



Co-op NEWS

The newsletter of the Maple Street Co-op

FREE!

www.maplestreetco-op.com

SPRING 2011

“More than just a health food store...”

by WENDY OAKLEY

We're all familiar with the unique contribution that the Co-op and the Club make to our local community by providing various varieties of fabulous food. But less apparent maybe is the service that both co-ops provide by creating local employment, and just as importantly, on-the-job training for a number of the younger members of our community. Trainees are able to study for certificates or diplomas while gaining intensive workplace experience, and all without having to move away from the local area and their homes.

Between them the co-ops are one of Maleny's largest employers, currently employing about 36 staff, and eight of these are trainees (full-time, part-time, school-based and one apprentice). The co-ops' role was recognised at State level in July when they were shortlisted for the Queensland Training Awards (small employer with less than 40 staff,



North Coast region), along with two other finalists. Although the co-ops didn't win outright, the trainees and directors still had a great night at the Awards ceremony, held in Maryborough on 30 July.

Says General Manager Karen Syrmis "We're very proud of our training program. It offers valuable opportunities for rural youth and introduces them to a different model of business, ie the co-operative approach. The trainees have

a voice and their input into the running of the business is highly valued. And these positions can sometimes act as a springboard to catapult trainees into future careers."

It also means that more people are familiar with the day-to-day running of both businesses, thus providing a "succession strategy" for the future.

"The youth of today represent our future in business," says Karen. "The more we invest in our youth now, the more the future of our co-ops is assured." 🍏

ADVANCE NOTICE OF AGMS – 27 OCTOBER 2011

The AGM of the
MALENY CO-OPERATIVE CLUB LIMITED

will be held on
Thursday 27 October 2011
at **6:30pm**
at
The UpFront Club,
31 Maple St,
Maleny.



The AGM of the
MAPLE STREET CO-OPERATIVE SOCIETY LIMITED

will be held on
Thursday 27 October 2011
at **7:30pm**
at
The UpFront Club,
31 Maple St,
Maleny.



NOMINATIONS FOR DIRECTOR

If any member would like to nominate for the position of Director of either or both Co-ops, nomination forms are available upon request from secretary@maplestreetco-op.com

Nominations close
4pm Tuesday 18 October 2011.

We recommend prospective nominees make themselves familiar with the rights and obligations of Directors from the Office of Fair Trading website and the Co-op's governance policies.

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/sub-editor Wendy Oakley

printing Printworks, Geebung.

Printed on 100% recycled paper

next edition Summer 2011

editorial deadline October 15

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.

Co-op opening hours

Monday to Thursday:

9.00 am to 5.30 pm

Friday:

9.00 am to 6.00 pm

Saturday:

9.00 am to 5.00 pm

Sundays & public holidays

9.00 am to 4.00 pm



FROM THE MANAGER

Beware, killer cucumbers...

We live in very challenging and interesting times, particularly in the food industry. Recently, European health authorities were leaping about at the opportunity to spread fear about organic foods, while ignoring the obvious true cause of the contamination in the first place – the widespread abuse of antibiotics in animal farming operations.

Firstly, Spain's organic farmers were blamed for the *e.coli* super-powerful, drug-resistant superbug strain in local organic cucumbers and tomatoes, and then in sprouts.

Then – “No, it wasn't Spain, it was organic farmers in Germany”, then in Europe. The message from EU and US health regulators seems to be “Beware of fresh veggies because they might kill you; just continue to eat GMO-contaminated pesticide-ridden processed food” (because that's apparently safe!).

It seems that all it takes is a few engineered *e.coli* scares to convince the public to avoid local farm-fresh vegetables.



Closer to home...

Meanwhile we have just replaced our fruit and veg display. It took 7 of us, a complex pulley system and a truck to get it out of the shop. I wonder how on earth we got the fridge into the Co-op all those (20 at least) years ago? (Pic on back page.)

And the high cost of plastic

The big banks, along with Coles and Woolworths, are members of a consortium (EPAL) that controls EFTPOS.

Now EPAL has decided to increase the interchange fee for EFTPOS transactions that could mean fees of up to 21c for each EFTPOS transaction (up 110% on existing fees.)

However, Coles and Woolworths, because of their cash-out transactions and because they own their own EFTPOS terminals, will be effectively exempted from the new fees. So small and medium businesses will bear the brunt, while Coles and Woolworths will get market advantage and the banks will increase profits. Pretty rugged...

But now we hope you enjoy this edition of our *Co-op News*.

Yours in cooperation, Karen



FROM THE EDITOR

Puzzling?

I personally find the results of this year's Maleny Credit Union grants program very disappointing. Without detracting in any way from the good work done by the successful applicants, a quick look at those who were unsuccessful or got very little might leave you scratching your head.

There was also some confusion with naming – this year, the program was called the 'MCU Charitable Trust'. In fact, the grants program, in the past, was known as the 'Community Grants Program' and was drawn from profits of the MCU. This ceased in 2009.

The 'Charitable Trust' program (money from donations from members) was intended as a fund for people in need.

The amount of monies available this year was \$12,327.92. Of this, \$7920.48, (64%) was bequeathed by the late Jill Jordan.

The results:

Unsuccessful: Maleny History and Restoration Society – \$518 for a shelter for bus tours; **Zebra Crossing Pictures** – \$9000 to partially fund a publication to go with a locally made film featuring Bev Hand; **Maple St Co-op** – funding towards solar panels; **Pathways Holistic Health and Healing** – \$500 to \$5000 for a natural therapies expo at Woodford; and **Woodford Community Bus Management Committee** – \$5000 to purchase a bus.

Successful: Maleny Bowls Club – \$1619.95 to assist in operations; **Maleny Community Centre** – \$10,000 to partially fund replacement of old windows. Please note that the Community Centre has also been the recipient of \$11,500.88 directly from Jill Jordan's estate.

