

National Greyhound Adoption Day is on this month



The Queensland Racing Integrity Commission's (QRIC) Greyhound Adoption Program (GAP) is proud to be hosting the South East Queensland National Adoption Day event on 28 April. See page 9 for more details.

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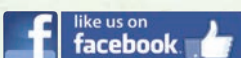
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Personally Speaking[®] with Susannah Friis

This year is shaping up to be a busy, somewhat stressful one for our little family - aging parents, one daughter in Grade 11 and part of the new ATAR system, the other daughter in her final year of uni and new projects for the adults, not to mention the normal ins and outs of 21st Century living!

We all deal with stress in different ways, don't we? Me, I get very focused and driven, interspersed with bouts of hysterical laughter (and anything can set that off!), others withdraw into themselves, others cry and rant, others procrastinate on all the things they must do by doing all the things that don't really need to get done right now.

One of my close friends and her family are having a very hard time at the moment which is incredibly stressful. One of the ways my friend is coping is to sketch, draw or paint every day and swim at least three times a week. And one of her family members is focusing on turning a long held dream into a reality. Coping with stress is individual and often diverse.

I was chatting with another friend recently who now has two adult children, one of whom is particularly tricky (my mother always said parenting adult children was harder than toddlers and teenagers and yet again, she was right!). I asked my friend how she copes with that constant background worry. She said she allows herself a certain amount of worry time each day and then puts it from her mind. That's a tactic I might instigate myself because, if we're honest, we all worry to some degree about some things.

I don't know about what happens in your house, but when everyone in our house is a bit stressed, each person's particular way of dealing with stress can clash, often in spectacular fashion. And when I see that about to happen (or happening if I'm a bit late to it!) I declare it time for us to watch something funny. It doesn't matter if it's an episode of a favourite TV show we've seen before, a newly released movie or something we stumble upon after a quick channel surf, as long as it makes us laugh.

I've talked in this column before about the benefits of laughing and the fact that I'm a big believer in its therapeutic use. I remember being at the doctors once, and there was the potential for there to be a serious outcome from a test I'd had. I was cracking jokes left, right and centre while the poor doctor didn't know how to respond. I finally saw the light bulb as she said quietly, more to herself than me, "Ah! Using humour to diffuse tension." This of course made me laugh (as per the hysterical laughter tendency mentioned further up!) and then the doctor was laughing along too. NB. Thankfully, the test did not reveal anything serious.

We live in a world full of stress - more, it seems, than generations past, but that could just be my age talking - so we need to find ways to de-stress and let the pressure valve off. I'd love to hear about your favourite way to de-stress, so feel free to email or call - I do love chatting with you whenever I can!

**Letters & feedback are
always welcome**

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

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EDITORS: Graham Friis E: inray@LNP.net.au PH: 3201 1880
Susannah Friis E: editor@LNP.net.au PH: 3201 1880

ARTWORK: E: artwork@LNP.net.au PH: 3201 1880

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Springfield Lakes Nature Care Inc (SLNC) hosted it's fourth annual Clean Up Australia Day event on Sunday 3rd March. Over 70 adults and 96 children attended the event which was held at four sites across Springfield Lakes. SLNC is the only Land and Water Care group in our catchment and we appreciate the support of other community groups who participated in helping us clean up our suburb, which has had a huge increase in population growth, since we first started doing CUA Day in 2015.

Tiana Tipene from MacDonalds, who are the National Corporate sponsor for Clean Up Australia Day, and members of SLNC, got up early along with residents and several community groups - Malayalee Association, Centenary Rowing Club, Springfield Girl Guides, and Scouts from South Ripley, Camira, Goodna and Redbank Plains, to help make our suburb and lakes cleaner for our community to enjoy. We also tackled the bushland reserves along Greenbank Arterial Road from Grand Avenue to the train station.

Redbank Plains Scouts cruised around Regatta Lake in eight canoes, looking for litter that lurked below the surface. The Centenary Rowing & Kayak, President Peter Cooke, pulled out bread bags, plastic bottles, and other miscellaneous litter from inside Spring Lake, while several residents paddled around Discovery Lake in their kayaks, finding plastic water bottles, food packaging, straws and pieces of polystyrene.

