



Autumn 2009 Edition



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'The Commando' comes to Binna Burra

You've seen him inspire **The Biggest Losers**, now let him inspire you!

Commando Steve is a big hit on the popular reality T.V series '**The Biggest Loser**', and is faced with people wanting to change their life every day. He is not only a highly qualified and extremely motivated Personal Trainer, he served within the Australian Special Forces, where he was a Counter Terrorism Team Commander. After a decade of operational experience in the Australian Army, Steve opened his own Personal and Corporate Training Company. He knows what it takes to help others achieve their weight loss goals. Steve has an amazing ability to motivate and strengthen his clients, and has inspired thousands to make a change that has changed their lives. The Commando is coming to Binna Burra Lodge to run a **Motivational Boot Camp and Nutrition Training course**. It runs from Monday 11th May until Friday 15th . Full details available on www.binnaburrallodge.com.au.



Vote Now for Binna Burra!.....www.Q150.com

The people of the Lamington Plateau in the Hinterland high above the Gold Coast are over the moon about having two of their local landmarks vying for the status of being voted number one on the official list of 150 Queensland Icons. Voting closes on the 30th April. Queenslanders can make their choice from a shortlist of 300 Q150 icons across 10 categories. The final list of 150 icons will be announced during Queensland Week (June 2009). Manager of Binna Burra Mountain Lodge Ms Karen Duncan, says the strong pride of the local community would rise a notch or two if Lamington National Park was recognised in the Natural Attractions category and Binna Burra on the Locations list. "We are a close knit community on the mountain and we know what an environmental paradise we have at our door step, but it would be really nice to share its awareness with our fellow Queenslanders", Ms Duncan said. Queenslanders are only permitted to place one vote in each category. So it would be great if the people in South-East Queensland could get behind these two local finalists. To lodge your vote, go to www.q150.qld.gov.au, then go to 'Help choose our 150 icons - Vote Now'

For a different perspective on this neck of the woods, you can join interNATIONAL PARKtours on the newly opened **Gold Coast Hinterland Great Walk**. Over five days, traverse the mountains, rainforest and hidden valleys of Lamington and Springbrook National Parks. You cover the full 54km trail but have extra time for shorter walks in Lamington or a relax at the lodge. This regular tour includes one night at Green Mountains, two nights at

Binna Burra, one night at Springbrook, all meals, bus transfers from Brisbane or the Gold Coast and the services of an experienced IPT guide. Monthly departures from May – September 2 0 0 9 . C o n t a c t : info@parktours.com.au.



MID-WEEK SPECIAL

Stay 2 nights

& receive a

bottle of wine

Come up to the real world!

Call 1300 246 622

Valid until 1st June 2009. Not valid on Saturdays, during QLD or NSW School Holidays, during special events or on public holidays.

Offer for Lodge guests only

Binna Burra's 75th Anniversary Celebrations



Above: The unveiling of the Romeo Lahey memorial with Ann Neale and Brett Raguse.
Below: The evening celebrations with a fire show.



Keith and Jo Weir, regulars at The Lodge, have been doing an outstanding job once again as they help Binna Burra continue to improve. They certainly did some hard work in restumping and refurbishing two of the cabins. **Thank you Keith and Jo**



Binna Burra Mountain Lodge, one of the longest established businesses in the Gold Coast Hinterland areas, celebrated its 75th Anniversary in December 2008. The original founding families, the Grooms and the Lahey's, were key in this celebration of longevity, some travelling quite a distance to be here.

Ann Neale, daughter of Romeo Lahey, was awarded a plaque by BB's Chairman Hal Morris in recognition of her being a participant in the original 1933 Christmas Camp. In conjunction with the anniversary, Ann and Brett Raguse (the Federal Member for Forde), unveiled a memorial in commemoration of her father.

The memorial is positioned on the Coomera Terrace beside the Lodge dining room, with lookouts over the Numinbah Valley down to the Gold Coast. Additional guests of honour included Scenic Rim Mayor, John Brent, councilor Virginia West, and president of NPAQ, Tony O'Brien.

A fantastic community party followed the official proceedings, and included a "Bush Jam" with our local musicians and guest performers 'Budakka' (African style drumming band). A spit roast was served and fire twirlers entertained guests and locals. Over 200 people attended the evening and fun was had by all! Here's to the next 75 years!

Christopher Walla, who plays for the band 'Death Cab for Cutie' graced us with his presence in March. You'll be forgiven if you don't know this band, as anyone over the age of 18 and not into heavy rock or punk will not necessarily be in the loop. The very friendly Chris said that he loves staying at The Lodge.



