



co-op

NEWS

SPRING 2014

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The newsletter of the Maple Street Co-op

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

The Co-op's Mission Statement

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

ADVERTISING RATES

Standard sizes:

Full page \$250

1/2 page: \$150

1/3 page: \$100

Business card size: \$40

Super business card (2 col x 6.7cm): \$60
(10% loading for colour)

DEADLINE FOR THE SUMMER ISSUE

(Sep–Dec 2014): October 31

FOR INFO OR TO MAKE A BOOKING:

Phone Sammy on 0498 313 068

or email: sammy@ausbushfoods.com

COVER PHOTO:

Shopper of the future Ava Cassidy



FROM THE MANAGER

Hopes for the future

When our editor Sammy said “For this issue, let’s focus on the future”, I admit to feeling a little uneasy, as ours and past generations have a lot to answer for. Even though we have experienced such incredible change, like from no TV to today’s crazy techno world, it certainly has come at a cost.

Our planet faces serious environmental challenges, water shortages, land degradation, deforestation, ocean degradation, food shortages and species extinction, and I won’t even mention the impact of wars and the nuclear superpower race going on. What a mess have we left for our children’s children.

And, while we don’t have the answers,

I believe a better future starts within ‘all of us’. We need to consume less, want less and eat less, and genuinely care for each other and those less fortunate.

I do see these practices in our community – recently Maleny was judged the town who gives most to charity in Queensland.

We have so many wonderful groups addressing many different needs. I see it in the co-operatives every day – where we support our farmers and producers. We help and support each other, we give a helping hand when needed, we fundraise and organise benefit concerts for those in need, and we give back as much as we possibly can.

So maybe the future does not look so grim, if we co-operate with each other to bring change. As I cuddle my new grandchild, and look at our beautiful cover girl Ava, I know it’s certainly worth a try.

Yours in co-operation

– Karen



FROM THE EDITOR

Against the grain

I do a fair amount of (Gemini-like) research for each issue of the Co-op News.

It’s fun – and often illuminating.

Take ‘diet and health’, for instance (Google it).

There are thousands of ‘super foods’ to be found. Hundreds of thousands of ‘sure-fire ways to eat healthy’ and millions of websites that promote one sort of diet or other – everything from ‘Paleo’ to ‘Breatharian’.

It’s confusing, often contradictory and, I am convinced, largely a load of codswallop.

Human beings have been around for a long time. We’ve survived, despite flood, famine, war, drought and ice ages.

Many things have changed since our ancestors hunted and gathered.

Heck, many things have changed since my grandmother put down her ‘cellar vegetables’ and made sauerkraut

to see the family through the winter.

The more I read, the more it seems that there has been one major, over-riding change.

Indigenous Australians had a diet that encompassed no less than 200 different food types. Everything from kangaroo to witchetty grub to roots, leaves and bark.

My grandmother’s generation narrowed this to something like 90 (what she could grow or swap with neighbours.)

Today’s ‘modern eater’ has reduced this to – something like 6.

Dairy products, cereals, refined sugars, refined vegetable oils, meat and alcohol make up 72.1% of the American diet.

Australian diets tend to reflect this.

It may not be the magic answer to our health ills but here’s a thought:

Plenty of plants, not much meat and maximum variety.

Americans assume their diets are varied because of the seemingly infinite amount of foods available. But if you look at the average American diet, it consists of mainly fat and starch.

– Sammy



YOU ARE INVITED TO JOIN US
FOR THE
ANNUAL GENERAL MEETING
FOR
**MAPLE STREET CO-OPERATIVE
SOCIETY LIMITED**

DIARISE THE DATE FOR THE AGM

THURSDAY 30th OCTOBER 2014
at 6:00pm for 6:30pm start

at **The UpFront Club,**
31 Maple Street, Maleny

Proxy forms to be submitted by
5pm, Tuesday 28 October 2014

Nominations for Position of Director
close

4pm, Tuesday 21 October 2014



DIARISE THE DATE FOR THE
MALENY COOPERATIVE CLUB
LIMITED AGM

ANNUAL GENERAL MEETING
FOR
THE UPFRONT CLUB

**7:30pm THURSDAY 30th
OCTOBER 2014**

Registration commences 6pm.

at **The UpFront Club,**
31 Maple Street, Maleny

Proxy forms to be submitted by
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emPOWERing

'SMART PATIENT JOURNEY ROAD MAP' by KATHRYN ALEXANDER

Review by SAMMY RINGER

The sad truth is, most of us will become sick at some time or another.

