

## Issue 3: APRIL 2020 NEWSLETTER

### WHAT'S INSIDE?

Dealing with Stress & Anxiety  
Page 3

New Facebook Groups  
Page 4

Write your Story  
Page 5

Seen Out  
Page 6

Virtual Tours  
Page 7

Symptom Checker  
Page 8

Exercise at Home  
Page 9

Respite News  
Page 10

07 3624 2121

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

Burnie Brae

60 Kuran Street, Cherside

### A MESSAGE FROM KEVIN, BURNIE BRAE CEO Regarding Coronavirus (COVID-19)



Dear Valued Members, Clients and Friends of Burnie Brae

Together we are traversing unprecedented times: we are navigating something new to us all, on a global scale. During this time, I want to reach out and update you all on how we're approaching the situation at Burnie Brae. The values of community, connection and care are the common threads that run through all that we do, and as such, will be incredibly important in guiding us in the coming months. Just as we have used these values to guide our service delivery in the past, so too we will use them to guide us through all that comes our way in the future.

Your health and wellbeing as well the health and wellbeing of the broader community is paramount to us. We have been working towards ensuring every possible preventative measure has been undertaken since the outbreak of the Coronavirus. This has unfortunately included the temporary suspension of a range of services, as well as a range of alterations to those still in operation. I will outline these changes (as at April 1) below:

#### Services temporarily suspended

- All Burnie Brae Activities & Events
- All Fitzgibbon Activities
- All Enoggera Activities
- The Burnie Brae Library
- The Burnie Brae Community Nursery
- The Respite Centre: The Respite Centre at 60 Kuran Street is temporarily closed. We are offering home respite services to clients. For more information on home respite please call 07 3624 2136.
- The Healthy Connections Clinic: Healthy Connections will be ceasing all non-essential exercise services until further notice. For anyone who is receiving individualised (one to one) treatment for health conditions in which exercise is essential for management, your service may be able to continue in an adapted format, either in your home or at an alternate space. Please note that all active memberships will be deferred indefinitely until we are advised from the government that we are allowed to recommence services.

#### Services with Alterations

- Cafe Connect: Café Connect will still be providing takeaway food and drink
- Project Pantry: The Project Pantry shed at 60 Kuran Street will no longer be used as the Project Pantry hamper collection point. Instead we will be offering a hamper delivery service to our clients. you can call our Project Pantry team on 07 3624 2121 between the hours of 8:00am - 3:00pm to organise a suitable time for delivery. If

## CONTINUED



your call is missed our wonderful team will call you back.

- **Hairdressing Salon:** The Hairdressing Salon at 60 Kuran Street will remain open. We are introducing a pre-screening process, limiting the salon to two clients at one time, and also using extra cleaning measures in accordance with the Health Department's advice.
- **Travel Connections:** Our Travel Connections team will be available for appointments, feel free to contact the team on 07 3624 2191 to organise an appointment.
- **Audiology:** Non essential appointments will be postponed, batteries will be mailed out and repair drop offs/pick ups will be altered to limit contact.

### Services running as usual:

- Accessing the community: community transport; travel to medical appointments; shopping assistance (list shopping preferred for your safety)
- Help in your home: home visits & support; domestic assistance; personal care; household maintenance; nursing support
- Home Care Packages
- NDIS: Support Coordination and Allied Health
- Transport Services
- Podiatry

### New services

As many of you will now be spending more time at home we have been busy coming up with ideas to make the coming months more comfortable for you. These are outlined below:

- **Grocery delivery service:** Further details coming soon
- **Cafe Connect delivery service**
- **Online activities and groups:** We have created a series of Facebook groups to assist in keeping you connected and entertained. Currently we have 3 Facebook groups: Burnie Brae Craftathon, Burnie Brae Book Lovers & Burnie Brae Garden Enthusiasts. You can find further information on these groups on page 4.
- **Online fitness classes:** Our Healthy Connections staff are busy creating home exercise programs, be sure to regularly check your emails for updates on this.

As always, we welcome any suggestions from the community regarding what we could be doing to help you. If you have any suggestions please call us on 07 3624 2121.

