



AGM SUCCESS!

Thank you to all of our members who attended and celebrated our 46th AGM on October 29th. If you missed it and would like to read our annual reports, you can find them online at www.maplestreet.coop/memberpage. Please feel free to reach out if you have any questions or feedback to info@maplestreet.coop.



This year, Elke Watson and John Ford stepped down from our board, we thank them for their expertise and contributions and wish them the best. We now have three new board members democratically elected who we will introduce in the coming months.



All photos by Ketakii Jewson-Brown



Thanks to the Joy Collective for the beautiful catering and for giving Charlotte and Mita a break this year! Thank you to all of the staff and members who helped out at the AGM and the friendly, efficient community centre volunteers for running the bar.



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

MEET THE BAKERS!



SANJAY & TRACY FROM KEEP ROLLING

We started Keep Rolling Bakery because we simply loved good bread — real bread. It was never about being fancy.

Baking was actually my first job when I moved from Nepal to Australia at 19. I didn't know much at the time, but I quickly fell in love with it. I was amazed by how much people here loved their bread. Coming from a country where we hardly eat any bread this was a culture shock but a good one. Over the years, what started as a job turned into a real passion and I wanted to learn more and more.

I've now been baking for over 10 years and have worked in many different places. But over time, I started to notice something — not everyone making “healthy bread” was actually being honest about it. Fermentation times were being cut short to speed up production. Preservatives, sugar, and seed oils were added just to make bread last longer.

That's what drove us to start Keep Rolling Bakery — to go back to traditional, slow methods. Our sourdough is made using long fermentation, no shortcuts, no unnecessary additives. Just proper, nourishing bread made the way it should be. We use organic flours as they have more nutrients and are not mixed with other unnecessary stuff.

It's just me and Tracy. We work together to create all the bread and while one of us is at the shop the other one is delivering the bread or at the markets. We've learned everything ourselves and we're still figuring it out as we go.

We're very thankful to the co-op for giving us the opportunity to serve them bread when we were basically a brand new bakery, with very few people knowing about us. That kind of support meant a lot and we will always be very grateful for that.

Getting our products onto the co-op shelves was a big milestone for us. It's not just a place to stock food — it's a community that cares about values, real ingredients, and supporting local. We've met so many lovely customers through the co-op, and their support continues to motivate us.

All the kind words from all the co-op members were very encouraging when we just started. We would not be here if it wasn't for the co-op. We love what they do and try to implement that in our bakery as well by trying to source local as much as possible and just to be a part of the community that is for the community.

We also love trying new things — like the new sourdough at the moment (Edamame, parmesan and black pepper) — but at the heart of it, we just want to make good bread that we are proud to sell. Bread and pastries that feel real, taste great, and are made with care.

We're proud of how far we've come, and even more grateful for the people who've helped us get here. We feel really lucky to be doing what we love, and to be part of a community that values it too. We will always try to make the best bread to our ability. We will keep rolling.

MEET THE CO-OP MEMBER MICHELLE GRIFFITHS



My name is Michelle Griffiths, through my maternal grandmother's lineage. I am a proud Wiradjuri descendant, though I am proud of all the genetics I have inherited. I just want to be a bridge for all my cultures to find peace and harmony together, as much as I wish the same for this beautiful planet we have all been gifted—not just we humans but every member of our whole living breathing eco system.

I wrote this poem as part of my role as the volunteer Aboriginal Liaison Officer at the Dingo Discovery Sanctuary at Toolern Vale near Melbourne – a role through which I became known as 'Aunty Dingo' to the younger members of the local Mob – a title which both warms my heart and fills me with the deepest care and responsibility to honour the beings I am named in honour of.

The first dingo I met from the sanctuary, back in March 2016, was a K'Gari dingo known as 'Saxon'. He rubbed his head on mine: the depth of love and healing I felt emanating from him made me feel like I was melting, it was so strong—the exact same feeling as when I fell in love with my 'gentle giant' husband, who had previously passed on.

