

WIN A FILM FESTIVAL DOUBLE PASS - NATUROPATH NAYHA ON SLOWING DOWN - NEW PRODUCTS

## MEET CO-OP MEMBER

## JULIETTE KALIFA



I became involved in the Co-op in its very early days, initially to be part of a collaborative community joining forces to bring healthy foods to town. However, at the time, we were stocking whatever members needed and for years, this included tobacco! I became one of its early members.

As my children were growing up and I pursued further studies, I took a part time Co-op position. The Co-op was small and couldn't afford to pay for all of our time, so staff agreed to volunteer some hours. There were very few jobs in town, and we felt privileged to work there.

On graduation, I left to teach art therapy and establish my private practice. Of course, I remained a Co-op member and continued to shop there. I shared- and continue to share-the Co-op's values, its vision and mission. What I still love most today, is that I can trust products are researched before they reach the shelves! I have always loved images and collected them as a young child. In later years, I took up drawing and painting as a hobby. I was never inclined to exhibit or sell my artwork but keen to share it, I started making cards to sell at the Co-op.

My studies brought together my two passions, loves of people and art. In art therapy we use art to express ourselves; an image is worth a thousand words. My cards shifted from representative art of landscapes and flowers to 'stories of the heart'. Most of my cards speak of my responses to life and the stories I hear; I give many of them a title to reflect that. I think people buy my cards when they resonate with an image or its title.

We all have stories of the heart, don't we?

Juliette's cards are for sale just inside the door in the Co-op.

FOR EVERY PRODUCT SOLD, CO-OP MEMBERS SCORE AN ENTRY TO THE MONTHLY MEMBERS' DRAW.  
JANUARY'S WINNER WILL BE ANNOUNCED ON IN THE POSTER BOARD OUTSIDE THE CO-OP

# Slowing Down

BY CO-OP  
NATUROPATH  
NAYHA WRIGHT



As we enter 2025, many of us set goals and plans. Whilst this planning and visioning are an essential part of actualising our desires, a more mindful approach for this process will make for a better outcome.

Our modern, fast-paced, and results-driven world can leave us frazzled, depleted, and disembodied. It will be hard to change until we realise that our inner self continues to create and perpetuate these experiences. Consciously we may believe we are seeking to create a more nourishing, intentional, slower paced life, but for many there can be strong inner programs limiting the full embodiment of this lifestyle. It is common for us to carry unhelpful patterns, seeded in childhood. Holding stories connecting our worth with our productivity, or with our ability to maintain relationships and impress others can come at a cost of the relationship with our own self. Many of us override our own needs, feeling obliged by a fast-paced world, and assuming that our needs are inconvenient or insignificant.

Many of these patterns are deeply embedded in our psyche and body, that we can be surprised as they continue to produce the same results. The energy with which we inform our intentions can also be mirrored in, and impact those around us as we attune and regulate with them.

So how do we begin to change this?

The change begins within us, a conscious awareness developed over time as we choose to rewire our inner world and external responses. More cohesion to our lives will emerge, as we better align to our authentic selves and the plans we wish to actualise.

The more we slow down we can cultivate our awareness and skills for process, resulting in more energy and clarity for actualising our envisioned life. If the entire world moved more slowly, perhaps we would be more mindful of the collective future we are creating, rather than our addiction to busyness, productivity and progress, leaving us blind to the outcomes we are creating.

It may sound easy, but for many of us this can be some of the deepest work we do, as we reconnect to our embodied presence, the wisdom of our interoceptive awareness, own our power, and face the wounds and programming that perpetuate our disconnection and dissociation.

Change starts within the individual, and we each have our own unique contributions to the collective, which can only be realised through our authenticity.

I am currently going through a process of transformation, as I integrate various teachings and modalities, and reassess the most authentic, aligned and impactful way to share these.

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The content of this article is the opinion of the writer

# NEWS

LAST FEW SPOTS!  
SUNDAY 2ND FEBRUARY  
CELEBRATION AND LAUNCH



There are some tickets still available (bookings for catering purposes) - Book through Fi 0416057702 or online [here](#)

## MISSED THE GATHERING ?

We have a range of events on throughout 2025 including Special Co-op Garden Chats, After Hours lock-ins, seminars on how to run co-ops and an Unconference later in the year. Our next event is a Sunday night lock in - After Hours where we'll have drinks, nibbles , play co-operative games and quizzes. Sunday March 9th. Text Fi to book 0416057702



International Year  
of Cooperatives

Cooperatives Build a Better World

## TAKE A LITTLE PIECE OF CO-OP HOME.

Also launching on Sunday 2nd is our new print from Munimba-ja's mural. Printed on organic linen in Australia. Great as a wall hanging, framed or as a decorative table centre. Available from the Co-op, Sunday 2pm onwards.



Munimba-ja +  
Maple St Co Op

This tea towel is inspired by our vibrant mural on the Maple St Co Op. Take some local mural art home.

munimba-ja  
MAPLE STREET CO-OP

## WIN A DOUBLE PASS TO MALENY FILM FESTIVAL



Each Co-op purchase throughout February scores an entry. The Co-op is sponsoring the opening film, Aquarius. Come back to the 70s for a celebration of the alternative movement! Friday 21 March 7pm (hippy fancy dress optional)  
<https://malenyfilmsociety.au/maleny-film-festival/>

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# NEW STOCK

## SPIRULINA PLANET

Local Peter Lloyd produces this spirulina range that is available in a powder, capsules and a crunchy spirulina that's great for a snack.

Supports rural women's livelihood and the

community where the spirulina is grown.



## UME PLUMS AND CONCENTRATE BY HAPPY FARMERS



Home-grown Japanese Ume Plum make this concentrate. It is naturally fermented for 2 years and aims to improve digestion.

Makes a refreshing drink, dressing or marinade.

And try the fermented plums! Tasty to munch on, or chop into a salad, cooking and cocktails.



## MORE SHILAJIT FROM APOLO

We now have the liquids as well as the existing resins. Rich in fulvic acid and minerals.

## CERAMIC-LINED DRINKWARE BY FRANK GREEN



Beautifully designed premium reusable drink-ware all triple-walled vacuum insulated. BPA free, FDA and EU approved safe materials.

All the cups have a useful magnetic flip back lid and a hole for your straw. The 355ml cups fit under standard coffee machines.

The French press (right) makes 2 fresh cups of coffee directly into the mug so you can save one for later.



## AND FROM NAKED TALLOW

Original, After Sun, Lemon, Sleepytime creams and a lipbalm made on the Sunshine Coast. Organic tallow sourced from local organic farms is whipped with 100% organic jojoba oil and essential oils. Contain vitamins A, D, E and K as well as linoleic acid which is known for its anti-cancer and anti-inflammatory properties.

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