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Loneliness—a silent killer

The headline grabs attention and rightly so...social isolation is now considered more lethal than smoking 15 cigarettes a day, or than obesity and is considered a silent killer, according to latest research coming from Brigham Young University.

Late last year, Australian research found that one in four Australians reported they felt lonely and more than two million Australians are living alone.

The health impact list is long and gruesome – loneliness increases inflammation, heart disease, dementia and death rates according to researchers. Its detrimental impact is now on the radar of many health experts across the world, debating how to address a loneliness epidemic that not only destroys modern life, but also affects large section of society.

It has been found that in most recent times people are becoming rapidly isolated and disconnected from their families, community, peer groups or even friendship networks.

Loneliness has many parents and complicated roots and origins, some being economic, other social changes occurring across the world related, ironically, to the rapid impact of social media and networks. The researchers identified a few global trends that are linked, irrespective of culture, extended families have been dissolving, social institutions like churches, bowling leagues and neighbourhood clubs' social roles have significantly diminished over recent years. Across the globe, society is no longer so deeply embedded in its grass root communities.

As a result, some countries are taking radical steps such as Britain by appointing its first ever Minister for Loneliness.

British Minister started a 'Let's Talk Loneliness' campaign that sparked a somewhat difficult conversation across the country in an effort to remove some of the causes of this overwhelming global trend. One of its key strategies is handing out small grants to local groups and clubs so they can be more active in the community and invite more people to join.

One grant of \$640, for example, went to a Birmingham group to buy board games and start a game club. Their fundamental goal is to tackle loneliness so people would feel not only stronger, more resilient and optimistic but also have a physical place where they connect and meet up. The Minister is supporting 'friendly benches', where people are encouraged to go and chat with one another.

Also, it is actively pushing for community spaces to be open longer hours and public transport available so people can actively participate. Finally, the government is also putting a number of social workers in medical centres for 'social prescribing'—connecting lonely patients with local organisations. Recognising the social stigma as one of the major barriers to overcome this society eroding issue, the Minister is actively encouraging people to be involved in community and social groups. Pet ownership has also been recognised as a major factor that could reduce the social isolation experienced across all classes of society and cultures.

It has been found that greater social connection is associated with a 50% reduced risk of early death, so before any sign of the Minister for Loneliness arrives on Australian's shores (though apparently Australia is looking closely at Britain's experience to date), the solution might be closer than one might expect – a cuppa and a chat or a long overdue phone call might be what is required just now, before much bigger guns are rolled in.

Jolanta Szymczyk, textile artist and creative, artisan & textile tours manager, www.facebook.com/jstudio88/. Image photography: Jolanta Szymczyk #jstudio_88photography



Personally Speaking[®] with Susannah Friis

At the time of writing, many parts of our beautiful country are on fire, with residents either evacuated or on 'prepare to leave' status.

It's hard to think ahead to the joy of Christmas when we know that for many people, there won't be much to celebrate, nor the desire to celebrate at all.

Over the years of writing this column, I have, unfortunately, had many occasions to reflect on the resilience of, not only the human spirit, but of us as Australians and as local communities, particularly when disaster strikes.

We recently attended a school presentation night where the guest speaker spoke of her work as a lawyer in the human rights sector. It was inspiring, not because of the 'big' projects she has been instrumental in, but because of the stories she shared about the 'smaller' projects where she had the opportunity to facilitate change in individual lives. Individuals who showed a level of resilience I hope I would have if I was ever in their circumstances.

As I said, I've written here before about resilience and will most likely do so again before my time is done. A key component of resilience is the ability to rise when down, to focus on a better day when the dark days seem relentless and shroud us in heaviness.

Resilience is seeing hope on the horizon and marching steadily, albeit slowly sometimes, towards that beacon of light. Christmas is a hard time for many people, as it will be this year for those who have been affected by the bushfires. Those of us for whom Christmas is generally a joy-filled time of year have an opportunity to provide others with that glimmer of hope shining on the horizon.

Even the most resilient person will tell you they only made it through their hard times because of support from others. We are all here to lift one another up, to bouy others and be bouyed in return when we need it.

So, this Christmas, we may not have money we can donate to those most affected by the fires, but what each and every one of us has is a communtiy full of people, some hurting, some lonely, some bereft. And those are the people we can give hope to this Christmas season.

