



# co-op NEWS

SPRING 2015

FREE!

*The newsletter of the Maple Street Co-op*



The smiling faces at  
the Co-op counter

See profile on page 8



## Meet our new CEO

by SAMMY RINGER

'Softly spoken' would be the best description of the Credit Union's new CEO Bob Malcom.

He sits quietly, he speaks quietly, he even nods quietly!

I met him in early August, little more than a month after he stepped into the chair. Bob has always worked in the financial sector and comes to the MCU with over 25 years' experience in credit union management across three States. So what brought him here?

"The Credit Union's reputation. I was looking for a challenge – and a change."

And what are the immediate challenges he sees?

"To re-engage the members. And, I'll use that word again – to oversee change. Any institution evolves and that involves change. Sometimes it's small things behind the scenes – for instance we'll be upgrading our internet banking shortly. But sometimes the change is more public and integral and that's where engaging members becomes important."

Bob is an accomplished executive manager with strong leadership, relationship building and hands-on senior management experience. He has a marketing and business development background as well as significant experience in risk and compliance management. He currently serves on the Board of Aid for the Blind (Queensland) and is President of Northern Suburbs Hockey Club Inc.



## The MCU Solar Initiative

In 2014 Maleny Credit Union initiated a business solar drive. The Credit Union walked the streets speaking to main street business owners, selling them on the idea of a bulk buy for businesses to implement solar savings.

Ian Humphries from Humphries & Fisk then volunteered to co-ordinate the best deal with Negawatts, based in Maleny and owned by Gary Phillips the chosen supplier.

The installation is now complete with many businesses now making savings: Maleny Credit Union; Humphries & Fisk; QEC Services; Maleny Bowls Club and Maleny Paint. Hinterland Travel; Sweets on

Maple; Black Sheep Booteek; Endeavour Op Shop and Hair on Maple have also now been provided with solar for common power and hot water.

Gary says "It is such an advantage for commercial properties to be on solar as they use their power during the day with minimal use at night so it really pays off for businesses."

Each business now has the advantage of using the Enlighten Manager APP which tells them how much power they are using and how much they are saving. During March, Maleny Credit Union put enough power back into the grid to charge a mobile phone for 24.4 years or run a fridge for 6 months. So imagine the collective power back to the grid from all of these businesses!

from the editor

## 'I've seen fire and I've seen rain'

I was at the 'formation meeting' of the UpFront Club back in 1993. I was a Director when the Club 'went through some problems' in 1995 and the board – in its entirety – volunteered to run the Club just to keep it afloat. We washed dishes, cleaned tea-towels, served, scrubbed, laughed and cried. Hard, but somehow rewarding.

Such is the way of co-ops. The UpFront Club was not alone in finding it 'hard yakka' to survive. The hospitality sector is competitive, complicated and riddled with failures. The fact that the Club still exists is a testament to the members, the staff and a long list of board members who have given time, energy, expertise and lots of elbow grease to its survival.

Over the last couple of months, the Club has had an extraordinary 'rebirthing'. It has a new look, a new menu, a totally fabulous plan for renovations and, dare I say it? A new attitude that says: 'I've seen fire and I've seen rain I've seen sunny days that I thought would never end.

*I've seen lonely times when I could not find a friend,*

*But I always thought that I'd see you again.* \* James Taylor, 1970

## So many birds...

*Spring is sprung, the grass is ris  
I wonder where dem birdies is?*  
(Author unknown)

On the Range, we never have to ask



'where dem birdies is?' We are blessed with winged wildlife of almost every hue and vocal variety.

I was reminded of just how blasé we can become about this wealth of colour and song when my sister visited some years ago. She, for her sins, lives in Houston Texas. A nice

enough place if you like concrete and very tall buildings.

On the first morning of the visit, I found her sitting on my verandah, a look of unusual rapture on her face.

"You OK?", I asked.

She took a moment to answer.

"The birds," she said and waved her hand at a flock of noisy minors who were harassing a tawny frogmouth.

I was about to assure her that the pesky minors were annoying but no physical threat to the frogmouth when she turned and pointed to a gaggle of magpies on the lawn, "There are so many of them!"

"Yes." I had to agree.

Over breakfast, I discovered why she was so besotted with the birds. During her ten years in Houston, she had seen two birds in her backyard. Two.

The moral of the story is very simple. Take time out tomorrow to enjoy the delightful cast of avian natives we still have here.

Better yet, head up to Barung Landcare and ask about the natives you can plant to attract them.

My sister would be rapt.

– Sammy Ringer, editor

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You are invited to the

**ANNUAL GENERAL MEETING**

for

**MAPLE STREET CO-OPERATIVE SOCIETY LIMITED**

**THURSDAY 8th OCTOBER 2015 at 6:00pm for 6:30pm start**

at The UpFront Club,  
31 Maple Street, Maleny

Nominations for Position of Director close

**4pm, Thursday 17 September 2015**

You are invited to the

**ANNUAL GENERAL MEETING**

for

**MALENY COOPERATIVE CLUB LIMITED**

**THURSDAY 8th OCTOBER 2015 at 7.30pm**

Registration commences 6pm.

at The UpFront Club,  
31 Maple Street, Maleny

Nominations for Position of Director close

**4pm, Thursday 17 September 2015**

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

### interim general manager

John Vasta  
manager@maplestreetco-op.com

### editor Sammy Ringer

sammyringer@bigpond.com

### design Wendy Oakley

### printing

Express Print and Mail Maroochydore



next edition Summer 2015

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 cooperative 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 6.7cm): \$60 (10% loading for colour)

**DEADLINE FOR THE SUMMER ISSUE** (Dec 2015–Feb 2016): October 31

**FOR INFO OR TO MAKE A BOOKING:**  
Phone Sammy on 0498 313 068  
or email: [sammyringer@bigpond.com](mailto:sammyringer@bigpond.com)

## Grassroots is alive and well in Greece

The media represents Greeks as sitting idle, the helpless victims of events in their country.

