

Issue 6: JULY 2020 NEWSLETTER

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 Burnie Brae

07 3624 2121

www.burniebrae.org.au

60 Kuran Street, Cherside



WELCOME BACK!

We have always said that our members and clients are at the heart of Burnie Brae, and on our reopening last month it was clear that this couldn't be more true. In just a day our centre was transformed, and it was so refreshing to feel the great sense of community that we had all missed.

Whilst incredibly important in flattening the curve of the COVID-19 pandemic, the isolation period did not come without challenges for many of us. Particularly in regards to staying connected with friends, family and the community. We are sure that many of you are now enjoying catching up at the centre and getting involved with your usual activities and services.

We want to thank you all for your understanding and patience in regards to the new health and safety processes, we really appreciate it!



ACTIVITY UPDATES: Information for Stage 2 (Until July 10)

If you have joined us for centre activities, we hope you have enjoyed the last two weeks of complimentary activities at Burnie Brae. From Monday 29 June, the cost of most activities will be back to the usual rate. If you have an existing Healthy Connections membership which includes complimentary classes these arrangements will remain the same, please simply select “voucher” when swiping your card. We are still only allowed a maximum of 20 people per class so you will need to book in advance. Don’t forget to bring your Membership card along for swiping.

Payment options until July 10 will be:

1. Via credit card over the phone
2. Via credit card at reception
3. By member card using pre-loaded “MyCash”
4. Cash will be accepted if it is the correct amount brought in an envelope (no change will be given)



UPDATED ACTIVITY TIMETABLE

MONDAY	
Zumba	7:45am
Art	9:00am
Aqua Aerobics (Chermside Pool)	11:10am
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

**This timetable will run for 2 weeks only
June 29 – July 10**

*If needed
Timetable subject to change
Correct as at July 1

WEDNESDAY	
Zumba	8:00am
Matwork Pilates	9:30am
Fitness with Jo	11:00am
Aqua Aerobics (Chermside Pool)	11:10am
Yoga	12:30pm
Dance Moves	7:30pm

THURSDAY	
Functional Fitness 1	9:00am
Functional Fitness 2*	10:30am
Gypsy Rumba	12:00pm
Line Dancing: Beginner	1:30pm
Line Dancing: Easy Intermediate	3:00pm

FRIDAY	
Matwork Pilates	7:30am
Ukulele	10:00am
Aqua Aerobics (Chermside Pool)	11:10am
Qigong (Tai Chi)	2:00pm

ACTIVITY UPDATES: Information for Stage 3 (Beginning July 13)

Stage 3 begins on **July 13**, we will be in contact with all of our members again prior to the start of stage 3, to let you know about our new online pre-booking and pre-payment system which will be rolled out in time for larger activity numbers in the Burnie Brae Centre in alignment with Stage 3 easing of COVID-19 restrictions in Queensland.



LINE DANCING UPDATES: For stage 3, week beginning July 13

Please select the correct level for yourself, information on each class is listed below:

NEW CLASS LEVELS

Monday 11:30am (1hr): Beginners

Never danced before? Come along and learn the basic steps while having fun. You are welcome to bring a friend, or make new friends along the way.

Tuesday 12:00pm (1hr): Easy Intermediate

This class adds more variety, learn new moves and sequences

Monday 1:00pm (2hrs): Beginners / Improvers

Encourages you to learn more dance steps and broaden your knowledge, whilst having fun and making friends.

Tuesday 1:30pm (2hrs): Intermediate/Advanced

Do you want a bit of a challenge? This is the class for you.

2020 LINE DANCING SOCIALS

All socials: 12:30pm - 4:30pm
August TBC
Sunday **13th September**, 2020

Sunday **11th October**, 2020
Sunday **8th November**, 2020
Sunday **13th December**, 2020

MEMBER STORY: Marianne's Journey

When Marianne met Sophie in 2018 she told her “I want to be walking in a year.” Through a tremendous amount of resilience and hard work she managed to do it in eight months.

Upon meeting Marianne you may be surprised to learn that beneath her bubbly personality and great sense of humour, is a story in which she has had to overcome more than many of us can imagine.

In 2013 Marianne was diagnosed with Dystonia, a neurological movement disorder that causes the muscles in the body to contract or spasm involuntarily.

