

HUT GOSSIP

Quarterly publication of Parkyn Hut Information Centre



Australian Body Art Festival 2018

7-8 April 2018

Where: Cooroy, Noosa hinterland

Price: Free entry for spectators

Email: contact@australianbodyart.com.au

Website: www.australianbodyart.com.au



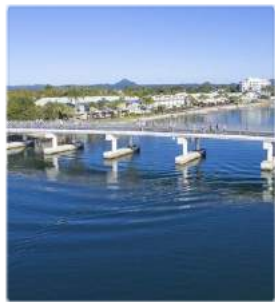
Noosa Food & Wine Festival

When: Thu 17 to Sun 20 May 2018

Where: Noosa

Website:

<http://www.noosafoodandwine.com.au>



Runaway Noosa

When: Saturday 26 May 2018

Where: Around Noosa

Website:

www.runawaynoosamarathon.com.au

President's Bit

I just can't believe how quickly this year is flying by, to think that it's the Easter Holidays already!

Let's hope we get a reprieve from the rain so everyone can get out and about and enjoy our magnificent surroundings.

Thanks to everyone who attended our first famil for the year where we visited some of the newer businesses at the Marina and re familiarised ourselves with some old favourites, finishing off with a sunset cruise on the Noosa Queen and dinner at the fish and chip shop.

I hope that all those who attended the afternoon/evening enjoyed themselves ... but even more importantly, I hope you learnt something you didn't already know about the Marina and its businesses

This really is what famils are all about ... enhancing our knowledge of the product, so that we are able to convey the best possible information on what is available in our local area to every single person who walks through the Hut's door.

Of course we all know that shopping locally benefits the whole community and tourists love to spend money.

It was good to see a couple of our newer volunteers were able to join us and, of course, our mate Eddie joined us for the evening as well.

We are currently organising our next famil which we will be doing after all the holidays are over. WOOHOO!!!!

... Gail McBurney
(President)

Happy Easter to all our Vollies and their families. May you find the Easter Bunny's secret stash and enjoy an Easter that is filled with fun, love and lots of chocolate !!



Did you know?

Tewantin says Farewell to Volunteering Soldiers

Always proud and community focussed, the people of Tewantin paid their respects to volunteering soldiers before they left to fight for their country. It was hard to see men leave the small town.

The potential loss of the skills and expertise of Mr. W. Olds was voiced by Mr. F.T. Nicholas and Mr. A.T. Smith on behalf of the community. In a letter to Mr. Olds, dated 24 September, 1916, a heartfelt request implored Mr. Olds to reconsider his intention to enlist. They strongly declared that everyone understood Mr. Olds sentiments and they agreed with every man

...at the present time assisting the Empire in its great struggle for the prevention of what appears the slavery of the World to an ambitious attempt of the German Empire to control the whole universe.

However, they believed that Mr. Olds would be of more assistance to the war effort by staying in Tewantin. His skills in keeping the small fleet of 21 motor boats, mostly fishing vessels, in good repair as well as commercial and domestic engines, was essential for the community's endeavour *'to supply the public with the necessities of living'*. Without Mr. Olds, they continued persuasively, the boats would have to be sent elsewhere to be repaired and could be out of action for days or weeks instead of a few hours.

Mr. Olds and his brother did join up. Nevertheless, it is a tribute to the Olds' family business that the people of Tewantin felt so strongly about his work. Everyone was affected by wartime restrictions and hardships in many different ways.

For the Tewantin and Cootharaba district, 26th August, 1916 became known as 'King's Day' to boost the war funds effort. In the grounds of the school and inside there were plenty of activities, fun and games for all ages, raffles, auctions and wonderful cakes, confectionary and hand-made local crafts for sale. Dancing commenced in the evening. Around 80 residents attended to dance the night away and to hear patriotic speeches in the intervals. During the evening, two departing soldiers, Fred Juler and Edgar Johns were presented with engraved wrist watches. The men were wished a safe return to Tewantin. It was mentioned that their example in volunteering *'would give the necessary courage to others who are undecided'*.

*... Jan King
Historian*



Queens Baton Relay - Tewantin

Travelling through Queensland on its journey from London to the Gold Coast 2018 Commonwealth Games, the Queen's Baton Relay has brought together iconic Australians, community leaders and everyday heroes from all walks of life.

Among the baton bearers were some Noosa Masters Swimming Club members who encapsulate the community pride the Commonwealth Games inspires. Hundreds turned out to watch history in the making as the 2018 Commonwealth Games Queen's Baton Relay made its journey through Cooroy, Tewantin, Noosaville and Noosa Heads streets.

