

Issue 5: JUNE 2020 NEWSLETTER

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Burnie Brae

60 Kuran Street, Chermside



ROAD MAP TO RE-OPENING BURNIE BRAE'S COVIDSAFE RE-OPENING PLAN

Like many of you, we have missed spending time together at our usually bustling community centre. For this reason, we are incredibly excited to announce the re-opening of a range of our services, with the safety and health of our community at the forefront of these decisions. We have followed the lead of the Australian Government and have structured our re-opening in a road map style recovery plan. The following information will detail the services resuming from **Monday, June 8 & 15, 2020** as part of stage two.

Healthy Connections I Resuming June 8

The Healthy Connections Clinic will be re-opening for member sessions, to a maximum of 15 people at a time. To ensure the safety of our members the following extra precautions will be put in place:

- Pre-booking of sessions will be required to ensure numbers are kept to a maximum of 15.
- Pre-screening will be required prior to each session; this will involve symptom checking and a temperature check. If your temperature exceeds 37.5 degrees Celsius you will not be permitted to enter the clinic.
- Sessions will be 45 minutes in duration to allow adequate time for cleaning between sessions.
- Program cards and clipboards will be organised prior to your arrival and will be handed to you once you have entered the clinic.
- Extra staff will be onsite to sanitise equipment and surfaces throughout the session.
- You will be required to bring your own water bottle and towel.

Healthy Connections PLUS I Resuming June 8

The Healthy Connections PLUS clinic at Corrie Street will be re-opening for member sessions, group classes and exercise physiology, to a maximum of 10 people at a time. To ensure the safety of our members the following extra precautions will be put in place:

- Pre-booking of sessions will be required to ensure numbers are kept to a maximum of 10 members in the clinic at any given time.
- Pre-screening will be required prior to each session; this will involve symptom checking and a temperature check. If your temperature exceeds 37.5 degrees Celsius you will not be permitted to enter the clinic.
- Sessions will be 45 minutes in duration to allow adequate time for cleaning between sessions.
- Cashless payment is preferred where possible.
- Please Bring your own water bottle, towel, theraband and yoga mat (if applicable).

Café Connect I Resuming June 15

Dining in at Café Connect will be re-opening from Monday, June 15, to a maximum of 20 people at a time. Table bookings will be essential. Café Connect will continue to offer takeaway meals as well as meals delivered.

CENTRE NEWS



BURNIE BRAE ROAD MAP TO RE-OPENING

Burnie Brae Centre Activities

A number of our Burnie Brae Centre activities will be reopening from Monday, June 15 to a maximum of 20 people at a time. Each activity has been assessed by our health and safety team and will be opened at the appropriate time. The first round of activities to be re-opened are the activities that do not share common equipment. You can find the updated timetable to the right.

- Sessions will be on a book and pre-pay basis, further details coming soon.
- Temperature checks will be compulsory on arrival at the Centre.
- Communal food, including tea and coffee is unavailable under COVIDsafe planning.

Burnie Brae Transport Service

Our transport service has been modified to ensure physical distancing measures can be met.

Remaining closed

The following services will be remaining closed until further notice:

- Burnie Brae Day Respite Centre
- Centre events
- Activities at the Fitzgibbon Community Centre

At Burnie Brae, member safety comes first and we want you to be confident in the measures we are taking to ensure your safety, including a comprehensive COVIDsafe plan. As much as we are excited for the return of normality, we have opted against rushing into re-opening services all at once. Instead, our team have worked diligently and have taken the time to evaluate each service, to ensure the health and wellbeing of our community.

WHAT'S THE SAME	WHAT'S DIFFERENT
COMMUNITY, CONNECTION, CARE	PRE-BOOKING
QUALITY CARE	ADDITIONAL CLEANING LIST SHOP AVAILABLE SANITISING STATIONS
FUN ACTIVITIES	RECORDS KEPT FOR 28 DAYS TEMPERATURE CHECK ON ARRIVAL
DEDICATED STAFF	OCCUPANCY LIMITS NO COMMUNAL FOOD OR DRINK SCREENING QUESTIONS
EXERCISE PROGRAMS	OWN EQUIPMENT USED WHEN POSSIBLE CAFE DELIVERY AVAILABLE
FRIENDSHIPS	CASHLESS TRANSACTIONS
GREAT FOOD	1.5M DISTANCING

