



# co-op NEWS

SPRING 2013

FREE!

*The newsletter of the Maple Street Co-op*



## PALM OIL...

Not only orangutans are being displaced by the Borneo plantations

# Co-op NEWS

The newsletter of the Maple St Co-op

## 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 Syrmis  
manager@maplestreetco-op.com

### editor

Sammy Ringer  
sammy@ausbushfoods.com

### design

Wendy Oakley

### printing

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**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 SUMMER ISSUE

(Dec 2013–Feb 2014): October 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

### Spring, and citrus

**It's lovely to welcome the spring – it's like seeing an old friend again!**

I'm looking back over last winter and the amount of rain we've had so far this year – 2236mm in total (yearly average is 1419mm). The gardens have certainly appreciated it, with abundance in all sorts of winter vegetables and flowers.

We have a dwarf lemon in our garden that is covered in bright yellow fruit – it stands like a beacon in the garden. It's wonderful how in winter, the coldest greyest months of the year, nature provides bright yellow lemons, grapefruit, magnificent oranges and mandarines and

limes. Perfect timing really – just when we need the extra vitamin C to fight off colds and flu germs.

When eating mandarines with my grandson, I realised what a great design mandarines are for kids – easy to peel, bite size pieces, and they fit into their little hands.

If you don't grow your own, come into your co-op and try some of our local farmers' fruit.

I hope you enjoy the spring edition of the Co-op News – we would love to hear your ideas and suggestions.

Yours in co-operation

– Karen



## FROM THE EDITOR

### If echidnas could sing...

**The world might be a better place if we could stop for just one moment and listen to the spider's web, which sings so hopefully, lustrous and elaborate, reborn every morning.**

If we could dance round the embers of all the loves gone wrong and all the loves simply gone, or simply dance for the sake of sunrise and the glistening of rain on green leaves.

If we could make gifts every day and give them and wish for no thanks.

If.

What if. We could?

Perhaps the Echidna would sing to us. Of armour and defencelessness, of hard

and soft. Of being small. The Echidna would sing, no doubt, of those things we have forgotten.

Things too small to count or recollect. Things we have left locked and numbered in our past. Left with rust and scabs. Left with unspoken dreams and voices of hope. Left behind.

The Echidna sings, I am sure, within us all.

Perhaps, in its spiky way, it dances as well. Somewhere in sunset. Beyond the sun and shadow, quietly turning in the dusk, hiding in the hills and calling, softly, to his Echidna mate.

Waiting, in his Echidna way, for her to hear the song - and embrace the dancer.

– Sammy

# Taste, learn, laugh

**T**he Real Food Festival is a fantastic celebration of the wonderful variety of food that Sunshine Coast producers, manufacturers, retailers and restaurants have to offer, and a brilliant way to talk, taste and buy from them.

Proudly sponsored again by event partner IGA Sunshine Coast, whose support is greatly appreciated, the Festival will feature more than 120 stalls showcasing good local foods and related products.

## Four venues will keep you entertained and informed:

The **Natural Foodstore**. The Real Food Kitchen, sponsored by The Natural Foodstore, features 10 cooking demonstrations showcasing the skills and passion of our talented Sunshine Coast chefs (with a couple of guests).

The **Food for Thought** venue is where you can hear experts speak about important food-related topics, such as the connections between diet and health, the sacredness of food and how peak oil will affect our local food economy.



Our **Nourishing Ideas** venue is the place to go for conversations about a range of topics including those presented in Food for Thought. Ask questions, tell your story or just enjoy a more relaxed setting.

**The Paddock**, sponsored by Eumundi Markets, is where the primary production and grow-your-own action is: garden talks and fun activities that germinate a life-long passion for good food.

We've got entertainment throughout the weekend with some brilliant street performers and showbags full of deals and offers, not to mention a great bag to re-use at your local farmers' market.

All for only \$15 entry (kids free)! 🍎

## Become a 'Friend' of the Maple Street Co-op

**S**ome of our generous 'Friends' forego their member's discount of 5%, choosing to donate the value of their discount back to the Co-op.

We value all our members but especially our 'Friends' and we are very grateful to them. Thank you.

If you would like to become a 'Friend' email [secretary@maplestreetco-op.com](mailto:secretary@maplestreetco-op.com) or fill in the form available at the Co-op.

## Your share. Your money. Your choice.

### Is your membership financial?

Has your membership of the Maple Street Co-op or UpFront Club lapsed? Have you not paid your annual subscription fee for more than one financial year? If so your membership is in danger of being cancelled.

Under the Rules of each cooperative, which reflect the *Co-operatives Act 1997*, we are obligated to cancel your membership if it has not been active and financial for more than 12 months. We'd rather you made our membership financial by paying any outstanding fees so you can remain an active member.

Our coops are dependent on our members and their support. Your continued support would be appreciated. Check with your friends if their membership is up to date. We'd appreciate your assistance to get the word out.

### Your shares are redeemable

As a member of a cooperative with share capital, you are a shareholder and your share is redeemable if and when you no longer want to be a member of that cooperative. Should you wish to redeem your share in either the Maple Street Co-operative Society Limited or the Maleny Cooperative Club Limited, please email the secretary – [secretary@maplestreetco-op.com](mailto:secretary@maplestreetco-op.com). Or you can choose to donate the share value to the respective cooperative. No email? There are forms available at the Maple Street Co-op and The UpFront Club. 🍎

You are invited to join us for the  
**ANNUAL GENERAL MEETING for  
MAPLE STREET CO-OPERATIVE  
SOCIETY LIMITED**

**THURSDAY 31st OCTOBER 2013  
at 6pm for 6:30pm start**

at The UpFront Club,  
31 Maple Street, Maleny

Nominations for position of  
Director close 5pm Tuesday 29  
October 2013

Proxy forms to be submitted by  
4pm Tuesday 22 October 2013



**THE MALENY COOPERATIVE  
CLUB LIMITED AGM**

**ANNUAL GENERAL MEETING for  
THE UPFRONT CLUB**

**THURSDAY 31st OCTOBER 2013  
at 7:30pm**

Registration commences 6pm

at The UpFront Club,  
31 Maple Street, Maleny

Nominations for position of  
Director close 5pm Tuesday 29  
October 2013

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4pm Tuesday 22 October 2013



**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).

# How do you know REAL FOOD when you meet it?

by SAMMY RINGER



**F**ood is defined as 'any substance eaten to provide nutritional support to the body'.

Finding a single definition for 'real food' is more difficult.

Here are some examples:

- When at the grocery store, ask yourself if your great grandmother would have recognized what you're putting in your cart as food.
- Unprocessed ('real') food is any food that could be made by a person with reasonable skill in a home kitchen with readily available, whole-food ingredients.

However, there is a wider definition for 'real food' and I rather like it:

- It is a food system – from seed to plate – that fundamentally respects human dignity and health, animal welfare, social justice and environmental sustainability.
- It should also, of course, be local/ community-based, wholesome and nourishing.

The purists would add 'pure, unprocessed and unadulterated' but this begs the question – where do you draw the line?

Milk's a good example – unless it's raw and straight-from-the-cow, it's been processed in some way.

### Some Real Food rules:

- Choose whole food, one ingredient, when possible: fruits, vegetables, eggs, etc.
- Try to buy organically grown, hormone-free, antibiotic-free fruits and vegetables. You really don't need that stuff in your system.
- If you are buying packaged food, try to buy food with 5 ingredients or less.
- And then there's Michael Pollan's rule "Don't eat anything that will not eventually rot." (with noted exceptions such as honey.)

- Avoid refined sweeteners such as sugar, corn syrup, cane juice and artificial sweeteners. Use sweeteners sparingly and try to use those that are nutrient dense such as maple syrup, coconut sugar, and Rapadura.

- Next – read the label  
Can you pronounce the ingredients in the food? Would you like a dinner of glycerol triacetate followed by some transglutaminase for dessert?

Would you, in practice, have these items in your kitchen? If yes, it's Real Food. If no, it's probably not. 🍏

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[www.crystalwaters.org.au](http://www.crystalwaters.org.au)

## Energy audits

by GLEN ANDERSSON

**T**he Maple Street Co-operative and UpFront Club are much loved local institutions with a history of encouraging community and environmentally based initiatives.

A little known fact is that they also lead the way in managing their waste. For example, most of us would have seen the productive permaculture garden behind the businesses.

My job and my passion is to help businesses and homeowners save energy and money. As a local who shops at the Co-op and enjoys a meal at the Up Front, I was keen to get involved when the two boards approached me to conduct an energy audit. The aim – to identify some ways for the businesses

to save on energy costs and reduce greenhouse gas emissions.

