

# HUT GOSSIP

*Quarterly publication of Parkyn Hut Information Centre*



## **Australian Body Art Festival 2021**

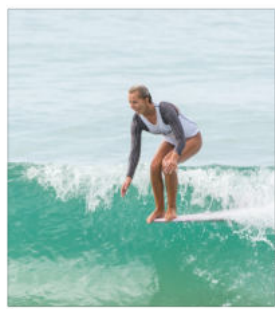
Fri 9 - Sun 11 April

Where: Apex Park, Maple St, Cooroy

Price: Free entry for spectators

Email: [contact@australianbodyart.com.au](mailto:contact@australianbodyart.com.au)

Website: [www.australianbodyart.com.au](http://www.australianbodyart.com.au)



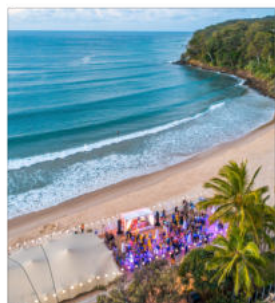
## **Noosa Festival of Surfing 2021**

When: Sat 15 - Sun 23 May

Where: Laguna Bay, Noosa

Website:

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



## **Noosa Eat & Drink Festival 2021**

When: Thu 10 - Sun 13 June

Where: Noosa Heads

Website:

<https://www.noosaeatdrink.com.au>

## **President's Bit**

Hope everyone had a great time over the festive season and thanks to all of you who filled in for Veggies who were either sick or away over the "Silly Season".

We are currently organising a few Famils and Training Days which we must do to meet our Accreditation requirements, so we urge you all to attend these important days.

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.

We continue to observe COVID restrictions – distancing, disinfecting, digital app, etc.

The Hut key is kept at RSL where it is accessible at all times.

The Hut was closed on one occasion due to very inclement weather. We are not an essential service and will not require volunteers to drive during downpours or over very water affected roads.

Our Patroness, Olive Donaldson, is now a resident of Carramar, Tewantin. We will, of course, keep in contact.

Tania Murray and Gillian Whittington attended an Heritage Network meeting in Cooroy.

Patsy Fayne submitted a photograph of two handsome volunteers together with an informative article on Parkyn Hut to the Noosa Today newspaper, and was fortunate enough to have it published. Thanks Patsy.

Enjoy the Easter break, indulge in some chocolate and Easter buns.

... Elvie Johns

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



## **Noosa Hill Climb - Winter 2021**

When: Fri 25 June, Hastings St - Street Pde

Sat & Sun 26-27 June Gyndler Drive,

Tewantin Nat'l Park - Hill Climb

Time: Fri - 3.30-4.30pm, Sat/Sun 8.30am

Price: Race Days \$15

Website:

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

# ROSTER UPDATE

As recently appointed Roster Clerk, I have learned it is the dedicated team of Vollies that makes holiday magic happen. Several visitor groups this month gave fantastic feedback, including the Sunshine Caravan Club from Brisbane, with a special mention to Gail and the Noosa Queen ... and Michael and Stephen also received a personal card of appreciation from another visitor.

We survived Christmas and Covid. Thank you for letting me know of absences, illnesses, planned and unplanned holidays. Organising replacement buddies makes for easy drafting of monthly grids !!

We enjoyed a farewell morning tea at Café Vin Cino, for Thelma Turnbull, who retired after 18 years of service. A wonderful achievement. Thank you to everyone who made it a lovely social occasion. Job satisfaction equals service longevity.

Goodbye and thank you also to Joan & Vivienne, who recently retired from the Hut.

This month we registered a volunteer application form with Volunteers Sunshine Coast helping hands. Perhaps this will create opportunities for new Hut volunteers.

June Colley registered TH & HS Inc. Parkyn Hut Visitor Information Centre with this organisation in 2010.



Michael Fayne & Stephen McKernan

## Good Job Vollies

*extract from Noosa Today*

Noosa Today (19/3) had a story about the little Visitor Information Centre in Tewantin. They must have every brochure known to man for all the attractions in the Noosa Shire, and there seem to be tourists there wanting information whenever I wander past. For a bunch of volunteers, they do a great job, as not all visitors gravitate to Hastings Street. They also have very interesting historic black and white photos, some taken just after Noah built his ark at the Tewantin boat ramp.