We will be in regular contact with you to advise of any updates, as this is an ever-changing situation. Thank you for your continued support as we work together to achieve the best possible outcomes for our community.

Warm Regards & Take Care  
Kevin Rouse



## CAFE CONNECT DELIVERY SERVICE

We know that many of you are self-isolating and unable to pick up takeaway food and drink. For this reason, we are very excited to announce that Cafe Connect will be offering a delivery service! This will be available as a members service as well as part of the home care package system.

We are offering a range of Cafe Connect favourites such as lasagne, fish & chips, rissoles & mash, cottage pie and zucchini bake. We will be releasing the full menu and instructions on how to order in the coming days so keep an eye out on Facebook and on your emails.



## DEALING WITH FEELINGS OF STRESS AND ANXIETY SURROUNDING COVID-19

As the situation relating to COVID-19 unfolds, including news reports, travel restrictions, and concerns for your own and your loved ones' health – people can experience a wide range of thoughts, feelings and reactions. Feelings of stress and anxiety in a situation like this are understandable but can be quite unpleasant to deal with. We have compiled a few tips to aid you in alleviating these feelings and help you to feel a little calmer.

### **Find a healthy balance when it comes to media coverage**

It's understandable to want to keep informed, especially if you or your loved ones are affected. However, constantly reading, watching, or listening to upsetting media coverage can unnecessarily intensify worry and agitation. It can be helpful to take a break from news or social media, especially if there's no new information. Use this time to focus on things that are positive in your life and actions you have control over. When you do access information ensure this is from a credible source. Dubious posts on

social media may increase feeling of stress and anxiety and are not as accurate as information provided by the Australian Government or World Health Organisation.

### **Seek support**

Talking through your concerns and feelings with a loved one can be incredibly helpful. It can help you to think about the situation differently and can bring you back to the present at a time when you may be experiencing racing "what if" thoughts. It can be a good idea to talk to someone who has a different outlook on the situation to you, to avoid creating an echo chamber of worry and concern. Although you may not be able to see loved ones face to face, talking over the phone and through video chat is the next best thing. Talking to a professional can be a particularly helpful option: Beyond Blue offers free advice over the phone. You can contact Beyond Blue on 1300 224 636.

### **Acknowledge your feelings**

In situations that are uncertain and evolving such as this, it's understandable

to feel a little stressed. Allow yourself to feel this way without shame or guilt, work towards understanding why you feel this way and what in particular is making you feel worried. It can be helpful to write these feelings down.

### **Keep yourself occupied and focus on what you can control**

Take your mind off of what is happening by keeping yourself occupied. Read a book, get out into the garden, exercise at home, give your home a spring clean or cook a new meal. Some people find that creating a routine is quite helpful, not only to maintain a sense of normalcy but also to ensure you have things to do. By focusing on things you can control rather than things you can't (eg stopping the outbreak) you can feel better and in control.

It can be helpful to remember that we normally have a greater capacity to manage hard times than we think we do. By looking out for one another and ourselves we can try our best to minimise the impact of this event on our physical and mental health.

## STUCK AT HOME? JOIN OUR NEW FACEBOOK GROUPS!

We know that many of you will be spending more time at home due to social distancing restrictions surrounding the outbreak of COVID-19. We are working hard to find ways to stay connected and deliver our key values; community, connection and care during this tough time. To maintain a sense of connection amongst our community we have created a few new Facebook groups, in these groups you can connect with others and share your thoughts on common interests. For more detailed instructions on how to join a Facebook group see our blog post [here](#). Current groups are outlined below:

### BURNIE BRAE CRAFTATHON

Are you a crafter with some time to spare? Why not use your time and skills to support those in need! Our Craftathon is back, with some slight adjustments considering current circumstances. We invite all our crafty Burnie Brae Members to get involved with knitting or crocheting blanket squares, full blankets, scarves and beanies for South East Queensland based charity, Knitting for Brisbane's needy. We encourage you to knit these items at home and bring them into the Burnie Brae Centre for distribution in a few months time when things have settled down.

