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co-op NEWS

The newsletter of the Maple Street Co-op



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See story page 12


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from the general manager

A GREAT PLEASURE...

Hi members,

It is truly great to be back working for the Co-op and the Club even if it is only temporary.

Our new board are in place and are off to a great start. After a break of five years, it is apparent that both businesses have improved in all sorts of ways. It has been a great pleasure to again work with those who were here last time as well as meet our newer employees.

The systems implemented by our previous general manager Karen Syrmis at the Co-op are running extremely well. Karen has also implemented training and systems that ensure we are compliant with the many, many existing rules and regulations. Customer service levels are good and the store layout has greatly improved.

On a sad note, some of our employees are moving on to either further study or heading off to the city. Our store manager Cobi advertised positions to you, our members, through social media and by email. This gave us



many candidates, proving that we don't need to go outside our membership to get quality employees.

The service levels provided at the Club are definitely superior to what they were 5 years ago. I know Karen put a lot of work into the Club over the years and her efforts have paid off. Service levels can certainly be enhanced in any business and you can be sure that we are

constantly looking for improvements. There have been a number of new employees at the Club in the last few weeks to cover absences through injury, holidays, training and our high school employees going back to school.

Karen also had a strong focus on training young people, so it is great to see that we have a number of these undertaking formal training and apprenticeships while established employees are also training to receive additional qualifications.

To me, this is a legacy that should give Karen great pride and we are all keen to see this continue.

– Dick Newman,
Interim General Manager

from the editor

ALL TOGETHER NOW...

Like many, I have an interesting and disparate family. We bicker, sometimes we fight (or simply cease to talk to each other). We disagree about many things.

But, when push comes to shove, they're family. I'd walk over hot coals to help them if things got rocky (even the sibling who's not talking to me!)

The Club and Co-op were born of passion, high expectations and a feeling of 'family'. They are both owned by the family of members. They are both overseen by boards who have volunteered to be part of the family. For better or worse.

It's a long and arduous task, being a board member. I am glad our current board are able to laugh and face the



future together with confidence and goodwill.

Welcome to the disparate family.

And speaking of welcome – we hope you made it to the March 11th 'Meet the Board and Staff' get-together but, if you didn't, watch the website for coming get togethers, workshops and other events.

It's true to say that it's not the number of members we have but the degree of participation these members have. Whether this participation involves volunteering, putting forward ideas or simply patronising the two co-ops.

The board want and value members' input – so don't stand back in silence – get involved!

– Sammy Ringer, Editor

Co-opNEWS

The newsletter of the Maple St Co-op

Maple Street Co-op News

is published quarterly by the Maple Street Co-operative Society Ltd,
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phone (07) 5494 2088
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Express Print and Mail Maroochydore



next edition Winter 2015

editorial deadline April 30

disclaimer The views expressed in this publication are those of the individual authors and not necessarily those of the Maple Street Co-op or the Co-op News team.

The Co-op's Mission Statement

Our mission is to provide our community with healthy, ethical and progressive choices for personal, cultural and planetary wellbeing through the practice and promotion of cooperative principles.

ADVERTISING RATES

Standard sizes:

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Super business card (2 col x 6.7cm): \$60
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DEADLINE FOR THE WINTER ISSUE

(Jun–Aug 2015): April 30

FOR INFO OR TO MAKE A BOOKING:

Phone Sammy on 0498 313 068

or email: sammyringer@bigpond.com

From the boards

The new boards for the Maple St Co-op and the UpFront Club have settled in and got off to a dancing start (see below). This, in itself, is something wonderful.

The current climate for small business is not all life, love and lentils. Competition, regulations, the usual challenges of small business and the unique nature of the two co-ops all add up to hard work.

How to maintain a viable business while upholding the original vision of the co-ops?

How to please all the members all of the time while staying viable?

How to stand out in an increasingly competitive market?

At the February 24th meeting, the Board got down to basics. They are looking at the structure of the co-ops, the way they work and how this might be improved.

More importantly, the Board is going back to basics by connecting with members. Thus, the March 11th 'Meet the Board and Staff' event at the UpFront Club.

And an ongoing 'Table at the Club' where Board members will meet and talk with members and get some first-hand feedback.

Check the website for further updates:

www.upfrontclub.org
www.maplestreetco-op.com

The new board in dancing mode. From left: Kris Randall, Steve Perdriau, Marc Kalifa, Bev Jorgensen, Paul Veit, Franklin Bruinstroop, Herman Schwabe, Jill Cutting and Kamala Alister

REPORT: Special General Meeting, 12 February 2015

It was standing room only and people spilled out onto the street. If you ever wondered whether our cooperatives are still important in Maleny, the attendance at the Special General Meetings on 12 February should be very reassuring.

While the meeting was called by the combined boards of the Maple Street Co-operative and the Maleny Cooperative Club, it was in response to requests from members. Over 160 people crammed into the UpFront Club and at least 70 more sent proxies. The reason for the meeting was to elect new boards for both cooperatives and the three scrutineers worked late into the night counting the votes (Thanks Noel, Sue, and Paul!). Nine positions needed to be filled for each cooperative. Fourteen people nominated for the Maple Street Cooperative Board and thirteen for the Maleny Cooperative Club Board. It is always a good sign when members have a real choice in the directors who will represent them.

Four of the previous directors were returned – Steve Perdriau, Franklin Bruinstroop, Beverley Jorgensen and Hermann Schwabe – ensuring continuity. Three of the new directors – Kamala Alister, Marc Kalifa and Paul Veit – have been directors before and Jill Cutting was Secretary to the boards for five years until last year. Adding to this wealth of experience is newcomer Kris Randall, bringing a Gen X perspective, fresh eyes and that all-important question 'why?' The same people were elected to the board of

“It is always a good sign when members have a real choice in the directors who will represent them”

both cooperatives, allowing the close relationship between the shop and the Club to continue at the governance level.

The boards met on Tuesday 17 February and unanimously elected Steve Perdriau as Chair and Kamala Alister as Vice Chair of both cooperatives. The big business for the meeting was the restructure report presented by Interim General Manager, Dick Newman. Dick's contract was due to end at the end of the month but given the changes to the Board, Dick has agreed to stay on in this position on a monthly basis while the recommendations are considered and so that a smooth transition can be implemented.

The other important consideration of the board was how to continue the high level of involvement of members. As a first step, Kamala and Beverly have volunteered to arrange special member nights at the Club so that you can engage with the directors and hear more about the plans for both cooperatives for a prosperous 2015. 🍷

To learn more about our new directors and for details of future members' nights, keep an eye on our websites at www.maplestreetco-op.com and <http://www.upfrontclub.org>

Governance policy is NOT boring!

By GARRY CLARIDGE*

Steering the strategy and operations of an organization is commonly called governance. Governance will be shaped by the organization's mission, aims and values. The governance policy grants rights and privileges, expresses limits on actions and assigns responsibilities to roles.

A governance policy may be a set of written documents, it could be verbal mantras, or even tacit agreements. Generally, the type of enterprise determines the appropriate governance policy. Enterprises that are a significant trading business will usually require written governance policies.

