



# NEWSLETTER

July 2021



## Amazing connections revealed at Government House!

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**During June, His Excellency the Governor of Queensland, Honourable Paul de Jersey AC welcomed our Burnie Brae members to Government House for a guided tour of the estate.**

One of the tour participants was Burnie Brae member, Mrs Lyndal Moore, who attended Ithaca Creek State School with the Governor in the 1950s. His Excellency and Mrs Moore also share the exact same birthday! The Governor was delighted to see Mrs Moore again, and to share the 'people's house' with familiar and new faces.


During the past 150 years Queensland Governors have resided in and worked from two important Brisbane locations: Old Government House at Gardens Point, and Government House, or Fernberg in Paddington. Fernberg was one of the first houses built in Brisbane's Paddington area and has been the home and workplace of Queensland Governors since 1910. Built by Johann Heussler in 1865, it is a heritage-listed, State-owned residence surrounded by 14 hectares of Estate. It is an important Queensland landmark steeped in historical, cultural and environmental significance.

You can join in our next tour on Thursday 26 August! Find out more on our website or at Burnie Brae Reception.

Specials thanks to Petro (Burnie Brae Transport Driver) for capturing the photos!



60 Kuran Street, Chermside 4032

 (07) 3624 2121

 enquiries@burniebrae.org.au

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# HEAL COUNTRY!

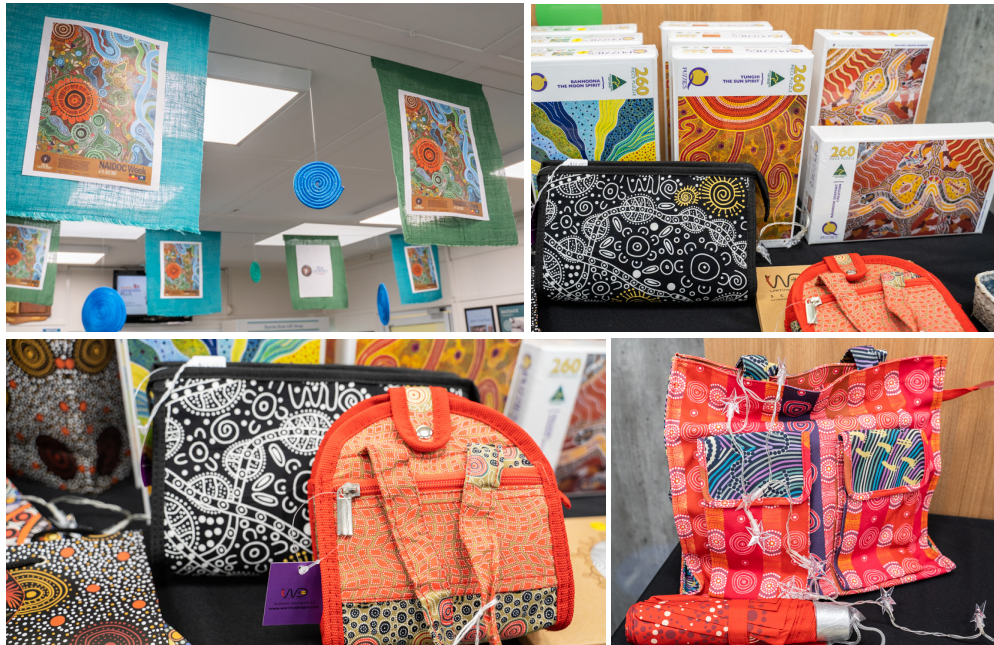
4-11 JULY 2021

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

## DID YOU KNOW?

NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'. This committee was once responsible for organising national activities during NAIDOC Week and its acronym has since become the name of the week itself.

At Burnie Brae during NAIDOC week, you'll have the opportunity to purchase indigenous products with donations from all purchases going to Indigenous Literacy Foundation. You'll find puzzles, accessories, home decor, gift bags and more in the Reception foyer.