UPDATED ACTIVITY TIMETABLE

MONDAY	
Zumba	7:45am
Art	9:30am
Line Dancing: Beginner	11:30am
Line Dancing: Early Intermediate 1	1:00pm
Line Dancing: Early Intermediate 2*	2:30pm
Clogging	6:00pm

TUESDAY	
Stretch in the park	7:30am
Tap Class	9:00am
Dance & Movement	10:30am
Line Dancing: Intermediate 1	12:00pm
Line Dancing: Intermediate 2*	1:30pm
Line Dancing: Advanced	3:00pm

WEDNESDAY	
Zumba	8:00am
Matwork Pilates	9:30am
Fitness with Jo	11:00am
Yoga	12:30pm
Dance Moves	7:30pm

THURSDAY	
Functional Fitness 1	9:00am
Functional Fitness 2*	10:30am
Gypsy Rhumba	12:30pm
Drama	2:00pm

FRIDAY	
Matwork Pilates	7:30am
Ukulele	10:00am
Qigong (Tai Chi)	2:00pm

*only if prior class is fully booked

Timetable subject to change



KAJA'S INCREDIBLE STORY

“Without music I wouldn't be here” this is what 92 year old Kaja said of his extraordinary life and the common thread that has run through it – his love for music.

Last month we joined Colleen on her weekly home respite visit to Kaja and his wife Shirley's home. Upon stepping into the couple's outdoor area you get the feeling they have lived a full and exciting life. Surrounding the outdoor table are images from the many places they have travelled; American national parks, European wonders and pictures of Kaja's hometown – Klatovy, a small town in the Czech Republic. Here we sat down to hear Kaja's incredible story, in which he escaped a labour camp in Czechoslovakia in the late 1940's.

Kaja's life changed when Czechoslovakia fell under communist rule in 1948. Having just completed his education, Kaja was drafted into the Czech army and was required to undertake two years compulsory military service. However, because Kaja spoke out against the communist regime present at the time, he was stripped of his rank and discharged from the army. It was this event

that eventually found Kaja as a prisoner at the Svata Dobrotiva labour camp. In his recount of the events Kaja wrote “I will never forget the feeling of humiliation as I stood before the senior officer on that day, he ripped the buttons from my army uniform and the gold star from my lapel.”

At the camp prisoners were surrounded by barbed wire fence and undertook hard work breaking boulders with heavy hammers. Thankfully Sunday Mass at the nearby church provided Kaja a small haven of sanity within the camp. It was here that through his love for music Kaja befriended the priest, who alongside Kaja's father would later help him escape the camp.

The day of Kaja's escape had come. He crawled beneath the barbed wire fence of the camp and raced towards the church where he met the priest. Here the most important question of Kaja's life would be answered

– would he be given help or turned away? Kaja said “It was his civil duty to inform the authorities of my actions but he choose not to do so. Instead he gave me civilian clothing and his blessing.” From here Kaja made his way to the closest train station and boarded a train, headed for a house near the countries border. Kaja's father had arranged for him to hideout at this house for a few days, here he would meet his guide, who would help him cross the border to Germany.

After a few days stay, Kaja and his guide set out for the border in the early evening, “we were well rested so we marched along the road happily.” However it was not until the sky was beginning to darken that it became apparent the pair was lost, “not knowing which way was Germany and which was Czechoslovakia.” The pair walked in circles for hours. It was not until Kaja's guide spotted soldiers guarding the border that the acute danger of the situation set in. Kaja wrote in his memoir of the events “I had taken only three steps into the water [of the stream they had to cross], when gunshots were suddenly whizzing around me in quick succession. I speedily jumped back out of the water and lay face down against the ground.” “we lay there in complete silence, unable to move and paralysed by complete terror.” Fortunately, the soldiers eventually moved on, Kaja thought to himself “could we really be so lucky, or were we blessed?” Finally, after a number of close encounters, Kaja made it to Germany. “I have never stopped being amazed at how my guide and I narrowly escaped death, injury and capture, on so many occasions.”

Once Kaja made it to Germany the opportunities that many of us take for granted, once again opened up. He was able



Kaja and Shirley at home

to play music and the possibility of migrating was on the horizon. Like many displaced people at the time Kaja's preference was to migrate to America. However, on learning how long the wait was Kaja decided on Australia.

Almost 70 years on, Kaja and his wife Shirley are still living in Australia. Kaja and Shirley have since visited his home town of Klatovy in the Czech Republic. The couple have also visited many parts of Europe and North America.

