



co-op

# NEWS

WINTER 2013

*The newsletter of the Maple Street Co-op*

## NEW FACES

Out front and behind  
the scenes at the Club

## Maple Street Co-op News

is published quarterly by the Maple Street Co-operative Society Ltd, 37 Maple Street, Maleny Qld 4552  
**phone** (07) 5494 2088  
**fax** (07) 5499 9246  
**web** www.maplestreetco-op.com

### manager

Karen Syrmiss  
manager@maplestreetco-op.com

### editor

Sammy Ringer  
sammy@ausbushfoods.com

### design

Wendy Oakley  
**printing**  
Express Print and Mail  
Maroochydore



Printed on Forest  
Stewardship Council  
(FSC) approved paper



**next edition** Spring 2013

**editorial deadline** July 31

**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.*

## ADVERTISING RATES

### Standard sizes:

Full page \$250  
1/2 page: \$150  
1/3 page: \$100

**Business card size:** \$40

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

### DEADLINE FOR THE SPRING ISSUE

(Sep–Nov 2013): July 31

### FOR INFO OR TO MAKE A BOOKING:

Phone Sammy on 5494 3812  
or email: [sammy@ausbushfoods.com](mailto:sammy@ausbushfoods.com)



## FROM THE MANAGER

### Finding the balance

**We live in a world of unprecedented contrasts – extraordinary levels of consumption and extreme levels of poverty. We urgently need to find a balance.**

Much of the issue is centred round food security (or lack of it) and a highly unequal distribution of wealth – but it is also about people genuinely caring.

It's interesting to see how people treat each other in times of disaster – we all help one another and work together to rebuild our lives and towns. We pull ourselves out of our everyday and put aside differences.

Wouldn't it be nice, if we were like that all the time, but without the disasters?

Our co-operative's 7th principle is Concern for Community and a great

example can be found in the children's garden at the back of the Co-op. It is wonderful to see the young ones learning how their food is grown and just having fun in the garden. You should take the time to visit it.

The Maleny Neighbourhood Centre is another glowing example of concern for community (see feature page 10–11). It gives me unending pleasure to see it as it is today – such a beautiful environment with hard working volunteers and staff under the helm of the very capable Cath Ovenden. And most people don't realise that unlike most neighbourhood centres of this size, it is not government funded and so relies solely on the community for its ongoing work.

Do drop in and see for yourself.

Yours in co-operation

– Karen



## FROM THE EDITOR

### Life's too short... dance naked

**Researching the article on the Neighbourhood Centre got me to thinking about good things and bad things that happen in our life and in the world around us. It's easy to get depressed over the myriad issues we're confronted by each day.**

Of course, one could simply stop reading or watching or listening to the news, but this is unlikely to make it all go away.

The small band of people who started the Neighbourhood Centre did so because they saw a problem in the community and wanted to help. It wasn't all plain sailing and it didn't make the world a perfect place – but it did make it better.

The world is full of starving people and nasty chemicals and war and abuse and all shades of madness. Not even Tinkerbell has enough happy dust to fix it all.

Fixing one small thing; helping one person, planting one plant or saving one animal may not be enough to inure you to the world's ills. But, though you might not see it, your action does make a change.

In fact, taking action is a little like exercise – the more you do, the easier it becomes.

Maleny is a wonderful place for doing good. It probably has more charitable/environmental/'doing good' groups per capita than any small town I can think of.

Turn off the radio, fold up your newspaper and get out there. You might just find yourself feeling better about the world.

Or, as Tinkerbell said, "Hello, I am the Happiness Fairy, I've sprinkled happy dust on you."

(During my research, I found that Tinkerbell also said: "Everything happens for a reason. Life's too short... dance naked!")

– Sammy

## The Co-op now has its own naturopath

**Qualified naturopath Pascale Richy can be found at the Co-op on Saturdays between 10am and 2pm. If you would like FREE advice about any of your health issues, Pascale would be delighted to assist. TAKE ADVANTAGE OF THIS GREAT SERVICE!**





**Maleny Showgrounds  
7 – 8 September 2013**

The Festival is about authenticity – all food on display has been grown or produced in the Sunshine Coast bioregion according to the interconnected Slow Food principles of good, clean and fair.

**[www.realfoodfestival.com.au](http://www.realfoodfestival.com.au)  
Adults \$12 per day or \$20 both days, children under 16 FREE**

## The NOs need some respect...

**Members, please take note of the following!**

- NO PARKING behind the Maple St Co-op or The UpFront Club. They are staff parking areas.
- NO SMOKING within 4 metres of the front of The UpFront Club. This is a legal requirement and if not complied with the Club could be fined or lose its licence. On the moral side, there is nothing worse than walking past the Club or eating at the great outside tables and having cigarette smoke waft over you, especially when children are walking past. So standing amongst the parked cars is not appropriate. There is a purpose-built area out the back of the Club especially for smokers. Please use it and let those of us that choose not to smoke, enjoy the fresh Maleny air.
- NO ACCESS through the Co-operative's property from Maple St to Bicentenary Lane. It is not a drive through. With the fabulous Children's Garden comes, you guessed it – children! Their safety is all our responsibility.

**It's time to respect the Nos!**



*Regular volunteer Douglas Bailey takes a well earned break at the Club during Easter.*

## A busy few months

**Volunteers and staff had a hot old time over the February-April period.**

First there was the opening of the Community Centre, where the Club had a highly successful Tapas bar.

Then, of course, there was Easter – with a keen line-up of vollies filling (almost) every slot.

To top it off, the Maleny Music weekend swung round late April and, once again, the Club was there in force.

Special plaudits to Ann Jupp for the difficult task of coordinating the vollies – and doing a shift or two herself!



*Ann Jupp and Karen at the Maleny Music weekend.*



*Karen trying desperately to find her vollies at the Community Centre opening.*

**BE READ BY THE BEST.** The Co-op News is read by over 2000 people each issue. Want to talk to them? Our advertising rates are amazingly economical (see page 2).

## Doctors should prescribe healthy food: researcher

FROM THE ABC

**A** researcher has urged doctors prescribe healthy foods to Aborigines in the way they currently offer prescription medicines.

University of South Australia researcher Kerin O’Dea and colleagues have found worrying eating habits in remote communities.

She says some people are spending 16 per cent of their food budget on soft drinks compared with as little as 2 per cent on fruit.

Ms O’Dea has urged there be subsidised nutritious food and that doctors in remote areas prescribe such food as they do with medicines.

“It’s actually been suggested to me by numerous doctors that this is what we should be doing, we should be spending our money on good food, not drugs,” she said.

“But they’ve said that in frustration, having always to deal with what they see as the long-term effects of poor nutrition.

“We spend a lot of money on people once they get ill. We spend very little relatively speaking in trying to keep them well.”

### From the Ed:

#### What can I say – well, duh?

And why should this approach be limited to Aboriginal communities? The problem is not limited to them. It really doesn’t take a PhD to recognise that ‘worrying eating habits’ has become a widespread conditions across all demographics.

Ah well, a first step perhaps.  
EAT WELL! 🍌



Aboriginal bush tucker



## CHOCOLATE – a great Aussie addiction

by JILL CUTTING

**The ‘melt in your mouth’ smooth texture of a truly fine chocolate has been craved by populations since 1900BC.**

The original chocolate with its bitter and acidic taste consumed by the Mayan and Aztec populations was very different to modern chocolate. The addition of sugar and milk by the Spanish in the 1500s created the first chocolate craze.

Initially chocolate was reserved for nobility as it slowly spread through royal circles across Europe, first through France then later England and Germany.

Chocolate did not become affordable to the masses until the industrial revolution when a reasonably priced mass produced drinking chocolate was created around 1730. Solid chocolate was developed by British chocolate maker JS Fry 100 years later.

Today chocolate is an \$83 billion a year business. The average Brit, Swiss or German will eat around 11kg of chocolate a year compared to around 6kg consumed by the average Australian.

With such a massive amount of money invested in the chocolate industry there is an abundance of choices now available to the consumer from dark, milk or white chocolate to the endless range of flavoured chocolate bars.

