to club president Suzanne Jessen and club secretary Sue Pomroy who organised the activities for the day.

Seniors Week was celebrated in style with the club catering for special morning tea. We always have good morning teas but this was a different celebration with entertainment provided. Thanks to all those who helped with the setting up, the table service and the all important clean-up.

Thanks to Bob and Judy Brown who donated a case for one of our laptops.

We have booked a Bremer River Junction Day Cruise on the Lady Brisbane on 13 November. This involves cruising on the Brisbane River to the junction of the Bremer River, passing Indooroopilly Island, Lone Pine, Seventeen Mile Rocks and the suburbs of Westlake and Riverhills and the Moggill Car Ferry. Everyone is welcome to join the cruise.

If you would like more information about this trip contact Val Malynn on 3288 2689 or Suzanne Jessen on 0408 068 305 or email [suzannej46@hotmail.com](mailto:suzannej46@hotmail.com).



Well done Christine, Audrey, Lyn and Muriel.

a message  
from the  
desk of

**Milton Dick** MP  
FEDERAL MEMBER FOR OXLEY



Small businesses are the backbone of our local economy. In our community there are almost 10,000 local small businesses from bakers, to graphic designers, hairdressers and everything in between. Together they are part of more than 2 million Australian small businesses who represent 83 per cent of Australian companies.

As the local Federal Member, one of my key priorities is to support small businesses any way I can. This includes working closely with the Centenary and Districts Chamber of Commerce and the Greater Springfield Chamber of Commerce. The chambers provide advocacy and support, particularly for new members who join our growing local economy.

Another initiative which I'm proud to support is the upcoming Brisbane West and Surrounds Small Business Expo at the Lighthouse Community Centre in Forest Lake on Friday 25th October.

After holding many other events in surrounding areas, the Small Business Expo will be coming to our community for the very first time with a huge turnout of local businesses expected to attend.

Small Business Expos are a one day pop up B2B marketplace focused on creating networks and leads for small business owners.

I'm excited to see what the first Small Business Expo holds for our community and am encouraging local small businesses to sign up and get involved.

More information is available on their website at [www.smallbusinessexp.com.au](http://www.smallbusinessexp.com.au) or by calling Paula on 0475 411 793.

As always, if there's ever anything I can assist with please don't hesitate to get in touch with my office by sending an email to [Milton.Dick.MP@aph.gov.au](mailto:Milton.Dick.MP@aph.gov.au) or by phone on 3879 6440.



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## 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

**Goodna Redbank Plains Girl Guides**  
Robyn 0409 054 947  
robyn.hulbert@bigpond.com

**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  
Rosemarie 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 0413 801 300

**Springfield Camira Men's Shed**  
Ph: Jim Barclay - 0412 473 577  
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**  
Nikki 0427 048 992

**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

## 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/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 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: wworx@rac@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 Cutcliffe 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 Stavlanin - 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

**GET INVOLVED**

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](mailto:springfieldtimes@Inp.net.au)

# THE Art Studio

## with Jolanta



Over 30 years ago Antonia McCaskie took over her current property and called the then leafy and green suburb of Bellbird Park, home. The purchased land offered Antonia a clear canvas for her creative pursuit and become her life-long gardening journey. The garden became a healing treatment and source of inspirations to her, her close friends and her 'green thumb' networks and very broad community.

The garden was inspired by a wonderful vision she experienced while recovering from cancer treatment and became the playground for her recovery. Nurturing both her body and spirit, her garden became a destination for numerous open garden meetings and gatherings and daily chats instigated by overflowing garden beds and the bee friendly garden.

Experiential gardener with a great eye for design using colour, height and texture of the foliage, had been freely sharing her life-long journey, experience and expertise and plants and seedlings with numerous garden groups, broader community and huge network of like-minded friends.

Former Queensland Open Garden Scheme committee member Antonia continues to share her gardening passion with the newer generation of gardeners and plant collectors and her 80th birthday is not stopping or slowing her down on her gardening journey.

