

# Co-op NEWS

SPRING 2012

*The newsletter of the Maple Street Co-op*



Let's talk about  
**(JUNK) FOOD**



[www.maplestreetco-op.com](http://www.maplestreetco-op.com)



FROM THE MANAGER

## Our ageing population's health

I am pleased we are running the article written by Stephen Alexander on *Our Future Health Care* (page 10). Health of our ageing society presents many challenges for the health services system, and it is particularly important here in Maleny with 7774 residents, with the biggest sector between 60-65 years old and second biggest 65-68 years old.

Once again it is glaringly obvious we must all address our health issues – and what better way than eating organic healthy, chemical-free food, exercising more and reminding ourselves regularly how fortunate we are to live here in this wonderful community.

One of our weekly organic suppliers is a disability group, who grow the most beautiful organic vegetables. What is really rewarding is seeing the pride and happiness on the faces of the group members when they deliver their produce. Vegies that are loved taste so much better... you must try their carrots, beans, cabbage and daikons.

Gary Claridge's article on GMO (page 14) echoes my sentiments that agriculture needs to be de-industrialised. The current high-tech approach is squandering soil fertility and a scarce water supply, turning what should be renewable land into non-renewable land. Depleting the soil's natural balance with nitrogen fertilisers, toxic agrochemicals and using manipulated seeds is not the answer.

– Karen



FROM THE EDITOR

## A nostalgia for cod liver oil

My rather unscientific calculation is that my grandmother's generation was the last (in the industrialised world) to have a basically healthy diet.

Yes, she used too much sugar and salt and ate a lot of smoked foods – but everything she and her family ate was made in her kitchen.

There was no tinned this and frozen that and certainly no processed foods, additives or take-away.

I was lucky in that my mother was a health nut and all of us kids ate well

(carrot juice and cod liver oil made me what I am).

Most my age and younger haven't been so lucky. Foods that are processed, pre-cooked and laden with additives are ubiquitous. And simple. And cheap.

To be honest, my kitchen contains some pretty dubious foodstuffs (biscuits from the UAE – with ingredients in Arabic?? Where did they come from?)\*

On the flip side, I am also able to stroll into town and do my body a favour by shopping at the Co-op. Double-lucky. I'm helping support our local growers and processors. My grandmother would approve.

(\* OK, I bought them – but they were CHEAP!)

– Sammy

# 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

Print Works,  
Geebung



### Printed on Forest

Stewardship Council

(FSC) approved paper



next edition Summer 2012

editorial deadline October 31

**disclaimer** The views expressed in this publication are those of the individual authors and not necessarily those of the Maple Street Co-op or the Co-op News team.

## The Co-op's Mission Statement

*Our mission is to provide our community with healthy, ethical and progressive choices for personal, cultural and planetary wellbeing through the practice and promotion of co-operative principles.*

## ADVERTISING RATES

### Standard sizes:

Full page \$250

1/2 page: \$150

1/3 page: \$100

Business card size: \$40

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

### DEADLINE FOR THE SPRING ISSUE

(Sept–Nov 2012): July 31

### FOR INFO OR TO MAKE A BOOKING:

Phone Sammy on 5494 3812

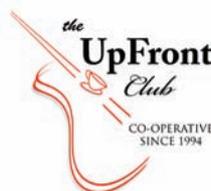
or email: [sammy@ausbushfoods.com](mailto:sammy@ausbushfoods.com)

## ANNUAL GENERAL MEETINGS – 1 NOVEMBER 2012

The AGM of the  
**MALENY CO-OPERATIVE CLUB LIMITED**

will be held on  
**Thursday 1 November 2012**  
at 7:30pm

at  
**The UpFront Club,**  
**31 Maple St,**  
**Maleny.**



The AGM of the  
**MAPLE STREET CO-OPERATIVE SOCIETY LIMITED**

will be held on  
**Thursday 1 November 2012**  
at 6pm for 6.30pm start

at  
**The UpFront Club,**  
**31 Maple St,**  
**Maleny.**





## Two SEPARATE co-operatives

Did you know that the Maple St Co-op, (the organic retail shop on Maple St), is a very separate co-operative to the UpFront Club restaurant next door (the Maleny Cooperative Club Limited)? They are two very distinct entities – and not just because they're in different buildings. They have separate shares, separate memberships, separate sets of rules, separate accounts and separate boards of directors.

**Maple St Co-Op:** share value \$25, annual subscription fee of \$22 due 1 July each year

**The UpFront Club:** share value \$10, annual subscription fee \$5.50 due 1 July each year

## Maleny Next Generation rocks

MNG is a collective of under 35s and mentors who are working on a three year plan to create a self-sustaining, cooperatively-run organisation that will develop projects and businesses that are run by, employ and meet the needs of under 35s.

The aim is to create a business community where those with great business ideas that lack support, and those skilled young people leaving town for better employment opportunities, are able to work together and see their dreams realised. Our current projects

are mainly outsourced, using existing service providers to run events, while we volunteer our time to

get people involved! This will hopefully create a good network of interested crew, who can then all help work together to make their own dream projects a reality!



**More information: Jimmy Halliday:**  
**Ph: 0428 896 851**  
**Email: jimidh@hotmail.com**  
**Facebook: <http://www.facebook.com/MalenyNextGeneration>**



## A children's garden behind the Co-op

Kate Kazony and husband Madhu have recently returned from volunteering in Laos where they worked with children to create edible gardens. They helped to turn environments into works of art, with murals, waterways, mosaic paths, bamboo tunnels and bridges, and stepping stones that the children designed and placed themselves, creating their own children's garden.

Now Kate and Madhu are creating a children's after-school garden project alongside the existing community garden behind the Co-op. This garden will be available between 3pm and 5pm, starting in the summer term.

"Our aim is to help families and individuals to live the healthiest and happiest lives possible, and for our family to join others in the garden!" Kate said.

Kate and Madhu have started preparing the area, ready for children to create colourful pathways through raised garden beds which they 'own' for the

school term. Each week a new aspect of plants, their environment, growth, production and uses will be explored, alongside art activities.

***If you're interested in your child joining one of the after-school sessions, contact Kate on 0438 428 190 – better still, drop by the garden behind the Co-op on a Monday morning.***



### VALE: TERRY WINDRED

After many years battling a crippling disease, Terry Windred passed away on Aug 8 2012. She will be sadly missed by Maple Street Co-op staff, members and customers.

Her famous 'ricotta, pear and almond' cake, 'rice slice' and 'lentil curry pasties' were enjoyed by hundreds of people for over 30 years.

