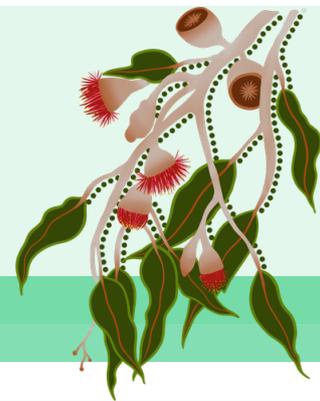


CO-OP NEWS

MARCH 2026



MEET THE CO-OP MEMBER - JUDITH SINNAMON



I was born and bred in Brisbane but always loved the Blackall Range and moved to Maleny 25 years ago. The air up here is sweet and the temperature at night always a good three degrees cooler than Brisbane. Living on 24 acres and regenerating the rainforest slopes, previously cleared for grazing, was a welcome change away from the bustle of inner-city Brisbane.

My painting practice is predominately about light—how it plays upon objects. My subject is mostly trees and flora, and exploring the way light flows across and through them.

Trees featured largely in my childhood. I grew up in an old Queenslander that stretched out into a gully of massive blackbean trees full of lorikeets, pythons, possums, and bats. I did my homework in the camphor laurel out the front and would lie with my grandmother on the grass looking up at the massive blue gum framing the infinite blue of the sky.

This is the angle that most of my ‘treescapes’ portray: looking up with light flowing down. A view I find awe-inspiring.

Trees are a natural choice for me to paint and a choice of subject with an activist element. The odd bird peeks out of the foliage—a message that trees sustain life in many ways. As I sit in my studio painting, I listen to how the world is going down the plug hole and I feel compelled to do something. I’d like to think I am an environmental activist in some form.

Apart from my professional painting, I use my craft to produce posters as I did with my ‘Daddy, what did you do to stop catastrophic climate change?’ work for the national Tipping Point series. I’ve also painted numerous banners and placards for the School Strike for Climate, created costumes such as spectacled fruit bats for a ‘die in’ at Parliament House in 2019. More recently, with helpful donations from Waste Action Maleny I made a series of Blue Green Algal costumes that were brought to life by the ‘Climate Clowns’ at the Rising Tide ‘Protestival’ at Newcastle Port in November 2025.

My ‘Toxic Ted’ life-size portrayal of a local politician, a collaboration with Rising Tide Sunshine Coast, has been acquired by the National Library of Australia for their political Ephemera collection.

A perhaps gentler piece of activism that was hung in the Maleny Co-op for a while was a work I did after the horrendous fires of 2019-2020 swept through the country.

Continued on next page

We pay our respects to the Jinibara and Kabi Kabi people of this Country, and to their Elders past, present and emerging. We acknowledge that our Co-op stands on land that was never ceded. We honour the profound wisdom, the deep sustainability and connection to land since time immemorial.

I was touched by a statement by a councillor in one of the devastated towns: "Nature needs community. Community needs nature." I painted these words immersed in butterflies, birds, and flora with subliminal messages floating by in passing clouds. I felt the Co-op exemplifies this statement as a place where community comes together with a respect and care for country and the natural environment.

When people look at my work, I want them to find awe and sustenance in nature's splendour, like the strong horizontal and vertical lines of the Bunya tree that lend themselves to abstraction beautifully.

At this time of climate and global uncertainty, nature needs us to stand up for it. Only in doing so will it continue to nurture and sustain us.



You can see Judith's works in person at the upcoming exhibition at Edwina Corlette Gallery in New Farm (Brisbane), which opens on the 18th of March and runs to the 14th of April.

Register your interest here:

<https://edwinacorlette.com/exhibitions>

Website: judithsinnamon.com

Instagram: <https://www.instagram.com/judith.sinnamon>

STAFFING UPDATES

Recently, several core team members have moved on to follow new paths in different states, and we'd like to take a moment to thank them for their contributions to the co-op.

We've said farewell to Rachel, one of our skilled naturopaths, whose retail and naturopathic experience was a wonderful and supportive addition to the team. We wish her all the best in her next chapter.



We've also said goodbye to Kesten, who has moved away after working with the co-op for over four years while completing and then finishing her psychology degree. During her time here she contributed greatly to co-op policy development and generously shared her expertise in organisational psychology, particularly around HR and psychological safety in the workplace.

Nayha has also stepped away from the co-op to focus more on her naturopathy business and other endeavours. We thank her for the knowledge and care she brought to the community.

Michele has recently moved back down south to be closer to family. We're grateful for the support she gave during our busy period and wish her well.

At the same time, we've been in the process of hiring and training new team members to support the co-op community, and we hope you'll meet them soon. We're pleased to share that we continue to have qualified practitioners rostered on 7 days a week. If you need more specific advice, please feel free to come in and ask.

NEW PRODUCTS

Due to ongoing shortages of our usual supply of Australian grown, biodynamic bulk rice, we have started stocking Marlivale Farm rice in 1kg bags. Grown sustainably and without insecticides in the Nimbin Valley, brown and white available.