## Extract from Feb. 2021 Newsletter of "The Sunshine Caravan Club of Queensland Incorporated"

Sunday saw Rob and Barb Lupton delivering information bags to the vans. These bags were supplied by the Information Centre at Tewantin what an excellent job they did so no excuses for getting lost, though some still did!

Thursday saw a mass exodus from the park with most people taking off for lunch somewhere as it was our sunset river cruise that evening taking our own nibbles.

The majority went to Boreen Point to the Apollonian Pub again good meals then back to the vans for a siesta before the cruise with not many sitting out for afternoon tea. We all set off for the Marina around 4.30 as boarding was 5pm motoring out at 5.30pm. We were all a bit early so the skipper set out early.



We travelled on the NOOSA QUEEN run by CHRIS and his helper GAIL who also worked at the Information Centre.

We went up the Noosa River to Lake Cootharaba, excellent trip, loads of nibbles as always and a cheerful crew made it a very good experience. Chris (the Skipper) fed a young eagle by throwing up food and we watched the eagle swoop to scoop up the treat. Next was the bats, not sure what a group of bats is called but a swarm will do (googled that it is a colony or a cauldron - bit of trivia for you), there were thousands upon thousands flying up the river over the boat at times with our trusty

skipper spraying water out over our heads. As you can imagine there were lots of "yuk" and ducking for cover until we turned and saw the spray bottle in Chris's hand and the biggest grin on his face!

Skippy thought he would join in the fun and borrowed the bottle for a quick spray. A few of us were caught off guard!

## This time last year ...

Elvie and I recently attended the Noosa Regional Heritage meeting held in the Noosa Library at which I announced to the group that we had recently won the Awards for the "Best Visitor Information Centre in Queensland" run entirely by volunteers and also that we'd won the "Community Engagement Award" for our annual Heritage Walk. Everyone was very impressed!



## Farewell

### Thelma Turnbull

We enjoyed a farewell morning tea at Café Vin Cino, for Thelma Turnbull, who retired after 18 years of service. A wonderful achievement. Thank you to everyone who made it a lovely social occasion.



### Did you know?

Parkyn's Hut first open its doors to the public on 13 April, 2001 which was Good Friday.

Our little hut started with 28 volunteers.

George and Joan Pearce worked on the very first day and George also made lots of the Hut fittings you still see today.

Parkyn's Hut was officially opened by the honourable Alex SOMLYAY on 13 June 2001. Noosa Mayor, Bob Abbott, presented the keys to the Tewantin Heritage and Historical Society.

We are happy and proud to be celebrating 20 years of telling people where to go.

We will give you details soon on the celebrations 🥳

Cheers, Gail

#### Stream free films on BeamaFilm

Stream indie films, international documentaries, children and family movies, and classic films free with your library membership on BeamaFilm. Binge six seasons of Un Village Francais uninterrupted or watch book to movie classic like Anne of Green Gables, Black Beauty, and Puberty Blues. More information [here...](#)

### Six of the best with

#### Bruce Cuttle

##### Q1. Where do you originate from?

I was born in Ipswich (yes, I am a Queenslander!), but grew up on Bribie Island before the bridge was built, then to Brisbane, Darwin, Hunter Valley, Emerald, Eumundi and Tewantin.

##### Q2. What do you like to do to relax or chill out?

Kayak on the Noosa River system, woodworking and making things, and reading.

##### Q3. Where are your favourite local places to eat?

We've been dining at Maisie's for the last 30+ years and still enjoy it, Rasa and Pier 11 are also favourites.

##### Q4. Share any great local experiences that you have enjoyed?

Walking the coastal track in the National Park, the Noosa Hill Climbs and the Noosa Classic car shows.

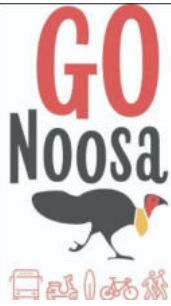
##### Q5. Name 3 of your favourite places to visit, or things to do locally?

Gympie Terrace riverside walk, with a coffee break of course. Noosa Hinterland towns and countryside, and of course you can't go past listening to the ukulele group on Wednesdays at the Marina (and a coffee).

