



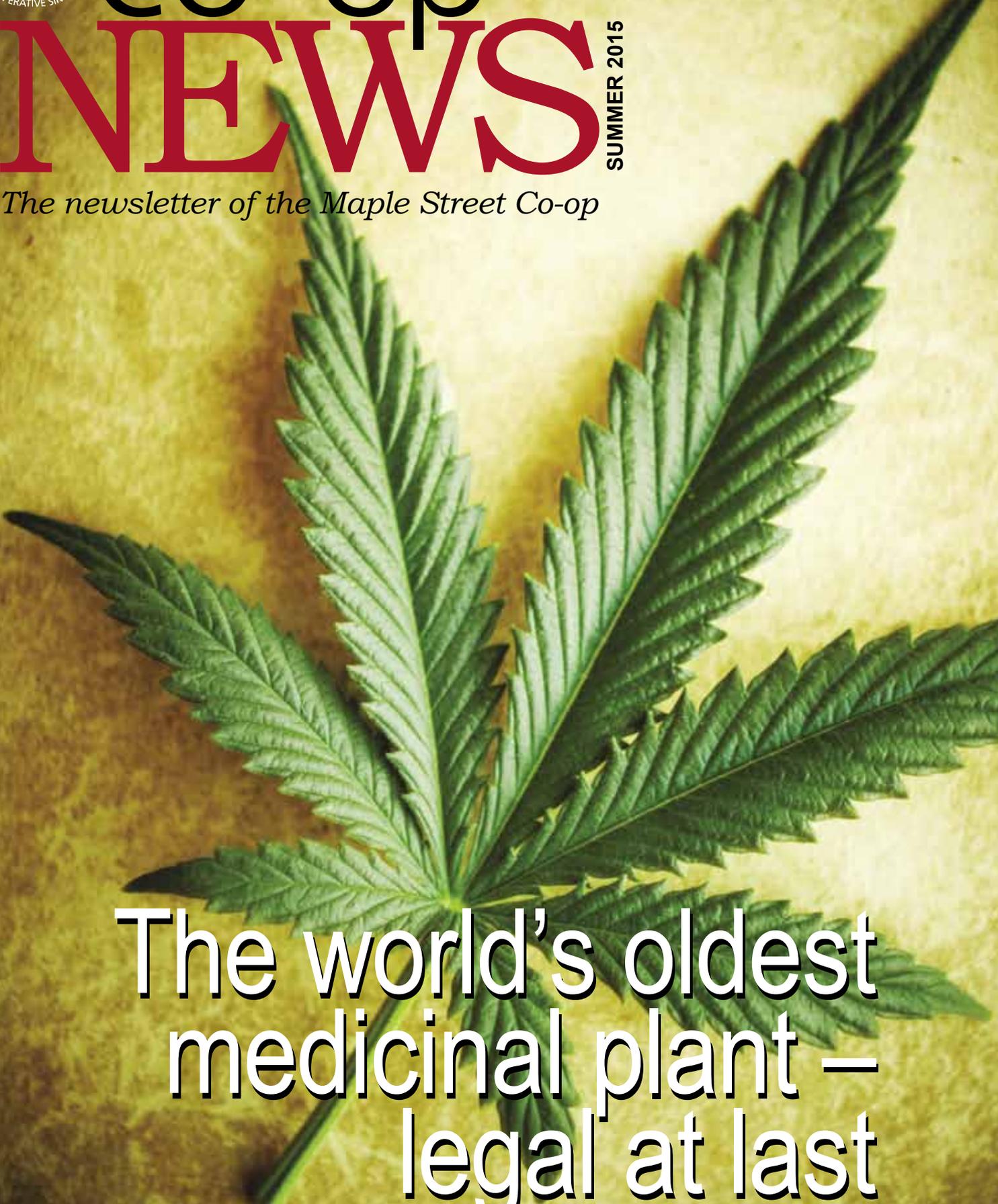
co-op

# NEWS

SUMMER 2015

*The newsletter of the Maple Street Co-op*

FREE!



The world's oldest  
medicinal plant –  
legal at last

See story on page 5



### The Financial Literacy Workbook – not just a school text

A review by Sammy Ringer

If you come from the old school of 'reading, writing and 'rithmetic', chances are you've had to learn financial literacy the hard way.

This workbook aims to give students an informed head start before they enter the 'adult' world of credit cards, salaries, credit ratings etc etc.

It's set out in a clear and logical and highly readable format. I found it fascinating in more ways than one.

Did you know, for instance, that the first gold coins date back to 650-600BC?

Do you know the difference between a 'wage' and a 'salary'? I didn't.

Do you know what Australians are spending, on average, each week and on what? I do now.

(Spoiler – housing tops the list with transport not far behind).

From EFTPOS to superannuation to GST and financial scams, this concise and well written workbook should be required reading for school children everywhere – and recommended reading for those, such as myself, who left school without a clear understanding of the financial world I was entering.

### MALENY CREDIT UNION – FINALISTS IN THE 2015 SUNSHINE COAST BUSINESS AWARDS

The competition is stiff. Just to make it into the 'finalist' category is an honour.

The Maleny Credit Union was finalist in not one but three categories:

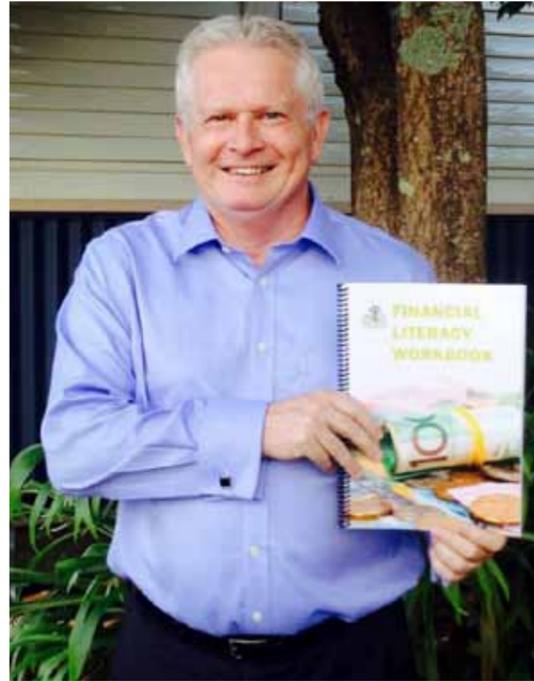
#### Living Smart Service & Product

Nominated for having successful services and products based on sustainable solutions. The products involved were:

Our 'Cool Home Loan and Advantage Plus Home Loan', 'Green Appliance Loan', 'Solar Loan' and 'Green Star Car Loan'. Just about all our lending products were recognised in this category!