This left Marianne unable to walk and in a wheelchair. Unfortunately, it also meant that she had to move out of her and her husband Don's home, and into

a residential aged care facility. It was this experience that gave Marianne an incredible amount of motivation to walk again.

Noting the importance of resilience in her journey, Marianne explained that it was “the resilience to get from there to here, there wasn't a plan, just an ‘I have to get out of here.’”

Marianne started coming into the Healthy Connections clinic twice a week. Sophie explained “at that point she wasn't able to walk and struggled to stand up unsupported.”

“We would do a lot of seated exercises, and gradually over time we got Marianne off a chair and onto a walker. As time went on, she got off the walker and now walks unsupported.”

“It's been a year now since I left the aged care facility and moved into a retirement village. I have since moved from there and am in independent living with Don. I've done a 360 with my life in the last five years” Marianne said.

Nowadays Marianne walks often. She walks to the grocery store and walks a kilometre from her place to the Burnie Brae Centre. “It takes about 15 to 20 minutes, whereas before it would take me that long just to walk to the bus stop [about 200 metres].”

Reflecting on her journey, Marianne is incredibly gracious. “I wouldn't have got this far without Sophie and Renee in the gym, and Jodie and her mastery of the NDIS system.”

“Jodie has taught me to be my own powerhouse woman, in my own life.”

When asked of her message for others Marianne stated “Exercise is really good for everyone, no matter what your age is, you don't realise how important your muscles are until you lose them, and they're hard to get back once they're gone”

Thank you for sharing your story with us Marianne, you are incredibly inspiring!



Sophie and Marianne after their session at the Healthy Connections Clinic

ROLY SUSSEX: Public health and public language in the Covid-19 pandemic

Roly Sussex will be joining us in August this year for our 2020 Seniors Week celebrations. Many of you will recognise Roly from the ABC, as well as previous Burnie Brae events. As an emeritus professor of applied language studies, Roly has many interesting insights into COVID-19 and the impact the pandemic has had on language.

Here is a sneak peek into what Roly will discuss:

The COVID-19 pandemic has left a major imprint on our language, and one which will be easily visible to later historians. Apart from making the numeral “19” famous, it has forced us to become familiar with “flattening the curve”, “social distancing” (an ill-chosen and misleading term), and similar slogans. Some countries have featured inclusive language like “we’re all in this together”. Other countries,

like the UK, have veered from one slogan to another. There has been much inconsistency in the interpretation of terms like “isolation”. In contrast, countries like Vietnam, which had an outstandingly successful result from COVID-19, showed a very nationalistic and militaristic tone in their public health messages.

We could have been better prepared for COVID-19. But as it happened, we had to invent the response as we went along. The language heritage of COVID-19 allows a fresh and rich insight into a global threat.

JOIN US:

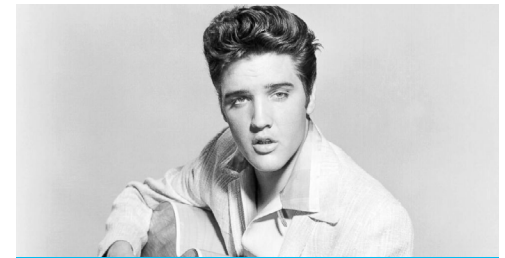
Date: Wednesday August 19, 2020

Time: 9:30am - 11:30am

Cost: \$15.00 incl: Morning Tea

Location: Burnie Brae Hall

Booking: Call (07) 3624 2110



JULY QUIZ SPOT: THE ARTS

1. Name the song: “All the leaves are brown, and the sky is grey...”

- a. Bad Moon Rising
- b. California Dreamin’
- c. Time of the Season

2. Who painted “The Scream”?

- a. Edvard Munch
- b. Vincent Van Gogh
- c. Wassily Kandinsky

3. Who was the first female artist to be introduced into the Rock and Roll Hall of Fame?

- a. Aretha Franklin
- b. Etta James
- c. Janis Joplin

4. What movie did Steven Spielberg win his first Oscar for Best Director?

- a. Saving Private Ryan
- b. E.T.
- c. Schindler’s List

5. What was the first feature-length animated movie ever released?

- a. Cinderella
- b. Snow White and the Seven Dwarfs
- c. Gulliver’s Travels

6. What was Elvis Presley’s middle name?

- a. James
- b. William
- c. Aaron

7. Which was the first music video ever played on MTV?

- a. Video Killed the Radio Star
- b. Play that Funky Music
- c. I Love Rock ‘n’ Roll

8. Which artist was considered a suspect in the 1911 theft of the Mona Lisa?

- a. Claude Monet
- b. Pablo Picasso
- c. Gustav Klimt

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



BURNIE BRAE SKETCHBOOK PROJECT: Reflections of 2020

Do you want to be a part of Burnie Brae history?