##### Q6. What do you love about living here?

Noosa is such a relaxed place to live. It's very easy to get around on foot with our many walking pathways, and lets not forget that the river is right here, it's free, and a fantastic family friendly environment.





## Free Buses

Selected buses will be free from 2 - 18 April 2021, including the popular 065 Go Noosa Loop Bus.

The 065 Go Noosa Loop bus operates approximately every 15 minutes from 7am - 7pm and every 30 minutes from 7pm - 11pm. The loop bus travels in a clockwise direction servicing Hastings Street, Noosa Drive, Weyba Road and Noosa Parade.

For timetable information on routes 626, 627, 628, 629, and 632 visit [TransLink](#) or call TransLink on 13 12 30.

For timetable information on Temporary Route 064 Peregrin Beach - Noosa Heads click [here](#) [2.3MB]

### Free Buses

Noosa Council, in partnership with TransLink, are providing FREE public transport on the following bus routes:

<p><b>626</b> Tewantin to Sunrise Beach via Noosa Heads</p> <p><b>627</b> Tewantin to Sunshine Beach via Noosa Heads</p> <p><b>628</b> Noosa Parklands to Noosa Junction via Noosa Civic</p>	<p><b>629</b> Tewantin to Noosa Junction via Noosa Civic</p> <p><b>632</b> Noosa to Cooran via Cooroy and Pomona</p> <p><b>064</b> Temporary Route 064 Peregrin Beach to Noosa Heads</p> <p><b>065</b> Temporary Go Noosa Loop</p>
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For route and timetable information download the MyTransLink app, visit [TransLink.com.au](#) or call 13 12 30. For Temporary services 064 & 065 contact Noosa Council at [noosa.qld.gov.au/go-noosa-holidays](#) or call 5329 6500.

## Park & Ride

Park the car and hop on a free bus. Long stay car parking is available at the AFL Football grounds on Weyba Rd, Noosa Junction - The J and Noosa Junction Transit Centre.

## Noosa Ferry

There are Ferry stops in Tewantin, Noosaville and Hastings Street. Visit [Noosa Ferry](#) or call Noosa Ferry & Cruise Company on 5449 8442 for more information including details on how to obtain a discounted frequent travellers pass.

## Walking & Cycling

Get your exercise and avoid the traffic by walking or cycling - [Noosa Walking & Cycling Map](#)

## Drop & Go

Unload friends, family and all the beach gear in the 2 minute Drop & Go dedicated car parks.

Drop & Go are located at Noosa Parade and the Hastings Street Bus Interchange. In order for the Drop & Go to work efficiently and effectively for everyone please ensure you don't stay longer than 2 minutes. For more detail on how to use the Drop & Go download the [Go Noosa FAQ](#)

## Noosa Heads Lions Park - Paid Parking

The Noosa Heads Lions Park will be open for paid parking at a flat fee of \$20. The paid parking is managed by the Tewantin-Noosa Lions Club, on behalf of Noosa Council, with 50% of the revenue going towards their charitable works. The park is open from 8:30am-5:30pm from 2-18 April 2021.

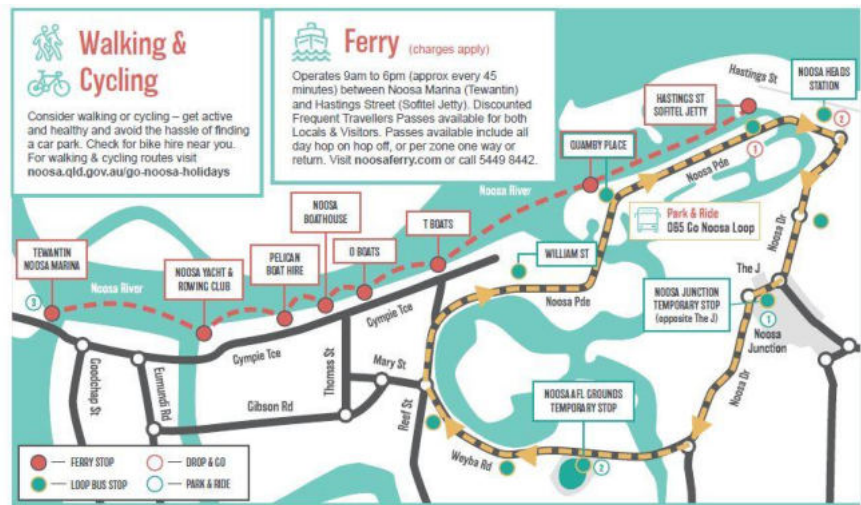
Please note that following heavy rain the park will be closed to protect the park from any damage.