The group managed to collect over 50 bags of rubbish and filled an entire 9 cubic metre skip with a range of items that were found in our bushland reserves from people, dumping batteries and old unwanted furniture.

Every year Springfield Lakes Nature Care spends a few hours after the participants have left to audit the bags and compile data about the items collected. It's a snapshot to show us what areas have improved and what policies, such as the Containers for Change scheme and Plastic Bag Ban have had on our environment.

We did notice a decline in plastic shopping bags, take away food bags and plastic picnic items such as plates, cups, cutlery. We found the same amount of glass bottles, mostly beer but there were a few less beer cans, plastic straws had increased, with roughly the same amount of cardboard beverage cups. Plastic building bags had reduced from 22 pieces to just two this year. And only one polystyrene waffle block was found compared to five last year, now that the construction has finished, however, we are still finding smaller pieces of polystyrene in the lake.

Springfield Rise Malayalee Association who tackled the Springfield Rise site, adjacent to Spring Mountain Creek, found the usual plastic waste blown off the building sites. They collected over 75 beverage containers, 50 plastic lids 20 plastic cups and fast food packaging and 10 disposable nappies.

It makes me wonder what we are teaching our future generation. Whilst the plastic lids might seem a small and insignificant piece of litter, they can cause choking and death to many of our marine creatures and bird life when swallowed. The plastic lids break down into smaller micro-plastics that get sucked up or swallowed by animals. This is not unintentional littering, this is simply laziness.

After the event, we enjoyed a lovely morning tea provided by our sponsors, Lendlease, IGA & Milton Dick MP who provided a special Clean Up Australia Day Cake for the occasion. We handed out certificates to all the children and drew out winners of our random draw prizes, compliments of Anita Donnelly Norwex Consultant, BLVD Restaurant and Charis Mullen MP, and Sign Circus Printers.

The Ocean Life Education Display enabled the children to touch several species of sea stars and sea urchins. The children were fascinated by watching Elly the spotted Epaulette Shark. Amber showed the children the jar full of micro-plastics that had been collected from a beach on the Sunshine Coast to demonstrate that the plastic litter doesn't biodegrade, it just breaks down into smaller and smaller pieces. These pieces become nano-plastics, which are then ingested by a huge array of marine animals.



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ROTARY CLUB of Greater Springfield

UPDATE BY Fiona Lorimer



Around of golf can provide many benefits – physical activity, relaxation and social interaction. On some occasions the journey around 18 holes can potentially provide life-saving aid to tens of thousands of people.

Last April the Rotary Club of Greater Springfield in conjunction with its fellow club from Boroko (Port Moresby) organised the Rotary HPV Golf Day Fundraiser at Brookwater Golf & Country Club. Our club's major fundraiser for 2018 was a massive success, with special guests such as Darren Lockyer attracting golfers to raise money for the provision of thousands of Human Papilloma Virus (HPV) vaccinations for women in Papua New Guinea.

Cervical cancer is the most common form of cancer among women in Papua New Guinea between 15-44 years. An estimated 1500 women die each year in Papua New Guinea from the disease, many leaving behind young families. HPV is one of the main contributing factors to cervical cancer. Two doses of the vaccine are required for each recipient, six months apart. The vaccine is most effective when administered to young girls prior to the onset of sexual activity.

The Rotary Club of Boroko secured HPV vaccinations at a greatly reduced price. Greater Springfield Rotarian Mark McMonagle is a regular visitor to the Papua New Guinea capital on business. He identified the Golf Day Fundraiser as a great opportunity to assist the Boroko club as fundraising in our nearest neighbouring country can be a challenging endeavour.

The program has also been supported by businesses operating in Papua New Guinea, as well as other Rotary Clubs such as the Bribie Island club. The President of the Boroko Rotary Club was pleased to recently announce to supporters that the monies raised have contributed to the supply of almost 52,000 vaccinations as at mid-March this year. These have been supplied to women and girls across the cities, towns and provinces of Papua New Guinea and thousands of lives will unquestionably be saved by the program. The vaccinations will go a long way towards preventing the next and future generations of women from Papua New Guinea being affected by cervical cancer.