Huey's Visit to Binna Burra



Huey on the Coomera Terrace

On the Coomera Terrace, the wok started to heat as Huey took our view of the valley out to prime time television. For his cooking sensation, Huey sourced local produce from

Beechmont, such as macadamias, honey, cheeses from the local farm and organic fruit and vegetables. Only the best will do! Two episodes were filmed for 'Huey's Cooking Adventures' and will be due for screening on Channel 10 in April.

Wild Walk Weekends

IN LAMINGTON NATIONAL PARK, QUEENSLAND

Get off the beaten track in 2009

Two day challenges for those looking for something different.

Day one (optional): An introduction to abseiling, with a 10m & 40m abseil.

Day two: 'Go bush' with our guided off-track wild walk.

Cost: \$100 per person

23rd & 24th May SPLIT ROCK

A rewarding short, sharp and historic walk leads to a rarely visited lookout over the Coomera Valley. Experience how our pioneers travelled through this rugged country.

29th & 30th August SHIPS STERN - 'OVER THE EDGE'

A 10km hike to Ship's Stern, then some climbing & abseiling down the spur to Turtle Rock. Explore the caves at lunchtime, before abseiling and walking down to the Numinbah Valley.

14th & 15th November BUSH RANGER'S CAVE

Heading off-track down to the spur of the South-East corner of the Park, we will then pass through a range of majestic forests and breathtaking cliffs to the archaeological marvel that is Bush Rangers Cave.



Lodge accommodation starts from just \$90 per person including breakfast (based on twin share)



Call: 1 300 246 622

www.binnaburralodge.com.au

Competition!

Win a family size pizza

at the

Lamington Teahouse

Q. What is this bell used for?



Email your answers by 31st April 2009 to: marketing@binnaburralodge.com.au

Congratulations Dave Sheppard from Gilston our previous winner!

Murder Mystery Weekend



Do you feel like doing something out of the ordinary? Something different, fun, exciting and playful? For a strange and spooky weekend with mysterious and amusing twists and turns, **join us for a Murder Mystery on Saturday 25th April**. Spaces are limited so be quick (or face the consequences).

Birding Break

with Barry Davies

19th –21st October

Barry Davies, birding legend extraordinaire tells us that bird lovers will be in their element with the plethora of wild life on hand in Lamington National Park. "Late Spring is the perfect time of the year for bird watching. By then the first storms of the season will have dumped enough rain to revitalise the forest after the 'dry' and the birds will be in a frenzy of breeding activity. The migrating birds will be back on the mountain and with everyone home the morning chorus is tumultuous and the prospects of seeing birds is excellent". **Don't miss your chance to see more of what Lamington National Park has on offer.**



Judie Turnbull with GA Luke - in preparation

The Bucket List

don't let age be your excuse



Judie goes over the edge!

Abseiling is not just for the young and fit, but it is also for the young and fit of mind. The adventure of going off a cliff

can really give you a new outlook on life! Judie, who is 72 and one of our regular guests, says that she is an 'abseiling addict'. After not wanting to look like a 'scaredy cat' when her daughters wanted to abseil many moons ago, now she can't get enough of it! If abseiling is one of the things on your bucket list then be sure to share the adventure with our experienced staff at Binna Burra on **Sundays at 8.30am** (you only live once). It has been said one of the keys to a good and long life is to **"DO ONE THING EVERYDAY THAT SCARES YOU"**.

Other ways to live a long and healthy life have been documented by Mark Stibich PHD, and the FORBES Institute:

- | | |
|--------------------------|-------------------------|
| 1. Don't oversleep | 7. Be optimistic |
| 2. Have more sex | 8. Stop smoking |
| 3. Chill out | 9. Eat dark chocolate |
| 4. Drink red wine | 10. Smile |
| 5. Get a pet | 11. Make exercise play |
| 6. Eat more antioxidants | 12. Solve brain puzzles |



New Eco Accreditation - AAA Tourism's Green Star

Binna Burra has successfully achieved the AAA Green Star, which recognises our commitment to reducing the environmental impacts when running the Lodge and Campgrounds. When audited, we passed the 3 criteria with flying colours:

1. Energy efficiency e.g. light bulbs, fixtures, zoned heating and cooling, signage etc.
2. Waste minimization e.g. recycling programs, towel reuse option, printer cartridge recycling etc.
3. Water management e.g. enviro-friendly cleaning products, unbleached paper products, use of recycled water in gardens etc.