There are a number of events being held around Brisbane. The celebrations on Brisbane's Northside include: Saturday 3 July you can join in the Mindle Bygul Aboriginal Corporation NAIDOC Family Fun Day at Deception Bay. The Family Fun Day will include: Welcome to Country; Elders Tent; traditional dance; workshops; interactive children's activities; sideshow alley; and live entertainment. A closing ceremony and healing carnival will be held on Sunday 11 July at Waterhole Bora Rings, Nudgee.

Find all the events listed on the website: <https://www.naidoc.org.au/get-involved/naidoc-week-events>.



## CHERMESIDE HISTORY

Brisbane's tramway network arrived in Chermeside on 29 March 1947. Chermeside remained the northernmost point on the system until the line to Chermeside was closed on 2 December 1968. The tram line along Gympie Road was separated from other traffic which meant fast travel times along this portion of the route.

The overhead wires supplied electricity to drive the trams. The electricity reached the tram via a long pole with a small grooved wheel, which ran along the electrified wire.



The Chermeside tram line also featured rose gardens which bordered the reserved track portion of the line.

The rose beds became a source of roses for many suburban houses with people collecting the cuttings when Council gardeners pruned the bushes.

*Credit to Chermeside & Districts Historical Society Inc.*

# Technology Training

Our friendly and patient tutors are looking forward to helping with any tech-related questions or challenges you might have. Learn more about the Be Connected program to develop your online skills. Make the most of these Winter evenings and explore a new hobby, chat on screen with family and friends, or challenge your mind with puzzles...the possibilities are endless!

**TAKE THE PLUNGE!**

Our friendly tutors are here to help.

Book a free one hour lesson.

Completely new to technology and not sure where to start?

Don't understand your new smart phone?

Need help to set up Zoom or Netflix?

Want to learn how to use email?

Tuesdays & Thursdays | 2pm - 4pm  
 Wednesdays & Fridays | 9am - 3pm

Call Reception to book: (07) 3624 2110  
 Burnie Brae Centre - 60 Kuran Street, Chermside

## Community Nursery

Pop into the nursery to find a new plant addition to your home. There's a variety of plants including aloe vera and succulents. We also have some vegetables and herbs available including lemongrass, chives, tomatoes and rosemary.



60 Kuran Street, Chermside  
 Weekdays 7:30am – 3pm  
 Phone (07) 3624 2110



## July Cafe Special

We've got lunch sorted with ready-made wraps and a small coffee for \$10. Choose from sweet chilli chicken, falafel or crumbed chicken.

Coffee upgrades available. Extra cost for almond, soy and lactose-free milk.

Dine-in or takeaway  
 60 Kuran Street, Chermside  
 Weekdays 8am – 2pm



## HAIR SALON

Looking to shake up your look or have a more manageable style?

Enjoy low prices with a wide range of quality products and services. To book in your next style and cut at the salon, contact our friendly team.

60 Kuran Street, Chermside  
 Weekdays 7:30am – 3pm  
 Phone (07) 3624 2150



# Seen Out & Around in June



ALCOHOL INK WORKSHOP



SUMMERLAND CAMELS BUS TRIP



## Grandparent's Day

SAVE THE DATE  
**30 October 2021**

More details coming soon. Keep an eye out in our upcoming newsletters or on our Facebook page!

# Day Tours & Events

To book phone (07) 3624 2110 or visit Reception

Day Tours
 Theatre Trips
 Centre Events
 Gold Program Art Workshops



\$66

## QLD GARDEN EXPO

Friday 9 July | 8am - 5pm



Held in the Sunshine Coast hinterland town of Nambour, the Queensland Garden Expo is a 'must see' for green thumbs and novice gardeners alike.

The expo boasts different varieties of plants as well as gardening experts who will give advice about gardening, landscaping, botany and the newest gardening techniques. BYO food/drink or purchase at the event.