#### Education & training

Nominated by Maleny Chamber of Commerce for our 'Financial Literacy Workbook'. This is being taught to Year 10 Students at Maleny State High School. As a result of the publicity about the workbook, we have been approached by Beerwah State High School which is interested in



Maleny Credit Union CEO Bob Malcolm with the Financial Literacy Workbook.

implementation of the workbook into their 2016 curriculum for Year 10 and 11 students.

#### Social responsibility

For the Credit Union, social responsibility is about developing strategies that have positive outcomes in the community in which we live and operate. The creation and implementation of the free teaching resource "MCU Financial Literacy Workbook" fits

into the ethos of social responsibility. Maleny Credit Union also practices socially responsible investment by:

- Advancing loans to members for environmentally sustainable purposes;
  - Facilitating members donations to local, national and global organisations;
  - Assisting micro finance groups where possible.
- Being able to help our community is an award in itself.

from the editor

**W**hat makes my day? To walk into the Club or Co-op and squeeze through a throng of customers.

To realise that, despite ever increasing competition and a changing market, these institutions are still trying to do what they were created for – provide products and services not available elsewhere. To fill a need.

It's not easy. Co-operatives are owned by their members and guided by a board who donate more of their time than I'd like to count. They're not 'big business' – NO gaggle of experts in the back room to analyse trends and run focus groups.

There's not always consensus on how things should be done but there is an underlying feeling of solidarity amongst members. These are our Co-ops. We will support them.

#### Ann Jupp: 1943–2015

Someone close to you dies and you're left struggling for words that are new or meaningful or that give an insight into the pain and loss.



Most often, you're left with clichés and a tired resume of their life.

Ann was a mother and grandmother, a registered nurse, a staunch member of LETs, a founding member of the Club, a board member, secretary and volunteer co-ordinator. She was also the

'Tea Towel Queen'. During a dark period when the Club couldn't afford a washing machine, she took home the dirty tea towels each night, washed, dried, folded them with true Ann precision and delivered them back. Thousands of them, over the months.

In the end, it's the mundane things that bring home the true meaning of the loss; driving home and thinking 'I must call Ann', walking into the Club and looking towards the LETs table for her face, seeing a white Subaru in Maple St and raising your hand to wave to her before realising it's not Ann in the Subaru and never will be again.

Farewell for now, Ann and thanks for all you were. 🍵

## UpFront Club: Members' Open Forum



Here's just a small sample of some of the great ideas that came out of the Members' Open Forum, held on Thursday 12 November:

- Have 'On the Couch' sessions and debate topical issues – as well as other 'special event nights'.
- Develop a marketing plan.
- Have feedback forms and a team to analyse them. This idea was also reiterated with the suggestion of a 'Members' Advisory Group' to work with the board.
- Menu – look for something different than the other cafes in town. Lentil as anything?
- Smaller tables at differing heights in the alley.
- Bring back the 'quirky'!
- Attract young people – social media,

kids' night and a special 'kids' membership'.

- Members' area for coffee, tea and snacks.
- Sign out front promoting the back garden (when it's finished)
- Have a vullie co-ordinator.
- Have a 'breakfast focus group'.
- Create a committee of hospitality professionals to mentor.
- After the renovations, have a coffee cart / van / small servery at the rear that could be used on weekends or other occasions. People could then get a coffee and cake without having to come inside.
- Weekend music in the back garden.
- Umbrellas over garden tables – perhaps thatched coverings?
- More members' open forums! 🍵

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\*results in rate being 5.05% p.a.

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# Co-op NEWS

The newsletter of the Maple St Co-op

#### Maple Street Co-op News

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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:

Full page \$250

1/2 page: \$150

1/3 page: \$100

Business card size: \$40

Super business card (2 col x 6.7cm): \$60 (10% loading for colour)

#### DEADLINE FOR THE AUTUMN ISSUE

(Mar–May 2016): January 31

#### FOR INFO OR TO MAKE A BOOKING:

Phone Sammy on 0498 313 068

or email: sammyringer@bigpond.com

# The beauty of edible perennials

by MORAG GAMBLE, ETHOS FOUNDATION



Tulsi (Holy Basil) (*Ocimum sanctum*)

**I have given away more than 10,000 edible cuttings from my garden over the past couple of years, and the garden still looks amazingly abundant.**

This is the beauty of edible perennials – they just keep giving, and the haircut keeps them looking good too.

Edible perennials are at the heart of a successful permaculture garden – and are definitely at the core of my garden here at Crystal Waters. These plants live for many years, are abundant and bring diversity and resilience to the garden.

I am in awe of how much they can produce in so many ways. They perform many functions in the system, and dramatically increase the harvestable yield. Not only do perennials provide an ongoing supply of food, fibre and medicine for the gardener, they also provide structure to the garden, mulch, in-garden windbreaks or shade, habitat for beneficial insects, hides for birds and frogs, pollen for bees and organic matter for the soil.

Perennials are so easy to grow and harvest – great for the novice gardener. Well-chosen perennials need little maintenance to be healthy and will come back year after year. They can withstand difficult conditions and are great for challenging corners of the garden. Their root systems access water and nutrients deep in the soil, making them typically more hardy and self-reliant than annuals.

There are thousands of edible perennials to choose from. Here are a few easy ones to get you started. Then just keep on adding diversity... and enjoy the harvest!

## **Turmeric (*Curcuma longa*)**

Turmeric, of the ginger family, has been used in India for over 2500 years. Well

known as the yellow colour in curries, it is actually a medicinal powerhouse with great health benefits. Eat some every day. Fresh is best – in juices, curries, grated in salad, or in yellow rice. Plant some and nine months later dig for the abundant rhizomes. One of my plants recently yielded 5 kg!

## **Aloe vera (*Aloe vera barbadensis*)**

Aloe vera, a perennial succulent, another with incredible medicinal benefits, has been used therapeutically for over 5000 years. It cools burns and sunburn, soothes bites and rough skin. Add the clear pulp to smoothies, or finely slice it into salads to improve digestion and to detox. It's drought-tolerant and pest-resistant, but can get sunburnt. I keep it close to the kitchen for burn emergencies.