So what is the difference between dark, milk and white chocolate? A cacao bean (the main ingredient in chocolate) comprises both cocoa solids and cocoa butter. The proportion of these two components determines the type of

chocolate created.

Dark chocolate has a very high proportion of cocoa solids and little or no milk. It is common to be able to purchase unsweetened or semi-sweetened dark chocolate. Dark chocolate is believed to be good for our health by reducing bad cholesterol and increasing good cholesterol (as if we needed any further encouragement!)

Milk chocolate is the most common variety of chocolate consumed. It is milder and sweeter than dark chocolate. Milk chocolate is created by adding milk solids during processing thereby reducing the intensity of the chocolate taste.

White chocolate contains no cocoa solids, being made from cocoa butter. Sugar, milk, vanilla and an emulsifier are added to the cocoa butter. The creamy flavour of white chocolate is due to its higher fat content (not such great news), but on the plus side white chocolate is caffeine free.

Did you know? For every 1 gram of chocolate we consume we need to run for 15 minutes at 10km per hour to burn off those calories. So make sure it’s top quality if you are a chocolate consumer and Maple Street Co-op sells top quality organic chocolate by RAPUNZEL NATURKOST - dark 70%, dark 55%, milk and white chocolate.

Long before the start of the organic boom and any regulations, two friends, Joseph Wilhelm and Jennifer Vermeulen, founded RAPUNZEL NATURKOST in Germany in 1974 with the goal to sell healthy foods from controlled organic cultivation. With their commitment to healthy, high-quality organic foods they have inspired many people to get involved in organic cultivation. They boast all ingredients originate from controlled organic farming and, where these involve products from so-called developing countries, they are all fair trade products!

Try it for yourself. 🍌



Maleny Community Precinct Tree Plant the on 24th Nov 2012. 2000 trees planted!

## Barung Landcare reshuffled

by ERIC ANDERSON, PRESIDENT, BARUNG LANDCARE

**Due to financial considerations Barung has needed to implement some changes in 2013 involving the Maleny office and nursery.**

Unfortunately we have not been able to find cheap accommodation for our office in Maleny, so it has now closed and been moved to our new Production Nursery in Landsborough. We have also moved all nursery production from Porter's Lane to Landsborough but have maintained the current retail farm gate sales at Porter's Lane.

If suitable low cost accommodation can be found in Maleny we will consider using it – any advice or help would be appreciated. We aim to have a continued presence in Maleny and as a stop-gap measure have hired the kiosk at the Community Centre in Maple Street. We are there every Thursday (from 18 April). The kiosk will be run by volunteers – some have already offered but more would be very welcome.

The Council Community Partnership Grant, worth \$87K a year over the last three years, finishes in June this year. We will need to re-apply in a tougher economic environment and may not receive the same amount again. We have sought financial advice and it was recommended to us that we consolidate our operations, hence the decision to move our Production Nursery from Porters Lane to Landsborough. This is allowing our nursery staff to concentrate on producing and marketing plants. We are maintaining the retail farm gate sales for the time being at Porters Lane with the help of volunteers – some have already offered, but more are required.

Traditionally we have struggled with a cash problem approaching the Wood Expo. This year the problem has become more evident and earlier in the year. Over

the last three years we have depended on the cash injection from the Wood Expo in May and from the Council Partnership Grant about August/September. The Wood Expo is a marvellous Community event but has lately not been providing the returns achieved in earlier years.

### The future

- We will be taking a very close look at our Nursery operations. We grow some of the best native plants in Queensland. However we need to sell more plants. There will be a strong emphasis on marketing. We need to more closely align the plants we grow with the plants the customer wants to buy.
- We still aspire to build an Education Resource Centre and Retail Nursery on the Maleny Community Precinct. Currently negotiations are being held with Council to move to the area below the Cloudwalk development, recently vacated by the Maleny Swimming Club. This site offers advantages such as flat land and being closer to town.
- We want to develop ways to better engage with our membership and we plan to hold regular monthly events. 🍎

### HOW YOU CAN HELP YOUR BARUNG LANDCARE

- Landsborough Nursery (Production): Volunteers wanted. Contact Wayne Webb 0429 943 153.
- Maleny Nursery (Retail sales): Volunteers wanted. Contact Fuschia Collard 0429 943 152.
- Members' Monthly Event: Suggestions for talks/workshops. Contact Jonathan Waites 0429 943 151.
- Feedback: Comments on our move, how to involve members and suggestions for improving our business welcomed. Contact Eric Anderson 5445 7965.

### BARUNG RESOURCE CENTRE

65 Amigh Rd LANDSBOROUGH  
Mon to Fri: 9 am - 4 pm  
07 5494 3151  
info@barunglandcare.org.au

### BARUNG NURSERIES

0429 943 152  
nursery@barunglandcare.org.au

#### Retail:

Porters Lane NORTH MALENY  
WED to FRI: 9 am to 3 pm

#### Wholesale:

65 Amigh Rd LANDSBOROUGH  
By appointment



**ATTENTION UPFRONT CLUB MEMBERS**

**With July comes:**

- cooler temperatures
- fewer rainy days
- warm fires at the UpFront Club
- a new financial year
- and time to renew your Club membership.

For the 4th consecutive year the fee will remain at \$5.50 and now you can PAY ONLINE at [www.upfrontclub.org](http://www.upfrontclub.org) You simply log on using your email as your username and the password we advised you previously. If you don't know your password just email [secretary@mapletstreetco-op.com](mailto:secretary@mapletstreetco-op.com) and request it. While you are on line please check your details are up to date.

We value our members and we'd like your input, so have your say by putting your suggestions in the comments book at the Club.



# Help asylum seekers - become a member of Buddies

by BRONWYN BELL



**The Buddies Refugee Support Group was formed over eleven years ago, at a time when many Australians were becoming increasingly concerned at the Howard government's harsh treatment of asylum seekers arriving on our shores seeking protection.**

Small support groups formed around the country to welcome refugees and to speak up for their rights. Buddies began with a few friends gathering in a Buderim home, but was soon attracting members from all over the Sunshine Coast and currently has a membership of around 450. The name Buddies was chosen to signify the group's Buderim beginnings and the fact that we are friends or 'buddies' to refugees and asylum seekers.

Buddies offers hospitality and support through picnics and inviting asylum seekers to stay in our homes. We have linked up with the Australian Homestay Network, which for nearly a year now has been bringing asylum seekers from Brisbane to live with host families on the Coast.

Our picnics allow hosts and their asylum seeker guests to meet with other Buddies and get to know each other over a game of cricket or soccer and a shared picnic lunch. Buddies is also facilitating the attendance of some of these guests at weekly training and volunteer work sessions at the Barung Landcare nurseries at Landsborough and Maleny.

Every few months we run a Learn English Holiday program where Buddies host asylum seekers from Brisbane for a week and take them to English classes each morning at the Language Training Institute in Woombye. The Institute provides the week's tuition free of charge in exchange for its trainee TESOL teachers having the opportunity to practise their language teaching skills with the asylum seeker students. It's a valuable partnership all round and many lasting links are formed between asylum seekers and their new Australian friends.

Buddies also has a visiting roster whereby two Buddies travel each Thursday to the BITA low security

---

**“ This informal and egalitarian structure has served Buddies well and is now considered one of its unique strengths ”**

---

detention centre at Pinkenba to visit detainees. BITA has in the past housed mainly single male asylum seekers, but there are now parents and children there too. The visiting Buddies provide an hour and a half of Conversational English in the centre's common room. Detainees are all very keen to practice their English and enjoy interacting with the friendly Aussies from the Sunshine Coast.

Buddies also engages in lobbying and advocacy. A small lobby group meets regularly and keeps abreast of government asylum seeker policy. The group initiates regular letter writing campaigns to the immigration minister and also responds to derogatory letters in the Sunshine Coast Daily's opinion pages. We attend rallies in Brisbane in protest against the inhumane treatment of asylum seekers. In the past, we've staged several protest on the coast.