It is also true to say that many of us will simply put ourselves in the hands of the experts without researching, analysing and increasing our odds for success in overcoming what ails us.

Kathryn Alexander has fashioned a detailed, readable and revelatory guide for dealing with our condition – whether it be cancer or simply 'aches and pains'.

Her delightfully illustrated book starts at the beginning – the diagnosis – and walks the reader through each stage of the medical process and how we might empower ourselves to ensure the best outcome.

There is some very simple advice – keep all of your medical and test records, write down your symptoms briefly and clearly, research your symptoms and – ask questions!

But the book goes further – delivering a plain English guide for everything from 'what questions to ask' to 'what risk factors are involved' to 'understanding the prognosis'.

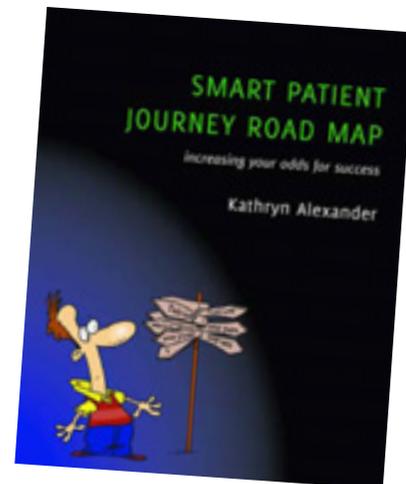
Reading the book, I found myself muttering, 'That makes sense – why didn't I think of it?'

The chapter 'My end point' is a prime example. It starts with the question 'Why do I have to work out where I'd like to end up?' and answers it succinctly: 'Because if you don't know where you'd like to end up, how will you know if others are taking you in the right direction?'

With great skill, she covers the issue of 'fostering collaboration'. Some people will opt for natural therapies only, some will stick with conventional medicine – many of us would like to combine the two. How do you do this? You'll have to read the book to get the answer to that!

While acknowledging the skill and expertise of the medical profession,

“ There is some simple advice – keep all of your medical and test records, write down your symptoms briefly and clearly, research your symptoms and – ask questions! ”



Kathryn has written a consummate layman's guide to taking sensible ownership of our condition, the treatments that will work and the outcomes that we are willing to work towards.

And I love her intro to the Case Studies chapter: "Prevention saves you the labour of being sick"

Why didn't I think of that? 🍏

BOOK LAUNCH AT THE CLUB

Kathryn will be launching her new book on Thursday 25 September at the UpFront Club. All are welcome to come and enjoy an informal evening.

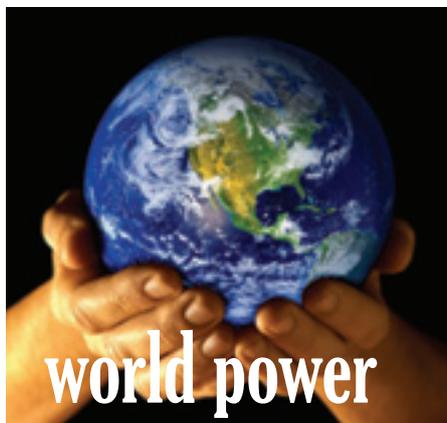
Kathryn will give a short tour of the methodology and she and Stephen Alexander will explore the growing requirement for self-reliance, the impact on the health consumer when the government can no longer afford escalating healthcare costs and the consequences of governments shifting control of our health systems to multinational corporations on cost and access to treatment.

After the event, you are welcome to sign up for a free workshop on the Smart Patient Journey methodology.

**BOOKINGS ESSENTIAL.
6PM START. DINNER AVAILABLE
FROM 5PM.**

The future of...

By SAMMY RINGER



FOOD

World food demand is expected to rise by 77 per cent by 2050. Most of this growth will occur in Asia where demand will double. By 2050, the world will need to feed 9 billion people. However it is changing diets, not population growth, that is the dominant driver of food demand.

At present, there are about 3 to 4 billion people on Earth who are getting richer – mainly in China, India and some other countries. If recent history is a guide, these richer people are expected to eat richer diets. That means 3 to 4 billion more people eating more meat, more dairy products and other rich foods, putting tremendous pressure on the global food system.

So how do we feed everyone?

Some say a diet of algae, insects and meat grown in a lab. Others say 'green super rice' – <http://thegsr.org/>

Multinationals say it's GMO and even patent seeds to ensure they've got a vice-like grip on the market. But now farmers around the world are taking things back into their own hands with an 'E-bay-like' online seed bank. Here, any farmer, anywhere, can source a wide variety of seeds cheaper than the genetically modified version. This global online store could re-flood the market with all kinds of seeds and slowly break the monopoly.