Our Burnie Brae Art Group is putting together a book reflecting on 2020, Petra our art teacher is coordinating this project.

The focus is 2020, so work must be fresh from this year, draw, paint, print or write, add in a photo - the opportunities are endless. Tell us with your words or pictures how you felt? What you achieved? Did you find a new recipe? Create what reminds you of 2020.

If you are stuck for ideas think about the impact this year has had, what you have learnt or what conclusions you have come to. How does this year compare to other years? Petra's advice is "the more descriptive the better." Everybody in the Burnie Brae community is invited to

contribute - you may ask your friends to contribute as well.

Please use A5 size paper where possible. You may use A4, however please note that it will be shrunk to the finished size, which is A5.

Come in and pick up a piece of paper at reception to make your own submission. Once finished, you are welcome to title your piece and/or add your name. You can then hand your finished work in at reception and sign a consent form for publishing. Finally, all contributions will be collated into a book.

We are looking forward to seeing the finished product with contributions from many of you from the Burnie Brae community!

THANK YOU: 187 knitted items made and donated by our members



JULY GARDEN TIPS

Florals to sow now

Sow pansies, violas, snapdragons, poppies, cornflowers, salvias, zinnias and marigolds now. Once in bloom these flowers will not only look beautiful but will attract beneficial insects to your garden.

Garden hygiene

When plants die they become potential sources of infection for the remaining healthy plants. Whenever a plant dies (which is hopefully not too often) make sure you remove them swiftly.

Shrubs

Now is the time to transplant shrubs, as the winter period is less demanding and the shock of being moved is far less. Prepare the soil in the new area well by digging in plenty of compost and be sure to water in the shrub once it's in its new spot.

Burnie Brae Nursery

We are hoping to have our nursery open as part of our stage 3 reopening, commencing July 13 2020. We'll keep you informed.



GOLD PROGRAM IS BACK

In partnership with Brisbane City Council, our popular GOLD Program is back! We have a variety of art and craft workshops held at either the Burnie Brae Centre (60 Kuran Street, Chermiside) or the Enoggera Bowls Club (72 Pickering Street, Enoggera).

All materials supplied

Bookings essential phone (07) 3624 2121 | \$5.00 per workshop (excluding lawn bowls which is free)

WORKSHOPS AT THE BURNIE BRAE CENTRE

STAMP MAKING

Tuesday 14th July 1pm - 4pm

Have you ever wanted to have your own design or logo on items or be able to stamp your personal family crest? In this workshop you will be shown how to make a stamp which can be reused.

LANTERN LIGHTS

Tuesday 28th July 1pm - 4pm

Lights that twinkle in the evening are so beautiful. Learn how to make different styles of lanterns that suit your taste and style. Together we will make an indoor and an outdoor lantern.

PAINT WITH NATURE

Tuesday 11th August 1pm - 4pm

Using our natural materials we have in abundance to make prints and dyes to create a piece of art. Use leaves minerals and dried plants to create art works onto paper and fabric.

RECYCLE TETRA PACK

Tuesday 25th August 1pm - 4pm

In this workshop we will turn a juice carton into a coin purse. There are several different styles to try, from small and flat to large and pop up. It's a conversation starter; they last a long time and it shows how much we can reuse.

STREET ART PAINTING

Tuesday 1st September 1pm - 4pm

Come along to create a vibrant bright painting. This is for all the people who say they can't paint. You'll see that you absolutely you can. We will get breathtaking results using stencils and guided techniques to make a fabulous piece of art.

BOOK ART FUN

Tuesday 22nd September 1pm - 4pm
Tuesday 17th November 1pm - 4pm

In this workshop you will be shown how to reuse books to create decorative and useful items including note pads, Christmas decorations and folded art.