Knitting for Brisbane's needy was established in 2006 and works to distribute knitted items to those in need, which is largely the homeless population of South East Queensland. We encourage you to be creative! K4BN has said that beanies in indigenous colours and AFL/ NRL team colours are particularly popular. They also said dark colours are popular for those sleeping rough.

To join this group [click here](#) or type "Burnie Brae Craftathon" into your Facebook search bar and click join.

### BURNIE BRAE GARDEN ENTHUSIASTS

This group will be a place for garden enthusiasts to share images and tips with friends. Whether you grow fruit and vegetables or want some tips on indoor plants there is something for everyone - green and black thumbs alike.

To join this group [click here](#) or type "Burnie Brae Garden Enthusiasts" into your Facebook search bar and click join.



### BURNIE BRAE BOOK LOVERS

Books offer us a glimpse into another world, they give us an escape and can teach us a lot. We have created a Facebook group for all our Burnie Brae book lovers. This will be a place where you can share your favourite books, provide recommendations and chat about storylines.

To join this group [click here](#) or search "Burnie Brae Book Lovers" in the Facebook search bar and click join.



## WRITE YOUR LIFE STORY

Have you ever thought about writing your life story? Putting pen to paper and writing down your story can be an empowering experience. The process is equally, if not more, important than the final product. In writing down the events of your life you may experience a sense of fulfillment and gratitude for the life you have lived. It can serve as a way to pass on important lessons, wrap up loose ends and document unique points in history, from your own unique perspective. Passing these stories onto family members can be especially satisfying, particularly to those who are younger than you.

There are many ways to go about this task, it can be as long or as short as you like! There are no boundaries, if you are a more visual person perhaps you would prefer to sketch out the significant events of your life.

Most people find it quite difficult to start at the very beginning without a “refresher”. Get out the photo albums or call an old friend, when you bring these memories to the surface you can begin to write about them more clearly.

To help you begin writing, we have included a few prompts below. Remember, you don't have to write in chronological order; in fact most people find writing chronologically quite hard. You can start with what comes naturally and piece it together in chronological order at the end.

### Prompts:

Can you recall your childhood best friend and some of the things you used to do together? Places you used to go or games you used to play?

What were some routines/traditions your family practiced during your early life? Do any of those traditions survive to this day in your family?

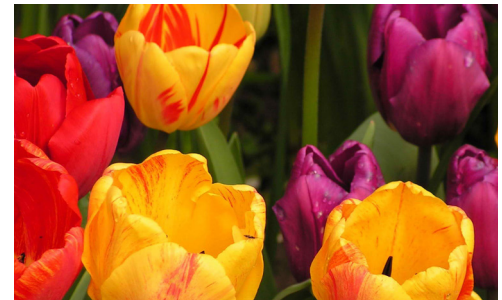
Close your eyes and “tour” the prominent places of your life. This may be your childhood home, the place you went to school or the place you got married. Think about the small details and the memories they evoke.

Describe a turning point in your life. Was there a particular event that changed the trajectory of your life? Did you move cities or meet someone important? Explore the past, present and future surrounding that experience.

Reflect on the “spirit of the time”. In addition to detailing personal events, many enjoy reflecting on significant events and how they were felt in their corner of the world. Reflect on the attitudes of people at this time and how the world moved. This can be particularly interesting for younger relatives to learn about.

Think about a period of time that challenged you, one where you had to be resilient. What lessons did you learn from this experience? It can be hard to think about these periods, but you often come out the other side with a sense of strength and pride.

So what are you waiting for? If you have some time up your sleeve why not embark on this meaningful journey? When things settle down and return to normal we would love to hear some of your stories and peek into the past with you.



## April GARDEN TIPS

### Produce to plant this month

Autumn is in full swing, take the time this month to plant onions, shallots, snow peas, broad beans, lettuce, radish and Asian greens such as pak choi.

### Florals to plant this month

Flowering bulbs such as daffodil, freesia, hyacinth and tulips can be planted now.