For 12 of those years she cooked on a wood fire without electricity. They lived in Conondale, had 3 kids and John and Terry had full time jobs as well as supplying us four times a week with her fabulous food.

Terry cooked right up to 2 weeks prior to her passing.

We will miss her....



### Maleny Showgrounds 8 – 9 September 2012

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

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

# Let's talk about (junk) food

by SAMMY RINGER



**If you're reading this, chances are you already understand that what you put in your mouth is what you become.**

Which is why so many so-called 'developed' nations with their 'modern' diets are turning out fat, dumb, badly-behaved, attention-challenged, hyperactive, sickly, allergy-ridden children.

Not all of them, of course, but enough to be concerning.

Let's look at fat first. Do 'fast' and junk foods make people fat?

Yup – fast and junk foods are high in fat, sodium and sugar. And, because they don't contain adequate amounts of protein and good carbohydrates, your blood sugar levels will drop suddenly after eating, leaving you feeling grumpy, fatigued and craving sugar.

When rats consume these foods in great enough quantities, it leads to compulsive eating habits that resemble drug addiction. Eat enough junk food (or do enough drugs) and eventually the pleasure centers "crash," and achieving the same pleasure – or even just feeling normal – requires increasing amounts of the drug or food.

And what about dumb? (This goes hand in hand with bad behaviour.)

An Oxford University study showed that junk food stops the brain working properly, leading to underachievement and a host of disorders. Such foods not only lack the vitamins, minerals and

---

**‘When rats consume these foods in great enough quantities, it leads to compulsive eating habits that resemble drug addiction’**

---

essential fatty acids that boost brain power, but actually reduce the body's uptake of nutrients that improve concentration.

There is also evidence<sup>2</sup> to suggest that eating a diet high in high-fructose corn syrup (the cheap, hyper-saccharine liquid sweetener found in many sodas and processed foods) for as little as six weeks could lead to long-term memory and cognition problems.

A study by the Scripps Research Institute suggested that junk food consumption alters brain activity in a manner similar to addictive drugs like cocaine or heroin. After many weeks with unlimited access to junk food, the pleasure centers of rat brains became desensitised, requiring more food for pleasure. After the junk food was taken away and replaced with a healthy diet, the rats starved for two weeks instead of eating nutritious fare!

Some additives (and name me a fast/junk food that doesn't have them) have been linked to learning difficulties such as speech or reading delay.

A Harvard study showed that a diet high in "bad" saturated fat may hurt brain function. Researchers studied the eating habits and tested the brain function of 6,000 women for an average of four years and found the women who ate the most saturated fat scored lower on tests of brain function and memory.

Sickly? Some additives have been associated with a range of health issues including eczema, hives and other rashes; headaches or migraine; reflux, stomach aches, bloating, constipation, diarrhoea or sneaky poos; bedwetting, urinary frequency; stuffy or runny nose and coughing or asthma.

## **Allergies? Surely we're born with these?**

Not so fast...

A team from Florence University in Italy compared children in industrialised countries who consume lots of modern junk food to children in a small village in Burkina Faso, Africa, who eat primitive diets. They found they are more prone to allergies and that diets rich in bad fats and processed sugars – the kind eaten by most industrialised children today – disrupt healthy gut bacteria and replace it with harmful bacteria. More primitive diets composed mostly of cereals, beans, nuts and fresh vegetables – the kind eaten by the African children – help to properly balance gut bacteria – vital in processing food, protecting the body from disease and inflammation, and maintaining health

and immunity. The bacterial compositions found in junk food-eating children are actually causing obesity, allergies, eczema, inflammation, autoimmune disorders and other illnesses.

Scientists in the US studying the demographics of childhood allergies found a correlation between population density and prevalence. Kids in cities are more likely to suffer allergies, while rural kids seem to have fewer problems.

It all starts with the immune system, which is what protects your body from germs and diseases. With a food allergy, your immune system mistakenly thinks the food you're eating is harmful. So it tries to get rid of it. In the process, it releases chemicals to fight it. It's those chemicals that can spark a serious reaction.

### And what about badly behaved hyperactivity and ADHD?

This links into the 'dumb' section above.

Patrick Holford of the Brain Bio Centre in England stated; "We're seeing outrageous imbalances in brain chemistry caused by the kinds of foods that sadly millions of kids are eating... these kids are digging their own graves with a knife and fork"

Preservatives are one of the culprits. For instance, sodium benzoate, used to preserve soft drinks, has been linked to increased hyperactivity. Children, whose brains are in a stage of rapid development, are especially vulnerable to the effects of food additives. The FDA has concluded that artificial colorings might contribute to ADHD in some children.

Most junk food consists of refined carbohydrates. Pastries, highly processed cereals, chips and sodas are just a few examples. Once eaten, these foods immediately affect blood sugar levels. Rising blood glucose levels can trigger the release of adrenaline, which can cause changes in the behavior of both adults and children. This phenomena is likely responsible for the term "sugar rush" that is used when someone feels excited or hyperactive after eating these foods.

An indirect manner in which junk food can influence behavior is by what it doesn't provide – namely, a wide variety of vitamins and minerals. Children with ADHD, in particular, tend to have deficiencies in iron, magnesium, zinc and vitamin B6, according to the Harvard Medical School.

### And what about the children?

The following was taken from an article in the Winter 2010 Issue of *Australian Certified Organic Magazine*, by John Paull, Fenner School of Environment and Society, Australian National University.

The view of youth towards organic food appears to be "Organic food, like, yeah, whatever". The value of 'Certified Organic' increases with age, starting at a low 2.1% premium for consumers aged 20 years and under, peaking at 18.1% for those in the aged 41 to 60 years, and declining thereafter.

The risk for the organics sector of not engaging the 'youth vote', and countering its "yeah, whatever" attitude to organics, is that this apparent age effect can become entrenched and evolve to become a generational effect. If that were to happen, and a generation is lost to organics, then the organics market risks becoming atrophied. A diminishing niche market would be a sad fate to envisage for an organics sector built and grown largely by the baby-boomer generation.

Tobacco companies long ago realised that their future is in the high schools. It is a lesson that appears to have been missed by the organics sector.