Partially Successful: Jill Jordan Legacy Fund – applied for \$8000 seed funding for a number of activities. Recommended they receive \$500.

– Sammy

Pigs, sheep and BALLROOM DANCING

by SAMMY RINGER

If you haven't seen him working away at the dishwasher or serving food with an old-fashioned elegance, you haven't been to the Club in a *very long* time.

Super-volunteer Douglas Bailey is more than just a fixture at the Club – he's an entire dining room suite and a major appliance to boot.

I caught up with him during a lull in the morning crowd and pulled out my pad and pen, as though I'd actually prepared a list of questions.

When you've known someone for a long time, it's kind of embarrassing to ask where they were born.

"England. I was a 10 pound Pom. Before I got here, I wasn't even sure *where* Australia was."

Having broken the ice, I discovered a lot more about Douglas.

He arrived in Brisbane 'Many years ago,' with two and fivepence in his pocket, no contacts, no job and no prospects. He says this with such levity it seems a really good thing to be a young man in a foreign country with empty pockets.

During the interview, two phrases came up time and again – "I've been so lucky" and "I just sort of fell into it".

By the end of the interview, I doubted both of these. In fact, Douglas reaffirmed

my belief that luck is what you make it and 'falling into things' only happens when you leap.

Somehow or other, Douglas leapt from the wharf to the University, where he was employed as an anatomical artist, a position he held for 35 years.

No, he did *not* draw the insides of people, it was mainly sheep. The hard part of anatomical drawing, it appears, is to get past all the blood and bits of flesh and other inner things to get a clear picture of the organ in question. Despite the fact that I have always been fascinated by the incredible detail of anatomical drawings, I didn't take this line of questioning any further.

While drawing bowels and hearts and lungs, Douglas also started to moonlight for a television station, designing sets. He eventually became Assistant Art Director, a little known but important role.

During the early 1990s, Douglas 'retired' to Maleny and the hard work started.

First there was his one acre block – 'Very labour intensive – and I like to build. Stone walls, things like that.'

Then there was his tendency to volunteer – at Lifeline, the Film Society and, of course, The UpFront Club.

And the ballroom dancing. Fortunately is the person who has seen him in action on the dance floor, flowing through the crowd with ease, fluidly in charge of each movement and seeming to lead the music, not follow it.

"I was trained by Victor Sylvester," he tells me and seems surprised when my jaw drops. "The Victor Sylvester??" He nods happily.

There will be some of you out there who remember this legend. For those who don't, Google him.

Somehow, amongst all this, he built a house and tamed his one acre. His house, he stressed, was designed so that he owned *it*, it did not own *him*.

"I don't like cleaning house. If someone's coming around, I'll tidy up but I refuse to spend time running around with a mop."

I had no rejoinder for this so a light silence ensued.

"There is something you must put in," he tells me. "At one stage, I looked after



600 pigs for 9 months. Beautiful animals, smart, affectionate, clean..."

I have to ask him – "Where there any house pigs?" "Of course," he says with a smile.

It's time for him to get back to work. "Australia's been very good to me," he says, donning his apron.

On the contrary, I think Douglas has been very good to Australia. 🍷

STOP PRESS STOP PRESS STOP

CONGRATULATIONS KAREN!

In recognition of her great work and dedication, the boards of directors of the Maple St Co-op and the UpFront Club nominated Karen Syrmis, General Manager of both co-ops, for the 2011 Telstra Business Women's Awards and the Australian Institute of Management's 2011 Management Excellence Awards.

Now Karen has been advised that she has been shortlisted to the final four in the AIM Management Excellence Awards.

Yaaaayyyy!!! Go Girl!



Friends of the Maple Street Co-op

We have some very generous members who choose to donate their 5% member discount to the Co-op by not presenting their membership tag when purchasing items at the shop.

To each of you we say THANK YOU VERY MUCH!

With the recent change to rule 5 of the Co-op rules, where an “active” member needs to spend \$120 at the Co-op shop during each financial year to be able to vote at general meetings, we are introducing a category called “friends” on our point of sale system to facilitate your generosity and compliance with the rule.

If you would like to be a “friend” simply ask the a staff member to change your status from “member” to “friend”, or email secretary@maplestreetco-op.com. You can then use your membership tag to record your purchases and the Co-op continues to receive your generous donation of your 5% member discount.

– Jill Cutting, Board Secretary



The Bunya Kid

Many thanks to Jason Carmichael (stalwart vollie at both the Club and the Co-op) for his generous donation of 1000 Bunyas to the Co-op.

That 1000 Bunyas represents many hours of work on his part.

No doubt you'll see him in the garden at the next working bee, earning some of those Bunyas back!

Give him a thumbs up for his generosity.



The ferment girls

Fermentation is a process of preserving raw food, thus retaining the live enzymes and enhancing vitamin and mineral content. This technique of culturing food increases the number of beneficial *lactobacillus* microorganisms in our intestinal tract and greatly enhances the immune system.

Fermentation organisms produce lactic acid, acetic acid and alcohol, all 'bio-preservatives' that retain nutrients and prevent spoilage. Fermentation also breaks nutrients down into more easily digestible forms and provides a plentiful supply of the necessary 'good' bacteria or probiotics.

Fermenting vegetables is a simple way of adding beneficial bacteria, vitamins and digestive enzymes to your diet.

Fermentation has been part of most cultures across time and is still significant in Asia and eastern Europe. The Japanese have nato, Korea and Malaysia have kimchi and India has the yoghurt-based lassi. Bulgarians are known for their longevity and high consumption of fermented milk and kefir, while sauerkraut is still a staple in Germany. With the invention of refrigeration, home fermentation has become a lost art in most western cultures.

Anni Philp and Roseanna Wordsworth have held a number of very successful fermentation classes – and now you can learn how to do it yourself with a new DVD – *Fabulous food ferments, cultured food made easy*. The launch of the DVD in August boasted a packed house and a tongue-tingling array of dishes.