Omikron Project is a volunteer group aiming to show the world the untold side of Greece's crisis, and is doing something about the negative stereotypes of the country presented in the media.

In 2013 they carried out an extensive study to map all the grassroots movements in Greece who are stepping in where the system is failing, and produced the first edition of a grassroots map, titled 'Ouzo-drinking lazy Greeks?'

The map is a poster showing all the grassroots groups that are currently active in Greece, split into ten categories from neighbourhood assemblies to education movements to alternative micro-economies, with information on each group and details of an example group in each category. All the groups have been verified as grassroots, explicitly not-for-profit, Greece-based and active as of June 2014. By 'grassroots' is meant that the groups are open for others to join and that, at the time of their inception, they had no affiliation with a profit-making entity. 🍷

The poster can be downloaded in high-resolution format from their website <http://omikronproject.gr/grassroots>



The Rodale Institute Experimental Farm

## 30 year trial finds organic farming outperforms regular agriculture

Energy efficient and more profitable? The Rodale Institute's latest report of a 30 year trial says it is.

The Farming Systems Trial (FST)® at Rodale Institute is America's longest running, side-by-side comparison of organic and chemical agriculture. Started in 1981 to study what happens during the transition from chemical to organic agriculture, the FST surprised a food community that still scoffed at organic practices. After an initial decline in yields during the first few years of transition, the organic system soon rebounded to match or surpass the conventional system. Over time, FST became a comparison between the long term potential of the two systems.

After a 30 year side-by-side trial, the Rodale report shows:

- Organic yields match conventional yields.
- Organic outperforms conventional in years of drought.
- Organic farming systems build rather than deplete soil organic matter, making it a more sustainable system.
- Organic farming uses 45% less

energy and is more efficient.

- Conventional systems produce 40% more greenhouse gases.
- Organic farming systems are more profitable than conventional.

Although the Rodale Institute Farming Systems Trial is America's longest-running side-by-side comparison of organic versus conventional farming, a number of universities have established long-term trials over the years. Between them all, they have demonstrated that organic agriculture is more profitable, builds more soil fertility over time and can yield as much as conventional systems.

"As we face uncertain and extreme weather patterns, growing scarcity and expense of oil, lack of water and a growing population, we will require farming systems that can adapt, withstand or even mitigate these problems while producing healthy, nourishing food. After more than 30 years of side-by-side research in the Farming Systems Trial (FST), Rodale Institute has demonstrated that organic farming is better equipped to feed us now and well into the ever changing future." 🍷

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Gary Phillips, based in Maleny – Fully Licenced Solar Installer (A5100260) and Queensland Electrical Contractor (70412) – over 500 local installs

## How WHAT WE EAT impacts the environment

IT'S NOT ONLY HOW WE CHOOSE TO TRAVEL OR HEAT OUR HOMES THAT DETERMINES OUR CARBON FOOTPRINT. WHAT WE EAT ALSO HAS A HUGE IMPACT ON THE CHANGING CLIMATE.



Understanding the resources that go into producing our meals can make us more aware of the relationship between food and climate change, and help us make better choices.

There are several factors that contribute to food's climate impact:

- how low on the food chain it is
- how much energy is used to produce it
- whether the food is grown organically or not, and
- how far it has to travel

### Meat and climate change

It is estimated that livestock production accounts for 70 per cent of all agricultural land use and occupies 30 per cent of the land surface of the planet. Because of their sheer numbers, livestock produce a considerable volume of greenhouse gases (such as methane and nitrous oxide) that contribute to climate change. The UN Food and Agriculture Organization has estimated that livestock production is responsible for 18% of greenhouse gases.

The growing of livestock and other animals for food is also an extremely inefficient process. It takes approximately 5-7 kg of grain to produce 1 kg of beef. As meat consumption has grown around the world, so has its climate impact.

### The problems with chemical agriculture

Synthetic pesticides and fertilizers are widely used and are often made from fossil fuels. Manufacturing and transporting these chemicals uses significant quantities of energy and produces greenhouse gases. Studies have shown that chemical farming uses considerably more energy per unit of production than organic farms. In addition, the use of synthetic nitrogen fertilizers in soils produces nitrous oxide, a greenhouse gas that is approximately 300 times more powerful than CO2.

On the other hand organic farms, which rely on natural manure and compost for fertilizer, store much more carbon in the soil, keeping it out of the atmosphere.

### Food grown closer to home

Where your food comes from is also a factor. Currently, the average meal travels 1200 km from the farm to plate. Food grown closer to home will therefore have fewer transportation emissions associated with it, be fresher and support local farmers. As the distance food travels decreases, so does the need for processing and refrigeration to reduce spoilage.

Food grown closer to home will have fewer transportation emissions associated with it, be fresher and will support local farmers 🍷

### Local or organic: which is better for the climate?

While it's good to buy locally grown food for many reasons, 'food miles' (the distance food is transported from the time of its production until it reaches the consumer) actually make up a relatively small percentage of the overall carbon footprint of food — approximately 11% on average, according to studies. How the food is grown makes up a much larger percentage — roughly 83%.

For example, one study showed that lamb raised in New Zealand and shipped 18,000 kilometers to the UK still produced less than one quarter of the greenhouse gases than local British lamb. Why? Because local flocks were fed grains,

which take a lot of energy to grow, while the New Zealand flocks were grazed on grass. Shipping the lamb to the UK was responsible for only 5% of the overall greenhouse gases, whereas 80% of the emissions were from farm activities.

Similar assessments have found similar results for other foods. One study done on packaged orange juice found that over a third of the lifecycle emissions came from just the synthetic fertilizer used on the orange groves.

Choosing food that is organically grown can therefore be a better choice for the climate. However if possible, buy food that that is organic AND local.