### Herbs to plant this month

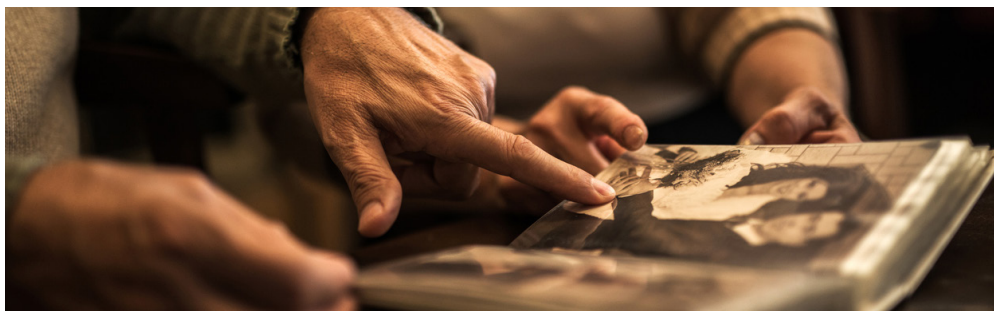
Herbs can really make a meal! Plant coriander, dill, chives, oregano and parsley this month.

### Repel Pests

Strong scented herbs can deter pests when planted amongst vegetables. By planting these at the edge of your garden bed you can gain most benefit. These herbs include chives, coriander, basil and thyme.

### Attract worms

Earthworms are a sign your soil is fertile. When you add organic matter such as leaves and cow manure to your garden soil, you'll attract earthworms. Earthworms add nutrients from their castings, and make tunnels.



## SEEN OUT: MARY VALLEY RATTLER MARCH 11



On March 11th, our wonderful volunteer Robyn captured the sold out Burnie Brae bus trip aboard the Mary Valley Rattler. The Classic Rattler Run is a historic rail experience that begins in Gympie station and travels to Amamoor. The group enjoyed morning tea at the Gympie Station, relaxed in the park at Amamoor and even got a glimpse into the train's engine room.

## WHAT ARE YOU DOING TO STAY OCCUPIED?

Send us a Facebook message, call us on 07 3624 2121 or email [sallyh@burniebrae.org.au](mailto:sallyh@burniebrae.org.au) so we can pass on your ideas in next month's newsletter.

## DIVE INTO PODCASTS

Have you discovered the world of podcasts yet? For those who aren't familiar with podcasts, they are similar to radio talk shows. They are audio only without video and cover a range of topics of interest.

It is now easier than ever to find and subscribe to thousands of podcasts, covering topics such as news, art, true crime, health and more. You can listen to podcasts via the Apple Podcast app, Google podcasts for android and all abc podcasts can be listened to on their website [here](#).

### Our Favourite Podcasts

ABC Radio's Conversations

This podcast by the ABC's Richard Fidler draws you deeper into the life story of someone you may, or may not, have heard about - someone who has seen and done amazing things.

### The Eleventh

The Eleventh is an explosive thriller teasing out everything you never knew about one of the most famous chapters of Australian political history - the downfall of Gough Whitlam. Host Alex Mann of the ABC seeks out new clues and perspectives about what actually happened via first-hand accounts, many previously untold, bringing to life the scandals and subplots that changed the nation forever.

### The Teachers Pet

This is a must listen for anyone interested in true crime. Investigative journalist Hedley Thomas goes over all the evidence, interviews friends, family and other witnesses and asks hard-hitting questions about why Lynette Dawson's disappearance, and likely murder, has been allowed to go unprosecuted for almost 40 years.

## TAKE A VIRTUAL TOUR

Did you know that you can explore museums, national parks and even the Great Wall of China from your own lounge room! Many organisations have created free online tours of their facility for the public to enjoy. We have outlined our top picks below.



