



# Co-op NEWS

The newsletter of the Maple Street Co-op

FREE!

[www.maplestreetco-op.com](http://www.maplestreetco-op.com)

WINTER 2011

## Let there be *SUN*

The Maple St Co-operative has decided to take advantage of the government subsidies (which will be reduced from 30 June) and install a grid connected solar system.

Co-op members Paul Williamson and Paul Veit have generously offered to underwrite, by way of a loan, the first 2KW. This will allow the Co-op to get up and running in its power-bill reduction program.

At present, the Co-op's power bill is over \$3,000 a quarter, and with electricity costs climbing (not to mention any carbon tax), the larger the system installed, the better offset to the costs.



This system can save the Co-op up to \$2000 a quarter. Naturally, the bigger the system the larger the savings.

The Co-op are asking members to contribute whatever they can to help install the largest system possible.

Here are some indicative costs:

- \* 2KW = \$6500 (done!)
- \* 2.5KW = \$9200
- \* 3.15KW = \$11,300
- \* 4 KW = \$14,500
- \* 4.5KW = \$16,000
- \* 5KW = \$19,600

This appeal is tied in to the earlier 'sponsor a solar cell' initiated by Dean Ervik – thank you Dean!

**If you can help – even in the smallest way – please do.**

**There is a collection tin at the Co-op or you can make a direct deposit:**

**Maleny Credit Union  
Account: Maple Street Co-Op**

**Account No: 200044614  
BSB: 704-606**

**Reference: Solar**

*(From left) Paul Veit and Paul Williamson with Gary Phillips of Ingenero (the company installing the panels)*



### Annual general meeting

Diarise the date for the 2011 Annual General Meetings of the Maple Street Co-op and The UpFront Club:

**27 October 2011**

### UpFront Club shares now on sale

Shares in the Maleny Co-operative Club Limited are now available for \$10 per share. Shares are individual, not joint, and if you buy a share before the end of June the annual subscription fee for this financial year will be waived. Applications available from the Club.

### Attention Maleny Co-operative Club Limited shareholders (UpFront Club):

Your annual subscription fee for 2011-2012 of \$5.50 is due on 1 July 2011. You can pay the fee at The UpFront Club.

### Attention Maple Street Co-op shareholders:

Your annual subscription fee for 2011-2012 of \$22 is due on 1 July 2011 (unless you have been contacted direct by the Board Secretary). You can pay the fee at the Co-op.

## staying in touch

Are you receiving emails from the Co-op? If not, that means we don't have your current email address.

You can update your email address when next you are in the Co-op or by emailing [secretary@maplestreetco-op.com](mailto:secretary@maplestreetco-op.com)

Our policy is not to inundate you with spam or unnecessary marketing. So help us keep you, our valued member, informed.

## Maple Street Co-op News

is published quarterly by the Maple Street Co-operative Society Ltd, 37 Maple Street, Maleny Qld 4552

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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 co-operative principles.*

## Co-op opening hours

### Monday to Thursday:

9.00 am to 5.30 pm

### Friday:

9.00 am to 6.00 pm

### Saturday:

9.00 am to 5.00 pm

### Sundays & public holidays

9.00 am to 4.00 pm



FROM THE MANAGER

## There's a lot happening

The past few weeks have seen a few changes in both co-operatives.

It was fantastic working with both old and new members during the Easter working bee; we painted, sanded, moved stock, built shelving and cleaned walls. Thank you to all our volunteers who helped and also to the volunteers and LETS workers who worked so hard in the restaurant over the Easter period. We worked hard but we did have a lot of fun.

Both Co-ops are trading really well, not only financially but socially, environmentally and ethically. Both have been shortlisted for recognition in the Qld Training awards for our training program – particularly supporting rural youth to achieve qualifications.

Customers' and members' feedback on the changes in the shop layout have been positive. Allocating extra space for fruit and vegetables has seen an increase in sales, which is in line with the growing awareness for clean pesticide-

free local organic food. We keep our prices as low as possible – our local bananas cost \$8.95kg (the chain stores have been selling them approx. \$13kg, and who knows where they come from and how much the growers receive).

The UpFront Club continues to be vibrant and buzzing. Feedback on our cooking class was fabulous. The next class will be on quinoa again for those who missed out – Thursday 9 June, 5.30pm Bookings essential: 5494 2592.

Our chef Sharon and the team often have catering jobs and one of our largest events is Barung Wood expo, a joint venture with Maleny Community Centre. The Club provides 500 meals and 500 cakes and our Beef and Guinness pies sold out in a couple of hours.

We now have a design and working group to renovate the restaurant back garden and we can harvest herbs, lettuce and some vegetables from "the Co-Op / Barung Garden" for the restaurant.

I could go on for hours about the benefits of our co-ops, but come in and see for yourself.

*Yours in cooperation, Karen*



FROM THE EDITOR

## A modest profit

At the May SGM, Karen revealed the Club had made a profit of \$2025.51 for the year up to April.

So, you ask? Well, not that many years ago, members and the board were putting in hundreds of hours a week as vollies just to keep the Club afloat.

I can still remember Jill Jordan dancing at the front counter as she served, Paul Lawler with a plastic bag over his voluminous beard and Ann Jupp carrying yet another load of tea towels home for washing.

Despite all this, the Club probably *would* have gone under were it not for the assistance of the Co-op. But it would have gone done dancing and washing and fighting!

\$2025.51 looks pretty good in that context.

## Pick of the products

Yes, we've all got mould on our mould. A clean sheet, folded away just a week ago, smells like it's raising some single-celled offspring.

So what to do? First – don't use conventional dehumidifying products – they usually contain calcium chloride which can cause skin and minor respiratory irritation.

A healthier simpler product is Bamboo Charcoal. Made from Moso bamboo and packaged in nifty hemp-like satchets, it has powerful absorption and deodorising properties and can last up to a year. When its time is up, just add the charcoal to your garden as fertiliser.

The Co-op carries the Pure Bamboo range, with products for the car, closet, freezer, pet bed, shoes and nappies.



– Sammy

# A short history of the Co-ops

by KAREN SYRMIS

In the late 1970s, Maleny experienced a surge of new energy that saw the initiation of various community and co-operative ventures. One of the most successful of these was the Maple Street Co-operative Society Ltd.

In 1979 there was a core group of people concerned at not being able to obtain wholefoods – chickpeas, brown rice, lentils etc – in Maleny. Every fortnight the group would carpool and travel the 70 kilometre round trip to Nambour to purchase groceries.

People met one night at John Gilpin's home to discuss the possibility of a shopfront. Lorna Huston (Wilson) was experienced in the co-operative movement and the model was adopted, with Jill Jordan becoming the first manager.

The people who carried the ball in the early years came together from different directions – environmentalists, psychologists, permaculturists, artists, Buddhists, new-agers, left-wingers, liberal humanists and peace activists. All believed in community, consensus and ethical business practices.