The resulting energy audits have highlighted multiple opportunities for the Co-op and the Club to reduce energy use by up to 30%, potentially saving thousands of dollars annually and consequently retaining more income for use in important local projects and initiatives.

Using data collected over the last few years, I was also able to show that by enlarging the existing solar panel, it was possible to replace a further 30% of energy use with renewable energy and realise a 20% return on investment. A win-win for the businesses and the environment!

Given the power price increases of 20% that came in July this year, these reports should help both businesses in their continued pursuit of excellence and in their focus on the triple bottom line: People, Planet and Profit.

As a certified commercial and residential sustainability assessor I have conducted over 500 audits, but rarely have had the opportunity to work locally. I am passionate about sustainability and enjoy helping local businesses and homeowners lower power bills. If you're interested in discussing an energy audit I would love to have a chat. 🍏

**Sunshine Coast Energy Audits can be contacted at [glen.andersson@gmail.com](mailto:glen.andersson@gmail.com) or on 0402 115 876.**

**Sunshine Coast Energy Audits**  
Commercial & Residential Sustainability Assessors

**Glen Andersson**  
Sustainability Consultant

0402 115 876  
[glen.andersson@gmail.com](mailto:glen.andersson@gmail.com)



# The new unsustainable oil

by KAREN SYRMIS

**I recently visited South Borneo. What I saw was not pretty.**

The land in the Kalimantan area of South Borneo and, increasingly, in the northern areas as well, is in ecological crisis due to the palm oil industry.

While palm oil is a very natural ingredient, the way it is produced is far from natural. Mass clearing for the cultivation of palm oil (areas the size of 300 football fields of pristine rainforest cleared each hour) not only has an impact on the now critically endangered orang-utans, 300,000 other animal species and more than 200,000 plant species, but also has a human cost.

Profitable as it is for multinational companies, palm oil is extracted at a heavy social and environmental cost. Many years ago palm oil was almost non-existent in the western world and there are many alternatives to this new oil, but none as cheap as palm oil, which is why companies are reluctant to consider alternatives.

The industry is consumer-driven, with developed nations offering lucrative returns for the establishment of palm oil plantations.

You have to ask – profit at what cost? The boom is doing irreparable damage to rare biodiversity with no concern for long-term social costs.

Indigenous people are being pushed off their ancestral land, to make way for plantations staffed by tens of thousands of migrant workers.

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**“While palm oil is a very natural ingredient, the way it is produced is far from natural. Mass clearing for the cultivation of palm oil... it also has a human cost”**

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Recently I spoke to several Malaysian workers who told me “they will not work for the very poor wages offered on plantations”. Workers are by and large Indonesian and Filipino migrants. And now another issue has arisen – of thousands of ‘stateless children’ born to undocumented migrant workers who live and work on plantations without access to health care or education. Pay and conditions are usually poor on plantations and migrant workers have little choice, often coming from poor areas.

A recent World Vision report on the topic states “Children carry and load heavy bunches of palm fruit, weed fields and spend hours bending over picking fruit on the plantation floor. They work long hours and are exposed to chemicals, without any protection. Mostly the work is carried out by men, but some women are employed to spray the chemical paraquat in and around palm trees, also without wearing protective gear.”

Palm oil is now found in hundreds of

products in our supermarkets and can be labelled under at least 30 other names: vegetable oil, vegetable fat, sodium laurel sulphate (which is almost everything that foams) palm kernel, glyceryl stearate etc.

Multinationals like Arnotts, Coles and Woolworths Home Brand, Anchor and Mainland dairy, Tip Top, Heinze, Mars, Nestlé, Kraft, Sara Lee and Uncle Toby’s have palm oil in 90% of their products. It is very difficult to avoid it when shopping as there are no laws on mandatory labelling of the oil.

Of course the government does not acknowledge the problem. An article in the *Borneo Post* on July 4 reads: “Armchair reporters out on a witchhunt to smear Serawak’s good name, says minister”. The article condemns foreign NGOs for being critical of the State’s poor handling of its forest resources, and goes on to say that now the Government has a sustainable management plan – SPOR (sustainable palm oil research) – which they say will be the best platform to expand collaboration between industry and sustainability. However, being the sceptic that I am and seeing the devastation first hand, I am not convinced that things will change while the minister hold a dual portfolio – business development and environment. 🍌

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**Reference: [www.saynotopalmoil.com](http://www.saynotopalmoil.com), Borneo Post newspaper: [theworldoutline.com](http://theworldoutline.com)**



**THANKS JENNY**

The staff at the Maple St Co-op would like to give a big thank you to Jenny Harmony. Shoppers at the Co-op will have become familiar with Jenny's friendly face behind the counter over the last few months. Jenny has been recruited by the Sunshine Coast Library and now she will be able to indulge her long time passion for books and reading to the full. All the best in your future endeavours Jenny.



# Goulburn Valley Food Coop:

## A lesson in determination – down but not out!

**W**hen Heinz closed their factory in the Goulburn Valley in 2012, the loss went deep. Over 600 people were affected.

Enter the GV Food Co-op, a nascent group that aimed to:

- Develop a cooperatively run and managed food processing factory and distribution hub that brings together stakeholders across the paddock to plate supply chain
- Develop new food products based on consumer demand for local produce
- Found a new factory in Kyabram (20 km from Girgarre)
- Organise the finances to get this started

Six months later, they were on track when a major challenge stuck – the collapse of the local Banksia Investment Trust. This affected many in the local community including former Heinz workers who had invested their redundancy payments with Banksia.

Their plans to build a factory were put on hold as many who had hoped to contribute to the venture were simply unable to do so.

As one door closes, another opens. Faced with the impossibility of building the factory, the Cooperative decided to go ahead with plans for new products and distribution/marketing of these. A NSW company was selected as a partner for producing a tomato-based sauce product, and a local Kyabram company produced the pasta product. These have now been packaged and branded as Cooperative products, and are being distributed through Coop members and

**“ many people understand that we need more cooperative initiatives to address the issues of food security ”**

the local distribution/marketing channels developed by the Action Committee and the Coop trainees.

Over the past year the Coop has also:

- developed a nationally accredited training program for former Heinz workers to equip them with the skills to manage a whole of supply chain (paddock to plate) food enterprise
- developed initiatives with a number of schools where students will be undertaking projects designed to promote food security
- established an Australian Grown Food Company to develop and market new quality food products based on local ingredients and using distribution channels that do not rely on the two big supermarket chains

In their December 2012 newsletter, the Co-op said: “It’s been an interesting struggle – and it’s not over yet! We’re still here with a base of members among local growers, workers and the community and a network of supporters across Australia and overseas. This support has shown that many people understand that we need more cooperative initiatives to address the issues of food security.” 🍅

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[www.fairtradeconnections.com.au](http://www.fairtradeconnections.com.au)

# 25 years of 'coop'erating

by VERONICA DAVIDSON

**I**t's 2am and I'm taking a trip down memory lane.

When I moved to Maleny in 1988 and started hearing about cooperatives, I remembered, growing up in England, one of the shops in my town was THE COOP. Everyone had a book of stamps – you either got stamps when you shopped or used the stamps to shop with, or both. As a kid, I didn't know how it worked.

Reading the *Maleny News*, I learned about local women with young children getting together as Mountain Fare Women's Cooperative. The concept of them meeting regularly, coming up with interesting ideas and then supporting each other to achieve their goals was thrilling. My favorite project was the Spring Workshops. A weekend of varied topics offered as short workshops, plus delicious healthy food and entertainment, brought a crowd of people into Maleny.