COLLAGE & STITCH

Tuesday 13th October 1pm - 4pm

With lovely leftovers we will create an artwork from paper and fabric. Lovely buttons and lace can be glued and stitched together to create a stunning collage. Include trinkets and buttons from other items to make a unique piece that brings joy.

MAKE A PENDANT NECKLACE

Tuesday 20th October 1pm - 4pm

We are all gatherers, and most of us have a drawer in the house with small items that we love but don't use. In this workshop, you will be shown how to wrap these items in wire to create an artful pendant, necklace or key ring.

INTUITIVE PAINT AND PEN

Tuesday 10th November 1pm - 4pm

Most of us have grown up thinking that art has to look a certain way, and feel we don't have the talent to have a go. This workshop will show you how to create a gorgeous multi-layered art piece that is a surprise that shines.

WORKSHOPS AT ENOGGERA BOWLS CLUB

RAG RUG AND BASKET

Thursday 23rd July 12pm - 4pm
Tuesday 15th September 12pm - 4pm

In this workshop, we will explore the use of stretch and woven fabrics to make a rag rug and basket. You will be shown two easy ways to make the rug, identify the best method for you, then use that method to make a basket in a shape of your choice.

LAWN BOWLS | FREE

Thursday 16th July 10am - 12pm
Thursday 20th August 10am - 12pm
Thursday 24th September 10am - 12pm

A fun session for those who would like to enjoy learning to play bowls. The program involves warm up (stretches) and basic tuition on how to play the game.





STAY CONNECTED IN A CASHLESS SOCIETY

The COVID-19 Pandemic has changed a lot of things in our day to day life, one of which has been a decrease in cash transactions. It is not just COVID-19 that has brought about this change; cash payments in Australia have been slowly declining for years. Australians increasingly prefer to use electronic payment methods — with just 27 % of all consumer payments made with cash in 2019, compared to 37 % in 2016, and 69 % in 2007.

The decrease in cash payments can be partially attributed to the convenience of tap-card technology and smart phone payment apps. Additionally, many bricks and mortar banks are shutting down, making now a great time to become more familiar with online banking services and cashless payment options.

Aside from a reduction in the spread of germs, one of the biggest advantages of a cashless society is its impact on crime reduction. With less tangible money floating around, robberies will slowly become less common; money laundering will also see a reduction due to the paper trail that follows online transactions. Professor Richard Holden from the UNSW Business School states the “biggest losers in a cashless world will be those who rely on cash deals, such as criminals.”

Other benefits include convenience, and the ability to do your banking at any time and from the comfort of your own home.

However, with many older Australians less familiar with services such as internet banking steps must be taken to ensure nobody gets left behind.

How can I learn more about Internet Banking?

We recommend visiting the [Be Connected website](#). Be Connected is a new Australian Government program aimed at increasing the confidence, skills and online safety of older Australians when they use the internet. They offer a range of quick reads on different topics, as well as practice areas, games and even a local help directory.

Be Connected have also developed their very own pretend online bank, Squirrel Bank, to provide examples and practice activities to help perfect your online banking skills in a safe environment. This feature is coming soon.

How do I use My Cash at Burnie Brae?

Burnie Brae MyCash allows you to pay for centre activities and services without cash, by loading money onto your membership card. Simply visit the Centre Reception desk and nominate the amount you would like to load (between \$20 and \$500).



HALL RENOVATIONS

Many of you have been enjoying our newly refurbished floor in the Burnie Brae hall, which is now ideal for dance and fitness activities. We are excited to announce that further renovations are currently taking place, on an additional activity space to the side of the hall. The renovation began on Monday 22 June and should be completed in mid-July. Contractors will be on-site at 60 Kuran St on weekdays between 6am and 3pm.

As exciting as new renovations are, they always come with some noise and disturbance, for which we apologise. The building team will do their best to complete the renovation as quickly as they can, with as little inconvenience to our members as possible. We appreciate your patience and understanding during this time.



WELCOME BACK TO OUR CLINIC MEMBERS

What a great feeling having our members back at the Healthy Connections clinic! If you would like to find out what happens at our sessions, why not pop by and learn more? We are more than a gym and we cater to a wide range of needs. Find out more about our individual, group and specialised programs [here](#).