## Boat Trailer Parking

The Noosa Sea Scouts offer boat trailer parking at their campground conveniently located near the Noosa River. Trailer parking is \$10 a day or \$50 for a week with all proceeds going to the Sea Scouts Program. For more information call 5473 0028

Email: [bookings@noosaseascouts.com.au](mailto:bookings@noosaseascouts.com.au).

In addition a number of local Noosa storage facilities are also able to provide boat trailer parking for short and long term stays.



# Noosa Regional Heritage Meeting

At the Noosa Shire Heritage Meeting in February, Jane Harding from Noosa Council demonstrated a new interactive heritage website Recollect.

Noosa Council has purchased this digital archival program & Interactive website, at a cost of \$14,000 pa.

Ipswich Council and Moreton Bay Regional Council have also selected Recollect for their local studies collections.

A cloud-based platform to safeguard valuable collections.

It currently has 1,732 images with a target of 20,000 archival images.

Scheduled to go live in May 2021.

As I recall and noted, the annual subscription for Recollect, comes from the Council Heritage Levy.

Jane said she makes the budget allocations within Heritage.

... Tania Murray



## 2021/2022 Sunshine Coast Events, Festivals & Things to See & Do

With a diverse range of activities, entertainment and touring options, the Sunshine Coast offers plenty of choices for every visitor. Each town boasts a number of events, from the beaches to the [hinterland](#).

In [Caloundra](#) and [Mooloolaba](#), you will find triathlon and other sporting and water events during the year. In Noosa, you will find the [Jazz](#) and Long weekend Festivals and in [Maleny](#), will find the annual [Wood Expo](#).

[Gympie](#) has a number of huge events including the [Gympie Music Muster](#), the [Gympie Show](#) and the Gympie Gold Rush Festival.

For foodies and wine lovers, check out the Sunshine Coast Real Food Festival in Maleny, the Tin Can Bay Seafood Festival and the Noosa International Food and Wine.

There are art shows, community festivals, golf tournaments, concerts, sporting events and so much more on the Sunshine Coast. Check the links below for a current list of events on the Sunshine Coast.

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



## The Cholesterol Distraction

*'There is no such thing as a sudden heart attack.' - Ivor Cummins*

The evolutionary system which, via our bloodstream, brings nutrients to our cells and repairs and maintains those cells, is an amazing, efficient and finely balanced molecular creation performing a 'complex dance' of functions.

In a healthy body, lipoprotein molecules, both high- and low-density, carry cholesterol and triglyceride molecules throughout our bodies, swapping nutrients in and wastes out of the cells, taking wastes to the liver for recycling and so on.

But for decades now, the diet we have been encouraged to consume has been damaging this evolutionary system. It becomes stressed and will struggle valiantly to stay balanced, but eventually this struggle alters the system's ability to perform those functions effectively.

Chronic metabolic diseases are the result ... immune system disfunction, arterial damage and plaque, high blood pressure, high blood sugar, high blood insulin and **insulin resistance** are symptoms of this inflammatory disease process.

It is now apparent cholesterol readings alone have a very low predictive power for heart disease. And treating cholesterol with statin drugs does not address the root cause of these problems.

More informative is the ratio of triglycerides to high density lipoproteins (HDL). High triglycerides with low HDL points to chronic disease.