Australia is a very inclusive country and the Baton carries a strong message of inclusivity, diversity and community. Among the local baton bearers chosen to take part in the once-in-a-lifetime event, were Noosa Masters Jana Clancy, Tony Frost and Clinton (+ mother Sue) Stanley.

All the baton bearers had a very special story to tell and are role models for our community. Most volunteer because they want to give something back to the community. "If you live in the community and are part of it, you should want to give something back".

... Ed



Noosa Food & Wine Festival

RACQ Members save 20% on entry to Festival Village on Saturday 19 May & Sunday 20 May 2018.

Enjoy live cooking demonstrations by visiting celebrity chefs, sample wines from across Australia and savour a Taste of Noosa from some of the region's favourite restaurants.

[BUY TICKETS](#)

Parkyn Hut Marina Famil

Thursday, 1 March 2018

What a great learning experience this was! We renewed acquaintance with many of the long established businesses around the Marina and were introduced to a few newbies, notably the Gelateria (sooo good) and a great new BBQ/Pizza Hire Boats, River Fishing Tour Boat and up-to-date Hire your own Fishing Boat business. They all deserve all the support we can give them. Last but by no means least, we renewed our acquaintance with the Noosa Queen & its owner Chris during a wonderful Sunset Cruise during which we were rewarded with a wonderful sunset over the lake, swooping raptors, kangaroos taking their last snacks before turning in for the night and finally ... a wonderful fat moon rise. A famil to treasure. Thanks Gail and Davina for organising it all for us!

Hire boats



BBQ Pizza boat



River fishing tours



Shoppers



Little Loot



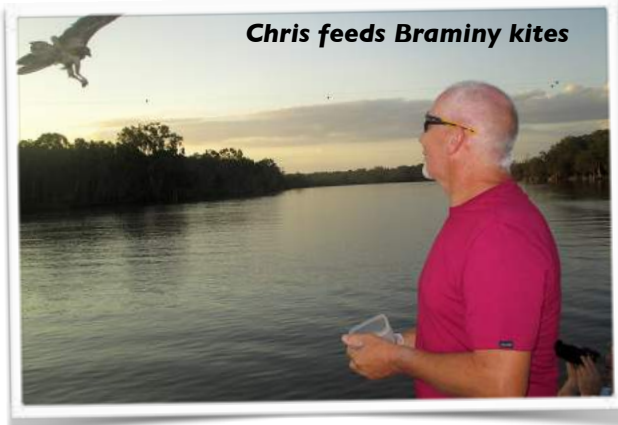
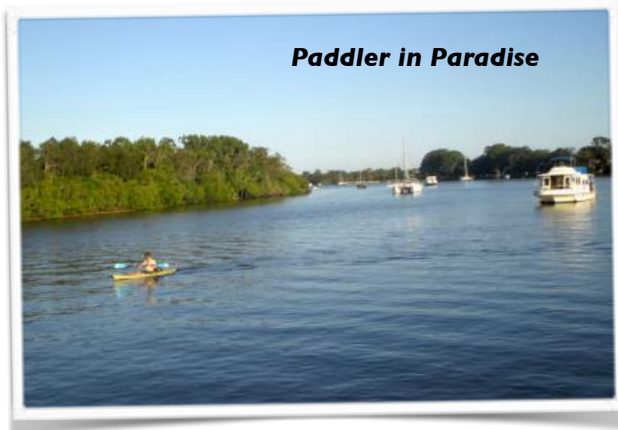
Gail checks itinerary



Gelato Bar



Parkyn Hut Marina Famil



New to do in Noosa



See Noosa from the air on a [helicopter adventure tour with Airborne Solutions](#), including scenic flights from beach to hinterland, Food and Wine Tours, Heli Pub Crawls and a two-day Granite Belt Vineyard Explorer tour.

Explore the beautiful Noosa River with [Nauticycle Noosa](#) (pictured), a unique way to get around the calm waters – take yourself on an easy 30-minute or 1hr ride.

[Water Pistols Surfboards](#) are a new surfboard and coffee shop in Noosa Junction, creating innovative, high performance surfboards and serving great, healthy food and coffee.

Have fun with the new 4-seater electric pedal boats with [Eco Noosa River Adventures](#).

Learn to make your own guitar while enjoying a great coffee and admiring custom and handmade guitars at [Walton Guitars and Coffee Showroom](#) in Noosa Heads.

And learn to build your own surfboard at a [Bare Naked Wooden Surfboards](#) workshop (see [Surf in Noosa](#) article above).

Wind down on Sunday afternoons with live music at the Piano Bar at Noosa Convention Centre, Noosa Lakes Resort, Tewantin, noon to 5pm, just a short stroll from Noosa Marina and overlooking Noosa River and Lake Doonella.