### What you can do to reduce your impact when you eat

- Gradually increase the number of meat-free meals you eat.
- Plan ahead. Do some research.
- Choose veggie restaurants and meatless menu alternatives.
- Buy organic and local whenever possible.
- Vote with your fork. Organic farms promote genetic biodiversity, create less water pollution and soil damage, and result in fewer poisonings of farm workers, and less harm to wildlife.
- Read labels when you shop. 🍷

From David Suzuki's website – [david Suzuki.org](http://david Suzuki.org)





## Foodstuffs to DIE FOR - the editor's choice

by SAMMY

**Disclaimer:** I can't cook. I haven't met an egg I couldn't burn nor a recipe I couldn't mangle.

I am also vegetarian. Nevertheless, I try to eat well. Thus the following list of Co-op foodstuffs I love:

### Shared Table chipotle sausages

Non-GMO and vegan friendly. I simply love the subtle 'chipotle' taste of these sausages. I fry or bake them and even add them to soup (see below). If you don't like Chipotle, try the Herb variety.

### Tempeh

There are many things you can do with tempeh but I tend to stick with the very simplest. I add it to things like soup and (after a light fry) salad.

#### Recipe:

The recipe for curry kale and tempeh on the next page is one that even a 'non-cook' such as myself can't bungle. It looks rather long but, in fact, it's a breeze to whip up.

### Sol bread

What can I say? My favourite is the olive and thyme but a close runner up is their pumpkin & pepita wheat sourdough loaf. In fact, any of their sourdough bread is worth a trip to the Co-op. They have spelt and gluten free varieties and a range of fruit loaves as well. And while speaking of SOL – their pizzas are an ever changing delight. No two are the same but they are all the basis of a great meal – just add salad and your favourite dessert!

### Soup

You can make your own fantastic soup – start with Pacific Vegetable Broth, add your favourite beans (below) and then, at the last moment, mix and match to your heart's content with Shared Table sausages, tempeh, chopped or shredded vegetables and Organic Steam Noodles (Beetroot, Wheatgrass, Carrot or Tomato).

Something even easier? Try the Absolute Organic range of soups – Pumpkin and Lentil, Organic Pea or Portuguese Onion. The last is my favourite.

### Curry

I'm a big fan of Indian food – but do you know how long it takes to prepare??? If you're time-challenged, why not try one of the Pattu 'just heat and eat' range? There are more than 10 to choose from.

### Cheese

Cheddar, Fetta, Brie – I've hardly met a cheese I didn't like. You'll find a great range of organic cheeses at the Co-op. Go wild! Toasted cheese sandwich! Cheese and salad sandwich! Cheese for starters, mains and even dessert.

#### Quick quiz:

How do you know someone lives alone and doesn't cook?  
(Teeth-marks in the cheese...)

### Tinned beans

The Siena range includes lentils, red kidney, cannellini, butter, chick pea and four bean mix. Add the bean of your choice to your soup or make a summery bean salad. And there's a special members' price of \$1.95 per 400gm tin.

## recipes

### Green curry kale with crispy coconut tempeh

- 1 bunch of kale, leaves torn into bite-sized pieces
- 3 spring onions, sliced and divided
- 3 big handfuls of coriander leaves, divided
- 2 limes
- olive oil
- salt + pepper
- 2 inch piece of lemongrass (the bulb-ish part at the bottom of the stalk)
- 1 inch piece of fresh ginger, peeled
- 1/2-1 thai green chili (depending on your tolerance)
- 1 tsp ground coriander
- 1/2-1 tsp tamari soy sauce
- 1/2 cup full fat coconut milk, stirred
- 1-2 tbsp coconut oil
- 1 standard package of tempeh, cut into small pieces
- sesame seeds

#### METHOD

- In a large bowl, toss the kale leaves, green parts of the sliced spring onions (reserve the white parts for the tempeh + dressing) and two handfuls of coriander leaves. Squeeze the juice of one lime over the salad, add a bit of olive oil, salt and pepper. Toss everything together to combine, massaging the oil/lime juice into the kale leaves in order to soften them. Set aside.
- Cut 3 little strips of zest from the remaining lime and cut up rough. Throw them into a mortar and pestle. Add in about half of the leftover green onion whites. Slice the piece of lemongrass, ginger and chili and add those too. Then add the coriander and a bit of salt.
- Start bashing the ingredients together until you have a chunky paste. You can squeeze a bit of lime into the mortar to help aid this process. Once you have a decent paste, scrape it into a measuring cup and stir in the coconut milk along with the tamari. Chop up the remaining coriander and stir it into the mix.
- Heat the coconut oil in a large sauté pan over medium heat. Add the remaining spring onions and sauté until fragrant, about 30 seconds. Add the pieces of tempeh + some salt and pepper. Toss/stir the pieces of tempeh around here and there until all sides are browned and lightly crisp, about 8 minutes. It should sizzle and pop. Add a squeeze of lime at the end and toss them to coat.
- Spoon the coconut dressing over the salad and finish with the crispy tempeh pieces. Garnish the salad with sesame seeds and serve.

## Great spring breakfasts

### Pawpaw fruit boat

Pawpaw is packed with Vitamins A, C and K, and also boasts plenty of fibre, potassium and folate. If the health perks still don't win you over, try rockmelon instead! It works beautifully in this recipe as well.

Simply halve your pawpaw or rockmelon, scoop out the seeds and top with whatever you can round up!

- Banana ice cream
- Coconut yogurt
- Kiwi
- Cherries
- Blueberries
- Chia seeds
- Hemp seeds
- Slivered almonds

### Vegan pancakes

- 1 'flax egg' (1 tbsp flaxseed meal + 2.5 tbsp water)
- 1 tbsp olive, canola, grape seed, or melted coconut oil
- 1 tbsp maple syrup
- 1 tsp baking powder
- ½ tsp baking soda
- pinch sea salt
- 1 cup + 1 tbsp unsweetened plain almond milk (or substitute other non-dairy milk with varied results)
- 1/4 cup whole wheat flour
- 3/4 cup spelt flour
- 2 tbsp rolled oats and/or roughly chopped nuts or seeds
- ADD-INS/TOPPINGS (optional)
- 1/2 tsp ground cinnamon and/or pumpkin pie spice
- 1/4 cup blueberries, strawberries or other fruit of choice (fresh or frozen)
- 3 tbsp dairy-free chocolate chips
- 3 tbsp chopped nuts (raw or roasted)
- 1/4 cup berry compote