Grab a bauble off the Christmas tree in Target and buy a gift for someone doing it tough. Make an extra batch of mince pies to give to your neighbour. Visit an aged care facility and find out which resident doesn't receive visitors and have a cuppa with them. There are countless ways to make a difference any day of the year but what a great excuse we have at Christmas time to reach out to others and offer a handful of hope.

So as we once again sing Christmas carols, buy and wrap too many presents, cook too much food in the 38 degree heat of a Queensland summer and grit our teeth because of that tricky family member, let's remember that Christmas is about hope and the promise of a new day coming.

Wishing you all a Christmas season filled with all the people and things you love.

**Letters & feedback are
always welcome**
email Susannah Friis at: editor@LNP.net.au

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✕ Building better communities through communication

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Goodna/Springfield Probus Club Update



by Robyn Girdler

Melbourne Cup Day saw 16 members converge on the Brookwater Golf Club to join in the Melbourne Cup luncheon. It was a fun day out for all of us with a delicious luncheon.

I missed writing an article for the last edition because, as sometimes happens, life just got in the way and we were detained out of town on family business.

In my absence, members enjoyed a rail trip to Sandgate where they met with two of our members who have moved house to that part of the country. Although, what an unfortunate choice of day it turned out to be as it was the day that rail travel was delayed resulting in a long and slow trip to their destination. Once they arrived, however, lively conversation and a delicious lunch were the order of the day.

Members enjoyed their October lunch on the verandah of the Queens Park Café in Ipswich which is always a delightful venue and which we have frequented a number of times now.

Our morning teas have continued on a monthly basis at Brookwater Golf Club where a group of around 15 to 20 of us usually meet to drink coffee and pass the time in good company.

Our plans have turned now to our Christmas celebrations which will include a Christmas luncheon and a break-up party on our final meeting day of the year.

Although we will continue to meet for coffee and lunch during December and January, our full calendar and meetings will not recommence until February.

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.



Then & Now

a look back at Greater Springfield with Cr David Morrison

Gully transformed into Orion Lagoon



David Morrison at the construction site of the Orion Lagoon in 2014.



The Orion Lagoon in 2015

In 2014, after much debate and discussion, Council decided to build a Lagoon as part of Robelle Domain. The Lagoon was a first for the City of Ipswich.

The site was very challenging as much of it was a natural gully. As with many projects, there is often more that is unseen than seen. Large storm water pipes, filtration pipes, much reinforcement and conduits are all under the surface of the Lagoon.

In September 2015, the Lagoon was officially opened and has since been visited by hundreds of thousands of people.

Mirvac who own Orion Town Centre procured the naming rights and is now called the Orion Lagoon. Orion Lagoon holds over two million litres of water and the state of the art filtration plant can turn over the lagoon capacity in two hours.

As we enter the 19/20 summer, I am sure the Orion Lagoon will see record numbers enjoying what it has to offer.

Make a difference for someone in need this Christmas



Uniting Care Australia and Target Forest Lake and Springfield Central have launched their annual Christmas Appeal. This appeal is to raise funds to provide emergency relief and support for people doing it tough this Christmas.

The Appeal calls on all Queenslanders to support their community this festive season by purchasing a Target Christmas Appeal bauble from their local Target store.

The simple act of buying a \$1 bauble can make an incredible difference to those in the local community who are in need, helping to reduce the financial strain, allowing more people to experience the joy of Christmas.

Christmas can be a difficult time of the year, with many people facing financial hardship and needing support with daily necessities of food, shelter and basic living costs.

Uniting Care Queensland Group Executive Child and Family Service Brent McCracken said, "This year we hope to raise \$100,000 to support individual and families experiencing hardship across the state.

"The Appeal encourages Queenslanders 'to be there for someone'. We are incredibly grateful for all the donations we receive through this appeal, with 100% of all Target Christmas Appeal contributions going directly to people in need.

"The Forest Lake Uniting Church will be distributing the gifts to those in genuine need in our communities."

For further information on how you can support this years Christmas Appeal, please visit the website www.unitingcarechristmasappeal.com.au/



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a message from **Milton Dick** MP the desk of **FEDERAL MEMBER FOR OXLEY**



As another year comes to an end, I'd like to wish you and your family a very Merry Christmas and a Happy New Year.