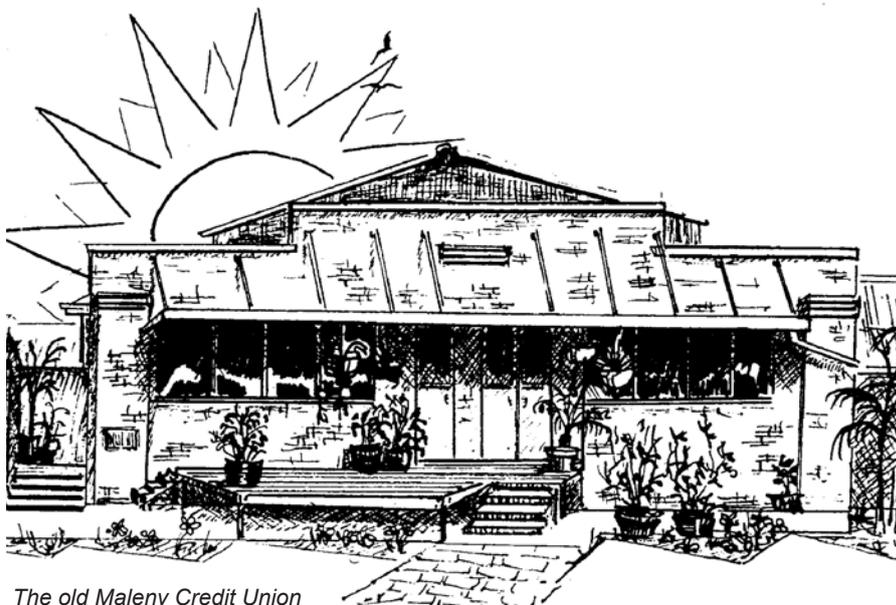
I heard how Maple Street Co-op and the Credit Union got started and how to trade without money in the LETS office! I couldn't believe it – like being in a movie, a story that can't possibly be real!!

Jill Jordan came along to a Mountain Fare meeting to tell us about recycling. Yes, it was a new idea back then.

There was no garbage service (or postman or letterboxes) in those days – everyone had to take their rubbish to the transfer station and throw it in skips. Jill's idea was met with positive enthusiasm, so Wastebusters was born. It's hard to believe so many people were so excited about sorting rubbish! It just made sense – of course we had to take responsibility for our own garbage.

The Wastebuster workers were HEROES. At the Woodford Folk Festival, they had the job of keeping the site clean – they didn't just collect garbage and take it away, they set up on-site recycling. The dedication and lighthearted spirit of these people – in the heat of summer, an assembly line going all day, sorting every piece of garbage and keeping the whole festival spotless, recycling many truck loads of waste – was inspiring.

I was also at the birth of the Maleny Folk Festival, running a stall that sold Irish Breakfast all day and the only one to sell real coffee and herb teas. It was a great success. My love affair with the folk festival lasted many, many years and we are still very good friends!



*The old Maleny Credit Union*

I was looking through the Black Possum Diaries I designed in 1991, 92 and 93. This started when Jill Morris put a request in the paper for a drawing of a black possum for a publishing co-op that was being talked about. I drew a possum and sent it in. Everyone liked it so it became the logo of the new co-op. As the designer of the books, as well as illustrating many pieces, I worked with Trevor Angel on computer. Lesley Singh, Jill Morris and Elsie Brimblecombe were editors.

Every page opens the memory bank – it's like it was yesterday that we were working around members' dining tables. Drawing/cutting/sticking and editing – what a fabulous time, creating those books that brought such joy to so many people. Over several years we published hundreds of people's work and had such fun. Black Possum Co-op birthed many of the local writers and artists of today. As The UpFront Club has birthed many talented singer, song writers and musicians.

Now, 25 years later, I have just enjoyed a members' night at the Club; great food and great company. I encouraged 2 new members to sign up – a new couple to Maleny who are just discovering the wonder and charm of this place and the people who make it special. Hopefully this cycle of Maleny weaving its MAGIC spell will continue indefinitely.

To everyone in all the co-ops, THANK YOU SO VERY MUCH for making it happen, for your part in the great experiences we have shared over these wonderful years and helping to create the Maleny I love so much.

Keep up the good times.

In recognition of 25 very happy years in Maleny. 🐨

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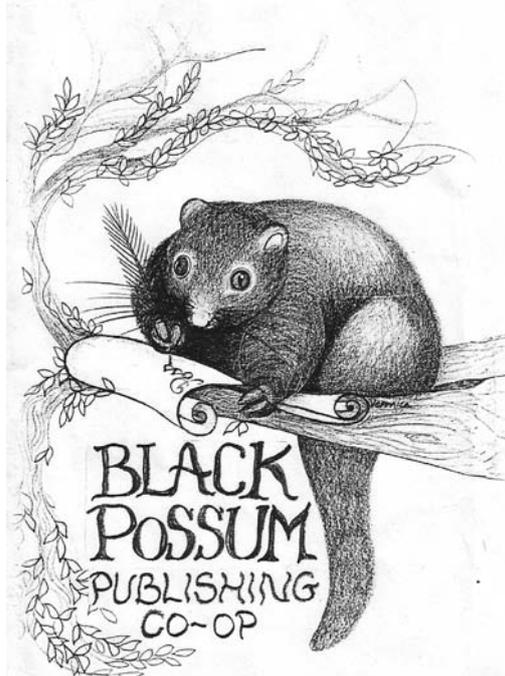
**Veronica Davidson, Local Economic and Enterprise Development**  
**'Encouraging health, wealth and happiness through peer support'**

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**Breaking news...**

**Veronica is organising a Health and Wellness Festival, as a celebration for the whole community. The theme of the Festival is 'The Sound of Healing'.**

**You'll be amazed when you HEAR the lineup. Put Saturday 12 October, 9am till 9pm in your diary and start checking it out now at [healthandwellnessfestival.com](http://healthandwellnessfestival.com) and [www.facebook.com/HealthAndWellnessFestival](http://www.facebook.com/HealthAndWellnessFestival)**





PROFILE:  
**Terry Scolari, CEO**



**Terry Scolari has been in banking and finance all his working life. His first CEO role in credit unions was at the age of just 29 years in a small Post-Tel Credit Union in NSW. There were just three staff! The Maleny Credit Union is number seven in his working career.**

Terry was born and bred on a rural property, one hour west of Dubbo in western New South Wales. His brother still lives there, farming and grazing 2000 sheep and growing cereal crops.

In 2005, he and wife Annette Boseley were looking for a tree change and moved to the local area, and at the AGM in October last year he was elected to the MCU board.

His interests? Restoring and racing vintage Motocross bikes, trail bike riding, radio control gliders and planes, golf and fishing, just to name a few.

Terry would like to see the Maleny Credit Union evolve into an organisation that becomes integral to the Hinterland community and beyond.

During my hour with Terry, his energy and enthusiasm filled the office. When I asked him what he really liked he replied without hesitation, "I like to see things getting done."

He's as good as his word.

## Energised!

**Last month, I visited Terry Scolari at the Credit Union to get an update on what was happening with our local bank.**

Nearly an hour later, my writing hand was cramped and my little notebook full.

One new initiative that particularly excited me was their 'Energy Co-op'. You may have read about it in last month's Hinterland Times, but here's a précis: the Credit Union has formed a working group to undertake a feasibility study into alternative energy creation. This is a wide-ranging study that will look at solar, wind, hydro and any other potential local energy source. From this study will come a plan and a proposal – it may be a 'solar farm' at the showgrounds, installing hydro generators on the weir – the field is wide open and very, very exciting.

### Other initiatives

A new ATM has been installed at the front of Bunya House, and members will see a number of other new initiatives being undertaken over the next few months – all part of a vision for the Maleny Credit Union to become a community finance hub, providing a wider range of services and benefits to its members.

### Some of the things planned

- Adopting a declaration of values shared by its members, based on its 2012 member survey. The staff, management and directors will shortly sign the declaration and will then invite members to consider doing the same. In this way, we hope to reinforce the ethical and sustainable difference of the Maleny Credit Union so that those thinking of joining us have a clear idea of what we stand for.

- Reintroducing a form of social reporting. The Maleny Credit Union was one of the first banking institutions in Australia to do so, but let the practice drop a few years back. The Credit Union believes that an institution which claims to have a social purpose must monitor how effectively it achieves that purpose.

Members will also be asked to contribute to the community through the Spare Change program and a Monthly Giving program. Contributions will be donated to organizations that share a passion for social justice, environmental responsibility and supporting local communities.

The Maleny Credit Union will continue to provide the core banking services to which members are accustomed and with an expanded capacity to provide a full range of loans, either through the credit union or via its brokerage arm, you can be assured of assistance with any financial transactions you have in mind.

### Kids' stuff

Here's a great way to kickstart your child's understanding of money – get them to bank, save and budget!

The 'junior savers' accounts have many special features:

- No monthly account fees
- No minimum opening balance
- Unlimited deposits through internet banking (controlled by the parent)
- Access to transactions 24/7

For high school kids there's the '52 Week Senior Challenge'. In Week 1 they bank \$1; Week 10 they bank \$10 etc. At the end of a year they will have \$1378; over the term of high school they will save over \$7000, allowing them to buy their first car, use the money to continue their education, travel or do whatever they wish.