#### Instructions

- In a large mixing bowl, add flaxseed meal and water and let set for a minute or two. Then add olive oil, maple syrup, baking soda, baking powder, salt and whisk to combine. Add almond milk and whisk again until well combined.
- Next add oats, whole wheat flour and spelt flour and stir until just combined, being careful not to over-mix. Let batter rest for 10 minutes while you preheat your cooking surface.
- Preheat frying pan to medium heat. The surface should be hot but not screaming hot – oil shouldn't smoke when it makes contact with the surface.
- Lightly grease your pan with your oil of choice and pour 1/4 cup of the batter onto the griddle. There should be 6 pancakes. (If your batter looks too thick, thin it with a little more almond milk.) Flip when bubbles appear in the middle and the edges turn slightly dry, being careful not to burn.
- Cook for 1-2 minutes more on the other side and then top with vegan butter or peanut butter and a drizzle of maple syrup, or whatever else you please. Compote would also be delicious.



## GREAT SPRING BREAKFASTS

## Spinach and tomato frittata

I've always found frittata one of the easiest egg dishes to make – even going slightly wrong (which I often do!) it still turns out. Here's an easy one:

## Ingredients

- 6 large eggs, lightly beaten
- salt and pepper, to taste
- 1 to 2 cups fresh spinach, loosely packed in cup
- 1 medium tomato, diced small (I used an unpeeled Roma)
- optional: onions, mushrooms, zucchini, leftover sweet potato etc.) and/or sprinkle with a handful of shredded cheese

## Method

- Preheat grill to high and place the rack halfway down the oven.
- In a medium bowl, lightly beat the eggs with a fork, add salt and pepper to taste, and stir to combine; set aside.
- Use an oven-safe pan – spray or coat with cooking oil, add the spinach and heat over medium heat on the stove until spinach wilts slightly, about 30 seconds.
- Evenly sprinkle the tomatoes and any extras or cheese, add the eggs and cook over medium heat (covered if possible) without stirring for about 5 minutes, or until edges begin to set.
- To encourage the centre to set, place the pan under the grill for 3 to 5 minutes, or as long as necessary. Keep an eye on eggs so they don't overcook or burn, remembering that when cooking in cast iron there's carry-over cooking.
- Pull it out before you think you need to as the eggs will cook in the pan before serving.
- Frittata is best served warm and fresh.

Word of the year  
'Locavores'

People who prefer to eat locally produced food.

## The girls behind the counter

by SAMMY RINGER

**I always get a kick out of 'profiling' Co-op and Club staff. I may see them every day but it's amazing what you don't know about people until you sit down and question them.**

Eliza Worcester (pictured left) and Cassia Duncan (right) were no exception.

Eliza is a born and bred Maleny girl with a long legged, almost dancing gait that forces short people like me to trot to keep up with her.

She's only been at the Co-op for a little over 4 months but she fits in like someone who's been there a lot longer.

She's a general shop assistant which means she can be seen packing and unpacking, stacking and sorting – and, of course, behind the front counter.

I asked her what she did outside of work.

"I make earrings."

Of course, I thought to myself – I should have picked that up. Eliza is known for her large and highly individual earrings but it never occurred to me that she actually made them.

When she's not at work or making earrings, Eliza finds time for her great love – growing things. At the moment, she's experimenting with decorative gourds. I was tempted to ask if these were part of a new line of over-size earrings but thought better of it.

I asked her the best thing about her job and she gave the same answer so many other staff have given – the people, "A really great crowd to work with."

But she went further,

"The atmosphere is so different from your standard retail outlet – and I'm doing

something I'm actually interested in."

Check out her earrings next time you're in the Co-op.

My first question for Cassia was an obvious one – "Is Cassia short for something?"

She laughed – "No, my parents were really into botany and plants and named me after the tree. You know, the one with all the yellow flowers."

I know the tree – and Cassia the person is not nearly so large and showy. In fact, I've always found her rather quiet. Like Eliza, she's a general shop assistant and does all the things a shop assistant does.

She's been with the Co-op less than a year, having joined the team straight out of school.

I asked her about her plans for the future,

"I'm going to Uni next year, Creative Industries."

For some reason, I immediately thought of earrings but Cassia has other plans.

"I'm going to focus on fashion and dance, those are the two things I'm most interested in."

A little more questioning brought out some other interesting aspects to Cassia's life.

She not only gives dance lessons for 6-10 year olds (contemporary and hip hop) but she also helps run the Sylph Circus at the High School.

It's amazing what you find out about people when you sit down with them.

Ask her to bust a move next time you're in the Co-op. 🍷



by MORAG GAMBLE, permaculture educator and designer

**Low maintenance, low water needs, abundant, resilient. We all want to be able to describe our vegetable garden efforts this way.**

However, the joy of growing fresh, chemical-free food at home is often thwarted by our time-poor lives and often our poor soils. The following method of no-dig gardening has proved again and again to be a time-saver, a soil-replenisher and the basis of super-productive garden beds.

I have been preparing no-dig gardens in many different environments for more than two decades, refining the method. One thing that constantly impresses me is how much household organic waste can be used to create productive gardens.

I first made a no-dig garden at the Northey Street City Farm gardens in Brisbane – where it was impossible to push a fork more than a centimeter into the compacted ground. I was amazed at how rapidly it turned to friable soil. Since then, I have used the no-dig method to create our award-winning permaculture garden at Crystal Waters and to initiate many community and school gardens locally and internationally.

The no-dig method works so well because it nourishes the soil. No-dig gardening builds soil ecology and structure, while adding abundant organic matter and soil food. The base of the soil food web is organic matter.

There's an incredible world below – there is more life below ground than above. Healthy fertile soil is alive – a thriving ecology with millions of micro-organisms in every teaspoon of soil. Each of these organisms has a role in the secret life of the soil.