Sourcing health food suppliers was very time-consuming, since most of the suppliers operated out of Brisbane and not really interested in a small business lacking in capital. It was not possible to pay wages for any of the Co-op workers to begin with, even though one of the objectives was to create local employment. It was quite difficult to maintain continuity in the shop during this initial period as everyone had to work in other jobs to earn income. The first wages were paid at \$20 a day with the insurance premium at \$66.

When members were first recruited to the Co-op they played a major role in the purchases of plant and equipment, retail expertise, outfitting of the shop, shelves, fridges and a cash register.

Maple Street Co-op's mission was, and continues to be, to provide our community with healthy, ethical and progressive choices for personal, cultural and planetary wellbeing through the practice and promotion of co-operative principles.

Another of Maleny's famous co-operatives was the UpFront Club, initiated in 1993 by a group of Maleny residents, whose unique vision was to establish a licensed club and music venue to fulfil the social and cultural needs of members, their families and guests. The plan was to build a club that offered wholesome and inexpensive food and great coffee, doubling as a community music venue, where local musicians, family musical groups and bands consisting of community members, both experienced and inexperienced, could provide entertainment and gain public exposure.

'The Club', as it is now affectionately known, was always intended to be a progressive, cutting-edge musical incubator as well as a place for social networking. This important role continues to this day.

The Club was originally going to be built on the blocks of land behind the Maple Street Co-op and the restaurant adjoining it, Maleny Kitchen. However the Maleny Kitchen's premises soon became available for lease, so the Club took it over, thus becoming established in its current location on Maple Street. In recognition of the initial vision for purpose-built premises 'down the back' at its statutory formation meeting, the Club was named The 'UpFront' Club.

While other Maleny co-operatives established themselves on voluntary labour, the Club paid its staff from opening day: July 1, 1994. However, it was under-capitalised from the



start, and in spite of the community's obvious need for the Club (in three years over 1,000 residents had taken out membership), and generous donations from the landlord and members, the Club sustained losses each year.

The Club continued in this way for another five years, with paid staff gradually replacing volunteers, until it turned a significant corner – at a Special General Meeting on October 25, 2005, 53 financial members voted for Maple Street Co-op to take on all aspects of the UpFront Club's operations. This took effect on December 1, 2005 (see article on page 4).

Since then the Club has continued in its role as a hub of Maleny's social infrastructure, lost none of its original vision and character, and become a profitable and vibrant business. The Co-op and Club's Board of Directors now consists of eight members, and the combined membership of Maple Street Co-op and the UpFront Club totals about 1800. We strive to educate and inform our members on issues of importance through our quarterly newsletter, *Maple Street Co-op News*.

# Rule changes ratified at May SGM

SPECIAL GENERAL MEETINGS – 5 MAY 2011

**R**atifying a complex raft of rule changes is not everyone's idea of a 'great night out' but the roll-up for the Co-op and Club Special General Meetings was excellent, with people spilling out the door and into the side area.

Chairman of the Boards Paul Veit ran each meeting with his usual aplomb, Garry Claridge, Vice Chair, made sense of some of the more intricate changes and Secretary Jill Cutting (who did the hard work to put together the changes over a period of 15 months) quietly accepted a well-earned round of applause.

Paul Veit gave a brief rundown on the financial position of the Club and the news was better than anyone could have hoped.

Despite a challenging set of new award rates, a drop in discretionary spending and the fallout from our recent natural disasters, the Club has made a modest profit of \$2025.52 for the year to April.

Manager, Karen Syrmis, in her usual positive and excited way, updated members on recent achievements and current projects for both the Co-op and the Club. Karen and her staff should have some sort of medal struck for the work they've put in to make this happen (see 'From the Editor', page 2). And we can't forget the small but dedicated group of volunteers that are an essential part of the Club's viability.

The nibbles were delicious, the atmosphere friendly and the meeting ran to time and not a minute over. Most un-Maleny-like.

A couple of pertinent rule changes to note:

- To be an active member of the Co-op, members must now spend \$120 per financial year at the Co-op. 30 years ago when the Co-op was established the \$20 was reasonable. Now we believe \$120 is more appropriate.



## Transfer of engagement – why didn't it proceed?

by JILL CUTTING, BOARD SECRETARY

During 2005, it became apparent that the UpFront Club (UFC) could not survive from a financial perspective. The UFC was technically insolvent with an accumulated loss of \$58,515 and survived on the goodwill of a few generous members.

The Maple Street Co-op (MSC), on the other hand, was trading profitably and was in sound financial shape.

Against this background a resolution was passed at a Special General Meeting held on 25 October 2005 to merge the operations of the MSC and the UFC via a "transfer of engagement".

Consent for this transfer of engagement was received from the Office of Fair Trading on 25 November 2005.

At the Annual General Meeting of 26 November 2005 the October resolution was unanimously ratified by the 34 members present.

The process was delayed pending application for changes to the liquor licence which was necessary before the transfer of engagement could be completed.

On 19 January 2009 the boards submitted the necessary forms for the transfer of engagement to the Office of Fair Trading (OFT). The OFT required certain rule changes and more forms had to be submitted for the transfer to be registered.

At this time, two new board members brought to the attention of the boards that completing the transfer of engagement could have unintended

consequences associated with payroll tax and the accumulated tax loss that had by this time increased to approximately \$100,000 at the UFC, could be forfeited.

In 2010 the Australian Taxation Office confirmed that they were unable to give a ruling on the accumulated tax loss at the UFC at that time. The possibility therefore existed that the losses incurred by the UFC would not be allowed to be offset against future profits of the merged entity.

After extensive deliberations and consultations with the then auditors and members, the boards were of the opinion that the transfer of engagement should not proceed. The earlier resolution was rescinded and the application was withdrawn.

After all this equates to \$10 per month or less than \$2.50 per week. Not a lot in the scheme of things.

- All annual subscription fees for both the Co-op and the Club will be due on 1 July each year and you will have until 30 July to pay each fee before you become unfinancial and your 5% members discount will cease to apply.

Copies of the revised rules will be available on the website once they are registered by the Office of Fair Trading.

Don't forget – board meetings are open to all staff and members and the directors encourage you to get involved. Meetings are held on the third Tuesday of each month commencing at 9:15am at the Maleny Neighbourhood Centre.

## LETS *in business*

The Co-Op and the UpFront Club both run the very successful LETS system alongside their volunteer program.

Understanding that LETS is an energy exchange helps define the importance of its existence particularly in business. The 'currency' is Bunyas.

The benefits for our two businesses are many. We offer Bunyas for gardening, sewing, desktop publishing, printing, clean up areas, cellar-work, packing dry goods, carpentry, restaurant service and dishes, graphic design, journalism, maintenance, purchase of produce and office work. To accrue Bunyas the restaurant offers a Bunya meal every Monday night.