### Fast facts

- Australians currently spend more than a third of their average weekly household budget eating out or on takeaway food, a figure that may jump to 50% in the next five years (Macken).
- An ever increasing proportion of the food we prepare at home has been processed for convenience, so that now we manage to spend just an hour and a half eating and drinking each day, less time than we spend watching television (ABS, How Australians).
- And remember your mother telling you to eat slowly? There are sound reasons for this advice – eat fast enough and you'll probably eat more than you need to as you're rushing ahead of the signals your body is sending saying 'enough!'
- People who feel they don't have time to cook are more likely to feel they can't spare much time to eat either.
- 1921: White Castle in the US, was formed as the first fast food chain
- 1948: McDonalds entered the scene
- Hong Kong has the highest percentage of people who eat fast foods at least once a week (61%). The US is 8th with 35%. Australia didn't make the 'top ten'. 🍎

1. Food Research and Action Centre, 2011
2. Medical Express, May 2012



# Hidden additives

From *BFA Magazine*, Winter 2008

**T**here are about 400 approved additives in Australia that must be described by name or number on ingredient labels. Current safety testing procedures for food additives do not require behavioural assessment, although 60 of these so-called 'safe' additives have been associated with children's behavioural problems.

As well, there are more than two thousand approved flavouring chemicals that don't have to be described on food labels because they are considered to be trade secrets. Under the latest *Food Standards Code* (2002), manufacturers don't have to distinguish between natural and artificial flavours because there is not a lot of difference – flavour additives are usually man-made in huge chemical factories even when sourced from substances found in nature, so both natural and synthetic flavours can consist of the same chemicals.

Parents are often outraged to learn that additives don't have to be listed if used in an ingredient that forms less than 5 per cent of the final product. For example, when small amounts of vegetable oil containing the antioxidant BHA (320) are used in products such as bread, biscuits or frozen oven fries, BHA doesn't have to be listed, yet it is enough to cause children's behavioural problems particularly if eaten frequently.

Likewise, additives themselves may contain unlisted colours and preservatives; for example, 'natural vanilla flavour' may contain unlisted sodium benzoate (211).

Under Australian Organic Standards, sulphur dioxide (220) and sodium metabisulphite (224) are the only additives permitted from the behaviourally toxic list, and they are limited to wine. For flavours to be certified organic, the flavour must be obtained from organic sources and use organic processing aids. These guidelines mean that organic products are an excellent way to avoid nasty additives. 🍎

# The nature of things and RUBBISH

by SAMMY RINGER

**H**ave you noticed that a lot of things that start off real good finally show their flip side? Like Christianity. A couple of miracles, a ton or so of fish and then the Inquisition and witch hunts in Salem.

And then there's our new preoccupation with spirituality and enlightenment. A little meditation, a dash of aura healing and – shazam – your best friend has become a spiritual Nazi. I know a few (I won't tell you what star-sign they are. I won't even be gender-specific but you know who I'm talking about.)

You know them, too. They're into intimate communion with their higher self and they like direct eye contact and they eat tofu.

They're also blissfully heartless. If you're having a terrible week it's because you're a Gemini and you've created an unwholesome reality for yourself. If you're broke, you've got 'an issue with money'. If your husband leaves you and the car's repossessed and you lose your job and break your leg it's an opportunity for you to change for the better. If you're like me and a bit of a cynic, you're 'manifesting a negative reality'.

My take? If you're a vegan with a permacultured backyard, prayer flags, a daily mantra and zero rubbish production, you're definitely overcompensating for an indulgent childhood.

You can't fool these people with bad luck or bad timing – they're on a different spatial alignment.

Commiseration? About the most you'll get from them is one of those Zen headlines – you know – 'let the waters run and the rocks will appear.'



I'm going through (another) mid-life crises here and what help are they?

I want sympathy! I want someone to pretend they understand. I don't want a cosmic handshake, I want someone to agree it's been a rotten hand.

Which brings me to rubbish. When I first got a wheelie bin, I offered my neighbor the use of it – there was no way I was going to fill the great big thing every week and I thought it was a friendly gesture.

He looked horrified. "No! We compost our rubbish and feed it to the chickens." "Uh huh," I said but then I got thinking about it and I wondered – what do they do with those blister packs you get with AA batteries? And what about chip packages?? Do they eat chips? Instant soup? Muesli bars that come in inedible cellophane?? Here I am washing out my dog food tins and squashing them flat and sending them off to wastebusters and you still make me feel like a mining company, raping the landscape with my half-filled wheelie bin.

I wrote '*rubbished with love*' on the bin and felt better. 🍎

## eastonlawyers

your local  
lawyers

62 Maple Street, Maleny

T 5494 3511

6B/3 Obi Obi Road, Mapleton

T 5478 6500

PO Box 255, Maleny Qld 4552

F 5494 2477

# Coconut oil's RENAISSANCE

by MIKE FOALE



*Mike first got involved with coconuts in 1958 in Trinidad in an academic project. For the next ten years he worked in the then British Solomon Islands as a coconut specialist, dealing with productivity, use of fertilisers, replanting ancient plantations and breeding high-yielding hybrids.*

**C**oconut oil is consumed by hundreds of millions of people in the coastal tropics throughout the world. In the 1890s, people in the US took to it with enthusiasm when it became readily available and supplies of tallow and whale oil began to fall, but supply from the Pacific was interrupted by the war and the soy industry expanded rapidly to fill the gap.

When the supply resumed competitively after the war, the soy industry was able to take advantage of research which showed that serum cholesterol rose in laboratory animals consuming coconut oil as the fat in their diet, while those on soy oil did not. This 'saturated fat' story was used to demonise coconut oil and destroy its market as a food oil.

Decades later it was discovered that serum cholesterol has two main forms, HDL (good) and LDL (bad). So long as there is a good balance between the two, HDL provides an antidote to LDL and the risk to the heart is neutralised.

What is now known is that coconut oil raised HDL more than LDL and therefore is actually a positive influence for reducing heart risk! But the 'bad oil' message had become ingrained, permeating not only the supermarkets but also the health industries of most advanced economies, and thus coconut oil

remained in the doldrums until quite recently.

The advent of virgin coconut oil, obtained by pressing partially dried shredded coconut kernel, by standing coconut cream for 48 hours allowing the oil to separate, or by centrifuging coconut cream, gave coconut oil a lift. Its gentle aroma was attractive and people who took it by the spoonful reported improved health and energy.

There are published research papers showing that the hypothyroid condition can be relieved in many people who consume coconut oil. The oil is known to reach the energy cycle of the body very rapidly because the medium-chain fats are absorbed rapidly and can enter muscle and neuronal cells readily. Reports of relief from dementia are consistent with this property of the unique coconut fats delivering energy to otherwise declining brain cells.

Similar favourable outcomes arise in the case of type 2 diabetes where the insulin resistance which prevents glucose from meeting the energy needs of the cell is bypassed by coconut oil molecules going straight to the cells in need.