"I've always been a gardener in my soul," said Antonia reflecting on the journey of her life. "Gardens give you in return tenfold what you put in. It teaches you the most important lesson in life – everything is temporal and subjected to ongoing change."

Indeed, the garden's impressive collection of over 1000 different ground covers, shrubs and native trees, together with orchids, bromeliads and various tropical lilies and a home of numerous heritage plants and edibles, is a prime example of a successful permaculture in suburban setting and a great source of inspiration to many.

Over the ages, gardening had been changing peoples lives for the better and Antonia's journey is a wonderful example of such success. The gardening process uses so many of our critical functions, including strength, endurance, dexterity, learning, problem solving, and sensory awareness and mobility and is considered a valid therapy.

There's no more tangible measure of one's power to cause positive change in the world than to nurture a plant from seed to fruit-bearing as Antonia and other garden loving friends do.



# What's On

## at the

## CAMIRA SPRINGFIELD COMMUNITY CENTRE

**PHONE: 3818 0921**  
**389 OLD LOGAN ROAD, CAMIRA**

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

### Hall For Hire - Parties, Sports, Meetings

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

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## ROTARY CLUB of Greater Springfield

UPDATE BY  
Fiona Lorimer



There's been a popular saying in recent years that "It's not a party until the redhead shows up". The Rotary Club of Greater Springfield threw a party of sorts recently to celebrate five years since the club's charter, holding our annual changeover function at the Springlake Hotel's Boulevard Room. The redhead in question is incoming club President Donelle Paul.

The dinner provided an opportunity to look back, recognise and acknowledge the excellent work done over the preceding 12 months by the club's President, board and members. Milton Dick, Federal Member for Oxley and a loyal supporter of our club joined the celebrations, assisting with the cutting of a commemorative cake as well as generously donating a hamper as a raffle prize.

Donelle is a native of Western Australia, moving into our area and joining the club a few years ago. Some of her focuses over the next year include increasing the club's digital media profile and supporting the Teacher In A Box initiative. The program provides quality digital educational and training materials to schools in developing countries particularly where the internet is slow or not available.

The club will also support the Domestic Violence Action Centre (DVAC) by holding a High Tea fundraiser at Brookwater Golf and Country Club early this month.

The outgoing President Regina Balachandran led the club for two years and was acknowledged for her leadership with the presentation of a marvellous caricature created by club member and artist Sue Roger.

Features of Regina's term included a fundraising Golf Day which raised \$40,000 for HPV vaccines administered to young women from Papua New Guinea, ongoing support for youth (laptop purchases for Hymba Yumba school, the Rotary Junior Community Award program implemented at Springfield Central State School, several Rotary youth development and exchange programs and support for the National Youth Science program) as well as several other fundraising activities benefiting communities locally and overseas.

We'd love you to come and meet Rotarians like Donelle, Regina and our other members. 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.

Please visit our website <https://portal.clubrunner.ca/10961> or check out our Facebook page 'Rotary Club of Greater Springfield'. We'd also love you to drop into our stall at Orion Springfield's monthly 'Market on Main Street'.



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## What's On @ Gailes Community House

30 Karina Street, Gailes. Ph: 3879 3004

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

<b>Monday:</b>	Kidz Biz after school program	3.30pm – 5.00pm	FREE
<b>Tuesday:</b>	Social Cooking Group	9.30am – 12.30pm	\$5 per session
	Card Making class	Noon – 2.00pm	\$4 per session
<b>Wednesday:</b>	Little Gems Playgroup (0-5yr olds)	9.30am – 11.30am	FREE
<b>Thursday:</b>	Sewing and mending group	9.30am – 11.30am	\$4 per session
	Gailes BoBs (Bunch of Blokes)	10.30am – 12.30pm	\$4 per session
	Budget Grub Hub	11.30am – 1.15pm	One off \$5 Membership fee
<i>Affordable food shopping to help relieve the financial strain. (For residents of Gailes and Camira only)</i>			

# Trades & Services

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