

CO-OP NEWS

OCTOBER 2026



MEET THE SUPPLIER: POTTERY FOR THE PLANET BY ASHA O'DONNELL



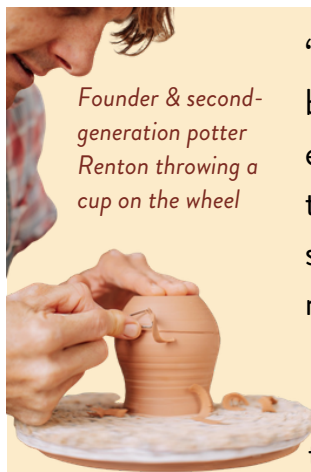
Images supplied by Pottery For The Planet (@potteryfortheplanet)

Have you ever wandered by our front display window and found your eyes drawn to the gorgeous assortment of pottery goodness?

Say hello to the team behind Pottery For The Planet, a locally-owned Sunshine Coast business known for their fabulous sustainable food and drinkware.

Founded in 2006, Pottery For The Planet was born out of one simple mission by co-creators, artists and environmental activists Renton Bishopric and Clare Botfield- to build a community-driven brand that improved Australia's reusable culture.

They take great inspiration from nature, and this is reflected in their colourway and textural choices. Every piece of ceramicware is completely unique, meaning no two pieces will turn out exactly the same.



Founder & second-generation potter Renton throwing a cup on the wheel

"We want our ceramics to become part of people's everyday rituals, whether that's a morning coffee, a shared meal or a quiet moment at home"

Over the next few years, their goal is to grow alongside local stockists as well as work toward reducing their own environmental footprint overall, from introducing more sustainable renewable energy practices and committing to waste reduction for more responsible production.

Their brand favourite product is the tried-and-true Travel Cup, created to encourage reusable habits without compromising on beauty or functionality. They have even expanded their travel cup range to include custom brand designs.

Discover their famous travel cups in numerous designs and sizes, plus an assortment of unique travel bowls, vases, condiment dishes, tea pots and more here at the Co-op!

Check out Pottery For The Planet at @potteryfortheplanet on all social media platforms or visit their website potteryfortheplanet.com to find out more.

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.

CO-OP NOTICES



Images via Ketakii Jewson-Brown

ANNUAL GENERAL MEETING REMINDER CALLING ALL LOCALS!

Our 47th AGM is fast approaching and you're invited! Come along to the Maleny Community Centre Verandah Room on Wednesday October 28th and have your say.

We'll have a short panel discussion with a selected group of staff, producers and board members before opening the floor up to member discussion and suggestions.



If you have any points or ideas you would like to discuss on the evening, please fill out the form attached to the following link or check out the link in our Instagram bio to your questions to us before the AGM:

<https://forms.maplestreet.coop/view.php?id=21141>

The evening will begin at 5:30PM for a 6pm start. We look forward to seeing you there!

CALL FOR DIRECTORS 2026

Maple Street Co-op is looking for enthusiastic community members to dedicate their time and skills to our Board of Directors.

We are in search of team players with skills and interest in retail, business, finance, law, healthy living, and/or co-operatives who are able to meet on a monthly basis.

If you would like information on nominating to join our wonderful and highly skilled Board of Directors, check out the Members page on our website or find the Directors Nomination Pack link in our Instagram bio.

STREETSCAPE UPDATE

As you may have noticed, our storefront has undergone some much-needed cosmetic changes, with the town streetscaping upgrade beginning on our entryway in mid-September.

A huge thank you to all of our wonderful customers that accommodated these changes and took the temporary detour in stride. We're thrilled to be back to be business as usual again!

STORE MANAGER POSITION

Are you or someone you know experienced in retail and a managerial role? Passionate about our local community? You might be the right fit for the next Store Manager!

Our beloved Store Manager Charlotte will be leaving us at the end of this year. If you are interested in taking on her role or have

any questions about the position, please email your enquiry or copy of your CV and a cover letter to

Charlotte at shopmanager@maplestreet.coop.



PRACTITIONER RECOMMENDATIONS GLYCAEMIC CONTROL

As of 2021, data from the Australian Institute of Health and Wellness suggests there are 1.2 million people in Australia living with Type 2 Diabetes (or, 4.6% of the Australian population).

Glycaemic control refers to the monitoring and maintenance of blood glucose levels in the body to keep them within a targeted range. It is a practice mainly utilised to prevent glucose-related health challenges and manage Type 2 Diabetes symptoms.