Buddies seeks to raise awareness of refugee issues within the community. We hold refugee forums at the university and speak at schools and community groups. Our last forum Refugees: Dispelling the Myths featured Julian Burnside and other high profile advocates and attracted a crowd of around 300.

Fundraising is another ongoing and important aspect of Buddies' work. Each year we hold several major events. Our film nights and classical concerts have gained regular followings. We also have a collection box at our Buddies' meetings and also collect via direct debit. Our recent fundraiser was organised by a group of third year public relations students at USC. They put on a film festival at Montego's on the Bay at Kawana Island which featured

short films, live music and market stalls. Not only was money raised to support refugees and asylum seekers, but the event generated interest in refugee issues, especially amongst the young people who attended.

Buddies publishes a weekly email Bulletin which informs its members of upcoming Buddies events, contains updates on refugee issues and highlights various ways readers can assist, for example, donating needed items, signing petitions or writing letters. We meet on the fourth Sunday of every month at 24 King St, Buderim and all members of the public are welcome to attend. Most meetings have a guest speaker – usually a former asylum seeker, a refugee advocate or someone working within another refugee support organization.

From its beginnings, Buddies has been structured in an informal and democratic way – we do not have office bearers or formalised rules. We form sub-groups and all became involved as in the areas that appealed to them.

To this day we've maintained this simple yet effective way of working. There is no hierarchy. We're all equally free to initiate new ideas and to have our say. This informal and egalitarian structure has served Buddies well and is now considered one of its unique strengths. There is no joining fee. Joining Buddies simply involves getting your name on our Bulletin email list. That way you can stay informed and get involved where you are able to.

If this informality appeals to you and you share Buddies' concern for the welfare of refugees and asylum seekers, you too might like to consider getting involved. 🍎

---

**To become a member, send your contact details to:**

**[belz@squirrel.com.au](mailto:belz@squirrel.com.au)**

**Visit the website:**

**<http://refugeebuddies.com/>**

**For further information, please phone 5445 3727 or 5494 2240.**



# coming in... at the Club

some new, some not-so-new – but what a great line-up!



# coming and going... at the Co-op

goodbye to Cherie, Paula and Carol – hello to Jenny and Nicole



# A good season for... mixed salad greens

**T**hough the weather hasn't been kind to everyone, it's been a great season for mixed salad greens.

The Co-op's colourful collection has the very best of lettuce and Asian greens, baby spinach, parsley and salad flowers.

Here's a very easy salad that's got colour, flavour and a distinctive dressing.

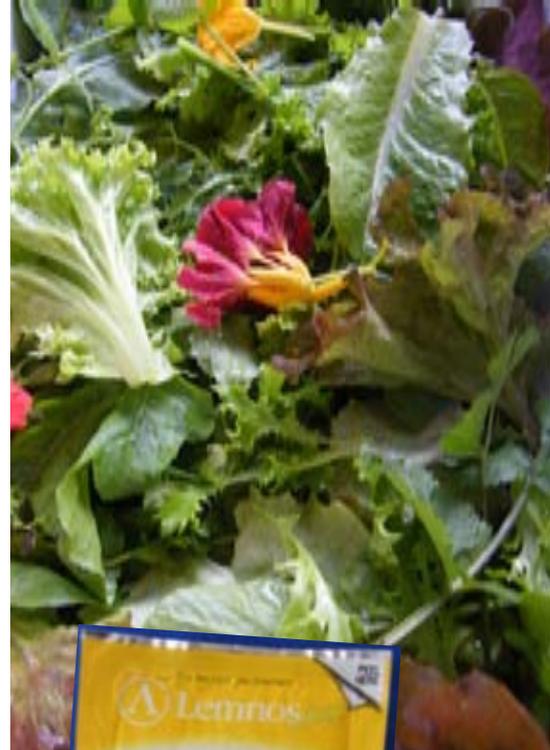
## Haloumi and mixed green salad with Harissa dressing

- 1 bag (approx. \*\*\* gms) of mixed salad greens
- 2 large avocados, halved, stone removed, sliced crossways
- 50g snow pea sprouts
- 2 x 250g pkts haloumi cheese, drained

### Harissa dressing

- 1 fresh long green chilli, chopped
- 2 green shallots, trimmed, chopped
- 1 garlic clove, chopped
- 2 tsp ground coriander
- 2 tsp sweet paprika

- 1 tsp ground turmeric
- 2 tbs fresh lemon juice
- 80ml (1/3 cup) olive oil
- Pinch of salt
- To make the harissa dressing, place the chilli, shallots, garlic, coriander, paprika, turmeric and lemon juice in a mortar and pestle and gently pound until crushed. Add the oil and pound to combine. Taste and season with salt.
- Place the lettuce, avocado and snow pea sprouts in a large serving bowl and gently toss to combine.
- Cut the haloumi lengthways into 5 slices. Cut each slice into 3 pieces. Heat a large non-stick frying pan over medium-high heat. Add one-third of the haloumi and cook for 1 minute each side or until brown and heated through. Add to the bowl with the lettuce. Repeat with remaining haloumi.
- Drizzle the dressing over the salad, gently toss and serve immediately.



## What do wild animals do *when they are sick*?

by KRISTINA CHEW, CARE2

**C**himpanzees eat the same herbs that traditional healers in parts of Africa do to treat malaria and diarrhoea. Baboons also eat certain kinds of leaves to cure infections; the leaves of one tree, the candelabra tree (Cassia), are sought out to treat menstrual cramps.

It's not only those animals with "high cognitive abilities" that self-medicate, according to Mark Hunter, a University of Michigan ecologist. Monarch butterflies and ants, fruit flies and moths are also "animal pharmacists," who seek out certain plants for their curative effects.

These insects not only use plants to treat their own maladies, but for those of others. For example wood ants, the scientists found, take an antimicrobial resin from conifer trees and incorporate it into their nests, to ward off microbial growth in the colony.

It's been known for decades that animals such as chimpanzees seek out medicinal herbs to treat their diseases.



But in recent years, the list of animal pharmacists has grown much longer, and it now appears that the practice of animal self-medication is a lot more widespread than previously thought, according to a University of Michigan ecologist and his colleagues. Animals use medications to treat various ailments through both learned and innate behaviors. The fact that moths, ants and fruit flies are now known to self-medicate has profound implications for the ecology and evolution of animal hosts and their parasites, according to Mark Hunter.

Perhaps the biggest surprise for us was that animals like fruit flies and butterflies can choose food for their offspring that minimizes the impacts of disease in the next generation. There are

strong parallels with the emerging field of epigenetics in humans, where we now understand that dietary choices made by parents influence the long-term health of their children.

In the case of insects, using medication is an innate rather than a learned response. For instance, furry moth larvae have been observed to eat leaves of ragwort to rid themselves of parasites. Eating these leaves fills them with alkaloids, which humans take in the form of caffeine, morphine and cocaine.

The discovery that many types of insects self-medicate has a number of implications for the ecology and evolution of animal hosts and their parasites, as well as understanding animal immune systems and our own.

"When we watch animals foraging for food in nature, we now have to ask, are they visiting the grocery store or are they visiting the pharmacy?" says Hunter.

Plants are an important source of study to develop future medications, so observing which ones animals use to treat themselves could lead to the creation of new drugs for humans. 🐞

**From:** <http://www.care2.com/causes/sick-butterflies-and-ants-treat-themselves-with-medicine.html>

# Confessions of a lapsed New Ager

by SAMMY

**I did a stand-up comedy routine once. It was painful.**

I was advised, if I felt nervous, I should close my eyes and rise up about two or three feet and look down at myself being nervous. The idea is you distance yourself from yourself when yourself's got a problem. So there I was about three feet up looking down at myself feeling really nervous and I asked myself - how do I feel? I felt fine but that schlemiel down there looked pretty spooked.

Like a lot of you, I'd really like to believe that my thoughts can change my life and that there really is a second marriage line there on my palm and not just a scar from that motorcycle accident back in '82 and twenty minutes of quiet meditation every day will make me a better person – but there's only so much one can swallow.

There's a lot of talking to yourself involved in all this and, frankly, I find that I have a credibility problem with myself. Saying all these really cheerful things all the time...it's like lying. I wouldn't say them to other people.