Jonathan Foley (<http://ensia.com/voices/changing-the-global-food-narrative/>) sums it up:

"To address these challenges, we will need to deliver more food to the world through a balanced mix of growing more food (while reducing the environmental impact of agricultural practices) and using the food we already have more effectively. Key strategies include

reducing food waste, rethinking our diets and biofuel choices, curbing population growth, and growing more food at the base of the agricultural pyramid with low-tech agronomic innovations. Only through a balanced approach of supply-side and demand-side solutions can we address this difficult challenge."

Plenty of plants, not much meat and maximum variety.

THE WORLD BALANCE OF POWER

"The shift of power from the West to the East is not bad in itself. There is no good reason to think that the East will make a worse job of bossing the world than the West has done... but the rise of the East will not go smoothly and the West, particularly the US, will not go quietly." (Colin Tudge, 'Feeding People is Easy')

TRANSPORT

Transportation technology is progressing at a much slower pace than some of the other sciences such as information technology, biotech and nanotechnology.

The Da Vinci Institute (<http://www.davinciinstitute.com/>) has some interesting projections:

- Electric shoes with built-in roller-skates
- Segway Human Transporter
- By 2015 traditional gas-powered autos will start to decline with electric automobiles and hybrids taking up most of the slack.
- Self-illuminating highways – highways that glow in the dark. 'Glow Roads' will dramatically change the night-time aesthetics of major cities and will be shown to improve driving safety at night and reduce the need for streetlights.
- Frictionless vehicles: friction-free no-moving-parts flying vehicles. The study

of traditional mechanics and traditional aerodynamics will be replaced with a new physics governing vehicular movement.

There are many other suggestions:

- Superconducting 'vacuum trains'
- String theory: Another high-speed rail concept: Anatoly Unitsky's String Transport System. The concept is based on the use of what look like heavy-duty above ground electrical wires, but instead of carrying power, these high-tension wires become the support for carriages.
- Human powered mass transport: a human powered monorail system using bicycle pods suspended from tracks to create a very efficient option for getting from A to B. 🚲



National Threatened Species Day

To be held on 7 September. This year the focus species is the Grey-headed Flying-fox, a species that needs our help more than ever before.

If you would like to know more, please visit www.thebrink.org.au or the Co-op homepage.



Goodbye Raina...
After more than 6 years with the UpFront Club, Raina Donovan is moving on.

Raina will relocate to the mid north coast of NSW this month. She already has not one but two jobs lined up there – and on top of this she will be setting up an art centre. She is looking forward to having more time for her art. We're going to miss you, Raina – do pop back up again when you can!



Happy birthday Douglas!

UpFront Club volunteer extraordinaire, dancer, cartoonist, chalkboard artist, singer of old musicals and all-around renaissance man, Doug took time off from the dishes to celebrate his '80 something' birthday at the Club last month.

Go Douglas!!



Farewell Russell
Russell Ings of Witta died in Maleny hospital on July 23.

He was an UpFront Club member and for many years a coffee drinker with the 11am Coffee Club. He also enjoyed the occasional white wine. He was 82. He died from lung disease, no doubt caused by the use of pesticides in New Zealand orchards. His Maleny friends described him as courteous, selfless and generous.

Russell was farewelled by NZ relatives and Maleny friends on July 31. A wake was held at the UpFront Club.



Welcome Margi
Margi O'Connell has taken over the role of Board Secretary.

Margi was the Secretary of the Maple Street Co-op for a few years in the 1980s, and organic food and cooperatives have been major themes in her life ever since.

Margi left Maleny for a time but came back a few years ago to care for her family. She now has time to reconnect with the community.

In her own words: "What a great way to do it. It's lovely to see some familiar faces. While I am trained in secretarial duties, much has changed at the Co-op and everything seems new, especially the work for the UpFront Club. Fortunately, Jill has been very organised and has kindly offered to be available if needed."



And a special tribute to retiring board secretary Jill Cutting

Jill, thank you so much for your 5 years of dedication to our co-operatives. You have been so much more than just the 'secretary to the board'.

And what a great secretary Jill has been – since her involvement, everything has been updated and improved:

- Our co-ops are compliant with everything under the act.
- We now have an updated, interactive membership and renewal program
- She has improved and maintained the share register, converting it from hard copy to electronic form (which was a nightmare)
- She has prepared all minutes agendas, minutes and updates for directors

She has also helped with the Co-op News, submissions, festivals and expos.