By creating an environment that is suitable for soil life, these organisms will open up the soil for water and air to penetrate, transform organic matter into accessible plant food and take nutrients to the roots of plants.

If the soil is fed and cared for it will provide a healthy environment for plants and this is the foundation for growing nutritionally-dense food.

**“No-dig gardening builds soil ecology and structure, while adding abundant organic matter and soil food”**

## MORAG'S NO-DIG GARDEN METHOD

As a result of years of experimentation, I make my no-dig gardens differently from the methods described in most gardening books – just a little twist, but it turns everything on its head. The key difference is that the newspaper is the LAST layer before the mulch. Usually you will have seen the newspaper laid on the ground under the compost layer.

Here's the process:

1. open and water the soil with a garden fork
2. add the new topsoil layer (compost, manure, food scraps, leafy greens etc)
3. add the newspaper layer (moist and 10 sheets thick)
4. and mulch thickly.

This little change does many things.

- The compost layer integrates more rapidly with the existing soil. Soil flora and fauna quickly get to work without the barrier in between.
- The compost layer stays a more moist and stable temperature under the paper layer, allowing the nutrients to go into the



soil rather than being evaporated and lost to the atmosphere.

- The newspaper layer prevents weeds from growing in your garden.
- Because the roots of plants can penetrate directly into the soil they are more resilient. They stay hydrated longer and the roots can more readily access minerals and nutrients.

Growing at least some of your own veggies is a real pleasure using this no-dig garden strategy. It's simple, easy, cheap and very rewarding. I hope you give it a try. Evolve it to your conditions and resource availability. Share it with others. It's a fun activity to do with friends or family, community garden or school. 🍷

**Morag Gamble, of SEED International, is a passionate permaculture educator, designer and community gardener. She lives at Crystal Waters Ecovillage and is CEO of the Ethos Foundation. ethos@ethosfoundation.org, www.ethosfoundation.org**

**You can freely download Morag's No-Dig Garden guide (PDF) to get started: <http://ethosfoundation.org/resources/morags-no-dig-garden-method/>. Contact Morag for more information or catch her at one of her regular hands-on workshops around the region.**

# What's with these 'biotics'?

THEY SEEM TO BE EVERYWHERE – 'PROBIOTICS', 'ANTIBIOTICS', EVEN 'SYNBIOTICS' AND 'POSTBIOTICS'. WHAT ARE THEY AND WHY DO WE HAVE THIS LOVE/HATE RELATIONSHIP WITH THEM? ARE THEY FRIEND OR FOE?

BY SAMMY BINGER  
From Wikipedia:

*'Biotic' describes a living or once-living component of a community; for example organisms, such as plants and animals.*

Whoa! It follows from the above that, when we take antibiotics, we're out to exterminate plants and animals (living or dead)!

Scary.

I decided to look more closely at what an antibiotic is:

*A medicine (such as penicillin or its derivatives) that inhibits the growth of or destroys microorganisms.*

Oh noes! This is getting worse. What microorganisms??? All of them or just the enemy?

Let's look for a better description:

*Antibiotics are medicines used to treat infections or diseases caused by bacteria.*

Oh, that's all right, then, we're just killing the bacteria...or are we?

From my limited experience as a wildlife carer, I have found that mammals in my care on antibiotics tended to get digestive problems (bloat, diarrhoea, etc). But that's just my amateur take on it. What do others say?

No less an impressive source than the Mayo Clinic in the US warns that:

*The overuse and misuse of antibiotics are key factors contributing to antibiotic resistance.*

The basic thrust of their warning is that the overuse of antibiotics contributes to antibiotic resistance. I guess they didn't look into digestive problems in possums.

So, if antibiotics kill things, what does the probiotic do?

From the web (of course):

*Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system. Your body is full of bacteria, both good and bad.*

*Probiotics are often called 'good' or 'helpful' bacteria because they help keep your gut healthy.*

Probiotics are naturally found in your body. You can also find them in some foods and supplements.

Some of the best sources for probiotics are:

- Yoghurt
- Miso soup
- Sauerkraut
- Kefir
- Kombucha
- Pickles
- Tempeh
- Some soft cheeses
- Sourdough bread
- Soya milk
- Dark chocolate (really!)
- Olives in brine

The Co-op's range of supplements include:

- The Floramax range
- The Ethical Nutrients range
- Fusion Health

If you have particular needs, see our resident naturopath Pascale (see page 12).

But 'biotics' don't stop there. As well as 'probiotics' and 'antibiotics', we have:

- Prebiotics
- Synbiotics and
- Postbiotics

My head is starting to hurt.

Let's start with the 'prebiotics':

*Prebiotics are non-digestible food ingredients that stimulate the growth and/or activity of bacteria in the digestive system.*

While probiotic-foods have live bacteria, prebiotic foods feed the good bacteria already living in your gut.

You'll find prebiotics in such things as:

- Asparagus
- Jerusalem artichokes

- Bananas
- Oatmeal
- Honey
- Legumes
- Maple syrup and
- Red wine (hurrah!)

Moving right along, we have 'synbiotics'. This one is a little simpler. It simply refers to nutritional supplements that combine probiotics and prebiotics.

The Co-op carries Health Kultcha 'Motion Potion' – ask for your free sample next time you're in.

Last but not least, we have postbiotics.

*Postbiotics are the probiotic metabolic products that stimulate the growth and/or activity of bacteria in the digestive system.*

I'd love to tell you more about these 'postbiotics' but, after an evening on the net, I'm none the wiser.

I assume they're good. I don't think you'll find them at the Co-op – but you can find the probiotics that make them! 🍌



# WHAT IS IT ABOUT VIRGIN COCONUT OIL?

by MIKE FOALE

**T**he growing interest in coconut oil that has developed in the past five years, not just on the Blackall Range but throughout Australia, the USA and Europe, has taken coconut producers by surprise.

Oil extracted from copra, the dried kernel of the mature nut, became popular early in the 20th century as a cooking oil and shortening, but the soy industry in the USA managed to destroy the reputation of coconut oil. They did this by making use of the saturated fat theory that developed in the 1960s when the USA was suffering from an epidemic of coronary heart disease (CHD).