Coconut oil's renaissance has started and its foundations rest on good science, revealing its unique chemistry in which two-thirds of the fatty acids improve the balance of HDL.

A surge in its popularity is very likely to take place, which could alleviate the abject poverty of millions of small-holder coconut producers around the tropical world as the price improves. 🥥

## SPRING MENU at the UpFront Club

**Sustainable, humane, local...**

Chef Sharon Milburn has cooked up a very seasonal menu for Spring – but she's done more.

The Club's menu will feature sustainable seafood choices – there'll be no more swordfish, cod or other species considered at risk.

Dishes will feature hormone- and antibiotic-free, grass-fed Queensland beef, cruelty-free, free-range pork and locally smoked bacon as well as free-range eggs and chicken.

As always, Sharon looks local first for her organic produce and sources what's fresh and in season.

Look for some mouth-watering side dishes in the new dinner menu! Here's just a small sample of what's new:

- Crispy organic pumpkin risotto cake
- Soft organic polenta with roasted seasonal vegetables
- Lamb burger with Persian feta and beetroot relish
- Thai fish cakes

BON APPETIT!

*Support those in need!*

### **BUDDIES REFUGEE SUPPORT GROUP**

is a Sunshine Coast group which advocates for just and compassionate treatment of refugees, consistent with the human rights standards which Australia has developed and endorsed.

We support policies towards refugees and asylum seekers that reflect respect, decency and traditional Australian generosity to those in need.

We are an independent community group. We meet on the fourth Sunday of each month at 11 am, 24 King Street Buderim.

**Next meeting: September 23**  
**Guest speaker: Abdul Ibrahim**



is now not so bright for new entrants to residential solar, as the lower rate changes the payback period from around 5-7 years to 20 years. It also means that whenever there is a change of the electricity account holder in the existing scheme, it reverts to the new scheme at the 8c rate. This will affect rental properties and property sales.

It is strange that there has not been a larger public outcry in Queensland at this drastic change in policy and almost total disregard for the promotion of renewable power systems. This has also occurred in other states as well, and there is now a developing case for feed-in tariffs to be increased to be at parity with the retail price of electricity. It is anticipated that electricity prices will be increasing 10–30% per year in the foreseeable future. If parity pricing was implemented then the payback period would drop to around 8 years.

Regarding the cost of solar power systems – the production costs of the solar panels is dropping, and will retail below \$1.00/watt in the near future, and may reduce a further 40% by 2016. The price of quality inverters has remained stable however.

### Commercial and business solar power

The use of grid-connected solar may increase in the future as electricity prices continue to rise. In this case the 8c export rate during the day is not really a driving factor as the solar power produced would be used to offset the high use of electricity in daylight hours. Some local small businesses have already installed solar PV systems, or are considering doing so this year.

### Large scale solar farms or parks

With the introduction of the Carbon Tax and the new Renewable Energy Target (RET) of 20% by 2020, there is now a considerable amount of funding available for large scale solar and other renewable energy power sources. This is being funded by the creation of bodies such as the \$10 billion Clean Energy Finance Corporation, and the \$3.2 billion Australian Renewable Energy Agency. It appears that most of this money is earmarked for projects currently in the pipeline, or for research into the development of new energy sources, like ocean energy from waves.

# Maleny re-thinking energy?

by GARY PHILIPS

**It's now 2 months since the On-the-Couch "Maleny Re-thinking Energy" evening, and the formation of a new Facebook group of the same name that resulted from community interest from that session.**

Since that time there have been quite a lot of changes to the grid-connected solar industry in Queensland.

### Residential solar power

On 1 July the Commonwealth rebate reduced slightly (~\$700), but is still in effect and will continue until 30 June 2014, with the current rebate being \$1500 for a 1.5kW system to \$3000 for a 5kW system.

The other significant change was the Solar Feed-in Tariff reduction from 44c/kWh to 8c/kWh by the new Queensland (Can't Do Solar) Government. There was a small 2-week window of opportunity to get into the existing Queensland Solar Bonus Scheme at the 44c rate until 9 July, and this resulted in 75,000 applications to Energex over this period, with 31,000 on the last day, and finally a crash of the on-line application system close to the midnight cut-off time. This included both new solar PV systems and upgrades to existing systems. So obviously, this prompted many who have been considering installing solar to act quickly. Unfortunately, the situation

**5% discount for Co-op members!**

## negawatts: SOLAR PV SYSTEMS

**Competitively-priced with prompt installation**

Local backup • extensive experience • quality installations  
5 year installation warranty and FREE first annual checkup

for a free quote call **0407 760 838**

or visit **www.negawatts.com.au**



**Gary Philips, licensed Qld Electrical Contractor (number 70412), licensed solar installer (CEC number A5100260) and Maleny resident**

## Energy management schemes

from the *Queensland Electricity Energy Management Plan 2011*

Queensland's electricity demand will continue to grow at more than 3.5% per year. By 2020 peak demand in Queensland is expected to grow to more than 12,800 MW (from approximately 8300 MW in 2008/09). To meet this growth in demand, it is projected that more than \$15 billion in capital infrastructure will be required for business-as-usual electricity delivery through traditional means by 2020.

ENERGEX estimates that the average investment for each megawatt of additional capacity is \$3.5 million (comprising \$2 million distribution network assets, \$0.7 million transmission asset network costs and \$0.8 million generation costs). This cost is to be shared by all customers.

It can be seen that to avoid the rapid increase in electricity prices, the need for energy management schemes will grow in the next few years, probably with support from the Queensland Government. This may postpone the investment in new power stations and transmission lines.

Typically the government proposes that the house of the future will have:

- energy efficiency design principles embedded in building codes
- a greenhouse-efficient hot water system connected to an off-peak tariff
- a load-controlled pool pump connected to an off-peak tariff
- energy-efficient airconditioners that are demand-response enabled
- an off-peak circuit in the house, enabling appliances in the laundry, below the sink and in the garage to be used at off-peak times
- access to up-to-date information on how best to manage energy in the home
- energy-efficient lighting and energy-efficient appliances
- climate-appropriate design, with design features such as natural ventilation and insulation
- access to appropriately trained service providers accredited in energy conservation and demand management. 🍏

# Co-op LE(a)Ds the way

**A big thank you to Keith Patullo and Graham Cranney of Independent Power and Water for installing the LEDs at cost.** Walk into the Co-op and you may notice a difference in the atmosphere – the old, harsh fluoros have gone, replaced with LEDs.