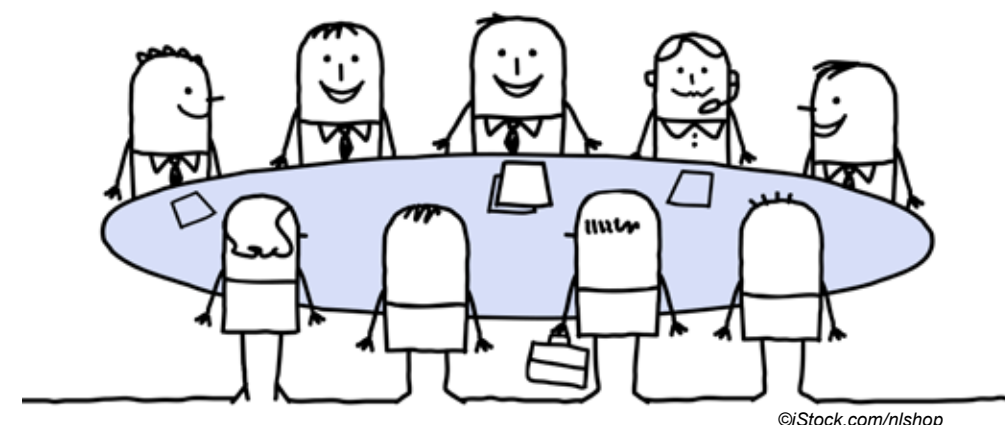
Communications which are accurate and freely moving is an important attribute for a healthy organization. Therefore, enabling this type of communication through the governance policy is vital. Effective communication requires active listening, hence it becomes dependant upon the culture of the enterprise, which can be influenced by good governance policy.

Methodologies exist that complement governance policy frameworks, particularly the less prescriptive and more dynamic ones. An interesting methodology is **sociocracy**. This requires democratic communication and it describes how the principles and structures needed to support it are developed.

Sociocracy uses a double-linked circular groups meeting system. The aim of this system is to link all levels and groups within an organization, thus enabling multi-directional communication. This is designed to carry information up-and-down and left-and-right throughout the whole organization. One effect of this is to create feedback loops, which are necessary for maintaining self-correcting organizations, which will also assist in developing enterprise resilience.

Methods, such as sociocracy, are so significant in their positive effect on an enterprise's functionality that they can become the core of the style of governance. Hence, governance policy

* Garry has been a member of the Australian Army Alpine Association (decades ago) and is a former director of the Maple Street Co-op.



©iStock.com/nlshop

“Communications which are accurate and freely moving is an important attribute for a healthy organization”

development can be designed from and around this core.

Generally, boards of directors will separate responsibilities between themselves and management. The board of directors will usually be responsible for strategic planning and policy compliance monitoring, whereas management may have greater involvement with the day-to-day operations of the enterprise and share the related roles.

Finding and tuning for an optimal mix of highly prescriptive versus lighter governance policy is an ongoing and dynamic task. Our governance needs to adapt for enterprise sustainability. As many observers note, the load of autocratic management – when all decisions are pushed to the top –

causes managers to feel the burden of the organization. Thus the need for delegation and the governance policy tools enabling it.

All governance policies will need to consider this set of generic attributes:

- Mission/purpose
- Values/principles
- Ends – aims and objectives
- Means – boundaries and limitations

In the end, the effectiveness of governance will come down to the ability of people to work together and to effectively communicate. An effective tacit governance policy would be the true test of how well the enterprise's people can work and communicate together. 🍷

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1. Roberts, R. (2004) *The Modern Firm - Organizational Design for Performance and Growth*, Oxford University Press, New York

2. Buck, J. and Villines, S. (2007) *We The People - Consenting to a Deeper Democracy*, Sociocracy.info, Washington

DID YOU KNOW ?

THE SIXTH PRINCIPLE

From *The Queensland Cooperatives Act 1997; Division 3 The cooperative principles*

6. Cooperation among cooperatives

“Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.”

In plain English, this means that, whenever possible, cooperatives help other cooperatives.



PROBIOTIC!

Probiotics are friendly bacteria that help to improve the balance of flora in the digestive system.

This is a delicate balance and one that is easily upset. Not surprisingly, people taking antibiotics may find their 'gut flora' is suffering.

The good news? There are a host of natural foodstuffs that are probiotic.

The better news? The Co-op carries a massive range.



YOGHURTS

You'll find a large range at the Co-op. Here are just a few.

Paris Creek

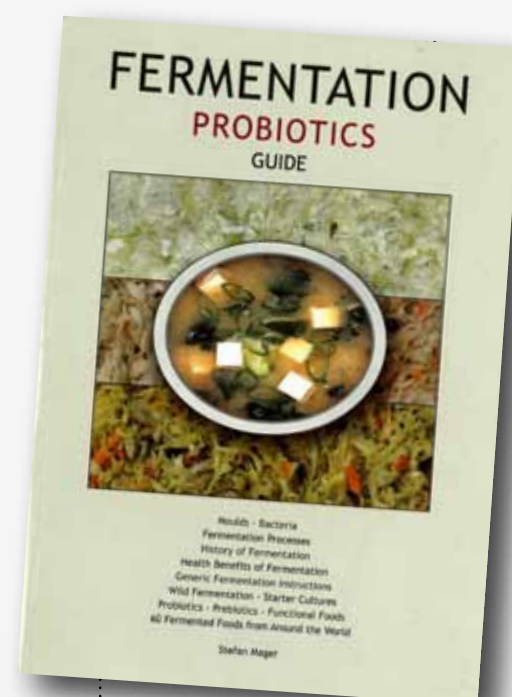
The pure, natural taste of yogurt you will only find in the B.-d. Farm Paris Creek range. You'll be surprised how mild and pleasant this yogurt tastes. Live A, B, C cultures.

Barambah All Natural Yoghurt

A wonderfully creamy yoghurt, with a layer of cream on top due to the yoghurt being unhomogenised. Perfect to cook with or great to have on its own. Contains acidophilus, bifidus, casei, thermophilus, bulgaricus.

Alpine Natural Goat Milk Yoghurt

Alpine goat milk yoghurt is highly nutritious with a different protein and fat structure to either cow, soy or sheep milk yoghurt. It is easily digested and also contains beneficial bacteria cultures – lactobacillus acidophilus, bifidobacteria and S. thermophilus. Plus many, many more!



FERMENTATION PROBIOTICS GUIDE

An A to Z of fermentation, moulds, bacteria and probiotics. An extensive list of high-probiotic fermented foods. \$12.00.

Nature's Goodness Kefir Turkish Yoghurt

A fermented milk drink that is a source of beneficial bacteria and yeasts.

5 sachets (makes 24 litres) \$9.95

Bio-bubble

Bio-Bubble – a fizzy, fermented probiotic powerhouse, featuring food-based antioxidants, amino acids, vitamins, enzymes and billions of beneficial microorganisms per serve.

1.25L - \$27.95

Peace, Love and Vegetables Super Kraut

Raw naturally fermented sauerkraut contains lactic acid and the living probiotic microorganisms that are the agents of fermentation.