### Visit Art Galleries and Museums

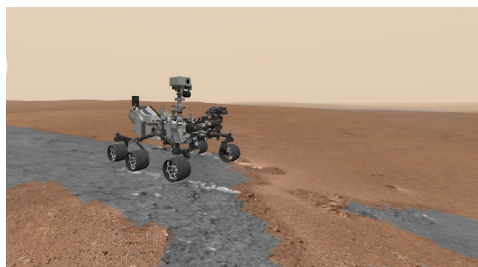
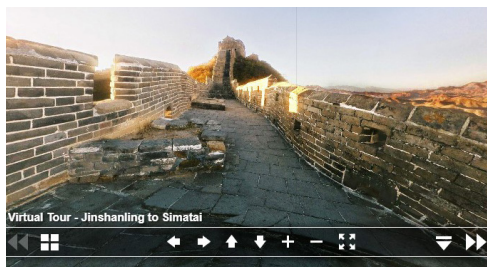
Google Arts and Culture has partnered with over 2500 museums and galleries around the world to show their current collections online. Some of the options include [MoMa](#) and [the Met](#) in New York, [The British Museum](#) in London, The [National Gallery of Victoria](#) in Melbourne, the [Anne Frank House](#) in the Netherlands and the Australian [National Maritime Museum](#) in Sydney. These Institutions have collections of photographed works as well as “online exhibits” which are displayed in a story format.

### Explore the Great Wall of China

Explore the Great Wall of China online [here](#) and see what makes it such an iconic landmark.

### See the surface of Mars

NASA has partnered with Google to bring you a 3D replica of the Martian surface recorded by the Curiosity Rover. This educational virtual tour is a must for any space fans. You can access it [here](#).



## QUIZ SPOT

Time for a quiz! See how you go with our general trivia below:

1. Venus Williams has won more Grand Slam titles than Serena True | False
  2. Wimbledon was first held in
    - a. 1877
    - b. 1900
    - c. 1910
  3. Which of these events is NOT part of the Decathlon
    - a. 400 metres
    - b. Pole Vault
    - c. Hammer Throw
  4. Who was the Benedictine monk who invented champagne?
    - a. Claude Moet
    - b. Dom Perignon
    - c. Pol Roger
  5. What word goes before vest, beans and quartet?
  6. Which kind of bulb flowers were once exchanged as a form of currency?
    - a. Tulips
    - b. Daffodils
    - c. Dahlias
  7. How many valves does a trumpet have
    - a. Three
    - b. Four
    - c. Five
  8. Who was Henry VIII's first wife?
    - a. Anne Boleyn
    - b. Catherine of Aragon
    - c. Anne of Cleves
  9. In "Thunderbirds", what was Lady Penelope's chauffeur called?
    - A. Alan
    - B. Jeff
    - C. Parker
1. F, 2. A, 3. C, 4. B, 5. String, 6. A, 7. A, 8. B, 9. C

## DIFFERENCES BETWEEN COLDS, FLU & COVID-19

In times like these it is easy to jump to conclusions and assume the worst. A slight sniffle may lead you to believe you have COVID-19 when in fact it may be due to allergies or a cold. Everyone who gets novel coronavirus (COVID-19) will experience it a little differently, with different levels of severity and symptoms. The chart below provided by the Queensland Government shows you the symptoms and compares them with the common cold and the flu. If you feel unsure it is always best to contact your GP. It is recommended that you call your GP in advance, in case any extra precautions need to be put in place.

### SYMPTOMS OF novel coronavirus (COVID-19), a cold and the flu



SYMPTOMS	COVID-19 Symptoms range from mild to severe	COLD Gradual onset of symptoms	FLU Abrupt onset of symptoms
 Fever	Common	Rare	Common
 Cough	Common	Common	Common
 Sore throat	Sometimes	Common	Common
 Shortness of breath	Sometimes	No	No
 Fatigue	Sometimes	Sometimes	Common
 Aches and pains	Sometimes	No	Common
 Headaches	Sometimes	Common	Common
 Runny or stuffy nose	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes especially for children
 Sneezing	No	Common	No

For more information, visit [www.health.qld.gov.au/coronavirus](http://www.health.qld.gov.au/coronavirus)

Adapted from material produced by WHO, Centers for Disease Control and Prevention.

## HEART FOUNDATION RECIPE



### PUMPKIN SCONES

These pumpkin scones are not only delicious but are cost effective and can be made from common pantry staples.

