

MEET THE CO-OP MEMBER - BRIAN DAY



Photo by Ketakii Jewson - Brown

BRIAN DAY - OAM BA CERT MH

I am a gay “ancient activist”. Each year on 17th of May I celebrate IDAHOBIT, the International Day Against homophobia, biphobia, intersexism and transphobia, and for me specifically, hetosexism. I have been doing activism since 1971. I have been honoured for my activism with a “Local Hero” award from Sunshine Coast Pride”, a “Lifetime Achievement” award from Brisbane Pride and a Medal of the Order of Australia, OAM, for my volunteer work in various LGBTI communities and AIDS affected communities.

There is an irony to the OAM: until 1991, I could be put in jail for acknowledging my homosexual behaviour. From my education in sociology I considered that threat to be social coercion. (I have a Bachelor of Arts degree with a double major in sociology.)

As I was living in the AIDS affected community, being involved in the Queensland AIDS Council was a natural follow-on for my volunteering. Before the advent of AIDS my friends James and Anne Reid (both GP’s) introduced me to Elisabeth Kubler-Ross. In doing a couple of “Life, Death and Transition” workshops with Elisabeth I realised some talents I didn’t know I had and those three people encouraged me to use them. And along came the AIDS epidemic.

Soon after, I had a near-death experience. I was “clinically dead for about 16 minutes” according to one of the doctors who was there. Using the transformative values from that experience is tricky at times but I believe they have generally improved my ability to be compassionate – and courageous.

The theme of this year’s IDAHOBIT is “The power of communities”. The rainbow is one of our symbols. So on May 17 please acknowledge the LGBTI people in your community for our sake and thereby increase your social capital. Or wear a rainbow. Discrimination against us is not good for community health.

Celebrating IDAHOBIT improves community health.

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 SPOTLIGHT - CANDELO BULK FOODS (BEGA)



Photo by Honey Atkinson

On March 20th and 21st, the Co-op Assembly took place on Gadigal country in Sydney. The Maple Street Co-op sent delegates Charlotte and Kesten to learn more about co-operatives and connect with individuals from other food co-ops across the country. The event showcased a fascinating and diverse range of co-operatives and we wish to share their extraordinary efforts with you!

“Candelo Bulk Wholefoods opened in 1984 and provided bulk organic wholefoods to the Bega Valley community. It went through a series of owners and shop locations over the decades, and in 2007 when some of the business owners wanted to move on, a group of the other partners in the business at the time and some of the shops employees formed a new entity – a workers co-operative. We have operated since then under that co-operative structure.

We are a non-distributing, not-for-profit, worker co-operative, which as far as we know, is a unique structure for a food co-op in Australia!

This means, rather than the customers, it's the staff who are the members of our co-operative. We manage the business collectively and non-hierarchically and are paid an hourly wage. Our customers are obviously a really valued part of our business, and we wouldn't exist without them, but they aren't directly involved in operations or guiding our business.

Worker-members say that they find a lot of dignity in the co-operative structure, and our roles as co-owners of the business. We have no boss or managers and our team is horizontal in structure. On top of that, we make all our decisions by consensus, which means we find solutions that 100% of us can agree to! There's a learning curve as not many jobs offer this level of both freedom and responsibility, but for me, it's hard to imagine going back to working another way. I think we all feel very proud of our co-op.

Like many businesses, and food co-ops in particular, we had a rough few years financially from 2020. But we stepped up and have gotten the business back in profit, are making more sales than ever, have expanded our range with more foods customers want, and even recently achieved a major goal of a modest payrise for our worker-members. Another highlight was sending three of our worker-members to the recent Co-op Assembly in Sydney, where we were inspired by and connected with other co-operators, including workers representing Maple Street Co-op!” - Caitlin from Candelo Bulk Foods.

NEW PRODUCTS

PEG PASTE

Premium natural toothpaste suitable for more sensitive mouths. Enriched with hydroxyapatite and prebiotics, to strengthen enamel, whiten teeth, and restore balance to oral microbiome.

Safe for children and pregnant women. Vegan-friendly. Eco-friendly, recyclable packaging. No fluoride, sulphates, toxins, parabens or animal testing. Available in intense mint, natural mint and sacred clove.



MOOGOO

Say 'hello' to our all-new Pink Eczema Cream—the perfect blend of nourishment and relief for mild eczema and psoriasis. This lightweight, fast-absorbing formula soothes and hydrates without leaving a greasy residue. Infused with skin-loving ingredients like B12, Aloe Vera, and Nigella Sativa, it helps calm irritation and support healthy skin. Plus, its naturally vibrant pink hue makes applying feel a little more fun!



MEMBER REQUESTS NOW IN STORE:



LITTLE HARVESTERS POUCHES

Grass-fed beef, peas, pumpkin, hemp seeds and bone broth with organic olive oil - Find it in our baby / kid section near the eco nappies! Suitable for babies from 4+ months.