It's a special time of year to spend with family and friends but also to remember those who are doing it a bit tough. In particular this year our farmers who are struggling through one of the worst droughts our country has seen.

If you're able to, I encourage you to give to one of the many fund raising activities taking place to help our farmers during this time. I know locally we have many residents who have extended families that live on the land, so I encourage you to support them where you can.

It's a privilege and an honour to serve as your local Federal Member and I thank you for placing your trust in me again at the Federal Election earlier this year. I take nothing for granted and will continue to work hard every day to earn and to keep the trust our community has placed in me.

In the coming weeks, you should receive a newsletter in the mail with a community survey included. It is your ideas and your feedback that shape what our future looks like and what the priorities are for our community. Please take a moment to complete the survey and send it back to my office using the reply paid envelope.

It's been an honour to serve our local community this year. I hope you enjoy the Christmas period and I look forward to seeing you in the New Year.

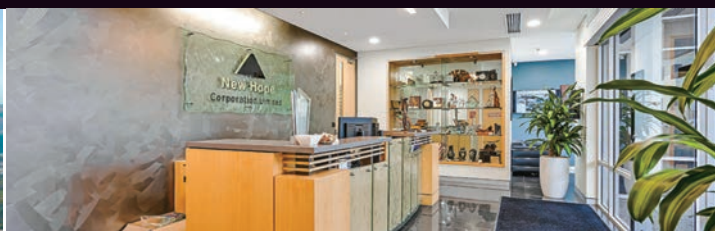
Please also remember to drive carefully on the roads and be safe near the water. Finally, a special thanks to our emergency services who will be working throughout the Christmas and holiday period. Thank you for everything you do for our community.

As always, if there is anything I can help with please email me at Milton.Dick.MP@aph.gov.au or call my office on 3879 6440.



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Local parish makes real change for locals



Volunteers (L-R) Rosemary, Miranda and Sarah sort the containers donated by parishioners and local businesses.

Our Lady of the Southern Cross Catholic Parish has raised \$16 000 for the disadvantaged and saved 160,000 containers from landfill through their Containers for Change project.

"We are grateful for all those involved, from our parishioners to the businesses who have already made such a difference," said Father Mauro Conte. "And in the same voice, we invite more parishioners and businesses to become our partners in change."

The Springfield Catholic parish began collecting containers to deposit at the Queensland Government's Containers for Change container refund scheme last year. They have since raised \$8 000 for Catholic Mission (Ghana Project), \$4 000 for the local St. Vincent de Paul, and \$4 000 for Blind Eye Ministry which journeys with the most vulnerable in our society.

"There is an undeniable sense of belonging and therefore a sense of discipleship that connects everyone even in such a simple task as recycling, especially when there is a common goal," said Father Conte.

"Parishioners and community members bring their containers to the bins at the front of the Church and parishioners volunteer to sort the donations."

Local businesses Bombay Bliss Orion Springfield, Brookwater Barista, Brookwater Coffee Club, Grill'd Orion Springfield, Guzman y Gomez Orion Springfield, Mater Private Hospital Springfield Lakes, Peak Thai Orion Springfield, Eat Sushi Orion Springfield, Garden Restaurant Springfield and Golden House Vietnamese & Chinese Restaurant at SpringLake Metro also donate their used containers to the project.

A government grant has been given to the Springfield Catholic parish to continue this project. It will be used to buy equipment to make the collection, sorting, and depositing of the containers easier.

Springfield parish is passionate about changing lives and is committed to looking after the poor. They would love for everyone to join them so if you are interested in supporting this project, you can bring containers to the bins at the parish entrance at any time, or use the scheme ID number C10063619 when depositing containers at any Queensland container refund point.

If you are a local business that is interested in supporting this project, please contact the parish by sending an email to springfield@bne.catholic.net.au or by calling 3324 3900.

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ROTARY CLUB of Greater Springfield

UPDATE BY Fiona Lorimer



The Rotary Club of Greater Springfield has combined for a second year with Springfield Central State School to assist Year 6 children to achieve the Rotary Junior Community Award. Four students completed a challenging program by undertaking a range of tasks based on gaining skills and learning about our community. The children received their awards in front of family and friends at a recent presentation night.