#### INGREDIENTS

- 300g butternut pumpkin, peeled and cut into 2cm cubes
- 3½ cups wholemeal self-raising flour
- ½ cup buttermilk
- ¾ reduced fat milk
- ½ teaspoon nutmeg

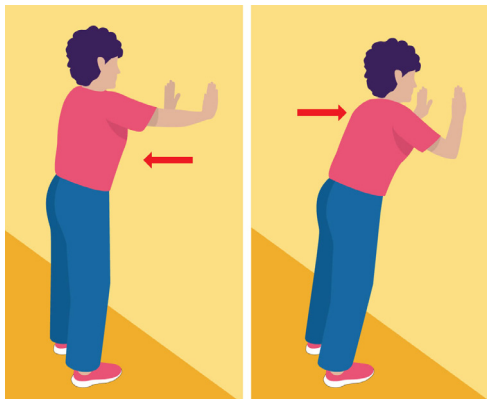
#### METHOD

1. Preheat oven to 200°C. Line a baking tray with baking paper and set aside.
2. Place pumpkin in a small saucepan with water. Bring to the boil and cook for 15-20 minutes or until pumpkin is tender.
3. Drain pumpkin and place into a medium-sized bowl. Mash pumpkin and set aside to cool for 10 minutes.
4. Combine self-raising flour, buttermilk and milk into a large mixing bowl. Add pumpkin and nutmeg, combine all ingredients.
5. Turn dough out onto a lightly floured surface. Knead gently until all ingredients are well combined. Be careful not to over knead.
6. Pat dough down until it is 2cm in thickness.
7. Using a 6cm scone cutter, cut rounds and place onto baking tray.
8. Bake for 12-15 minutes or until scones are golden and well risen.



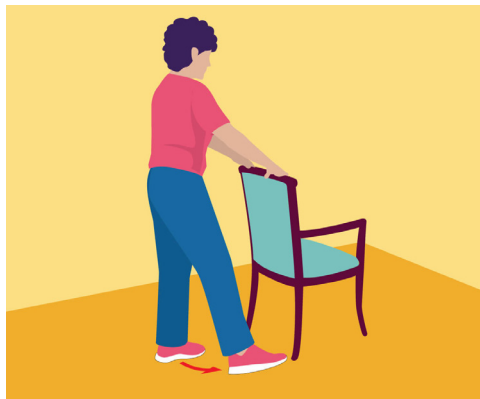
## EXERCISES YOU CAN DO AT HOME

There are many ways to exercise whilst at home, all you need is a chair and a wall! Try to complete 10 of each of these exercises or as many as is appropriate to your ability.



### Wall Push up

Stand arm's length in front of a wall. Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders. Keep your feet planted as you slowly bring your body towards the wall. Gently push yourself back so that your arms are straight.



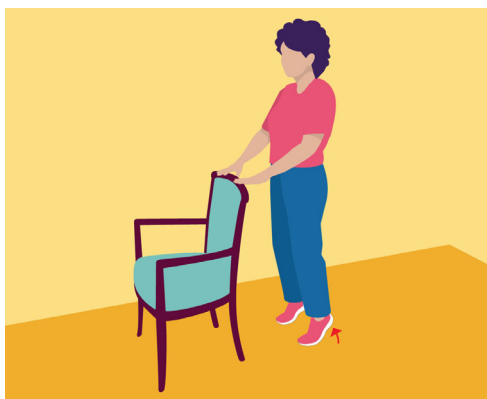
### Side Leg Raise

Stand behind the chair with your feet slightly apart. Slowly lift your right leg to the side. Keep your back straight, your toe facing forward, and stare straight ahead. Lower your right leg slowly and repeat on left leg.



### Back Leg Raises

This exercise can help to make your bottom and lower back stronger. Stand behind a chair. Slowly lift your right leg straight back – don't bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down. Repeat this on your left leg.



### Toe Lifts

Stand straight and put your arms in front of you on a bench or sturdy chair. Raise yourself up on your toes, then gently lower yourself. Don't lean too far forward on the chair or counter.