## **Yacon (*Smallanthus sonchifolius*)**

Yacon, or Peruvian ground apple, is a fascinating and bountiful addition to a perennial food garden. It grows to two metres and does well even in poor soils. The ground heaves with the abundance of tubers that form underground in autumn. Eat the crunchy sweet tubers grated in salads, juiced, or cooked. Eat the leaves too.

## **Queensland arrowroot (*Canna edulis*)**

Arrowroot is an ancient Inca food and an extremely useful perennial. It is prolific and easy to grow and the edible rhizomes and young shoots provide year-round food. The lush leaves are great as mulch and build up soil organic matter. Also the fast growing leaves provide an in-garden windbreak or summer shade if placed well. I eat the purple-skinned rhizomes before the shoots develop into leaves – in soup or curry.

## **Comfrey (*Symphytum officinale*)**

Comfrey is indispensable in a permaculture garden – an excellent soil conditioner, dynamic accumulator, mulch, compost activator, liquid manure ingredient, nutrient

trap, weed barrier, animal and bee forage. A great topical healing herb too.

## **Brazilian spinach (*Alternanthera versicolor*)**

I call this hardy edible groundcover my 'happy spinach' because it looks fabulous, has a great texture and guarantees I'll have fresh greens in my garden all year round. Brazilian Spinach is so easy to grow and even after a hot day it still looks glossy and healthy. Use it raw or cooked. As a border plant, it requires almost no attention and has few pests.

## **Tulsi, Holy Basil (*Ocimum sanctum*)**

Tulsi, a sacred healing herb from India, helps reduce stress, strengthen immune systems, promote longevity, increase endurance, fight infections, relieve congestion and headaches, and improve digestion. It's also a rich source of vitamins and minerals. In a permaculture garden its constant flowering attracts pollinators and other beneficial insects, and it provides protection for small birds that help with pest management. A favourite garden tea of mine is a blend of tulsi leaves, mint, lemon myrtle, lime, turmeric and ginger, with a dash of honey.

## **Society garlic (*Tulbaghia violacea*)**

Society garlic provides greens and flavour all year round and is very drought-hardy. It makes an excellent edge – dense clumps of upright leaves can hold back mulch and help to keep weeds out. Both the leaves and mauve flowers are edible, and make a great addition to salads, dressings, omelettes, stir-fries, soups and sauces. 🍷

[www.ethosfoundation.org](http://www.ethosfoundation.org)



yacon

society garlic

Brazilian spinach

arrowroot

aloe vera

# POT COMES OF AGE (again)

by SAMMY RINGER

**In Australia, the Federal Government has announced it will legalise the growing of cannabis for medicinal purposes. The states will be allowed to make their own decision on whether to allow the growing of cannabis.**

## **'Pot' (*Cannabis sativa*)**

**AKA Marijuana, 'Maryjane', Ganja**

**My grandmother was a very conservative God-fearing woman. She didn't drink or smoke. She canned and pickled and made her own butter. She also had her special 'cabinet of home remedies'.**

When, at the age of five or so, I got a screaming toothache, she pulled out a small bottle labelled 'Tincture of Marijuana' and applied a few drops to the offending tooth.

It worked. I stopped screaming.

Recently, I have been wondering how this woman came to have an 'illegal substance' in her cabinet.

Turns out it was very simple.

The regulation of cannabis has been a very haphazard affair in the US.

The little bottle in her cabinet very likely dated to a time when it was not illegal.

Being a product of the Great Depression, Grandma didn't throw anything useful out.

Now it seems we are starting to come full circle. In the US, 23 states and Washington D.C have legalized cannabis for medical use. Presently 5 states in the US are on the verge of making 'recreational use' of marijuana legal.

In Vancouver and Toronto (Canada) 20,000 people are employed in medical cannabis industries.

In Australia, the Federal Government has announced it will legalise the growing of cannabis for medicinal purposes. The states will be allowed to make their own decision on whether to allow the growing of cannabis.

## **Where'd it come from?**

Cannabis is believed to have evolved on the steppes of Central Asia, in the regions that are now Mongolia and southern Siberia.

The Vikings and medieval Germans used it for relieving pain during childbirth and for toothaches.

It spread to Europe and just kept going, arriving in South America in the early 1900s, finding a good home in Mexico and then a ready market in the US.

The history of cannabis use goes back as far as 12,000 years, which places the plant among humanity's oldest cultivated crops.

## **What's in it?**

Cannabis sativa contains the mind-altering chemical delta-9-tetrahydrocannabinol (thankfully abbreviated to 'THC'). Scientific studies of the chemicals in marijuana, called cannabinoids, have led to two USFDA-approved medications that contain cannabinoid chemicals in pill form.

## **What does it do?**

Study after study after study has shown that Cannabis sativa has some rather awesome pain relief properties.

But there's more...

From a NSW Police Flyer:

- Cannabis can make you feel happy and relaxed.
- It can increase your sense of taste, smell and hearing, making you talk louder and laugh more than normal, and increase your desire for food ('the munchies').
- It can lead to anxiety or paranoia (thinking that people are talking about you or are trying to hurt you).
- Large doses may lead to hallucinations. Scary stuff, huh?  
No – not nearly as scary as the alcohol induced violence we read about every single day.

## **Where to from here?**

The legalisation of this natural pain relief plant is a great step forward. One imagines, in the years to come, people will realise that use of the good ol' Maryjane (whether for pain relief or recreation) will not lead to a collapse of our social norms and society as we know it.



## **But there's more...**

There is a strain of cannabis – 'Cannabis sativa L'. This has low or no THC constituents and thus can be legally grown for such things as 'hemp clothing',

## **What will you find at the Co-op?**

The Co-op carries a range of perfectly legal cannabis products – hemp seed oil, raw hemp seeds and hemp soap. The seeds for example are rich in chlorophyll, vitamins including the Vitamin B group, Vitamin D (necessary to absorb calcium), minerals and all amino acids. They are a highly nutritious, balanced source of Omega essential fatty acids, proteins and have a mild nutty flavour. 🍷

**More about hemp products on page 8.**





## Fear not bacon lovers!

by SAMMY RINGER

**You can have your bacon and peace of mind as well.**

The headlines have swayed back and forth like a wet flag in the wind:

**‘Red meat and bacon cause cancer’ (ABC)**

Processed meats like bacon, sausages and hot dogs can cause colon cancer and red meat is also a likely cause of the disease, World Health Organisation experts say. The analysis of 800 studies from around the world by the International Agency for Research on Cancer (IARC) found “sufficient evidence in humans that the consumption of processed meat causes colorectal cancer”.