The LETS system is about skill sharing, and the point of difference is self-worth. Monetary exchange is a singular operation that often does not represent true value (for example, top CEOs who make obscene amounts of money – are their skills really commensurate with the amounts they're paid?)

The LETS system is true exchange based on individual skills – everybody has a skill they can exchange – and almost everybody has a need for the services offered by LETS.

# Cherie hangs up her gypsy shoes – for now

by SAMMY RINGER

Taller than most, more cheerful than is reasonable at the early hour I caught her, Cherie declined a cup of coffee and a chat.

"You can talk to me while I pack," she laughed, waving a cucumber.

Her face is so familiar, I was surprised to find she's only been in Maleny two years. For five years before landing here, Cherie simply traveled the world, from Mission Beach to Alaska and points between.

Then, she decided she needed a rest, a verandah and vase of flowers. As with many, she came to Maleny accidentally – and knew immediately she wanted to stay.

"I walked into the Co-op and thought – wow! I want to work here!"

It took her four months, but she got her job.

Tasmanian born, a masseuse and natural therapist by trade, Cherie is living and loving her job,

"The people, the atmosphere, all of it! I'm learning about so many new products and I've never been so healthy in my life."

Asked what her favourite things about Maleny were was quick to reply.

"The people, the feeling of community – it's still there! And of course the fact that this is where the Co-op is."

Her least favourite things about Maleny?

"The mould and the cold. Some days I just want to pack my beach towel and get down to the sea and sun."

A sentiment most would agree with.

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***"The people, the atmosphere, all of it! I'm learning about so many new products and I've never been so healthy in my life"***

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*Wind chimes by Cherie*

And the highlight of the last twelve months?

"Eating well, feeling great – and that one sunny day, remember it?"

I couldn't actually.

Her passion for natural living is matched by her love for jewelry, all lovingly made with 'as found' objects.

"Shells, driftwood, precious stones, seed pods – it's eclectic and no two pieces are the same."

And what of the future?

"I have to admit, those gypsy shoes are calling again. If the sun comes out tomorrow, maybe it'll pass but for now – those sunny shores are calling!"



## Cooking classes off to a great start

SAMMY RINGER enthuses about the first of a series of cooking classes, held on 14 April at the UpFront Club. The class was conducted by Club manager and expert chef Sharon Milburn.

I've never made any bones about my culinary limitations. The one thing I've become skilled at over the years is making a packaged meal look home-cooked.

No more.

Having been a big fan of manager Sharon Milburn's cooking at the UpFront Club, I leapt at the chance to do a class with her. At the very least I thought, I'd see how it's done in the real world.

The evening class proved to be, not just a lot of fun, but a gastronomic turnaround for me.

The featured ingredient was Quinoa (pronounced keen-wa), a pseudo grain the Incas called *chisaya mama* or 'mother of all grains'.

Pascale Richy provided nutritional and historical info on this small, cous-cous-looking foodstuff as Sharon walked us through a series of simple meals. Quinoa turned out to be, not just adaptable and easy to cook with, but something of a health-hero.

The class was small and intimate and we all got a chance to peel and chop and stir as the dishes came to life.

When you watch a real chef in action, everything looks so easy. Sharon managed to both make it *look* easy and explain *why* it was.

I learned dozens of little tips during the class – but you'll have to do a class yourself to get the full basket-full.

My favourite is one so simple I wondered why I hadn't thought of it myself.

I'm a big fan of salads and, particularly, fancy salad dressings – however, all my dressings are based on the conventional oil and vinegar and/or lemon base.

The dressing for the *Quinoa Chicken Salad* had just three ingredients – curry powder, turmeric and olive oil. It was divine.

The second little revelation was more specific to the dishes we cooked – always have fresh lime juice standing by. When a dish (especially a salad or soup), seems to be missing that taste-bud tingle, sprinkle on a little lime juice for pizzazz.

The class was wonderfully organised, with tasting plates coming out with each new meal and then being whisked away, a lovely drop of organic wine half way through and plenty of time for chatter and questions.

The next class will be held in May with the theme 'Gluten Free'. Following this will be 'Vegan Cooking'.

Later in the year, Shaz will be hosting classes in 'Vegetarian Cooking', 'Healthy Kid Cooking', 'Seafood that's Sustainable' and 'Fast but not Nasty' – keep an eye out for details. There's a limit of eight persons per class so get in early.



### The Recipes

**Quinoa Breakfast:** a crunchy, tasty, muesli-like dish with yogurt and lime juice.

**Quinoa Chicken Salad:** a truly adventurous salad with the magic 3-ingredient dressing. My chicken-less version was wonderful.

**Mexican Bean & Avocado Salad with Quinoa:** this was my favourite – big, colourful and chunky with a touch of coriander.

**Quinoa Burger:** if you've ever wondered how to make a *really* tasty vegetarian burger, this is the answer.

**Peruvian Tomato and Quinoa Soup:** as this had a chicken stock base, I didn't taste it – but the rest of the class swooned!

**Chicken and Quinoa San Choi Bao:** see above.

**Quinoa & Apple Spice Cake:** a moist and flavour packed gluten-free cake so good it doesn't need the whipped cream on the side.

### About Quinoa

- The seed of a Peruvian plant related to spinach
- High in protein (highest of any grain)
- Contains all 9 essential amino acids
- High in lysine (important for growth and cell repair and an active anti-viral)
- High in essential sulphur containing amino acids
- Excellent source of magnesium, manganese and calcium
- Lower sodium content than wheat, barley or corn
- Contains riboflavin
- Anti oxidant, very high in vitamin E

(You can find the 'About Quinoa' leaflet prepared for the class at the Co-op).





WHAT DO I DO WITH...?

## Chia seed

### What is it?

Chia (*Salvia hispanica*) is the seed of a species of flowering plant native to central and southern Mexico and Guatemala. (what is it with South America and the new 'super foods'? You never hear of a 'super food' from Germany).

Surprisingly, in 2008, Australia was the world's largest producer of chia.

### What's in them?

Chia is rich in omega-3 fatty acids, protein, soluble fibre, antioxidants, minerals and vitamins. It contains 5 times more calcium by weight than milk and 3 times more iron than spinach.

### What do they do?

Chia seeds absorb nine times their weight in water and form a gel that causes a slow release of carbohydrates and an equally slow conversion of those carbohydrates into glucose (blood sugar) for energy.