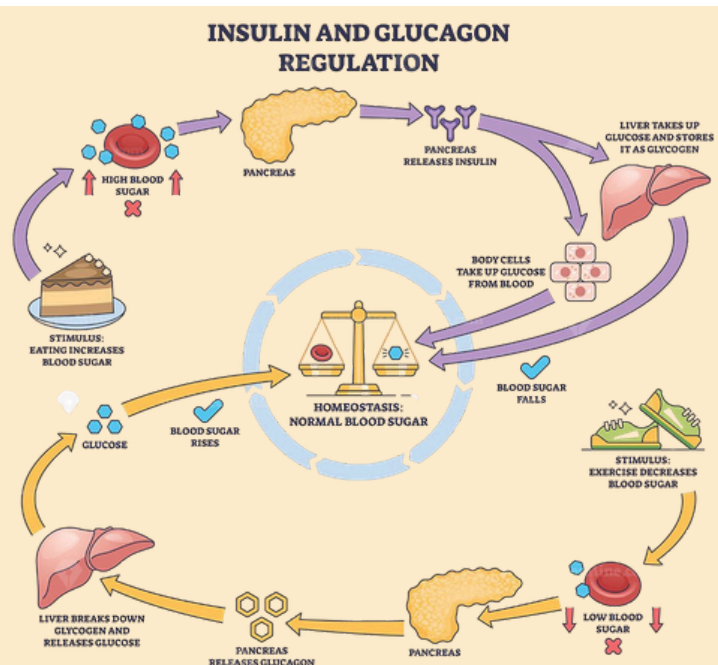
For many, the risk of Type II Diabetes can be heightened by their genetic history, age, diet & exercise habits and excess weight. Here's what our in-store Naturopaths Pascale and Sam have to say about how you can manage your blood sugar levels.

PASCALE RICHY NATUROPATH (BHS_c)

Glycaemic control refers to the regulation of blood sugar (glucose) levels within healthy parameters to support overall metabolic health and prevent issues that can lead to further complications and illness. The body regulates glucose to achieve this homeostasis, through a feedback system involving the hormones insulin and glucagon, produced by the pancreas.

With consistent and long-term high blood sugar, the body's cells become desensitised to the effects of insulin resulting in Insulin Resistance (IR), where the feedback loop no longer functions correctly and metabolic dysregulation occurs.

In addition to presenting a high risk for Type II diabetes, other associated conditions such as fatty liver, elevated cholesterol, high blood pressure and damage to microvasculature increase the risk of Cardio Vascular Disease.



PREVENTATIVE AND MANAGEMENT STRATEGIES

DIET AND EXERCISE

Diet & regular physical exercise play key roles in glycaemic control. Low GI foods with ample fibre, such as whole fruits, vegetables, whole grains and legumes help maintain stable blood sugar levels whilst lean proteins, healthy fats and fermented foods improve IR. Even low impact activity such as brisk walking or swimming increases the sensitivity of muscle and fat cells to insulin, so this is a good place to start, but if excess weight, fatigue or injury are obstacles, focus on other approaches.

INFLAMMATION

Inflammation compromises mitochondrial function and accelerates oxidative damage, thus is a driver of IR. Eat more anti-inflammatory foods such as omega-3 rich fatty fish, chia and flaxseed, berries, leafy greens, green tea, cacao, ginger, and bone broth for gut healing. Reduced stress and improved sleep both have regulative effect on inflammation.

KEY FOODS

Cinnamon contains Insulin imitating polyphenols that contribute to fasting glucose reduction whilst Turmeric contains curcumin which reduces inflammation, lowers of cholesterol, improves fatty liver and protects hepatocytes with potent antioxidant properties.

HERBALS

Gymnema sylvestre is my top choice for those with a sweet tooth as it not only reduces blood glucose but suppresses sweet-taste perception making it easier to avoid eating sweets. Combine with **Berberine** containing herbs which have strong evidence for improving insulin sensitivity and activating AMPK, an enzyme which regulates cellular energy.

Alpha-lipoic acid and **Chromium picolinate** improve glucose uptake and enhance insulin receptor signalling. Both have anti-oxidant effects for cellular protection and mitochondrial repair.

ESSENTIAL OILS

Essential oils have documented physiological impacts in both management of blood sugars and regulation of the nervous system with the ability for aromas to easily cross the blood brain barrier. Use a synergistic topical blend of **cinnamon**, **lemongrass** & **clove** for insulin sensitivity and lowering of triglycerides, **grapefruit** & **black pepper** for additional inflammatory effects, and **lavender** for its myriad of metabolic benefits plus well-known calming and sleep promoting effects.

SAMANTHA GORDON NATUROPATH (BHSc) YOURPALNATUROPATHY

As with most conditions, I recommend always starting with a focus on the foundations before reaching for supplements or starting restrictive diets.

To support healthy blood glucose levels, aim for regular, balanced meals and avoid skipping meals, especially breakfast! Pair carbohydrate-rich foods with lean protein, fibre & healthy fats to slow glucose absorption and improve overall glycaemic control. Lower-GI carbohydrates are a good choice when planning and building your meals; this can include options like legumes, oats, quinoa and starchy vegetables and berries.

Move in ways that work for you, as physical activity stimulates glucose uptake in the muscles, improving insulin sensitivity. Exercise doesn't have to be perfect

or intense. Start with something you enjoy, whether it's dancing, bushwalking, weightlifting or even a thorough cleaning or gardening session at home.