New from Farro Organico
Joining our current lineup is new 'Potato, Pancetta + Truffle Pizza and Garlic Foccacia. Made with 72 hour fermented organic spelt flour bases.



Essential Creme

Pistachio Spreads, available in creamy, crunchy and 100% pure pistachio.



Nutra Organics
Whey Protein
Powders available in
Chocolate and Vanilla

Our naturopaths have decided to extend our range of liquid herb formulas from PPC Herbs. Now joining our previous selection of Canda Plex, Immune Plex, Liver Plex and Triplex is Cough Plex, Sleep Plex, Stress Plex, and Fluid Plex. Ask one of our qualified practitioners if these are right for you.



NEW PRODUCTS



The Stock Merchant have introduced some new lines to their range: Tuna Fillets in EVOO now available in a glass jar as well as Tinned Smoked Oysters.



Due to a world shortage of organic tomatoes, we've had to order in some different pasta sauces while we wait for the Spiral sauces to become available again. These new Ceres pasta sauces are going really well and are very affordable. Available in Tomato & Sweet Basil, Tomato & Roasted Garlic and Tomato, Olive & Caper.



Ceres Pea Chips now in the snack section! Available in 5 flavours; Sea Salt, Salt & Pepper, Salt & Vinegar, Cheddar Cheese and Wasabi Mayo.



Zeally Herbs Fulvic & Humic Concentrate Replenish what modern diets lack. Our Fulvic Humic Concentrate delivers over 75 plant-derived trace minerals, antioxidants, and bioavailable compounds to support energy, gut health, detoxification, and overall vitality.



EATING TO BALANCE YOUR NEURO- TRANSMITTERS



WRITTEN BY
OUR
NATUROPATH
SAMANTHA

As a practitioner, one of the most regular conversations I have with clients is this: your brain chemistry is not separate from your grocery basket. Neurotransmitters such as dopamine, norepinephrine, GABA, tryptophan, melatonin and serotonin are built from the nutrients in the foods you eat. When we nourish those pathways intentionally, we can support mood, focus, energy and sleep naturally.

For instance, dopamine drives motivation, reward and focus, and is also the chemical precursor for norepinephrine, which helps sharpen alertness and increases stress resilience. Both of these neurotransmitters are created from the amino acids found in protein-rich foods, and they rely heavily on nutrients like vitamin B6, vitamin C, iron and zinc to be converted efficiently.

TO SUPPORT THESE PATHWAYS:

- Quality proteins — eggs, poultry, salmon, tofu, tempeh and legumes

Iron-rich foods — red meat, lentils, spinach, pumpkin seeds

Zinc sources — oysters, tofu, oats, lentils

Vitamin C-rich produce — citrus, kiwi, berries, capsicum, green leafy vegetables

GABA (gamma-aminobutyric acid) is our primary calming neurotransmitter. It reduces mental overactivity and supports relaxation. While GABA itself doesn't cross easily into the brain, certain foods enhance its production and receptor activity.

SUPPORT GABA PRODUCTION WITH:

- Fermented foods — yoghurt, kefir, kimchi, miso
- Wholegrains — oats, buckwheat, brown rice, quinoa
- Magnesium-rich foods — almonds, leafy greens, dark chocolate
- Green tea (rich in L-theanine, which enhances GABA signalling)

If you are chasing improved sleep and emotional stability, Serotonin and melatonin are our primary neurotransmitters that regulate mood, emotional resilience and sleep-wake rhythm.

And they are both synthesised from the essential amino acid tryptophan. Regular inclusion of these foods supports a calmer nervous system.

INCLUDE THESE REGULARLY:

- Tryptophan rich-food — turkey, chicken, eggs, yoghurt, oats, quinoa, lentils, pumpkin seeds and bananas.
- Iron-rich foods — leafy greens, dried fruits (apricots, raisins, prunes), legumes, red meat
- Magnesium-rich foods — almonds, avocados, dark chocolate
- B6 - bananas, almonds, whole grains and salmon

WHEN SUPPLEMENTS CAN HELP

While I always suggest dietary intake should always form the foundation of our health, there are times when additional support is helpful, particularly during periods of illness, stress, burnout or decreased appetite. Targeted supplementation with essential amino acids and key nutrients can help “top-up” neurotransmitter pathways when dietary intake or absorption is insufficient. When used thoughtfully and ideally with practitioner guidance, supplements can be a valuable adjunct to whole-food nutrition, helping bridge the gap while the nervous system and overall health are being rebuilt.

Neurotransmitter balance isn't about one “super supplement.” It comes from consistent, diverse, whole-food nutrition. When we choose quality foods and diversify our diet, we give the body the raw materials it needs to perform optimally. If you're unsure where to start, speak with our practitioner team. We are all here to help you choose and combine foods in a way that supports how you want to feel, or give detailed and safe supplement advice.

Samantha is a Naturopath passionate about supporting individuals with a diverse range of health conditions, such as allergies, autoimmune conditions, and chronic pain. She creates accessible, personalised, practical strategies that fit easily into everyday life. Follow her on @catandfernau to stay connected. You can find Samantha in store on Mondays & Weekends, and Samantha consults at Luna Wellness Collective in Yandina @lunawellnesscollective. And has openings for new clients in March 2026.