### What do you do with it

- Eat it raw!
  - Soak it and then add it to your favourite fruit drink.
- Chia gel is the mainstay of the chia recipes:
- Put 8–12 tablespoons of chia seeds into a 2 litre jug. (8 tblspns for first time users, after approx 2 weeks increase to 10–12 tblspns)
  - Pour water (filtered or spring water preferred) and begin stirring the mixture immediately until the jug is full. This will avoid the seeds from "clumping" and sticking together
  - Keep stirring the mixture for approx 30 – 40 seconds. The Chia Seeds will begin forming a gel mixture within a couple of minutes; stir a few more times over the next 15 minutes. The Chia Seed gel mixture is now ready to be consumed

Chia gel can be used to replace oils in most baking recipes that call for oil or butter. It can also replace eggs in many recipes as well. It can be blended or used "as is"



## Creamy Chia Mushroom Soup (non-dairy)

### INGREDIENTS

- 1 lb mushrooms (mixed variety or your favorite)
- 1 teaspoon olive oil
- 1 1/2 onions
- 1 cup cashews (preferably raw) or other nuts (for making nut milk)
- 1 1/2 cups chia seeds (dry)
- 2 stalks celery
- 1 tomato (diced)
- 2 cloves garlic
- 1 1/2 teaspoons sesame oil
- 1 tsp tamari (optional)
- 1/2 teaspoon sea salt

### METHOD

- Add raw cashews to 5 1/2 cups water and blend until smooth to make 6 1/2 cups cashew nut milk.
- Add chia seeds and allow to stand for 15 minutes.
- Sauté 1/2 lb mushrooms in sesame oil for approx. 4 minutes. Mix sautéed mushrooms into nut milk by hand and pour into a saucepan.
- Dice and sauté onion, celery, and garlic in olive oil with basil and tamari for 4 minutes. Fold sautéed vegetables into the saucepan containing the nut milk and mushrooms.
- Slice the remaining mushrooms and add to the mix along with sesame oil, cayenne pepper, and sea salt.
- Cook for 30 minutes on medium high heat. Add diced tomato 1–2 minutes before serving.

Serve and enjoy.

You'll find organic Chia seeds in the Co-op – of course.

## Mexican Bean & Avocado Salad with Quinoa

### INGREDIENTS

- 1 cup uncooked quinoa
- 1 can kidney beans
- 1 large tomato
- 1 green capsicum
- 1/2 continental cucumber
- 1 small salad onion (finely chopped)
- 1 ripe avocado
- Bunch fresh coriander
- 2 cloves garlic (finely chopped)
- Jalapeño chilli to taste (finely chopped)

### Dressing:

- Lime juice (2)
- Olive oil
- Salt & pepper

### METHOD

- Pre-cook the quinoa and set it aside to cool (perfect for leftovers).
- Drain and rinse the canned beans.
- Coarsely dice avocado, tomato, capsicum and cucumber.
- Finely chop the onion, garlic and jalapeno.
- Coarsely chop coriander (stalks and leaves).
- Combine all ingredients.
- Mix through the dressing before serving.



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## The shop makeover!

Slowly but surely, the Co-op shop-space has gone from 'crowded and quirky' to spacious and shopper-friendly. It's taken a few months and a lot of thought and labour (and \$\$!) but the result is worth it.

Karen and the Board would like to thank Ann Jupp (vollie co-ordinator) and all vollies, members and staff who made this happen. And special thanks to Linda Simpson and Marek Malter for their input based on vast retail experience, Jan Duffield for sewing the new bulk bin bags and John Syrmis for painting the bins.

## Look for Fair Trade products at the Co-op

There is a lot of change going on in the world and the switch to Fair Trade products has been a bit of a quiet revolution.

In 2010 the Fair Trade Association released a report on the growing switch to Fair Trade products. It shows quite staggering growth in a time of economic downturn and slow growth in most other areas.

*Tackling Poverty Through Trade* is a report produced by Fairtrade Australia & New Zealand and Oxfam Australia, analysing Australia and New Zealand

Fairtrade purchases and sales from 1 January 2004 to 31 December 2009.

The findings include:

- In Australia sales of Fair Trade products increased by more than 50% on the previous year, reaching AU\$36.5 million in 2009.
- Fair Trade Certified coffee remains the most purchased Fairtrade product in Australia and New Zealand. In 2009 coffee made up 68% of retail sales in Australia and 90% in New Zealand.
- Producer organisations selling Fair

Trade coffee to the Australian market benefited to the tune of AU\$1.4 million in 2009.

- Fair Trade Certified coffee farmer co-operatives in the developing world continued to invest the economic benefits from Fair Trade on activities such as improving infrastructure (roads, building schools) enhancing education, growing new coffee trees to improve yields and quality and providing health care in rural areas.
- Fair Trade's unique approach of guaranteeing minimum prices and ensuring buyers pay Fairtrade Premiums for cooperatives to invest in development delivers a range of economic, social and environmental benefits including:
  - security and stability of incomes to farmers
  - a safety net from highly volatile commodity markets
  - the capacity to plan for and invest in a future for their farms and families
  - access to markets and creation of value adding opportunities
  - improvements in education and training opportunities and environmental farming practices

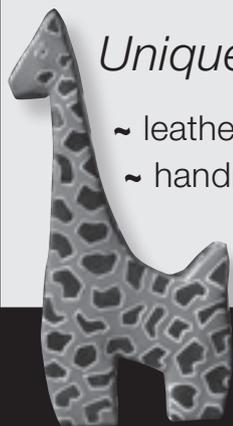
So, join the quiet revolution and try fair trade products when you see them.

### FAIR TRADE CONNECTIONS

*Unique, handmade Fair Trade items*

- ~ leather work ~ silk scarves ~ early childhood
- ~ handmade paper and cards

*Gifts that mean much more*



We are at the Maleny Sunday Markets  
Contact Jenny and Noel Law  
[www.fairtradeconnections.com.au](http://www.fairtradeconnections.com.au)

# Accolades to – the Easter vollies

**W**ho would have thought running meals and washing dishes could be so much fun?

Over the long Easter holiday, more than 100 hours were put in by volunteers at the UpFront Club (and then there was May Day thrown in for good measure!)

This was not just a financial boon to the Club – it was also an opportunity for people to get to know each other, get into the swing of a 'full house' and enjoy the camaraderie that only a restaurant can engender.

From the working bee on the Friday to the last cleanup on Tuesday, wonderful vollies lent a hand and made the holiday a real event. Here are some thoughts from two of them:

## **From Bev**

"I would just like to express my thanks for being given the opportunity to be a "vollie" over the Easter/May long weekend. I had a fabulous time, I really did enjoy myself. The staff are a pleasure to work with and very courteous and understanding of us "vollies" under their feet and having to ask questions all the time.

The number of comments from patrons on the quality of the food is a credit to all involved. The service provided during this busy period is testament that the staff enjoy their work and it reflects with their interaction with patrons (even with vollies under foot).

The music was very well received by both visitors and locals – that's what they told me as I carefully moved through the crowd with food and drinks!! Big "congratulations" to all.

My hand is up waiting for the next opportunity to be a "Vollie".

What really surprised me was how people were not put off by being cramped into a small space, right on top of each other, they really did enjoy themselves. I retired a couple of years ago after being in the hospitality industry (management) for almost 30 years and I found it almost addictive, I enjoyed it so much. Many who are employed in the hospitality industry should not be there.



