



NOVEMBER 2022

CO-OP NEWS

WELCOME NEW BOARD DIRECTORS - CO-OP WINS NATIONAL AWARD

WHAT A YEAR!

43RD ANNUAL GENERAL MEETING

Wednesday 26th October saw our members gathering for their AGM that included updates from the Board and Business Manager Peter Pamment, hear about new initiatives and to meet our growers and makers.

Elections took place for three positions vacated by Kerry Cosgrove, Robyn Harper and Anna Morningstar, pictured below.

Thank you for all your hard work. The new Directors are Eugenie Schwartz, Jonathan (Jono) Waites and John Ford. Welcome! Thanks to everyone who supported the night including the Co-op team - superb catering!

The annual reports and more photos are available on our website www.maplestreet.coop.

ORIGINS EVENT

Come along to celebrate the Co-op's founders and their stories. Join Lorna Huston and Matthew Davies at an evening of memories and discussion about the Co-op. Sunday November 27th, 5pm in the shop. RSVP for catering purpose to Fi, assistantmanager@maplestreet.coop



Outgoing Directors



Incoming Directors Jono, Eugenie and John

So much more than a health food store

AUSTRALIAN BUSH FLOWER ESSENCES

by
Co-op Naturopath, Eden Lavendar

The use of flowers for healing purposes dates back to medieval times and was based on the doctrine of signatures, whereby a characteristic of the flower (particular shape, colour, where it grows and so on) indicates its healing properties.

For example, parts of the Grey Spider Flower resemble spider legs and each flower head looks like a screaming face with sunken eyes and a wide-open mouth.



This is symbolic of the use of this flower remedy - phobias, nightmares and for encouraging a sense of calmness and courage.

The Emergency Essence is a combination blend that contains Grey Spider Flower and six other flower essences that altogether, can have a calming effect during times of panic and high anxiety.

It can provide a feeling of comfort and reassurance, and improve the ability to cope. It can be taken internally as drops, oral spray or as a skin or space mist.

It is also available as a topical cream which is Certified Organic and suitable for all skin types. Bush flower essences work by helping to restore emotional balance and assist individuals in getting in touch with their intuition, improving clarity in their life. They can act as a catalyst for helping people to heal themselves by bringing forth the positive qualities that can be found inside us when we turn inward.

There are ready-made combination remedies available in store that focus on particular situations including Emergency Essence, Meditation Essence, Relationship Essence and Woman Essence. An Australian Bush Flower Essences practitioner can also make up personalised blends that address more individual needs.



Eden is one of our in-store naturopaths and is an Australian Bush Flower Essences Practitioner and Iridologist. She specialises in emotional health and reducing fatigue. Her practice is in Coral Street.

The information in this article is for educational purposes only and is not intended as a substitute for health care advice. Please consult your friendly local naturopath, herbalist or other health care practitioner for personalised advice, particularly if you have a diagnosed medical condition or take pharmaceutical medications.

WHAT'S NEW?

ETHICAL ZINC SUNSCREENS



Protect your skin this summer with these natural sunscreens. Made in Australia using 100% solar

power. Certified cruelty free by PETA. Non-nano & reef-safe. Suitable for sensitive skin with no chemical UV filters.

GEM TOOTH WHITENING PENS

A low-sensitivity, high-performing tooth whitening pen made with food-grade hydrogen peroxide to whiten teeth gently and effectively.



TONIC MAMA CEREMONIAL CACAO AND IRON TONIC



This new tonic is a blend of Yellow Dock Root, Dandelion Root, Blackstrap Molasses and Spring Water. Used to treat

anaemia and iron deficiencies. The cacao is sourced from a small farm on the western side of Bali.

MALENY'S MEDICINE ROOM SPECIALIST HERBAL TEAS

Local Dominique Liv Kamal whose dispensary is in Coral Street Maleny, has launched her new set of teas. Calming, Detox, Digestive, Energise, Flu Season, Immunity, Persian Rose, Sleep, Moon Cycle and Wise Woman. We love these gorgeous teas. A great gift idea and local too!



NIULIFE MARINADES



A delicious thick amino, soy free, FODMAP-friendly seasoning sauce.

Perfect for marinating, basting, dipping and pouring.

Made with fermented coconut blossom nectar.



ALSO NEW IN STOCK

- Leda biscuits. For fans of these gluten-free treats we now stock arrowroot, choc chip and Anzac bikkies.
- Gloriously Free Oats. We now stock their Australian oats. Lower food miles.
- Bimblebox Calendars 2023 just in!

NOVEMBER SPECIALS

CO-OP NEWS

MARTIN AND PLEASANCE FRESH START



Slim and Cleanse Homeopathic 10-day program is now on sale at **50% off!**
An extra 5% off for our members.

CO-OP AWARDED!

Organic Retail Outlet of 2022!
Thanks for voting for the Co-op in the national OCC Awards and getting behind the organics movement.



ACURE HAIR RANGE



Treat yourself to a special something from this range. Free from parabens, formaldehyde, sulfates and mineral oil. Cruelty-free.

15% off
Members 20% off!

THE NEW COMMUNITY CARE ACCOUNT

We are piloting a 'Co-op Community Care Account', to help out members and their immediate family when an unexpected crisis occurs. We will provide an initial care pack and some ongoing funding or discount. The account will work on contributions from our Co-op community and a 'pay-it-forward' philosophy.

ORGANIC MAPLE SYRUP



Spiral brand Maple Syrup and Coconut Cream/ Milk. Organic, BPA- and GMO-free.

15% off
Members 20% off!

ORGANIC COCONUT MILK AND CREAM



SHHH! A PARKING SPACE FOR MEMBERS



Behind the Co-op is now a space just for our owner-members!

MONTHLY DRAW WINNER

Every member-spend of \$50 in any day during the month gives you a place in our draw. This month's winner is Wild Raven!



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