“Each 50-gram portion of processed meat eaten daily increases the risk of colorectal cancer by 18 per cent,” it said in a statement.

The category includes meat that has been salted, cured, fermented or smoked – hot dogs, sausages, corned beef, dried meat like beef jerky or South African biltong, canned meat or meat-based sauces.

Meat lovers were quick to respond:

**‘Cancer, bacon and misrepresenting statistics’ (Australian Financial Review)**

But here’s the important question that isn’t directly addressed – what’s the risk of colorectal cancer to begin with? (This is a long article and basically postulates that there is risk in everything.)

And, not surprisingly, there was some ridicule of the report. Nationals MP Barnaby Joyce:

*“It is a farce to compare sausages with cigarettes. I don’t think that we should get too excited that if you have a sausage you’re going to die of bowel cancer. You’re not. You just don’t want to live on sausages.”*

Fair enough. Though I didn’t see where the report compared bacon to cigarettes...

I’m old enough to remember TV commercials in which doctors touted the benefits of cigarettes. And DDT was the spray of choice for mosquitoes. And thalidomide was the ‘safe’ drug of choice for morning sickness.

Putting aside arguments over the minutia of statistics, I for one would rather be safe than sorry.

If you’re eating something that has proven health question marks, look for an alternative.

Fortunately, if you’re a bacon lover, the Co-op can help.

The Co-op carries ‘The Meating-Place’ nitrate free bacon.

I am told it tastes sublime (being a vegetarian, I can’t taste test it for you!)

Furthermore, it’s free-range and RSPCA approved. 🍷

## You ate WHAT???

**It seems like all you have to do is change the name of a yechy thing to make it palatable.**

I’m not sure if you’ll find all of these weird additives here in Australia but do check labels!

**Some gross ingredients in processed foods:**

**Beaver anal secretion:** listed under “ingredients” as: Castoreum  
*Consumed in:* it is widely used as a substitute for vanilla flavouring.

**Human hair:** listed under “ingredients” as: L-Cysteine  
*Consumed in:* Bagels, cakes and more. Believe it or not, this compound made from human hair and/or duck feathers is actually used as a flavor enhancer. L-Cysteine is pretty common, so don’t be surprised if you’ve already eaten some today.

**Anti-freeze:** listed under “ingredients” as: Propylene Glycol  
*Consumed in:* Salad dressing  
Propylene glycol is commonly used as an anti-freeze (but less toxic than ethylene glycol, a similar product), and can also be found in salad dressings as a thickening agent.

**Flame retardant:** listed under “ingredients” as: brominated vegetable oil (BVO)  
*Consumed in:* Citrus-flavored soda

**Biodiesel additive:** listed under “ingredients” as: Tertiary butylhydroquinone (TBHQ)  
*Consumed in:* Chicken nuggets

**Sand:** listed under “ingredients” as: Silicon dioxide  
*Consumed in:* Salts, soups and more

**Jet fuel additive:** listed under “ingredients” as: Butylated hydroxytoluene (BHT)  
*Consumed in:* Cereal. Its antioxidant properties helps keep foods fresh for longer.

**Borax**  
*Listed under “ingredients” as:* E285  
*Consumed in:* Caviar as a food preservative.



## book review

# Food system broken?

Book review by JILL CUTTING

**Is our food system broken? It is, according to Nick Rose, editor of the book *Fair Food, Stories from a Movement Changing the World* (Uni of Qld Press, 2015).**

Nick says it isn’t just broken but it is killing us. The book tells the new story of food: how food and farming in Australia are dramatically transforming at the grassroots level towards reconnection, towards healing – of the land and each other. It offers a compelling and coherent vision of how our future can be so much better than our present and our past, and how each of us can make a difference.

Told through the experiences of several of the leading figures in Australia’s Food Sovereignty Alliance, this book tells stories of personal change, courage, innovation and food activism, from local food hubs and backyard food forests, to the GE-free movement, urban farming, radical homemaking and regenerative agriculture.

In a time of bullying corporations, supermarket duopolies and environmental degradation, *Fair Food* offers compelling and inspiring stories of personal transformation from everyday people, showing us that we too can be powerful agents of change in this time of need.

**Why is our food system broken?**

- \* We have applied the technologies and the mindset of industrialisation to food and farming.
- \* We apply the logic and the imperative of endlessly increasing production, regardless of the consequences.
- \* Resulting in over-exploiting our land, degrading our soils and damaging our river systems. (Did you know, Australia has one of the highest rates

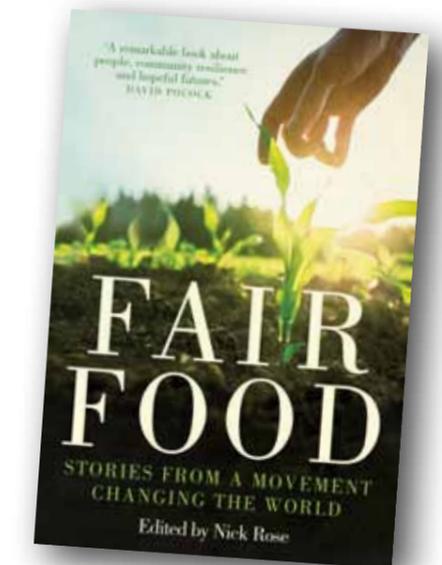
**‘We have applied the technologies and the mindset of industrialisation to food and farming...’**

of deforestation, biodiversity loss and species extinction?)

- \* Globally, the food system contributes as much as 50% of all green-house gas emissions.
- \* We have a duopoly that controls 70-80% of the grocery market, forcing farmers and food producers to take whatever price they offer. (You might be surprised to know that a hundred years ago farmers received 90 cents of every dollar’s worth of food they produced; today it’s around 10 cents.)
- \* Farming has become devalued in our highly urbanised culture, and not just economically. So it’s shocking but not surprising that seven farmers leave the land every day, and rates of suicide and depression among farmers are twice the national average.
- \* Our industrialised food system relies on an endless barrage of advertising, urging us to buy food products laced with excess sugars and salt. Dietary-related diseases are already among the biggest public health issues we face.