*Easter vollies at the Club: Kathy (top) with Douglas in background, Bev (bottom left), Monika and Doug*

Their unhappiness or lack of enjoyment in what they are doing shows in their manner and service to the customer, they may not know it but it is very noticeable. This is not the case at the UpFront Club, Maleny has a atmosphere all its own and the UpFront Club reflects this very well."

## **From Monika and Doug**

"We did one shift – Monday night. It was a lot of fun – especially the music.

The small kitchen poses some challenges, but everyone was goodnatured and friendly.

I'm not planning a career change at this point – but I think I'm still a much better psychologist than a waitress!

Don't tell anyone but I am not the greatest waitress in the world. Pretty good at dishes though!

We both have a new respect for all the crazy challenges posed by a restaurant – especially when it's crowded and people are hungry!

**“The service provided during this busy period is testament that the staff enjoy their work and it reflects with their interaction with patrons (even with vollies under foot) ”**

## **Roll of honour**

(I didn't get the names of all the people at the working bee and for this I apologise – but you know who you are!)

Alex, Ann, Bev, Carmel, Carol & Richard, Cherie, Claire and Rodney, Danny, Don & Maria, Douglas, Franklin, George, Glenda, Jan, Jason, Kathy, Kay, Kerr and Staines, Kim, Leonie, Maureen and Russell, Monika and Doug, Paul, PoMei, Rob, Robert, Sue and Garry, Suzy, Theda, Tony

## The healthy kitchen...

Unless you have oodles of time on your hands, you'll probably find that a food processor and juicer may come in handy.

Containers to soak foods in are also useful.

A bench top dehydrator allows you to make use of your favourite fruits and vegetables, even when they're out of season.

And of course, what better way to get the goodness of grains than a small, easily-used sprouter?

Finally- a healthy kitchen should be creating a lot of compostable waste – turn this waste into fertiliser with the amazing Bokashi Bucket.



Benchtop dehydrator



Sprouter



Bokashi Bucket

# Peak oil and local resilience

by BARRY EARSMAN

**W**hy bother being green? Is there any point in growing your own food, using less energy, repairing and reusing, insulating, and generally working hard to be kind to the Earth when billions of others are continuing to consume and pollute? If the whole system is headed for collapse, why not just relax and enjoy the ride, right?

This is a common attitude, and understandable in the face of the apparently immovable trajectory of the world's governments and corporations. However, I want to put forward a case against this point of view. Just in case you're in a hurry, here it is in a nutshell:

*The collapse has already started. It's too late to save the world as we knew it, but it's not too late to reduce your dependence upon it. Being "sustainable" and building local resilience is the way to do that.*

### ■ The collapse has already started

The planetary crisis is comprised of dozens of critical issues, and any of them could lead to a dramatic end to the human empire. However, I will focus on just one issue, which I consider a key factor, and one which will bring about deep changes in our lives quite soon. Peak Oil.

### ■ Our world runs on oil

The world uses around 74 million barrels of crude oil a day<sup>[1]</sup>. Yes, that's *per day*. That's 27 billion barrels of oil per year, which equates to a cube of oil more than 4 kilometres wide, consumed every single year.

There is no other known resource that can replace oil. Even the sustainable alternatives such as wind and solar rely on resources and manufacturing methods that need oil.

### ■ Peak oil is real

Although there is plenty of fossil fuel left in the ground, the rate at which we can extract it started to plateau in 2005. In April this year (2011), after years of denial, the International Energy Agency finally acknowledged that the global peak in oil production rate probably occurred

[1] <http://www.eia.doe.gov>



in 2006<sup>[2]</sup>. Finding and extracting new supplies at a rate high enough to offset the expected decline in supply from existing oil fields is probably impossible.

*"Even if demand remained steady, the world would have to find the equivalent of four Saudi Arabias to maintain production, and six Saudi Arabias if it is to keep up with the expected increase in demand between now and 2030"*

– Dr Fatih Birol, IEA Chief Economist

Sunshine Coast Regional Council formally identified Peak Oil and its implications as being a serious threat to the Sunshine Coast region in 2009. In December 2010 the Council adopted its Energy Transition Plan. You can read it here: <http://tinyurl.com/scetp>

### ■ Peak oil and the environment

We are seeing a big push to access other sources of energy that are riskier, more difficult to reach, and more energy-intensive to process. The environmental impacts are already familiar.

The deep-water oil spill in the Gulf of Mexico last year, which proved difficult to stop due to the extreme depth of the well.

The aggressive expansion of coal-seam gas using risky and highly polluting technologies such as "fracking". This practise has already caused an uproar right here in the Queensland town of Tara.

Shale oil and tar sands, also known as "unconventional oil", require lots of energy to access, and produce large volumes of polluted water.

[2] [www.worldenergyoutlook.org/docs/weo2010/WEO2010\\_ES\\_English.pdf](http://www.worldenergyoutlook.org/docs/weo2010/WEO2010_ES_English.pdf)

# nce – why bother?

Increased use of coal, which produces lots of CO<sub>2</sub>, implicated in global warming. Coal is mined and processed with oil powered technology. It, along with all alternative energy sources, is dependent on a supply of cheap oil.

Nuclear energy is back on the discussion table. Not only are the dangers and security risks posed by nuclear well-known, but new plants require a hefty investment of oil-based energy, cash, and a decade or more of construction time. At the end of the day, nuclear electricity cannot replace liquid petroleum as a fuel.

That these risky and expensive processes are increasingly being pursued is good evidence that the easy oil is now behind us.

## ■ Peak Oil and recession

Our debt-based monetary system requires constant growth to maintain stability. Because oil is a necessary input to nearly all economic activities, oil production has a very close relationship with the health of the world economy. In fact, the economy needs an increasing amount of oil every year to power growth.

When that oil is not available, expect problems. Peak Oil may have actually triggered the 2008 global economic crisis. When oil production plateaued in 2005, and oil prices began to rise, hitting \$US148 a barrel in 2008 (from \$30 in 2003), over-leveraged investments that relied heavily on a growing economy withered and collapsed. By late 2008, the “global credit crunch” was well underway.

In the global recession that followed, demand for oil shrunk, and prices were able to fall again. However, now that our economies are starting to recover, oil demand is again rising... but the rate of oil production is not.

As demand grows, oil prices will spike, triggering more economic crises, and again reducing oil demand for a while. We can expect a long series of recessions and economic crises as our growth-based economy is forced to stop growing as it presses against a hard limit to growth, imposed by Nature.

## ■ Let's get resilient

Given the clear evidence that our current system of living is failing, it makes sense to prepare. Not to stake out the high moral ground, but to reduce our dependence on a system that is breaking up, by building our resilience and working more harmoniously with nature.