The rest of our visit was spent playing scrabble, Kaja's favourite board game. Being a keen player, Kaja left Colleen and I in the dust! Kaja and Colleen often play scrabble

and listen to music together on her weekly home respite visit. Kaja also plays piano during their time together. Which, despite now living with the challenges of dementia, he still plays impeccably. Last year Kaja gave Colleen one of the request pads he used to use when playing at restaurants and bars. Colleen was able to request any song she wished, she chose the song "Po Keri Keri Ana" a song from New Zealand – her home country. Colleen's visits allow Shirley to catch up on other things she needs to get done, such as going out to the shops and banking. Shirley says "I feel very blessed, you couldn't ask for nicer people to have helping you."

Thank you Kaja, Shirley and Colleen for your time, we thoroughly enjoyed it!



Then and now, music has always been a big part of Kaja's life. See him playing [here](#)



Kaja and Colleen love playing scrabble together, the competition is always tight!

JUNE QUIZ SPOT



This month all our questions relate to science and nature!

1. Which is the largest internal organ in the human body?
A. The heart
B. The liver
C. The brain
2. What is the world's deepest ocean?
A. The Pacific
B. The Indian
C. The Atlantic
3. What type of rock is granite?
A. Sedimentary
B. Metamorphic
C. Igneous
4. Which animal never sleeps?
A. Bullfrog
B. Giraffe
C. Ant
5. What is the largest sand island in the world?
A. Moreton Island
B. Stradbroke Island
C. Fraser Island
6. What kind of a creature is a scorpion?
A. Arachnid
B. Insect
C. Reptile
7. What planet has the strongest winds in the solar system?
A. Neptune
B. Jupiter
C. Venus
8. What was Tasmania originally named?
A. The Tasman Island
B. Van Diemen's Land
C. Australius Smallus

1. B, 2. A, 3. C, 4. A, 5. C, 6. A, 7. A, 8. B

CRAFTATHON AT HOME: SUPPORTING KNITTING FOR BRISBANE'S NEEDY

We were very excited to receive a number of beanies last month to be donated to South East Queensland based charity, Knitting for Brisbane's Needy (K4BN). K4BN supports those doing it tough in South East Queensland, namely those who are homeless or at risk of experiencing homelessness.

If you have time to spare and would like to get involved please do so! Due to current circumstances we will not be hosting any meet ups but encourage you to get involved from your own home. You can drop completed items to Burnie Brae reception when you are ready. K4BN accepts a range of items, however, due to

the cooler weather we thought it would be a good idea to focus on beanies, scarves and blankets/blanket squares. We encourage you to get creative and have fun, both knitting and crocheting are welcome. K4BN has said that beanies in indigenous colours and NRL team colours are particularly popular. They also said dark colours are popular for those on the streets.

Those who use Facebook can join our Burnie Brae Craftathon group [here](#). This group will help you to stay up to date and connect with other crafters. Thanks so much to our wonderful members who have already donated their time and skills!



Join our Craftathon Facebook group to stay connected



HALL FLOORS REFURBISHED

We have taken your feedback on board and have used the quiet time to resurface our hall flooring. We recognise that the last servicing of our hall floors left the surface stickier than desired for certain activities, in particular those involving dancing and movement.

We invite you to come and test out the floor yourself; it is no longer sticky and is now suitable for all of our dance and movement activities. Thank you for your understanding and patience; we are sure you will feel the difference on your return to the centre.



JUNE GARDEN TIPS

Jenny's tips

"You get out of your garden what you put in. Don't kill bugs in the garden. If you have the correct micro-climate, the good bugs will take care of the bad. Keep adding to your soil. Egg shells and coffee grinds can be put around seedlings to protect them from snails."

Cheryl's tips

"Coffee grounds can be added to the soil to improve drainage, water retention, aeration in the soil as well as attracting earthworms."

FIVE WALKS TO DO AROUND BRISBANE'S NORTHSIDE

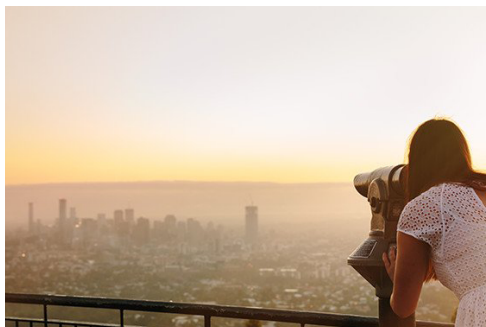
The COVID-19 pandemic has found many people with a new appreciation for walking. We all know how good taking a walk through nature can make us feel, in fact the Japanese have a term for it – “forest bathing”. Yep, it’s a real thing and it describes the feeling of rejuvenation that comes from getting out into nature. Let us take you through our top five Brisbane Northside walks so you can “forest bathe” too.