And I do have issues with some of the new, New Agers – the sort that look on every calamity as an 'opportunity for growth.'

There's a special place in the next life for these people – they're all going to come back as one big, cheerful family on a remote island with absolutely no contact with the rest of the world and they're ALL



**“ I think we should settle for just liking ourselves. If you like someone you forgive them a lot, don't you? ”**

## GOING CHEERFUL TO EACH OTHER TO DEATH!

If motivation was the growth industry of the nineties, 'change' is the big one for the oughties. Hundreds of thousands of people are trying to change. They're chanting and rebirthing and heavy breathing and meditating and hugging and fornicating under spiritually correct supervision and they're into yoga and goddess dancing and wolf running and fasting with the dolphins and - you name it, there's got to be some path you'll feel comfortable with.

And if all else fails, you're told to love yourself just the way you are.

Really? I tried but I had this idea that I'd feel warm and secure whenever I was around or that my heart would miss a beat when I walked into the room. To be

honest, the affair never really got off the ground. About all it had going for it was safe sex.

I think we should settle for just liking ourselves. If you like someone you forgive them a lot, don't you? The way they interrupt and the funny little sounds they make when they're eating noodles and the way they forget your birthday year after year. Can you imagine forgiving someone you love all that?

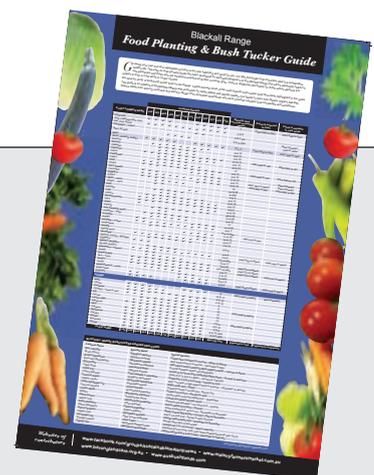
If I were to have unlimited funds tomorrow to set up a business of my choice, cash flow projections would probably tell me to go for either 'Empowerment TV' or 'Changes Unlimited Interactive CD' - but I wouldn't.

I don't think we should muck with other people's faltering, dumb, misguided steps towards wherever they're going. That's for the angels.

Of course I want to be better - and I'm getting there. A helping hand once in a while's a great thing but I don't want a syllabus. If I flunk clay class in 'getting better', I don't want someone marking my paper. This is a personal thing and should stay that way.

You want change? It's going to happen, I give you that for free. Anyone tries to sell you the inevitable, you ought to look twice at their fine print.

The best advice I ever got was free and pretty simple: 'Be patient and keep trying. Don't lie to yourself and keep breathing till you die.' 🍌



## THE BLACKALL RANGE FOOD PLANTING AND BUSH TUCKER GUIDE

Produced locally for local conditions and printed in Maleny. Your complete guide to planting and harvesting vegetables, herbs and bush tucker in our region.

**Available from the Co-op, \$5 each**

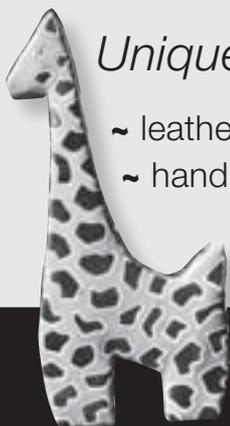
## FAIR TRADE CONNECTIONS

*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)





# Maleny Neighbourhood Centre: *twenty years on and going stronger!*

## BACKGROUND

Like most community projects, the idea for the Maleny Community Centre grew in response to a tragic incident where a young student (who was later diagnosed to have schizophrenia) committed suicide.

A number of us met in Karen Syrmis's kitchen in 1993 and decided to promote discussion and organise a public meeting. A steering committee was elected to examine and respond to needs in the community. I was elected President. We had 13 people in total.

As a social worker with a private practice in Maleny, I was well aware that there were unmet needs and that the old, informal networks were not keeping pace with a changing community.

We knew that access to information about services was a key issue. Without funding, we didn't know how to rectify this.

The RSL (big thanks to Paul Gilmore Walsh) very kindly gave us rent-free premises under the RSL. We finally got funding that helped with furniture, our first computer and later, the cost of incorporation.

### **Some of our achievements:**

- The Maleny Carers Group used this as a meeting room for many years.
- With the High School, we conducted a survey to pinpoint youth issues in Maleny.
- After meetings with Nambour Mental

---

***“I was well aware that there were unmet needs and that the old, informal networks were not keeping pace with a changing community”***

---

Health, an outreach or Flying Team was established to service the Hinterland to better respond to mental health incidents

- Public meetings were held with Commonwealth Health and Aging about unmet needs with carers and the aged in rural communities. Many farmers were asset rich and cash poor, which precluded them from access to benefits and services.
- A Youth Service provided Training in Prevention of those at risk of Youth Suicide.

In conclusion I think the main achievement was that we raised awareness about the changing social landscape of this rural community.

Maleny was (and is!) a 'pretty town' but an honest picture revealed that people had social issues similar to urban communities.

It is wonderful to see it supplying much-needed services today.

– Wendy Nugent

## TODAY

The Maleny Neighbourhood Centre is a resource for the entire community.

### **What it does:**

- Supports community members experiencing hardship (economic or otherwise)
- Assists with incubation of new ideas
- Works in a community capacity building role

**Unlike most neighbourhood centres of this size, it is not government funded and relies on the community for its ongoing work.**

### **Here's what you'll find there every day:**

- Family Support
- Rooms of all sizes and shapes to rent 24/7 at affordable prices
- Phone use, computer use, internet access, faxing, photocopying
- Emergency Food Relief
- Company...someone to talk to
- A Cup of Tea

### **And then here are the regular activities:**

- A shared lunch once every fortnight. Lunch is served at 12.30 pm starts for a small donation for the Centre. Would you like to be in a team to cook lunch? Can you donate some ingredients? Contact Holly on 0407 165 308.

- **FREE Self Esteem support group** for women. Come along to a FREE 2 hour weekly support group where a self esteem expert will guide and support you in a safe environment. Do you feel unsupported? The "KITCHEN TABLE" sessions are held on Wednesdays, 9.30–11.30am. Contact Janis 0420 264 004.
- **Good Habits for Gardening – Sustainable Living with a Holistic Approach.** Join Brad and Ourania at the Neighbourhood Centre every Thursday. Learn how to establish a healthy and productive garden and work with and not against our local weeds.
- The **Parenting Centre training** provides a proven model for using parenting as a clinical intervention delivered by Dr. Bob Jacobs, an internationally renowned parenting personality, psychologist, family lawyer, educator and author. With a unique understanding of human development, The Parenting Centre helps children by helping parents. This training will teach you effective strategies for working with parents to reduce family conflict and parental stress as well as improve children's and parents' self-esteem. Next workshop at Maleny Neighbourhood Centre Thursday 16 May 5.30–7.30pm
- **Centrelink Department of Human Services.** An outreach service is available from the Neighbourhood Centre. Our face-to-face service will recommence on 10 June 2013. Community Engagement Officers can offer support and assistance to homeless people and those at risk of homelessness, to help them understand, claim, and maintain income-support payments; provide referrals to the department's specialist services, programs, and other government and non-government organisations; work in partnership with a wide range of community agencies.
- **Range Cancer Support Group** – next session: 7 June 2013
- Theda offers **reflexology and remedial massage** for a donation at the MNC every second Tuesday. Make a booking at the front counter.
- **Fix It café and community lunch** (every 2nd Thursday)
- **LETS** (Local Energy Exchange System) market – first Saturday of each month

### Your support

The Maleny Neighbourhood Centre needs your support to continue to offer services that weave the fabric of a

resilient, resourceful, self-supporting community. This can be particularly important during challenging times such as weather events or economic instability. The Centre contributes to what makes our community strong. And we do it together.

Organisations can become corporate members as a show of support. Not only will these corporate members gain recognition for supporting a valued community asset but the MNC is looking at ways to reward corporate members through publicity.