Choose from Dill, Green and Kim Chi **680gms, \$14.95**

Rochway Probiotic Punch

Wheatgrass, beetroot and carrot is a healthy great tasting drink with 30% of your daily veggie intake and loads of beneficial bacteria. A healthy natural probiotic supplement support for your whole body and wellbeing with essential amino acids.

Get the same goodness with their other flavours – wheatgrass, olive leaf and cranberry

750ml (enough for 35 glasses) \$41.75

The essence of BUSH FLOWERS

Australian Bush Flower **Essences** is more than just another range of skin and body care products – it's a philosophy about the very way we think of and care for our bodies.

ABFE have been researching and developing their products for more than 25 years – aiming always to retain the life force and energy of the organic botanicals they use while finding the perfect skin/body/soul balance.

Their **Love System for Women** includes a range that goes more than just skin deep:

Woman essence moisturiser – a daily moisturiser blended from the most exquisite essential oils, botanical butters and bush flower essences. **\$19.95.**

Woman essence skin and space mist – balance in a bottle! Spray lightly to counter mood swings, weariness and life's emotional cycles. **50ml \$18.95**

Woman essence oral drops – emotional life cycle and feminine balancer. Just a few drops on the tongue aids stability. **30ml, \$15.95**

Woman essence oral spray – fast acting – just a few sprays on the tongue

helps to create inner strength and confidence. **20ml \$19.45, 10ml \$12.95**

This issue's profile:

Australian Bush Flower Dynamis Essence

Renews enthusiasm and joy for life. It is for those who feel 'not quite right', drained, jaded or not fully recovered from setbacks. Easy to use: just two sprays over or a few drops under the tongue.

Formulation: Biogenic essences of the flowers listed below, purified water and brandy as a natural preservative.

Banksia Robur, Crowea, Illawarra Flame Tree, Macrocarpa, Old Man Banksia, Yellow Cowslip Orchid.

20ml oral spray \$19.45. 30ml drops \$15.95

GLUTEN and coeliac disease

Coeliac disease may affect as many as 1 in 500 people in Australia.

People with coeliac disease have intolerance to a protein in gluten, which is found in wheat, rye, barley and oats. When gluten is ingested, their immune system responds by attacking the cells lining the small intestine, most particularly the tiny finger-like protrusions called villi. These villi play a key role in the absorption of nutrients into the bloodstream. Without them, malnutrition ensues regardless of the quantity of food consumed.

Common symptoms include chronic diarrhoea, abdominal discomfort, bloating and distension. However, other symptoms can include behavioural changes, muscle cramps, tingling numbness in the limbs, mouth ulcers, dermatitis, tooth discolouration and

missed menstrual periods.

If you're on the gluten-free bandwagon, either because you must avoid gluten due to coeliac disease, or because you think you may be sensitive, there are a few things you should know.

Gluten may not be the only culprit in coeliac disease. A recent study concluded that wheat proteins beside gluten may also trigger problematic symptoms in people with coeliac disease. While gluten is the primary type of protein in wheat, a substantial number of study subjects with coeliac disease had an immune reaction to five groups of non-gluten proteins. In other words, there is likely more to understanding coeliac disease than scientists currently know.

Labelling

Australia and New Zealand have the toughest labelling laws in the world; these have been set by the Australia-NZ Food



Standards Code. This gives people with coeliac disease a great deal of confidence when choosing in Australia – but it's not the same overseas. When travelling, play it safe and stick with unpackaged, whole food sources of starch that are naturally gluten-free, like fruit, potatoes, squash and root vegetables.

Fast Foods

Many fast food chains are offering gluten free alternatives – but because these foods are prepared in the same kitchens as those with gluten, they aren't considered to be safe for everyone with coeliac disease.



FLAWLESS FACE: in 5 minutes...

by GRACE HUDSON

THESE QUICK AND EASY MAKEUP TECHNIQUES WILL TEACH YOU HOW TO DO YOUR MAKEUP LIKE A PRO AND ENHANCE YOUR BEST AND MOST BEAUTIFUL FEATURES, WHILE MAINTAINING A NATURAL LOOK!

STEP 1 – BASE

The first step for a flawless complexion is to hydrate your skin!

DO THIS – Apply first a spray mist toner to the face and neck – this will deliver instant hydration as well as toning, soothing and cooling the skin.

HINT – you can pop it in your handbag during the day so you can spritz your face to refresh and hydrate (a perfect ‘pick me up’ in summer, especially on a hot day, during a long flight or in an airconditioned environment!)

TRY –

- **Sukin’s Hydrating Mist Toner**

- **Mukti’s Neroli Blossom Balancing Mist Toner**

- **La Mav’s Pore Refining Mist Toner**

(Any of these products will do the trick!) Once you have toned the skin, apply your favourite moisturiser to the face and neck to lock in hydration and to create a smooth even base.

I RECOMMEND

- **Mukti’s Hydrating Moisturiser**

This moisturiser is perfect for dry/ dehydrated skin – but it is vital to choose the correct moisturiser for your skin type, so ask a staff member for help to find the most suitable product for you.

To keep your face looking fresh and natural, you can skip the foundation altogether and just apply a concealer to the troubled spots, like under the eyes to cover dark circles, the chin and the bridge of the nose.

TRY –

- **Eco Minerals Concealer Creme** – available in light and medium colour.

Or if you are someone who prefers more coverage you could use

- **Eco Minerals Foundation** – these mineral powder foundations are

beautiful, natural and inexpensive and they provide excellent coverage while still giving you a fresh and all-natural look!

STEP 2 HIGHLIGHT AND CONTOUR

Highlighting and contouring is a technique used in makeup artistry to enhance your best features by creating light and shadows to give the face a more defined look and to enhance your bone structure. To try this technique you will need to have a light and a dark powder or crème.

TRY –

- **Eco Minerals Bronzer** as your contour and

- **Eco Minerals Highlight Alchemy Creme** as your highlighter (this is an amazing product to add to your collection!) I use it every day as part of my makeup routine – it luminises your skin and gives you that ‘dewy’ fresh, youthful look.

DO THIS – Apply contour to the hollows of cheeks, in a cupid’s bow, under the jawline, and on the corners of the face to soften sharp edges.

– Apply highlighter on or above the cheekbones, under the brow line and on the outside of your top lip, to highlight the best features.

STEP 3 CHEEKS, EYES & LIPS

DO THIS:

CHEEKS

Using the brush, apply a small amount of blush to the apples of the cheeks to achieve a peachy glow!

This summer the trends are for coral and peachy colours.

TRY –

- **Zui’s Organic ‘Peach’ Flora Blush.**

This makeup range is certified organic and has an amazing colour range.

OR you could try

- **Eco Minerals ‘Uluru’ Mineral Loose Powder Blush** if you are looking for a pinky, bronzed glow.

EYES

– for long beautiful lashes apply two coats of mascara

I RECOMMEND –

- **Eye Of Horus Goddess Mascara**

This product is designed for sensitive eyes – it does not irritate or itch sensitive eyes and best of all it stays on all day without running – it’s the perfect mascara!

LIPS –

Finish your look by applying a tinted lip balm to the lips (using your finger) for soft, hydrated lips with just a touch of colour.

TRY –

- **Hemp Organics’ Tinted Lip Balms**

There’s a wide range of colours to choose from and they’re the perfect size to keep in your purse.