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BSB 704-606



**BRIGHTER FUTURES**

# Plant a tree for Lil

by SAMMY

**DISCLAIMER: I am a wildlife carer. I have forsaken dog and cat type pets for possums and birds and bats. I am not objective.**

I am also a white fella. My ancestors did what white fellas do. I apologise.

When colonists enter a new land, one of the first things they do is begin a process of displacing whoever inhabits this new land.

If the region is bereft of resources or rainfall, this can be a slow, almost friendly process.

If the region is ripe for grazing or blessed with natural resources, the process tends to be rapid and brutal.

This observation is true for the colonists of 100 years ago and today.

I would like to think that the human race is evolving:

**ev-o-lu-tion:** A gradual process in which something changes into a different and usually more complex or better form.

Alas, even a cursory glance at the morning's headlines crushes this optimistic outlook.

Thankfully, there are thousands of on-line petitions available that allow you to try to right these wrongs.

But...

A click of the mouse, a 'share' on Facebook, perhaps even 140 characters on Twitter and voila! You've spread the word. But – do you really feel you've done something?



I sign countless online petitions each week. I hope they help. God knows, my signature can't hurt.

But – not one of them gives me as much joy as raising and releasing one small native bird.

Tending and mothering a raggedy little Ringtail orphan.

Rescuing and rehabilitating a Grey Headed Flying Fox caught in fruit tree

netting because we've cleared-felled its food source and left it to scrounge in back yards.

All right, I guess you get my gist.

I touched on this topic in the last issue (our collective exhaustion in the face of major problems).

Now I'd like to get down to particulars – and I'll make them personal.

Raising baby possums is a joy. You have a (rather expensive) milk formula, instructions on how to keep them warm and 'toilet' them – and hours of joy as they gain weight, accept you as their surrogate mother and do what baby possums do.

Then the time comes to wean them off milk and onto their natural food.

This varies somewhat between species but tends to be the 'pink tips' of native trees such as gum and lilly-pilly, callistemon, bottle brush and grevillea...

At some times of the year, it's plentiful. At others, it's so scarce that you wonder how the wild possums cope.

The 'gathering of pick' can be an exhausting task – and it can also be frustrating beyond belief.

Drive along any road in the hinterland and look at the greenery that surrounds you. It may be pleasing to the eye but look closer. Privet, camphor laurel, cypress, jacaranda, African tulip... the list of inedible, exotic trees goes on and on.

Ironically it is in the newly developed suburbs that one finds the greatest variety of natives. Even here, many choose to populate their personal gardens with greenery that is of no use to our birds, butterflies, possums and gliders.

I was going to title this article 'Plant a tree for Birds' because everyone likes birds but few have a good word to say for our possums.

Then I looked at little Lil (a young Ringtail possum found wandering along Coral St, underweight and confused) and thought – bummer it, possums deserve food as well!

Plant a native tree or two if you can. Encourage neighbours to do the same. Get adventurous and create a 'wildlife corridor'. It won't hurt my feelings if the supply of malnourished possums dries up. 🍌

**Where to find the plants:**  
**Barung Nursery, Porters Lane**  
**How to get involved:**  
**Wildlife Volunteers: 5441 6200**



## Snark

FROM 'THE SNARK HANDBOOK'  
 (LAWRENCE DORFMAN)

**One (or two) of these a day will keep you young.**

### How to survive: meetings

1. Body language:
  - Move your chair closer and closer to the door during the course of the meeting.
  - Wear army fatigues and a pink scarf.
2. Repartee:
  - "I'd be happy to make these unnecessary changes to this irrelevant document."
  - Slap your forehead repeatedly and mutter "Not now! Not now!"

### How to survive: entertainment

1. Repartee:
  - "I like the song you sang. One day you should put it to music."
  - Television is more interesting than people. If it were not, we'd have people standing in the corners of our rooms.

# What is 'sustainable banking'?

by MICHAEL TOWSEY

**The Maleny Credit Union's by-line is 'Sustainable Banking'. But what is sustainable banking?**

As a director of the Maleny Credit Union for almost two years, I have had time to ponder this question. Perhaps it depends on one's perspective. To an economist, the credit union is sustainable if it makes a profit from year to year. An environmentalist might look at its loan mix – a high proportion of loans for solar installations and energy efficient housing. A community worker might recognise the credit union's Charitable Trust as a commitment to sustainability. None of these perspectives is wrong but they miss the bigger picture. This article attempts to sketch that bigger picture – of what it means for banking to be sustainable.

## What is sustainability?

Here is a frequently cited definition: sustainability is that which "meets the needs of the present without compromising the ability of future generations to meet their own needs". A process is sustainable when it can be carried out repeatedly without accumulating costs to the environment and stakeholders. There are a number of allied ideas: the necessity to recycle resources within systems because resources are finite; the necessity to protect the positive and negative feed-back loops on which the delicate balance of life depends; and the interconnectedness of species, including humans, in the web of life.

Although this definition emerged from the concerns of ecologists it is quite general and can be applied to businesses such as the Maleny Credit Union. In fact there is an emerging understanding that social systems, from villages to nations, from small businesses to multi-nationals, from kindergartens to universities, have the same dynamics as living systems because they emerge out of living systems. In particular, they all survive in the form of an unstable-equilibrium, meaning that they struggle to maintain stability of structure and process in an unstable environment by managing a through-flow of energy and resources. These ideas inform our understanding of how to achieve sustainability and have now found their way into many social disciplines including enterprise management.

Economic approaches to sustainability can be made through the five capitals model (FCM) and the blended-value proposition. According to FCM, every business creates and consumes five kinds of capital: manufactured, financial, human, social and natural/environmental. The first two of these constitute the traditional notion of capital; they are the products of human effort and business ingenuity. Human capital includes all the skills and knowledge that people bring to the work place. Social capital concerns the relationships between people. A room full of experts may be strong in human capital but poor in social capital if they cannot cooperate to complete a project. Social capital turns out to be hugely important in the economic productivity of communities and nations. Natural capital is an interesting addition to the list because the environment is usually considered a resource (taken for free), not a product of human effort. But human influence is now so pervasive that we must accept the biosphere as a product of human stewardship and therefore include it as another form of capital.

Over the past three decades, the US corporate sector has generated the highest profit margins in history but has achieved this tremendous creation of financial capital by running down all the other forms of capital. Clearly this trend is not sustainable – it destroys the delicate

balance required to maintain the integrity of life and society. Sustainability requires the acknowledgement of, and accounting for, all types of capital. Another dimension to FCM is that every business operates in four nested communities; local, regional, continental and global. So in reporting to stakeholders, businesses should account for their effects on five types of capital at four scales of community.

Most businesses see themselves as creating one kind of value, in the form of, for example, computers or books or cars. It may appear as if credit unions create only one kind of value in the form of financial services. Value in this context means use-value, which we define as that which increases quality of life. The blended value proposition says that all value creation is "a combination, a 'blend' of economic, environmental and social factors and that maximizing value requires taking all three elements into account". This follows because maximizing 'value' means (by definition) maximizing 'quality of life' which, in turn, requires balanced development of the different capitals. All organisations, including clubs and societies, create and consume value. Swimming clubs and choirs, for example, create human and social capital.

## Social enterprises

Over the past decade, a constellation of ideas and terminology has emerged to describe this new approach to understanding corporate and business activity. It says that in addition to the private and public sectors of an economy there is the social enterprise sector. A social enterprise may be defined as one which pursues a social purpose in a financially sustainable way. Note that the key distinction is not whether the organisation is formally registered as for-profit or non-profit but rather its pursuit of a social purpose.

In Maleny for example, The UpFront Club is registered as a not-for-profit while the Maple St Coop is registered as for-profit, yet both declare a social purpose. Social enterprises must make a profit to be sustainable but they do not exist for that purpose; just as we may say, human beings eat in order to live but they do not





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**“ sustainability is that which “meets the needs of the present without compromising the ability of future generations to meet their own needs ”**

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live in order to eat. Well-managed social enterprises strive to maximize blended value. They create human, social and natural capital in excess of what they consume. They embrace corporate social responsibility and social reporting (previously known as triple bottom-line accounting). They engage in social investing and social philanthropy. In short, they consciously pursue sustainability.

The difference between traditional profit-driven enterprises and social enterprises is starkly illustrated in Spain, currently (May 2013) struggling with an economic crisis in which the jobless rate is 27% and youth unemployment is 57%. The governor of the Bank of Spain has proposed a raft of measures to deal with the crisis including suspending the minimum wage, reducing pensions and raising the retirement age. According to the governor, these reforms are required in order “to ensure the sustainability of the system”.