Over the last two years, students in the program have attended cultural festivals and activities, learned cooking skills and visited places of worship. They have also assisted elderly people at home and interviewed people from other countries and religions, as well as numerous other activities.

The award was developed in 1997 by teachers and parents in conjunction with the local Rotary club in Bairnsdale, Victoria to give children a focus in four main aspects of community

life. The focuses are: Community Service – children helping other people, Skills – learning a new hobby or interest, Physical Recreation – focusing on participation as well as performance and Social Experience - participating in a range of activities such as community celebrations, community meetings, cultural exchange, a religious experience and an arts performance.

Year 6 teacher Sean Algate once again guided participants in the design of their activities, which mostly took place during Terms 2 and 3. Mr Algate has mentored students and advocated for the program over the last two years. The club looks forward to continuing with the program in 2020. Although fewer students completed the program in 2019, the quality of work and knowledge gained was exceptional. Students and parents are interested in other Rotary Youth programs and Year 5 students are already displaying interest in participation in 2020.

The award complements the highly prestigious Duke of Edinburgh Award, which caters for young people between the ages of 14 and 24. The Rotary Junior Community Award is, however, designed for younger children completing primary school. Thousands of students have now benefited from participation both in Australia and overseas. The qualification has even been included within resumes submitted for participants' first ventures into the job market.

The Rotary Club of Greater Springfield meets at 6.30pm each Thursday at Aveo Springfield, 2 Symphony Way, Springfield Central. For enquiries regarding club activities, contact Fiona Lorimer on 0413 801 300. We'd love you to drop by our stall at Orion Springfield's monthly Market on Main Street as well.



Camira Friends & Neighbours

Update by Barb Gorman

Late in October, members enjoyed our Hoy meeting once again. Thanks to Colin and Muriel Harvey who shopped for the prizes for the day and to Colin Harvey and Sue Pomroy who were the callers on the day.

Plenty of members joined in the fun of the talent day late in October. Items on the program included the Chicken Dance, a comedy skit The Ballad Barry and Freda, a jive display, ukulele playing, singalongs, some poetry, limericks, joke telling and a spoonerism version of Cinderella and the Handsome Prince. Audience participation was very high and it really was very enjoyable. Many thanks to everyone who shared his or her talent on the day.

Members made the effort to turn up in their best race outfits for the Melbourne Cup Luncheon which made it another fun day. Congratulations to Carolyn Szoke and Bob Brown who won the best dressed competition. Thanks to Colin Harvey and Trevor Malynn who organised the sweeps and to all those who helped with the set up and clean up.

Bob Walker from the Office of Fair Trading was our guest speaker at our November meeting. Once again, Bob provided valuable information regarding all kinds of scams currently operating. Huge amounts of money have been lost by people caught in these scams. Bob encouraged people to be diligent in protecting their data when online. He suggested members visit the web site staysmartonline.gov.au for practical tips on how to stay safe online.

Our last day trip for this year was a delightful Cruise on the Lady Brisbane. The cruise took us on the Brisbane River to the junction of the Bremer River passing Indooroopilly Island, Lone Pine, Seventeen Mile Rocks and the suburbs of Westlake, River Hills and the Moggill Car Ferry. It was a good day and we enjoyed morning tea and a barbeque lunch while on board.

It is with sadness that I report the recent passing of Joe O'Dowd. Joe was a member of the club for thirteen years and contributed on many levels. Joe was always there with Trivia questions, a Liars' Club panel member, he and wife Jackie shopped for Hoy prizes and Joe could always be relied on for a joke or a story. Vale Joe! Our thoughts and condolences are with Jackie and her family.

Wishing you a Merry Christmas and a Happy Healthy New Year!



FROM THE DESK OF

Charis Mullen MP

State Member for Jordan



When I was elected as the State Member for Jordan two years ago, I knew that improving local bus services and connection to rail services was a priority for our region.

It is fair to say I have received some interesting “feedback” about the 522 bus service.

This service which travels from Goodna Station through Gailes, Camira, Springfield, Springfield Lakes and Springfield Central Station has struggled to keep up with the significant growth we have experienced.

Working closely with Translink and supported by community, there are some very important changes coming for commuters in the Jordan electorate.

Three new bus routes will be introduced into the Springfield network from early 2020 to better support our existing commuters and growing communities.