OR if you are looking for bare lips, try

- **Harraw’s Range Of Vegan Lip Balms**

They’re not tinted and they come in a variety of yummy flavours (my favourite is coconut vanilla).

STEP 6 – FINISH

Finish the face by spraying with your hydrating mist toner (used at the start of application). This will refresh your look as well as setting your makeup (and you can keep doing this as often as required during the day). 🍏

ALL PRODUCTS are available at the MAPLE STREET CO-OP! Come in on a Thursday to see GRACE for a free skin consultation, product advice and a foundation colour match.



The river that became a person – giving rights to nature

by MICHAEL TOWSEY

In March 2014, the Whanganui River in New Zealand (pictured) was declared a legal person with rights and interests. In the parlance of lawyers, the River acquired *legal standing*.

How is it possible, you may ask, for a river to become a person? And what kinds of rights does a river have?

This question might be better approached from the perspective of animal rights. Activists argue that animals have rights by virtue of their *sentience*, that is, their ability to feel and experience *subjectively*, both pleasure and pain. All vertebrates, they argue, are sentient. The Universities Federation for Animal Welfare in the US has declared that the animals within its jurisdiction have five rights:

- Freedom from hunger and thirst
- Freedom from pain, injury, disease
- Freedom from discomfort
- Freedom from fear and distress
- Freedom to express normal behaviour

Note that the last goes beyond absence of harm – it implies that each animal has the right to express its species *nature*.

For animal rights activists, the UFAW declaration is not enough. They want that sentient animals should hold legal rights and have standing in a court of law. In a recent case (December 2014) in New York, an animal rights group brought a case against a man keeping a pet chimpanzee in a cage. The group argued that the chimp was “an autonomous self-determining being” and was being held captive against its will. Justice Karen Peters rejected this argument and allowed the man to keep the chimp. “Apes”, she said, “have a lackadaisical approach to civic life” and therefore do not qualify for human rights. “Legal personhood”, she continued, “has consistently been defined in terms of rights and duties.”

In short, no responsibility, no rights. Except that children and the mentally ill have human rights even though they cannot exercise full responsibility. And entities such as corporations, universities and nation states are legal persons even though they are not sentient. Indeed there is a groundswell of resentment against corporations having the status of legal persons because their single-minded pursuit of profit encourages them to behave with pathological irresponsibility.



“The inexorable trend to grant rights to animals and plants and even to Mother Earth is momentous”

Just what does it mean for an entity to be a “person” and holder of legal rights?

- Most obviously, rights must be defined and a body of law and procedures must exist pertaining to them.
- Legal proceedings must be in the entity’s own name, not that of a human.
- When granting legal relief, the court must consider harm done to the entity – as distinct from economic loss to humans.
- Relief must be for the “legal person”.

So there is nothing to stop trees for example from having legal standing – indeed as far back as 1972, legal scholar Christopher Stone made just such a proposal. There are two reasons why legal rights should be extended to include natural objects such as forests and rivers:

- The welfare of individual animals and plants is inextricably linked to the health of the ecosystems in which they live. There is no point endowing an animal with rights and then destroying its habitat!
- Triple Bottom Line Accounting (TBA), now known as Integrated Reporting (IR), has failed to live up to its promise of making governments and corporations accountable for damage done to society and nature. Free-market obsessed developed countries have co-opted TBA/IR to engage in pollution offsetting – a corporation may burn coal if it plants trees; developers may destroy one habitat if they rehabilitate another. Endowing a forest with rights protects it prior to economic considerations.

In 2008, Ecuador became the first nation in the world to grant rights to

nature when its citizens approved a new constitution that included such rights.

In 2012, Bolivia passed the world’s first law recognising Mother Nature as an indivisible sacred entity having rights. Among those rights are the right to maintain vital cycles (of water, nutrients and energy) without human alteration.

And in New Zealand, the Whanganui River is now recognized as an integrated entity “from mountains to sea”. Its legal guardians do not own the river – they are its custodians, charged with protecting the river’s “health and wellbeing”. For indigenous peoples such as the Maori, the sacredness of Mother Nature is not a legal fiction. They already recognise the natural world as sentient, as experiencing subjectively.

These examples demonstrate that people around the world are gradually embracing a belief that Indian philosopher, Prabhat Ranjan Sarkar, calls Neohumanism, which recognises natural entities as having two kinds of value, existential value and utility value. The inexorable trend to grant rights to animals and plants and even to Mother Earth is momentous because it acknowledges that the non-human world has existential value, intrinsic and not derived from utility to humans. The human race is moving beyond humanism.

Does this mean that TBA/IR is obsolete? Certainly not! Our approach to the sacred must be practical. TBA/IR gives us an objective understanding of our impact on the planet, permitting us to make adjustments accordingly. Acknowledging rights and reporting on the effects of human activity are complementary approaches to embracing Mother Earth. 🍏

**Two helpful books to read:
Six Capitals by Jane Gleeson-White
Liberation of Intellect by P R Sarkar**

A history of co-operatives in Maleny

COMPILED BY AMANDA WILSON FOR SUNSHINE COAST LIBRARIES



Top left: Early days at Frogs Hollow. Bottom left: Black Possum Publishing Corporation. Above: Maleny circa 1910

1903, 3rd May

the Maleny Cooperative Dairy Association was formed at a meeting held at the Wootha home of Joseph McCarthy. Present on that first historic meeting were: Joseph McCarthy, Thomas Cole, John Grigor, H. Bartlett, R. Tucker, Hon. A.J. Thynne and E.T.F. Thynne.

1904

First cans of cream were treated at the Maleny Cooperative Dairy Association Butter Factory in Maple Street, 19th December Mr Alec Bryce of Howell's Knob (or Reesville), was the first farmer to get cream to the Maple Street factory. Bryce took all the cream from other farmer shareholders in his district to the factory.

1905

Official Opening of the first Maleny Cooperative Dairy Association Butter Factory, situated in Maple Street.

1905

The first store in Maleny proper was established in November, by the Maleny Coop. Dairy Assoc. to fill an urgent need in the district, followed a year later by John Tytherleigh, who opened his store on the opposite side of Maple Street.

1907

A store 60 foot by 40 foot was built by J. Pollock on the site of present day 15 Maple Street (Boxsell's – 2003) for the Maleny Cooperative Dairy Association. This historic beech timber building was demolished in August 1995. The building was infested with white ants.

1911

The second Maleny Butter Factory in Coral Street started processing cream some time during December 1911, after the ceiling collapsed in the Maple Street factory, spreading charcoal insulation throughout. The second factory was constructed on 12 acres of land, which

was to be donated by Mr Thomas C. Dixon, but Mr Dixon died before the land transfer was completed and his heir, son E.T. Dixon, required the exchange of 60 paid up shares in exchange for the 12 acres.

1911-1912

The Maleny Cooperative Dairy Association sold their store in Maple Street to their Manager Mr Alex Hunt to raise capital for the building of a new Butter Factory in Coral Street.

1912, 20th January

Official opening of the second Maleny Coop Dairy Assoc. Butter Factory in Coral Street. This was used as the Queensco Foods Coop store until Nov 1989 when the building was demolished to make way for a new Coop store. The old factory in Maple Street was later turned into a boarding house.

