

CO-OP NEWS

AUGUST 2026



CELEBRATING OUR GARDEN VOLUNTEERS: LANDCARE WEEK (3RD-9TH AUGUST) BY ASHA O'DONNELL

This August, we are celebrating Landcare Week!

Landcare Week is an annual campaign led by Landcare Australia that acknowledges the hard work of those who are actively restoring, enhancing and protecting the natural environment in their community with Landcare branches or independently.

Here at Maple Street Co-op, we have our very own team of community superstars that voluntarily take care of our garden every week.



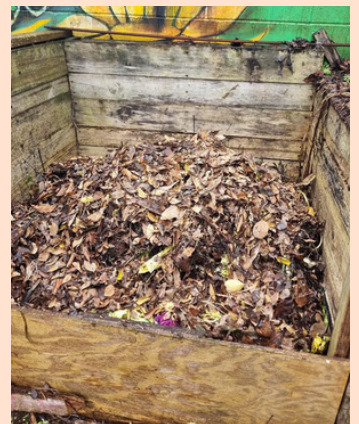
Comprised of around 6-10 Co-op member volunteers and organiser Sophie from Sophie's Seedlings, our wonderful team of volunteers meets every Tuesday morning (8AM-10AM in Winter, and 7AM-9AM in Summer) to manage the maintenance and weekly upkeep of our community garden.

This community project started around four years ago, and has garnered an official team of 12-20 members on the books at any one time.

Their regular tasks include weeding, mulching, planting, building, cleaning and composting, and once these duties are wrapped up, they head over to Maleny Pie Guy for a chat over a spino and cuppa.

As well as our Co-op team, other community groups such as Waste Action Maleny, Barung Landcare and Hinterland Bush Links are also huge contributors to the conservation of our surrounding environment in Maleny.

On behalf of our members and local community, the Co-op would like to thank Sophie, all of our volunteers who work tirelessly to keep our community gardens looking pristine, and our other local community landcare groups for all of the effort they put into our local habitats!



Images via Sophie's Seedlings (@sophiesseedlings on Instagram)

We pay our respects to the Jinibara and Kabi Kabi people of this Country, and to their Elders past, present and emerging.

We acknowledge that our Co-op stands on land that was never ceded.

We honour the profound wisdom, the deep sustainability and connection to land since time immemorial.

MEET THE STAFF ASHA

TELL US ASHA – HOW LONG HAVE YOU WORKED AT THE CO-OP AND WHAT IS YOUR ROLE?

I started in February this year, actually! I came to the Co-op looking for a change of scenery and it's been just that. I can't believe it's already been six months. I am a retail assistant, but also am the coordinator of this here newsletter!

ARE YOU A LONG-TIME LOCAL?

My family moved to Maleny a month or so before my 4th birthday – so 18 years ago. I've lived here ever since!

WHAT DO YOU DO IN YOUR SPARE TIME OUTSIDE OF WORK?

I've just graduated with a Bachelor of Journalism from The University of Queensland, which up until recently took up quite a bit of my spare time! While at uni, I did a short stint as a Zedlines News Intern for 4ZZZ Radio, but I would have to say I enjoyed the writing side of journalism the most, hence my interest in coordinating the Co-op's newsletter.

I'm quite naturally creative – I love to scrapbook and journal, take photos on my film camera, and I'm also an avid music lover. Most of the time, you can find me tearing it up at the pub's pool table, at home blasting my vinyl records, or down by the water at Gardners Falls.

WHAT DO YOU LOVE THE MOST ABOUT MALENY?

Gosh, what's not to love? I really enjoy being able to walk down the street and say hi to anyone and everyone – there's a real community spirit here in Maleny, and it's really awesome to be immersed in that in and out of the workplace.



YOU KNOW THE DRILL – YOU'RE ON A DESERT ISLAND – WHAT ARE YOUR TOP THREE CO-OP PRODUCT PICKS?

Hmm... that's a hard one. I would have to say

- Keep Rolling Cinnamon Scroll – I'm practically waiting by the loading dock every Wednesday morning just for one of these buggers!
- Badger Balms – I couldn't even narrow it down to just one of these beauties. They're awesome, and the illustrations on the packaging are something straight out of a nostalgic kids book.
- The Carob Kitchen Coconut Carob Bear – The perfect snack to get me through the day. I love these little guys.

NEW PRODUCTS



VerMints have hit the shelves! These mints are certified organic, non-GMO, and vegan – plus they come in a gorgeous little tin you can reuse to your heart's content!

We are now stocking the Mad Hippie skincare range. We've got all you need for your everyday routine, from Vitamin C oil to gentle cleansers! Check them out in our skincare section today.



Our True range has expanded to include True Mints and Gum! These items are plant based and plastic free, and come in a wide range of flavours to suit anyone's taste.

PRACTITIONER RECOMMENDATIONS MANAGING STRESS AND ANXIETY

Do you find yourself struggling with intense feelings of stress or anxiety? For many of us, these emotions can be incredibly challenging to navigate day-to-day.