A 'nicer' light was only one of the reasons for the change. Energy consumption tops the list, as you can see from the following:

### Existing lights

21kw per day @ 28c per kw =  
\$5.90 per day  
Cost for one year = \$2158

### LED lights

6.1kw/day @ 28c per kw = \$1.70/day  
Cost for one year = \$624

or a savings of \$1534 per annum.

Deduct the cost of the LED lights and there is still a savings of \$244 in the first year!

LED lights have an average life-span of 50,000 hours, compared to 8000-9000 for fluoros. They are RoHS (Restriction of Hazardous Substances) compliant – fluoros contain a range of toxic substances that are released to the environment when they're thrown away.

Fluoros are prone to 'flicker' – LED lights are not.

The list goes on and on.

Thanks to Keith and Graham, the Co-op is now even more environmentally friendly – and, to my eye at least, has a nicer 'light' about it. 🍏



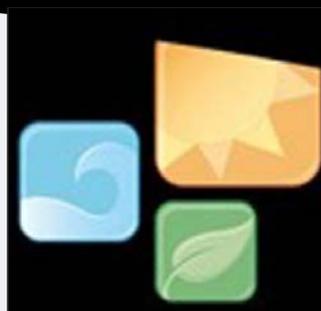
## Independent Power and Water

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

Graham Cranney 0427 754 587

Keith Patullo 0429 416 041

Solar, wind, hydro  
12 volt pressure pumps  
Advice on sustainability &  
energy reduction





# Our future health care system

by STEPHEN ALEXANDER  
(blog: stephenalexander.com.au)

**Stay in your own bed when you get sick or old then share the responsibility for your treatment and care.**

**S**ome months ago I was asked by a leading global consulting organization to write a briefing paper for a State Government treasurer, outlining the problems facing the current welfare funding model of health care. This was motivated by the Federal Treasury stating that by 2040, 100% of state revenue will be spent on healthcare alone. Our findings indicated that we have already passed the point where healthcare is affordable by government or private insurance. The next tipping point would be patient outrage as services start to become rationed.

We found that no one within the health sector anywhere in the world has (to date) demonstrated how to reconcile the two opposing forces of escalating costs and restricted expenditure. Worse still, calculations had not factored in the emerging trends that would compound the scale of the problem. These include the escalating prevalence of chronic

diseases, where an average population of 33% is drug dependent for life on around six medications which often doubles once in residential care.

Although obesity, diabetes and dementia are reaching plague proportions, the most worrying escalating cost in the US was cancer. Studies have indicated that 41% of the population and 50% of all males will get cancer. This may help explain why, for the first time, the question of what (including who) is causing this explosion in cancer, even amongst our young, is being asked. The report cited the legally permitted 80,000+ potentially carcinogenic chemicals unleashed into our food chain as a major concern and has raised the obvious questions relating to sustainability, responsibility and the most contentious, liability for the cost of treatment.

The cost of health care is exploding; a new regional hospital can exceed \$1.3b but the sting in the tail is the committed lifetime operational cost of over \$220b,

---

**“ The cost of health care is exploding: a new regional hospital can exceed \$1.3b but the sting in the tail is the committed life time operational cost of over \$220b or \$10,000 per night, per bed ”**

---

or \$10,000 per night, per bed. In Queensland we have plans, but not a full budget, for three new regional hospitals – but to meet the current demand it will require a new hospital per year for the next decade, which is well beyond the taxpayers' means.

Common emerging strategies by most governments, including our own, is to shift care to the community, have patients share responsibilities, treat people at home, use technology for self-monitoring, stop building general hospitals and move to a clinical evidence-based decision model from information harvested from clinical observation.

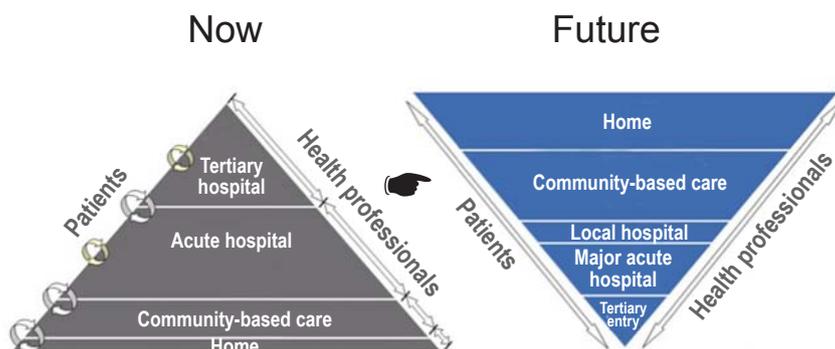
The introduction of patient-centric e-health records assists this strategy, as well as getting some quick wins. One of these would be reducing the number of avoidable errors within the health system's procedures which, in some countries, occurs in around 16% of all patient interactions.

In Australia, in 2007-08, around 237,000 hospital admissions were related to complications from diabetes that could have been avoided through better management. This is 32% of all avoidable hospital admissions.

I spoke with one manager of a leading hospital who confirmed this as conservative and added that the



## A new service model is required...



hospitals then compound this problem by creating an additional 18% of errors on patients who end up in hospital.

Sir Muir Gray, Chief Knowledge Officer of the UK's NHS, sees a silver lining to this dark cloud, claiming that it will be the patient who leads the next wave of innovation. This will occur by leveraging the newfound capability of electronically harvesting the knowledge of what actually works for chronic treatment from a patient experience and perspective.

According to Sir Muir, if we collected the evidence of what works today from our collective experience, the asset value to the system would be greater than all of the potential medical inventions of the next decade.

Whilst facilitating a panel discussion at a health event in Sydney last year I asked a leading care provider what that new evidence might be. The audience was told that most chronic disease conditions could be greatly reduced and in some cases eradicated if some identified lifestyle changes could be prescribed.

But to enable these to become prescribable, and therefore a chargeable medicare item, they need the evidence to be scientifically collated so that these effective treatments, including healthy diet, exercise and other allied treatments, could be included alongside the medications list of chargeable treatments.

While global trends are shifting to opening up locked databases of information, our GP practices, hospitals or the government itself, do

not currently share, report, analyse or collectively collaborate to generate any meaningful clinical evidence that could enable this to occur.

The most interesting and dramatic activity centres around the adoption of mobile devices and the explosion in medical apps that patients and practitioners are adopting for treatment and monitoring. The volume of usable knowledge collected within a scientific framework is likely to exceed what the pharmaceutical industry in a very short time frame.

This, in turn, will shift the balance of power to the health consumer and those who can deliver the most verifiable value outcomes to them. Both mainstream, allied and even alternative practitioners will have to come to terms with a new set of consumer expectations. These include total transparency, greater accountability, collaborative interactions, consumer-centric decision-making and risk assessment. More importantly, they will have to come to terms with patients who may know as much, and probably more, about their own condition than the practitioner could afford to discover in both time and cost.