From the DVD you can learn how to make fermented food and beverages by following easy step-by-step instructions. Discover beet kvass, sauerkraut, kimchi, cream cheese, pineapple and mint ferment and more.

About Anni

When Anni was diagnosed with breast cancer in 1999 she made a very tough decision. Faced with the removal of her breast and the lymph nodes under her arm, followed by radiation for 5 days a week for 5 weeks and several years taking the drug Tomoxafin, Anni decided there had to be a better way to deal with the situation. She determinedly chose to limit the surgery to a lumpectomy and used a plethora of complimentary medicines. And in May 2007 Anni was given the 'all clear'.

Rosanna's story

Rosanna has been on a personal journey to wellness through diet for many years and finds that lacto-fermented foods keep her health in a steady state of balance and compliment all kinds of eating preferences such as vegan, vegetarian or an everyday diet including meat, poultry and fish. Rosanna's blog site is

food-ferment.blogspot.com

Preserving what?

What happens when you eat a product containing preservatives?

Preservatives are added to kill bacteria which may be present, good or bad.

These preservatives don't stop working just because we've chewed on them – they keep working and proceed through our systems, killing off our gut flora as they pass through.

The term *probiotics* comes from the Greek 'for life' (which gives you an inkling of what the word 'antibiotic' really means). When ingested, these living microorganisms replenish the microflora in the intestinal tract. 🍎

The DVD is available at the Co-op. The ferment girls' website is www.fabulousfoodferments.com.au



Vegetables from the sea

One has to wonder why it's called 'seaweed'. Considering it's important role in the ecology of the oceans and it's high nutrient value, 'sea vegetable' seems a better moniker.

That said, sea vegetable (of whatever ilk) is not something I've used in cooking.

So – what sorts of oceanic vegetable are there, how do you use them and are they good for you?

The answer to the last is yes. Sea vegetables are high in iron, calcium, iodine, Vitamins A, B12, C, and other nutrients and are a perfect complement to whole grains, beans, and land-grown vegetables.

One of the better known is wakame, a chief ingredient used in miso soup. This usually comes in long dried strips. Also well known is nori – the thin sheets used to make sushi.

You'll find organic sea vegetables at the Co-op – of course.

Here are a couple of recipes to get you started.

Nori rolls with avocados and zucchini

- 250g zucchini
- 100g baby alfalfa
- 1 firm, ripe avocado
- 1 tbsp lemon juice
- 4 sheets nori
- Sea salt and pepper
- 1 tsp sesame oil

Trim the zucchini and grate coarsely. Set aside for 10 minutes then squeeze out excess moisture. Wash the alfalfa and pat dry (if wet, it will soften the nori). Peel the avocado, cut into strips and toss in lemon juice.

Toast each nori sheet lightly over a gas flame to crisp it. Lay flat and cut each sheet in two. Arrange a layer of alfalfa towards one end, place a strip of avocado and a spoonful of zucchini on top, season well, then add another layer of alfalfa. Roll into a fat cylinder, open at each end. Brush the end with a little sesame oil to help it seal and serve immediately, before the nori softens.



Japanese miso soup with wakame seaweed and tofu

- 8-inch piece of wakame seaweed (zero calories and full of minerals)
- 8 ounces tofu
- 4 cups dashi
- 3 Tablespoons red (aka) miso

Soak the wakame in water for 15 minutes; rinse and drain; cut into 1-inch pieces. Cut the tofu into small, bite-sized cubes. Bring the dashi to a boil, then reduce to a simmer; add the wakame and tofu and simmer for 1 minute.

Dip out some of the hot dashi to whisk with the miso, then strain it back into the soup...and remove from the heat before it comes to a boil.

Ladle the soup evenly into the bowls and serve immediately.

Time for a spring clean?

In essence, it's no different than a 'winter clean' or a 'mid-summer clean', but 'spring clean' has that 'let's get into all the mucky corners we've ignored all year' ring to it that makes it more energising than others.

So you've pulled out the bookshelf and been horrified by the mini city of insects and grot that's accumulated there, got on

the ladder to scrape the gunk off the top of the fridge and hung the doonah out in the sun to recuperate – what next?

Ah, yes, of course, the body clean. Not a bath, not even a detox, more a gentle scrub of those inside bits we've ignored all winter.

Nettle tea is a great cleanser for the whole system while barley greens can accelerate the cleansing process.

Spirulina helps support a healthy pH balance in your body

Wheatgrass is one of the most powerful natural cleansers. The rich amino-acids, enzymes, chlorophyll, vitamins and minerals work like detergents to cleanse the body.

Talk to the wonderful ladies at the Co-op about other spring clean ideas and products.





dandelion



purslane



brahmi



stinging plant

wild about herbs

by JON WOODLAND

Whether it be to bolster strained immune systems, or a reflection of a more adventurous modern Australian palate, interest in herbs is growing. If Jamie Oliver uses lemon thyme in a recipe on one of his TV cooking shows, my nursery stocks of lemon thyme will inevitably deplete over the following week. Simple, old fashioned remedies, many ancient in their origin, are having a resurgence.

Many people are also rediscovering wild herbs, often maligned as weeds, that grow in their gardens. It is these lesser lights that I will focus on here. Quite a few have significant healing properties, while others make great additions to salads, often containing high concentrations of various minerals and vitamins.

Purslane (*Portulaca oleracea*), or pigweed, is a rich source of the essential fatty-acid Omega 3. Stinging nettle (*Urtica urens*) is an excellent source of iron, as well as calcium. It can be steamed or made into a tea.

At least a few wild herbs can be described as being quite tasty. A favourite of mine is **peppercress** (*Lepidium africanum*). It's not overly

common around Maleny but I found some growing behind the old butter factory in Coral Street. It's an upright grower to about 50cm. It tends to grow on rough ground. It's delicious, the leaves having a nutty-peppery flavour.