Route 522 will split into two new routes: Route 527 will run the northern end of the old route 522 from Goodna Station to Springfield

Station via Camira and Springfield Fair; and Route 528 will run the southern end of the old route 522 from Springfield Central Station to Springfield Station via Springfield Lakes.

A brand-new Route 533 will service the growing Spring Mountain area and operate as a loop service from Spring Mountain to Orion Shopping Centre and Springfield Central station, running twice an hour on weekdays.

We are also building a new bus interchange at Springfield station, which will be serviced by Routes 527 and 528, and allow an easy transfer to train services.

And, a new more reliable timetable will also be introduced for Route 526, which runs from Springfield Central Station to Redbank Station via Redbank Plains Shopping Centre and services Augustine Heights and Brookwater commuters.

These changes are aimed at improving the bus connection times to rail services and allow an easy transfer to train services, helping to ease parking at both stations.

Concurrently, we continue to develop the detailed design for the new multi-storey \$44.5 million Springfield Central Park n Ride with construction to begin next year which will deliver 1,100 car spaces at the station – more than double what is currently available.

Finally, may I take this opportunity to wish you and your family a happy and safe festive season and I look forward to working with our community in 2020.

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MON

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

Caring for your pet during the holiday season



Did you know that RSPCA Queensland investigates over 18,000 complaints of animal cruelty and neglect annually? Reports of abandoned animals make up a large number of these complaints. This is common during school holidays and the festive season.

While some pets reported to the RSPCA actually have been abandoned, others had someone assigned to care for them. The problem is, when owners go away, they often forget to notify neighbours. Good intentions of neighbours looking out for the welfare of your pet can often lead to unneeded Inspectorate investigation.

If pet owners are planning a trip away, you can notify the RSPCA by using their 'Home Alone' service. Owners can register their pet and contact details with RSPCA (free of charge) and leave the contact details of those taking care of their pets while they are away. This means that there will always be someone contactable in case of emergencies that are reported to the RSPCA.

By notifying the RSPCA with your details, you can be reassured that Inspectors will contact you or your animals' nominated caregiver if a complaint is lodged or if the animal ends up at an RSPCA centre.

If you are going away for the holidays, plan early and find a recommended pet sitter through services like PetCloud or book your pet into a boarding kennel.

To register your pet with RSPCA's Home Alone service call 07 3426 9999 or visit rspcaql.org.au/homealone.

The RSPCA's top tips for Christmas:

- If you have pets, provide lots of water and shade for them and never leave pets unattended in vehicles. It's hot, hot, hot!
- Ensure your pets are microchipped with up to date details.
- Avoid feeding your pet foods such as onions, processed meats, chocolate, avocado, grapes and yes, even Christmas pudding!
- If you see animals that are sick, injured or in distress, contact the RSPCA's 24/7 Animal Emergency Hotline 1300 ANIMAL (1300 264 625).

This festive season you can support the RSPCA in many ways. Here are some ways you can help:

- Gather some treats, blankets, toys or towels and donate them to your nearest RSPCA. Items like this go a long way to help care for hundreds animals in need.
- Adopt a pet or consider fostering an animal if you're home this festive season. Fostering is a great way to provide temporary care to an animal in need for a short stay.

For further details, visit the RSPCA website - rspcaql.org.au.

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Search is on to find Santa and his friends on augmented reality trail in Ipswich



The search is on to find Santa and his friends across Ipswich with the launch of an exciting augmented reality Christmas trail – Finding Santa.

The Finding Santa trail spans 40 iconic locations at which residents and visitors can reveal hidden characters and share in the wonder of Christmas simply by using their smartphone or tablet. One of the most spectacular locations for Finding Santa is at the popular Orion Lagoon, where people can see Santa and his reindeers flying overhead.

Special Finding Santa pavement stickers have been placed throughout the city as clues for where Santa and his merry friends can be found.

Participants need only to download the free Finding Santa app from the App Store or Google Play and then scan the stickers with their device to see a touch of Christmas magic before their very eyes.

Finding Santa will be live across the city until Tuesday, 31 December. It is the first time Finding Santa has been rolled out citywide in Queensland.

Ipswich City Council Interim Administrator Greg Chemello said people could even take photos with the Christmas characters.