The obvious challenge for us on the Range is to leverage the value from these trends and build upon the remarkable community capacity and capital we have built up over the decades, so that our aged, young and vulnerable, along with everyone who is going to become impacted by an ability to pay, does not suffer the full extent of the consequences of our unaffordable and rationed health system. 🍎

## Bi-polar managed best without drugs

BY KATHRYN ALEXANDER  
(kathrynalexander.com.au)

**CureTogether** (<http://curetogether.com/blog/about/>) is the shape of things to come for smart patients.

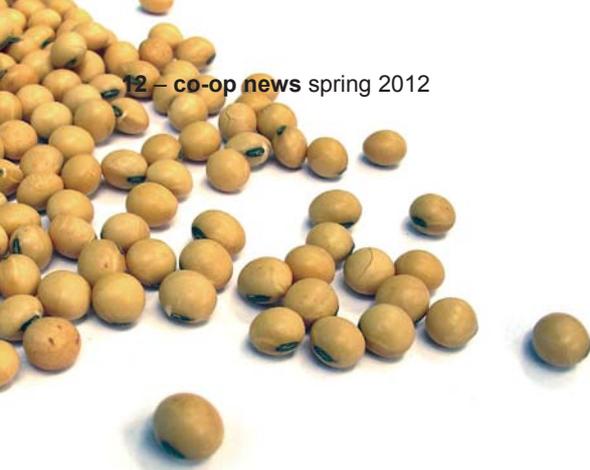
Have you ever wished that you could just go to a website and find out what others have done, what has worked (and what didn't work) for your condition? Wouldn't it make it that much easier to find a solution if this information was available in a simple to use format?

This is what **CureTogether** have done. This small team have launched a free service that depends on health consumers contributing their data for their condition/s. You are invited to complete the survey for your condition, your symptoms, the treatments you have tried and what you feel are the causes. This information is turned into an infographic, where all the results from the survey on that particular condition are displayed on a quadrant chart that plots treatments against popularity and effectiveness. What's more, if you have other symptoms, or have tried other treatments or believe that there is a cause that is not represented, you are invited to add these, and so the knowledge will just keep growing but generated by people who suffer from these conditions, not the medical profession.

When 1,000 treatment ratings have been gathered for a condition, the infographic is published – and the results can be quite surprising.

The graphic shown at (<http://curetogether.com/blog/2012/02/15/bipolar-managed-best-without-drugs-227-patients-report/>) shows 31 different treatments for bi-polar and their effectiveness or otherwise.

Imagine patients around the world coming together to share quantitative information on over 500 medical conditions. They talk about sensitive symptoms and compare which treatments work best for them. They track their health. New research discoveries are made based on the patient-contributed data. This is happening at CureTogether, and we believe it can have a massive global impact. 🍎



# Why do I feel a need to avoid GM foods?

by GARRY CLARIDGE (GM Avider)

**A**t times I like to question my actions to re-evaluate their relevance. What are my needs that are not being met with GM food? I believe these fall into two categories: firstly, the need for a high degree of confidence in safety and health, and secondly, the need for ecological sustainability and social justice, these being threatened by the agricultural application of GM plants.

## What is “genetic modification”?

In general, it’s described it as a range of methods from plant propagation, eg grafting parts of plants in the garden, through to DNA modification in a laboratory. It is the DNA modification end of the scale that is of concern to many.

The official definition from regulating authorities tells us that a genetically modified organism (GMO) is an organism that has had its DNA modified by gene technology; or that has inherited particular traits from an organism that has been modified by gene technology.

This technology is also called “biotechnology”, as used by the Monsanto Company.

## How is it regulated?

The control of GMOs in Australia is through federal laws, these being the *Gene Technology Act 2000*. From this Act, the Office of Gene Technology Regulator (OGTR) is the responsible authority ([www.ogtr.gov.au](http://www.ogtr.gov.au)) The stated objective of the Act is: “... to protect the health and safety of people, and to protect the environment, by identifying risks posed by or as a result of gene technology, and by managing those risks

---

*The new rose  
trembles with early beauty  
The babe sees the beckoning carmine  
the tiny hand  
clutches the cruel stem.  
The babe screams  
The rose is silent -  
Life is already telling lies.*

Spike Milligan 1967

---

through regulating certain dealings with GMOs.”

Food Standards Australia New Zealand (FSANZ) is also involved, being responsible for setting standards for the safety, content and labelling as well as conducting a safety assessment on all genetically modified foods intended for sale in Australia.

However we still see incidences of research organisations and drug/chemical companies making false claims and falsifying data. Whilst these incidences are minimal, they still occur. And significantly, the regulators do not test for ethics in plant deployment and business operations of these organisations and companies.

## What is GM’s purpose?

Besides maximising profit for the manufacturers, the purpose of GM plants, as stated from various sources, is to improve crop yield, with many advocates claiming this crop yield will alleviate world hunger!

The 2012 *Annual Letter From Bill Gates*, for the Bill and Melinda Gates Foundation, claimed for GM: “This will make plant breeding happen ... much faster... I say that innovation has been and will continue to be the key to improving the world.”

And, from Monsanto – “biotechnology holds promise ...for government and non-government advocates seeking to stave off global hunger...”.

Makes me feel a little suspicious that a profit-oriented corporation is claiming such altruistic and ethical outcomes.

Typically, the GM plants are designed to:

- resist herbicides
- resist pests
- increase crop yield per plant given the same growing environment (efficiency)

## Health and safety

The health safety issue is possibly the most controversial aspect. Scientific organisations such as the CSIRO claim

that any foods produced will be safe to humans and the natural environment. Yet I read in a CSIRO publication (OGTR application DIR112 - public brochure) that the aims are “...achieved by grain-specific suppression of expression of a gene in starch metabolism.” What human safety tests will be conducted, and how transparent and accessible will the results be for public scrutiny?

For me, only the mass consumption (by others) of genetically modified food over a very long period will make me confident of its safety. For GM, I’m not an early adopter!

Another safety concern is indirect consumption via livestock feed, the standards for which need to be examined.

## Sustainable ecology and social justice

The deployment of GM plants in agricultural production is a significant concern to me. There appears to be a lack of consideration of overproduction for existing ecosystems limitations, and for short-term only economic gains for farmers.