Another is **wild celery** (*Apium leptophyllum*), a delicate looking but tenacious relative of cultivated celery. It rarely grows much over 30cm, can seed prolifically and is a great addition to salads, with a striking flavour, reminiscent of both parsley and celery but distinct from either. You can use the feathery leaves, the flower heads or seeds. Try adding some to a dip.

Dandelion (*Taraxacum officinale*) leaves are bitter in flavour, but are perfectly palatable in salads. It is an excellent liver tonic, a must for those of us who have over-indulged and under-loved this precious organ. The root can also be dug and roasted to make 'dandelion coffee', a pleasant and therapeutic beverage.

A much sought after herb in my nursery is **Brahmi** (*Barcopa monnieri*). It has a very positive effect on learning capacity and memory and improves blood circulation and the function of liver, lungs, kidneys and heart. Add the fresh leaves and stems to salads. It originates in India where it has been used in Ayurvedic medicine for over 3,000 years. It will grow anywhere there is water.

Chickweed (*Stellaria media*) is another wild herb worth mentioning. It thrives in the cooler months and is a great addition to salads. It is rich in vitamin A and C and is highly beneficial to the digestive system, to the bowel, similar to slippery elm and assists in regulating the thyroid. Be careful not to confuse it with tropical chickweed (*Drymaria cordate*) which has round rather than pointed leaves.

A note of caution: take time to make a positive identification of the wild herbs growing in your garden – and apply common sense. I learnt a lesson at age 15 when my mate Ferdy Johnston and I brewed up some morning glory (a definite weed) believing it to have some narcotic affect. All it did was make us quite ill, I'm lucky to have survived to tell the tale!

You may well have misjudged some of the most interesting and useful plants in your garden. Be adventurous next time you throw together a salad, you'll be pleasantly surprised! 🍎



Woodland's Herbs

over 80 different varieties of herbs, scented geraniums, salvias and cottage garden plants

Available at the Maple Street Co-op and the Witta, Montville and Crystal Waters markets. Or call for a herb consultancy – 5429 6021



COME BACK SOON, COBY

It's been over a month since long-time staff member Yacoba Verstraten (Coby) was airlifted by helicopter to intensive care at the Royal Brisbane Hospital.

She spent five days in an induced coma to help her body heal after multiple organ failure due to a kidney infection caused by e-coli bacteria. She's now home and it looks like a full recovery will be the final outcome – such a relief.

The Co-op hasn't been the same without her and we all – staff, management, the Board and customers – look forward to seeing her back again.

Get well(er) soon Coby!

VALE AL WALKER (Big Al)

Our Co-operatives mourned the passing of Al Walker in July.

Al was an example of true community spirit. He was a regular at the Club, a consignor at the Co-op and a proactive member of our community.

Having personally known Al, Pam, Beck and Rueben for 30 years, sharing their grief at the service, where so many people shared memories and their love for Al, it reminded me how lucky we are to live in this wonderful caring community of Maleny. While it is hard to comprehend such a tragedy, we are richer for having known Alan Walker.

– Karen Syrmis

LOVE OUR CO-OP ELDERS!

I'd like to honour our wonderful Co-op staff and volunteers. The happy balance between younger less experienced and older more experienced staff and their clear passion for their collective role is what sets the Co-op apart from regular businesses. This mix seems to meet the needs of members and customers so perfectly.

It's always a joy to catch the conversations between staff and customers. Their very obvious collective knowledge and wisdom is what builds the social capital of the Co-op. We are truly blessed as a community to experience this fabulous ethic of service.

– Sue Johnson

Time MANAGEMENT

beliefs and strategies that cause you to over-commit and avoid boundaries

by ALLISON BRIGHT

Our actions are a result of our beliefs, therefore to change our actions we need to change our beliefs. Successful beliefs and strategies are essential to good time management. Over-committing and lack of boundaries are two common causes of poor time management. Here are some of the beliefs and strategies that cause them.

Over commitment

Over-committing is planning too many tasks for the time available, which leads to stress, feeling overwhelmed and torn between obligations and people. We can become dependent on unhealthy stimulants to keep going.

Unhelpful Belief: The more we schedule in the more we achieve.

This can be true; but long term over-committing compromises health which requires lengthy time off to recover. Maintaining an average work load is more stable and maintainable long-term.

Unhelpful strategy: To gain approval and self worth from others by always saying yes to requests. We need to have the behavioral flexibility to say yes or no depending on the circumstances. Gaining self approval through acknowledging your daily achievements and good qualities is far more effective. Build self-worth and create balance by valuing who you are, not what you do.

Just for this week take 20 minutes to sit and do nothing except recognise your value just because you exist.

Lack of boundaries

Boundaries are the invisible lines we draw between what we will and won't give in regards to time, space and energy. Without boundaries we can become frustrated and inefficient through the interruptions and distractions that we have enabled. We can feel dis-empowered and resentful.

Unhelpful Belief: A nice person would say yes. A nice person may be less honest about what they want which inhibits true connection. We can be considerate of others and state our boundaries by respectfully voicing and

enforcing how much time we have available for them.

Unhelpful Belief: My needs aren't as important as others.

This belief eventually erodes self esteem. We need to consider others' needs and make a conscious choice about when and how much we can assist them.

Unhelpful strategy: avoiding conflict. This strategy causes us to say yes when we really want to say no to requests.

Look for a win-win solution that allows you stick with your boundaries and support others. Know that you are not responsible for how others react to your decisions.

Learning to set healthy boundaries in the area of time management

can help us to value ourselves more and set boundaries in other areas of our lives. Just for this week take a small risk and set a minor boundary. Notice and feel the positive changes that result.

