

# Events Calendar

2005 / 2006

## OCTOBER 2005

**17th - 21st**  
Rejuvenation Break

**28th - 30th**  
Wild Walk Weekend

## NOVEMBER 2005

**1st**  
Melbourne Cup Luncheon

**16th**  
Ecology Walk & Talk  
"Tourism in National Parks"

**15th - 20th**  
Shareholders Week  
AGM 19th Nov.

**21st - 25th**  
Wild Walk Escape

## DECEMBER 2005

**5th - 8th**  
Photography Week

**17th - 18th**  
Summer Birding Weekend

## JANUARY 2006

## FEBRUARY 2006

**6th - 10th**  
Rejuvenation Break

## MARCH 2006

**17th - 19th**  
Autumn Birding Weekend

**21st - 24th**  
Photography Week

## APRIL 2006

**3rd - 6th**  
Wild Walk Escape

## MAY 2006

**14th**  
Mothers Day Lunch

**22nd - 26th**  
Rejuvenation Break

## JUNE 2006

**5th - 9th**  
Wild Walk Escape

**16th - 18th**  
Winter Birding Weekend

## JULY 2006

**30th**  
Xmas in July

## AUGUST 2006

## SEPTEMBER 2006

**4th - 7th**  
Photography Week

**15th - 17th**  
Spring Bird Weekend

## OCTOBER 2006

**16th - 20th**  
Rejuvenation Break

**TBC**  
Bush Poetry

## NOVEMBER 2006

**7th**  
Melbourne Cup Luncheon

**13th - 19th**  
Shareholders Week  
AGM 18th Nov.

**20th - 24th**  
Wild Walk Escape

## DECEMBER 2006

**11th - 14th**  
Photography Week

\* Please note: All event dates are subject to change.



**Phone:** FREECALL: 1800 074 260 or phone: 07 5533 3622 International: +61 7 5533 3622  
**Fax:** Reservations: 07 5533 3658 International: +61 7 5533 3658  
**Mail:** Binna Burra Mountain Lodge, 1040 Binna Burra Road, Binna Burra Qld Australia 4211  
**Email:** info@binnaburrallodge.com.au **Website:** www.binnaburrallodge.com.au



*Binna Burra Mountain Lodge*

# Binna Burra Views

**SPRING 2005 Edition**

## Special Events in Spring

### Next Binna Burra Rejuvenation Break

**17-21 October**

It's on again, and if you missed the last one, then read what one of the participants had to say about Binna Burra's Rejuvenation Break in May this year.

*"Thank you very much for the effort you put into the Rejuvenation Break. I have found what I learnt very helpful and am grateful for the way you took my personal needs into account in the program,"*  
**Mike Polities.**

So what makes this series of Rejuvenation Breaks at Binna Burra Mountain Lodge stand out from the myriad of health sessions, feel good get togethers and alternative or changing lifestyle programs that are now being offered around Australia.?

First of all, it has to be the location with the Lodge being situated right inside the boundaries of Lamington National Park with its clean, crisp air.

Then there is the daily opportunity to join a group walk or experience a solitary meander along the rainforest tracks without first having to travel some distance by car.

Previous participants report that these walks seems to add a special zest to the overall experience with their uplifting powers to renew, invigorate and indeed get 'High on Nature'. There are not too many places left in the world where this is possible.

There is also the well, thought-out program, with its excellent spread of presenters who are all leaders in their chosen field of expertise and all have the ability to relax and be inclusive of even the most hesitant of participants.

They include: **Dr Shawn Somerset** – Nutrition, **Vanessa Bagley** – Aromatherapy, Natural Skin Care and Meditation, **Mia McPherson** – Yoga, **Gai Wanless** – Tai Chi, **Elizabeth Rae** – International Speaker, Personal and Business Coach (See separate article on Elizabeth Rae in this edition of Binna Burra Views.)

The following is the relaxed, daily program: **Monday 17 Oct (evening)** Welcome and Campfire Supper under the Stars. **Tuesday 18 Oct** Yoga /Nutrition Workshop Ancient Beech Tree Walk or Meditation Walk Me Time, Aromatherapy Workshop, Mediation Before Bed. **Wednesday 19 Oct** Yoga Natural Skin Care Workshop, Tai Chi or Short Bush Tucker Me Time. **Thursday 20 Oct** Tai Chi Rainforest Walk and Flying Fox or Mediative Walk, Personal Development Talk.