“We really wanted to bring the Christmas spirit to the fore right across Ipswich this year and Finding Santa is a great way to do just that,” he said. “With 40 locations, no matter which part of the city you live in or are visiting, chances are you won’t be too far from one of our Finding Santa clues.

“It’s a bit of fun to go out with your phone or tablet and scan the clue, check out the animation and even take a photo with the revealed character.”

Springfield Camira Men’s Shed Update

by Jim Barclay - President

The Springfield Camira Men’s Shed is on the move. We have been advised by the State Government that a parcel of land in Nev Smith Drive, Springfield, will be made available for lease to the Springfield Camira Men’s Shed for the development of a future men’s shed complex.

It is the goal of the Springfield Camira Men’s Shed to have the facilities available to support the Greater Springfield Camira area and provide the services that meet the needs of both our current and future membership. With the Greater Springfield area being one of the fastest growing areas in South East Queensland, it is important for all that we have adequate services available for all of the community and the Men’s Shed forms an important part of this community infrastructure in the roles it undertakes and the support it provides. One of the great pleasures of being President of the Men’s Shed is meeting other community or business groups and getting a better understanding of the role each of us play in making The Greater Springfield and Camira area such a good place to live.

The Men’s Shed continues to look for new opportunities for our members to enhance their skills and this month it was all about being both creative and patient at the same time as we learned how to make the best use of the scroll saw.

For those of us who have spent our lives ripping through wood with bench saws, circle saws, band saws and chainsaws, it is a whole new world and we were extremely thankful that Alan Rotteveel from Grumpy Old Men took the time to share his knowledge and skills in regard to the use of scroll saws.

If you or your business has a project you think the Men’s Shed might be able to help you with please feel free to email us at springfieldcamiramensshed@gmail.com or visit us on Facebook at <https://www.facebook.com/SpfShed/>

Springfield Camira Men’s Shed Inc is always keen to show off its Shed to potential members, if you would like to do something different on Tuesdays and/or Thursdays, please feel free to visit us between 8.30am and 1.00pm at 389 Old Logan Rd Camira or email us at springfieldmensshed@gmail.com.

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 Friends & Neighbours Club,
Suzanne 0408 068 305

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

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
Jeanette 0421 018 278

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

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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/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
raid@sips@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: afigsq@bigpond.com

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

Australian Breastfeeding Association
Springfield & surrounds
Amanda 0431 850 241
Email: springfieldaba@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

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

Staines Memorial College 3814 8600
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Woodcrest State College (SField)
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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@lnp.net.au

Funds and new carers needed more than ever

Local wildlife organisation, BARN, Brisbane Area Rescue Network, run by Petrina and Fran, rescues and cares for local wildlife.

“We deal with everything from new carer enquiries, training and mentoring, the web page, email and facebook as well as any grant applications, fund raising, public displays and community educational talks.

BARN currently have around 50 active wildlife carers, many specialising in certain species types. All new carers are allocated a mentor, who is available to help with any questions or issues that may arise.

“We are always looking for new carers. Raising orphaned wildlife is a huge commitment as each carer needs to see their animals through to release stage. This is all self funded and many people don’t understand the time that needs to be spent to reach this goal. BARN will provide training, and ongoing support, however it is ultimately the carer who invests their time and resources.”

BARN have recently received donated pouches, porta cots, cages and aviaries that have been distributed amongst the carers. These are things that are always needed as well as any unwanted towels, animal beds or blankets.

“Orphaned, hand-raised wildlife cannot just be released into the wild, they would not survive. The pre-release stage is extremely important and this is why our animals are released from aviaries or pens at specially chosen sites. This gives the animal as safe place to come and go with food and shelter until they establish themselves in the wild and no longer return.

BARN is needing to raise money to build the pre-release pens to release their current mobs of kangaroo and wallaby joeys. As a registered ‘not for profit’ organisation, monetary donations over \$2 are tax deductible and can be made by contacting BARN either by email or through their facebook page.

Residents are also welcome to call the BARN phone line if they find any injured wildlife. The volunteer on call will best direct them with what to do, as individual animals are assessed accordingly. However, in general, it is recommended that the injured animal is secured in a box where possible and kept in a quiet dark place.

“We do not advise anyone to try and handle an injured snake or touch a bat of any kind. The volunteer on call is always happy to help advise or we are available on facebook messenger if it is not urgent.”