1940, September

The third Maleny Coop Dairy Assoc. Butter Factory opened in Coral Street.

1971

Jill and Tony Jordan and Tom Victor and partner purchased a degraded disused dairy farm on Bridge Creek Rd with the intention to create a refuge for at-risk youth. This property later became an intentional community known as Frogs' Hollow, where residents formed the Manduka Community Settlement Cooperative Society Ltd some years later.

1978

1st July the Maleny Cooperative Dairy Association amalgamated with Caboolture Dairy Co-op and the third Maleny Butter Factory in Coral Street, stopped producing butter in July 1981.

1979

Maple Street Co-operative Society Ltd. formed with Jill Jordan, Lorna Wilson,

Matthew Davies, Gary Blisner, John Gilpin and Meg Kelly, as the founding directors. Their aim was to provide organically grown foods and health food items to supply the demand for such produce which was unavailable from mainstream stores in the town at that time.

1980

Eet Street fine foods café was opened by Amanda Wilson & Neil McDougall, in the old shop at 31 Maple Street, bringing a new era of food availability to Maleny. It was later sold and changed its name to Maleny Kitchen in 1980, becoming the UpFront Club on 1 July 1994, run by the Maleny Cooperative Club Society Ltd.

1981, July

Maleny Butter Factory ceased to produce butter.

1982

Maleny Resource Centre was established at 48 Maple Street, run by Matthew Davies, Jill Jordan and Gillian Pechey.

1984, 9 August

Maleny & District Community Credit Union incorporated, with the first trading on 10th September 1984.

1987

Maleny L.E.T.S. formed and started trading in Bunyas (Local Energy Transfer System). It was instigated by Jill Jordan and Ian Smith. This system of local trading was the first of its kind to start up in Australia. In 1995 the Department of Social Security recognised L.E.T.S and actively started promoting its use for job creation in the One Nation programme.

1989

During May, Maleny WasteBusters formed, a rubbish recycling project run by volunteers and instigated by Jill Jordan. The re-cycling depot was established at the old Witta dump.

1989

Barung Landcare was formed in 1989.

1989

A new publishing and writer's co-op was formed during October, called the Maleny Black Possum Publishing Cooperative Society Ltd.

1990

Maleny resident Jill Jordan was appointed a director of the International Board of Women's World Summit Foundation which was incorporated in Geneva in 1990. Jill attended a workshop convened by the W.W.S.F. in January 1994 in Senegal – the workshop was titled 'Towards the 21st Century: Women & Children in Africa'.

1990

During March the C.E.D.A. (Caloundra Enterprise Development Agency) office opened in the newly constructed Beechwood Place in Maple Street. C.E.D.A. was officially opened by Caloundra City Council Mayor Alderman Don Aldous, assisted by C.E.D.A. Managing Director Margi O'Connell. The service was set up to assist people wishing to set up new businesses, by the way of market research and networking.

1990, 21-23 September

Mountain Fare Co-op hosted the inaugural Maleny Spring Festival, with workshops on the Earth, Local Economic Development, Health, Arts & Practical Crafts and Women's Issues. It was coordinated by Jan Tilden and Meg Barrett. The Spring Festival became a regular event. (Ref: Amanda Wilson)

1990, 28 October

The Black Possum 1991 Diary was launched by well known Maleny personality Margaret (Peg) Burnett. The

diary was published by the Black Possum Publishing Cooperative which held their first A.G.M. the same day. (Ref. The Range News)

1991

The Maleny Film Society was formed.

1991, 2 October

Official opening of the Maleny Enterprise Centre, in a building which was built as the third Maleny Buttery Factory in Coral Street in 1940. The Enterprise Centre Maleny Association Inc was instigated as a venue for fledging businesses, where business courses are also conducted. Bob Sample was the first manager. This later amalgamated with the Maleny Telecentre to form M.E.N.A. – Maleny Enterprise Network Association.

1994, 9 May

The Formation Meeting of the Maleny Coop Club was held in the C.W.A. Rooms, Maleny Community Centre. The newly formed Co-op directors, Jill Jordan, Veronica Davidson, Paul Lawler, Dick Bates, Derek Sheppard, John Fox and Billy Abbott, immediately commenced negotiations to purchase a main street business, Maleny Kitchen, as a cooperative venture. Ref: Amanda Wilson.

1994, 15 May

Maleny Wastebusters Co-op celebrated its 5th birthday. The recycling Co-op is based at the Witta Refuse Depot.

1994

During June a group was formed to research the viability of a community radio station for Maleny and districts with the view of producing test transmissions by 1995.

1994, 1 July

The Maleny Coop Club Society Ltd took over the lease on 31 Maple Street,

previously Maleny Kitchen, and opened a cooperatively owned licensed brasserie/ café called the UpFront Club. The opening night was a great success with over 500 people attending the Club and a dance held in the Community Centre for the celebrations.

1996, 6 July

On Saturday 6 July, International Co-ops' Day, a brochure 'Maleny the Co-op Town', was launched by Dr Jan Tilden, a long time cooperator. The brochure outlined a number of the many cooperatives located in the Maleny area and was initiated by Elaine Green from the Maleny & District Community Credit Union. The MCU sponsored the publication. Maleny was internationally known as having the second largest number of cooperative groups in the world, after Mondragon.

2009, 10-18 September

Cooperative Maleny Festival was held to celebrate Maleny's unique cooperative legacy. Co-op pioneers shared their views and stories during a moderated discussion evening and a celebratory dinner was held on 16 September 2009 at the UpFront Club, where a documentary film was shown, 'Creating Prosperous Communities', which focused on Maleny cooperatives.

2010, 23 October

Barung Landcare (formed 21 years ago in 1989) celebrated the milestone with an inaugural community tree planting on the Maleny Community Precinct, assisted by members of the Green Hills group. The Jill Jordan Memorial Committee also organised a special planting to honour long time Maleny community advocate, co-operator and cultural auditor, Jill Margaret Jordan, who passed away 8 January 2010. 🌳

Organic herbs from *Magical Maleny*

by VERONICA DAVIDSON

Each morning I partake in a nurturing ritual of intuitively choosing which herb to drink.

Still in the alpha state of peaceful contemplation, I breath in the fragrance as I pour hot water into my favourite little teapot. Stirring in one direction and then the other, allowing for all the nutrients and flavour to be released, it soon becomes a delicious cup of goodness. It is the magic potion that assists me in my journey from those other worlds into this one – by the time I'm taking my last sip, I'm ready for another beautiful day.

Seductively aromatic, bountiful in flavor and packed with nutrients, the leaves, roots, fruits and oils of herbs have been widely used as culinary garnish for centuries. Folklore from around the world is full of stories of wild grown plants being used in healing potions and every good cook will have many favourite herbs to add that special flavour to dishes.

Herbs are found growing wild in every kind of environment, in nooks and crannies across the earth. Some are little known, while others are very common,

from many varieties of parsley found throughout the British isles to the close relative of the celery that was used by the Anglo-Saxons in ancient times to mend broken bones.