The environmental problems can include increased water usage, loss of phosphorus and nitrogen and loss of biodiversity. These are not solely problems associated with GM plants; however the increases in yield will need to be considered in ecosystem services planning. Imagine the Murray-Darling Basin water problems if yield were to be increased and more water contained in the crops harvested and removed from the region.

Pressure on farmers in poorer countries to use GM plants can cause them to become ‘locked-in’. Hence, after a few seasons they find it increasingly expensive to maintain and to break out to re-establish sustainable farming methods. We know from research reports of farmer suicides in India that this phenomenon is a contributor.

Primarily, better governance in poor countries to facilitate the sharing of knowledge, efficient internal distribution of food and monitoring of ecosystems can contribute to significant gains in effective production and long-term viability. These can help farmers increase yield using low-impact methods without the need to resort to GM plants.

Sadly, the use of GMOs is mostly seen as a panacea “pill” to fix symptoms rather than taking action to either change or adapt to the causes of a problem! 🍎



THE CO-OP HAS A VAST NUMBER OF SUPPLIERS – MANY OF THEM LOCAL. HERE'S THE FIRST IN A SERIES THAT INTRODUCES YOU TO THEM.



**Peter Borleis, Palmwoods**

Peter's been a market gardener for over 20 years. He supplies the Co-op with Asian greens, lettuce and a variety of other fresh foodstuffs in season.



**Ian Steinhardt, Obi Valley**

Ian has passion for fresh, unadulterated food. He grows a range of biodynamic vegetables, including coriander, sweet potato and other vegetables in season.



**Jodie Robbins**

You've seen her display of luscious sauces, preserves, cordials and candied fruit under the *Wandering Hen* label, but Jodie also supplies flowers and other seasonal produce. A passionate permaculturalist who has been supplying (and volunteering) at the Co-op for over 10 years.

# The Olympics go Fair-trade!

by JENNY LAW

**R**etail sales down? **Not so with Fair Trade products!** Consumers around the globe spent AU\$6.75 billion on Fair Trade Certified products last year, according to figures released by Fair Trade International.

This year's 2012 Olympics and Paralympics Games are a great example of the global shift towards Fair Trade products. An estimated 10 million Fair Trade bananas were eaten, 7.5 million

cups of Fair Trade tea served, 14 million cups of coffee carrying the FAIR-TRADE trademark drunk, and 10 million Fair Trade Certified sachets of sugar enjoyed at the Games.

The ongoing benefits of this is income generated for developing countries to invest in their communities. This makes the London 2012 Olympic and Paralympics Games the 'fairest' games ever.



Our little Fair Trade stall, Fair Trade Connections, has been based in Maleny now into our third year. We have also noticed a growing awareness amongst shoppers about the origin and conditions of the products they are purchasing. We are very happy with support from regular customers who insist on purchasing a gift that is Fair Trade wherever possible. We are very proud to be a part of a growing change in consumerism. *(Facts from the Australian and New Zealand Fair Trade Association Newsletter)*

**FAIR TRADE CONNECTIONS**

*Unique handmade Fair Trade items*

- ~ leather work ~ silk scarves ~ early childhood
- ~ handmade paper and cards

*Gifts that mean much more*

We are at the Maleny Sunday Markets  
Contact Jenny and Noel Law  
[www.fairtradeconnections.com.au](http://www.fairtradeconnections.com.au)



**Fair Trade Connections**  
**Jenny and Noel Law Ph: 07 54943011**  
[www.fairtradeconnections.com.au](http://www.fairtradeconnections.com.au)



## GOODBYE MOLLY (You were beautiful in your own way...)

She was born in 1987 (midwifed by Andru Martin, Ian Smith and Peter Pamment), went online in 1990 and was finally 'laid to rest' in 2010.

"Molly" was the computerised bookkeeping system used by the Maleny Credit Union when they moved from handwritten cash books into the thoroughly modern world of electronic things (few people really understood it in those days).

Andru and Ian wrote the software that drove Molly and Peter Pamment put together the physical bits. Between them they created a totally unique tailor-made system that did sterling service for an amazing 20 years.

There was some reluctance to totally ditch the trusty old ledger – Andru recalls Jill Jordan insisting that the reports generated by Molly look exactly the same as the cash books they'd always used. "I spent weeks writing a special program that duplicated the old ledger books!"

Who named 'her' Molly? As of going to press, I still don't have an answer to this – perhaps someone out there knows?

I asked Andru why Molly had to go.

"Over the years, we upgraded her by basically patching things on. Towards the end, she had more patches than original components! But the big factor was the new reporting requirements and the higher level of security needed for credit card transactions that necessitated the changeover."

For any of you seriously missing Molly, take heart. The need to keep individual account holder's ledgers for 7 years has meant that Molly (though in retirement) is still there, waiting to print out some good old fashioned cash book accounts...



Andru Martin (right) and Kai Neminen unplug 'Molly'

**TOP UP  
YOUR LOAN** For a short time only!

**RENOVATING?  
BUYING A CAR?  
CONSOLIDATING  
YOUR DEBTS?**

You may want to apply to  
increase your loan  
using our TOP UP feature.

Serving the community since 1984

FOR MORE INFORMATION, CONTACT MCU:

MCU Ltd  
"Bunya House" 28 Maple Street  
Maleny Qld 4552  
PO Box 1099 Maleny Qld 4552  
Ph: (07) 5499 8988 Fax: (07) 5494 3363  
info@mcusb.com.au - www.mcusb.com.au  
ABN 52 087 650 995 AFSL 246921

MCU Limited ABN 52 087 650 995 acts under its own Australian Financial Services Licence AFSL 246921. A Product Disclosure Statement is available from MCU Ltd. You should consider the Product Disclosure Statement before making decisions about the product.

## DO YOU HAVE A BRIGHT IDEA?

**Tell the Innovations Committee of the Maleny Credit Union!**

The Committee was formed after the Credit Union's meeting with members in January this year. It is an informal committee where members can contribute ideas to the Board without having to be involved with all the duties of a Director.

Two members, Paul Williamson and Russell Kennard, were keen to establish an ethical policy for the Credit Union, and the newly formed Innovations Committee made this their first project. At a time when unethical banking practices are creating havoc around the world, it is appropriate that the Maleny Credit Union should have a clearly articulated ethical policy. We are in the process of preparing a survey that asks members what they would like to see included in the Credit Union's ethical policy.

The Innovations Committee is also considering how the Maleny Credit Union might support other exciting community initiatives. Two of them are Carsharing and Community Land Trusts:

**Carshare** is an alternative to car ownership. You share a car with your neighbours! Carsharing has taken the world by storm over the last decade and is now operating in over 600 cities worldwide including Melbourne and Sydney.