When it comes to supplements, berberine-containing products are often a popular request on the Co-op floor, but it's far from the only option. My go-to herbal aids include **cinnamon**, **St. Mary's thistle**, **garlic** and **fenugreek**, with research suggesting positive antidiabetic benefits on fasting blood glucose & HbA1c.

Nutrient deficiencies, such as **vitamin D**, **vitamin K**, and **vitamin B12**, as well as lower levels of **calcium** and **magnesium**, have been associated with an increased risk of type 2 diabetes. Additionally, **Chromium**, **magnesium**, and **vitamin D** support carbohydrate metabolism and insulin signalling. **Myo-inositol** acts as a secondary messenger that helps your cells properly respond to hormones, improving markers of insulin resistance in conditions such as PCOS/PMOS & gestational diabetes.

Looking for an easy place to start? Spices such as **ginger**, **oregano**, **rosemary**, **turmeric**, **saffron** and **black cumin** can also help to support both metabolic and cardiovascular health. You don't necessarily need high-concentration doses; regularly adding these spices and herbs into your everyday meals can be a practical and modest way to harness their benefits.

Samantha is a Naturopath passionate about supporting individuals with a diverse range of health conditions, such as allergies, autoimmune conditions, and chronic pain. Follow her at [@yourpalnaturopathy](https://www.instagram.com/yourpalnaturopathy) to stay connected.



NEW PRODUCTS

KOOEE! Meat sticks have hit the shelves! These high protein organic beef sticks are gluten free, soy free and dairy free, and are made from 100% grass-fed beef, making them an awesome healthy snack for the whole family to enjoy.



Our new amber jewellery range from Baltic Babies has arrived in store. Check out their extensive variety of stylish necklaces and bracelets for your little ones today!

Our Cooki Haircare range has now extended to include their widely-loved hair masks. Targeting dry and damaged hair, these masks make for the perfect present for a loved one or new step in your own haircare routine.



Introducing Organic Times Organic Drinking Chocolate! Its silky smooth blend of cocoa powder and premium chocolate flakes is bound to become a household favourite – making for the perfect little treat to enjoy both hot or cold.

The 2027 Gratitude Diary & Daily Planners have just arrived in store. With hundreds of guided pages for mindful writing, this book is the perfect gift for yourself or a loved one! Check it out in store today.



We are stocking a wider range of Byron Gourmet Pies! Try their Pork and Fennel Roll, taste the delicious spiced goodness of their Butter Chicken Pie or dig into a Cauliflower and Leek Pie– whatever your fancy, we promise you'll love these new flavours.



Check out our extended range of frozen desserts! Mungali Salted Caramel Ice Cream and Yumbar LUXE

Bars are here. Find the entire range in shop freezers today.

Looking for lunch on the go? Try out the new Ceres Organic Instant Noodles! They come in both Garlic & Black Pepper and Chicken flavours, and are ready to eat in four minutes!



We have a huge new range of Essential Oils from Absolute Essential. With both single oils and blends, you're bound to find a scent that calms your mind and leaves you feeling incredibly relaxed.

The long awaited wait for the return of MMMORE Date-licious Raw Treats is over! Head to our back fridges to grab yourself a twin pack of these decadent goodies, packed with flavour and made with love. Get it quick before they're gone!



MALENY & SURROUNDS EVENT GUIDE | OCTOBER

Maleny Garden Club Spring Fair

Saturday 3rd October

8AM-4PM

Maleny Showgrounds

Rangebow Festival

Friday 9th October - Sunday 18th October

See programme for event locations/times

Soul Balance Exhale Retreat

Saturday 10th October

9AM-5PM

Maleny Orchard

Waste Action Maleny (WAM) Food Unwaste

Thursday 15th October

Food Waste Workshop (10:30-11:30AM)

Verandah Room, Maleny Community Centre

Shared Community Lunch (12-1PM)

Maleny Neighbourhood Centre

LIVE MUSIC

Electric Apes

Friday 2nd October

Maleny Lane



Nai Palm (Hiatus Kayote)

Thursday 8th October

From 7PM

Maleny Community Centre



Maleny Arts Co-op (Maleny Lane)

Front-Up Club (Monday Nights)

Music Nights (Friday Nights)

MARKETS

Montville Grower & Makers Market

Saturday 10th October

7:30 AM – 12PM

Montville Village Hall

Witta Market

Saturday 17th October

7AM – 12PM

Old Witta School Yard

Maleny Market

Every Sunday

8AM – 2PM

Maleny RSL Hall

FILM SCREENINGS Maleny Film Society

Tuner (2025)

Saturday 3rd October

Matinee from 2:30PM | Evening from 6PM

Main Hall, Maleny Community Centre

The Christophers (2025)

Thursday 17th October

Matinee from 2:30PM | Evening from 6PM

Main Hall, Maleny Community Centre

Father Mother Sister Brother (2025)

Saturday 31st October

Matinee from 2:30PM | Evening from 6PM

Main Hall, Maleny Community Centre

Got an event to promote? Email us at info@maplestreet.coop to be featured.

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