HEART FOUNDATION RECIPE



ITALIAN MEATBALL PASTA

INGREDIENTS

- 400g lean beef mince
- 1 egg
- 1/4 cup fresh parsley, chopped
- 2 cloves garlic, crushed
- Spray olive oil
- 1/2 teaspoon cracked pepper
- 1 medium brown onion, chopped
- 2 carrots, peeled and diced
- 4 tomatoes, roughly chopped
- 400g can salt reduced chopped tomatoes
- 1 cup fresh basil leaves
- 300g spaghetti

METHOD

1. Prepare meatballs by combining beef mince, egg, parsley, garlic and cracked pepper in a large bowl. Using wet hands, roll tablespoons of the mixture into balls.
2. Spray a large non-stick frying pan with olive oil and set over medium-high heat. Cook the meatballs for 4-5 minutes or until browned. Remove meatballs from the pan.
3. Reduce heat to medium, add spray olive oil, onions and carrots to the pan saute for 1-2 minutes, or until just softened. Add the tomatoes, chopped tomatoes and meatballs to the pan and bring to the boil. Reduce heat and simmer for 10-15 minutes or until the sauce is reduced and meatballs are cooked through. Stir through basil leaves.
4. Meanwhile, place spaghetti in a large saucepan of boiling water and cook for 7-9 minutes or until al dente. Drain and serve spaghetti with meatballs.

RETURNING TO THE GYM: HOW TO MAKE THE MOST OF YOUR 45 MINUTES

It was lovely to see our clients resuming their gym sessions last month. To ensure everyone's safety, we have put a few changes in place according to government regulations around hygiene and social distancing. One of these changes is limiting sessions to 45 minutes, which for some clients, is shorter than usual. So how do you get the most out of your time at the gym? Here is my advice:

Arrive 5-10 minutes early for your session

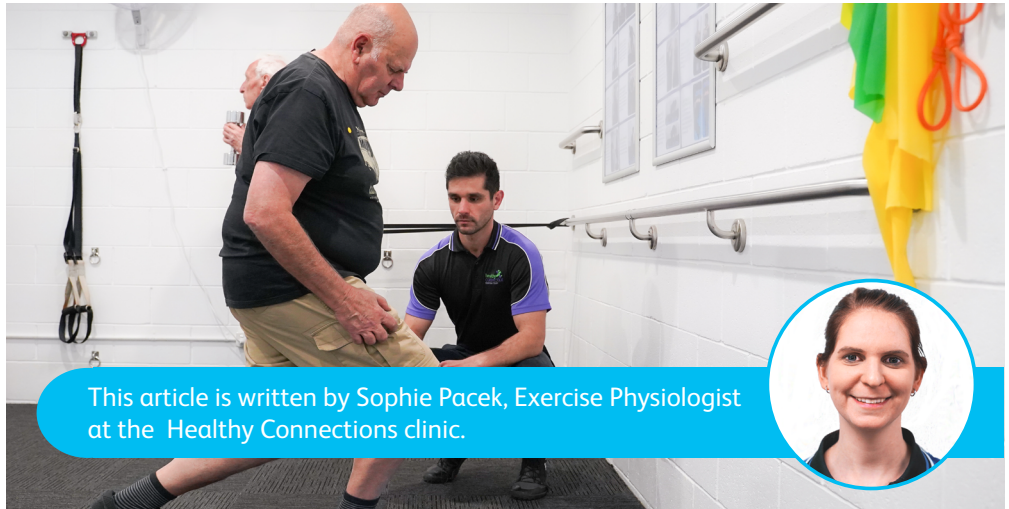
There is a pre-screening process undertaken before you are permitted into the gym, so allow time to complete this process, place your belongings in a locker and collect your program card from one of our exercise physiologists.

Start light and build up

If it is your first few sessions back at the clinic, your body has probably changed in terms of strength and fitness since your last session. As the famous saying goes: 'if you don't use it, you lose it'. Even if you have still been physically active over our closure period, your body adapts to the specific exercise being performed. Starting light means that you are less likely to cause significant soreness or injury and more likely to progress your exercises. Remember it's all about progressive overload.

It is always important to warm up

Regardless of the time constraint, do not skip your warm-up. Warm-up activities help the body prepare to exercise by increasing



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

body temperature and blood flow to the exercising muscles. Blood delivers oxygen and heat to these muscles which reduces the chance of muscle and tendon injury (AHA, 2020).