Here are some ideas:

**If you have debt, reduce it** and do everything possible not to borrow more. Remember that an interest-based borrowing system presumes that the future will be more abundant.

### **Make friends with your neighbours.**

Co-operation is generally easier and more effective than technology. What makes more sense – reducing your driving costs by 20% by buying an expensive hybrid car, or reducing your costs by 67% by car pooling with two friends?

**Enrol in the LETS system**, and use it. ([www.lets.org.au/qlets](http://www.lets.org.au/qlets))

**Grow food.** If you don't have much space, read up on pot-based gardens. Join a local community garden project such as Bridge Creek Gardens (<http://groups.google.com/group/smp-food>)

**Consider sharing your living arrangements with others.** Living in nuclear family units was a trend that emerged during the mid 20th century. For most of human history, we have lived in extended families, within a village or tribe. This practice worked because it promoted survival.

**Reskill.** Take an effort to learn some practical skill that you can apply usefully when times are tough. If you have a practical skill, share it.

**Check out the Transition Network** and read up on how other communities around the world are preparing right now for the post peak oil era <http://www.transitionnetwork.org/>.

**Join Maleny's own Transition Initiative**, Sustainable Maleny. Got an idea for a community project to boost local sustainability and resilience? Sustainable Maleny can help you to make it happen. ([www.sustainablemaleny.org](http://www.sustainablemaleny.org))



## Wildlife Volunteers (WILVOs)

*Everyday people caring for our wildlife, every day*

If you find a sick, injured or orphaned animal, call the WILVO 24-hour hotline:

**5441 6200**

[www.wilvos.org.au](http://www.wilvos.org.au)



## BLACKALL RANGE GROWERS MARKET

Every third Saturday of the month

DATES FOR WINTER 2011  
18 June, 16 July, 20 August

7.30am–12 noon  
Old Witta School  
316 Witta Road, WITTA

**NEW STALLS WELCOME.**  
Enquiries: Pat, 5499 9924



# In praise of THE PUMPKIN

It seems to me there is a general pecking order when it comes to foodstuffs. Truffles and lychees sit towards the top, chokos languish at the bottom and the sturdy pumpkin lies somewhere in between – but closer to chokos than truffles.

Why? Does the plentitude of this hardy cucurbit make it a lesser veg?

Is the taste of, say, an aubergine, *that* much better?

We rarely see the American style Connecticut Field Pumpkin here; Queensland Blue, Kent and Jap being the varieties of choice.

What they all have in common is a truly tough skin and a nutty, rather innocuous flesh.

Pumpkins are right in season at present and plentiful.

If you're growing them, don't make the mistake I made and pick them when they get big. Leave them till the vines die, especially if you want them for storage.

Then leave them in the sun for a week to harden the skin off, taking about a meter of vine to stop anything getting into the fruit through the stem.

In the old days, you'd put them on straw down in the cool, dry cellar, where they'd keep for months.

In fact, this article came about through thoughts of my Grandmother and her cellar and the seemingly endless preparation and storage of food that kept her kitchen bubbling, scent-filled and homey all year round.

Though she had an armful of recipes for cabbage, she had only two uses for pumpkin – baked for Sunday dinner or transformed into a creamy, sweet pumpkin pie.

Pumpkins are so readily available – and so cheap – that I'm surprised pumpkin pie isn't a more popular dish here. Perhaps it's just the idea of a pie made from pumpkin (like cabbage cookies)? If you haven't done so, try out a pumpkin pie – I'm happy to come and help taste test.

## GOOD OL' PUMPKIN PIE

### Ingredients (serves 4)

- 800g butternut or Queensland Blue pumpkin, peeled, cubed
- 1/2 tsp each ground ginger, nutmeg and cinnamon
- 1 tsp vanilla extract
- 2 tbs rum or Amaretto
- 1/2 cup cream, plus extra to serve
- 1 egg
- 1 egg yolk
- 1 cup tightly packed brown sugar

### Pastry

- 225g (1 1/2) cups sifted plain flour
- 100g unsalted butter, cubed
- 1 tbs icing sugar
- A little milk, to brush

### Method

- Preheat oven to 200°C.
- Pastry: place the flour, butter and icing sugar in a food processor and process until the mixture resembles breadcrumbs. Add enough chilled water (about 4-5 tablespoons) for the mixture to come together to form a smooth ball. Wrap in plastic wrap and refrigerate for 30 minutes to chill.
- Wrap the pumpkin in foil, place on a baking tray and roast in the oven for 40 minutes or until tender. Set aside to cool slightly, then place pumpkin in a food processor with the spices, vanilla extract, rum and cream and process to combine. Beat together eggs and sugar in a bowl then stir into the pumpkin mixture.
- Roll out the pastry and line a 23cm pie dish. Trim and reserve excess pastry. Line with non-stick baking paper, then fill with pastry weights or rice and blind bake for 10 minutes. Remove paper and weights, then pour in pumpkin mixture. Roll out reserved pastry and use a leaf-shaped pastry cutter to cut out leaves to decorate edge of pie. Brush with milk. Reduce oven temperature to 170°C and bake for a further hour. Set aside to cool. Serve with the extra cream.



Pumpkin season is in full swing and this is a great comfort food to use up extra roast pumpkin or cook especially for recipe . Any roasted pumpkin is great to use in pumpkin soup as the flavour is enhanced.

## PUMPKIN BAKE

### Ingredients

Use organic where possible.

- 1 kg kent pumpkin, cubed
- 1 red onion, 1 red capsicum, 1 zucchini, all chopped
- 2 sundried tomatoes (not in oil at Co-op) chopped finely
- 2 tablespoons olive oil
- 4 rashers of bacon (the Co-op has nitrate-free organic bacon)
- 4 cloves of garlic
- 4 cups cooked spiral pasta or 1Ω cups dried then cook to use
- 4 eggs
- Ω cup sour cream
- 1 cup tasty cheese grated

### Method.

- Bake first 7 ingredients for 30 minutes at 180C or till pumpkin is brown on edges.
- Add grated garlic, then whisk eggs, sour cream and half the cheese and pour into greased oven-proof pie dish
- Mix in all the ingredients, add the other half of the cheese and bake for 40 minutes till golden brown and bubbling,
- Serve with a salad.



# Immunity is everything

by DOMINIQUE FINNEY

**C**ool weather? Time to look after yourself. And good immunity is the greatest bulwark against the usual winter ails.

Good immunity comes when we eat nourishing foods and take a bit of time to look after ourselves as the weather cools.

We all know the virtues of garlic and ginger. These are strengthening and protecting foods that also help cardiovascular health, blood cleansing and energy levels.

The good news about ginger is that recent clinical trials have shown it to have an anti-inflammatory and cholesterol lowering benefit similar to turmeric.

So, increase your circulation, warm your soul and have more freedom of movement in the cooler months. Take a piece of fresh or dried ginger and mix with any of your favorite teas for a delicious zing.