**Why does this industrialised system persist and continue to expand?**

- \* There are very powerful economic and financial interests that make a lot of money from the status quo.
- \* We, the people, are disconnected from our food system.



- \* Food is apparently abundant and cheap.
- \* We don’t join the dots of what all this means for us in the long term.

The storytellers in this book have a shared vision of a bountiful world where there is no hunger and no poverty; where soils are thriving; rivers are healthy and forests are abundant; where animals roam freely; where all of us are healthy and flourishing; and where our farmers and food producers receive a fair return of their toil to produce our food. They have chosen to take up the challenge of embracing a new paradigm – fair food.

A thought provoking read! 🍷

**Gift vouchers**

**What a great Christmas idea – spread the love – and the caffeine!**

**A gift voucher from the Club or the Co-op has a ‘twice-over’ benefit – you support your local Co-op and give a friend or loved one something they can use anytime, for anything they desire.**

**You can purchase a gift voucher from either Co-op for whatever amount you wish.**



## WILDLIFE VOLUNTEERS can you help?

You can choose to be a carer, a ‘Hotline’ volunteer, a transporter or even an administrative support person. It’s remarkably rewarding – and you also meet some extremely loveable creatures!

5441 6200

<http://wilvos.org.au>



# What's in store...

## Lariese Hemp Seed Oil

Cold pressed from THC-free industrial hemp seeds. One tablespoon (15 mls) contains 94% of your daily needs of Omegas 3, 6, 9 and GLA in the perfect proportion of the essential fatty acids the body does not produce. **200ml \$26.95**

## Hemp Foods Hemp Seeds

Certified organic. Hemp seeds contain high amounts of polyunsaturated fatty acids like Omega 3 and 6. **250gm \$15.60**

## Miss Hempy Soap

World's first cannabis, marijuana-scented hemp oil. Vegan. – **\$6.95**

## Absolute Organic Green Banana Flour

Packs a big nutritional punch and makes a perfect paleo flour, free from grains and nasty additives. **500gm – \$13.95**

## Rumbles Paleo

The Anzacta Factor bikkies – bursting to the brim with coconut, almonds, pepitas, sunflower kernels, sesame seeds, almond butter and raw organic honey. – **\$5.50**

## Funky Pies

Tasty, chunky, the best vegan pie out there. – **\$4.95**

## Monica's Paleo Flour

Gluten free. Contains organic tapioca flour, green banana flour, organic sesame flour, organic coconut flour, organic golden flax meal, organic psyllium. **400gm – \$13.50**

## Buda Free Range Organic Eggs

truly local and truly free range. **1/2 doz – \$4.75**

## Eye of Horus gift pack

Mascara, pencil and sharpener. – **\$45.95**

## Healthy and Tasty Instant Noodles

Just because they're quick and easy doesn't mean they're not healthy! – **\$3.95**

## Teff Tribe Teff Flour

Low GI, high in iron. Packed full of protein, without any gluten or nuts. **500gm – \$12.95**

## Freedom Vegan Marshmallows

Creamy, tasty – what more could a vegan want from a marshmallow? – **\$5.50**

## Eco Tan Natural Coconut Sunscreen

No chemical additives – softens and nurtures your skin while protecting you from sunburn. – **\$27.95**

## Ceres Organic Muesli

Blackcurrent and vanilla – great way to start the day! **700gm – \$15.95**



Oh dear, oils ain't oils...



## Scientists are now warning against the dangers of frying food in sunflower oil and corn oil over claims they release toxic chemicals linked to cancer.

For years, we've been told how healthy the polyunsaturates are in corn oil and sunflower oil. However when you start messing around with them, subjecting them to high amounts of energy in the frying pan or the oven, they undergo a complex series of chemical reactions which results in the accumulation of large amounts of toxic compounds.

Scientists found that heating up vegetable oils leads to the release of high concentrations of chemicals called aldehydes: these have been linked to illnesses including cancer, heart disease and dementia. There are also health concerns from these by-products around malformations during pregnancy; inflammation; risk of ulcers and a rise in blood pressure.

Thus, scientists are now recommending food be fried in olive oil, coconut oil, butter or ghee.

According to research, a typical meal of fish and chips, fried in vegetable oil, contains as much as 100 to 200 times more toxic aldehydes than the safe daily limit set by the World Health Organisation.

And it's not just the aldehydes that are of concern. Separate research indicates that the fatty acids in vegetable oils are contributing to other health problems.

Because vegetable oils are rich in omega 6 acids, they are contributing to a reduction in critical omega 3 fatty acids in the brain by replacing them.

If you eat too much corn oil or sunflower oil, the brain is absorbing too much omega 6, and that effectively forces out omega 3. It is this lack of omega 3 that's a powerful contributory factor to such problems as increasing mental health issues and other problems such as dyslexia.

The tests suggested that coconut oil produces the lowest levels of aldehydes.



# Co-ops AGMs 2015

**I**t was a good year for the Maple St Co-op and a challenging one for the UpFront Club.

The current board work well together and want to hear the views of members. This cannot be stressed too much.

Sadly, this AGM was missing one longstanding and valued member/ex board member and volunteer extraordinaire, Ann Jupp. Her passing has left a hole in the lives of many and she was celebrated (see obituary at right).

Plaudits were also given to Danny Rose for his long-standing and tireless work to bring music to the Club, and long-time Co-op employees Coby Verstraten and Sue Verstraten.

Our valued staff and volunteers were acknowledged, as well as the determination of the boards to be open and factual, and the need to participate in a members' forum was highlighted.

There were two vacant positions on each board. The following nominated: Sammy Ringer, Jenny Fitzgibbon and Garry Claridge. Jenny Fitzgibbon and Garry Claridge were elected to both boards.

**Directors as at the conclusion of the AGMs:**

- Steve Perdriau
- Kamala Alister
- Marc Kalifa
- Paul Veit
- Jenny Fitzgibbon
- Garry Claridge
- Bev Jorgensen
- Jill Cutting
- Hermann Schwabe

## Board report to members 2014-2015

MAPLE STREET CO-OPERATIVE SOCIETY LIMITED (STORE) & MALENY CO-OPERATIVE CLUB LIMITED (UPFRONT CLUB)

### Comments relevant to both organisations:

2015 has been a significant year for both our co-operatives, but particularly for the Club, and a very demanding one for the boards.