\$98

## CHRISTMAS IN JULY

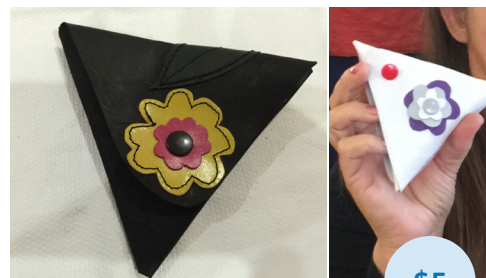
Thursday 29 July | 8am - 3pm



New date – the previous date sold out!

Join friends to celebrate Christmas in July with a relaxing day out at Secrets on the Lake in Montville. Indulge in a 2-course, alternative drop meal while absorbing the breathtaking panoramic views of the rainforest, mountains and lake.

Pit stop at Aussie World on the way to Montville to enjoy a Devonshire tea.



\$5

## LEATHER WALLET

Tuesday 27 July | 1 - 3:30pm



Come along to make a small leather coin purse using sustainably-sourced Australian leather. Make a purse for yourself or give it as a bespoke gift with your own colour choices and design.



\$55

## DESIGN & PRINT WORKSHOP

Saturday 7 August | 9am - 12pm



**Design and print your own patterns!** Take home your own, personalised gift-wrapping and canvas shopping bag.

Feel free to bring your own T-shirt, we will design stamp these too! Morning tea included.



\$55

## LEARN TO PLAY CROQUET

Thursday 12 August | 9:30am - 12:30pm

Learn how to play Croquet, a game of strategy and precision from experienced players at the Merthyr Croquet Club.

It's fun and easy to learn, so you can have a few games with the group! Don't forget to wear flat, enclosed shoes. Morning tea included.



\$5

## PAINT & CHAT

Tuesday 3 August | 1 - 4pm



Join us for a fun and relaxing afternoon of art - no experience necessary. As a group, we will paint a dimensional, floral artwork with colours of your choice. Take home your artwork and recreate it using your newly-learned techniques.



\$79

## Weathering Well



Saturday 14 August  
1pm - 3:30pm



Weathering Well is a one-woman show sharing the best and some of the worst parts of Jenny Woodward's 40 years in television.

Combining comedy, live music, video projections and a killer script with Jenny's natural wit and charm, Weathering Well is an autobiographical theatre experience with intriguing anecdotes and behind-the-scenes revelations.



\$5

## ALCOHOL ART POTS

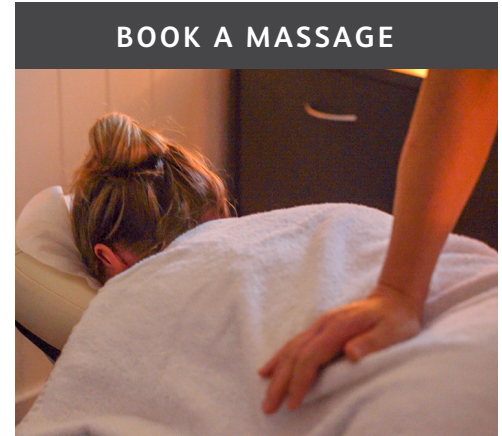
Tuesday 10 August | 2 - 4pm



Make a stunningly bright pot plant holder using alcohol inks. Get creative and play with beautiful and vivid colours.

Find out more about our upcoming events and day tours in July, August and September. Grab a copy of our new events booklet, available at Reception!

# Men's Health Week



## BOOK A MASSAGE

From 14 – 20 June, we celebrated Men's Health Week at Burnie Brae.

### Why is men's health so important?

Did you know that males suffer more illness, more accidents and die earlier than their female counterparts? Men's Health Week aims to heighten awareness of preventable health problems, encouraging early detection and treatment of disease among men.

