



BURNIE BRAE NEWS

SENIORS WEEK 2008

Special points of interest:

- Project Pantry
- Annual General Meeting
- Senior Citizens Week 2008
- Cent Auction

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Burnie Brae once again celebrated in style with our Senior Citizens Awards morning tea. Kevin summed up Seniors Week in his introduction to the morning- "Seniors Week is not a celebration of growing old, but rather the celebration of Seniors' contribution past and present".

This year's guest speaker was Kath McMullan who gave an interesting and informative talk about the Council GOLD (Growing Old, Living Dangerously) Program, which fitted well with this year's theme of "The Time of your Life".

We were fortunate to have some special invited guests with us for the morning including the Lady Mayoress Lisa Newman, Kim Swan the wife of our Federal Treasurer and Member for Lilley, Wayne Swan, Kim Flessor, Councillor for Northgate, Fiona King, Councillor for Marchant and Norm Wyndham Councillor for McDowall.



We were treated to a lovely morning tea and would like to thank the ladies who took the time to make sure it was special – Pat Roberts, Dot Viklund and Brenda Dimmock. 10 and 20 Year Badges were given out to members and it was a morning for honouring and paying tribute to volunteers who have supported activities and helped at Burnie Brae over many years.

This year's worthy recipients were –

Certificate of Appreciation: Fred Bratt, Merle Rollason, Pam Cowan, Lynne Nielsen, Willma Ryan, Melba Galton, Joan Sampson



WOW Award: Col Jenkinson, Val Yarrow, Sybil Vicary, Eve Morton, June Costello

Congratulations to all award winners and to everyone who helps to make Burnie Brae what it is. Remember your contribution small or great is the lifeblood of our Centre.

Col Jenkinson receiving Wow Award from Lady Mayoress Lisa Newman



Val Yarrow



June Costello



DARTS

Hello There

It's been a little while since we had an item in the newsletter—so I thought “let's do this one!” There is not a great deal to report, except I think our Thursday Darts is going well, even with a few absent. Some weeks we still manage to get a good attendance. One can see how some of our players have improved their games. Good on you! and with new dart boards it's “eyes on, go for it, throw well and good scoring! Let's welcome some new players who have joined us recently—men and ladies. Nice to have you aboard. Every one seems to fit in and enjoy our morning and that's what it is all about. There are times that we don't score as well as we would like or one side beats the other more often. “Heck that's the game—just enjoy!” Keep it friendly—do your best and have a great morning. To those with health problems, get well and hurry back—we miss you.

Thanking you all for making it enjoyable
Cec Green



TABLE TENNIS

We have had four new players this year and they have joined in very well. Even though I am unable to play myself, I get so much pleasure seeing the players laughing and enjoying themselves. That's what it is all about! We have had a few players in hospital, plus other sicknesses, but they are starting to return again now.

Sybil Vicary

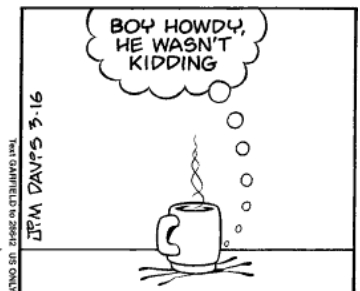


GENTLE EXERCISE CLASS

We are pleased to announce that the Gentle Exercise Class is returning to Burnie Brae. The class will commence on Tuesday 9th September at 10am. Cost is \$5 per class. Feedback from those who attended our previous class indicated a high level of satisfaction. The group reported significant improvement in their self confidence, mobility & strength enabling them to perform simple every day physical tasks with far greater ease and with a more positive attitude to life in general.

The class will be conducted by Jo Hardcastle, who is an experienced fitness trainer, registered & accredited with Fitness Australia. Jo is also a qualified Steady Steps instructor and conducts a fitness class currently at Burnie Brae. She is looking forward to working with our members to help improve health & vitality.

For more information about the Gentle Exercise Class or to make a booking, please see Glenda McCarthy in the Member Support Office or phone on 3624 2125. We look forward to hearing from you soon.



ANNUAL GENERAL MEETING

NOTICE OF MEETING
Annual General Meeting
Of
The Chermside and District Senior Citizens Centre Inc.
will be held on
WED. 17TH SEPTEMBER, 2008 AT 9.30 A.M.
Venue
BURNIE BRAE CENTRE, 80 KURAN STREET, CHERMSIDE
Agenda
The receiving of the Annual Reports,
Amended Financial Accounts and Auditors Report,
Election of Management Committee,
Appointment of Auditor and Honorary Solicitor.
Further Details contact Secretary/Manager ph 36242100
Email: Admin@burniebrae.org.au

As the days get longer and the months grow warmer, it's time to be enjoying the outdoors again! Try this yummy picnic recipe!

Spring Picnic Recipe—

Tomato & Pesto Ricotta Tarts **Ingredients**

Slices of prosciutto
 750g ricotta
 Grape tomatoes
 Basil pesto, salt & pepper

Method:

Line cups of a standard muffin tray with thin slices of prosciutto ensuring the whole base is covered. Mash 750g of fresh ricotta with an egg and season with salt & pepper.