The board has been active in addressing a number of challenges that faced the UpFront Club this year in order to assure responsible financial management. While assistance from the Maple Street Co-op is a short term solution, we require deeper changes that would re-invigorate the Club.

I would like to thank all the Board Members, and the staff who have stuck with us, with such dedication, through the continuing process.

So:

- In February, members elected new boards with a strong level of experience in business and in our cooperatives. The board has set up targeted committees to ensure rapid decisions where necessary. Board meetings have been efficient and respectful.
- The board hired John Vasta as interim General Manager. John has a wealth of experience in hospitality and business, and has worked with the board, past GM, Karen Symris, and others to reinvigorate the Club.
- The boards ran a "Listening Table" each Friday for several months in order to

listen to, and where possible act on, suggestions and input from members and visitors. We are using our websites for better communication with our members.

- We look forward to welcoming new talent on the board. Board members have agreed to change meetings to evening time if necessary to encourage new talent and younger members to the board.
- We are determined to support all the best aspects of the cooperative principles, but understand that these are still businesses that must perform to ensure sustainability while giving the maximum benefit to members.

### With respect to the Store specifically:

- \$70,300 worth of discounts to members
- 11.5% increase in membership this financial year
- Coby Verstraten has become the Manager of the Shop
- Our relationship with local growers and producers has continued to grow

### In the last six months:

- Costs and margins on sales have received increased scrutiny
- The Store has benefited from the dedication of staff, despite a changing environment and more offerings for organics in the town and area
- Relationships with customers, and the availability of advice, give us a point of difference to continue to exploit

### With respect to the UpFront Club specifically

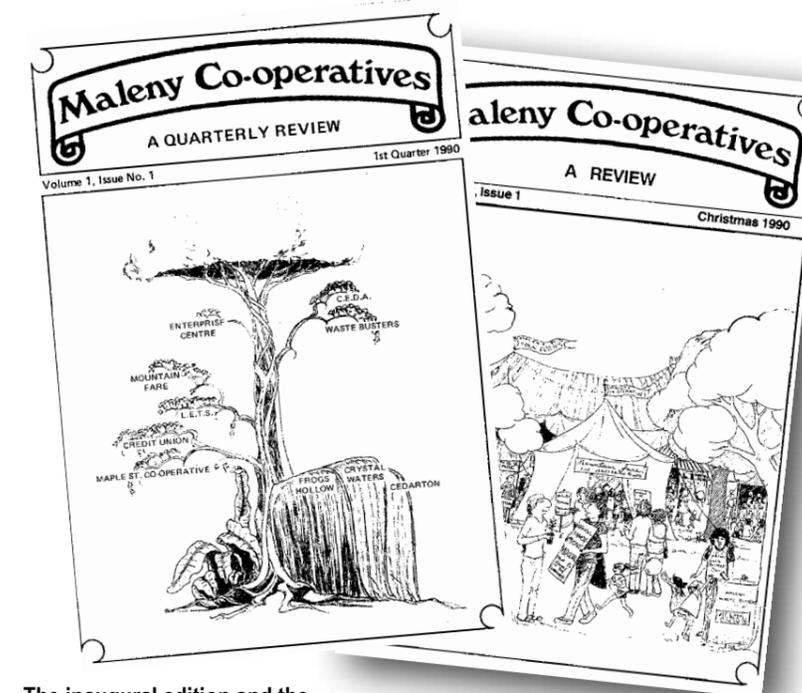
- 11.2% increase in members over this financial year
- \$20,000 worth of discounts to members

- A rolling program of local art exhibitions of the work of members
- The best music venue in town

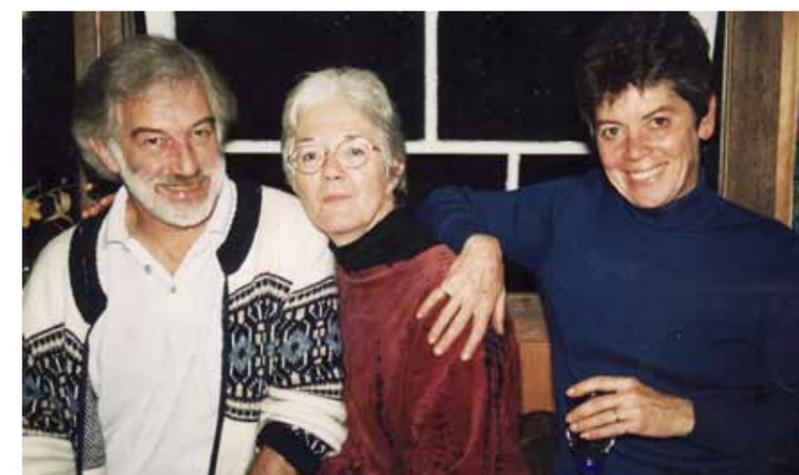
### In the last 6 months:

- Weekly promotional emails keeping members informed
  - With the help of staff and members, the Club has had a major face-lift including new paint, new fittings, a new menu, new signage and a backyard cleanup. Feedback indicates members are pleased with the results
  - Our menu continues to be revised with the help of feedback we receive
  - We are excited to welcome new kitchen staff who will bring a refreshing and healthful change to our menu
  - We have supported staff in improving service at the Club in areas such as meal and service consistency and order lead-time. Thanks to Bev Jorgensen for taking leave from the board to supply needed training and support to staff in this process
  - Coffee mornings are being re-introduced, and the promotional value of our valued volunteers developed
  - Wages are to budget even though sales need to increase
  - We are delighted that the Club's landlords have agreed to fund our proposal for a building extension and storage that will include an increase in dining area and an improvement of our backyard seating area, the removal of the back shed, and higher security in the 'alleyway' so we can begin a major local art initiative there.
- The above is only a brief summary of the Board's activities over the last six months. We are confident we will continue to see the Shop prosper and our Club provide a warm and welcoming venue to our members and visitors, promoting music, art and local culture, with a sound financial base. That is the goal of the boards, and the challenge we face, with the ongoing cooperation and help of members and visitors. 🍎

–Steve Perdriau, chair



The inaugural edition and the Christmas edition of the Co-op News, 1990



From left: Howard Jupp, Ann Jupp and Sammy Ringer, circa 2000.