Enoggera Reservoir

Experience nature at your doorstep. The Araucaria circuit at the Enoggera Reservoir offers stunning reservoir views and the opportunity to spot turtles and native birds. Walk this track early in the morning, while it is nice and cool. If you are game, finish the walk with a dip, or a coffee at the on site café.

A: 60 Mount Nebo Road, the Gap



Mount Coot-tha

Mount Coot-tha has it all. Start by wandering the beautiful Brisbane Botanic Gardens before taking the Summit track from JC Slaughter Falls picnic area to the Mount Coot-tha Lookout. See if you can spot your suburb from the top.

A: Sir Samuel Griffith Dr, Mount Coot-Tha



Brisbane River Walk

For something a little breezier head to the Brisbane River Walk in New Farm. The original floating pathway washed away in the 2011 floods but was reopened in 2014. Take in the views of the iconic story bridge as you head through the Howard Smith Wharves. This track links up with the riverside boardwalk which takes you to the heart of the Brisbane CBD, for those who can't get enough of the river views.

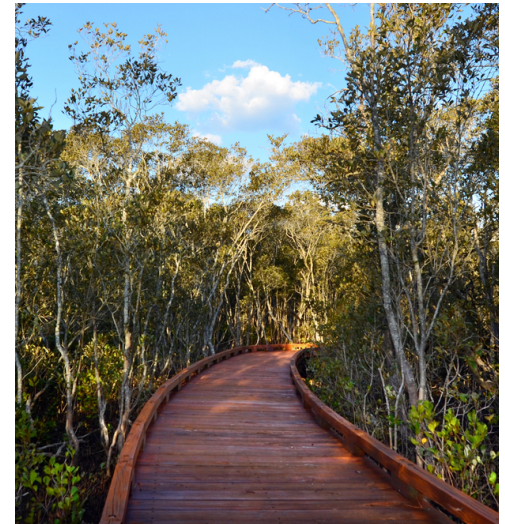
A: Brisbane River Walk, New Farm. For parking we recommend the New Farm end of Merthyr Road.

Boondall Wetlands

The lesser known Boondall Wetlands are a paradise for walkers and cyclists alike. Explore a different kind of scenery as you take in the salt flats, mangroves, paperbark tea trees and if you're lucky, wetland

wildlife.

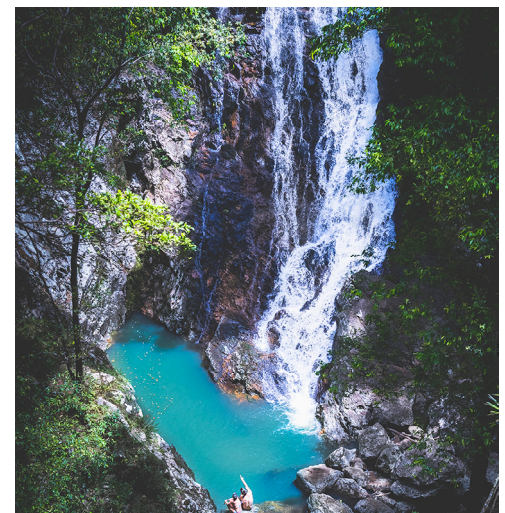
A: Billai Dhagun Track, Boondall Wetlands, 31 Paperbark Dr, Boondall



Kondalila Falls

If you're looking for a daytrip, Kondalila Falls is the spot. Follow the Picnic Creek Circuit and walk through stunning rainforest and past intriguing rock pools before reaching the spectacular falls. We recommend treating yourself to a picnic spread whilst you take in the glorious views.

A: Kondalila Falls Rd, Flaxton QLD



DANCING - MORE THAN A HOBBY

Swing, foxtrot or boot scoot your way into good health! Dancing is known to reduce falls risk, improve memory and encourage social bonds. The reason for this may lie in the fact that it requires a few skills to be put into practice simultaneously. Dancing requires balance and coordination, it makes use of the aerobic system and even challenges your cognitive function, we'll grapevine to that!