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



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Council pound to dump drop boxes



An after-hours drop-off facility for stray cats and dogs is set to be scrapped by Ipswich City Council after consultation with RSPCA Queensland.

The boxes - originally installed to try and reduce numbers of stray animals - have been shown to be a distressing experience for pets.

After installing the cages back in 2010, the council has taken on board RSPCA Queensland's advice to decommission them and is encouraging other councils to follow suit.

Ipswich City Council's head of animal management Kylie Goodwin said the decision is about making animal welfare and responsible pet ownership a priority.

"Drop box conditions are not ideal for pets, and an unintended consequence is that they are often used to dump pets, particularly litters of unwanted kittens," Ms Goodwin said.

Council, in consultation with RSPCA Queensland, has decommissioned the after-hours drop off facility at the Ipswich City Council Pound that previously operated from 5pm to 8.30am Monday to Friday.

Wandering animals can be taken to council's pound from 8.30am to 5pm Monday to Friday, 10am to 5pm Saturday and Sunday.

"Taking a wandering animal to council's pound during opening hours will ensure both council and the RSPCA are able to obtain information that will either assist us in reuniting the animal with its owner, or finding it a forever home in the event it is unclaimed," she said.

RSPCA Queensland Chief Inspector Daniel Young said this will prove a lot less distressing for animals who may already be scared.

"The drop-off facility meant that dogs and cats could be contained in close quarters overnight, which could often lead to them becoming extremely agitated and even harming themselves," he said.

"The best way to deal with strays is to try and contain them, call on neighbours who may not realise they've escaped or call the council for a collection.

"Shutting them in a box is simply not a nice experience for any pet."

If you need help with a stray or wandering pet you can call Council on 3810 6666.

If you are experiencing difficulties with your pet and need support, the RSPCA has a range of options that may be able to assist, including residents with unwanted litters.

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Talking Teeth

with Dr Bryan Dubbeldam
Robelle Dental Centre

Welcome again to another edition of *Talking Teeth*, and for the greatest part that's where we as dentists focus most of our efforts – on your teeth. This month I'm going to expand on the other areas in your head and neck where your dentist can be of benefit.

Intimately related to our ability to speak and eat are the muscles in your face, and the jaw joint or, more accurately, the temporomandibular joint (or TMJ). And just like other muscles and joints, they can develop problems, referred to as temporomandibular joint disorder, or TMD. This is a very broad classification because it often involves not only the joint itself but many of the supporting structures, and can present as earache, headaches, jaw pain and muscle pain, including neck pain.

You might be wondering, if you have any of these symptoms, what the cause may be. Generally speaking, it develops due to some form of damage to the joint itself but for many cases what causes that damage is less well understood. The easiest cases to diagnose are from a knock to the face, such as a sporting injury. Patients with a clenching or grinding habit (known as bruxism), particularly overnight, are at risk of developing TMD. Similarly, the joint diseases such as rheumatoid arthritis or osteoarthritis, will affect the TMJ as they do other joints in the body.

TMD is not necessarily the easiest condition to diagnose and therefore it can also be a challenge to treat. Many patients will often see their GP, physiotherapist or specialist ENT surgeon prior to getting to their dentist. That doesn't mean this time is wasted, as it is also important to exclude other possible sources of pain.

If it is hard to correctly diagnose, is it hard to treat? The short answer is that it can be but there are many treatment options that I have used in the past. The simplest involves limiting the use of the jaw itself. A soft diet, not eating chewing gum, limiting jaw opening and stifling yawns, has reduced the pain in a number of my patients. Some people respond better to medication. Pain relief can often help, as do anti-inflammatory and muscle relaxant medications.

Counselling to look at possible causes, and patient awareness to avoid these habits, is often very helpful. Physical therapies to strengthen the jaw muscles helps some patients. Occlusal splints fitted to teeth to wear at night, or during the day, can be beneficial. There are some patients who do not respond to the non-invasive treatments and may need to be referred for surgical interventions on the jaw joint itself.

I hope that this small article broadens your knowledge on what your dentist can help you with. This advice on TMD is very general in nature and may not reflect your personal circumstances. As with all medical matters, you should seek an opinion from an appropriately qualified health practitioner. Should you wish to know more, please do not hesitate to call us on 3470 1313.