MARCH IN MARCH FOR FORESTS



On the 22nd of March, people around Australia will gather in force to protest the destruction of our native forests. The event 'March for Forests', organised by the Bob Brown Foundation, seeks to demand an end to logging on publicly owned land.

Timber harvesting from native forests poses serious threats to Australian wildlife and directly contributes to biodiversity decline through the loss and fragmentation of habitats. Species like the now endangered Greater Glider depend on large tree hollows for shelter and nesting. These hollows typically take up to 200 years to form, are overwhelmingly produced by native trees like gums, and are difficult to detect in the ground-based surveys conducted before logging operations.

Timber is a vital resource and forestry operations sustain employment for many people across Australia. However, native forest logging is not cost-effective when compared to sustainably grown and managed timber plantations. In fact, this section of the forestry industry (often called the hardwood division) is not even profitable. Australian taxpayers are regularly subsidising the industry to the tune of hundreds of millions of dollars. A 2023 report from Frontier Economics showed that the state-owned Forestry Corporation of NSW received \$246.9 million worth of grants in five years. Unbelievably, its hardwood division still posted a \$28.2 million loss for this period.

Native forests that have been logged are more likely to experience more frequent and intense bushfires—and recover less quickly. Bushfires burn at different intensities and with different levels of severity. The most intense, severe, and destructive forms of fire are 'crown fires', which occur when the canopy of the tree burns. An expert review published after the 2019-2020 'Black Summer' bushfires found that the likelihood of crown fires was 70% in forests that had been previously subjected to logging. Meanwhile, undisturbed old growth forests were only 10% likely to experience crown fires.

Scientific research overwhelmingly shows that climate change poses the greatest risk to native forests and the environment more broadly. Logging exacerbates climate change. Trees absorb carbon dioxide from the atmosphere as they grow and convert it into wood. This carbon is then effectively 'stored' in the wood, meaning forests serve as enormous sinks capturing and sequestering large amounts of carbon, including emissions from fossil fuels. When forests are logged, cleared, or burnt, this carbon is released back into the atmosphere. Forests are transformed from carbon sinks to carbon sources.

In May 2025, the Crisafulli government announced plans to broaden native forest logging operations in Queensland, ignoring the wealth of scientific and economic evidence attesting to the critical importance of native forests—not to mention their enormous social, cultural, and spiritual value.

At 10am on Sunday the 22nd of March, people will gather in Brisbane City's Botanic Gardens to protest.

You can find more information here:

<https://marchforforests.org/location/brisbane/>



CO-OP SPOTLIGHT



Friends of the Earth Brisbane

Friends of the Earth Brisbane (FoE Brisbane) is the local Meanjin-based chapter of an international environmental organisation called Friends of the Earth: “a global grassroots federation of environmental activists.” The activist co-op leads and develops environmental campaigns on a range of local, regional, state, and national issues. Campaigns are initiated through consultations among members and have recently focussed predominantly on matters related to climate change such as the expansion of coal mines and coal exports across Queensland. They are a transparent and politically independent organisation not aligned to any political party.

The organisation was officially incorporated as a co-operative in 2001 but traces its conception to the conservation campaigns and student activist movements of the 1970s. As a co-operative, FoE Brisbane has a decentralised organisational structure governed by the principles of consensus-decision-making, allowing for a more dynamic approach to issues. Indeed, the co-op was formed to address a prevailing shortcoming identified among the environmental organisations in the 90s: a tendency to pursue single-issue campaigns through benign reformist agendas. In contrast, FoE Brisbane seeks to unite individual issues within ecology and social justice under a broader and more radical vision of social change.

Such vision is evident in the early resistance to attacks on civil liberties by the so-called “Hillbilly Dictator of Queensland”, the then-Premier Joh Bjelke-Peterson. In 1977, Bjelke-Peterson announced a ban on political street marches in the wake of several major protests over the Vietnam War, uranium mining, and the decision to allow the national rugby team of Apartheid South Africa (the Springboks) to tour Australia. The anti-protest legislation was ruthlessly (and, at times violently) enforced by Queensland Police. More than 400 people were arrested in one day during an anti-uranium protest led by the antecedents of FoE Brisbane.

More recent campaigns include the ‘Mater Coal Campaign’, which calls for the Mater Hospital in South Brisbane to stop burning coal onsite. Incredibly, this world-class, state-of-the-art, medically innovative hospital relies on the same polluting energy source as it did nearly 100 years ago. Over 2021-2022, the hospital’s coal burning released 13,100 tonnes of into the atmosphere, spewing poisonous airborne contaminants over the densely populated suburbs of West End, Highgate Hill, Woolloongabba, Dutton Park, and East Brisbane. There are three schools and a university within the immediate radius of the hospital’s coal stack—one school is just 150m away.

To learn more about Friends of the Earth Brisbane or to get involved as a volunteer check out their website: <https://brisbane.foe.org.au> or [Facebook](#).

Alternatively, their offices are located on 20 Burke Street in Woolloongabba.

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

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