Dancing has cognitive benefits

In a study published in the "Frontiers in Ageing Neuroscience" researchers assigned a group of adults aged from 60 to 80 one of three activities: brisk walking, balance training and dance classes. Those in the dance group kicked their heels thrice weekly, with country dance and choreography classes. At the conclusion of the experiment all participants undertook a series of brain scans aimed to assess the impact of exercise on brain deterioration. The dancing group fared best with lower levels of deterioration compared to the other two groups, study conductor Aga Burzynska stated that this was likely to do with the use of memory in learning new dance sequences.

Alongside this are the mental health benefits gained from dancing. Participating in dance classes can bring you closer to likeminded people and encourage social

bonds, which we know are key in achieving great mental health outcomes as we age.

Boost your balance

It won't come as a shock that dancing improves balance, but did you know it can also improve your level of "balance confidence"? Balance confidence refers to your level of confidence in maintaining balance and ability to remain steady. Multiple studies have found that those with improved levels of "balance confidence" are less likely to suffer a fall.

Get some cardio in

Dancing can improve your cardiovascular health, which will help to decrease your chances of developing heart disease. Unlike many other forms of cardio exercise, dancing is fairly low impact meaning it won't place too much pressure on your bones and joints.

Remember, you don't have to be Fred Astaire to enjoy this wonderful activity. Our dance participants will be able to tell you that our classes are welcoming and fun. A range of our dance classes are recommencing this month, the full timetable is available on page 2. In the meantime we have plenty of online resources to help you get your feet tapping at home. For online dance videos click [here](#).



HEART FOUNDATION RECIPE



SLOW COOKED BEEF STEW

INGREDIENTS

- 2 tablespoons wholemeal plain flour
- 500g lean beef, diced
- 2 tablespoons olive oil
- 1 cloves garlic, crushed
- 1 leek, thinly sliced
- 1 medium onion, diced
- 2 large carrots, peeled, sliced
- 1 small sweet potato, peeled and diced
- 1/2 small swede, peeled and diced
- 4 sticks celery, diced
- 400mL salt reduced beef stock
- 200mL water
- 400g can diced tomato
- 3 tablespoons parsley
- 1 tablespoon Worcestershire sauce

METHOD

1. Place beef and plain flour into a large bowl and toss to coat.
2. Place a large heavy based pan over medium heat and add 1 tablespoon olive oil. Add meat and cook for 2-3 minutes or until meat is brown. Remove meat from the pot and set aside.
3. Add remaining olive oil to the pan and cook onions, garlic and leek for 1-2 minutes, or until just softened. Add carrots, sweet potato, swede, celery, beef stock, water, diced tomato, parsley, Worcestershire sauce and beef to the pot and bring to the boil.
4. Reduce heat, cover and cook on low heat for approximately 2 hours, stirring approximately every 20/25 minutes.
5. Garnish fresh parsley on top of beef stew.

SOPHIE'S TIPS ON HOW TO IMPROVE YOUR POSTURE

Since COVID-19 restrictions have been in place, there have been many changes happening including the nature of our work at Healthy Connections. In normal times, my day consisted of long bouts of standing and walking around the gym area when seeing clients interspersed with bouts of sitting at lunch time or when doing paperwork.

Nowadays, I spend more time in the car travelling to clients' homes for 1-on-1 sessions and in front of the computer doing Telehealth consultations or writing these blogs. These changes in my workday have resulted in changes to my working postures. I have noticed additional niggles and knots in my thoracic spine and neck from increased sitting at work. This got me thinking: what are these changes doing to my posture and could this be contributing to my new aches?

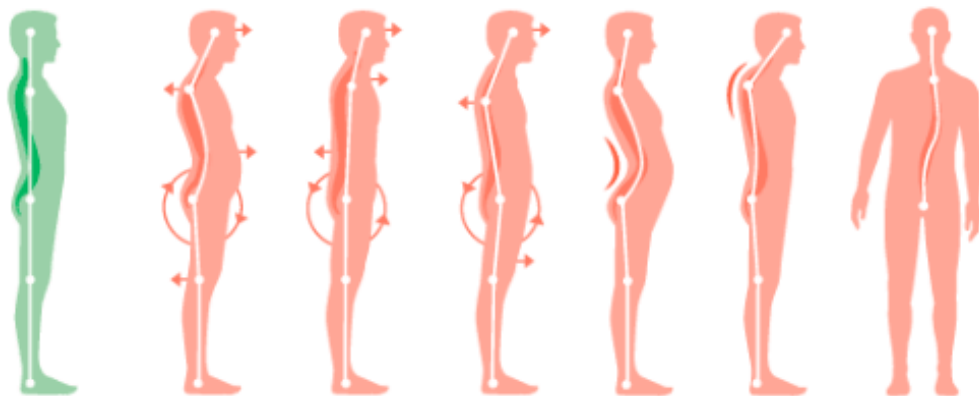
What is posture?