Binna Burra Lodge was the first in Australia to achieve the International status of **Green Globe 21** certification. We are a proud pioneer of 'green' tourism.



Paula's recipe



Veggie Burgers for a Party!

Ingredients:

- 500g of Chic Peas
 - 4 carrots
 - 4 zucchinis
 - 4 capsicums, diced
 - 4 onions, thinly diced
 - 2 dsp garlic
 - 8 dsp sweet chilli sauce
 - 2.5 tsp ginger
 - 5 cups pancake mix
- Makes approx 30 large patties**

To prepare:

Grate vegetables and mix with all other ingredients in a bowl. Make balls/patties and fry in a sauce pan or on a hot plate. Once patties have been made, they can be frozen for later or put on a toasted bread roll with half a Roma tomato (grilled with pesto on top), a slice of roasted capsicum, a slice of roasted egg plant, a slice of Swiss cheese, paw paw chutney, and lettuce.

Bon appetite!

The Changing Faces of the Tea House

Binna Burra's popularity as a function centre for conferences has exploded within the last year and has pushed the Tea House into changing its posture as not only a café, but now a facility for meetings and conferences.

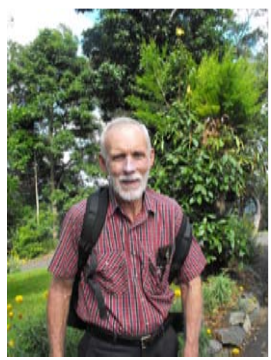
The emergence of groups and high profile businesses wanting to make the most of the Park and our facilities has taken an exciting new direction. In addition, the Tea House is available for private evening functions. Paula, the Manager of the Tea House has her work cut out for her as the school groups and functions keep rolling in. In addition to the normal café needs, she is also cooking for individuals with special requirements, and thanks to some parents, "fussy eaters".



The Teahouse ready for a conference

Regular Guest for 60 Years!

Graham Brown of Tewantin on the Sunny Coast has been coming to Binna Burra Mountain Lodge for holidays and short breaks for the past 60 years!



He first started coming with his father and continues to enjoy all the walks in Lamington National Park, and when this photo was being taken recently, he was checking his gear for another excursion. What is favourite walk? Graham will tell in the next issue

Mr John Woods, the People Development Manager for 'Laing O'Rourke' has been facilitating conferences at Binna Burra for 2 years. He has this to say: "Binna Burra has proved to be the perfect location for the delivery of our leadership development programs. We have a very strong branding around our Leadership Development framework and it's all about mountaineering. So when it came to finding a suitable 'mountain' venue which was conveniently located to both Brisbane and the Gold Coast and the corresponding airports we had to look no further than Binna Burra. Being able to take our employees away from their busy, noisy and typically urban environments and place them in an environment such as Binna Burra is a rare treat. The great features of the Lodge apart from the obvious (the location) is the easy going and very resourceful staff and the extra-curricula activities to tap into. All our programs have a great deal of experiential learning built in and being able to use the Flying Fox, High Ropes, Abseiling etc is fantastic to stimulate the creative thinking and problem solving abilities of the participants. The accommodation is more than sufficient with a diverse range of

options to suit any budget. The conference rooms are also perfect for meeting our needs. We do not need nor do we want the typical 'sterile' option which is the norm for nearly all conference facilities, so being able to run workshops in the Old Barn, the Pottery Shed or Library reinforces the innovative approach we are teaching in the programs. It's amazing how an open fire can be a source of great reflection and relaxation especially when it forms part of your training room. Best of all is the relaxed, flexible and resourceful staff. No problem, no matter how weird or wonderful it is, is ever too hard for the Binna Burra crew to solve. Sure you may need to be a bit flexible on your end but isn't that just life? It's certainly what our leadership teachings is all about. Binna Burra - it's got it all and more!"



The Laing O'Rourke boys in action



Travel Duo are Impressed

Acclaimed Sydney-based travel couple: journalist, Chris and photographer, Suree Pritchard recently visited the Lodge with travel assistance provided by Tourism Queensland. Chris was interested in the Gold Coast Great Walk and was also impressed by Chris Duncan's knowledge of the flora growing on the BB property especially the wide variety of natural 'bush tucker'. Chris and Suree travel the world in search of interesting travel stories for their numerous media outlets and said they were excited with what they found at Binna Burra.



Join Us for

Full Moon Flying Fox

Zip through the forest in the full moon light.

What an experience!!

Thursday 9th April, Saturday 9th May and Sunday 7th June.

Bookings essential call (07) 55 333 622