By contrast, the worker-owners of the Mondragon group of cooperatives (in the Basque region), also struggling with Spain’s economic collapse, agreed to give themselves across-the-board wage cuts with the highest paid managers taking the biggest cuts. By adopting a policy of healthy cooperatives helping struggling cooperatives, the group as a whole (consisting of 111 small, medium and larger cooperatives) has managed to retain its work-force of 86,000.

### **Social enterprises and ethics**

Another feature of social enterprises is that they are explicit about their ethics. In the pursuit of blended value, they declare what they will and will not do. A current leader in ethical banking is the UK Cooperative Bank which, since 1992, has been surveying members to inform its ethical policy. Some 80,000 members responded to its last ethical survey and as a result the bank is active in promoting human rights and more recently rights to protect primates from animal experimentation. A far cry from your traditional bank!

It is now pretty much mainstream for large businesses to be explicit about their values. “What you stand for is becoming as important as what you sell”, says the World Bank. But when it comes to ethics, you may ask whose ethics? Ethical action requires an ethical compass. The Maleny Credit Union recently adopted a declaration of values shared by its members. Its ethical compass statement says that members aspire to promote the “collective well-being of human, animal and plant life on planet Earth.” This compass statement has the advantage of being rational, secular (although consistent with many religious traditions) and expressed as a positive aspiration rather than a negative prohibition. Observe that ethics is not tacked onto sustainable banking for marketing purposes. Rather sustainable banking situates itself within a prior ethical system.

Our appreciation of ethics changes as we discover new ways to promote collective well-being, so ethics has no fixed boundary. It is always in a process of becoming. Well-being can be defined in terms of realization of potential and sustainability. There is often a tension between these two which is why ethical choices are seldom black and white. Tension arises because pushing the

boundaries of potential typically requires increasing levels of resources which ultimately becomes unsustainable. As a contemporary example, the pursuit of excellence in sport has led to huge injections of private and government funding. The cost has been a decline in camaraderie and “sportsmanship”. Recent scandals in world cycling, cricket and swimming are cases in point. Well-being requires a balanced adjustment between realization of potential and sustainability. There is that balance word again!

‘Life’ has figured in all our significant definitions, of value creation, of ethics, of sustainability. Why? Because life appears to have extraordinary, even boundless, potential. Out of life has come Einstein’s Theory of Relativity, Tagore’s poetry and Beethoven’s symphonies. And, if we look after it, life will continue to be extraordinarily creative. This is the nature of life and a self-evident good.

### **The practice of sustainability**

But now back to Earth! How do we know that, in one small corner of the globe, an institution like the Maleny Credit Union is contributing positively to life on Earth? 🍏

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**A complete version of this article with references can be obtained from:** [http://www.mcu.com.au/files/7213/7419/1981/WhatIsSustainableBanking\\_v2.3.pdf](http://www.mcu.com.au/files/7213/7419/1981/WhatIsSustainableBanking_v2.3.pdf)

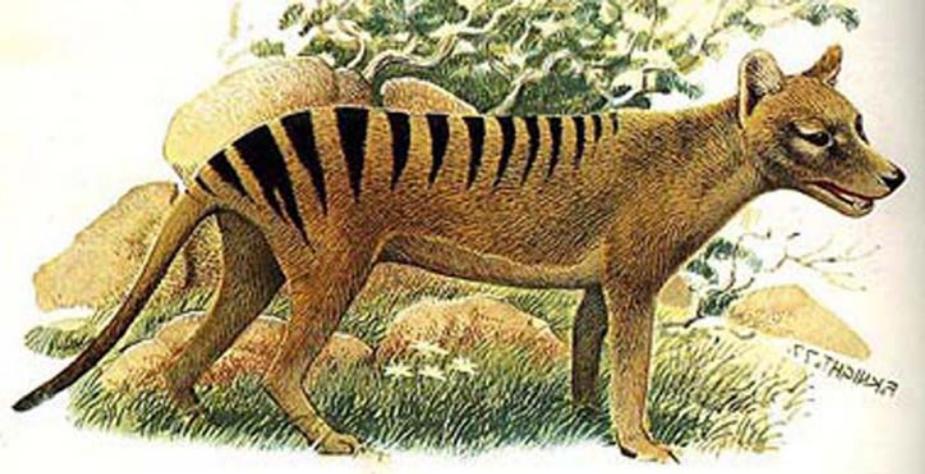
**Other interesting articles on mutuals and cooperatives can be obtained from the Maleny Credit Union’s blog page:** <http://www.mcu.com.au/quicklinks/blog/>

**The views expressed in his article are those of the author and not necessarily those of the Maleny Credit Union or its directors.**



# Tiger in the undergrowth

by JON WOODLANDS



**P**ossibly extinct in Tasmania, are there pockets of Tasmanian tigers clinging to survival on the Australian mainland?

Unconfirmed sightings, even here on the Sunshine Coast, keep the door ajar on the possibility that this unique and elusive creature may live on in the twenty-first century.

In 1987, I was an announcer on Tenterfield's community radio station 2TEN FM. One afternoon I interviewed Author Davies, 83 at the time, who claimed to have caught an unusual striped animal the size of an Alsatian dog in a dingo trap in the 1950s, southwest of Tenterfield. He estimated it to be 6 feet (183cm) from head to tail, with a jaw that opened to an extraordinary extent revealing 2 pairs of canine teeth. It made a sound like a distressed possum who'd eaten something it shouldn't have and unlike a dog it had rounded ears. He released the animal back into the wild, never to be seen again.

A few days later I was approached by another man who claimed to have seen a striped animal with a kangaroo-like tail walking through a stand of casuarinas on his property south of Tenterfield in 1985. A few months after this the Courier Mail ran a story about a couple who had seen what they thought was a Tasmanian tiger wandering through their avocado orchard near Buderim.

Were these Tasmanian tigers? Most scientists believe the Tasmanian tiger or thylacine (*Thylacinus cyanocephalus*), disappeared on mainland Australia between 2,000 and 3,000 years ago.

## Van Dieman's Land tragedy

Confined to Tasmania, it was widespread and in robust numbers when the British arrived in the early 1800s. While generally shy, they displayed an inquisitive nature. They later became a perceived threat to agriculture, and though there are some accounts of them killing sheep, to what extent is unclear.

This beautiful animal was demonised and relentlessly hunted. Over 2184 bounties of one pound for each dead

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**“Unconfirmed sightings, even here on the Sunshine Coast, keep the door ajar on the possibility that this unique and elusive creature may live on in the twenty-first century”**

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adult animal were paid between 1888 and 1909.

The population had long since collapsed when official protection was introduced by the Tasmanian government in 1936. The last captive thylacine died in the Hobart Zoo this same year. It was declared extinct by the International Union for Conservation of Nature in 1982 and by the Tasmanian government in 1986.

Nevertheless there continue to be unconfirmed sightings in remote parts of Tasmania, so some may have survived.

## Mainland reports

In 1985, indigenous tracker Kevin Cameron produced five photographs which appear to show a thylacine in Western Australia. The Department of Conservation and Land Management in WA recorded 65 sightings that match descriptions of a thylacine from the 1930s to 1998. There have also been many alleged reports from Victoria over this time and one notable photograph taken by Rilla Martin in western Victoria in 1964. It is slightly obscured but it looks like a thylacine.

In July 1967, the driver and passengers of a school bus in South Australia had a clear view of a thylacine-like animal as it lopped parallel to their vehicle just metres away for several hundred metres.

In northern NSW, zoologist Gary Opit has gathered a number sighting accounts from the 1980s, 1990s and as recently as 2008.

Descriptions of a mysterious striped creature from around Kyogle, Mt Warning,

The Channon, Minyon Falls and even a sighting near the Billinudgel Post Office in 2003 are detailed in his book *Australian Cryptozoology*.

Historical accounts of sightings of the Sunshine Coast's own 'Buderim Beast' go back many decades and in the late 1980s an off-duty policeman gave a detailed description of a thylacine-like animal crossing the Cooroy-Tewantin road around 11pm. One evening in 1998, two ambulance officers from Nambour saw an animal on the Mapleton-Kenilworth Road they described as "the size of a medium sized-dog, with a long rigid straight tail that was almost parallel to the ground as it walked and had definite stripes in a semi-vertical configuration along the side of its body to its rump."

John Syrmis is convinced he saw a thylacine crossing Stanley River Road in the early 1990s, just 3 kms from Maleny. It was near the turn off to Mountain View Road, "It was in broad daylight. One of the boys and I, we both saw it. We both saw the stripes on it. Without a doubt it was a Tasmanian tiger. I've seen pictures of one and that's exactly what it was." Who knows?