Posture takes many forms – posture when sitting, standing, lying down, walking, playing sports, lifting, pushing, pulling, crouching, squatting, reaching, twisting and the list goes on. When we are in one position (e.g. standing or sitting still), the optimal posture is one in which muscles are in equilibrium or balanced. All muscles are working at a neutral length, where none are shortened or lengthened.

What is neutral posture / neutral spine?

You may have heard in yoga, pilates or even one of the AEPs at Healthy Connections refer to 'neutral spine'. As I mentioned above, this is achieved when all muscles are at a neutral length.

In a perfect world, we would be able to obtain and sustain this posture 100% of the time; however, humans take on many postures and depending on our activity/inactivity, we can develop habits that lead to postures that are non-optimal. This occurs when muscles become under active or overactive and their antagonists respond with opposing positions. Over time, if these



muscles become more under active or overactive and our posture worsens, problems like pain, arthritis and discomfort may develop.

How do we improve our posture?

This is the million-dollar question! It is difficult to correct any existing muscle imbalances with a 'one size fits all' approach. However, that beautiful thing called exercise is one intervention that can assist with improving posture.

Here is my step-by-step guide:

Be aware of your posture – I bet most of you are sitting while reading this newsletter, so think about what position you are in. Are both feet flat on the floor or are your legs crossed? Are you sitting tall or slumping? Are you sitting all the way back in the chair or is your bottom towards the front of the chair? Is your chest broad and shoulders back, or is your chest sunken and shoulders rounded? Where is your chin in relation to your neck?

Pick one thing to focus on – there are a lot of things to consider when it comes to your posture but pick one thing at a time to keep aware of. It could be keeping your shoulders back and 'lengthening' your spine as if you are a stringed puppet being pulled up to the sky. Or it could be your hip position – are

you sticking your bottom out or flattening through your back? Try to correct these postures by finding a mid-way between these two points.

Stretch the tight muscles, strengthen the weak muscles

– exercises are essential to achieving better posture. If you have noticed that you have rounded shoulders, you want to stretch your chest muscles and upper traps (top of shoulders/neck) and strengthen your rear shoulder/shoulder blade area as well as deep neck flexors. Specific exercises can be found [here](#).

Consistency is key – our bodies tend to assume a posture without us having to think about it. This can be problematic if said posture is non-optimal. Therefore, it is important to consistently be aware of when our posture is not neutral and correct accordingly. The more we assume an optimal posture, the more our muscles and brain can adapt to these positions. We can then achieve a new 'normal' posture without having to constantly think about it, but beware: this process takes time and effort!

Read the second part of this article on the Healthy Connections website blog [here](#).

This article is written by Sophie Pacek, Exercise Physiologist at the Healthy Connections clinic.



MEMBER STORY: KEN'S HOME GYM

"I've got muscles that I didn't even have in my 20's!"

You may remember Ken from a story we did a few months ago. Ken is completely blind, but that hasn't stopped him from building his own home gym. An exquisite woodworker, Ken has built a bench and a weight rack allowing him to keep up his exercise program at home. You can see these items in the images to the right.

At 76 and fitter than ever, Ken says "it is never too late to start exercising." He cites the importance of just getting started no matter how small, stating "to do something is always better than doing nothing."

On his approach to exercise Ken says "the only person you have to impress is yourself, and the only person you have to challenge is yourself." Ken is correct. By focusing on your own health goals and journey you are more likely to stay motivated. We all start at different stages so what works for you may not work for somebody else, and vice versa. This is why it is so important to focus on yourself and your own unique health journey. Well done Ken, you are awesome!

Ken with his hand built bench (right) and weights rack (top)



EXERCISE RIGHT FOR ACTIVE AGEING: FREE PROGRAM

We all know exercise is good for us, but sometimes it is hard to know where to start!