My next encounter was with a group of dingo pups—their mum, Cooma, kept leading them towards me with this seemingly deliberate sense of purpose and knowing. I had lost the only child I was pregnant with under extremely intense and tragic circumstances, and this encounter with Cooma and her puppies cracked my wounded heart and soul open in the most powerful way—so much so that it occurred to me to do some research into the traditional connection between Dingoes and my Aboriginal ancestors. I was overwhelmed to discover that in traditional culture, for women who weren't blessed with having children of their own, the Dingo mothers would share their puppies with them. And before I knew this fact, that's exactly what Cooma did with and for me.

So, on behalf of beautiful, noble Saxon and loving Cooma and her babies, who now have babies and grandbabies of their own (plus my "Bundalong Besties") and all my Dingo family, the agony I felt at seeing the newspaper headlines of their wild mob on K'Gari ignited my passion to write an extension of my original Dingo Soul poem, dedicated to the Wongari of K'Gari.

Dingo involved in the K'gari jogging incident has been euthanised

spokesperson from the 'heartbroken' Butchulla community said that the decision to euthanise the wongari (dingo) came from a government department.



News headline from 2023 - "Dingo involved in the K'gari jogging incident has been euthanised."

Source - NITV

From My Dingo Soul to Your Hearts 2/2

Now on beautiful K’Gari – Paradise on Earth

They are encroached upon by humans from the day of their
Birth Humans who think they are entitled to this...

To create a Dingo’s prison in pursuit of holiday bliss

No island off Africa where lions would reign

Would the apex predator be treated with such disdain

But because our king beast looks like ‘man’s best friend’

He is expected to be ... to a disastrous end

Genetically, it’s proved that Dingoes aren’t dogs

That they are wild – and their instincts are to chase that which jogs

So please walk on K’Gari with your wits and respect

And lose the sense of entitlement that leads to neglect

This is Sacred Ground you walk on, from the beginning of Time,

And our Dingo’s role is to protect it and keep it sublime

We humans have developed a belief that WE rule

To the Dingo – and Cultural Lore – it’s the belief of a Fool

To me, it runs deeper; it’s far worse than that

We are killing our planet – in our race of the rat

I can’t dictate to you on how you behave

But that I was a parasite, I don’t want on my grave

If you think that is harsh – think what a parasite is

It takes and it takes but refuses to give

And that’s what we are if we just take from Earth Home

But don’t respect and replenish all Life where we roam

So, my advice: walk this place but with an open mind

Of the attitude you hold and the energy it leaves behind

You are part of Life’s web, not the main cog in the wheel

So let Wongari (Dingo) do their job, and let K’Gari (paradise) heal.

Please consider these deeply-felt musings on your next trip to K’Gari—in fact, anywhere you are on travel to on this ‘Sacred Southern Land’. It’s our Home to which we are all responsible, not just land to build your home or ‘empire’ on or some holiday destination. To Mob, it’s our Mother and the animals are Family, our brothers and sisters. As our Elders teach us, “If you don’t take care of Country (and all its inhabitants), it can’t take care of you”

Michelle Griffiths aka Aunty Dingo



RETHINKING ANTIMICROBIALS HOW TO SUPPORT GUT HEALTH GENTLY

WRITTEN BY OUR
NATUROPATH
SAMANTHA

As a naturopath, I often meet people who are doing their best to support their gut health, but unknowingly, despite their well-meaning intentions, are taking steps that may harm rather than help. One of the biggest trends I have seen over the years is the self-prescription of strong anti-microbial herbs such as berberine, oregano, clove, black walnut and thyme.