Historical evidence shows that herbs have been under wide cultivation for more than 3000 years, with many being placed in the tombs of Egyptians, including King Tutankhamen.

Beyond the pleasures of taste and smell, the medicinal qualities of herbs have been well documented over the ages. They offer a range of health benefits, such as antiseptic, anti-fungal, anti-parasitic, antiviral, antihistamine and antibacterial agents to assist with body odour, infection, inflammation, wound healing, poor digestion, high blood pressure, high cholesterol and allergies. In fact many of the most

“ Let your food be your medicine and let your medicine be your food ”



successful pharmaceutical drugs come from plants.

Today, most are aware of the healing power and great benefits of organic herbs, considering them as highly nutritious, natural vitamin and mineral supplements in their own right. Even the World Health Organization recommends adults have daily doses of herbs.

Herbs are nutritional and medicinal powerhouses, regarded by many as nature's perfect antibiotics and antioxidants.

Enhancing the taste and flavour of any dish, herbs are simply delicious! Some can be eaten alone, mixed with other herbs for cooking, making sauces, salads and juices, lotions, potions and spritzes, and some are hot and spicy. There are herbs for every occasion and for every purpose.

Herbs make nurturing hot drinks, as well as refreshing cold drinks for summer. Master cleansers for detoxing, our ancestors have used them for everything from vomiting to fevers to skin diseases. Herbs are part of our human heritage, and making herbs an important part of our everyday rituals is a time-tested way to live in harmony with nature.

Try the lovely herbs that are grown right here in Maleny with love and handled with care, presented to you for your good health and your enjoyment.

I wish you good health and happiness as you sip your organically grown herb tea from Magical Maleny. 🍵

GET YOUR HERBS NOW from Maple Street Co-op or call Veronica for more info – 07 54942838 or 0438 776 836. email: goodhealth@magicalmaleny.com or go to www.magicalmaleny.com/organicherbs



what's in store

1



1 BUCHI KOMBUCHA

Buchi Kombucha is wildly fermented with a symbiotic colony of bacteria and yeast, making it packed full of powerful probiotics, anti oxidents and digestive enzymes. (See also the article on Probiotics on page 6)

It's totally organic.

The elixirs (turmeric, ginger, lime, galangal etc) are all local to the SE Qld region, cold-pressed juiced to maintain their potency and vibrancy.

2



2 BRAGGS ORGANIC APPLE CIDER VINEGAR

Enjoy the legendary Bragg Apple Cider Vinegar in a refreshing range of drinks!

- Bragg Apple Cider Vinegar with Concord Grape and Acai
- Bragg Apple Cider Vinegar with Ginger Spice
- Bragg Apple Cider Vinegar with Honey
- Bragg Apple Cider Vinegar with Limeade

Certified Organic Bragg Organic Raw Apple Cider Vinegar is unfiltered, unheated, unpasteurized, 5% acidity and contains the amazing Mother of Vinegar. Gluten free and Non-GMO certified. It's a wholesome way to add delicious, light flavour to most foods. 473 ml - \$4.95

3 CHECK THIS OUT!

Great Price on Absolute Organic Extra Virgin Coconut Oil, raw and cold pressed – 900gm jar just \$15.95

4 NUTTY BRUCE ORGANIC ALMOND MILK

Made with organic activated almonds, Nutty Bruce Almond Milk is a deliciously creamy dairy & soy milk alternative. Gluten and sugar free. 1 litre \$5.95

3



4



recipe

AVOCADO BAKED EGG

Ingredients

- 2 ripe avocados
- 4 fresh eggs
- 1/8 teaspoon pepper
- 1 tablespoon chopped chives

Directions

- Preheat the oven to 220°C.
- Slice the avocados in half and take out the pit. Scoop out about two tablespoons of flesh from the centre of the avocado, just enough so the egg will fit snugly in the centre.
- Place the avocados in a small baking dish.
- Crack an egg into each avocado half.
- Place in the oven and bake for 15 to 20 minutes. Cooking time will depend on the size of your eggs and avocados. Just make sure the egg whites have enough time to set.
- Remove from oven then season with pepper, chives (or any herb) and garnish of your choice.

recipe

KALE PESTO

Makes 1 cup (8 servings)

Ingredients

- 2 cups packed kale leaves
- 1/2 cup toasted walnuts
- 2 tablespoons parmesan cheese, grated
- 1 garlic clove, roughly chopped
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/4 cup olive oil

Directions

- Place all of the ingredients in a food processor and puree until smooth.
- Serve on top of your favorite pasta (or use as a healthy sandwich spread).



ON THE MOVE WITH OUR NEW MOBILE LENDING SERVICE

We know how busy people are with work, family, sport and other commitments and we know some people do not have the time to research whether they are making the best financial decisions. These decisions are some of the most important you will make in your life and what you are doing now will affect your future, so it is important that you get it right.

Connie Cooper (see profile at right) is our new Mobile Lending Consultant. Finance is often complex and getting reliable and trustworthy information is vital, and Connie is committed to helping improve financial situations. She is able to conduct a full financial health check to ensure all your lending needs are being met in the most effective and efficient way for your financial circumstances.

If your life doesn't fit into 9am to 5pm then our new mobile lending service will suit you. Connie is available before and after hours and also on weekends to come to you.

Connie has already made a great impression on the members. Ian and Zizi wanted to share their comments:

"My wife and I wanted to move to the Maleny area and chose to approach Maleny Credit Union. Connie Cooper discussed our needs (and after having been with banks in the past), we felt completely cared for and that we would be looked after into the future. It was a great sense of relief to have found Connie and we would recommend her professionalism and personal attention to anyone. We walked away feeling we were treated like real people. Many thanks Connie, much appreciated."

**Contact Connie for our
SPECIALS ON INTEREST RATES**

MCU PROFILE

**Connie Cooper,
Mobile Lending Consultant**

Hi I'm Connie and I might only be a young woman but I believe in old fashion values and upholding them very highly.

I love spending my time giving back to the community and helping others wherever I can whether personally or professionally. A bit about me – I have a strong volunteer background where I've created and headed up a lot of fundraising events which have included the Royal Flying Doctor Service, the Cancer Council, youth groups and Make a Wish Foundation. I feel very strongly about supporting the people in our own local communities before reaching out to others. So please don't hesitate if you need a hand – give me a call. I will always try to help where I can.

I'm a chatterbox, always up for a conversation about anything! I have a million hobbies and take on more each day which comes from me being easily fascinated about other people's lives. The love of my life is my one eyed Maltese S Shitzu called "The George"



a name I felt he has more than earned for himself over the years.

On a serious note, when it comes to work I'm one of the very few people that have a passion for lending, which is what I'm constantly told by others. Some people think it's weird but we can't help what we love. I love helping people understand and benefit from their finances. I'm on a mission to help as many people as I can in the local community to save money and have long term benefits from their banking. So I look forward to having a chat soon.

– Connie

Switch to SOLAR

Last year we initiated the Maleny Credit Union Cooperative Energy Feasibility Study with businesses in the CBD to take advantage of a collective solar buy, and today is our turn to have it installed. Thanks to Gary Philips from Negawatts Electrical and his team.