There are plenty of free tools and tips to enable excellent time management. Unhelpful beliefs and strategies prevent us from acting on what we know, and are often reflected in other parts of life as well, so resolving them is essential for an emotionally healthy lifestyle. 🍎

Allison Bright from Bright Life Coaching specializes in Work Life Balance solutions. Go to www.brightlifecoaching.com.au/ or email allison@brightlifecoaching.com.au





Community-owned housing: an alternative path to HOME

by ESTA KNUDSEN

Home is a powerful, evocative word. More than a house, tied to fundamental needs – putting down roots, emotional and material stability, the comfort of being surrounded by familiar things and if we're lucky, deep attachment to a place. Research across a variety of disciplines attests to the positive practical spin-offs attached to the security of having a home. For instance, access to secure housing has been shown to significantly improve the chances for the long-term unemployed of finding a job, and boosts children's performance at school. Surely everyone is entitled to have their place to call home?

But alas, Australia now ranks as the country with the highest housing costs in the developed world. How did the 'lucky country' – once able to promise almost universal home ownership – arrive at this unhappy destination?

It would take a major thesis to cover that complex and much examined question, so for the sake of the word-count, regard my query as a rhetorical flourish. But consider this. Although the overall proportion of home ownership in Australia is still quite high, (around 70%) the figure reflects a past era, a time when baby boomers entered into home ownership with relative ease and are now mortgage-free. Twenty-five years ago the cost of an average house was around 4 times the average annual income. Today the national figure for an average house price is 9 times the average income. On the Sunshine Coast, it's actually 10 times.

The bite of this dramatic rise shows up in the middle-income 25-44 years age cohort, the logical entry point for home ownership. Back in 1986, 60% of middle-income households in this age bracket were buying or owned their own homes. By 2006 only 45% of this group were in the home ownership market.

In simple terms the problem is that the demand for houses exceeds supply. In terms of housing people, the problem is a dramatic increase in the numbers of households locked into the private rental

“ ...maybe the Hinterland is the perfect place for clusters of self-sufficient eco-villages, with space for cottage industries or a larger sustainable industry ”

market because they can't afford to buy a home. Qld Shelter, this State's peak body for affordable housing, estimates that we need another 100,000 dwellings to meet the immediate needs of renters in the bottom 40% of incomes.

The not-for-profit housing company

This is where we embark on our alternative path to home: the not-for-profit housing company. These community-based housing companies have been in existence, in various forms, for over 20 years in the southern states.

As not-for-profit entities, the housing companies have tax-free status, which means they can construct housing at a much lower cost than either the private sector or government. Government offers funding dollars towards their projects, but government money is contingent upon the housing company forming partnerships with other parties who can bring either money or 'in-kind' contributions to the project. The housing companies form alliances with local government, developers (large and small), financiers, church groups or other community organisations. Sometimes partners bring land, rather than dollars to the project.

Despite their 'not for profit' status, housing companies frequently do (indeed, prefer to) generate surplus from their projects. Just like a cooperative, these surpluses go back into the community, in this case, in the form of housing.

Queensland is a relative late-comer, with its first not for profit housing company, the Brisbane Housing Company (BHC), formed in 2002. BHC now has 1,000 units

of housing, predominantly in Brisbane's inner suburbs. The Sunshine Coast has its own not-for-profit housing company – the Coast2Bay Group, originally established as the Sunshine Coast Housing Company in 2007. Coast2Bay's reach extends from Noosa to the north Brisbane suburbs and has grown from a recent merger of two community sector housing service providers.

Case study: generating profit from a not-for-profit project

A housing company negotiated with a State Department of Housing to secure an inner suburban site, complete with old public housing. The company, in partnership with a developer, demolished the old houses and constructed a 'mixed development' – town houses, apartments and shops.

The project was also 'mixed tenure', ie there were public housing, community-owned rental and private sale properties. The partners – the Department, the developer and the housing company – agreed on the proportion of housing in each tenure. The 'purchase price' of the land was covered by 4 units of the new housing being designated as public housing and returned to the Department.

Another 6 dwellings became long-term rental for low income households, owned by the not-for-profit housing company. The balance of 20+ townhouses and apartments were sold, with an agreed split of the profits shared by the not-for-profit and the developer. They also shared rental income from the shops. The profits generated by the not-for-profit were then ploughed back into their next housing project.



The good news for housing companies is that after years of languishing in the shadows of the Howard era's economic rationalist myopia, housing has emerged into the light! In 2009 the Rudd government established the new National Affordable Housing Agreement (NAHA) to underpin \$6.1 billion funding (over 5 years) for housing and homelessness. In addition, funding for a national total of around 20,000 dwellings to house low income households was pledged as part of the National Building and Stimulus package. For further detail of the housing assistance programs funded by the NAHA, go to the Australian Institute of Health & Welfare's paper *Housing Assistance in Australia 2011* (website).

Under the NAHA, there are funds available to community-based housing organisations and their partners to build housing. The brief is to offer rental housing to low to moderate income households, with rents generally between 20-25% lower than market rent.

An important difference between community-owned rental properties and private rental is that housing company tenants have secure tenure for as long as they wish to stay. The affordable housing model will, over time, make housing companies self-sufficient. Indeed, in the southern states, where the model has been operating for a longer period, this has already happened and the Commonwealth is now considering whether it will allow some of these larger affordable housing companies to operate on a national scale.

To further support this alternative to market-based housing, the Commonwealth and State governments, through the National Rental Affordability Scheme, are offering both institutional and private investors the opportunity

to invest in affordable housing. The Coast2Bay Group, in partnership with National Housing Company, has recently been allocated 'credits' to build 688 new dwellings under the scheme, spread across the Sunshine Coast, Moreton and north Brisbane.

Housing on the Coast

The Sunshine Coast region, with house prices amongst the highest in Australia, is in desperate need of alternative housing choices for low and moderate income earners. Like many cities in Australia we have a growing problem housing those people the literature refers to as 'key workers'. For instance, a large proportion of people who work in tourism in Noosa can't afford to live there. Similarly there would be a significant percentage of workers at the University or in Council, hospitals and other essential services in the region whose income levels would make them eligible for community-owned housing tenancies. For some, the subsidised rents would offer the financial breathing space to save for a deposit on a house or buy an affordable home. For others, a secure below-market rent tenancy would remove the exhausting cycle of uncertain tenure and financial stress experienced by many low and moderate income households in the private rental market.