The plight of the thylacine is a story of tragedy and hope. A symbol of what we have lost, and what we must fight to preserve. I like to think they could still be out there, perhaps even roaming the Conondale Ranges west of Maleny. Remember to take your camera with you next time you go for a hike in the bush – and don't forget to charge the battery! 📷

## References:

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- Australian Cryptozoology, Gary Opit, 2009
- Mammals of Tasmania: Thylacine or Tasmanian Tiger, Parks and Wildlife Service, 2006
- Convention on International Trade in Endangered Species of Wild Fauna & Flora, 2009
- 'Tigers in Western Australia', Athol Douglas, New Scientist, 1985

## The LETS cafe – don't spend a cent!

I've been a member of LETS (Local Energy Trading Systems) for years now. I've had a ball earning the currency (Bunyas) and spending the currency on everything from window washing to massage.

There's a LETS person in the UpFront Club every Tue and Wed, 10am to 1pm, to answer your questions, show you what's on offer – and of course sign you up!

There's also a monthly LETS market at the Neighbourhood Centre – a fantastic way to meet LETS people, see a fabulous range of goods and produce and have a real coffee and a bite to eat. Next one is on 14th September... put it in your diary now!

I went to Facebook to see what people were saying about LETS and the market. Here are a few comments:

- What a GREAT bunch of people you LETSers are!!! I had a ball at the LETS trading day today... It's good to be back!!!
- We're renaming it the 'LETS trading day and cafe'...
- My first one, loved it, good food, great coffee and fantastic people, be there for the next one!!!
- Good to see you again. The coffee! Fair trade Organic and it's my favourite!!!
- This aspect of trading is wonderful and I'm getting to know the locals and they are beautiful, thank you to all of you who made me feel welcome, I think I was the last one to get kicked out, LOL, I didn't want to go... I'm so thankful to have moved in to this unbelievable community, you people are amazing
- We were just talking this evening about how LETS energises us... I know there is LETS in Sydney and in a few other places in NSW.... Maleny LETS is a goodie though!!! Check out a Facebook group called "LETS do it without money"



- I had a great time as always. For me LETS is about friendship, community, cashless trading, supporting each other, hugs, laughter and much more. Over the years LETS has made it possible for me to access many goods and services that I would otherwise not be able to.
- Loved catching up with everyone – as always! And the food... eggs on gluten free pikelets with 'not bacon' – home made spinach and rolls, delicious cake plus scones with jam and cream... and there were frozen take home meals too... what a feast!! I enjoyed my pot of chai. Also scored some mandarins, home grown lettuce and pumpkin and found what I was looking for – a new handbag!! All without spending a cent. I love our LETS community

Why do I love LETS??? For all the reasons mentioned....community development and community building is a passion of mine....my/our contribution to LETS and the LETS cafe and trading day helps to build our local community. 🍎

### LETS MARKETS – SECOND SATURDAY OF EACH MONTH

at the Neighbourhood Centre,  
Bicentenary Lane, 9.30am

Next market Saturday 14 September

## Resist the urge to criticize

By RICHARD CARLSON, PhD  
Extract from *Don't Sweat The Small Stuff ... and it's all small stuff*, Hyperion, New York, 1997

**W**hen we judge or criticize another person, it says nothing about that person; it merely says something about our own need to be critical.

If you attend a gathering and listen to all the criticism that is typically levied against others, and then go home and consider how much good that criticism actually does to make our world a better place, you'll probably come up with the same answer that I do: Zero! It does no good. But that's not all. Being critical not only solves nothing; it contributes to the anger and distrust in our world. After all, none of us likes to be criticized. Our reaction to criticism is usually to become defensive and/or withdrawn. A person who feels attacked is likely to do one of two things: he will either retreat in fear or shame, or he will attack or lash out in anger. How many times have you criticized someone and had them respond by saying, "Thank you so much for pointing out my flaws. I really appreciate it"?

Criticism, like swearing, is actually nothing more than a bad habit. It's something we get used to doing; we're familiar with how it feels. It keeps us busy and gives us something to talk about.

If, however, you take a moment to observe how you actually feel immediately after you criticize someone, you'll notice that you will feel a little deflated and ashamed, almost like you're the one who has been attacked. The reason this is true is that when we criticize, it's a statement to the world and to ourselves, "I have a need to be critical." This isn't something we are usually proud to admit.

The solution is to catch yourself in the act of being critical. Notice how often you do it and how bad it makes you feel. What I like to do is turn it into a game. I still catch myself being critical, but as my need to criticize arises, I try to remember to say to myself, "There I go again." Hopefully, more often than not, I can turn my criticism into tolerance and respect." 🍎

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## Shocking abuse of public trust

**B**iosecurity Queensland has amended regulations to increase the maximum free-range stocking density from 1500 to 10,000 birds a hectare – a 667% increase!

As part of the changes, no maximum limits seemed to have been set for when the hens are kept indoors.

In other words – the label 'Free Range' has become meaningless.

I don't know what goes through the minds of the regulators when they make decisions like this but I imagine much of it is influenced by the pressure certain producers have brought to bear to bring about the loosening (shattering?) of guidelines.

The national *Model Code of Practice for the Welfare of Animals*, which specifies a maximum of 1500 birds per hectare, is under review but the Queensland Government has pre-empted its findings with this decision.

According to the Department of Agriculture, Fisheries and Forestry, the changes are supported by the industry and animal welfare groups because they allow farmers to compete in the national marketplace, while maintaining animal welfare.

Oh really? I haven't seen any welfare groups applauding this audacious move.

### **Australia's free range egg standards for number of chickens a hectare**

- 750 – Free Range Farmers Association Inc Victoria
- 1000 – Australian Certified Organic
- 1500 – South Australia
- 1500 – Model Code of Practice for the Welfare of Animals, RSPCA Approved Farming and Humane Choice
- 10,000 – Queensland government 🍎

**To express your displeasure, go to <http://choice.good.do> and send the Government an email.**



## Buying local – more than feel good

FROM TIME MAGAZINE AND OTHER SOURCES

**B**uying close to home may be more than a feel-good local matter. A number of researchers and organisations are taking a closer look at how money flows, and what they're finding shows the profound economic impact of keeping money in-region.

In fact they've discovered the fate of many communities around the world increasingly depend on it.

At the most basic level, when you buy local more money stays in the community. The New Economics Foundation, an independent economic thinktank based in London, compared what happens when people buy produce at a supermarket vs. a local farmer's market or co-op, and found that twice the money stayed in the community when folks bought locally. That means those purchases are twice as efficient in terms of keeping the local economy alive.

Many local economies are languishing – not because too little cash comes in, but as a result of what happens to that money. Money is like blood. It needs to keep moving around to keep the economy going. When money is spent elsewhere— at big supermarkets, non-locally owned utilities and other services such as on-line retailers— it flows out, like a wound.

By buying local goods and produce, consumers keep their communities from becoming 'ghost towns' (areas devoid of neighborhood shops and services) or 'clone towns' (where Main Street looks like every other main street with the same fast-food and retail chains).

Buy local campaigns also serve another function: alerting a community about gaps in the local market. For instance, if consumers keep turning to on-line or big-box stores for a particular product – say, socks – this signals an opportunity for someone local to make and sell socks. Product innovation is the key. The local producer adds creative elements that make either the product or materials used more appropriate to the place.



It's unrealistic to think that communities can suddenly be self-sufficient in all ways, but they can shift the balance. Can you produce more locally? Of course you can if the raw materials are there, and the raw materials are often human beings.

And what about that higher cost of local goods? After all, big-box stores got to be big because of low prices. The difference falls away once you consider the increase in local employment as well as the relationships that grow when people buy from people they know, the lower transportation (environmental) costs and the fact that you know what you're getting (which is not always the case with products made overseas).

Then – there's the future.

Recent headlines have shown the human cost of 'cheap goods' made in third world countries. What they have not mentioned is the fact that these 'developing countries' are just that – developing. China, with its rising middle class, will not always be able to compete via cheap labour. Canny multinationals are already moving to new developing countries for their lower costs. But – these countries will go the same path. Eventually, there will be no 'cheap labour havens' left. And, while canned tomatoes from Romania may be cheap now, the cost of transport will inevitably price them out of the market.

Unfortunately, by then the consuming countries may well have lost their farmers and manufacturers to the cheap imports.

While no community functions in isolation, supporting local trade helps recreate the diversity of small businesses that are flexible and can adjust to changing needs and market conditions.