So, what can be done to improve men's health? Good health is about being the best you can be in your situation. It's important to prioritise your physical, emotional, and social health. Stay connected and seek support early if something is wrong, from a team of people who care about you and your wellbeing. How can Burnie Brae help in improving

men's health? Burnie Brae has a focus on building strong community connections by providing quality health, lifestyle and care services. We offer activities and fitness classes to keep the men in our community active and connected.

Healthy Connections offers a specific clinical class called 'Move for Men's Health' catered to men with a current or past history of prostate cancer. Exercise is one of the most effective tools in prostate cancer management and rehabilitation, reducing the adverse effects of treatment and improving quality of life.

If you'd like to be involved in any of our programs, get in touch with us today on (07) 3624 2185.

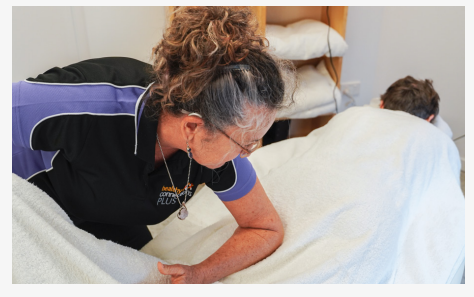
Source: [menshealthweek.org.au](http://menshealthweek.org.au), <https://www.healthymale.org.au/mens-health-week>

Massage treatment options include remedial, relaxation/therapeutic, reflexology, lymphatic drainage and seated massage.

Health rebates may apply, please check with your provider.

- 30-minute treatment..... \$40
- 45-minute treatment ..... \$55
- 60-minute treatment ..... \$75

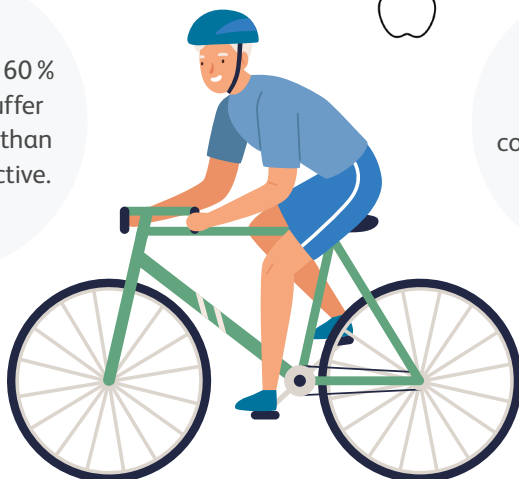
Treatments by appointment only, phone the clinic on (07) 3624 2185.



Inactive men are 60% more likely to suffer from depression than those who are active.



70% of a man's overall health is controllable through lifestyle.



Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by 25%.

Men who sleep 7 - 8 hours a night have about 60% less risk of fatal heart attack than those who sleep 5 hours or less.



Burnie Brae MemberPlus Members receive \$5 off a 45-min massage (1x voucher) and \$10 off a 1-hour massage (1x voucher).

Join or renew as a MemberPlus Member online or at Reception. T&C's apply, contact the team for details.

# Meet our Team

Over the past two months we've introduced you to our Accredited Exercise Physiologists, but did you know that Healthy Connections and Healthy Connections PLUS also have a number of qualified Pilates instructors on staff?

Our Pilates instructors include Accredited Exercise Physiologists; Georgia, Nathan and Karen and Accredited Pilates Instructors; Moira and Avery. The unique combination of our qualified and experienced instructors in Pilates and Exercise Physiology together with their friendly, caring and uplifting attitudes, is what makes both Healthy Connections at Chermside and Healthy Connections PLUS at Enoggera so different to other Pilates studios. The team provide private sessions and group classes with a mix of reformer and floor work, at our studio at Enoggera and in the back of the Burnie Brae Hall.



To ensure you move your body in a safe and controlled way, our team personalise exercises to each individual. In each class, the instructors monitor form and technique closely to ensure movements are performed correctly and you remain injury-free.