## OBITUARY: ANN JUPP 1943–2015

**Much more than just the 'Tea Towel Queen'...**

**For those who did not know the late Ann Jupp (1943-2015), here is a bit about her.**

Ann was sister to the late Jill Jordan, widow of the late Howard Jupp, a mother and a grandmother.

She was also, above all else, a passionate registered nurse (Maleny Soldiers Memorial Hospital, amongst many others).

She was one of the very early residents of Manduka (better known as Frog's Hollow) – the first 'intentional community' in Maleny. Manduka was the

vision of her sister Jill. As secretary and treasurer, Ann brought her formidable powers of organisation to Manduka – as she did to all of the organisations she was involved with.

LETs (Local Energy Transfer System) has lost a stalwart with her passing.

As has the UpFront Club. Ann was a founding member, a volunteer extraordinaire and volunteer co-ordinator, a dogged and precise secretary to the board and, of course, the 'Tea Towel Queen' (see Sammy's tribute on page 3).

When Ann took on a cause, she stuck with it, through hell and high water.

May her stamina, clarity and downright doggedness inspire us all. 🍎

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## Follow up: Lyme Disease

**L**ast year we ran an article on Lyme disease that caused quite a bit of discussion.

Ticks can cause diseases in humans. That much is undisputed.

In the US Lyme disease is caused by a specific bacteria that lives on ticks and infects people when bitten, causing a range of symptoms from severe fatigue to palsy, seizures and neurological problems like memory loss.

In Australia, people present with these same symptoms after tick bite, but the Lyme-causing bacteria has not been found.

Instead, a different kind of bacteria is present – most commonly called *borrelia*. However the diseases caused are hard to characterise and Australia does not have a clinical definition or diagnosis for it.

In other words, the conditions do not exist in Australian medicine, forcing people to spend thousands to seek diagnosis and treatment in Germany, Malaysia and the US.

Recently, experts and people living with tick-borne diseases came together to jointly call for Lyme-like diseases to be identified and recognised in the Australian health system.

Some doctors cautioned against

rushing treatments that hadn't been proved.

Department of Health representative and doctor Gary Lum said tick-borne diseases were not straightforward.

"Long-term treatment is favoured by some practitioners and argued against by others," Lum said. "Controversy remains around causation and treatment."

At the roundtable, Gabrielle Stevens spoke of her daughters Shannon and Tara, who developed a tick-borne disease. The family was "faced with ignorance and ridicule" when trying to seek treatment.

She said Shannon last went to school in 2012, and at her worst, woke up every morning with a grand mal seizure while Tara had 30 seizures a day.

She said the family had lived in Europe and friends there could not believe Australia was not helping her daughters.

"How could Australian doctors let my little Shannon get so sick? I was hurt for my daughter's suffering and ashamed of my country," Stevens said.

Another sufferer told the roundtable that the 'Lyme' tag was hurting the cause by inviting controversy.

"We need to lose the Lyme name... it's time that we have an Australian name for this cohort of symptoms so we finally can move forward."

Lyme Disease Association of Australia representative Sharon Whiteman said many doctors refused to treat patients.

"We have a shrinking number of doctors willing to receive referrals from us," Whiteman said. "Right now in Australia we have patients being treated at home. They're neglected and rejected by Australian hospitals."

Stay tuned for more on this highly controversial disease. 🐾

# The future of volunteering

...as discussed by Andy Fryar, Director OzVPM, and Bernard Salt, author and columnist with *The Australian* and *Herald Sun* newspapers and currently Chairman of the Tourism Forecasting Committee.

**T**he number of Australians doing voluntary work has fallen for the first time since record-keeping began in 1995. Thirty-one per cent of Australians volunteered with a not-for-profit organisation in 2014, down from 36 per cent in 2010.

One explanation for the decline was that people were volunteering in ways that were not counted by the survey. Many Australians are looking after their elderly parents rather than sending them to an aged-care facility, or doing unpaid, online work for government organisations such as the Australian Museum or looking after grandchildren.

The need is now and growing – the voluntary sector is reaching crisis point.

#### Are Australians becoming more self-absorbed?

Bernard Salt is predicting that the Baby Boomer generation will bring forth a "golden age of volunteering" with an influx of articulate, fussy and difficult to manage volunteers as they retire "en masse". He goes so far to say "The problem for volunteer organisations will not be so much getting volunteers in the coming decade, it will be in managing their interests and egos!"

However, Andy Fryar believes there are several key factors that will result in the Baby Boomer generation not being the 'white knights' of the volunteering world. He says three things are certain – volunteering needs to change, people will

volunteer in different ways and volunteers will be more demanding.

He says that an alternative scenario may in fact see Baby Boomers leave their existing volunteer commitments in retirement to seek other types of post-work leisure pursuits e.g. joining the ranks of the grey nomads travelling or looking after grandchildren.

Further, Baby Boomers will volunteer differently – they appear to not want to commit themselves for long periods and are not happy to undertake peripheral and repetitive volunteering activities. They are also rallying against the increased bureaucracy that volunteers now face. Thus, those agencies who are able to find the right mix of cutting edge, short term, rewarding and episodic volunteering will be the ones who get the volunteers.

The Boomers bring some different motivations to the table for wanting to undertake volunteering. The technology-savvy Boomers are less likely to volunteer



in order to meet new people or extend their social networks (which have been two big motivators over the years). They have far more opportunities to find and nurture this relationship-building using social media and other online services.

In the last few years we have seen the retirement age for Australian workers being raised by two years to keep the Boomer generation in the workforce. Couple this with the fact that many Boomers are ill-prepared for retirement, and are finding that their super savings are not what they thought they might be, and we have an impending crisis! It could well be that the Baby Boomer generation work well into their 70s, and this has a direct impact upon volunteering and available volunteer numbers.

The first Boomers started reaching 60 and retirement age for many, about 5 years ago and the anticipated 'bulge' of retirees are not streaming out of the woodwork as anticipated. Based purely on the vast numbers of Boomers, we should by now be seeing some significant shifts in volunteering trends but the ABS figures are showing just the opposite.

Andy Fryar believes many volunteer programs have simply been treading water and waiting for the Boomer influx to occur to solve their dwindling volunteer stocks, instead of pro-actively creating new volunteering environments in which activity can flourish. He says there is no room any longer for a 'one size fits all' approach.