A link between fat consumption and heart disease, combined with the observation that saturated fat raised serum cholesterol, presented an opportunity for the soy producers of the US to expand the market for soy oil, which is unsaturated and was shown not to raise cholesterol. Many victims of CHD had high serum cholesterol, although it was soon discovered that a high proportion of sufferers actually had only a moderate level, but the theory prevailed. Soy producers took hold of the fact that coconut oil was saturated and spread the message that it was an artery clogging threat to a healthy heart.

Nobody took any notice of the fact that coconut oil is a staple item in the diet of hundreds of millions of people around the globe. There are even some communities where well over half of the total energy in the diet comes from coconut oil, but the people remain free of CHD!

There were contrary voices right from the start of the theory in the 1950s, pointing out that the information used to condemn saturated fat was flawed, but the political strength of the advocates of the theory, including the personal physician to President Eisenhower, prevailed. This was due in no small measure to the soy industry funding the development of the American Heart Association and promotions declaring the superiority of their oil over any saturated oils and fats including coconut, tallow, lard and butter.

Decades later, following many expensive trials that have failed to support the superiority of unsaturated fats

‘*Nobody took any notice of the fact that coconut oil is a staple item in the diet of hundreds of millions of people around the globe*’

at the population level, the voices of the dissenters from the saturated fat theory are beginning to be heard. While the oil from copra had long been relegated, outside of the countries of production, to soap making and other industrial uses after further refining, consumers became aware of a new product based on a more gentle, low temperature approach to extraction, which was labelled Virgin Coconut Oil (VCO). Health-conscious people have embraced VCO, having been made aware of the doubts that have grown over the decades about the supposed danger of coconut oil to health. Once independent-minded people gave it a try and found great benefit to their general well-being, and in fact no risk of a rise in harmful cholesterol, the word has spread far and wide.

It remains very difficult for many to adopt VCO however, as they have long followed medical advice to avoid coconut oil, which is actually the official policy of the Heart Foundation of Australia. The inertia of a long accepted belief is very hard to overcome.

Mark Twain is reputed to have observed "It is easier to fool someone than it is to convince someone that he

has been fooled!" The Heart Foundation and the Australian Dietitians Association both find themselves in that situation now, of having been fooled.

Meanwhile VCO adopters are thriving on renewed energy, sometimes accompanied by wished-for weight loss, and an improvement in many ailments of the digestive system. The internet abounds with information about coconut oil and lists many books filled with case histories of people who have benefitted greatly, including examples of the alleviation of dementia symptoms, relief from Type 2 diabetes, and great benefits from applying to damaged and aging skin.

On a recent visit to Thailand to attend the International Conference on Coconut Oil I discovered that there is a surge of investment in the processing of coconut for export of VCO. I was informed that the demand from countries such as Australia and the USA is so great that VCO processing capacity all around the coconut world will continue to grow. This is good news for our South Pacific Neighbours including Solomon Islands, Vanuatu, Samoa and Fiji where the smallholders stand to triple their income from nuts going to VCO production compared to copra. 🍌

**Mike has been a coconut specialist for more than 52 years, having begun to study the palm at the Imperial College of Tropical Agriculture in Trinidad in 1958. His current mission statement is 'coconut redemption', indicating an attempt to rescue the reputation of the palm as a component of the tropical beach ecosystem and as a source of good food.**

**Mike is also Honorary Research Consultant (coconut) at the University of Queensland and former Principal Research Scientist with the CSIRO.**

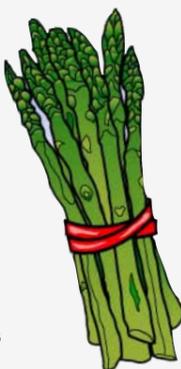


# Spring planting guide

It must be spring – there's hardly anything you can't plant!

Seeds for most of these can be found at the Co-op. Be sure to also check out Jon Woodlands' wonderful herb seedling collection at the Co-op.

- Artichokes
- Asparagus
- Basil
- Beans
- Beetroot
- Borage
- Burdock
- Cabbage
- Capsicum
- Carrot
- Celeriac
- Celery
- Chilli peppers
- Chinese cabbage
- Chives
- Collards
- Coriander
- Cucumber
- Daikon
- Eggplant (aubergine)
- Fennel
- Horseradish
- Jerusalem artichokes
- Leek
- Lemon balm
- Lettuce
- Mint
- Mustard greens
- Okra
- Oregano
- Parsnip
- Potato
- Pumpkin
- Radish
- Rhubarb
- Rocket
- Rockmelon
- Rosella
- Rosemary
- Sage
- Silverbeet
- Spring onions
- Sweet corn
- Sweet marjoram
- Sweet potato
- Thyme
- Tomato
- Yacon



## BITTER IS BETTER –

by PASCALE RICHY

**B**itter is one of our five basic taste sensations along with sweet, sour, salty and savoury and, according to ancient healing systems, is required to be in balance with all other tastes to achieve good health and vitality.

However, bitter has been all but forgotten by the modern western palate and hence in our culinary art. To our detriment, a predilection for sweet has become so all-consuming that even our last remnants of truly bitter consumables such as coffee and chocolate are typically and vigorously sweetened to maintain their place in the average diet.

The 'bitters' in food activate taste buds that stimulate saliva, gastric acid, pancreatic enzymes and bile flow, promoting improved digestion. Naturally the better our food is digested, the more nutrients we will absorb from it hence the more health benefits gained. Furthermore bitter foods promote healthy liver function, which regulates cholesterol, cleanses blood, balances hormones and metabolizes fats. Whilst sweet foods cause irregularities in blood sugar, insulin response and appetite) often leading, long term, to obesity and Type 2 diabetes), research indicates bitter foods can have the opposite effect, moderating both hunger and blood sugar metabolism, whilst aiding weight loss.