Prioritise exercises

This will depend on a few factors like your exercise goals, equipment availability and what you can do at home. For example, if you want to improve your strength and you don't have any weights at home, you will benefit from prioritising exercises that use weights (e.g. resistance machines, dumbbells). As exercises including balance, stretching or body weight exercises could potentially be performed at home. In contrast, someone who wants to improve their flexibility and stability should prioritise these types of exercise so they can gain advice on technique from staff. If you are unsure which exercises you should prioritise, please speak to your supervising exercise physiologist for assistance.

Ask for help

We are still here to answer your questions, monitor technique and modify exercises according to any changes in your health.

Don't forget your cool down

Allow the final 5 -10 minutes of your

session for an aerobic cool-down and stretches. Cooling down is just as important as warming up because it assists the body to return to a resting state (AHA, 2020). Your heart rate, temperature, blood pressure, respiration rate and blood flow rise during exercise so stopping too fast may cause you to feel sick (AHA, 2020). Exercising muscles will also benefit from stretches to avoid cramping and soreness.

Bonus: What if I can't get all of my exercise done in 45 minutes?

This will be true for many of you. I would suggest sticking to the tips above as well as consider the following:

- Warming up before arriving at the gym – have an outdoor warm-up like walking in the park or cycling to the gym.
- For any exercises that you run out of time to complete, start with these exercises at your next session.

I hope you find these tips helpful so you can get the most out of your gym sessions.

Stay safe, wash your hands and keep moving!

Sophie

NEW NAME, SAME GREAT PLACE: CLUB RESPITE

Respite is back, and with a brand new name - Club Respite! We have loved having our clients back at the Centre and have enjoyed getting involved with activities such as gardening, light exercise, bingo and lunch in the park. Check out the pictures from our first few weeks back below:



HAPPY 90TH KEVIN

Regular Club Respite attendee, Kevin recently celebrated his 90th Birthday. Congratulations on this awesome milestone!



SHARE YOUR STORY:

Have a story, picture or milestone 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.

ARMCHAIR ADVENTURES: GO WEST AND EXPLORE

Between Perth and Darwin is 5,000 kilometres of a land so incredibly diverse, it will leave you in awe. This stretch of land holds such a wealth of landscapes, wildlife and cultures. From tropical waterholes, to the rich red of the outback and turquoise beaches along the coast. The West Coast of Australia is a prize to be discovered. Here are our top spots along the way:

Nitmiluk National Park

You've probably seen pictures of this stunning national park, located in the Katherine Region, on the lands of the Jawoyn people. Rock art sites dot the park, and their stories bring the gorge to life. A sunrise or sunset cruise is perhaps the best way to see this gorgeous spot, see the colours change with the rise and fall of the sun.

Bungle Bungle National Park

Twenty million years of weathering have produced the eroded sandstone towers and banded beehive shaped structures of the Bungle Bungle Range. If you're a walker you will enjoy the many walking trails available in this world heritage listed area. The popular Cathedral gorge walk is a must-do.



BUNGLE BUNGLE
NATIONAL PARK

Broome

Broome is a unique town, on a peninsula, where one of the world's last great wildernesses meets the Indian Ocean. When in Broome be sure to visit the Horizontal Falls. The awesome power of the Kimberley tides build up quickly and are squeezed through a small canyon gap within the McLarty Range. The result: an impressive waterfall defying the rules of gravity.

Shark Bay

Shark Bay, stretching from Kalbarri to Carnarvon, is a World Heritage-listed area that offers up a dazzling coastline of turquoise coloured lakes, stark peninsulas,



THE PINNACLES

hidden bays, white sand beaches, and an array of smaller islands. When in Shark Bay, be sure to feed dolphins at Monkey Mia. Hamelin Pool is another hotspot, home to the most diverse and abundant examples of stromatolites in the world, stromatolites are referred to as living fossils and can be seen via the 200m long boardwalk.