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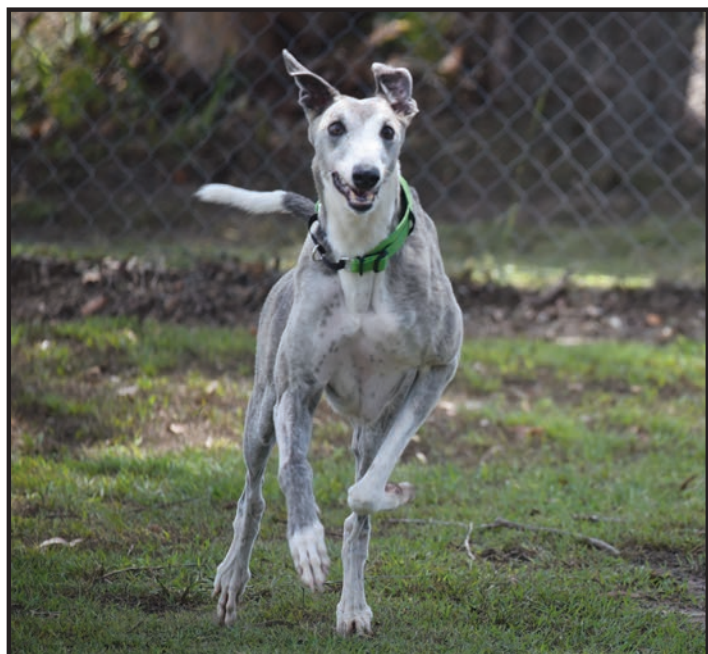
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National Greyhound Adoption Day is on this month



The Queensland Racing Integrity Commission's (QRIC) Greyhound Adoption Program (GAP) is proud to be hosting the South East Queensland National Adoption Day event on 28 April.

South East Queensland's National Adoption Day will be held at the QRIC GAP facility located at 985 Atkinson Dam Road, Churchable from 10am – 2pm, and will include:

- Tours through the facility and the kennels
- Information stands for adoptions and fostering
- Fun activities for the kids, including mini trotter rides provided by the Queensland Junior Harness Racing Association
- Greyhound health and wellbeing talks and demonstrations by the QRIC vet team

Of course, a dedicated greyhound cuddle stand will be showcasing the gentle and affectionate nature of greyhounds.

Families wanting to take a greyhound home on the day will need to pre-register at gapqld.com.au, as greyhounds are specially matched with families according to their home environment and preferences.

Acting Racing Integrity Commissioner Mark Ainsworth said the National Adoption Day was the perfect opportunity to highlight the important work of the GAP.

"The QRIC Greyhound Adoption Program (GAP) re-homes retired greyhounds with families all around Queensland," Mr Ainsworth said.

"National Adoption Day offers a great opportunity for families to come and see what gentle and friendly animals greyhounds are, and to learn about adopting one into their family."

The GAP team encourages everyone in the South-East to make a day of it by taking a drive through the beautiful Lockyer Valley and dropping into the Churchable GAP facility for a cup of coffee and some greyhound cuddles.

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Greater Springfield ANZAC Service - lest we forget

Greater Springfield had its first ANZAC morning service at USQ Springfield Central in 2007.

This was initiated by the then Head of USQ Springfield, Mr Doug Fraser. The service was held on the grounds of USQ with approximately 100 people turning up.

In 2008, a Lone Pine Tree was planted on USQ Springfield Campus. Wreaths were placed around this tree at the conclusion of each service.

Due to increasing numbers attending, the ANZAC Service was moved from USQ to Robelle Domain in 2011. In 2014, the Lone Pine Tree was very carefully transplanted to Robelle Domain next to the stage as USQ were planning to expand their campus.

In 2015, Mr Ralph Breaden, the then president of The Greater Springfield Chamber of Commerce, established The Springfield Light Tower Inc to help raise funds for a permanent ADF memorial in Robelle Domain. Ralph and his committee were successful in raising funds. As local Councillor at the time, I was able to have major funding allocated to this project to ensure it became a reality.