### Walk Heel to Toe

This is another great balance exercise, walk heel toe for 10 steps. It can be helpful to walk around a chair if you aren't confident with your balance.



### Marching in Place

This exercise focuses on balance. Standing straight, lift your right knee as high as you can. Lower it, then lift the left leg.

There are many other ways to exercise at home, cleaning the house, gardening and going up your stairs all count as exercise. YouTube is a fantastic resource for online yoga classes, however be sure to only do movements you are comfortable with.

# RESPIRE NEWS

## SEEN OUT AT RESPIRE



Demitri and Sandy hit the dance floor while Hans Van Der Drift entertains.



Our flowers are growing!



John Chaczko got “man of the match” for his catch when we went to Deep Water Bend this month. Eddie Mead got the “best and fairest” for sticking it out to the end and for almost landing a legal fish!

## HAPPY BIRTHDAY KATH

Regular Respite attendee Kath celebrated her 90th Birthday this month. We celebrated the milestone in the Respite Centre with cake, decorations and a birthday crown. Kath was still wearing her crown at her birthday party a few days later.



## KEVIN'S BISCUITS

Kevin Knight gave us a cooking class we will never forget in Respite recently. His world famous ginger and macadamia biscuits were an all-round hit and were gobbled up in a snap.

After being shrouded in secrecy for decades, Kevin has announced that his biscuit recipe will be released to the public. So here it is... Enjoy!

## GINGER & MACADAMIA BISCUITS

### INGREDIENTS

- 250g butter
- 1 cup sugar
- 2 cups self raising flour
- ¼ cup condensed milk
- 125 g crystallized ginger
- 90g macadamia nuts
- 4 cups cornflakes

### METHOD

1. Preheat oven to 160 degrees celsius
2. Cut ginger and nuts into small pieces
3. Cream butter and sugar well
4. Add condensed milk and self-raising flour
5. Fold in ginger, cornflakes and nuts
6. Roll into balls and flatten
7. Bake for 15-16 minutes at 160 degrees celsius

# CARE SERVICES



## VOLUNTEER SPOTLIGHT



EDDIE

Celebrating the work of our volunteers is so important to us. They make a huge difference to the face of Burnie Brae and we could not operate as efficiently as we do without them.

This is one of our fantastic volunteers, Eddie. Eddie has volunteered at Burnie Brae for a whopping 12 years, spending his time in both the Respite Centre and with Project Pantry. When I asked Eddie why he volunteers at Burnie Brae, his answer was short and sweet - "I love it." Thank you Eddie!

## SCAM WATCH: CORONAVIRUS SCAMMERS

Unfortunately, in times of crisis there are still people trying to benefit from the vulnerability of others. The ACCC recently sent out a warning regarding COVID-19 scams. ACCC deputy chair Delia Rickard said "scammers are impersonating official organisations such as the World Health Organisation and the Department of Health as well as legitimate businesses such as travel agents and telecommunications companies" in an attempt to gain personal data. ScamWatch reported that these scams were sent out as email or text message and claimed to be providing official information on the Coronavirus. Additionally, officials have seen a rise in websites claiming they have a "cure" or vaccine for the Coronavirus, which is false. Rickard warned not to fall for these claims as currently these products "simply do not exist."

### How can I protect myself from these scams?

Karl Hanmore, the acting head of the Australian Cyber Security Centre states

that Aussies should be "cyber-alert but not cyber-alarmed" he went on to say "most importantly, do not click on links you receive via text message or email, especially if they're around the Coronavirus." The reason for this is that these links could install malware on your device. The Australian Government has sent out a legitimate Coronavirus text message so it can be hard to know what is real and what isn't. Text messages sent out by the Australian Government begin with "Coronavirus Aus Gov msg:" so be sure to check for that. In addition to steering clear of suspicious links, Mr Hanmore also recommend checking the <https://www.cyber.gov.au/> website from time to time to stay up to date with warnings.

It is understandable to want to hear information on the current status of COVID-19 in Australia. For the most up to date and accurate information visit the WHO website or the Australian Government Department of Health website or the new App.