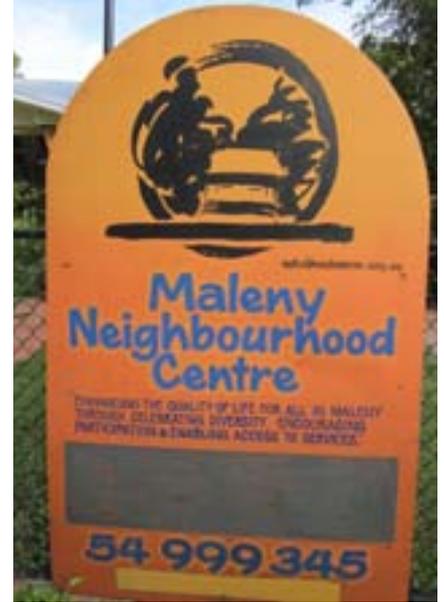
Individuals who want to support the centre can:

- access the room hire as much as possible (we now also have a great shed area for hire too, with fans and paved outside seating area) – ideal for group workshops, art classes, meditation, muso jams and youth activities.
- become a sponsor (individual or business);
- volunteer in various capacities;
- donate or run a fundraising activity (while fundraising ideas are wonderful, we also need the people-power to put them into action. Who might you be able to rustle up to help you fundraise?)

We are always happy to partner with other people and organisations on projects e.g. barista training; community Christmas gathering; community gardens. 🍎

**Maleny Neighbourhood Centre,**  
**17 Bicentennial Lane, Maleny**  
**Phone: 5499 9345. Web:**  
**<http://malenyneighbourhoodcentre.weebly.com/>**  
**Open: Monday–Friday, 10am–3pm**

*A chalk mandala created at the Centre.*



### 1000 MEMBERS DRIVE

**HELP US TO HELP OTHERS BY BECOMING A MEMBER OF THE MALENY NEIGHBOURHOOD CENTRE & ASK YOUR FRIENDS AND COLLEAGUES TO JOIN US...**

**Annual Membership is an opportunity for you to support a totally LOCAL community service. You can pay for your membership online or by mailing in or by coming into the Centre.**

#### NEW ANNUAL MEMBERSHIP LEVELS

**Individuals: Low Income/ Concession – \$6 pa**  
**Part Time Waged – \$15 pa**  
**Full Time/Waged – \$30 pa**  
**Golden Individual Supporter – \$100 pa**  
**Businesses: Regular Business – \$100 pa**  
**Major Business Supporter – \$500 pa,**  
**Not for Profit Organisations – \$50 pa**

# Australian legal first:

## ***Court's acknowledgement of the Electromagnetic Hypersensitivity (EHS) condition***

by RICHARD GILES



**S**ince the advent of widespread use of electromagnetic equipment, a new health condition has arisen that's stumped many medical practitioners as they cannot find any clear set of causes for the condition.

Many people showing signs of this condition were dismissed as hypochondriacs or as psychologically disturbed and even now many are still labeled this way. In some countries around the world, it's still generally regarded as a weird problem that's embarrassing to deal with.

It's known as Electromagnetic Hypersensitivity (EHS) and is beginning to be recognised by health authorities in some countries, most especially Sweden, where the condition is recognised at a state level and regarded as an illness or systematic impairment and thus a medical condition. Studies in Sweden show that somewhere between 230,000-290,000 Swedish men and women report a variety of symptoms when in contact with electromagnetic fields.

How does it manifest? Some people are EM sensitive, i.e., they are aware of the presence of electromagnetic fields (EMFs), but are not adversely affected by them. Other people may or may not be aware of the presence of EMFs, but can become seriously ill in their presence. People who have developed EHS have a disorder, characterised by neurological and idiopathic reactions that appear or intensify near sources of EMFs like computer monitors, power lines, fluorescent tubes, compact fluoros, mobile phones, cordless phones, wireless computers (WiFi), mobile phone base stations, and more (See: - <http://www.powerwatch.org.uk/health/sensitivity.asp>).

A recent news story in Australia reported the result of an Administrative Appeals Tribunal providing legal recognition for the health effects of electromagnetic radiation (EMF). In a workplace compensation case handed down 28th February, the Tribunal found that Dr Alexander McDonald, suffered a workplace injury of a worsening of his sensitivity to EMR, as a result of being required by his employer (CSIRO), to trial electronic equipment. (See: <http://of/au/cases/cth/aat/2013/105.html> ).

Dr McDonald had been employed

by the CSIRO since 1994. He claimed to have been injured by exposure to EM fields in his employment and had made four claims for compensation under the Safety, Rehabilitation and Compensation Act 1988. The claims were for (1) aggravation of an electromagnetic hypersensitivity syndrome, (2) chronic adjustment disorder with depressed moods, (3) permanent impairment which has resulted from the adjustment disorder, and (4) migraines. ComCare refused each of these claims.

Dr McDonald applied to the Tribunal to review the decisions and the Tribunal ruled in favour of Dr McDonald.

This case sets a legal precedent for all workplaces. It may be tested again, but federal court recognition of EHS will go into the records as a genuine condition to be accounted for in the workplace. All employers with staff who report symptoms of EHS have to take note of this. Of course, each case will have to be tested, but it sets in place a new standard for Australia.

It's not yet known whether EHS is a separate condition, or a kind of Multiple Environmental Sensitivity Syndrome, linked to the Multiple Chemical Sensitivity Syndrome. For EHS sufferers living in a high EMF environment, it's like a person with auditory sensitivity trying to carry on normal life with someone shouting in both ears all the time.

A study by the Irish Doctors Environmental Association reported that half the people reporting ill-health effects as a result of living near to mobile phone base stations were unable to work due to the severity of their symptoms. It's now generally accepted that between 3% and 7% of the population are EHS and perhaps up to 30% show some mild indications of electro-stress. 🍎

***Richard Giles, Astrologer and Feng Shui practitioner. Richard surveys EM radiation as part of his work as a Feng Shui practitioner.***  
**web: <http://richardgiles.info/>**



**HEY MEMBERS – annual memberships are due and your support is important to us (heard that before?) Yes, but we really mean it!**

Membership fees are due on 1 July 2013 and the good news is there will be no increase. It is still \$22, a price set back in 2009.

For your convenience you can now PAY ONLINE at [www.maplestreetco-op.com](http://www.maplestreetco-op.com) You simply log on with your email as your username and your password, which advised you previously.

If you don't know your password just email [secretary@maplestreetco-op.com](mailto:secretary@maplestreetco-op.com) and request it. While you are on line please check your details are up to date. Remember, without our members, there is no Co-op.



# The bee's KNEES!

**B**ees play an essential role as pollinators in the garden. Without bees many of our vegetables and fruit would never get to harvest stage.

For instance, vegetables like pumpkin, cucumber, zucchini, with their separate male and female flowers, would not bear without some method of getting the pollen from one to the other. You can do this by hand – but how much easier to let the bees do it for you!

Plant lots of bee-attracting flowers in the garden. You get your pollinators – and colour!

- Here are some easy-to-grow bee-attracting flowers. Favourite bee-friendly colours seem to be yellow, purple or blue.
- Forgetmenots are spring annuals that produce copious quantities of seed, so the plants re-appear year after year.
  - Lavender in all its forms is a wonderful bee attractant and, because of its long flowering period and its range of varieties, it's possible to have lavender in flower for most of the year..
  - Nasturtiums, too, grow readily from seed. Both the bee-attracting flowers

and the leaves are edible.

- Catmint, with its grey foliage and soft mauve blooms, makes a delightful edging for vegie beds.
- Salvia, especially the blue flowering variety, attracts bees.
- Sunflower

There is also a range of bee-friendly herbs. They have a natural affinity with vegetables and many are said to deter insect pests in the garden.

Try these:

- Lemon balm will bring any bees within coo-ee when in flower.
- Rosemary is another favourite, mainly flowering in spring and early summer.
- Winter savoury with its delicate white flowers in autumn is a bee magnet.
- Mauve flowering anise-hyssop, chicory and cat's whiskers with showy whorls of white bee-attracting flowers spring, summer and autumn.
- Basil is an annual that grows right through the warmer weather, producing sprays of white, pink or mauve flowers in late summer and

autumn. Allowing a few flowers to develop will attract bees.