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**“Good immunity comes when we eat nourishing foods and take a bit of time to look after ourselves as the weather cools”**

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Boosting immunity with good antioxidant-rich foods such as carrots, berries and vitamin C rich foods is easy.

Get some pure vitamin C powder and add 1/2 to 1 teaspoon to a drink a couple of times a day. This is good for children too.

Boosting immunity with herbs such as astragalus, echinacea, paw paw, elderberry, and catsclaw can help you feel stronger and resist seasonal illnesses.

Eat lots of fresh fruits and vegetables and make sure you keep up those juices to keep healthy.

While improving your winter diet, you can do more for a healthy foray into the cold months.



Try the delicious chili, hypericum and gotu kola herbal skin balm to rub into chests and feet – they'll keep you feeling snugly warm during these cooler days.

With love

**Dominique Finney, BHlthSc  
(Complementary medicine), ND**

**Visit the website:**

**[www.medicineroom.net](http://www.medicineroom.net)**

**Try our wonderful herbal skin balms, oils and nectars available at the Co-op.**

**On special right now: Rich Herbal Skin Nectar, on sale at \$39.**

**This is the ultimate herbal face moisturiser.**

## Colds & flu – what's your answer?

My grandmother had a simple recipe to stave off an incipient cold: Coarsely chopped onion and garlic, warmed (but not simmered) in honey for an hour or so and the resulting liquid drunk.

It worked, as far as I can remember.

I wondered what other weird and wonderful 'solutions' people had to the winter sniffles. So I asked – and here's what I got.

### **From Wendy:**

Fast! Don't eat! Give your digestion a rest so your body can redirect all that energy to healing.

We're indoctrinated to think that we'll drop dead if we so much as miss a single meal, but the reality is that a bit of time out from food occasionally is a really good thing to do, and especially when we're sick.

### **From Kamala:**

Eat less, drink more. It works every time within one day if followed properly...

Eat as lightly as possible, ideally only fruits. Drink at least four litres of pure water through the day, and especially the morning. At least one of the litres can be warm water with a little lemon and salt, which is highly alkalisating.

Optionally (or additionally), as soon as symptoms of a cold appear, especially after exposure to cold, take a dose of homeopathic Aconite. Very effective at the beginning of a cold. If the symptoms improve, but persist, take a second dose of the remedy four hours later or on return of symptoms and continue until symptoms have improved by 80%.

### **From Jason:**

A powerful one for me is 'love'. The more I feel it and share it the more the colds stay away.

On an energetic level I believe that feeling love raises the immune system so that it is harder for a flu to get in to the body in the first place.

So – what works for you? Love or a honey potion that makes you un-kissable?



# UpFront Club live music: winter months swing

by DANNY ROSE

**T**hanks to regulars and visitors and our musicians for making the live music nights increasingly popular. Despite being restricted to the small stage we have had groups up to five or six on Monday Musos' Blackboard and the Summerland Band, Lamplights, Flat Whites and Rhiannon Hart and The Umm Ahhs on Friday and Saturday nights. All great shows. Solos and duos remain our main 'stock in trade' as the fee is fixed.

The Donation Hat passed around on music nights is essential to our survival and effectively keeps our food and drink prices affordable for the average client while presenting local and visiting talent of high quality. Please appreciate that our acts generally save their more precious original music for the later half of the night, and try to keep your conversations and those of your neighbours at a reasonable volume.

For June, July and August we will start the music at 6.30pm according to the cool and dark. The only exception is Chrome Street Follies Burlesque on June 11 (see next column). You can book in advance at the Club for the Burlesque night, so get in while you can. Over 18 only!

Let your friends and visitors know we are family-friendly and happily limited to a comfortable volume.

Keep up to date at [upfrontclub.org](http://upfrontclub.org) where you'll find my contacts for feedback and suggestions. See the latest high def videos at [youtube.com/danrose](http://youtube.com/danrose).

## **Mondays:**

### **MUSOS' BLACKBOARD**

**\$30,\$20,\$10 prizes  
15 minute spots**

**phone Danny  
5494 2385 / 0427 022 612**

## **UPFRONT CLUB HOURS**

**Mon, Fri, Sat –  
Music at 7pm.  
Gold coin entry**

**COFFEE: 7.30am**

**BREAKFAST: 8–11am  
(7 days)**

**LUNCH: 11.30am–2.30pm**

**DINNER: from 5.30pm  
(Take aways available)**

**Tues, Wed & Sun –  
closed from 2.30pm**

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



## **JUNE**

- Fri 3 **BRENDAN LEGGAT** (S.E.Qld)  
Blues roots country. Played U.S., Ireland. Album 'The Traveller'
- Sat 4 **FIRST SATURDAY FOLK**  
Book a blackboard spot with Bob and Laurel 0418 187 104.  
Guest: Tommy Leonard
- Fri 10 **MATT SOUTHON** (S.NSW)  
'Verandah Blues'.  
Lively vintage & modern slide stomper. EP 'Hollerin'
- Sat 11 **CHROME ST FOLLIES**  
(Brisbane) Burlesque dance show (18+) + Beat Poet Robin Archbold, \$12/\$10. 7pm
- Thur 16 **WELCOME MAT**  
(Side Alley at Mandala)
- Fri 17 **THE HOTTENTOTS** (Byron)  
International folk duo.  
New LP "Out Of Australia".
- Sat 18 **LUNA JUNCTION** (N.NSW/Qld)  
Indie world folk pop gypsy jazz.  
Vocals, guitars, trumpet, rhythms
- Fri 24 **ASA BROOMHALL** (Brisbane)  
Rock folk & blues with a dose of mischief
- Sat 25 **OMJAAN** (S.A.) Roots original guitar, churango, harmonica.  
New L.P 'Sweet Water Rhythms'

## **JULY**

- Fri 1 **CANTA LA TUMBA**
- Sat 2 **FIRST SATURDAY FOLK**  
Book a spot with Bob and Laurel 0418 187 104. Guests Chuck & Chrissy Euston
- Fri 8 **SOPHISTICAT**
- Sat 9 **PHIL EDGLEY**
- Fri 15 **NOEL GARDNER & FRIENDS**
- Fri 22 **VICTORIANA GAYE**
- Sat 23 **DAVID COSMA**
- Fri 29 **THE FLAT WHITES**

## **AUGUST**

- Sat 6 **FIRST SATURDAY FOLK**  
Book a blackboard spot with Bob and Laurel 0418 187 104
- Fri 26 **MURRAY WALL & NATALIE RICHY**

## **SEPTEMBER**

- Fri 2 **OUT OF THE BLUE CHOIR**
- Sat 3 **FIRST SATURDAY FOLK**  
Book a blackboard spot with Bob and Laurel 0418 187 104
- Fri 9 **ANGELA IIMURA**



The Hottentots (left), Asa Broomhall (top) and Brendan Leggat (above)

## THE PESTS

What's wrong with people! Humans are supposed to be a hardy lot, and yet we whinge and whine and drip as if we're predisposed to buckle under any threat, we cringe like little babes. The papers go to press with silly tales of folk who make complaint about a rooster crowing, the distress that's caused by croaking frogs, the dreadful taint of possums peeing in their yard. It's hard, it's bad, how sad, I weep for them, poor things, those trees will have to go, the leaves bombard their clipped and cultured lawns, and Nature brings such awful inconvenience, with nests that fall, and all. What rot! We're the bloody pests.