Nigel Cuppari is the current president of the Springfield Light Tower Inc and the committee is working hard to organise this years ANZAC Service at Robelle Domain commencing at 5.45am. The Springfield Light Tower Inc is also working towards establishing a Greater Springfield RSL. The Greater Springfield Area has a close connection with the ADF with many personnel based at Amberley and Greenbank living in the area. Hope to see you at the ANZAC Service, lest we forget.



Ralph Breaden and David Morrison in 2016 as the site is prepared for the ADF memorial.



First ANZAC Service at Robelle Domain with the ADF Memorial in 2016.



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Hello Readers

Strong voices.....

Education in the modern age, also seeks to develop the confidence in all to use their own 'voice'. In modern schooling we give equal value to the development of asking for help and in doing so we hope to see, as the outcome, confidence in the development of that new 'voice'. Of all of the challenges in a successful school I think the ability of us to develop the 'voice' of our students is amongst the most critical and satisfying, as, it takes on real form. It is an ongoing challenge in a school to get right the development of student 'voice'.

In the first instances of helping the boys and girls develop their 'voice' we often provide considerable help. To cajole our next generation into 'voice' is the role of parents and school and at that point we are all teachers. Gradually, we retreat as we encourage initiative, resilience and the need for the development of self-sufficient strategies.

In school, the harm from saying the wrong thing is minimal and the environment is safe to make a few mistakes. Nevertheless, the lessons from those early errors are the wisdom of future success in getting a 'voice' of confidence. It is a great moment in life when we can smile at our first fumbling attempts to express an opinion or when we can respond strongly (not even thinking about withering) as those around us struggle to acclaim our efforts.

International Women's Day was celebrated on Friday 8 March. I think this should be a moment of significance as we pause to consider the implications for our girls and for women across the globe. It is reasonable to consider the self as we consider the implications of this Day (which is really enabled an idea, an ideal, an objective and a vision). The conversation about what this day means will be ongoing and very much reflect on the times in which the discussion takes place. For us we uphold the markers of a feminist perspective. Opportunity, pride, voice, confidence, aspiration, resilience, intelligence, empathy are an incomplete list of the start of the markers we value. What would be on your list? Hollywood is not renowned as a centre of feminist ideology, but undeniably it has impact on the images we see and build of the modern woman. For my liking, the ideas are a little devoid of deep values, but they mostly start well and they give 'voice' to the conversation.

The opportunity for men to have a 'voice' in the conversation has varied considerably across the years and the growing movement of 'HeForShe' has helped in the movement for gender equality - <http://www.heforshe.org>



Kind regards
Mrs Maria McIvor
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Principal, Mrs Maria McIvor and School Captain, Laura Slebos recently attended an International Women's Day Breakfast



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FROM THE DESK OF

Charis Mullen MP

State Member for Jordan



It was a pleasure to have the Minister for Employment and Small Business & Minister for Training and Skills Development join me along with over 70 small businesses for a networking event at the BLVD Restaurant in Springfield Lakes.

This free event, supported by the Greater Springfield Chamber of Commerce was an opportunity to showcase to the Queensland Minister all of the fantastic local businesses in the region, create networking and supply opportunities for business and outline how the Queensland Government can support the growth of this important sector.

We know that from small things, big things grow and a strong small business sector means a growing economy that delivers even more jobs within the Jordan electorate. In turn, this helps create stronger communities.

Staff from the Office of Small Business were kept busy all evening providing information on the support the Queensland Government can offer small businesses.

Whether it is support through structured free mentoring (Mentoring for Growth Program), access to the multitude of small business grant opportunities (Small Business Entrepreneur and Digital Grants) or championing innovation and new ideas (Ignite Ideas Program) - we know that by investing in Queensland's small businesses, we will grow the economy which will lead to more local jobs.

Advances in technology and a focus on flexible lifestyles has also made home business a popular choice for many within the region.

I would specifically encourage those who have established a home-based business or considering one in Greater Springfield to contact me for assistance on all of the great resources available to support home based businesses like licence and insurance requirements.