Packages start from \$656.00 twin share, which includes all workshops, meditative walks, meals and plenty of "me time". Campsites & tents available. Come with a friend and share some special time together, send a loved one for a well-earned rest. or come yourself for some peace away from the everyday grind.



*Tai Chi with Gai Wanless*

# Meet Elizabeth Rae at Rejuvenation Break 17-21 October

**Elizabeth Rae** is an internationally successful Professional and Executive Coach; Business Coach; Stress Management and Personal Development Consultant; and Clinical Therapist. Last year she spoke internationally on Stress Management, Self-Awareness and Relaxation Techniques.

Elizabeth was the first person to introduce Relaxation Techniques to Gyms in South East Queensland. These techniques included all forms of Meditation ranging from Walking Meditation to Visualisation Meditation.

Her life experience includes working within the Prime Minister's Office, dealing with the Royal Family and other visiting overseas dignitaries. She also established the Elizabeth Rae Galleries in Canberra in which she specifically promoted Pro Hart's works both around the nation and in the United States.

This diverse background has provided an indirect path to fulfilling her ambition to guide, encourage, and motivate others to happier and more fulfilling lifestyles.

**Elizabeth says: "Caring for the mind leads to a better sense of self-belief and self-worth while enhancing and improving mental focus and clarity, whether at work, home or socially. This also leads to an improvement in health and flows on to positively affect other sociological and physiological factors."**

And don't we all really wish for that!

## Special Events

The events Calender to June 2006 is now out and contains some exciting changes and consolidation of our most popular events.

The **Wild Walk Escapes** has been expanded from 2 to 4 days taking a small group of guests to the far reaches of the park, abseiling and rock hopping. Not for the faint hearted, the four-day event includes walks to Darlington Ranges, from Green Mountains to Binna Burra via two gorges and three mountains and the toughest of all Egg Rock. Day two is a rest day but you can opt to abseil or take the plunge on the flying fox. Dates are 21-25 November, 3-7 April 2006, 5-9 June 2006. The final Wild Weekend for the year is 28-30 October.

### Get high on Nature Photography Week

Guests enjoyed expert tuition and lots of practise in the rainforest at the August Photography Week. Michael Snedic and Gavin Hale will be back in December with a new programme to enhance skills for both digital and film photography in a series of workshops and field trips. From feedback received there will be an emphasis on getting the workshops into the field.

**The course is on 5-8 December 2005.** Book early as class sizes are kept small to get maximum benefit of one on one tuition.



Get high on 'Nature Photography Week'

## Chairmans Message

Greetings all.

I regard spring as the first season of the cycle. It is a time when most of the living things around us burst into new life, begin a new generation and take on a fresh appearance.

Spring this year also marks the dawning of a new era for the Teahouse. Within the first week of spring we will commission the temporary facilities designed to serve us until completion of the new building. We had to battle the frustrations and unavoidable delays in achieving this result but there has been a dedicated resolve to achieve our original objective to resume normal operations on the site. It is essential that we re-establish our business operation at this location and within the shortest possible time frame, reinstate the visitor service that has characterized our use of the location. I know those of our staff who worked at the facility previously will be very pleased to 'get back home' and restart what they did so well. We have a long way to go to completing the permanent facility but we are equally committed to that task. While we expect frustrations along the way, it will come to pass.

I hope all of you who are able, will come and share a little of our spring. There is new life in the forest and new beginnings at the Teahouse site. I hope I may have the opportunity to meet with many of you over the next couple of months, somewhere around the lodge environs.

With every good wish

**Geoff Sharp**



Geoff Sharp

## Manager's Viewpoint

It is now four months since the Teahouse fire and all concerned have worked hard to help our customers. Behind the scenes all are striving to move forward towards reconstruction.

Temporary premises are now up and running. The Campsite staff members who have worked at the Lodge are keen to get this operation back on its feet.

I am very pleased to see the way all staff has worked together with real team spirit to provide the best service they could to both Lodge and Campsite guests. Congratulations to all staff for your loyalty and dedication.

I am encouraged that many of our regular Campsite guests continue to visit Binna Burra. Many call in to say "hello" and they show genuine interest in how things are progressing.