So how do organisations reliant on volunteers attract them? Andy Fryar suggests thinking outside the box, and sites a volunteer program that emerged out of the USA in 2005, popped up in the UK in 2013, and has now found its way to Australia. ([www.optusrockcorps.com.au](http://www.optusrockcorps.com.au)). It is innovative, creative and most importantly – it is effective. The concept is a concert headlining major artists but you can't buy tickets. Tickets can only be gained by contributing a certain number of hours of volunteer work to a local volunteer agency. 🐾

## CHRISTMAS BASKETS

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## Summer planting guide

- Amaranth
- Asian greens
- Bean
- Beetroot
- Capsicum
- Celery
- Chilli
- Corn (sweet)
- Cucumber
- Eggplant
- Lettuce
- Mustard greens
- Okra
- Pumpkin
- Radish
- Spring onion
- Spinach (Ceylon, Brazilian)
- Squash (button)
- Sweet potato
- Taro
- Tomato
- Watermelon
- Zucchini

## Jon Woodlands, the HERB MAN

**H**e tells me he's been involved with and growing herbs for more than 30 years – so he's just a little bit older than he looks!

He's also been supplying the Co-op with a wonderful range of herb plants since 2002.

I asked him exactly how many species he carried:

"It varies but I usually have more than 100 different varieties at some stage of growth."

Jon's range goes well beyond 'parsley, sage, rosemary and thyme' – although he carries a vast number of culinary herbs, he also has medicinal and simply 'useful' species.

"Take southernwood, wormwood, pennyroyal and tansy – these are wonderful insect repellents. Then there's dogbane to repel dogs and catnip and cat thyme to attract cats!"

On the culinary side, Jon carries the traditional range you'd expect plus some herbs you've probably never heard of.

"There will always be demand for the Mediterranean herbs but there's a growing interest in the Asian herbs as well. Take 'shiso' – it's got an interesting taste and is used in sushi and to give the pink colouring to pickled ginger. Then there's 'vapca' – its rather fishy-smelling leaves can be used in soups, stir fries, etc."

On the medicinal side, Jon points out that a vast number of herbs make healthy and often healing teas:

"Rosemary, sage and thyme are not just culinary but have healing properties. Then there's the ever-sought-after herb robert, gota cola, brahmi and of course skullcap and alehoof. Every herb has a use. Like the Asian herbs, medicinal herbs are getting a lot more interest. Got a toothache? Apply a leaf of toothache plant to dull the pain."

Not one to sit still, Jon is now moving into 'perennial food plants' – species that supply you with food year after year.

"I'm starting with things like Brazilian spinach, mushroom plant, pepino, arrowroot, yacon and Chinese artichoke. They all grow well here and are very adaptable in the way you can use them."

Next time you're going past the Co-op, stop and have a look at Jon's often weird but always wonderful selection of herbs.

Jon also does the Maleny, Witta and Montville markets. 🍷



PICTURED FROM TOP:

**Alehoof** – Used to flavour beer in Europe. Also makes a tea to strengthen and improve eyesight.

**Curry tree** – its leaves are used, not surprisingly, in many curry dishes.

**Yacon** – Peruvian ground apple.

## profiles

### Welcome to our new head chef

**P**ascale Richy will bring some new and exciting additions to the specials menu and continue the 'healthy choices' direction of food culture the Club is working towards.

Pascale is a familiar face at the Maple St Co-op and the UpFront Club. With nearly two decades experience in hospitality, she began her 8 ½ year employment with the Club in 2005, working in both front-of-house service and kitchen, quickly becoming a key member of the culinary team where she gained an appreciation for offering tasty healthy options.

For the past 2 ½ years Pascale has worked at the Maple St Co-op as the resident naturopath. She is passionate about food and health and co-operatives! All the ingredients for the perfect storm.

When she was recently asked to step into the position of kitchen manager/head chef, the force of synchronicity was irresistible. Her passion for vibrant healthy



food will gradually be reflected in the Club's menu.

"I love to cook wholesome great tasting foods that I know will not only satisfy peoples' appetites but will make them feel good. It's a bit of a personal mission to demonstrate that eating healthy food doesn't have to be a bore. Made well and with the right ingredients (including love of course), it can be supremely delicious as well as healing and revitalising.

"I'm excited to have the opportunity to share this vision through the UpFront Club, reaching its members, the community and Maleny's many visitors alike". 🍷

### Mini volunteer profile: Duncan Whyte

Each issue we will feature a volunteer from either the Club or Co-op as a way of thanking them for their quiet, often behind the scenes work.

Duncan has been working in the garden behind the Co-op for as long as it's been there.

The garden's doing so well, you often can't see him for the greenery! But he's there, regular as clockwork; planting, weeding and tending.

Thank you Duncan.



Andrea Kirwin



Forte Bagshaw



Brett Hallam Holland

## Music at the UPFRONT CLUB

[www.upfrontclub.org](http://www.upfrontclub.org)

### DECEMBER

- 4 BRETT HALLAM HOLLAND (N.NSW/N.Z) Contemporary Acoustic Guitar performer, composer, and singer/songwriter
- 5 FOLK, BLUES & BEYOND, Monthly blackboard, guest act GARY SHEPHERD
- 10 ART OPENING. Barbara Nye. Mixed media. 6.30PM
- 11 KIM KIRKMAN (Maleny) Classical & pop favourites on 39-string Blackwood harp & vocals
- 12 ANDREA KIRWIN (S.Coast) Influences, Tracy Chapman, Norah Jones, Eva Cassidy, Lauryn Hill, Jack Johnson, John Mayer, Simon & Garfunkle, The Beatles & many more.
- 18 FORTE BAGSHAW (Adelaide) Original uplifting folk rock, 2015 album 'Right Now, Right Here'
- 19 MATTY WITNEY (Brisbane/Melbourne/Chicago) Vocal, beats, sax, guitar, E.P. 'Wounded City'
- 25 SORRY, CLOSED FOR XMAS DAY
- 26 TBA

### UPFRONT CLUB HOURS

Monday, Friday, Saturday – Music at 7pm.

Gold coin entry

COFFEE: 7.30am

BREAKFAST: 7.30–11.30am &

LUNCH: 11.30am–2.30pm (7 days)

DINNER: from 5.30pm (take-aways available)

Tuesday, Wednesday & Sunday – closed from 2.30pm

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