**Community Land Trusts** are a new way of acquiring affordable housing by taking property speculation out of the equation. It's an idea whose time has come. The Innovations Committee is exploring the possibility of supporting CLT projects on the Sunshine Coast.

If you have a bright idea for a business opportunity or community project on the Sunshine Coast and hinterland or for a new financial product that fills a gap in what is offered locally, then contact the chairman of the MCU Innovations Committee, Russell Kennard, at [rmjk@tpg.com.au](mailto:rmjk@tpg.com.au).

### MCU AGM: 10 November

Any member thinking of standing for election to the MCU board can contact Chief Executive Officer Terry Scolari at the Credit Union for more information. Phone 5499 3363.

# SOUND Sweetening

by DANNY ROSE

**A**udience's contributions to The Hat on music nights have helped pay our way and we have advanced plans to add carpeting and curtains to 'sweeten' the amplified sound in the dining room. Keep your eyes and ears open. A twenty-first century mixing desk is also hopefully arriving soon.

Six of the nine acts in September feature or include females. Check [upfrontclub.org](http://upfrontclub.org) for the details. For nostalgic reasons I will mention Scarlett Affection from Bangalow, NSW on Saturday 22 September. These brilliant multi-instrumental singing sisters lived in Maleny at one stage of their education and have relations nearby. After touring widely for some years, including several gigs here at the Club, they have each had babies and launched a music school in 2010, inspiring the next generation of musicians. Book early for this one.

Please be aware and spread the word that our licence requires that your under-eighteens in the Club are supervised by a parent or guardian at all times. This will prevent disastrous or expensive results should mishaps occur out on the streets.

Like sporting and other community not-for-profits, we can be proud that volunteers and donations help us enormously to provide a valuable meeting place, not just for members but the community and visitors. Even with such assistance, I can assure you our staff work 'flat out' and would appreciate your co-operative attitude as customers.

Please visit our website and Facebook pages, make comments and 'share'. Selected videos of many of our gigs can be found at [youtube.com/danrose](http://youtube.com/danrose). I'm glad to discuss any suggestions and ideas about our entertainment via email, facebook, phone or in person.

**Danny Rose, (07)5494 2385 /  
0427 022 612**



## What's on at **THE UPFRONT CLUB**

### SEPTEMBER

- 1 FIRST SATURDAY FOLK, \$5
- 7 SCOTT & BRENT MELLIS (S.Coast, U.S.) Jazzy father, soulful son
- 8 CARL WOCKNER (S.Coast) Best male solo, Scope mag 2011
- 10 Upfront Club Renovations – volunteers needed
- 14 RYAN TOOHEY (S.Coast) Blues roots folk rock with guest JOHN ALLEN
- 15 FELICITY LAWLESS (Brisbane) Movin, inspired reggaefolk
- 21 FREE LIKE ME (Duo, Maleny/U.S.) Pop reggae surf originals
- 22 SCARLETT AFFECTION (NNSW) Dynamic harmonious originals
- 28 LAURA MITCHELL (S.Coast) Jazz Pianist, vocalist with classy bass & drums.
- 29 PEAR & THE AWKWARD ORCHESTRA (Brisbane) Quirky, memorable whimsical folkpoproots

### OCTOBER

- 6 FIRST SATURDAY FOLK, \$5
- 12 BARRY CHARLES (S.Coast) 'Extreme vocalist' originals & quirky covers
- 13 DAVID KNIGHT (Melbourne) Exciting young folk, roots guitarist
- 19 KNIKI & MIKE BEALE (Perth/G. Coast) International blues singer & top guitarist
- 20 IN THE MOMENT (Maleny) Three unique women singers, new project

- 26 OM JAAN (S.Aust) Uplifting, earthy and eclectic blooze, folk, jazz, funk, reggae
- 27 KIERAN WATERS & BARON FIELD (Brisbane) Poetic original alt-country, folk, blues

### NOVEMBER ..

Updates at [upfrontclub.org](http://upfrontclub.org)

- 2 tba
- 3 FIRST SATURDAY FOLK. \$5
- 9 BRETT HOLLAND
- 10 tba
- 16 DINKUM BOHOS
- 17 ANDREA SOLER
- 23 SUMMERLAND BAND
- 24 TEXAS TEA
- 30 ELI WOLFE

### UPFRONT CLUB HOURS\*

Mon, Fri, Sat – Music at 7pm.  
Gold coin entry

COFFEE: 7.30am

BREAKFAST: 7.30–11am (7 days)

LUNCH: 11.30am–2.30pm

DINNER: from 5.30pm  
(take-aways available)

Tuesday, Wednesday & Sunday –  
closed from 2.30pm

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

\*All events 7pm unless otherwise noted



**ECO TAN**

Get in early this year for that 'summery' look. Don't put synthetics on your skin – keep it natural and organic! Eco Tan contains only pure, natural ingredients such as grapeskin extract, bergamot and aloe vera – no nasty chemicals.

**BIOFOOD ORGANIC PASTA AND SPAGHETTI (500gms)**

Organic wholemeal pasta at a price that everyone can afford. Free from genetic modification and harmful pesticides.

Whip up your favourite pasta dish in minutes! Certified organic and GMO-free.

**THE 'PURELY' RANGE FROM A'KIN**

**pureMAN Purely Groomed travel pack. Includes:**

- 75ml Dual Action Face Wash & Scrub
- 50ml Visibly Fit 24 Hour Moisturiser
- 75ml Calming After Shave Balm
- 150ml Energising All-in-One Hair & Body Wash
- FREE travel bag

**Purely Strengthening Hair Care Trio contains:**

- 1 x 225ml Al'chemy Ylang Ylang Colour Care Shampoo



- 1 x 225ml Al'chemy Macadamia & Wheat Protein Treatment Conditioner
- 1 x 150ml Al'chemy Ginkgo & Jojoba Intensive Moisture Vitamin Masque

**PURE CAROB PRODUCTS – THE AUSTRALIAN CAROB COMPANY**

Pure Carob Kibble Nibbles, Pure Carob Powder and Pure Carob Syrup

Highest quality products from Australia's only commercial carob processing operation.

**And finally, you're SO going to love... SO DELICIOUS DAIRY FREE ALMOND MILK FROZEN DESSERT**

Try the 'Minis' – Vanilla Bars and Sandwiches & Mocha Almond Fudge bars.



# MALENY

## COMPUTERS

SALES · REPAIRS · SUPPORT

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

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

Find us on: **facebook**®

**Call now on 5494 3188**

[www.maleny-computers.com.au](http://www.maleny-computers.com.au)