As always it is a good idea to ensure you use strong passwords with a combination of letters, numbers and special characters. If you feel uncertain about the validity of an email, call or message you have received it is always best to leave it and seek advice. Perhaps you can ask a younger relative or friend what they think or you can check the Australian Government's dedicated scam watch website [here](#).



# TRAVEL NEWS



## ARMCHAIR TRAVEL: DESTINATION KIMBERLEY

We understand travel may not be possible under current circumstances, however, we would love for you to indulge in a little “armchair travel” with us. Put on your seatbelt and let’s explore the Kimberley!

Star in the adventure of a lifetime in one of the world’s most amazing wilderness areas. An ancient landscape of rugged ranges and stunning gorges, pristine beaches and untouched reefs. The Broome and Kimberley region of Western Australia is a land of extraordinary contrasts, where red earth country meets the turquoise waters of the Indian Ocean. On the coast lie some of Australia’s most beautiful beaches, rugged islands and coral atolls with an amazing variety of marine life. Venture inland to spectacular rock formations, ancient gorges, rock pools and plunging waterfalls. Not to be missed are the iconic bee hive domes of the Bungle Bungle Range in World Heritage Listed Purnululu National Park.

Enjoy relaxing days on the 22 kilometre stretch of white sand known as Cable Beach in Broome, or cruise the amazing Kimberley coastline and inland waterways for a look at a part of the Kimberley only a privileged few have seen. Encounter amazing wildlife and 20,000 year old rock art or travel along one of the best

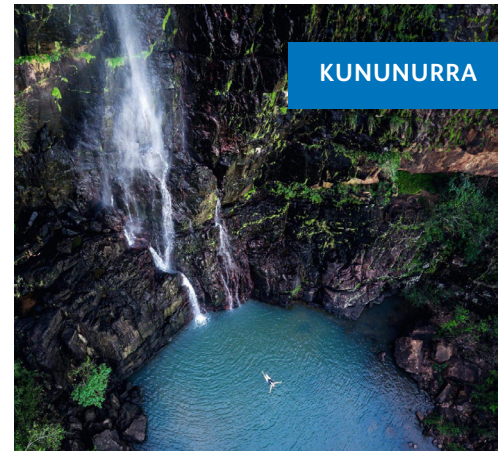
four wheel driving routes in Australia, the Gibb River Road. Romance and adventure are around every corner in the magical Kimberley.

### Broome

Known as the southern gateway to the Kimberley region, Broome is a town steeped in history as a pearling port and is now enriched by the multicultural atmosphere left behind. Broome has much to offer, whether it’s natural attractions or just a place to relax and enjoy warm sunny days and balmy nights.

Cable Beach is simply breathtaking, with 22 kilometres of pristine sand lapped by the warm blue waters of the Indian Ocean. Go for a swim, sail on a Pearl Lugger or go fishing, and at the end of the day, sit back and watch a magnificent Broome sunset. Explore Broome’s history with a walk through Chinatown. From the bustling hub of pearl sheds and billiard saloons in its hey day, Chinatown is now home to fine pearl showrooms, shops and sidewalk cafés.

From Broome you can explore the Buccaneer Archipelago, spectacular Kimberley gorges and Cape Leveque on the Dampier Peninsula – the perfect getaway for the adventurous traveller.



KUNUNURRA

### Kununurra

Located on the banks of Lake Kununurra and the Ord River, Kununurra is the eastern gateway to the Kimberley. Kununurra is also the perfect base to explore Purnululu National Park and the Bungle Bungles. Take a scenic flight over the bee-hive domes of the Bungle Bungle Range or Lake Argyle, the biggest man-made lake in Australia and large enough to be considered an inland sea. Tour the Argyle Diamond Mine, the largest open-cut diamond mine in the world or visit the diamond showrooms in Kununurra.

Also accessible from Kununurra are Mitchell Plateau and a number of stations and wilderness camps along the Gibb River Road, including El Questro Wilderness Park and Home Valley Station.



THE KIMBERLEY



BUCCANEER ARCHIPELAGO

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