The Exercise Right for Active Ageing (ERAA) program has been produced by Exercise and Sports Science Australia (ESSA). The free program has been created to assist Australians over the age of 65 to connect with and participate in a 12 week physical activity program in their home, with ongoing support and instruction from an Accredited Exercise Physiologist.

If you would like to get involved you must meet the following eligibility criteria:

- Aged 65+
- Access to a smartphone, tablet or computer with Internet connection
- Not receiving any government funding for exercise physiology services.

This is a fantastic opportunity to get moving and build healthy exercise habits. For more information please phone us on 07 3624 2185 or email madeleinep@healthyconnections.org.au

SHARE YOUR STORY:

Have something you want to share? Send us a Facebook message or email marketing@burniebrae.org.au so we can pass it on in next month's newsletter.

RESPIRE CLIENTS STAY CONNECTED

Last month our staff and volunteers distributed tablets to our day respite centre clients, in partnership with Aurous, and thanks to generous government funding.

Our day respite centre clients will be able to enjoy a full online activity timetable, including group chats, entertainers, exercise groups, bingo, trivia, and craft. Each client is matched with a volunteer who will contact them on a weekly basis, and they can use their tablet to video call loved ones, providing much needed connection and support.



OUR LIFESTYLE FACILITATORS

Our lifestyle facilitators play an incredibly important role within our organisation. They are the face of Burnie Brae and provide high quality, empathetic care to our clients. Unlike many other professions, our lifestyle facilitators cannot work from home. They have continued to work hard and deliver their services to a high standard. Here is what two of our (many) wonderful lifestyle facilitators enjoy about their role:

AMY



“I love working at Burnie Brae as the business is really empathetic to their clients and all staff get along great with one another. The teamwork is impeccable.”

MARK



“I love working for Burnie Brae and helping our elderly clients. The staff are friendly and helpful and we make a difference in the community.”

ARMCHAIR ADVENTURES: ROAD TRIP QUEENSLAND'S SOUTHERN OUTBACK

With statewide travel on the horizon we thought it would be fitting to bring you the best of Queensland's Southern Outback. On this road trip you will meet larger than life characters, experience sweeping country landscapes and take in the clear night skies outback Queensland is known for. Dare to dream with us!

DAY 1: BRISBANE TO ROMA (APPROX 504KM / 5 HR 20 MIN)

Travel north-west from Brisbane along the Warrego Highway to Queensland's Garden City, Toowoomba. Stop for morning tea at Picnic Point, best known for its expansive views across the Great Dividing Range. Continue along the Adventure Way to Chinchilla, home of the Chinchilla Melon Festival and Miles, a vibrant rural township. Arrive in Roma, the heart of beef country late afternoon.

DAY 2: ROMA

Feel the energy and excitement of a real cattle auction at Australia's biggest cattle selling facility, Roma Sale yards. This is where it all happens. On any given day up to 7,000 head of cattle are brought for sale. Experience authentic country hospitality this afternoon at Mount Hope, a 34,000



acre working cattle station. A family host will give you a guided tour of this Drought Master cattle property. Enjoy sunset nibbles and drinks followed by a delicious two-course camp oven dinner under the stars.

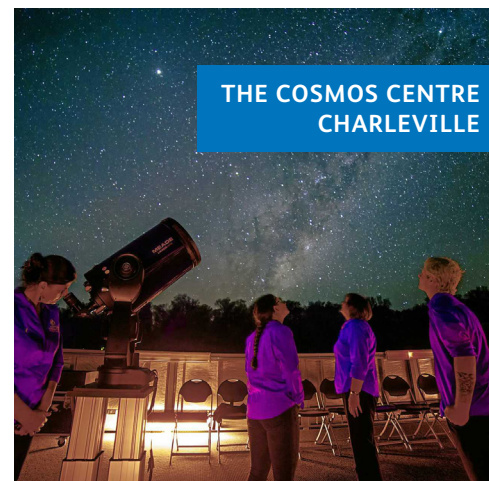
DAY 3: ROMA TO CHARLEVILLE (APPROX 267KM / 2 HR 52 MIN)

Get up, grab a coffee for the road and head further west towards Charleville arriving mid-morning. Head into downtown Charleville and the famous Hotel Coronas for a scone with jam and cream. Visit the Historic House Museum and discover treasured items dating back to the 1800s then learn the rich history of the Royal Flying Doctor Service at the RFDS Charleville Visitor Centre. If you have time visit the Bilby Experience and hear first-

hand what the Save the Bilby Fund is doing to protect this environmental engineering marvel. Tour the nocturnal house where you will meet these beautiful bilbies. Early evening, visit the Cosmos Centre for the Big Sky Twilight Tour.