While these herbal allies are accessible and therapeutic, it is important to use them in the right clinical context, as they can also disrupt the gut microbiome when used without proper guidance. This is due to their potent and non-selective nature, killing both pathogenic and beneficial microbes alike. Research shows long-term or high-dose use of antimicrobials can reduce microbial diversity, and deplete beneficial species such as *Bifidobacterium*, *Lactobacillus* and *Faecalibacterium*, and encourage the growth of inflammatory bacteria such as *Klebsiella pneumoniae*, *Aeromonas* and *Escherichia coli*. So if you are addressing common gastrointestinal concerns, or feel you need a “cleanse”, it is important to understand the delicate nature of our gut ecosystem and choose, firstly, to approach it in a slower, supportive & nourishing way.

Instead of choosing strong anti-microbials, consider these gentle, microbiome-feeding options that can help reduce dysbiosis, improve gut integrity and support safely. You can also find all of them in your local co-op:

- Polyphenol-rich foods like berries, pomegranate, whole-grains, olive oil, green tea, and cacao help feed microbes and reduce inflammation.

- Sulforaphane-rich foods such as microgreens, broccoli and kale that suppress harmful bacteria and encourage growth of beneficial strains.
- Beta-glucan-rich foods, like oats, barley, medicinal mushrooms and fermented foods, help to produce short-chain fatty acids, which reduce inflammation and strengthen the gut barrier.
- Prebiotics, such as PHGG, GOS, Inulin or kiwifruit, selectively support the growth of healthy bacteria.
- Nutraceuticals, like probiotics, digestive enzymes, amino acids, and collagen powders, can enhance nutrient absorption and support barrier repair.

If anti-microbials are truly necessary, like in cases of confirmed pathogen infection, it's always best to work with a qualified practitioner who can do functional testing, tailor dosing and prevent long-term imbalances. If accessibility to practitioner care is a barrier for you, consider using these herbs in a culinary way, cooking with them, rather than taking concentrated supplements. You can also ask the friendly naturopaths and nutritionists at the co-op for guidance before purchasing.

We need to remember that supporting the gut does not always mean killing what's inside and starting from scratch; often it means giving a helping hand and restoring balance to the friendly bacteria who are already working hard to help keep us healthy and thriving.

Sam is passionate about supporting individuals with a diverse range of health conditions. Aiming to create accessible, practical strategies that fit easily into everyday life. Follow her on @catandfernau to stay connected. She also consults at Luna Wellness Collective in Yandina @lunawellnesscollective. And her books open for new clients in 2026.

CO-OP SPOTLIGHT

IIF - INVEST IN FARMING



**A farm in
your pocket.**



For most of us, the closest we get to farming is the produce aisle. But behind every watermelon, oyster and lamb chop is a story of seasons, hard work and reward that we rarely get to see. IIF was created to change that. It's a world-first platform that makes it possible for everyday people to invest in what a farmer grows, straight from their smartphone.

Operated as a co-op, IIF enables members to invest in real, on-farm agricultural products like wheat, cattle, mussels, ginger or blackberries, at the start of the growing season. As the season unfolds, farmers share updates from the paddock, so you can literally watch the farm in your pocket grow. At the end of the season, when the produce is harvested and sold, you share in the outcome.

The model is designed to be a win-win. Farmers gain early access to working capital without having to take on more debt, helping them seize opportunities, invest in infrastructure, or scale their operations. For the everyday people who invest, it's a way to support farmers and make money at the same time.

Already, thousands of Aussies have invested millions of dollars into farm production all around the country. For Pamela on the Central Coast, it was an exciting opportunity to come alongside and support farmers in a tangible way.

“What an amazing initiative, I actually feel like a farmer. There's a bit of an adrenaline rush when something new comes on the marketplace. We currently have 22 holdings. Over 12 months, nine have come to maturity and we've received some really great returns! We've also had one loss, but that's ok. There's something exciting about going on the journey with the farmer, helping them out when times are tough, and sharing the reward when there's a good return from their crops.”

At its heart, IIF is about connection, between consumers and producers, the city and the land. It's farming made personal. It doesn't matter if you invest a little or a lot, your investment can help a farmer overcome an obstacle or embrace an exciting new opportunity.

If you're interested in starting a farm in your pocket, you can learn more at iif.today.



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