And the future?

The reality is that home ownership is not going to become any easier in the foreseeable future. All the evidence points to an urgent need for new housing and financing models as the population grows. I think the greatest promise of community owned housing is that its partnership model has the potential to draw on untapped reservoirs of local creativity through alliances with a new mix of players.

Let's see some home-grown responses to housing that challenge the mainstream! Wouldn't it be great to see houses designed for local colour and vibrancy and 'affordability' taken further – giving occupants long-term benefits like low maintenance homes and lower power and water costs via projects with a focus on sustainability?

And maybe the Hinterland is the perfect place for clusters of self-sufficient eco-villages, with space for cottage industries or a larger sustainable industry. That's the direction taken by the Greater London Plan, where old industrial sites are being turned into eco-villages. The central intent of the Plan is to make 50% of new housing affordable. But housing affordability has been the starting point for thinking about creating self-sufficient communities, with on-site sewerage treatment and power generation and work places within walking distance. It seems too that the synergies go further, with new approaches to business, such as 'farm to table', where residents buy direct from farms.

If we are to achieve these and other shifts in thinking about housing and communities, local government must be a facilitator of the changes. There are examples of far-sighted councils who have taken on the affordability challenge beyond the narrow thinking of endless rows of houses on ever-smaller blocks.

But that's a story for another time. Now that housing seems to have the State and Commonwealth's full attention, I hope to see the Coast2Bay Housing Group go from strength to strength, working with switched on, innovative partners to produce not 'units of housing' as they're described in 'bureaucratise', but homes and places to remember. 🍎

ABOUT ESTA KNUDSEN

Esta worked as a researcher and community developer in housing and planning during the Goss era. She then moved to Canberra, joining the Murray Darling Basin Commission as their social researcher.

Of course, Esta finally returned to Queensland, where she has since worked for Qld Shelter in policy and research and as a consultant.

Esta lives outside Maleny with her partner Richard. They're currently enduring a house extension, but hope to feel better soon.



Bridge Creek Community Gardens

THE FIRST IN A SERIES ON THE PEOPLE AND FIRMS SUPPLYING THE CO-OP AND CLUB, BY **SAMMY RINGER**



What is a community garden? For some, the picture might be the old 'commons', with people working individual veggie patches.

Bridge Creek Gardens is a little different, residing on two acres of land donated by joint owners Nora Julien and Michael Towsey, who have been the driving force behind the project.

The gardens began a little over four years ago as a project of Sustainable Maleny, a community response to 'peak oil' and climate change.

The goal was to provide Maleny with another source of fresh, organic, non-GMO, non-hybrid food and to form a community seedbank for use by other seed savers.

The actual workings of this community garden have gone further.

I arrived shortly before their scheduled lunch break (good timing!) and spoke to Nora, busy making the midday meal (from garden ingredients, of course).

"The idea is that everyone who works here gets the result of our labours in fresh food. Any excess is sold locally at a reasonable price.

As someone who has had more failures than successes in my veggie garden, I was keen to know more.

As the troops filed in from the garden, the conversation focused on this learning experience. Garry Stipanov kicked it off. "Soil improvement's one of

“ In practice, the people who work here get something much more important – a learning experience ”

the keystones. You look at our soil on the range and it seems like you could grow anything – and you probably can, for a season. But without ongoing improvement, you'll find your second and third crops failing."

Michael Towsie almost agreed "Soil's the key but you *can't* grow just about anything up here. We've learned that."

A sad murmur went round the table. Capsicum epic fail was mentioned. Carrots were singled out. Doesn't matter what you do, you can't grow carrots up here.



"It's partly our climate." Michael added, "We're sub-tropical but we get frosts."

Brian Germaine took a moment away from his pumpkin soup, "Mounding, drainage." he said succinctly and the table then turned to talk of growing vegies in the wet season, identifying the deficiencies in the soil, the importance of heavy mulching and the sad fate of their fatally frost-burnt sweet potato.

Nora, Michael, Gary, Brian and Jason Carmichael are the backbone of the garden and delight in the spontaneous visits from other gardeners that turn into mutual learning sessions.

When the topic of attracting new members arose, a short silence ensued.

"Of course, we *love* having new people work with us here." Nora said, "But – well, shall I'll be honest?" Everyone nodded.

"If you're afraid of the word 'commitment', don't call. The gardens – our group – need continuity. And it is *work*, after all."

I looked round at the small, amiable group helping themselves to seconds of pumpkin soup, garden salad and home-made bread and thought, *work does* have its rewards. 🍏

Bridge Creek Gardens has a working bee every Saturday morning. If you would like to join them, please leave a message on (07) 5494 3424.

ADVERTISEMENT



Cutting down the (food) miles

and living well while you're at it!

One day in the (not too distant) future, hauling tomatoes and face cream half-way round the world from point of manufacture to point of sale simply won't be economic.

At which time, you'll be glad you live in Maleny.

In fact, you can rejoice right now in the fresh, healthy, yummy range of products the Co-op sources from local producers.

Fruits and vegetables grown locally, jam and skin oils, muesli and condiments – we could fill half the newsletter with praise of our local goods.

Next time you're in the Co-op, ask the helpful staff about our local range.

You'll be supporting our community, cutting down food miles – and getting some of the best products to be found – anywhere in the world.



RECIPE

AMOK RULES!

I recently tried Khmer food – this is now my favourite dish...

Amok (steamed Khmer curry)

Fish, chicken, tofu or mixed.