Camira Friends & Neighbours

Update by Barb Gorman

The outing to the Outback Spectacular was very enjoyable and a great night out for the 50 or so members and friends who attended. Thanks to Ted Timoney for the following limerick about the event:

*We went to the Outback last night
The show a spectacular sight
The horses were great
The riders first rate
And the gunfire was bound to excite.*

The focus for our last meeting in February was *Funny and Disastrous Holiday Stories*. Members shared stories of various misadventures here in Australia and in countries around the world. I think that there was more fun in the retelling of these tales than in the actual experiences. Members certainly enjoyed them and our thanks to those who shared their stories.

I read recently that one of trivia's primary benefits is that it enables you to learn a surprising amount about a wide variety of subjects. This was just the case at our recent trivia day when Cam Dawson, Caroline Szoke, Peter Glaves and Ann Peters presented us with an interesting variety of questions. Thanks for the effort everyone.

March the 6th saw the Annual General Meeting and the Election of Officers. Following are the results of the elections: President-Suzanne Jessen, Secretary-Sue Pomroy, Treasurer-Therese Gorman, First Vice President-Val Malynn, Second Vice President-Colin Harvey. Congratulations to these members on their appointments and thanks to all members who took on responsibilities for various roles within the club. Thanks also to outgoing committee members Jan Roberts and Peter Glaves for their contribution to the club during their terms of office.

St Patrick's Day was celebrated by holding *The Camira Irish Race Day*. It was great fun with members betting up big with their Monopoly money. Many thanks to Colin Harvey for his organisation and thanks also to his band of helpers.

Details are out regarding the Great Ocean Road Bus Trip from the 2nd to the 12th of May. While the Great Ocean Road is the main feature of the trip, participants will enjoy sightseeing in several country towns along the way. To find out more contact Val Malynn on 3288 2689 or Suzanne Jessen on 0408 068 305 or email suzannej46@hotmail.com.

The club meets every Wednesday from 9.30am to 11.30am at Langley Hall, Bruce Lane Camira. If you would like to know more about the club contact Suzanne Jessen on 0408 068 305 or email suzannej46@hotmail.com.



Gailes Community House hosts fun day celebrating community

The Gailes Community House first opened its doors in 2002 after much lobbying and advocacy by the dedicated members of the Gailes Residents Committee which was formed in 1995.

This spirit of tenacity and sense of community is what the Committee are hoping to showcase at the free event coming up on Saturday 25th May. Starting at 11am and finishing at 1pm, the event will include a free barbeque, games and activities as well as information regarding the community of Gailes, past, present and future.

"It has been identified by many community members that on some maps, including local directory's, the suburb Gailes is not on the map," said Gailes Community House Co-ordinator, Cassie. "So we thought it would be great to bring the community and services together for a fun day that highlights what Gailes is all about."

Taking place at Fred Furguson Park, Gailes, the event promises to be fun and informative for the whole family.

If any organisations would like to be involved on the day, they are encouraged to contact Cassie by calling 3879 3004.



The hub of community in Gailes, Gailes Community House, are proud to support the celebration of the suburb.

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



Whenever I'm out in the community at a mobile office, school event or many of our local festivals or markets, I'm often approached by local parents keen to discuss their child's education.

This stretches all the way from those just starting out at prep through to those in grade 10 or 11 about to begin their final schooling years.

What I hear most is that whilst we have some of the best principals and teachers anywhere in the country, many schools are often under-resourced meaning that students could be missing out on vital learning opportunities.

My sister is a teacher and I've always been a strong believer that we must invest in education not only so that students get the best schooling but that principals and teachers have the resources they need to provide a quality education in the classroom.

That's why in the lead up to this year's Federal Election, I'm proud to commit to properly funding our local schools and deliver the resources that are so desperately needed.



Over the next three years the following schools in the Greater Springfield and Ipswich region will receive:

- Woodcrest State College \$1.9 million
- Kruger State School \$1.15 million
- Springfield Lakes State School \$1.09 million
- Goodna State School \$850,000
- Augusta State School \$830,000
- Camira State School \$690,000
- Collingwood Park State School \$580,000
- Bellbird Park State Secondary College \$270,000

This funding will ensure that our local public schools get the funding they need to give students more individual attention, and more help with the basics such as reading, writing, maths, and science.