Feel fantastic with Whole Body Cryotherapy, Localised Cryotherapy and Cryofacials at [Flocryo](#), now in the heart of Noosa.

New Eats in Noosa



From brews to burgers and funky new bistros, try these new eats and drinks in Noosa.

The Noosa Brewery Trail is new from [Sunshine Coast Craft Beer Tours](#) who take you on a delicious tour of 3 Noosa breweries – the new Land & Sea in Noosaville, Eumundi Brewery at the Imperial Hotel and Copperhead Brewery in Cooroy (pictured). Go behind the scenes, meet the brewers and sample fresh, local beer (includes transport).

[Grill'd](#) hashas opened in Hastings Street, serving healthy burgers with ethically produced and locally sourced products.

Circa Cooroy is a cool, new bistro and patisserie in the Noosa hinterland, open Wednesday to Saturday for lunch and dinner and on Sunday for lunch with wood-fired pizzas and house-baked treats.

Larder & Baked, new in Noosa Junction has breakfast, fresh salads, lunch and quick bites to take away, as well as coffee and drinks in a gorgeous new setting.

[Amamoor Lodge](#) on the [Noosa Country Drive](#) has a new Lazy Lunch series, intimate events for up to 24 people at their beautiful country B&B near the Noosa hinterland, serving local produce - book for an evening under the stars, Taste of Christmas in July and more.

Further on from the Noosa Country Drive and into the Mary Valley, [Kandanga Kitchen](#) at 93 Main St, Kandanga, serves local, chemical-free, seasonal foods for breakfast and lunch.

Get a taste of [The Mary Valley Rattler](#), a historic steam train experience re-opening this year, with free tours of the historic station, and the new station café now open in Gympie, about 40 mins from Noosa.

Calendar of Major Events Noosa 2018

APRIL

7 - 8 April
Australian Body Art Festival

21 April
Noosa Vegan Festival

MAY

12 May
Cooroy Fusion Festival

12 - 14 May
Ultraman Australia

17 - 20 May
Noosa Food & Wine Festival

26 - 27 May
Runaway Noosa Marathon

JUNE

9 June
Australian National Busking
Championships

JULY

20 - 29 July
Noosa Alive!

22 July
King of the Mountain Festival

AUGUST

11 - 12 August
Noosa Strade Bianche

17 - 26 August
Noosa Open Studios

26 August
Noosa Classic

SEPTEMBER

24 August - 2 September
Noosa Jazz Party

OCTOBER

4 - 7 October
Noosa Surf Film Festival

11 - 14 October
Noosa International 7's Rugby

13 - 14 October
Wild Women Adventure Race

25 - 28 October
Noosa International Film Festival

NOVEMBER

31 October - 4 November
Noosa Triathlon Multi Sport Festival

10 - 17 November
Noosa Festival of Motoring

DECEMBER

11 December
Noosa Golf Club Legends Pro-Am

31 December
New Year's Eve Fireworks in Noosa



Sunshine Coast 2018 Festival Fun

May - In case you missed it, [The Big Pineapple Music Festival](#) program has been announced, as well they are excited to promote some new pre-pitched tent options for travellers.

June - Break out the Brylcrea.m and Bobby-Sox and check out the [Downunder Beachfest](#), one of the biggest events held in Caloundra each year, entries are open now for cars - Hot Rods, Motorcycles, Vintage caravans.... anything cool pre-1983.

July - [Queensland Garden Expo](#) is on again at the Nambour Showgrounds for the green thumbs.

August - With 10 arts-fuelled days to connect, disrupt and delight through arts, culture and creativity throughout the Sunshine Coast, make sure you subscribe to the [Horizon Festival](#) to stay up to date with announcements.

September - This year the [Caloundra Music Festival](#) falls in the middle of the school holidays, so make sure you plan around that. [Applications](#) are currently open for artists, sponsors, and even an internship.



Rail closures

Queensland Rail and TransLink want to build closer links with event organisers to ensure early communication about track closures to help minimise impacts for local events. They are committed to providing early notifications and advice of the impacts of our essential railway upgrades and improvements, where closures are planned up to 12 months in advance.

You access the trackwork [Calendar online](#). Email CommunityEngagement@qr.com.au to be added to the mailing list to receive an updated closures calendar each month.

THE HIGH PROTEIN FOOD YOU AREN'T

EATING ENOUGH OF

It seems like more people are searching for "superfoods" to turbocharge their diets. Often, these are foods most Americans are unfamiliar with initially, but once they learn about their supposed nutritional and health benefits (often exaggerated), they start scarfing the stuff down like it's going out of style.

Think about it: who was eating kale, acai berries and quinoa 15 years ago? No-one. But nowadays you see those words on every menu in town.