Early risers are experiencing magnificent spring sunrises as the days lengthen and we are seeing some great sunsets from the Coomera Terrace accompanied by a good red from Willy's cellar. I also see the first of some reptiles on my walk to work as they re-emerge from hibernation to catch a little morning sun. My native bees are also starting to become active once again as the days become warmer.

This is a great time of the year to come up for a visit.

Cheers

**Linus Bagley**

## Farewell to Hazel

Wrestling a python is not normally on a pastry cook's job description but retiring and much loved Lodge employee, Hazel Nesbitt, was the only one brave enough to do the job.

A campsite guest reported a BBQ was not working so Hazel went to investigate and found a two and a half metre python wrapped around it. Hazel calmly pulled it out and put it in a garbage bin for safe return to the forest.

Hazel's wrestling days will be over come November 29 when she farewells Binna Burra after 15 years in the kitchen. Hazel is moving to Queanbeyan (near Canberra) to be closer to her son's family.

Hazel began work at the old, old teahouse in 1990 as waitress/kitchen hand/cook. The then Manager James Leighton asked Hazel to build up the teahouse clientele and made her supervisor. One of her first initiatives was to contact bus companies and encourage more day-trippers. This resulted in a boom in numbers but only one bus could be handled at a time so there were two shifts in the small confines of the teahouse.

Hazel moved to the Lodge in 1996. She took on a short, mature-age chef course and along with her 37 years in the hospitality industry prior to Binna Burra, became fully qualified. It was her Scottish grandmother and her mothers' influence that led Hazel to become a pastry chef.

Retirement will not mean putting the feet up for long however, as she will now have time to finish the book she has been working on for the past five years. It is dedicated to Marjorie Groom's work in the 1960's.

The second half of the book will be a montage of poems, essays and short stories written by shareholders. Hazel's request resulted in hundreds of replies.

Hazel has credited her relationship with the staff as being the most enjoyable part of her job.

***"I've worked with most of the present staff for four years and it is like one big family which you don't get in larger establishments"***.

Hazel will finish her time at the Lodge by training new 4th year apprentice, Aidric Irvine. She has also trained Al and Rex in the joys of baking and remembers young Rex as a keen student as he moved from kitchen hand to chef under Hazel's guidance.



**Lodge Manager Linus has the last word.**

***"I'll always remember Hazel for her knocks on my door at 3am for various emergencies and of course her strong support of Binna Burra. I will be very sad to see her go and we wish her the best for the future."***

# Lamington National Park Celebrates 90th Anniversary

***The fight for protection of the 'Beaudesert Green', the region that is now universally recognised on the list of World Heritage Listed rainforest-covered mountains and valleys, was a long and dogged campaign 90 years ago. Tony Walsh reports.***

And to excuse the pun, the early environmentalists did not have an easy 'walk in the park' to achieve their aims. Dr Tony Young, author/editor, of an in-depth historical and access CD-Guide of Lamington National Park explains: "From the 1840's to the turn of the century and later, this was the time of settlement in Queensland when the pioneers literally lived off the land, ringbarking and burning the scrub to establish dairy farms after the timber getters had gone through in their search for cedar and other prized timbers.

***"The policies of the government of the day directly progressed this destruction as often virgin land was released to settlers on the condition that 'improvements' be made; usually a percentage of the land to be cleared."***

Fortunately, land conservation was also high on the agenda in the United States of America and in 1872 Yellowstone was proclaimed the first National Park in the US and indeed the world



Bahnamboola Falls

In the same CD, Bill Flenady, a former senior ranger of Lamington National Park compiled A Brief History of The Creation of Lamington National Park and here the roles of two of the main drivers of that movement are highlighted.

A local lad, Robert Collins, had seen through his own eyes what potential this high country had for preservation for future generations but did not really know how to go about securing its protection. A trip to the US in 1878 gave him his blueprint when he heard about the perpetual protection of Yellowstone National Park

Collins entered Parliament and also joined the Royal Geographical Society. Through these forums he was able to push the cause for conservation and network with important people to assist his case. One of these was the then Queensland Governor-general, Lord Lamington.

## ***Lord Lamington Shoots Koala***

Such was the enthusiasm of Collins that Lamington agreed to come to see the mountains for himself in 1899, but Lamington disgraced himself in the eyes of the lovers of Nature when barely out of the sound of hand clapping from the locals, he stopped and shot a koala out of a tree!