Halve grape tomatoes & push into tops of ricotta.

Top with half tea-spoon of basil pesto. Bake at 200C for 25 minutes until firm.

Rest for 5 minutes & then gently remove from pan & cool.

Enjoy the tarts with an **Italian Caprese Salad**—

Toss together baby boconcini with tomatoes, basil leaves, lemon juice & olive oil—season with salt & pepper.



PROJECT PANTRY

The next Market Day will be held at Burnie Brae on **Friday 5th September, 9am—11am**. There will be a variety of goods available at the market including non-perishable foods, fresh fruit & vegetables and bread, however, food items will vary from month to month depending on availability. Our Market Day is a service available to Aged Pensioners and the goal is to assist in saving on grocery bills through the provision of low cost or free grocery and personal care items, supplementing the regular weekly shop.

For more information or join in on September 5th

There is no registration fee - just call Deb or Anita in the Welfare Office - Phone: 3624 2121 and they will take your details.

BRAND NEW VOLUNTEERING POSITION AT BURNIE BRAE

Project Pantry Assistant

Help out two mornings a week, from 9am-12.30pm. You will be collecting food from the Foodbank & bringing it back to Burnie Brae to help re-stock our pantry shelves that provide much needed food to aged pensioners. This is a very rewarding position in a great new community program! Please contact Anita Wong on 3624 2121 if you are interested in this position.

CARING FOR CARERS

Are you a full time Carer? Looking for an opportunity to take a break & gain some exercise in the process? Personal Trainer Lisa Sawyer runs a 2 hour weekly session consisting of a structured work-out for the first hour and the second hour is devoted to an education session on topics such as nutrition & stress management. The program is funded by the Federal Government in conjunction with the Commonwealth Carer Respite Centre, Toombul.

The program runs every **Tuesday** at the **Chermside Uniting Church 9.30—11.30am** Contact **3256 8033** for further information.

SATURDAY 6TH SEPTEMBER, 1.30PM

CENT AUCTION / FASHION PARADE



DON'T MISS THIS FANTASTIC EVENT! Gates Open 12md. Bring family & friends.

- Enjoy the **SPRING FASHIONS FROM NONI B CHERMSIDE**, beautifully modelled by our own members.
- Oodles of chances to win some **FABULOUS PRIZES** – come along, purchase some
- Auction Tickets, place them in the bins for the prizes of your choice & cross your fingers!
- There will be a further chance to win the **SPECIAL RAFFLE PRIZE FOR THE DAY – A MONEY TREE!**
- **Only \$5 Entry includes delicious Afternoon Tea. Entry Tickets on sale prior.**
- **Auction Tickets \$2 per Sheet – on sale on the day.**

DONATIONS:

- **PRIZE DONATIONS STILL WELCOME THE LAST WEEK PRIOR * BEFORE FRIDAY.**
- **FINGER FOOD DONATIONS FOR AFTERNOON TEA GRATEFULLY RECEIVED BY FRIDAY 5TH SEPTEMBER BY 4PM OR FIRST THING 9AM SATURDAY MORNING.**



DIARY DATES

SATURDAY 6TH SEPTEMBER, 1.30PM

Cent Auction/Fashion Parade

WEDNESDAY 17 TH SEPTEMBER, 9.30AM

Annual General Meeting

WEDNESDAY 8TH OCTOBER, 10AM

Monthly Concert/Morning Tea

MORE GOOD TIMES AHEAD—

WATCH OUT FOR THESE UP COMING EVENTS—MORE DETAILS TO FOLLOW—

TUESDAY 4TH NOVEMBER

Melbourne Cup Day Luncheon

WEDNESDAY 26TH NOVEMBER

Burnie Brae Tappers & Craft & Cake Stall

WEDNESDAY 10th DECEMBER

Christmas Function—Lunch



THANK YOU

At the Awards Morning Tea on Wednesday 27th August 2008, my husband Bill received an award on my behalf as I was unable to attend. This was a big surprise and I thank you Burnie Brae. I haven't been able to be of much help this year, but believe me, I wish I was able to do more, as I have enjoyed the years as a member of Burnie Brae, and I hope I can continue in a small way to help out.

With out my husband Bill, I couldn't have done it. He has been my right hand man and I thank him for it so much.

Good luck for the future, and I thank you again.

Sybil Vicary



WALKERS CELEBRATE SENIORS WEEK

Nine of our Burnie Brae Walkers celebrated Seniors Week on Sunday 17 August at a free Fun Day and Expo at South Bank Parklands in Brisbane.

The Fun Day and Expo ran from 8.30am till 2.30pm with non-stop action including a fun walk, live entertainment, sausage sizzle and interactive activities.

Steve, Fran, Meri, June & Ray participated in the 5 km walk while Stella, Phyllis, Joyce and Genevieve held the fort. Meri & June got a little lost along the way as someone thought it would be a great idea to move the balloons marking the walking path!