- Thyme is a perennial mini shrub that, like basil, flowers in late summer.
- Sage, the culinary form of the ornamental salvias, does a good job as a bee attractant.
- Rocket can be classed either as a herb or a salad vegetable. Allowing some rocket to flower and go to seed will encourage friendly insects.

Also try borage, chives, garlic chives and coriander, oregano and marjoram. 🍷

*You can get these plants (and seeds) at the Co-op. Check out the trays of herbs from Jon Woodlands and the Co-op's range of seeds.*



## MALENY COMPUTERS SALES · REPAIRS · SUPPORT

Shop 2, 66 Maple Street Maleny, QLD, 4522 (Opposite Police Station)

- Servicing the local area for over 15 years.
- IT support for home & business.
- Remote & On-Site support available.
- We sell a wide range of computers and accessories.
- We specialise in building custom PC's for gaming.
- Repairs & Upgrades to PC & Mac, Desktop & Notebook Computers



**Call now on 5494 3188**  
[www.maleny-computers.com.au](http://www.maleny-computers.com.au)



# Fresh foods for winter wellbeing

by PASCALE RICHY



**E**ating seasonal fruits and vegetables not only ensures fresh and naturally ripened harvests, but also treats us to the benefits inherent in these foods at the time when they are most needed.

In addition to great taste and local availability, here's a bunch of reasons to include winters 'four top foods' in your daily diet.

## 1 Cruciferous vegetables

The Cabbage family: broccoli, cauliflower, Brussels sprouts, kale, radish and all varieties of cabbage. These boast a variety of beneficial nutrients.

### Cabbage

A winter nutrition powerhouse, high in the immune enhancing vitamins A, C and B6 and also vitamin K for blood and bone integrity. The red variety contains both anthocyanins (potent antioxidant, anti-allergy and anti-inflammatory compounds) and the phytochemicals lutein and zeaxanthin which promote eye health and good vision. Cabbage is a great source of glutamine, an amino acid with important roles in immune function, liver detoxification and gut health.

Kale has notable levels of vitamins A, C & K, folate, iron, calcium and magnesium. It offers 5 grams of dietary fibre per cup and ample sulphur compounds to aid in liver function and detoxification.

## Brussels sprouts

These often overlooked nutrient gems are packed with flavour and crunch and contain nearly 50% more vitamin C than their equivalent weight in oranges. Just four to six sprouts is enough to meet an adult's daily requirements! Also an excellent source of vitamin K, folate, fibre and magnesium.

## Radish

An excellent source of anti-oxidants, electrolytes, minerals, vitamins and dietary fibre. It contains sulforaphane, which has a proven role against prostate, breast, colon and ovarian cancers. Radish helps to relieve respiratory congestion, making it an excellent food for asthmatics and those who suffer from bronchial infections and sinus problems and regular consumption will help prevent viral infections such as the cold and flu.

\*Note people with underactive thyroid or those taking anti-thyroid medication should seek advice from their naturopath regarding consumption of cruciferous vegetables due to potential thyroid blocking actions.

## 2 Citrus fruits

Lemons, limes, oranges, mandarins and grapefruit are at their best in the cold months and whilst loaded with immune-enhancing vitamin C, are also abundant

in the flavonoid hesperidin, credited with lowering 'bad' LDL cholesterol and triglycerides whilst boosting levels of 'good' HDL as well as anti-inflammatory activity.

Oranges also have a high folate content, a nutrient important in pregnancy, for DNA repair and growth, maturation of blood cells and synthesis of brain protecting and mood enhancing neurotransmitters such as serotonin, acetylcholine and noradrenaline.

And don't forget the peels! Use them in both savoury and sweet recipes.

## 3 Dark leafy greens

Silver beet, mustard greens, spinach and kale are particularly rich in vitamins A, C and K and are also excellent sources of folate. Silver beet and spinach, with a high content of iron, also offer protection against respiratory infection and prevent anaemia. Silverbeet has high levels of zinc and copper - great antioxidant protection. Rocket, endive, water cress, radicchio and certain lettuce varieties are rich in lutein and zeaxanthin, and possess the bitter principle which promotes healthy digestive function through bile stimulation and enhanced liver function.

## 4 Allium family

Garlic, leeks and onion are rich in phytonutrients as well as vitamins, minerals and bioflavonoids which protect against inflammation, allergy, viral infection and free radical damage.

Garlic should be eaten all year-round. Its importance in the winter months is due to the antimicrobial and infection fighting properties of its sulphur containing compound allicin. Garlic is best eaten raw and within a couple of hours of crushing.

Leeks are loaded with antioxidant polyphenols like kaempferol that are thought to protect blood vessels. They contain a healthy complement of vitamins A, B6, C, K, folate and iron. 🍷

**Naturopath Pascale Richy can be found at the Co-op on Saturdays, 10am to 2pm. Please note – these are not consultations but free advice from our own 'in store' naturopath. Have a question about health you've been meaning to ask? Come in and see Pascale!**

**Maleny Credit Union**

**Covers it all!**

**Your local Maleny Credit Union has great rates**



**Home Loans,**  
large or small

- Private
- Commercial
- Investment



**Business Loans**  
Equipment finance  
Overdrafts



**Green Loans**  
Solar  
Water Tanks



**Cars Loans**  
Leasing

*Serving your community since 1984*



MCU Ltd, Bunya House, 28 Maple Street, Maleny (AFSL 246921)  
Phone: 07 5499 8988 www.mcusb.com.au

Mon - Thurs 9.30 to 4.30  
Friday 9.30 to 5.00



## Alice Hungerford comes home – a star!

**E**x-Maleny writer Alice Hungerford has finally finalized her dream of decades – writing, publishing and launching her book *UpRiver – Untold stories of the Franklin activists*.

*UpRiver* reveals the untold stories of over 60 activists who went to the Franklin and Gordon Rivers in 1982, and stayed to non-violently defend one of the truly wild places on this earth.

Share the experiences of the people who came and stayed in the harsh wilds of S.W. Tasmania for almost nine months – from the smoky campfires, lentil stew, endless rain, and over 1200 arrests, to a change in

Federal Government, a High Court battle and bulldozers finally leaving the rugged Tasmanian wilderness – *UpRiver* weaves together the stories, photos and songs collected from activists of the largest co-ordinated direct actions in Australian history.

Alice has created a stunning book that documents the lives of those activists on the front line, confronting the machines brought to destroy this unique landscape. Celebrate 30 years since an event that shook the halls of power across Australia, and changed the environment and political landscape forever. 🍷

### MALENY LAUNCH

Alice will be back in Maleny on June 14th to launch her book. Join her at the Maleny Neighbourhood Centre starting at 5.30pm. There will be audiovisual with images from the book and the soundtrack from the *UpRiver* songs CD, Sweet Chillii will be performing and there will be some special guests from the Franklin to share their stories. The book will be for sale and Alice will be signing. Welcome Alice back!

## UpFront Club Members' OPEN FORUM –

Thursday 25 July – Tapas Bar, 5.30pm – Discussion starts, 6.30pm

The Upfront Club Board with the help of Karen and Sharon are organizing regular get-togethers with Club members. These will enable all of us to share our desires and ideas for the future of the Club and to encourage a more member engaged process, making it more your place. We have lots of new members and this is an opportunity for us to meet and get to know one another as well as learn what co-ops are about and how we can grow into the future.

We value your input and we also want to know how we can assist you, how the Club can better serve your needs. It is a part of the co-

op ethos that the individual and common good are closely linked. We appreciate your support, and equally wish to support you.

There are opportunities, if you wish, to help out with special events or perhaps you'd like to stage an event. There are plenty of ways to get involved in a hands-on capacity, maintenance to be done, volunteering in the Club or helping with promotion. Find out what's going on around the place. You may simply have a suggestion or other feedback; this is the main purpose of the forum. We need your ideas!

Be a part of the process. Learn

about our current challenges- you may be the one to help us solve them! This is an invitation for old and new members - we'd love to meet you and catch up with our old mates too. We need your help to make this co-op thrive into the future, so come along and make yourself known to the workers and management.