According to a 2020-22 study the Australian Institute of Health and Welfare (AIHW), approximately **17%** of Australians experience an **anxiety-related disorder**.

Luckily, we have a team of highly experienced practitioners who are able to recommend helpful herbal remedies! Here are their top picks that help ease those nagging symptoms of stress and anxiety.

DARINA BODNAROVA NATUROPATH (AdvD)

Some of my favourite herbs and nutrients for stress and anxiety that never disappoint are...

Withania somnifera, also known as Ashwaganda and Indian ginseng. It is an adaptogenic tonic with an excellent safety profile, and is suitable for almost everyone. It is especially beneficial for people who are under chronic physical and/or mental stress, feel fatigued or are lacking mental clarity.

Withania can...

- reduce cortisol levels and help the body regulate physical and psychological stress
- calm nerve activity, reduce tension and worry
- promote restorative, better quality sleep and improve mental clarity

L-Theanine is major nonprotein amino acid, exceptional in promoting a relaxed but alert state of mind. It reduces overwhelming feelings, and is fast-acting, usually taking effect within 30 minutes. It is a valuable nutrient for stress-related issues, and is great for people who struggle to concentrate or suffer with anticipatory anxiety. It can be helpful before exams, public speaking, interviews and other important life situations. Supplementation with L-Theanine can also improve circadian rhythm, and is suitable to take during the day and prior to sleep.



Reishi is an adaptogenic tonic that supports adrenal glands, reducing stress responses of our nervous system by regulating stress hormones release. Reishi has ability to curb the severity of stress and anxiety symptoms. Anxiety and stress are often responsible for sleepless nights, Reishi mushroom can alleviate insomnia and promote cognition. Reishi is especially beneficial during prolonged periods of stress, adrenal fatigue, burnout and immune deficiency.

SAMANTHA GORDON NATUROPATH (BHSc) YOURPALNATUROPATHY

Stress & anxiety can look different for everyone, so the best support often depends on how it shows up for you in your body. If you're anything like me and find your mind becomes restless when you finally slow down for the day, and you experience racing thoughts at night, calming herbs can be wonderful allies. Some of my favourites are **Passionflower**, **Oatstraw**, **Skullcap**, **Chamomile** & **Motherwort**.

These herbs have traditionally been used to support the nervous system, ease tension and promote a greater sense of calm. My favourite way to blend herbs into my daily routine is through herbal infusions and teas.

This creates a grounding, nourishing ritual that not only delivers the therapeutic benefits of the herbs but also supports hydration, which research has consistently linked with lower anxiety scores and improved mood. If herbs & tea are not your thing and you are more interested in nutraceuticals. I recommend adding supplements like **Magnesium Glycinate**, **B-vitamins** and amino acids such as **Glycine** and **L-theanine** to your routine as they can also ease an agitated or nervous mind.



DISCLAIMER!

Any advice or recommendations provided here are generalised and may not provide relief for everyone.

To find a specific product that is tailored to your needs, feel free to visit us in-store to chat with one of our friendly practitioners.

MEET THE MEMBER: KATE RAFFIN INTERVIEW BY MATTHEW NEWMAN

While I was living in Sydney, I used to come up to Maleny to visit my dear friend Rachel. I

began to suspect I would eventually make the big move up and have now been calling Maleny home for about six years.



Image via NVC Australia

The Maple St. Co-op is an important place to me because a lot of the work I do is with groups—co-ops, eco villages, community groups, families—people who come together to create, build, change, even deconstruct something. There is something so exciting to me about having a shared vision and purpose.

This seems to be the very thing that is eclipsed when conflict gets in the way, which restorative justice practitioner Dominic Barter defines as “the arrival of new information into a system that attempts to remain the same.” I have spent many years looking for alternatives to our ‘learned’ responses to conflict—ways that offer more care and more honesty than our painful patterns of responding.

I love the ‘power with’ structure of co-ops: a structure that encourages leadership as well as honour, while welcoming every voice in the group and encouraging people to fully show up with their skills and their experience. For me, a healthy community will have many co-operatives, and I have worked in and been a member of many housing, food, and creative co-ops over the years.

The Maple St Co-op represents a landmark and the centre of town for me; a place I can go for nourishment of many kinds: food, community, beauty, kindness, inspiration. It reminds me that people can engage well with life.

Likewise, I want to support our local growers and producers wherever and whenever possible. I love it when I see a basket of something that is in plentiful supply out the front of the Co-op, whether free or for a local and accessible rate. There is so much food grown in Maleny and it is such a wonderful thing that the Co-op offers a place to exchange it.

A lot of my work is centred on working with groups to improve everyday relationships, build conflict resolution skills, and increase empathic understanding. I help facilitate and mediate nonviolent communication workshops and have some upcoming events that are open and accessible to all. The next public training is called Grounded 2, which will be held across Saturday the 22nd and Sunday the 23rd from 9.30am – 4.30pm at the Maleny Yoga Shed. All the information and booking details are available at <https://hearttalkmatters.com/past-offerings/>

People can also always email me to hear about things I am offering, kate@kateraffin.com





UNDERSTANDING ARFID (AVOIDANT RESTRICTIVE FOOD INTAKE DISORDER)

BY NUTRITIONIST KATE WEBBE

Have you heard of ARFID (avoidant restrictive food intake disorder)? Those with ARFID are often mislabelled as fussy eaters.