The team also instruct some of the fitness activities held in the Burnie Brae Hall. Functional Fitness - 8am Thursday (\$10/class) and Matwork Pilates (\$12/class) - 7:30am Friday. Everyone is welcome to join in these fitness activities, no bookings required!



## APPLE-BERRY CRUMBLE

Craving a sweet and healthy treat? This apple-berry crumble is ready to eat in just 15 minutes.

Makes 18 squares 15 minutes

### Ingredients

800g can pie fruit apple slices  
 1 cup (150g) frozen blackberries  
 1/2 tsp cinnamon sugar  
 8 gingernut biscuits  
 1/4 cup (25g) walnuts, toasted, chopped  
 Cinnamon sugar, extra, to sprinkle  
 Vanilla custard, to serve

### Method

#### STEP 1

Layer half the apple in a shallow 4-cup (1L) microwave-safe dish. Arrange blackberries over the apple. Sprinkle with cinnamon sugar. Top with the remaining apple.

#### STEP 2

Cook in the microwave on high for 7 mins or until heated through.

#### STEP 3

Meanwhile, place the biscuits in a sealable plastic bag. Use a rolling pin to crush biscuits until they resemble coarse crumbs.

#### STEP 4

Place in a bowl with the walnut and stir to combine.

#### STEP 5

Sprinkle the biscuit mixture over the apple mixture in the dish. Sprinkle with extra cinnamon sugar. Serve with custard.

# My Aged Care Referrals

## What is My Aged Care?

My Aged Care is the Australian Government's starting point on your aged care journey. Whatever stage you are at, you can find the help you need with My Aged Care.

It's never too early to talk about getting some extra help. Knowing what services are available before you need them will help you be prepared to make decisions about your future. Services available include help at home; such as transport, home modifications, nursing, household jobs, equipment and social activities. Short term care is also an option for people recovering from an accident or illness, helping them cope with life's interruptions.

## Who pays for services?

The government contributes to the cost of aged care services, and you may also contribute to the cost, if you can afford to.

## How can Burnie Brae help?

If you are not sure whether you are eligible, or want to know how to navigate the system, Burnie Brae can help. We provide a referral service, so we can help you with your application right here at Burnie Brae!



Call 3624 2121 to organise a time to come in and let us help you with your application.

“

I receive handyman services through Burnie Brae. These handymen are nothing short of excellent - efficient, practical, helpful and cheerful.

Phil

”



INTERGENERATIONAL PLAY



In June, Chermside Early Learning Centre joined us in the Burnie Brae Park. During their visit, we chatted, listened to music and did some gardening. Our Members loved sharing their gardening tips and showing the children around the beautiful gardens in the park.

## Call out for good news stories!

We love to share feel-good stories in the newsletter that will leave you with positive feelings. Do you have a story to share, or know someone who does? Whether it's about motivational people accomplishing their goals and dreams, or heartwarming stories about adorable pets and their owners, we would love to hear about it!

Send your stories to [marketing@burniebrae.org.au](mailto:marketing@burniebrae.org.au) or message Burnie Brae on Facebook.



# Club Respite Catch-up



Our Club Respite clients welcomed Holly from Wavell Heights State High School to the Centre in June. Holly is spending her Year 10 work experience placement at Burnie Brae, to explore her interest in pursuing a career in Physiotherapy in Aged Care. She had a lovely week with clients, joining in activities and dancing.

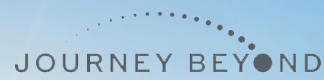
Thank you for visiting Holly! We look forward to seeing you at Burnie Brae again in the future.



## Men's Group

Check out the completed resin boards! The group also used some of the leftover resin to make coasters.





# Journey on the Great Southern Rail and Discover Adelaide!

7 days & 6 nights



Burnie Brae Travel Connections are offering a once-off, exclusive group trip on the Great Southern Rail Journey departing 17 January 2022. Embrace the wonders of inland Australia while travelling from Brisbane to Adelaide.