– Kathy Earsman

Text to go here text to go here (with apologies to "These boots are made for walking")

## THESE GATES ARE MADE FOR LOCKING

You keep saying you've got something for me. something you call safe, but confess. Gas' been leakin' where it shouldn't be leakin' and your fracking poison I don't call progress.

*These Gates are made for Lockin', and that's just what they'll do all over this State these gates are gonna lock in front of you.*

You keep lying, when you oughta be truthin' and you keep losin' when you oughta not bet. You been gamblin' with our Great Artesian Now what's right is right, but you ain't been right yet.

You keep frackin' where you shouldn't be frackin' And you keep thinkin' that you'll never get burnt. Ha!

But I saw a kitchen tap lit up with matches yeah and you corporations, now's your time to learn.

Are you ready Gates? Start lockin'!

– Jenny Fitz 2011



## WELCOME MAT

New to Maleny? On the third Thursday of each month, the Club holds a 'Welcome Mat' for newcomers. It's informal, lots of fun and a great chance to mingle with newcomers and 'old-timers' alike. Board games available and great conversation comes for free!

### Welcome Mat dates

16 June, 21 July, 18 August, 6.30pm

## Co-op NEWS

The newsletter of the Maple St Co-op

### ADVERTISING RATES

General display advertising is \$4 per col. cm.

#### Standard sizes:

1/3 page: \$100

1/4 page: \$75

**Business card size:** \$35

**Super business card** (2 col x 7.5cm): \$60

**Classified:** \$5 per line

#### Display Classified:

\$5 per line + \$5 surcharge

**Green listing:** 4 lines – \$10

**DEADLINE FOR THE SPRING ISSUE** (September–November): 15 July

#### FOR FURTHER INFORMATION AND TO MAKE A BOOKING:

Phone Sammy on 5494 3812

Email: [sammyringer@bigpond.com](mailto:sammyringer@bigpond.com)

or write to: Advertising, Maple Street Co-op, 37 Maple St, Maleny 4552.

# The garden is growing

Over the years, the garden at the back of the Club has had any number of makeovers. What was missing in all of these was a design, a plan and a well thought out process.

With the unexpected arrival of Jason Hilder, all of these things have come together.

His areas of expertise lie in sustainable urban design, water sensitive urban design and energy & water saving technologies. His decision to donate these skills to the design and implementation of a usable, attractive and edible back garden has been the catalyst for a new energy 'out the back'.

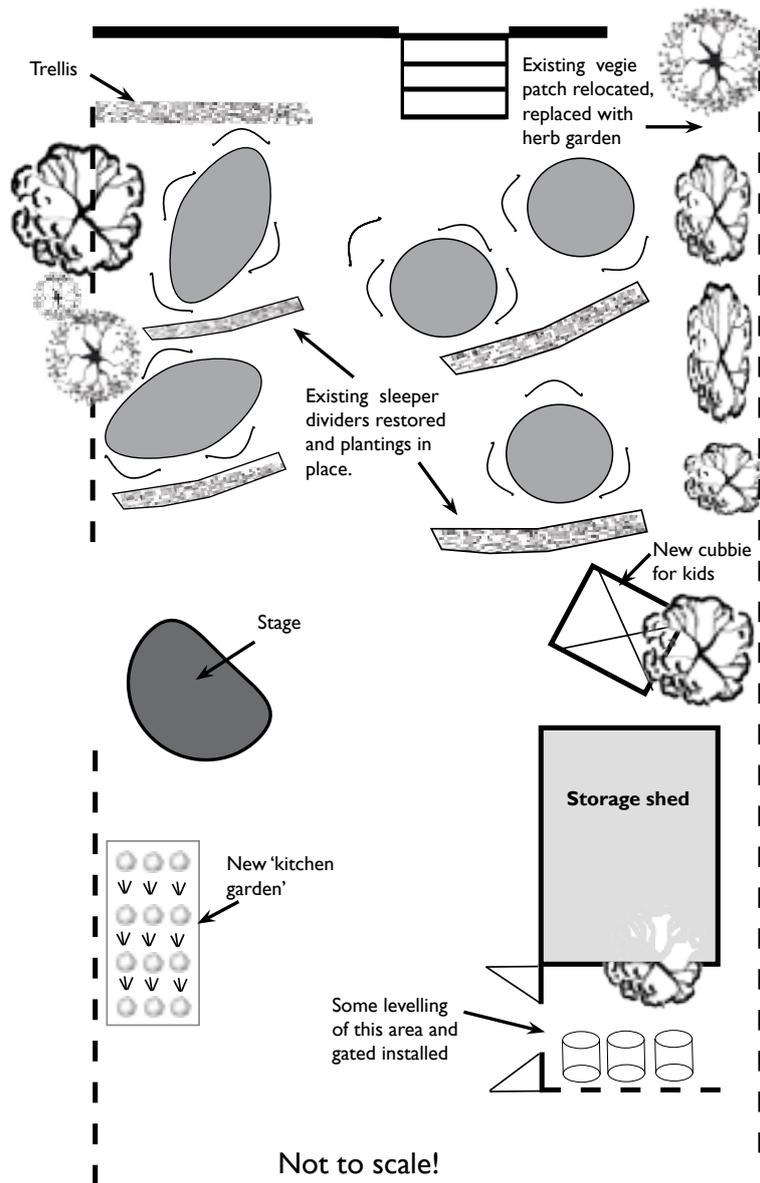
The plan below shows the major aspects of the garden's new look. Prior to starting work, earthmoving will be undertaken to level the various dining areas and create a gentle sloped walkway down the middle.

The stage (where the cubby now sits) will mean that outdoor entertainment can be offered by the club.

All of this, of course, takes energy and 'hands in the dirt'.

A working bee is planned for late May.

An email notice will be sent out - but watch for flyers in the Club and the Co-op.



## FRESH AS

You may have noticed our chefs down the bottom garden recently. Despite the rain, the 'vegie patch' is doing well – and supplying the freshest ingredients you could imagine for the Club's fresh-and-local fare.



## CROSS COUNTRY NO MORE

Thank you Brian and Ian – the new driveway is simply bliiiiissss to use! The pics don't do justice to the transformation – but one 'road test' will have you convinced.