Ingredients

- 2 fresh lime leaves, finely shredded
- 1 long red chilli
- 1/2 cup chopped kale or spinach
- 2 cm piece of galangal or ginger
- 1 heaped teaspoon sugar
- 1 (plus) clove garlic, chopped
- 3 dessertspoons fish sauce
- 2 cm fresh (or dried) turmeric
- 3 sections white lemongrass
(Blend these ingredients in a mortar and pestle with a little coconut milk to make a paste.)
- 3 cups of meat/fish/chicken or tofu cut into cubes
- 1 egg mixed with 2 cups coconut cream

Add your 'pestled' ingredients and the meat/fish/tofu to the egg/coconut cream and mix.

Put into bowls and steam for 30 minutes. When cooked it should look set and be firm.

Top each with the remaining coconut cream, scatter with chilli and kaffir lime leaf shreds, and serve with cucumber and rice.

– Sue Verstraten



Bat Rescue Inc.

is a non-profit voluntary organisation dedicated to the care and conservation of Australian bats.

Our members are impassioned by their role, meeting the costs of care (transportation, housing, food and medications) out of their own pockets.

Your help – whether it be via membership, sponsorship or simply support, will make a difference.

Baby bat season is coming up – why not think of sponsoring an orphaned bat?

Visit the website

www.batrescue.org.au

or contact the membership

secretary:

membership@batrescue.org.au

If you see an orphaned or injured flying fox – do not attempt to rescue it.

PHONE 5441 6200
(24 hours a day)



Sunshine Coast



Stocktake SNAPSHOT

It was a crowded house on June 30th as vollies rolled into the Co-op to help with the end of year stocktake.

Armed with clip-pad and stocklists, the 'counters' got through the massive task in record time, retiring to well earned nibbles and 'debrief'.

KAREN AND THE STAFF AT THE CO-OP THANK ALL THE DEDICATED BEAN COUNTERS.





You ARE what you EAT

Most have heard of the raw food diet – but there are a number of other (occasionally controversial) diets to choose from:

Sproutarian – one whose diet is predominantly sprouts. Those eating only sprouts are extremely rare; most sproutarians have a varied raw food diet.

Living fooder – version of sproutarianism. The Ann Wigmore-style living fooder has a vegan diet centered on sprouts, raw fermented foods and raw blended foods. Hippocrates Institute (Brian Clement) and Gabriel Cousens teach slightly different versions of living foods diets.

Natural hygienist – natural hygienists disagree sharply among themselves regarding the details of natural hygiene. A diet of raw fruits, vegetables, nuts and seeds, the diet is usually vegan, but Tilden (co-founder of natural hygiene in modern times) encouraged use of non-vegetarian foods. Following high (%) fruit diets is discouraged by most hygienists. There is very wide variation in diet and health practices among hygienists; e.g. disagreements on the use of sprouts,



seaweeds, dried fruit, etc. The American Natural Hygiene Society reportedly promotes a predominantly raw diet, but advocates a place for cooked grains and steamed vegetables in the diet.

Instinctive eating (Anopsology) – sequential mono-eating, guided by the senses (smell, and taste change = signal to stop eating). In practice, an instincto-diet often centres on raw fruit, seafood, meat, with some vegetables, and excludes dairy and grains. Some instinctos eat very little seafood/meat. A similar diet, the Paleolithic diet, has recently become more popular in raw food circles.

Essene – one whose diet is based on the Essene Gospels of Peace, which claims that Jesus was a member of the Essene sect, and a raw food vegetarian. Diet consists of raw sprouts, wheatgrass, vegetables, and fruit. Use of raw dairy is explicitly authorized by the Essene gospels, so the diet is often lacto-vegetarian rather than vegan. Many Essenes use fermented dairy products, specifically yogurt.

Fruitarian – one whose diet is predominantly fruit. Suggest using 75+% fruit as the marker for using the term fruitarian. Here 'fruit' usually conforms to the common usage of the term – the reproductive product of trees, vines, bushes, rather than the botanical definition. Some fruitarians do eat small amounts of sprouts, and many fruitarians (but not all) do eat leafy greens.

Liquidarian – one who consumes only liquids/juices. Usually a short-term cleansing diet, extremely rare as a long term diet.

Breatharian – not really a diet; one who does not eat but gets energy from the air. A rare practice of an obscure Tantric sect. If you want to be a breatharian, you should go to India and try to find a genuine teacher. 🍌

DIFFERENT...

The pattern's made but you don't fit
And they don't want to change it.
So you make your own
You're heading home
And you find you're not alone.
You're living what you know is true
There's a heart light guiding you
Trust will bring it through.

They go on and on with the same old lines
The meaning's gone like nursery rhymes.

Walking the edge too long
Knowing you don't belong
And the frightened crowd brands you wrong.
It's hard to turn and walk away
From what has blessed you yesterday
But now your dream can't be lived that way.

There's no regret though you're hurting yet
It's a never-ending story quest.
You dared the sin
Now you begin
It's often the losers who win.
And you know when the time is right
You'll again march into the night.
And the crowd afraid of the dark
Will give thanks for the light of your heart.

Angela Mackay

Sunshine Coast
real food
Festival
10-11 September 2011

**Sunday 11 September,
9am-4pm
Maleny Showgrounds**

This is the BIG food festival for Maleny – a celebration of food's journey from paddock to plate.

The UpFront Club will have a food stall at the Festival and the Co-op will showcase local producers.

Come along and share in the cooking demos, talks, competitions and activities.

www.realfoodfestival.com.au

ADVERTISEMENT



Own a POOL?

COAST + HINTERLAND
POOL SERVICES

GREG DONOGHUE
0458 917 779

*Valued supplier of free
avocadoes to the Co-op*

What's on at THE UPFRONT CLUB

SEPTEMBER

- Fri 2 **OUT OF THE BLUE CHOIR** (S.Coast) Ancient, classical, folk, pop, world and tribal songs
- Sat 3 **\$5 FIRST SATURDAY FOLK** 'Spring Surprise' 15 minute blackboard spots available
- Fri 9 **ANGELA IIMURA** (S.Coast) Swing Jazz, Brazilian Melodies & rhythms, R&B. Voice, guitar, bass
- Sat 10 **KHAN BAND** (S.Coast) Dub, folk, roots & ethnic songs on guitar/saz/mandolin & bass & drums
- Thu 15 **ART OPENING** TBA
- Fri 16 **BRETT ORR** (S. Coast) '21st Century Soul for the Discerning Funkster'. Top voice and pianism.