The Pinnacles

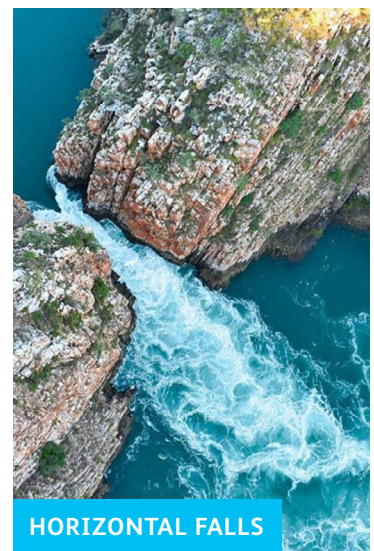
North of Perth lies Nambung National Park and the mysterious pinnacles desert. Scientists think they may be the remains of a dense forest, whose trees left behind towers of mineral deposits that accumulated from the water their thirsty roots pulled in.



HAMELIN POOL
STROMATOLITES



SHARK BAY



HORIZONTAL FALLS

CONTACT BURNIE BRAE TRAVEL CONNECTIONS

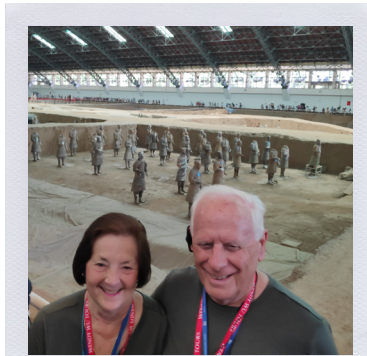
P: 3624 2191 W: travelconnections.org.au A: 60 Kuran Street, Chermiside E: travel@travelconnections.org.au

TRAVEL NEWS



TRAVEL MEMORIES WITH OUR CLIENTS

Reminiscing on past holidays makes us excited for the future! Check out these awesome shots taken by our clients:



Lorelle & Brian: China



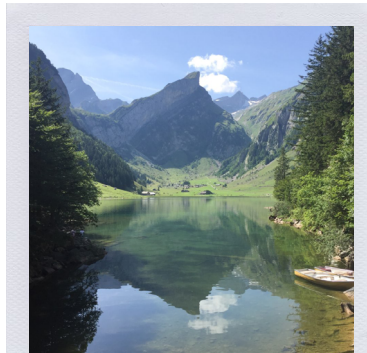
Lynn & Bruce: USA



Maureen & Robert: USA



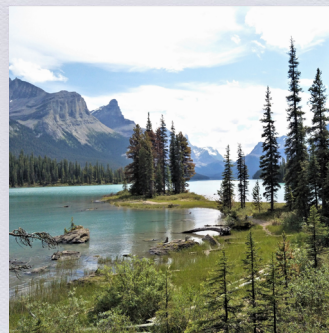
Anne C: Spain



Rosa: Switzerland



Anthony & Sue: Vietnam



Anne G: Canada



Richard & Alison: Great Southern Rail

WHY BOOK WITH US?

With the world slowly beginning to open up again, we thought now would be a great time to discuss why booking with your local agent is the best option:

- ✔ **Book with confidence:** Our team are here to support and be your biggest advocate, available to navigate, problem solve and ensure your holiday is worry-free. We are a nationally accredited agency, we have met strict standards and criteria to become accredited with these travel industry associations: AFTA, ATAS, CLIA and IATA.
- ✔ **Personal service:** We are with you every step of the way as your personal travel advisors, providing timely, insightful, professional and unbiased advice. As seasoned travellers ourselves, we offer personal tips and recommendations. Our role is to make sure that your travels are filled with moments and memories, carefully curated to suit you.
- ✔ **Added value:** As your local Helloworld associate, we pride ourselves on our connection with, strong, long-standing and trusted travel industry partners, giving us access to exceptional savings and upgrades for our clients.
- ✔ **We give back:** Bookings with us not only support the local Burnie Brae Centre, but also enable us to support the St Jude's Foundation, through the Helloworld Travel Higher Impact Program. Your booking with us will contribute to making a difference in the lives of both the students from The School of St Jude in Tanzania, and their community.
- ✔ **Group travel experts:** Our groups have travelled by rail, coach, walking adventures, and even African safari! We aim to immerse our guests in every way, with all-inclusive travel that will provide you with a truly memorable journey.



CONTINUE TO DREAM AND PLAN

WE WILL BE HERE FOR YOU

CONTACT BURNIE BRAE TRAVEL CONNECTIONS

P: 3624 2191 W: travelconnections.org.au A: 60 Kuran Street, Chermside E: travel@travelconnections.org.au

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