As the world limps out of the GFC, many towns and cities are hurting. 'Buy-local' campaigns can help local economies withstand the downturn. It's not about how much money you've got, but how much you can keep circulating without letting it leak out. 🍎

# News – fresh and local

by SAMMY RINGER

**Interviewing a journalist is never easy. You get the feeling that, in your place, they'd be asking more incisive, probing, intelligent questions.**

Michael Berry was a pleasant exception (either that or he was being exceptionally courteous).

When Michael and his wife, Faith Baigent, bought the *Hinterland Times* back in 2008, it was a modest local paper. Today, it's a prize winning regional, having garnered Sunshine Coast Business Awards, Sunshine Glossies and the Queensland Country Press, Best Paper 2011, 2012 – and they're aiming to make it a third time winner this year.

If you're reading this, you'll have seen the *Hinterland Times* – a colourful, beautifully laid-out and content-rich publication that's become a must read each month.

Michael and Faith had the right blend of talents for the venture: he with his extensive background in journalism, as a writer and producer in radio, TV and the print media and Faith with a strong track record in media communications and the not-for profit sector.

I asked Michael if there was a secret to success for independent papers, "Fresh – and local." he replied. I asked him if it was



news *per se* that readers were after and he thought about this.

"No. I don't want to reinvent the word 'news' but our readers don't want to know about the latest road fatality or the newest war. They want to know about things that are important to them – the people that live and work around them, the groups in the area, things that are happening here. That's the local."

And the fresh?

Faith answered that one, "Presentation, writing style, seeing new angles to everyday things. Putting a fresh slant on it."

Moving on to the future of the print media, I asked the predictable question about the future of hard copy news. Michael laughed, "Some people are ringing the death knell of print media but it's going to be a good long time before the farmer pulls out his Ipad for news."

I had to agree that there was something comforting about a real, paper paper you could read over a coffee. Despite this confidence, Michael and Faith have created a stunning online presence – go and have a look, it's fun!

The interview took place in their sunny home office, overlooking a beautifully designed garden. Despite the fact that the print deadline was just a day away, there was no hint of impatience from the two of them. They seemed happy to linger over coffee and talk about their 'baby'.

I had to ask, "It's Monday. The paper comes out Wednesday. Why aren't you scrambling to get it to the printer?"

Michael thought this was funny. "Layout's all but done, it will be finessed tomorrow. Simple."

I must have looked skeptical because Michael explained how it's done. "I upload the finished layout to the printer's server 1pm Tuesday afternoon. It takes then 45 minutes to print 14,000 copies. 45 minutes! By 8am Wednesday, the papers are delivered here in Maleny and ready for distribution."

Modern technology is a wonderful thing. Most especially when it's backed by the sort of creative passion I saw in Michael and Faith. 🍏

<http://www.hinterlandtimes.com.au/>

## I'M THE BEST

Because the two of them love it so much, I did a brief interview with their Mitsubishi iMiEV. When they bought it, it was the first retail sale of this fully electric car.

The car was pretty proud of itself. Most nights, it plugged itself in for a feed. Because Michael and Faith have a 3.5Kw solar system, the charge costs nothing. The iMiEV will do

around 120km per charge. It's been a member of the family for three years and hasn't been sick once – not one mechanical or electrical problem. The only drawback – the current shortage of 'charging stations' around the region for when it's hungry. No doubt the car's popularity will grow and this gap in the market will eventually be filled.



# Desperate for some D?

by PASCALE RICHY

**As our best natural source of Vitamin D, the sun's rays have been sorely missed this season.**

Sunlight provides approximately 90% of our Vitamin D intake whilst only 10% is obtained through food sources such as fatty fish, dairy products, mushrooms and eggs. The Department of Health and Aging, Australia advise that adequate vitamin D intake can be obtained by as little as 10-15 minutes of sun exposure four to five times a week in the summer, but in the winter when the UV rays are minimal, people require up to two to three hours of sunlight weekly to their face, arms and hands. Sadly the trend in modern western populations, particularly amongst fulltime indoor workers and the elderly, is a deficiency in this all important nutrient.

Vitamin D or 25-hydroxy vitamin D (25(OH)D) as it appears in the bloodstream, is essential for overall health and is involved in many of the body's homeostatic\* mechanisms. It is vital for the immune system; maintenance of healthy bones and teeth; regulation of inflammation; brain health in old age and to decrease the risk of chronic disease.

Common diseases that have been scientifically linked to a lack of vitamin D include:

- Inflammatory Bowel Disease (IBD) – Numerous studies have identified a link between low vitamin D levels and higher rates of Crohn's disease, ulcerative colitis and other forms of IBD, showing that populations where natural sunlight exposure is limited tend to have higher rates of IBS, and vice versa.

- Rheumatoid arthritis (RA) – People with the lowest blood plasma levels of 25(OH) D were found to be up to five times more susceptible to RA-related diseases than others in a recent Canadian study.
- Asthma – Although a definitive cause for asthma is still unclear, recent science points to vitamin D deficiency as a major factor in its prevalence. Vitamin D has been shown to help reduce the severity and occurrence of asthma symptoms, especially in children, and may help quell the inflammation responsible for restricting airways and making it difficult for asthmatics to breathe.
- Hypertension – A study published in the Journal of Investigative Medicine showed that patients with hypertension improved when their vitamin D levels were boosted, through a mechanism which helps to modulate vascular inflammation.
- Type-2 Diabetes – Vitamin D deficiency can exacerbate the symptoms of metabolic syndrome in patients with HIV according to a study published in 2011. In the process of this discovery, the research team also found that maintaining high vitamin D levels through sunlight exposure or supplementation can actually help reduce the risk of developing type-2 diabetes in general.
- Cancer – All types have been shown to be more prominent among people with inadequate levels of vitamin D, whilst conversely, those with the highest levels of vitamin D, tend to be the least prone to developing cancer.

A simple blood test can determine Vitamin D status. Adults are recommended an intake of 5-10 micrograms (100-400IU) of vitamin D daily to maintain healthy levels, however if deficiency is confirmed, supplementation of 25 micrograms (1000IU) is advised to ensure adequate levels of 25(OH)D in the bloodstream.

### **Foods containing Vitamin D and the amount in International Units (IU):**

- 1 Tablespoon cod liver oil – 1,360 IU
- 100gm salmon, cooked – 360 IU
- 100gm mackerel, cooked – 345 IU
- 100gm sardines, canned in oil, drained – 270 IU
- 250ml milk, non-fat, reduced fat, and whole, vitamin D fortified – 98 IU
- 1 whole egg soft boiled, (vitamin D is present in the yolk) – 41 IU
- 100gm mushrooms, cooked
  - 1) white button – 27 IU
  - 2) Shiitake – 95 IU
- 50gm Swiss cheese – 22 IU 🍷

### **\*homeo-stasis**

*The ability or tendency of an organism or cell to maintain internal equilibrium by adjusting its physiological processes*

## 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!



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# From little things big things grow

by KERRY LAIZANS



## **W**ould you like to live a long and healthy life? How about the notion of being very happy most of the time?

No, this is not some strange future fantasy, this is a reality that many people have already discovered – and it's about the joy that comes with giving to others.

A multitude of studies clearly demonstrate a wide range of benefits such as increased longevity, decrease in chronic pain, fewer depressive symptoms, lower rates of heart disease, and improved immune response, to name but a few! We must be a healthy lot here in Maleny, because there are so many wonderful volunteers helping in so many areas of the community. Certainly the Co-op and The UpFront Club couldn't get by without a little help from their friends.

Those studies don't attribute the same kind of benefits to giving to self, but they are probably thinking 'retail therapy'. When I consider giving to myself I'm thinking about fresh organic

local produce, omega 3s and probiotics, toothpaste and deodorant that won't add toxins to my system. My glowing health and vitality relies heavily on the Co-op to provide me with the basic ingredients for vibrant well being.

Imagine a world full of people who give freely to themselves and to each other – the ensuing rush of endorphins stimulates the dilation of blood vessels which in turn produces a relaxed heart. Leaders with relaxed hearts are much more likely to negotiate than go to war – of course most of them still currently support the economic theory that places self-interest as the guiding principle of human motivation.

But there still might be hope for humanity. In 1972 the King of Bhutan coined the term Gross National Happiness and a sophisticated survey instrument was developed to measure the general wellbeing of the population. How would it be if all governments measured

their success in governing by how happy their constituents were!

In the meantime it's up to us at the grass roots level to make the benefits of generosity unmistakably clear by walking our talk and being a rip-roaring success! We'll all live much longer than those who insist on being dinosaurs or ostriches and create the better world we all want to live in.