By all reports the entertainment in the Suncorp Piazza was excellent.

Burnie Brae has 2 walking groups registered with the Heart Foundation. The groups walk Monday, Wednesday & Thursday afternoon in Marchant Park & 7th Brigade Park. If you would like to walk with our friendly group call Glenda McCarthy in the Member Support Office on 3624 2125.



EXTENDED PROGRAMS DATES FOR SEPTEMBER 2008

DATE	DAY	GROUP	DESCRIPTION
6th September	Saturday	Burnie Bunch	Activities and BBQ @ Burnie Brae
11 th September	Thursday	Take Us as We Are	Still to be decided
13 th September	Saturday	Movie Club	Lunch & movie @ AMC Stafford
15 th September	Monday	Carer Social Group	Abbey Museum, Caboolture
18 th September	Thursday	Burnie Bunch	Pottery @ Burnie Brae
20 th September	Saturday	Saturday Club	"Sound of Music" Harvest Rain Theatre New-farm
26 th August	Tuesday	Movie Club	Dinner and movie AMC Stafford

If you would like to find out about attending our Extended Programs, please contact Glenda Boyd on 3624 2145.

This month we showcase *The Burnie Bunch*

The Burnie Bunch is a social group for younger adults with intellectual disabilities. They meet twice a month for ten-pin bowling, pottery, fishing and other fun activities. The social opportunities offered through the Burnie Bunch have seen many friendships develop and personal growth achieved.



Pictured are Burnie Bunch members, Trevor Herriman (left) and Brett Ramsay (right) at Shorncliffe on a sunny day in July.



Interesting Facts for Your Warehouse of Useless Knowledge-

- A giraffe can go without water longer than a camel can.
- A goldfish has a memory span of three seconds.
- A mole can dig a tunnel 300 feet long in just one night.
- An average person laughs about 15 times a day
- Camel's milk does not curdle.
- Camels have three eyelids to protect themselves from blowing sand.



BURNIE BRAE TRANSPORT

Burnie Brae transport service provides assistance for members/clients wherever possible, within a designated area, for those who experience mobility or public transport difficulties. Examples of the service include transport to Burnie Brae for activities, podiatry, hairdressing and social events. Transport to shopping and medical appointments is also available. At present we have vacancies in our Group Shopping service. If you are experiencing difficulties accessing the shopping centre give Transport Coordinator Stephen McCarron a call on **36242131**. The Transport Office is situated off the courtyard.

BUS TRIPS

NOTE: Tickets go on sale 4 weeks prior to the date of each trip

***“Toowoomba Carnival of Flowers”
Saturday, 20th September***

Today we travel to Toowoomba to enjoy the prize gardens and beautiful displays which are highlights of the now-famous Toowoomba Carnival of Flowers. Lunch will be picnic-style at one of the beautiful parks. Visits to Queens Park, Picnic Point, and Laurelbank. Morning tea will be served en-route.

DEPART BURNIE BRAE: 7:45am
RETURN TO BURNIE BRAE: 5:00pm

COST: \$40 Per Person (all-inclusive)

***“Mary Valley Rattler”
Wednesday, 15th October***

A great day in store today! We travel to Gympie where we board the Mary Valley

Rattler, travelling on this most scenic railway line, crossing the Mary River - over bridges and through villages, stopping at Kadanga, where the locals come to meet you with their array of crafts on the platform. Then journey on to Imbil Hotel for lunch. After lunch we board the coach and travel to Kenilworth for cheese-tasting and a chance to try their delicious ice-creams.

DEPART BURNIE BRAE: 7:30am
RETURN TO BURNIE BRAE: 5:00pm

***“Boonah, Beaudesert, Kalbar”
Saturday, 25th October***

Today we head to Beaudesert for morning tea at the Craft & Info. Centre, then take a scenic drive through the Kerry Valley past the many dairy farms as we make our way to the Boonah Bowls Club for one of the best lunches you can get anywhere. Time to walk off lunch with a stroll through the shops of Boonah and then head towards Aratula, with stops at various places on our way home if time permits.

DEPART BURNIE BRAE: 8:00am
RETURN TO BURNIE BRAE: 4:30-500pm

COST: \$45 Per Person (all-inclusive)



**RECREATIONAL ACTIVITIES & SUPPORT
SERVICES**

Join us to keep fit at one of our many active groups from
Fitness classes to Tai Chi & Aqua Aerobics

OR

Perhaps dancing is your thing - Old Time, New Vogue, Tap dancing & Line dancing
all available

OR

Join us for fun at Bowls or Darts or Billiards to name but a few

OR

just relax in our Library—Free computer use

OR

Talk to us about our large range of
Community Services :

Respite Services, Welfare Office, Podiatry, Transport, Movie Club, Saturday Club,
Carer Services, Home Assist Secure, Social Support, Young Disability Groups &
Mental Health Support program

***Burnie Brae Centre Supporting the
Community in Brisbane's North***



burnie brae Centre

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"Burnie brae news"

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