You can find out more about funding for public schools in our community at www.fairgoforschools.com.au.

And of course please don't hesitate to get in touch by sending an email to Milton.Dick.MP@aph.gov.au or call my office on 3879 6440 if I can ever be of any help.



THE Art Studio

with Jolanta



As a textile artist, I love stitching. I often become mesmerised by the pattern emerging from the connection and dialogue between the fabrics, their texture, pattern, colour and the thread. Medical research indicates that there are a whole range of benefits...primarily to our health and well being.

There is something soothing and calming about the whole tactile experience of stitching. Though the process engages relatively fine motor skills, it also provides a range of tactile experiences we are so much in need of these days when e-technologies are replacing human-to-human contact and daily interactions.

Often the process of stitching is considered as healing or calming, stress reducing or all of the above. It is not only about the physical process of making but also about the concept of belonging to the community of like minded people, a major element of mental wellbeing.

Many compare stitching to meditation. The simple task of pulling the thread through the fabric, doing a type of stitch over and over gives a sense of wellbeing. The repetitive motion can be considered like a chant or prayer.

The simple task of stitching, regardless of the finished product, allows people to regain their so sought after sense of calmness. The brain is concentrating on the task at hand – stitching. It allows the brain to focus and gives the body something to do, working together both mentally and psychically.

Last and perhaps one of the most important is perceived stress reduction.

From focus to stress reduction, the act of stitching, like drawing, doodling or any other form of creative outlet helps our mental wellbeing. It allows us to redirect energy and use that energy to create something beautiful. The bottom line is that the process of slow, hand stitching is not only good for the mind, it is good for the soul.



“In and Out” 20cm x 10cm 3D textile, cotton fabric, hand dyed and printed and hand stitched. Inspired by the Milky Way and executed using a very fine form of stitching.

Artist: Jolanta Szymczyk at International Baltic Mini Textile Exhibition, Europe, till June 2019.

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

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

Bushwalking & Environmental Groups, S'field Lloyd 3282 3737

Camira Slimmers Joan 3288 4703

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

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

Community House, Gailes
3879 3004

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

Good News Group
Jean 3818 1986 Anna 38180454

Jacaranda Jam Community Choir
Angela 3818 3449

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

Lions Club of Greater Springfield
Ray 0434 037 480

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

Probus Club of Goodna-Springfield
Penny 0412 270 628

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

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

Rotary Club of Greater Springfield
Fiona 0413 801 300

Soroptimist International of Springfield
Bev Ditton 0414 340 216
bevditton@gmail.com

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

Springfield/Ipswich Chess Club
Ed 0431 065 425

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

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

Springfield Sparklers
Senior Dance Troupe
Christine 0414 451 438

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

Toastmasters, Springfield Lakes
Bill 0400 561 264

Toastmasters, Goodna, Ipswich
Mike 3372 4349

Trefoil Guild, Centenary
Merril 3372 2735

Westside Community Care
Rita 3818 0921

Westlife Community & Westlife Care
Yvonne 3381 9988

Westside Business Women Group
www.westsidebusinesswomen.com

Westside Spiritual Haven Meditation
Yvonne 0422551102

Wine Club, Springfield Di 3288 3388

Women's Group, Springfield & Surrounds
Sarah 3812 0138

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

Youth Space, Goodna
Danny or Vince 3818 9934

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 Aiaiao 0427 751 506
S'Lakes Hawks Jeremy 0449 682 960

Running Group Greg 0408 628 104

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

Softball, OzPitch, Springfield Lakes
Rebecca 3391 2447

Swim Club, Waterworx Amateur Club
Amanda 0434 868 611
Email: 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 Cutcliff 3818 2915

Falun Dafa
Louise 3411 1174
www.falundafa.org

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

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

New Parent Group - Springfield Lakes
Megann - 0499 652 808

Playtime, Camira/Springfield
Comm Ctr, Robyn 3818 0921

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

Playgroup, Springfield Lakes
Heather 3288 1744

St John Ambulance Bellbird Park Div
Enquiries 0413 448 031

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

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

Churches

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

Breakthrough Church Springfield
Ps David Vaka 0434 421 720

Camira Christian Assembly
0431 663 228

Christian Outreach Centre
Bellbird Park 0433 680 223

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

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

El Shaddai Worship Ministry - Camira
Ps Milena 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