There will be a similar forum for Maple St Co-op members sometime in August, so look out for member's broadcasts and posters around the Co-op for a set date.

– Jan Duffield, UFC board member



# Fish on the menu

by SAMMY

**C**lub Chef Sharon Milburn is rather tired of my running joke about my culinary skills – “Never met an egg I couldn’t burn.”

I’ve been bugging her to give me some tips – any tips – to reduce the ‘my kitchen sucks’ syndrome.

Last month, she relented, “What sort of food do you like?”



Simon the fish cook

“Fish.”  
“Right, come in 4.30 Monday and we’ll cook fish.”

I was there on the dot and found a quiet corner, away from the bustling staff.

Sharon briefed me,

“We have fish on the menu every day. Our fish is always fresh, not frozen and only sustainable. No North Atlantic salmon, no swordfish. If it’s not caught or farmed sustainably, we don’t serve it. I purchase it daily and set out my menu options. Take tonight – the temperature’s dropped so we’re having a nice, warm, wintry fish dish.”

Simon, the fish cook, graciously made room for me to observe.

“It’s fresh NZ King Salmon tonight, served with a creamy leek and white wine sauce.”

He sliced and diced the leek finely.

“Now, I’m going to sweat it in a light olive oil. We don’t want to brown it, just soften it up a bit.”

He put the leeks on a low heat and went on to do something else. “Have a cup of coffee or something and come back in 15 minutes.” he said cheerfully. Was he going to just leave them like that? It seems he was.

I didn’t get that cup of coffee because a box of beans arrived from the Co-op. Sharon examined them critically, “Perfect, just what we need with the fish.”

I made myself useful pulling out the odd soft one, then topping and tailing. The leeks were ready, “Now we add the wine.” Simon said, “A nice little Sauv Blanc.”

Not so much little – he poured the whole bottle onto the leeks. Noticing my raised eyebrows, he smiled, “We’ll reduce it down. You’ll be safe to drive. Now we season with just a little salt and pepper...”

It was time for that coffee as the wine reduced down to a smooth, shimmery sauce.

Simon pulled the pan half off the heat, “And now the cream.” A generous amount of cream was added and he stirred the sauce gently.

Time for the fish. “Salt the skin side only then place them skin down on fairly high heat. For best results, cook it just long enough that the middle is still soft. Some people like them cooked right through but you get a dryer texture.” Once again he walked away and left the frying fish to its own devices. It browned beautifully. “Turn over once only – the salt on the skin side will now be on the hot plate and will lightly salt the flesh side.” He had the grace to keep an eye on the fish as it cooked to that ‘perfect’ stage.

My salmon was served on a bed of sautéed organic beans with roasted chat potatoes and pumpkin on the side, finished with a few tablespoons of the leek sauce. The sauce had retained enough leeky flavour to be interesting without over-riding the delicate salmon fillet.

It was perfect for a chilly almost-winter night.

I was pretty sure I could replicate it in my own kitchen but then I had a thought, “Shaz, I have another favourite dish...” 🍷

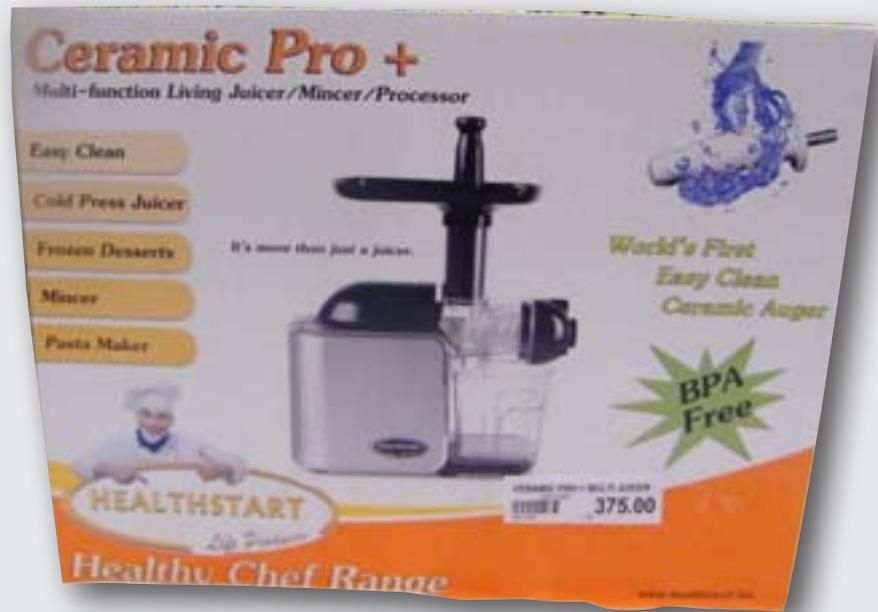


### CERAMIC PRO JUICER

Built from the ground up using the highest quality BPA FREE materials featuring a Ceramic Auger. The auger gently crushes and squeezes the produce, extracting up to 60% or more of the vital nutrients and enzymes than conventional juicers – and it does it by ‘cold press’ and you’ll only have to drink from it once and you will never want to drink from a centrifugal juicer ever again!

Premium mincing attachment included

\$375 – but members’ price is just \$345!



#### THURSDAY PLANTATION ROSEHIP OIL RESTORATIVE

May help improve the appearance of fine line lines and wrinkles, scars and stretch marks. (I used it on an injured possum and it worked wonders! The ed.)

\$13.95



#### FEGGARI PREMIUM BODY WASH GLOVE

Prepare your body for exfoliation – deep clean your skin without harsh scrubbing. Simply apply your favourite soap or body wash and clean!

\$15.60



#### ECO TAN EXTREME EXFOLIANT

Designed and developed to remove dead skin layers from the body, stimulates the blood flow and leaves skin smooth and renewed.

\$19.95



#### CURRY LOVERS!

No time to cook on a cold winter's eve? Indulge yourself with Pattu Ready to Serve curries. No preservatives, gluten free, micro-waveable pouch.

Fresh Mustard Leaves Curry  
Red Kidney Beans Masala  
Paneer Butter Masala

\$4.00



#### ULTIMATE PROTEIN

Totally vegan. Certified organic sprouted biofermented raw wholegrain brown rice protein. The Ultimate super healthy protein for your body no matter what age.

1kg: \$59.95



#### RAW C

a natural sports drink alternative for health conscious consumers. Coconut water has electrolytes, calcium, magnesium, phosphorus, sodium and potassium - all in their most natural and healthy form.

330ml: \$2.95

# The Fluoridation Fraud: Part 2

by LADY CARLA DAVIS, MPH



**There has been NO scientific investigation in Australia of possible relationships between consumption of fluoridated water and:**

- Lowered IQ in children (there are 35 human studies indicating that fluoride is a neurotoxin which can lower children's IQ);
- disruption of the second teeth; fluorosis (which weakens the enamel);
- arthritic symptoms and joint pain in adults;
- hypothyroidism (underactive thyroid or hyperthyroidism (over active thyroid));
- thyroid tumours/nodules (now an epidemic along with obesity);
- increased bone and hip fractures;
- earlier onset of puberty;
- dementia;
- prematurely aged skin (fluoride breaks down collagen);
- development of moles and other skin disorders;
- cancer;
- and mental illness

Nor have there been formal studies investigating the many anecdotal reports that some individuals are highly sensitive to fluoride (gastrointestinal, neurological and skin conditions).

If you don't look, you don't find. However, the absence of studies, does not mean the absence of harm.

The chemicals (fluorosilicic acid, sodium silicofluoride, and sodium fluoride), used to fluoridate drinking water are industrial waste products from the phosphate fertiliser industry. Of these chemicals, fluorosilicic acid (FSA) is the most widely used. FSA is a corrosive acid which has been linked to higher blood lead levels in children. A recent study from the University of North Carolina found that FSA can – in combination with chlorinated compounds – leach lead from brass joints in water pipes. Lead is a neurotoxin that can cause learning disabilities and behavioural problems in children. (24-28)

How many millions of people are ill or have died because of persistent denials and obstruction from the industry, in collusion with the very government agencies who are supposed to protect

the public? Government agencies, such as the EPA, FDA, CDC, etc. often end up protecting big industries and their products. It is well known that there is a 'revolving door' policy between big industry and powerful government positions. Corporate implants are given top positions in government, and then, government personnel move on to highly paid corporate executive positions.