The 24-hour phone number is 0405 056 066. BARN can be contacted by sending an email to info@barn.org.au or message them on facebook: www.facebook.com/barnwildlifecare/.





What's On @ Gales Community House

30 Karina Street, Gales. Ph: 3879 3004
www.galescommunityhouse.com.au

Monday:	Kidz Biz after school program	3.30pm – 5.00pm	FREE
Tuesday:	Social Cooking Group	9.30am – 12.30pm	\$5 per session
	Card Making class	Noon – 2.00pm	\$4 per session
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
	Budget Grub Hub	11.30am – 1.15pm	One off \$5 Membership fee

Affordable food shopping to help relieve the financial strain. (For residents of Gales and Camira only)



I've heard people say that the only good snake is a dead snake but in reality that's not true. Snakes are wondrous creatures and play an important role in keeping vermin like rats, mice and geckos under control. Along with other reptiles, they make up a significant proportion of the middle-order predators that keep natural ecosystems working. Without them, the numbers of prey species would increase to unnatural levels and the predators that eat snakes would struggle to find food. Nevertheless, snakes can be extremely dangerous, which is why many people are frightened of them.

Recently while out walking, I saw a plastic shopping bag in the bushland, only about 10m from the footpath I was on. Of course, I went

in to retrieve it as I didn't want this plastic pollution ending up in waterways or the ocean. Thinking it was empty, I grabbed the bag from its base and was very surprised when I lifted it up and a snake fell out onto the ground. After a very rapid retreat of a few metres, I realised that the snake was very dead and covered with ants. I thought "Why would a snake go into a plastic bag to die? and quickly realised that, of course, it hadn't.

The snake was a small carpet python, less than a metre long and it had a deep bloody wound about 15cm below its head that was unlikely to have come from being run over. Obviously, it had been attacked by a human with a spade. A python this size is harmless to humans and most pets, except maybe budgies or chicken's eggs.

When left alone, snakes pose little or no danger to people. Snakes usually prefer to retreat when disturbed but if they feel threatened, they can become defensive.

So why did someone kill this harmless carpet python? One can surmise that fear caused this action when the animal perhaps entered the homeowner's property. The lack of rain has meant that snakes, like other animals, are in search of water. Most people cannot identify snakes by sight, and you need to assume that all snakes are venomous—except when it is obviously a python. It is also a fact that most snake bite victims are usually men who were trying to kill the snake with a spade. Snakes are protected under the Nature Conservation Act 1992. It is an offence to kill, injure or take snakes from the wild and attracts a fines of up to \$10,000 and two years imprisonment enforceable.

Whilst snake bites are by far the biggest killer of humans of any animal, most of these deaths are in Asia and Africa, where the medical services are significantly less developed, and the snake venom travels through the blood circulation system. Australian snakes notably have the most toxic venom in the world, however, they do not inject as much with each bite, and it travels through the lymphatic system.

Now that there is anti-venom for all Australian snakes, no one that has applied the compression bandage treatment has died. If you don't have any bandages, do your best with what you've got and above all stay calm.

What to do when you see a snake?

- If you see a snake within 3m of you then freeze! Stand still like a statue. They won't realise you are there and will ignore you. Try to remain calm and let it pass by.
- If you see a snake further away than 3m, move very slowly away from it. Snakes feel threatened by sudden movement and may be provoked into defending themselves. Moving slowly, remove children and pets from the area.
- Keep an eye on the snake from a safe distance as a snake lost inside a house is a nightmare situation because they are experts at hide and seek.
- Stop snakes entering your home by screening doors and windows, and blocking all potential entry points.
- If you find a snake in an area that you don't want it to be in, eg inside your house or garage, or in your yard, do not attempt to remove the snake yourself. Instead, close your internal doors, open your external doors and give the snake a chance to leave.
- Alternately, you can phone a snake-catcher. There are several that service the Greater Springfield area, such as N & S Snake Catchers.

If anyone would like to join our Group, membership is free and meetings are every first Monday of the month at 6.30 pm at BLVD Restaurant, Springfield Lakes Boulevard, Springfield Lakes. You can follow us on www.facebook.com/SpringfieldLakesNatureCare or contact info@springfieldlakesnaturecare.org.au.



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