But ARFID is not a choice.

ARFID is characterised by challenges obtaining adequate nutrition due to low appetite, sensory sensitivities, fear of adverse consequences and/or eating being perceived as a threat by the nervous system.

It requires a holistic, multi-disciplinary team approach. A GP, paediatrician or psychologist can diagnose ARFID.

Often by the time parents are in my clinic, they've tried years of standard 'picky eating' advice. At best, it does nothing. At worst, the young child, who cannot force themselves to eat certain foods, decreases their food intake even further.

ARFID does not just affect children though, and many adults with ARFID identify it as a lifelong struggle. Many of those with ARFID are neurodivergent – autism, ADHD and OCD are common co-occurrences.

The starting point for supporting individuals with ARFID is to remove the pressure, allow unlimited access to preferred foods (where appropriate) and provide the accommodations they need to eat. This might be eating in front of screens to make eating more appealing or to distract from any rogue bites that can easily put a sensory-sensitive person off their meal.

The different presentations require their own investigations and different (sometimes contrasting) treatment strategies.

FEAR PRESENTATION

Some individuals find food-exposure-based therapies helpful, typically delivered by a speech pathologist. For those with a fear presentation of ARFID, it makes sense that when they are exposed to a food and nothing bad happens (e.g. choking, vomiting), they may move past this fear.

SENSORY-SENSITIVE PRESENTATION

However, it is difficult to tell from the outside (especially in younger children) what is a fear of adverse consequences versus what is a real sensory experience of a food. For those with sensory sensitivities, any rogue bite (even of a preferred food) can be a very real unpleasant experience.

Building regulation skills and increasing capacity may help these individuals navigate sensory experiences. It is important to note too that it is not just food that contributes to sensory overload - it can be the loud and bright supermarket or daycare room; it could be the smells of other people's food; it could be uncomfortable dining chairs.

LOW-APPETITE PRESENTATION

Lack of interest in food can be due to nutrient deficiencies (e.g. iron deficiency can decrease appetite), interoception challenges (inability to recognise hunger cues), appetite suppression (e.g. from ADHD stimulant medication) and more.

Assessing the contributing factors and addressing them or mitigating them where possible can help increase intake in these individuals. Reminders to eat, such as setting an alarm for every 3-4 hours, can be useful too.

When nutritional interventions are too challenging, the nervous system can be supported with rest, movement, supplements to address deficiencies, special interest time and other interventions. This may, for some individuals, support their capacity and, over time, increase food intake and potentially variety too.

Kate is a Certified Practicing Nutritionist (AARPN), with a Bachelor of Health Science (Nutritional and Dietetic Medicine) and Bachelor of Nursing / Bachelor of Emergency Health (Paramedic). She is the founder of Plenta Nutrition, and is a passionate advocate for nutritional health, especially in relation to ARFID and autism/ADHD diagnoses. To find out more and to stay connected, visit www.plenanutrition.com.au, or have a chat with Kate in store!



MALENY & SURROUNDS EVENT GUIDE | AUGUST

Sunshine Coast Asian Food Festival

Saturday 1st August

12PM – 5PM

Spicer's Tamarind Retreat

Maleny Herbal Medicine Making Workshop

Sunday 2nd August

From 10AM

Verandah Room, Maleny Community Centre

Meet The Rainforest – Guided Walking Tour

Saturday 15th August

10AM-11:30AM

Mary Cairncross Scenic Reserve

Thai Cooking Class (Winter Menu)

Saturday 22nd August

From 11AM

Spicer's Tamarind Retreat

Mini Travel Expo

Friday 28th August

10AM-1PM

Verandah Room, Maleny Community Centre

LIVE MUSIC

Maleny Lane Arts Co-Op

Front Up Club (Monday nights)

Live Music Night (Friday nights)

The Acoustic Guitar Spectacular

Friday 21st August

From 7PM

Maleny Community Centre

MARKETS

Montville Grower & Makers Market

Saturday 8th August

7:30 AM – 12PM

Montville Village Hall

Witta Market

Saturday 15th August

7AM – 12PM

Old Witta School Yard

Maleny Market

Every Sunday

8AM – 2PM

Maleny RSL Hall

FILM SCREENINGS

Maleny Film Society

Blue Moon (2025)

Saturday 8th August

Matinee from 2:30PM | Evening from 6PM

Main Hall, Maleny Community Centre

Juror #2 (2024)

Member-only Screening

Wednesday 5th August

Evening from 6PM

Verandah Room, Maleny Community Centre

The Golden Spurtle (2025)

Saturday 19th July

Matinee from 2:30PM | Evening from 6PM

Main Hall, Maleny Community Centre

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