And it can all begin with a single act of kindness – whether helping an old lady across the road, or taking in your neighbour's rubbish bin, the smallest act creates a ripple effect that will ultimately change our reality, forever and for the better!

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

– Margaret Mead 🍏

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

## Myth busters

### **\* Maple Street Co-op and The UpFront Club, being cooperatives, receive government funding.**

BUSTED! Neither cooperative receives any funding from local, state or the federal governments. Both co-ops support employees to undertake training such as Certificate III or IV, chef apprenticeships, office training and management diplomas for which the respective co-op receives a training subsidy to assist with the cost of the training.

### **\* Maple Street Co-op and The UpFront Club are staffed by volunteers (1).**

BUSTED! Both cooperatives employ around 18 staff each, making them amongst the largest employers on the Blackall Range. Both co-ops pay their employees full award wages under their respective industry awards – The Co-op, Retail Award and the Club, Hospitality Award. For the financial year 2012-2013 Maple Street Co-op paid out \$515,000 in wages, superannuation and associated



employment costs while The UpFront Club paid out \$560,000.

### **\* Maple Street Co-op and The UpFront Club are staffed by volunteers (2).**

BUSTED! Both co-ops utilise their small band of volunteers to help defray the cost of wages. Volunteers do everything from

serving, washing, packing, gardening, maintenance and office work. It's a great way to engage with our members, make friends, join a very social circle and offer something back to our community. Everyone wins..

### **\* As cooperatives neither pays taxes.**

BUSTED! Both The Co-op and The Club are subject to income tax and GST. Both co-ops are required to submit annual taxation returns to the Australian Taxation Office. The cost of preparing the tax returns is a cost to each co-op.

### **\* Maple Street Co-op and The UpFront Club don't pay rent because they own their respective buildings.**

BUSTED! Both co-ops rent their premises and pay commercial rent plus outgoings and maintenance of their buildings. 🍏

**If there's anything you're not sure about regarding our coops, just ask by emailing [manager@maplestreetco-op.com](mailto:manager@maplestreetco-op.com)**

## Children’s community garden – Maleny Primary School excursion

**W**hen you’re told that 63 primary school children will be visiting the garden behind the Co-op, the last thing you’d expect to find is 63 very well behaved children working quietly in their appointed groups, learning about such things as how to hunt down seeds and finding where worms live.



That’s the sight that greeted me last month as Kate and Madhu Kazony held a ‘hands-on learning’ morning.

Games were used as a catalyst to environmental awareness – everything from planting, seed collection, art and craft, orientation map reading and drawing.

During the morning, the children learned about the secrets hidden in the rocks, logs and leaves of the garden, how to locate and collect seeds for replanting, the worms, bees and butterflies that live in the garden, building a scarecrow and even how to map read!

Fittingly, the morning wound up with an African dance together/goodbye song with Madhu and a closing song with Kate.

If you haven’t visited the garden yet, do so. It’s quite a site to behold.



## Reply to ‘Fluoridation Fraud’

by MARISSA BARTLETT

**A**n article entitled ‘The Fluoridation Fraud: Part 2’ was published in the winter edition of this newsletter – an impassioned criticism against the practice of fluoridating the water supply.

The article does raise a general point I agree is worth addressing: should the common supply be supplemented to benefit a portion of the population? There are pros and cons, of course, which we could debate.

However, I found this article sufficiently distressing that I felt obliged to write in response.

One reason for my concern was the questionable nature of many statements made in the article. For example, the article opens by saying there “has been NO scientific investigations in Australia of possible relationships between consumption of fluoridated water and...” a long list of ill effects such as fractures, dementia, joint pain, lower IQ and cancer. This is deeply misleading, because no mention is made of a substantial review of evidence undertaken in Australia, nor of relevant investigations overseas, which found no such links. Nor does it mention that all other Australian states have had fluoridation for the last few decades, without any related increase in these ills. Instead, the article takes for

granted that these ills actually are caused by fluoridation, and berates the government and the ‘sinister’ Australian Dental Association.

My main objection to ‘The Fluoridation Fraud’ was the attitude the author is urging on us. Dentists I have asked about fluoridation were very much in favour, explaining the benefits. Should I really assume that they have all been bought off; or are so stupid they don’t know their own work? The article even accuses these dentists of “allowing” sugary food into schools, when they’ve actually been speaking out against it for decades!

Of course, the public does get lied to, by big businesses that are trying to sell dangerous wares. Tobacco companies spring immediately to mind; and more recently the coal companies’ attempts to discredit global warming. If I ask my local dentist a question which her years of education and experience fit her to answer, why wouldn’t I accept her reply?

So – let’s extend a modicum of trust to others in our community. When disagreements arise, let’s conduct them with respect. Let’s avoid the adversarial.

If you’d like to see a summary of available scientific research, go to <http://www.york.ac.uk/inst/crd/fluoridnew.htm> or see the summary article.) 🍏

## Spring has sprung – the bugs are back!

**M**ake your own all-purpose insect spray to detract invasive pests from your garden.

Most non-toxic recipes contain spicy substances like garlic oil and hot pepper as their active ingredients, and may also contain other ingredients like non-toxic dish soap, glycerine, and essential oils. Here is one useful recipe that you may wish to try on your own garden:

Note: the ingredients can cause painful skin and eye irritation. When preparing and applying, wear rubber gloves and keep the mixture well away from your eyes and nose.

- Chop, grind, or liquefy one garlic bulb and one small onion.
- Add 1 teaspoon of powdered cayenne pepper and mix with 1 quart of water.
- Steep 1 hour, strain through cheesecloth, then add 1 tablespoon of liquid dish soap to the strained liquid; mix well.
- Spray your plants thoroughly, including leaf undersides.
- Store the mixture for up to 1 week in a labelled, covered container in the refrigerator.



# Music at the **UPFRONT CLUB** [www.upfrontclub.org](http://www.upfrontclub.org)



*Clockwise from top: Steve Cook, Jenny Fitzgibbon & Jeremy Dunlop; Frank Benn; Andrea Kirwin; and T.J. Quinton & Ahliya Kite*



## SEPTEMBER 2013

- Fri 6 **FRANK BENN** (Fiji, NZ, Qld)  
Top class folk rock blues singer, fingerpicker
- Sat 7 **7.15 FIRST SATURDAY FOLK** (\$5) Monthly Blackboard, guest act **GLENYS ANDERSON**
- Fri 13 **SARAH ASHTON**, vocals, **ANDREW FINCHER**, piano. (Brisbane) Young duo classic jazz standards
- Sat 14 **ANDREA KIRWIN** (S.Coast) Pacific Island roots 'songs of love, family & community'

- Fri 20 **JENNY FITZGIBBON** (Ireland/Maleny)'For The Love Of It' Fine & fun folk, with Steve Cook & Jeremy Dunlop
- Sat 21 **T.J. QUINTON & AHLIYA KITE** (Brisbane) Song and story...mesmerising electronic sampling, guitars & rhythm
- Fri 27 **ASHLEIGH MANNIX** (Blue Mts) Folk, rockabilly and blues fusion singer guitarist
- Sat 28 **SAM OKOTH** (Kenya/Qld) Charismatic nyatiti lyre-harp, guitar and voice

## UPFRONT CLUB HOURS

**Monday, Friday, Saturday –**  
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

**Join us for the**  
**ANNUAL GENERAL MEETING for THE MAPLE STREET CO-OP and THE UPFRONT CLUB**  
**THURSDAY 31 OCTOBER 2013 at 6pm for 6:30pm start**



### FUSION HEALTH MEMORY

MEMORY contains two highly respected Ayurvedic herbs (Brahmi and Gotu Kola) working synergistically with Chinese herbs (Ginkgo, Schisandra and Siberian Ginseng) to improve cognitive function and mental performance involving memory, concentration and learning.

This formula also promotes concentration, enhances recall, reduces nervous tension and increases resistance to stress.

This formula also promotes concentration, enhances recall, reduces nervous tension and increases resistance to stress. Fusion Health MEMORY also helps reduce symptoms associated with mental and physical fatigue, promotes cerebral and peripheral circulation and provides antioxidants. It is a brain tonic suitable for long-term use.

**Fusion Memory – 30 tablets \$31.95**



The Co-op also carries a range of practitioner-prescribed products – talk to Pascale! (See page 14)

### ABSOLUTE ORGANIC BABY FOODS

Choose from Apple & Pear or Apple & Plum:

**190g: \$2.25**



### BUBBLE UP DISH BRUSH

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### BUBBLE UP DISH BRUSH

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