NATURE'S BOTANICAL

Deet free insect repellents Recommended by a member "Our products are made from the powerful combination of premium rosemary and cedarwood oils, two very effective essential oils for insect control. These natural insect repellent ingredients serve as the perfect active agent in our products."



URBAN FORAGER

Vegan Umami Broth, a highly concentrated blend of vegetables, miso and assorted mushrooms, including lion's mane, turkey tail, shiitake, and brown varieties. Just veg, no nasty chemicals or additives.



If you are after something that we don't currently stock, that aligns with our purchasing criteria, we can try to source it from our suppliers.

COMMUNITY NEWS

The Co-op is a proud sponsor of the Sunshine Coast



Writer's Festival!

Running from Sat, 3rd of May - Mon 5th a celebration of words, stories, and creativity that draws writers, readers, and thinkers from across Australia." schwritersfestival.com.au

HORIZON FESTIVAL

Local co-op members and Maleny talent will be represented at the upcoming Horizon Festival, "Horizon is an annual 10 day festival exploring the intersections of art, people, and place on Kabi Kabi and Jinibara Country, Sunshine Coast." "with over 50 events across 10 locations there is plenty to discover". www.horizonfestival.com.au



Congratulations to recent member raffle prize winners, Helen (left) and Ellie and Matilda (right). Every purchase using your membership number gives you a chance to win a curated food hamper!

MEMBER CARE ACCOUNT UPDATE

This year, members have donated \$967.77 to the member care account through produce donations. The care account was set up to help assist members experiencing financial hardship due to loss of income from unexpected circumstances. If you are aware of a co-op member that could use a bit of help with groceries, please get in touch in store or email shopmanager@maplestreet.coop. If you have excess, organically grown produce from your gardens, you can donate it and the funds from what sells will be added to the care account for members in need.

SAVING THE SUNRISE GLOSSIES

Thanks to all of our members and customers who purchased a 2025 'Save the Sunshine Glossies calendar', through sales of the calendars, \$1140 was raised and transferred to protect the glossies from habitat destruction.



The co-op donated our comission to Spencer's cause. If you would like to follow Spencer's journey, you can find him on instagram [@savesunriseglossies](https://www.instagram.com/savesunriseglossies)

FAREWELL TO FI

Farewell to Fiona Emberton.

Hired in 2020 to oversee the Co-op expansion and then took over the roles of Co-op member engagement, advertising and community garden liason. We wish her all the best in her future endeavours and thank her for her skills and dedication to our Co-op and community.

NOURISHING YOUR NERVOUS SYSTEM WITH KATE



First, let's drop the diet culture language. None of us are benefiting from foods being demonised! Let's change the conversation to what we can add instead.

It's also important to be mindful that we all have our own challenges when it comes to food. Neurodivergent individuals can struggle with sensory sensitivities, a lack of interest in food or with judgement from others. None of us need to be commenting negatively on anyone else's food choices.

When it comes to food and mental health, the Mediterranean diet has arguably been studied the most. A 2024 review found that those who adhered to a Mediterranean diet were 33% less likely to develop depression compared to those who did not eat a Mediterranean style diet (Staudacher et al.).

The Mediterranean diet includes daily serves of fruit, vegetables, wholegrains, dairy and olive oil. All the wonderful foods you can find at the Co-op! It also includes nuts, seeds, legumes, fish, poultry, red meat and extras over the course of the week.

This wide variety of food provides key nutrients such as protein, providing amino acids for neurotransmitters such as serotonin and dopamine, as well as plant foods providing prebiotic fibre to feed our gut microbiome. Fermentation of prebiotic fibres by the gut microbiome produces short chain fatty acids, beneficial substances that have a positive influence on metabolism and provide an anti-inflammatory effect that can support mood as well.

If, like me, you're unsure if you eat enough of these foods, there's no need to panic. You could simply start by adding in something new next week, such as a serve of legumes or an item of fresh produce.

If eating is tricky for you, there are wonderful supplements that can help with additional nutrition. It might be worth checking in with your GP, psychologist or a nutritionist.



You can find Kate in store every Monday. For more in-depth support please contact her at k.webbe@live.com / 0431 423 635 / @plenanutrition_kate on Instagram

Maple Street Co-operative Society Ltd
37 Maple Street, Maleny Qld 4552
Phone: 07 5494 2088

✉ sales@maplestreet.coop
🔍 www.maplestreet.coop
📘 fb.com/maplestreetcoop
📷 [@maplestreetcoop](https://www.instagram.com/maplestreetcoop)

AN INTRO TO FRUIT TREE

Pruning Workshop

WITH SOPHIE FROM
SOPHIE'S SEEDLINGS

TUESDAY MAY 6TH
8:30AM-11:30AM

CO-OP COMMUNITY
GARDEN

\$30 FOR MEMBERS
\$50 FOR NON-MEMBERS