In Traditional Chinese Medicine, bitters



are associated with the heart system and have a cleansing action that removes heat and toxins. The active constituents commonly found in bitter plants help explain the cardiac association in Western medicine, as the nervous and circulatory systems are most strongly impacted by them, whilst stimulation of the liver supports detoxification and improved lipid status.

There are numerous foods and beverages that bestow the bitter sensation other than the two popular items previously mentioned. Asparagus, artichoke, bitter melon, Brussel sprouts, dandelion root, olives, beer, kohlrabi, swedes and quinine in tonic water may be familiar to most, but by far the largest source and variety comes from the group of vegetables known as "bitter greens".

These belong to the family of 'leafy green' vegetables and include common items such as spinach and lettuce. High in fibre content, the bitter greens also help to eliminate waste through the digestive tract and are loaded with extra nutrients such as vitamins A, C and K, folate, calcium, potassium and magnesium. They promote great skin, a strong nervous system, healthy blood clotting and contain phytonutrients shown to support eye health.

Here's a list of truly bitter greens to enjoy in your salads and smoothies this spring:

Amaranth greens, beet greens, endive, carrot and celery tops, celeriac, ceylon spinach, chard, chicory, chickweed, cress, collard greens, cos and romaine lettuce, dandelion leaf, escarole, frisée, kai-lan, mizuna, mustard greens, nettles, purslane, puntarelle, radicchio, rocket, sorrel, tatsoi and turnip greens.

\*Recipe idea: Rocket and dandelion pesto!!!! YUM YUM 🍴

**Pascale can be found in-store at the Co-op every Friday all day and on Saturdays from 10am to 2pm.**

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## book review

### Being mortal: illness, medicine and what matters in the end

by ATUL GAWANDE,  
published by Profile Books

reviewed by Jill Cutting



#### Do we whitewash the truth about our mortality? Do we really believe we won't die?

Never before has ageing been such an important topic. The systems we have put in place to manage our mortality are manifestly failing.

At the turn of the century most took their final breath tucked into their own beds, surrounded by family and visited by both doctor and clergy. Recent advances in medical technology have taken the heart and soul out of dying; machines sit the vigil instead.

"As for last words, they hardly seem to exist anymore," writes the American surgeon and New Yorker contributor Atul Gawande in his book, *Being Mortal: Illness, Medicine and What Matters in the End*. "In the past few decades," he writes, "medical science has rendered obsolete centuries of experience, tradition and language about our mortality and created a new difficulty for mankind: how to die."

We hook people up to ventilators and IV drips, pumping them full of drugs to keep their withered bodies going, when the life-force has clearly left them. We no longer know how to let them go. Just because medical science can prolong life doesn't mean we always should.

Gawande writes, "Our decision-making in medicine has failed so spectacularly that we have reached the point of actively

inflicting harm on patients rather than confronting the subject of mortality".

Gawande has peeled off his surgical garb and stepped into the shoes of families struggling with the vagaries and frailty of a terminally ill or ageing relative, including his personal struggles with his dying father. *Being Mortal* examines how we have failed the elderly and the dying.

"The waning days of our lives are given over to treatments that addle our brains and sap our bodies for a sliver's chance of benefit." He points out that modern-day medicine is a "profession that has succeeded because of its ability to fix." Death is seen as a failure; a condition for which medical science is yet to find a cure. Gawande believes it is time for the medical profession to have those difficult conversations about how to bring dignity and meaning back into the lives of the elderly and the sick.

He offers a prescription: "For human beings, life is meaningful because it is a story... and in stories, endings matter. The ultimate goal, after all, is not a good death, but a good life – all the way to the end."

It is a thought provoking read. In the words of Dr Leah Kaminsky, "It is a brave book – a cry of outrage as well as an optimistic call for change – that challenges us to reflect on how we have turned mortality into a medical experience." 🍎

### Here's a really neat DIY mosquito trap!



**Items needed:** 1 cup water, 1/4 cup brown sugar, 1 gm yeast, 1 2ltr bottle

1. Cut the bottle in half. Mix sugar and hot water. Let cool. Pour in the bottom half of the bottle.
3. Add the yeast – no need to mix. It creates CO<sub>2</sub>, which attracts mosquitoes.
4. Place the funnel part, upside down, into the other half of the bottle, taping them together if desired.
5. Wrap the bottle with something black, leaving the top uncovered, and place it outside in an area away from your normal gathering area. (Mosquitoes are also drawn to the color black.)

Change the solution every 2 weeks for continuous control.



## Additives banned elsewhere, but not in Australia

From the AUSTRALIA NEW ZEALAND FOOD STANDARDS (FSANZ) website and elsewhere.

**There are about 350 permitted food additives in Australia and New Zealand. It is claimed that about 50 of these are likely to cause adverse reactions. Below is just a small sampling.**

#### **Amaranth\* dye, INS 123**

INS 123 is an artificial red food colour. Like other azo dyes this dye has been linked to asthma, skin rashes and hyperactivity.

[\*Not to be confused with amaranth grain]

#### **Vegetable carbon (carbon black), INS 153**

INS 153 can be found in concentrated fruit juices, jams, jellies and liquorice. Only the vegetable derived variety is permitted in Australia. It is banned as a food additive in the United States.

#### **Cyclamate, INS 952**

INS 952 has a controversial history. It has been lauded as a 'low calorie sweetener' but some studies have suggested that very high doses of cyclamate may be associated with bladder cancer or testicular atrophy in some animals.

FSANZ has reduced the maximum permitted level for cyclamates in water-based flavoured drinks.

#### **Butylated hydroxyanisole (BHA), INS 320**

INS 320 can be found in instant mashed potato, margarine, chewing gum, ice cream and edible oils. Flinders University lists the 'potential' side effects as: asthma, cancer, skin blistering, dermatitis, hyperactivity, extreme weakness, fatigue.

YUMMY!