- Sat 17 **DANIEL CHAMPAGNE** (S.NSW) 'The best young guitarist in Australia.' Great original vocals as well.
- Fri 23 **ROD CHRISTENSEN TRIO** (S.Coast) Swing Jazz, Funky Jazz, Vibrant Latino and Smooth Grooves
- Sat 24 **YOUNGTREE** (Maleny) Psychedelic Dub & 'One Drop' Roots Reggae. Guest solo piano Zane Savage
- Fri 30 **BARLEYSHAKES** (S. Coast) 'Brewed in Ireland, distilled in Australia.' Modern folk.

OCTOBER

- Sat 1 **FIRST SATURDAY FOLK**
- Sat 8 **LOREN**
- Fri 14 **FRANCESCA SIDOTI**
- Sat 15 **JIMI BEAVIS**
- Fri 21 **JEUNAE ROGERS & ARRON BOOL**
- Fri 28 **JIMI BEAVIS**
- Sat 29 **LACHLAN BRYAN & THE WILDES**

NOVEMBER

- Sat 5 **FIRST SATURDAY FOLK**
- Fri 25 **LA PETITE MANOUCHE** (N.Z)



Mondays:
MUSOS' BLACKBOARD
 \$30, \$20, \$10 prizes
 15 minute spots
 phone Danny
 5494 2385 / 0427 022 612

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
 (Takeaways available)
 Tues, Wed & Sun –
 closed from 2.30pm
www.upfrontclub.org

THE WELCOME MAT – MAKE NEW FRIENDS AND MEET OLD ONES



Do you value a sense of community?

Our district's population is growing – so how do we keep that sense of community and *neighbourliness* that makes Maleny such a wonderful place to live? Are there ways we can get to know the new people around us, connect with established residents, make friends, and get involved?

Yes! Through the **Welcome Mat** – a monthly event at the Upfront Club. It's held on the third Thursday of every month and is an open-to-all, low-key, friendly gathering at which some people might be playing board-games while others might be having a cuppa/ dinner and watching games or chatting.



Clockwise from top left:
Loren, Khan Band, Brett Orr

There is a warm welcome to anybody, whether you are a family or on your own, new to town or third generation! Bring board games if you have them (if you wish). Bring your ideas for other similar projects. New residents on the range are very welcome – and this is a family friendly evening!

The Welcome Mat

**Every third Thursday of the month
Dinner (optional) from 5.30pm
Games (optional) from 6pm**

Please book and indicate if dining:

Terri Bates 5435 2667
tkbates@bigpond.com

EVERYBODY WELCOME!



A THANK YOU FROM SHIVANII

The Prabhat Alloi Night of Treasures auction at The UpFront Club in July was a night of many treasures. A great group of people turned up to lend their support to the Prabhat Alloi project in West Bengal. They gave generously with fun and enjoyment! Over \$2000 was raised with people bidding against themselves and handing in items to re-auction them!



It was inspiring to see this wonderful level of support for these projects. The money raised will put toilets in the school and a new bathroom in the children's home and will also buy more goats for the next group of women to start their businesses.

**Shivanii Cameron
Prabhat Alloi Inc
www.tinkusprojects.webnode.com
http://prabhatalloi.blogspot.com**



Co-op NEWS
The newsletter of the Maple St Co-op

ADVERTISING RATES

General display advertising is \$4 per col. cm.

Standard sizes:

1/3 page: \$100
1/4 page: \$75

Business card size: \$35

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

Classified: \$5 per line

Display Classified:
\$5 per line + \$5 surcharge
Green listing: 4 lines – \$10

DEADLINE FOR THE SUMMER ISSUE
(December–February): 15 October

FOR FURTHER INFORMATION AND TO MAKE A BOOKING:

Phone Sammy on 5494 3812
Email: sammy@ausbushfoods.com
or write to: Advertising, Maple Street
Co-op, 37 Maple St, Maleny 4552.



Out with the OLD and in with the NEW



SPRING NOTES

THE CO-OP GARDEN

Planning for the UpFront food garden area is underway. There are a number of possibilities for this space, hence the tentative nature of the plans to date.

The most likely option is the development of a kitchen garden along permaculture lines. This would build upon the existing garden, and involve the development of a staged plan that could be completed over a couple of years. The intention would be to provide regular produce for the Club and Co-op.

My vision would be to incorporate signage and features which would enhance its community relevance and value. My dream would be to eventually work towards a monthly farmers' market in the park in Bicentenary Lane to complement the Witta Farmers' Market.

However, all of these things cannot happen without 'hands in the dirt'. Watch notices (on the notice board and via email) for the next working bee. They're fun, productive – and you get a great feed!

– Sue Johnson

The Co-op farewelled a old faithful recently when "Bertha", the original fruit and veg display refrigerator, was replaced by a new more reliable and efficient model. Bertha served the Co-op well for over 20 years but maintenance was becoming an issue. Several members assisted with

the removal of the old girl after close of business on Sunday 17 July and the installation of the new one before the following morning. Thanks to those who assisted – many hands certainly made the job easier. Most excited about the new acquisition were Carol Williams, Janet Lutje and Rod Castle.

ADVERTISEMENT

"Essential to every woman's health"

Finally! A sanitary napkin that:

- * Alleviates period pain
- * Reduces crankiness, stress and fatigue
- * Helps eliminate thrush and vaginal infection
- * Keeps you dry and increases comfort, and
- * Saves you from those embarrassing moments



"Never thought I'd use the words enjoy and pads in the same sentence... but there it is!" – Sophie

Visit www.WomensEssentials.com.au now to enjoy yours!