The word "superfood" conjures up thoughts of exciting, colourful foods from far off lands that possess magical healing powers. But a food doesn't have to be exotic to be healthy. In fact, there's one superfood every American is familiar with, but few seem to eat.

Beans.

Beans don't fit the typical image of a "superfood." They aren't as sexy as acai berries or [activated charcoal](#) smoothies. They're not new, lavish or exciting. In America, they're sometimes viewed as a staple for blue-collar people who can't afford much else. For these reasons, the majority of Americans might overlook beans as a smart food choice. But passing on beans is a big mistake. Beans possess a number of characteristics that make them an amazingly nutritious food, and their practicality is unmatched. Here's why you should eat more beans.

The Forgotten Food

Nearly all of us have eaten beans at some point in our lives. But chances are, beans don't play a regular role in our diet. And that's a shame.

According to Ryan Andrews, Nutrition Coach at Precision Nutrition, the average American eats roughly 216 pounds of meat and fish annually—compared to a measly 7 pounds of beans.

If that seems out of balance, it's because it is. Although beans can be used as a substitute for meat, it rarely happens in the American diet. And when it comes to side dishes, other foods—like rice, pasta and French fries—are more frequently eaten than beans.

The Magical Fruit

So, very few of us are eating beans. But who cares? What's so great about beans anyway?

Well, let's start with their protein content. On average, a cup of cooked

beans contains 15 grams of protein, which is a phenomenal amount for a plant-based food. Popular types such as black, navy, garbanzo, Lima, pinto and white all have at least 14 grams of protein in a single cooked cup serving. The protein content of beans is much higher than that of most grains, vegetables, nuts and seed

True, a one-cup serving of cooked ground beef has more protein (22 grams) than a one-cup serving of cooked beans; but look what's "coming along for the ride," so to speak.

Let's compare a cup of 80-percent ground beef with a cup of black beans.

-The beef has 230 calories. The beans have 240.

-The beef has 23% of your daily fat and 30% of your daily saturated fat. The beans? 0% and 1%.

-The beef has 25% of your daily cholesterol. The beans have 0%.

-The beef has just 7% of your daily potassium. The beans have 22%.

-The beef has no fibre. The beans have 60% of your daily value.

-As for vitamins, the beef has more B-12 and B-6, but the beans have more iron, magnesium and calcium.

With a similar amount of calories, beans bring more useful nutrients like fibre, potassium and vitamins. The beef brings saturated fat and cholesterol. The beans pack more of the nutrients you want, while the beef packs more of the things you want to avoid.

You're consuming roughly the same number of calories, but the beans give you more bang for your caloric buck. "Whole plant foods [such as beans] are very nutrient dense and contain a reasonable amount of calories," Andrews says.

One especially useful attribute of beans is their high fibre content. Fibre is crucial to a healthy diet, yet the average American falls woefully short of the recommended daily value. According to the [National Institutes of Health](#), teens and adults should eat between 20 and 38 grams of fibre each day, and men need more fibre than women. But the average American eats only

10 to 15 grams of fibre daily. For comparison, a single cup of cooked black beans delivers 15 grams of fibre.

Fibre helps break down foods for easier digestion, maintains good bowel health, lowers cholesterol levels and helps you feel fuller longer. High-fibre diets have been linked with positive outcomes such as a reduced risk of diabetes and heart disease. Beans are also high in antioxidants and phytochemicals, which are abundant in nearly every plant-based food and are increasingly linked to health and longevity. Andrews says, "Diets built around plant foods may help reduce risk of heart disease, improve blood lipid profile, reduce blood pressure, reduce cancer rates and reduced rates of type 2 diabetes.

Let's say you go out and grab the newest hot superfood—goji berries, coconut oil, chia seeds or whatever. Chances are, these foods will cost you an arm and a leg. You might not even know how to use them. Should you eat them straight up? Put them in a recipe? How are they cooked?

These foods certainly have nutritional benefits, but their cost and unfamiliarity can be prohibitive. Such is not the case with good old beans. Beans are inexpensive, widely available, easily prepared, and—perhaps most important—they *taste good*.

No one wants to pinch his nose and force himself to eat something just because it's healthy. With beans, that won't be the case. They have a mild taste that agrees with nearly every type of palate. "Beans taste good, they're inexpensive and they're healthy," Andrews says.

They're also extremely diverse in the kitchen. Beans are tasty on their own, but you can also use them in salads, pastas, soups, rice dishes and chilis. You can even crush them up to create a delicious dip.

It's worth noting that other legumes, such as peas and lentils, confer many of the same great nutritional and practical benefits as beans—and they are similarly under-utilised in our typical diet.