OFFER EXTENDED TO 31 MARCH 2015

25% OFF

ALL STANDARD VARIABLE LOAN RATES

For the first 12 months • Applies to new loans only
Offer expires 31 MARCH 2015

Maleny Credit Union (MCU Ltd trading as)
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Ph: 07 5499 8988 Mail: PO Box 1099, Maleny Q 4552
Fx: 07 5494 3363 E: info@mcu.com.au Web: www.mcu.com.au
BSB 704-606 | ABN 52 087 650 995 | AFSL & Australian credit licence 246921



What do you do with – PROTEIN POWDERS?



There are a range of powders to choose from and any number of ways to use them – in biscuits, muffins, puddings, pancakes, smoothies, energy bars and ice cream, to mention just a few.

■ BLISSFULLY HAPPY FRUIT SMOOTHIES

This is a meal in itself – the perfect combination of fresh raw fruit with protein for absolute nutrition. This meal in a glass serves two people.

Ingredients

- 300ml of your favourite milk – try almond, rice, oats, soy or fresh cows' milk
- Raw honey to taste
- 1-2 tsp chia seeds, hemp, sesame, pumpkin or flax seeds per person
- 200 grams soft fruit such as mulberries, bananas, oranges, mangoes, pineapple and cherries.
- 300 ml of either fresh fruit juice or water to taste
- A big dollop of plain yoghurt or coconut cream
- 1 tsp sesame oil or another oil of your choice

- 1 scoop of protein powder or super green powder

Mix everything in a blender and whizz for a minute or two until it's all perfectly delicious.

■ WHEY PROTEIN POWDER

Don't have a sweet tooth? Here's a savoury recipe for whey protein powder: And a super simple dip:

Instructions

Fold a scoop of unflavored protein powder and ranch-dressing seasonings into Greek yogurt.

Or for a power drink –

- 1/2 avocado
- 1/4 cup coconut milk
- 1 scoop whey protein powder
- 2-4 tablespoons water (optional, if needed for texture)
- 1/2 – 1 cup ice

Put them together in a blender and enjoy!

Come into the Co-op for a free recipe booklet.



■ WHITE CHOCOLATE PROTEIN BROWNIES

This recipe is from Dominique Finney's wonderful book 'The Magic of Food as Medicine', available at the Co-op.

Ingredients for 6-8 servings

- 1 cup white beans (rinsed and drained)
- 1/4 cup vanilla whey protein powder
- 1/4 cup oats
- 50 g white chocolate
- 1/2 cup raw peeled zucchini (70 gm)
- 1 egg white

Directions:

- Melt the white chocolate in the microwave, then mix all ingredients together in a food processor (without baking or steaming the zucchini before – just use the zucchini raw)
- Bake the mix for about 20 min at 200-220°C

It's better to let the brownies completely cool down before serving. They're firmer and they taste better after a few hours in the fridge.

Storm-defying bread!

Les Bartlett of the Crystal Waters Artisan Bakery went above and beyond the call of duty during our recent storms. Worried that the flooding would cut him off and prevent delivery, he rose at 3.30am to bring his famous sourdough to the Co-op.

Les has been making sourdough bread at Crystal Waters for ten years. He mixes by hand using organic stone-ground flour, filtered river

water and sea salt and the age-old natural fermentation process of a flour and water leaven that is nurtured from bake to bake. The loaves and sourdough pizza bases are baked in a wood-fired oven. Les whole-heartedly agrees with the micro-bakery philosophy, choosing to remain small and local so that the people who buy his bread know the maker and thereby have a more direct contact with the bread they eat. Onya, Les!





DVD ONLINE
DELIVERY SERVICE

Ever wondered what has happened to the video store that used to be at the Riverside Centre?

Well it still exists, but it's now an online shop and delivery service called Range Movies. Due to high operating costs and a technologically challenged industry the shop closed last year, but owner Sam Glover now delivers direct to your home.

It works like this: You browse the extensive collection online, then you can either reserve directly online or pick your movies and call Sam with the list.

Orders need to be in by 2pm Tuesday to Sunday to ensure delivery that day; however if you would like movies outside of this time, you can arrange to pick them up 10am-10pm 7 days per week, 10 mins from Maleny just inside Montville. Payment will be made by cash on delivery.

- To return your DVDS:** There are 2 drop-off points in Maleny and 1 in Montville:
- ConceptIT at the Riverside Centre during business hours
 - Maleny Farm Supplies (The Farm Barn) on Macadamia Drive, 24/7
 - In the white foam box in 'The Shed' at 1 Mill Hill Rd

How to register to use the service

- Step 1:** Go to the website:
<http://rangemovies.reservezone.com.au>
- Step 2:** Select **Login/Contact** at the top right hand side of the home page.
- Step 3. IMPORTANT!** Before you can proceed you will need to contact Sam to get your username and password and confirm your details. Your username will be either your mobile number or your email address. Your password is your membership number (example: M1234). Sam can be contacted on 0429 819 448.

The rest is easy. Just log in and reserve by 2pm for the day you would like a DVD delivered to you or call to organise a pickup in Montville!



'Uber' for wildlife?

by SAMMY RINGER

You've likely heard about the 'rideshare' sensation, 'Uber' (get a taxi, private car or rideshare from your mobile phone). It's a simple concept – a smart phone app that connects people wanting a ride with drivers going their way.

I got to thinking about Uber the other day. Here on the range we have a limited number of wildlife volunteers and a seemingly unlimited number of wildlife callouts. 9 times out of 10, these critters need transporting down to Australia Zoo Wildlife Hospital in Beerwah.

The obvious solution would be to recruit more carers – but not everyone wants to dedicate the time it takes to care for sick, injured or orphaned wildlife.

The next obvious solution? Create a large pool of people who can be called upon to transport wildlife to the hospital.

WILVOS (Wildlife Volunteers) aren't yet at the stage where they can create



a smart phone app and 'crowd source' these drivers – but we can use the old-fashioned method of putting together a list of people.

The more I thought about the idea, the more excited I became. I'd get onto Facebook and Twitter and LinkedIn and recruit so many people WILVOS would have more transporters than critters needing a lift!

And I will.
But for now, I'm hoping a few people reading this will put their names up for the occasional call to play wildlife ambulance. 🐾

**You can contact me –
sammyringer@bigpond.com
Or pick up an 'Uberwild' registration form at the Maple St Co-op.**

**WILVOS
INDUCTION DAY**

OUR NEXT INDUCTION DAY WILL
BE HELD AT NAMBOUR ON
SUNDAY 26 APRIL.

For details please call or email
Sylvia , 5446 7760
membership@wilvos.org.au

LETS travel

by ANN JUPP

LETS (Local Energy Transfer System) can open a lot of doors for members if they are prepared to do their homework.

In the Maleny LETS 'Wants Listings' we have enterprising people from the Tablelands LETS in FNQ listing their accommodation offers and crafty items with us. They also advertise for transport of goods from up there to SEQ.

A few years ago James Taris, a member of a Melbourne LETS group, travelled the world almost entirely on LETS. He would give talks along the way extolling the value of barter and cashless trading, to spread the word.