***He is recorded as having said later in a state of remorse, '... its dying cries were terrible. They haunted me for years afterwards...'***

With the conservation movement gradually gaining support through the population, the government responded on the 6th of November 1906, when a State Forest and National Park Bill was passed in both Houses of State Parliament.

On the 31st July 1915, 47 000 acres in County of Ward, parishes of Kerry, Roberts, Numinbah and Telemon were gazetted as Lamington National Park and the dream of Robert Collins at last became a reality.

Lodge guests and staff celebrated the Park's birthday on 31st July with a giant Lamington cake that was cut into 55 pieces and served for dessert that night.

# Online Binna Burra Views gains popularity



We received a great response from Binna Burra Views readers to switch to email. We also received many responses to ordinary mail. All shareholders will still receive the Views unless we are notified otherwise but please email [marketing@binnaburralodge.com.au](mailto:marketing@binnaburralodge.com.au) or subscribe via the website home page top right hand corner at [www.binnaburralodge.com.au](http://www.binnaburralodge.com.au) Join over 700 people receiving the Views by email saving us money and time in postage and production.

*An effort is being made to ensure the PDF file size will be kept to a minimum to enable easier downloading.*

## FOBBS

### Anniversary Project

Late June, FOBBS received the good news that we've been successful in our application for a grant to pave the area around the new Illinbah seat and to build a sun shade over the new seat. FOBBS has received this grant from Queensland's Gambling Community Benefit Fund.

Thank you to the National Park Association of Queensland for their support during the grant writing.

### Campground Pruning

A lot of pruning at the camp site will prevent plants from damaging the on-site tents and to open up the views over the Numinbah valley from the tents.

### Anniversary Gathering

FOBBS will celebrate its anniversary with a luncheon at Binna Burra on Saturday 12 November 2005. For further information and bookings, please call Enid Craik at **(07) 3396 8640** or e-mail us at [friendsofbinnaburra@yahoo.com.au](mailto:friendsofbinnaburra@yahoo.com.au)



# Then and Now

## Guest Activities at Binna Burra

Over the years, the basic tenet has remained unchanged, to enjoy and appreciate the beauties of Nature in Lamington National Park. Then daytime activities always required excursions into the park, sometimes for a swim in one of the many pools, sometimes a campout. There were trips with an overnight stay at O'Reilly's and three-day hikes to every significant point in the park.

They seemed to be a different class of walker in those days the youthful energy of the day meant: breakfast at Egg Rock, lunch at Natural Bridge and back to Binna Burra via Wagawn for dinner. There are entries in the visitors' books reflecting a healthy competition for the fastest time for the Border Walk.

Arthur Groom led many of the walks and camping trips while others were sent out with navigational instructions for the day. (*Remember that today's track system was not in existence at first*). Some were with Arthur while he was making a track or fixing the phone wire! No one stayed at home unless they were willing to shell the peas and help with the chores.

Abseiling and rock-climbing became more popular when Donn Groom worked at the Lodge. Evening activities consisted of ping-pong (*Arthur being remembered by most for his prowess with the frying pan instead of a regular bat*), improvised "theatrical productions", talent quests, fancy dress parties. The Lodge's visitors' books are full of poetry and artworks of all styles and comments that illustrate exuberant mayhem such as short-sheeting and booby-trapped beds.

Guest stay patterns have changed the emphasis of activities. Most guests now only stay for 3- 4 days and the "packaging" of activities, meals and accommodation has meant less D.I.Y walks and the daily guest activities programme is essential.

Evening entertainment is now more "arranged" and requests for smaller tables and even spas are frequent and show a changing trend in guests requirements. Adventure activities are always popular but now adhere strictly to safety guidelines.

There are strict National Park rules regarding staying to the tracks. Paths are now graded, timed, measured with comprehensive maps as part of a bushwalkers kit. We even hire emergency beacons!

With degrees in Environmental Education and Science, our guides now come from a university or TAFE background. They are qualified in many aspects of Outdoor Education from guiding to abseiling to St John's Ambulance. There's nothing ad-hoc about activities now. Some are ex teachers and past guides have built a very strong school program at Binna Burra which won an Outdoor Education award late last year.