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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
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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

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Government

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Milton.Dick.MP@aph.gov.au

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General Enquiries 3810 6666

Local MPs
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Dallas Tunnah 3288 3175
Gail Frawley 0401 222 671

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Goodna/Springfield Probus Club Update

by Robyn Girdler



Our March meeting was the traditional time of year for our AGM. Our Probus group is managed by a committee who handle the business and day to day running, finances and general organization of our club. The management committee is led by our President.

This year, our President is Penny who is also handling membership. So Penny will be the first point of contact for enquiries from members of the public who are seeking more information on the way our club operates.

Penny will be supported by Secretary (Neville), Treasurer (John) and Vice President (Graeme). Past President (Bruce) will be acting in an advisory capacity and will take on the role of Outings Officer. Publicity and Newsletter Officer (Robyn), Guest Speaker Coordinator (Julianne) will also be on the committee.

There are some auxiliary roles which include: Minutes Secretary (Caroline), Hospitality (Yvonne) and Welfare (Sandra). The committee meets every two months, or as often as necessary, to keep the club running. The attached photo of smiling Probians shows our committee for the next year.

Our monthly meetings are open to all members and there is more of a friendship aspect to those meetings. After our AGM, there was a most interesting pictorial presentation on Bhutan following a recent holiday by two of our members. One of our members celebrated a significant milestone birthday at the last meeting. So we enjoyed the delicious cream birthday cake for afternoon tea.

This month's outing was to the Queensland Museum at Southbank. Morning tea was at our usual venue of Brookwater Golf Club and lunch was at the Queen's Park Café in Ipswich. So you can see, we have plenty to offer members to promote our philosophy of fun, fellowship and friendship.

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 gsprob08@outlook.com. Visitors are always welcome and your first visit will be free of charge.

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

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Stock no	Model and Transmission	Rego	Colour
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152166	NAVARA 4X4 2.3 DSL AUTO DC ST	223YPK	BURNING RED
152413	QASHQAI CVT TI	227YPK	GUN METALLIC
152537	NAVARA 4X4 2.3 DSL AUTO DC ST	232YPK	BRILLIANT SILVER
152538	NAVARA 4X4 2.3 DSL AUTO DC ST	233YPK	DEEP SAPPHIRE
152542	NAVARA 4X4 2.3 DSL MAN DC SL	234YPK	BURNING RED
152551	X-TRAIL 2WD AUTO ST 7 SEAT SERIES 2	236YPK	MARINE BLUE
152560	NAVARA 4X4 2.3 DSL AUTO DC ST-X LN	634YSM	DEEP SAPPHIRE
152562	NAVARA 4X4 2.3 DSL MAN DC ST	238YPK	POLAR WHITE
152576	NAVARA 4X4 2.3 DSL AUTO DC ST	240YPK	SLATE GREY
152593	NAVARA 4X4 2.3 DSL AUTO DC ST	241YPK	POLAR WHITE
152598	QASHQAI CVT STL	222YMW	IVORY PEARL
152672	NAVARA 4X4 2.3 DSL AUTO DC SL SILVER LINE	606YSM	POLAR WHITE
152654	X-TRAIL 2WD AUTO ST-L SERIES 2	223YMW	BRILLIANT SILVER
152656	X TRAIL 2WD AUTO ST SERIES 2	224YMW	RUBY RED
152663	PATHFINDER PET AUTO 2WD ST-L MY17/MY18	123YMW	IVORY PEARL
152665	JUKE TI-S 4WD 1.6L TC CVT	124YMW	IVORY PEARL
152789	X TRAIL 2WD AUTO ST SERIES 2	244YPK	RUBY RED
152716	QASHQAI CVT TI	176YMW	NIGHTSHADE
152809	NAVARA 4X4 2.3 DSL AUTO DC ST-X CN	635YSM	BRILLIANT SILVER
152849	X-TRAIL 2WD AUTO ST-L SERIES 2	329YPK	BRILLIANT SILVER

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