## Great Southern Rail Inclusions

- Departure transfer from the Burnie Brae Centre
- 3 nights aboard the Great Southern
- All-inclusive meals, along with fine wines and beverages
- A regionally-inspired menu paired with a selection of local wines
- Off-train experiences at Coffs Harbour, the Hunter Region, regional Victoria and Melbourne

## Adelaide Inclusions

- Adelaide return transfers
- 3 nights accommodation in Adelaide
- Breakfast daily, 2 lunches
- Murray River Highlights Tour
- Tour McLaren Vale Wine region and experience d'Arenberg Cube
- Qantas economy return flight to Brisbane\*

EXCLUSIVE SMALL GROUP - LIMITED AVAILABILITY

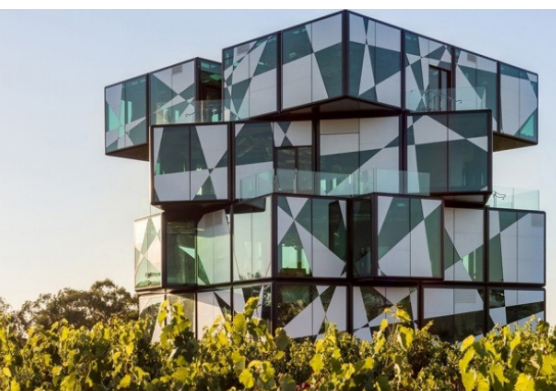
\*T&C's apply: guaranteed departure requires 19 guests. Price is based per person twin share with flights subject to change (confirmed at time of booking).



View full itinerary

From \$4,170\* pp, twin share

\* T&C's apply. Contact us for more details.





## Tassie Highlights - 4 Nights

Hobart - Launceston • Semi-Escorted

Embark on the ultimate Tasmanian road trip, travelling from Hobart to Launceston via the world-famous Wineglass Bay and Tasmania’s stunning East Coast. Hike through Freycinet National Park and be amazed by the views of Wineglass Bay.

Inclusions:

- 2 nights at Rydges Hobart (3-star)
- Full day on Bruny Island - lighthouse tour, chocolate tastings and explore Mt Mangana Rainforest
- Hobart to Launceston - Wineglass Bay Active Day Tour and Freycinet National Park guided walk
- 2 nights at Hotel Grand Chancellor Launceston (4-star)

**\$615\* pp, twin share** \* T&C's apply. Contact us for more details.

A banner featuring a photograph of a man and a woman hiking on a dirt path through tall grass. On the left, a blue box contains the text 'You're Invited'. On the right, the logos for 'TRAVELMARVEL Travel More' and 'APT LUXURY TRAVEL' are displayed. At the bottom, a blue box contains the text 'Exclusive Travel Showcase'.

Let us take you on a journey to discover unforgettable itineraries. Please join us with our talented and trusted travel partner, Marlene Nolan, as we showcase all APT & Travelmarvel Australia and New Zealand land tours along with an extensive range of new Small Ship Cruises. Come along to hear how your travel dreams can become a reality.

**Date:** Wednesday 28 July 2021 **Time:** 9:30am **Venue:** Burnie Brae Travel Connections - 60 Kuran Street, Cherside  
**RSVP:** By Wednesday 21 July 2021

## CONTACT US

- (07) 3624 2191
- [travel@travelconnections.org.au](mailto:travel@travelconnections.org.au)
- [www.travelconnections.org.au](http://www.travelconnections.org.au)



# LIFE MEMBERSHIP

## Nomination Form 2021



Your chance to nominate a Burnie Brae Member you think is worthy of Life Membership.

I \_\_\_\_\_ hereby nominate  
(Name)

### Nominee Details

\_\_\_\_\_  
Full Name

For the honour of Life Membership for the year 2021.

In 200 words or less, please supply information to support this nomination.

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Nominated by: \_\_\_\_\_

Seconded by: \_\_\_\_\_

Signed \_\_\_\_\_

Signed \_\_\_\_\_