You can try to reduce your trig/HDL ratio, by reducing your consumption of carbohydrates and increasing your healthy fat intake. If your doctor wants to simply prescribe statin drugs, you need to become a pro-active consumer of health care and seek a second opinion.

via the Irish Heart Disease Awareness charity - IHDA:ie

This group recommends the Coronary Artery Calcification (CAC) Scan

# Update on Olive Donaldson

by Gail McBurney



As we all know, towards the end of last year Olive decided to call it a day after 23 years of being very involved in the Tewantin Heritage and Historical Society. She was at the very first meeting and a volunteer at Parkyn Hut for many years. Unfortunately her eyesight was failing her, which has meant that she has also now moved out of the house she has lived in all her life and moved up the road for a new lease of life at Carramar. Olive is an Honorary Life Member of the Tewantin Heritage & Historical Society and is keen to continue on in her role as Patron. Hopefully she will be able to attend any functions that we have. Olive said she will still call in and have a chat when she is at the RSL for lunch.



Gail McBurney, Olive Donaldson, Elvie Johns

## Olive's first motorised wheelchair

When Debra Wilson, part owner of a real estate company, was asked to sell a unit recently, the owner pointed out a motorised wheelchair and said, you can have it if you know someone who is in need of one. Debra said she had no-one in mind, but was sure her father, Noosa Vietnam Veterans Association (NVVA) social officer and committee member, Bruce Wilson, would and she was right!

The Tewantin/Noosa Sub Branch member and Director of the Board for the RSL Club immediately accepted the offer on behalf of the NVVA.

The task then began to identify a needy recipient or a worthy member of the local community.

RSL Welfare officers were consulted as well as long standing members of the Sub Branch. Eventually, one lady stood out above all the rest.

And on Thursday 17 January Olive Donaldson was presented with the scooter and Bruce outlined some of the reasons for her selection.

- Olive was one of the club's founding members without whom the club would not exist. She has been an RSL Club member since its formation and served two terms as Club Board Member.
- She joined the Woman's Auxiliary in 1974 and was its first president, first life member and its patron.



Olive Donaldson, Michael Fayne, June Colley, Carol Williams.

- Olive is a member of the Laurel Ladies and volunteered to serve in the WRAAF during the Korean War.
- Olive's father was the first Sub Branch president in 1959 and the first ILife Member.
- In addition, Olive volunteers in the Parkyn Hut Information Centre and is an active member of the CWA.

Olive said she was honoured to accept the scooter.

*"As many of you would know, I walk to the RSL almost every week day, and as Bruce so kindly put it, I am not getting any younger, my feet are getting wearier and my back is aching more," she said.*

... Noosa Today 23/1/2019



## Masking up ...

Adhering to the latest Covid instructions and still having fun on the job ...

Gail McBurney,  
Kerry Surtees,  
Tania Murray

Extra masks are available at the Hut for volleys, just in case you forget yours.







Please support our sponsors ...

<b>Noosa Ferry</b> Noosa Marina, 7/2 Parkyn Court, Tewantin	<b>Noosa RSL</b> 1 Memorial Ave, Tewantin
<b>Noosa Queen</b> Noosa Marina, 2 Parkyn Court, Tewantin	<b>Hang Loosa Noosa Property</b> Poinciana Ave, Tewantin
<b>Noosa Yacht &amp; Rowing Club</b> Gympie Terrace, Noosaville	<b>Pier 11 Restaurant</b> Noosa Marina, 2 Parkyn Court, Tewantin
<b>Bunnings</b> Cnr Eumundi Road & Gateway Drive, Noosaville	<b>Noosaville Fish Market</b> 11 Hilton Terrace, Noosaville
<b>Tewantin Post Office</b> 125 Poinciana Ave, Tewantin	<b>John Bird</b> 6 The Atrium, 91 Poinciana Ave, Tewantin
<b>Royal Mail Hotel</b> 120 Poinciana Ave, Tewantin	<b>Davos Tackle World</b> Shop 6, Noosa Homemaker Centre, Mary St, Noosaville
<b>Bloom Hearing Specialists</b> The Atrium, Shop 1, 91 Poinciana Ave, Tewantin	<b>Montezumas</b> 81 Noosa Dr, Noosa Junction Plaza, Noosa Heads
<b>Noosa Oceanrider</b> Noosa Marina, Tewantin	<b>Birkis</b> Noosa Marina, 2 Parkyn Court, Tewantin
<b>Dan Murphy's</b> 15-21 Mary Street, Noosaville	<b>White House</b> Noosa Marina, 2 Parkyn Court, Tewantin

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