Closer to home, Maleny members Laurel and Bob arranged overnight accommodation on LETS in Adelaide. They were coming in from Alice Springs, so looked online and found a place listed, contacted the Adelaide member and all was arranged. It was a lovely cottage and the welcome was warm, both from the woman and from her greyhound dog. Laurel described it as "the world's biggest lapdog" – fortunately she likes dogs!! They highly recommend looking for LETS accommodation.

Alex and Noel also ventured to Melbourne late last year with accommodation organised through LETS, and would highly recommend trying it. Carmel found a place offering on the CES. Most of the negotiating was done via text and email. They had to find their way to the accommodation as their host was busy. They had two nights there with tea and food. They describe their host as a very fun person, eccentric and alternative – also most energetic, welcoming, rebellious and obliging. Alex happened to mention that she had a



headache the next day and their host insisted on driving her halfway across town to her chiropractor. It fixed the problem! Noel commented that it was a bit further from the CBD than he was expecting – a 15 minute walk to the tram then a 30 minute ride into the city where he had to go. It was a bit daunting for an out-of-towner. Their host drove them to the airport for departure then proceeded to park and chat in a 2 minute set-down area with an angry security bloke trying to move her on.

Other experiences I've heard of are a member needing accommodation in Perth and getting an apartment house-sit for as long as they wanted. There was also the story of someone going to London and staying with the neighbour of a North London LETS member, as the member couldn't oblige. How they worked out the payment is anyone's guess!!!

A few years ago a member of a Melbourne LETS group travelled the world almost entirely on LETS ,

I've stayed with LETS members in Gippsland (Raymond Island, complete with ferry trip). Here I had a hire car – and locked the keys in it!! RACV had to do the ferry trip and my RACQ membership didn't cover hire cars. All was OK as our host had wine and nibbles set out on the deck.

When we've had conferences in SEQ, some inter-staters have stayed on with Sunshine Coast and Maleny members. I reckon that this is almost as valuable as the LETS conferences themselves because of the dialogue and exchange of ideas that happens in the process. 🍎

**Learn more at <https://www.communityexchange.net.au/>
Or pop into the UpFront Club Monday, Tuesday or Wednesday between 10am and 2pm to visit the LETS table.**

AUTUMN PLANTING GUIDE



VEGETABLES

- | | |
|-----------------|--------------------|
| Broad Beans | Lettuce – |
| Broccoli | Brown Mignonette |
| Brussel Sprouts | Lettuce – Cos |
| Cabbage | Lettuce – Imperial |
| Cauliflower | Shallots |
| Leeks | Spinach |
| Lettuce – Green | Turnips |

HERBS

- | | |
|--------------|-----------------|
| Chervil | Parsley |
| Chicory | Rocket |
| Coriander | Rosemary |
| Fennel | Sage |
| Garlic bulbs | Sorrel |
| Lavender | Thyme |
| Marjoram | Winter tarragon |
| Oregano | Yarrow |



Douglas Bailey is not only a long-standing and hard-working vullie for the Club, he's also a talented cartoonist, a breathtaking ballroom dancer and – uh – a wanna-be race car driver!

IF A GUT-BUG
COULD SPEAK



Cartoon by Douglas

DID YOU
KNOW ?

The Co-op carries the rather cheekily-named **'WHO GIVES A CRAP'** 100% recycled toilet paper – and 50% of the profits made by the firm are donated to Wateraid.



The Co-op holds a **MONTHLY RAFFLE** – simply spend \$50 or more and you can be in the draw! The March raffle features **MUKTI PRODUCTS**:

- Hydrating moisturiser
- Rose Blossom Hydrating Mist Toner
- Hydrating Cleansing lotion

RRP for this – \$159.85!

Kale is so 2014. According to those who know, **BROCCOLI** is the hip veg for 2015. Low in fat and cholesterol, high in fibre, folate and vitamin C. What's not to like?



FERMENTED FOODS and **ANCIENT GRAIN** are also winners while **RAW FOODS** and **COCONUT WATER** will continue their popularity gallop. Odd spot – expect to see savoury ice cream make its debut!

Get them all (bar the savoury ice cream!) at the Co-op.

at the club

Into the Heart of Morocco

An Exhibition of 2D and 3D works
inspired by travels to Morocco

19 March–16 April 2015, 6.30pm
The UpFront Club, Maple Street, Maleny

ARTISTS:

Sonja Georgeson, Janna Pameijer, Rachid, Amjid, Mohamed (Morocco) and artists from recent tours

Sonja Georgeson (artist and tutor), Janna Pameijer (sculptor) and a happy band of artists recently returned from Morocco.

Their exotic environment gave impetus to a body of work inspired by their impressions and experiences of life in the oasis. As part of an art exchange, also exhibiting are the paintings of their 3 Moroccan tutors.

Can we say... "meet you in the Kasbah!" – 6.30pm, 19 March. Join us for a delicious Moroccan dinner on opening night – \$20

Enquiries and bookings: The UpFront Club, 5494 2592
janna@jannasart.com 0411 457 358, sonja@rebix.com



(painting by Rachid)

Music at the UPFRONT CLUB

www.upfrontclub.org

MARCH

- 6 JOHN FLANAGAN Duo, (Tasmania), "Classic, refreshing songwriting and captivating lyricism"
- 7 FOLK, BLUES & BEYOND (\$5), Monthly blackboard, special guest IAN DEADREN (Brisbane) Original, traditional and contemporary songs
- 13 SHANI FORRESTER & LUNA JUNCTION (Brisbane) Gypsy, World, folk & jazz
- 14 PHIL & TRUDY EDGELEY (U.K./NSW) Authentic blues & folk, album '1+1=3'
- 19 INTO THE HEART OF MOROCCO art exhibition (see above)
- 20 LEE HARDISTY (S.Coast) Outstanding multi-instrumental loops & vocals, accomp TBA
- 21 MARK HILTON (NSW) Folk & country blues singer songwriter
- 27 BARLEYSHAKES TRIO (S.Coast) 'Brewed in Ireland, distilled in Australia'
- 28 ANGHARAD DRAKE (Brisbane) 'Gentle folk melodies with insightful lyrical content'

APRIL

- 3 OWEN Van LARKIN (S.Coast) & SAM SHEPHERD (Maleny) Outstanding young guitarists
- 4 FOLK, BLUES & BEYOND (\$5), Monthly blackboard
- 10 PEAR & ROB LONGSTAFF
- 11 JEUNAE
- 18 YOU AND THE NIGHT (Sydney/U.K) Multi-instrumental rock, jazz, bossa
- 24 LIZZIE O'KEEFE (Maleny) 'Voice of a thousand angels' with ARRON BOOL (guitar)

Lee Hardisty (below) and Barleyshakes Trio



UPFRONT CLUB HOURS

Monday, Friday, Saturday –
Music at 7pm.
Gold coin entry

COFFEE: 7.30am

BREAKFAST: 7.30–11am
(7 days)

LUNCH: 11.30am–2.30pm

DINNER: from 5.30pm
(take-aways available)

Tuesday, Wednesday & Sunday –
closed from 2.30pm



iPad Air 2



The thinnest iPad ever is also the most capable.
It's loaded with advanced technologies, including the Touch ID fingerprint sensor.

From \$619



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