Children represent approximately 20% of the Queensland population. Less than half are reported to have dental decay. WHY in the world would Council members vote to spend millions of tax dollars to treat the whole population, for what ails less than 10%?? Not only is this ludicrous and irresponsible, but is UNETHICAL to treat people without consent.

Even more sinister is the way the Australian/American Dental Association (ADA) aggressively promotes fluoridation as the cure-all for dental decay while trying to convince everyone that it is safe. According to every scientific directory of chemicals, fluorosilicic acid/fluoride is a highly toxic POISON! Perhaps, the ADA is being funded to dispose of this highly toxic waste and convince everyone it is safe and good for us, so that we pay for all the disposal costs involved.

In addition to the huge increase in water rates to pay for this disposal of industrial waste, the high costs of orthodontic and cosmetic dentistry, skin repair (fluoride breaks down collagen), endocrine disorders, obesity, bone and joint problems/pain, mental health, lower IQ and dementia have never been factored in the overall cost.

Exposure to fluoridation is morally no different than exposure to second-hand smoke! If something causes harm to any sector of the population, it is unacceptable to force its exposure on everyone.

If the so called 'experts' were sincerely concerned about our teeth, they would have promoted good nutrition and not allowed highly sugared junk foods with damaged fats/oils and sodas into our schools, years ago! The only sensible and effective solution to dental decay is to provide good nutrition and avoid refined sugary junk foods and carbonated drinks.

Fortunately, the truth is unfolding. Many

highly qualified independent professionals are speaking out and producing overwhelming evidence from independent studies/research that clearly contradicts the safety and effectiveness of fluoridation. In fact, the evidence is so compelling that whistleblowers are putting their jobs, lives, and careers at risk to tell the truth.

We are now beyond the debate of fluoride's effectiveness and safety. The UNETHICAL and ABUSIVE policy of forced fluoridation MUST STOP! And those responsible for all the damage done and soaring medical costs from forced fluoridation must be held accountable and prosecuted for their fraud! 🍎

## FLUORINE, NOT FLUORIDE

**Dear Sammy, Karen and Wendy,**  
Congratulations on your amazing 'new look' newsletter. Still great news and articles... and now we get colour as well!

Apart from all the 'good food' news, I also enjoy the lifestyle and wellness features. Which brings me to...

### **The Fluoridation Fraud: Part 1.**

This has been a pet crusade of mine for twenty years, ever since I first learned about the 'con' and refused to allow my two children to have anything to do with it.

However, I was a bit startled to see the continuing reference to 'fluoride' because there is no such thing! It's a bit like talking about 'chloride'. There is no such thing. The -ide part of it means it is a compound; thus you may have sodium chloride (table salt), calcium chloride and many other -chlorides.

What we are talking about is the element 'fluorine'. This may be compounded to make good stuff... or really bad stuff. Calcium fluoride occurs naturally in limestone geology. It is good. We gave our children calcium fluoride tablets daily at breakfast. By the age of 25 neither of them had ever had a cavity.

Sodium fluoride, on the other hand, is an ingredient in rat poison. It thins the blood and will eventually cause death. Sodium fluoride is a chemical by-product of the aluminium smelting industry; so it is their waste product that they sell to Colgate to put into your toothpaste!

Why do we in Australia persist with a substance banned world-wide?

With best wishes to all at the Co-op. Keep telling people the truth.

**David Parmiter**

**Contact your local Council and voice your opposition to forced fluoridation. Also, let them know that this is an important election issue.**

# The Essence of Coffee



Winner Brenda

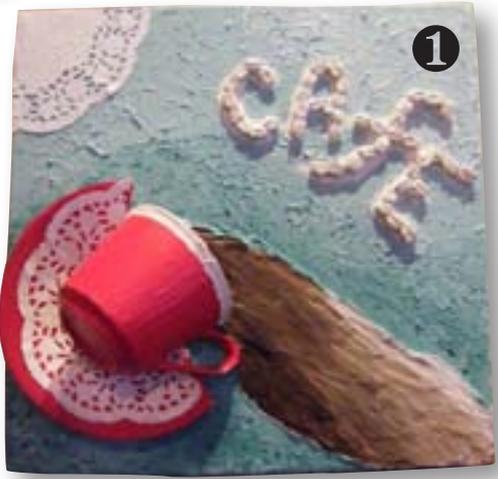
**Winners of the competition were:**

- 1 Brenda Clarke
- 2 Alex Bridge
- 3 Angela Goulter and Lindsay Muir.

Annie Philp was the winner of the Meal Voucher (for participating in the voting).

**Thanks to our sponsors:**

- 1st Prize \$500 (Easton Lawyers)
- 2nd Prize \$400 (Stellios Coffee)
- Two Encouragement Awards, \$100 each (Paul and Fern Veit)



Laura Mitchell

## Music at the UPFRONT CLUB

**JUNE**

- SAT 1 FIRST SATURDAY FOLK**  
Blackboard, guest act SWEET CHILLI Womens' a'capella choir.  
7.15pm. \$5
- FRI 7 DAVID COSMA** (Melbourne)  
Vivacious upside-down left-handed folk rocker with NICK CARRAFA accomp
- SAT 8 LOREN** (NNSW) Acclaimed rich, effortless songwriter, fingerpicker
- FRI 14 PIX VANE-MASON** (Maleny)  
Special appearance for Raina's birthday
- SAT 15 TWANG** (S.Coast) Upbeat rockabilly fun band
- THU 20 ART OPENING ; ELSIE BRIMBLECOMBE** Acrylics, 'Paintings about mad and memorable men'
- FRI 21 BRETT WINTERFORD** (Sydney/Germany) 'The trials and triumphs of the troubadour'
- SAT 22 LAURA MITCHELL** (S.coast) Singer, pianist. Favourite jazz songs, 1930's, 40's, plus special guests
- FRI 28 JOE & KATIE DUO** (Bright, Vic) Heart-warming Multi-instrumental Indie folk
- SAT 29 SNEZ** (Duo, Sydney)'Multi-faceted, artistic, lovely, rich, clever'

*\*All events 7pm unless otherwise noted*

## Art at THE CLUB

**JUNE**

**Elsie Brimblecombe:**  
Acrylics, 'Paintings about mad and memorable men'

**JULY**

**Bobbie Richardson:**  
Biro Pen Drawings, Multi Media

**UPFRONT CLUB HOURS**

Mon, Fri, Sat – Music at 7pm.  
Gold coin entry  
COFFEE: 7.30am  
BREAKFAST: 7.30–11am (7 days)  
LUNCH: 11.30am–2.30pm  
DINNER: from 5.30pm  
(take-aways available)  
Tuesday, Wednesday & Sunday –  
closed from 2.30pm

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



**Pascale Richy**  
Naturopath  
Nutritional & Herbal Medicine, Dietary  
Planning, Lifestyle Counselling



For appointment/enquiry  
0423 615 413  
2/38 Maple St Maleny  
info@pascalerichynaturopath.com

BHSc/Member ANTA  
Registered Health Fund Provider



# Your ANZ Mobile Lender can help make your plans real.

We all know that feeling of seeing a property we want, and starting to imagine what life could be like there. ANZ Mobile Lenders are here to listen to your plans and help make them real.

## Ongoing support

Whether you're refinancing, renovating, buying or investing, we can help you through the process. And as your life changes, we're here to support you along the way, to help make sure your loan still suits your needs.

## Australia's Home Lender of the Year

Our dedication to helping bring people's plans to life is part of what's made ANZ Money magazine's Home Lender of the Year in 2012.



To arrange a meeting at a time and place that suits you, call Jacques Fayolle on 0408 734 152 today.

**Whenever, wherever. We come to you.**

We live in your world **ANZ** 