# Music at the **UPFRONT CLUB**

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



Byron Short Tjartan



Lee Hardisty



Strangest Dreamers

## SEPTEMBER

- 4 LEE HARDISTY (S.Coast)  
Outstanding multi-instrumental loops
- 5 FOLK, BLUES & BEYOND (\$5)  
Monthly Blackboard, guest act MARK ZIZA
- 11 ANN VRIEND (Trio, Edmonton, Canada) '...thoughtful, innovative, funky, modern soul'
- 12 THE STRANGEST DREAMERS (S.Coast) Folk, blues, jazz & country
- 18 BAKOSFIELD DUO (Brisbane)  
Select rocky originals and covers, featuring BYRON SHORT
- 19 THE FLUMES (S.Coast) Electric harp, soulful vocal, stylin' rhythms
- 25 SAM SHEPHERD (Maleny) National best young jazz & blues guitarist, Frankston 2005
- 26 TJARTAN (Trio, Brisbane)  
Instrumental contemporary jazz piano, guitar, drums

## OCTOBER

- 2 DAVID BENTLEY (Brisbane) Expert original jazz & blues pianist, w. Andrew Shaw, bass.
- 3 FOLK, BLUES & BEYOND (\$5)  
Monthly Blackboard, guest act THE GOODWILLS(Maleny)
- 9 YESHE & KURAI (Germany/Australia) Cosmopolitan Roots. Winner, Billboard World Songs, 201
- 10 SHAMEEM (Perth) Indie R&B Soul Jazz singer-pianist songwriter
- 15 ART OPENING (TBA)

- 16 MALENY UKULELES-TOM RICHTER, STUDENTS & FRIENDS
- 17 THE JASPERS (Trio, Brisbane)  
Innovative Jazz, R&B piano/vocal, guitar, drums
- 23 The TREE SHAKES TRIO (S.Coast) 'Brewed in Ireland, distilled in Australia'
- 24 GETANO BANN (Mackay/Brisbane)  
Latin, Blues, Soul, Funk, Ballads, Reggae, Rock
- 30 RUBA TUBA (Maleny via France. U.S.) Accordion, tuba. Klezmer, Balkan, Gypsy, French classics, Italian, Celtic, Latin.
- 31 OL KING COEL (Maleny) 'The voice of a man with an ear to the ground and a telescope to the sky' With Leon Tussie, ace percussionist.

**UPFRONT CLUB HOURS**

Monday, Friday, Saturday –  
Music at 7pm.  
Gold coin entry  
COFFEE: 7.30am

BREAKFAST: 7.30–11.30am  
(7 days)

LUNCH: 11.30am–2.30pm

DINNER: from 5.30pm  
(take-aways available)

Tuesday, Wednesday & Sunday –  
closed from 2.30pm

# Refurbished, reinvigorated, refreshed, renovated and raring to go!

If you've been in town over the last month or so, you would have seen great changes at the Club.

No so obvious is the 'mini-make-over' of the back garden undertaken by a small but boisterous crew who weeded, tidied, planted, mulched and dined on some divine 'munchies' when the work was done. Thank you, Davey Bing!

We were told not to work on the small garden by the rear stairs – more on that later!

More obvious has been the total makeover of the Club itself, with a two day 'painting bee' stretching to three.

The organisers and vollies are too numerous to list. You know who you are and we thank you!

The new menu board also tells a story.

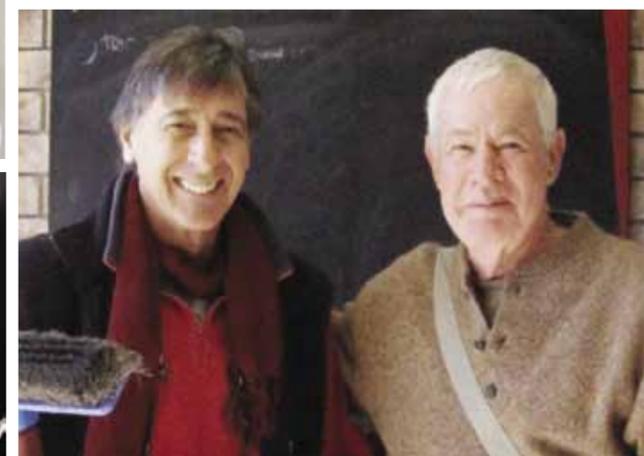
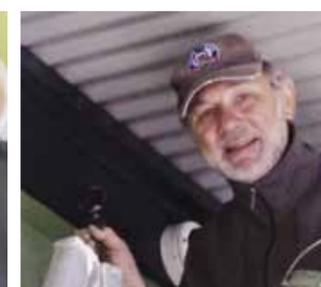
The Club menu has also had a 'make-over', with an emphasis on healthy. It is organic wherever possible and there are vegan, gluten free and dairy free options available for most dishes. Prices have been pared back and there will be 'Member's specials' available, so come on in and sample our new organic coffee and get a taste of the new fare.

### Last but perhaps most exciting...

(I wish we could include pics or plans but it's all still in the 'preliminary' stage).

The Board of Directors of the UpFront Club is thrilled to announce that our Landlord, Terra Australis, under the direction of Ian McDonald and Brian Day, has given the UpFront Club a very generous budget for much needed renovations to the Club.

- The scope of works includes:
- Extending the existing floor area by 5%. This is the maximum allowed under the Council regulations for minor works.
  - Improvements to the kitchen.
  - Fitting a security gate to the entrance of the alleyway on the east side of the UFC so art works can be displayed on the wall of this area.
  - Relocating the storage area closer to the building thus freeing up space in the backyard.
  - Landscaping the backyard to make it more user-friendly.



- Extending the firewall between the Newsagent and the UFC to meet Council regulations.

The existing green shed storage area at the back of the UFC will no longer be needed. We are hoping that a member will be able to use this structure in return for removing it. If you are interested in this, please contact John Vasta at the Club.

Engineer's plans are being prepared now to submit to Council. We look forward to showing you all the approved plans in the near future.

The Board of Directors' extends our gratitude to Ian and Brian for their continued support of the UpFront Club. 🍏

# iPad Air 2



The thinnest iPad ever is also the most capable.  
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