DAY 4: CHARLEVILLE TO QUILPIE (APPROX 211KM / 2HR 50 MIN)

On your way to Quilpie be sure to stop at Australia's smallest town - Cooladdi. Cooladdi has just three residents, stop at the Fox Trap Roadhouse for a burger and you might meet all three! You have a world of choice in Quilpie, visit the Military History museum and the Quilpie Powerhouse museum, or try your luck Opal fossicking for free at the Shire Council's fossicking area. An



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TRAVEL NEWS



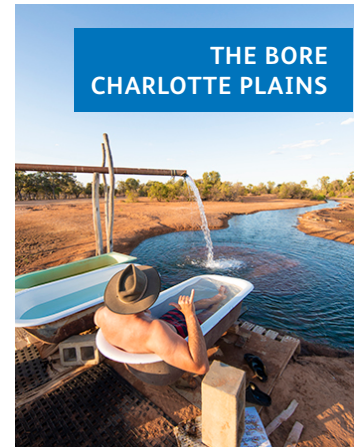
outback adventure would not be complete without enjoying a sunset from Baldy Top Lookout. A 10 minute walk to the top and you will be rewarded with complete panoramic views sure to take your breath away. Enjoy dinner and a drink at the Imperial Quilpie Hotel and Motel and strike up conversation with a local.

DAY 5: QUILPIE TO CUNNAMULLA (APPROX 300KM / 3HR 15MIN)

Break up your journey by stopping at Eulo, known as the “Montville of the outback”. Stop for lunch at the Eulo Queen Hotel or try something different and take a mud bath – yes you read that correctly! At the Artesian Mud Baths, soak in warm artesian water impregnated with clay. Pat on a milky grey mud pack and let your skin soak in the goodness from this mineral rich mud. Journey on to Cunnamulla, where the handshakes are strong and smiles big! Get up close and personal with river wildlife by hiring a kayak and kayaking the Warrego River and if it’s a hot day top it off with a swim. In the afternoon set up a picnic and spot some kangaroos. With approximately 950 roos per person in Cunnamulla, this town takes home the title of ‘Outback Queensland’s largest roo population’. For dinner why not enjoy an authentic camp oven dinner and billy tea under the stars.



SUNSET AT BALDY TOP LOOKOUT | QUILPIE



THE BORE CHARLOTTE PLAINS

DAY 6: CUNNAMULLA TO ST GEORGE (APPROX. 293KM / 3HR 14MIN)

Continue east along the Balonne Highway for around 42km to the turnoff for Charlotte Plains. This family owned and operated sheep station was established back in the 1860s. Property owner Robyn Russell will give you a guided tour of the station, home to Merino Sheep and Dohne Rams as well as the more recent Aussie White Sheep. See the historic bore, sunk into the Great Artesian Basin to a depth of 561m, tour their historic woolshed and enjoy a relaxed lunch on the old homestead verandah. Arrive into St George early afternoon with time to refresh before joining a leisurely two hour sunset cruise on the Balonne River with Sandytown River Cruises. Your experienced guide will entertain you with interesting stories about

the river and native bird life.

DAY 7: ST GEORGE

Visit the Unique Egg where artist Steve Margaritis has been hand carving emu eggs for more than 60 years. His work is truly unique! Venture out to Riversands Wines, meet the makers on a tour of the vineyard followed by a personal wine tasting and three course winery lunch. This afternoon we’ll be joined by a local cotton farmer on a tour of a fully operational cotton farm to learn how cotton is grown, irrigated and harvested. Tonight enjoy a traditional pub meal at the Cobb & Co Hotel, first licensed in 1886.

DAY 8: ST GEORGE TO BRISBANE (APPROX 551KM / 5HR 59MIN)

Travel south east along the Carnarvon Highway to Nindigully and call into the famous Nindigully Pub, the longest continually licensed pub in Queensland for morning tea. Continue east along the Barwon Highway to Goondiwindi then take the Gore Highway to Toowoomba. From there you’ll re-join the Warrego Highway back to Brisbane.

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ARTESIAN MUD BATHS | EULO



CUNNAMULLA KANGAROOS

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