Jill and husband Peter have donated so much time and purchased things we have needed. After watching staff move bags from the loading dock to the shop, they presented a fabulous little trolley to the Co-op.

They shy away from the thank yous and accolades because they want to give without a focus on themselves. I see this as being genuine – a bit rare these days when we live in a society of 'what's in it for me'

Personally we have forged a strong friendship that will continue, and Jill has offered to help me with various jobs. I thank her, and we all appreciate what she has done for our co-operatives.

– from Karen Syrnis

'Cooperation' – a brief history

by MICHAEL TOWSEY*

The cooperative system is fundamentally an expression of economic democracy in action. In cooperative enterprises the workers are owners and are able to play a much larger role in collective management, thus enjoying many of the associated benefits such as profit sharing. And it has been argued that a society cannot be truly egalitarian without a commitment to the cooperative system – not just to an economic order but also to a cooperative ethic and a cooperative culture.

The practice of cooperation has always been an integral part of human behaviour in one form or another, but 'Cooperation' as a cultural, social and economic movement arose early in the 19th century, and was particularly successful in Britain. At the time the emerging consumer/worker cooperative was regarded as a novel form of business enterprise, but what caught the popular imagination of the day even more was the fact that the movement was primarily social and cultural in that it advocated better conditions for the working class and better education for their self-improvement. It was also an economic movement in that it sought to transform the balance of economic power from capital ownership to democratic control by members of an economic enterprise.

The cooperative business model enjoyed early success in the capable hands of one of the movement's founders, Robert Owen. The philosophy of the movement was further promoted by a group of thinkers who were later characterised by Marx and Engels as 'utopian socialists' – in fact the word 'socialist' was first used in 1827 to describe Owen and his followers.

During the second half of the 19th century though, both the theory and the practice of cooperation were ultimately rejected by all the other major strands of social and economic thought of the day. For example Engels made such a stinging critique of utopian socialism in 1880 that many seeking radical social change turned to Marx and the emerging socialist Left. The nett result was that for more than a century Marx and Engels effectively killed off the cooperative movement before it had a chance to bring about radical social change. At the same time the British government made no attempt to encourage cooperatives as a business



Robert Owen, one of the founders of the cooperative movement in Britain

model, leaving the way open for the other currents of 19th century political thought to mature into the three great -isms of the 20th century: communism, fascism and liberal capitalism.

However, out of the turmoil of the 20th century it has become clear that none of these three contenders have been able to produce a stable social order – that is, one which is environmentally, socially and economically sustainable. These three characteristics are considered today, quite reasonably, to be the minimum requirements for a successful social order.

But after more than a century of neglect, the cooperative movement is beginning to enjoy a renaissance. Today the movement worldwide has a membership of over 800 million people and provides over 100 million jobs – 20 percent more than provided by all multinational corporations combined. This has been achieved despite vigorous efforts by privately owned corporations to demutualise profitable cooperatives.

But cooperation as a social and economic ideal is still not really part of today's popular consciousness. In an era mesmerised by the sparkle of globalisation and consumer goods, cooperatives appear somehow old-fashioned, like the friendly societies to which one's grandparents or great-grandparents might have belonged.

Nevertheless four factors have helped to breathe new life into the cooperative movement. First, the collapse of communism has discredited the Marxist brand of 'scientific' socialism and those looking for serious social change are once again evaluating the cooperative movement. Second, the economic woes besetting many Western democracies have starkly exposed the inherent defects

‘after more than a century of neglect, the cooperative movement is beginning to enjoy a renaissance’

of the dominant social order to emerge out of the titanic struggles of the 20th century – capitalism. Third, the British Labour government from 1997 gave much support to what they heralded as the 'third sector and social enterprise'. In many respects it was cooperation rebadged, but it did help to broaden our appreciation of cooperation by encompassing not-for-profits and self-help organisations and it also gave alternative economic models a higher profile in the English-speaking world. Fourth, much economic and scientific evidence is emerging, some of it from surprising quarters, to suggest that cooperation is not a merely a utopian concept but entirely achievable given any reasonable effort to put it into practice. 🍎

**An abridged extract from 'The Biopsychology of Cooperation' published in 'Understanding Prout', printed in Maleny, 2009*



Have you met LETS?

LETS stands for 'Local Energy Transfer System' – a cashless debit-credit system used to trade goods and services by way of a local currency called Bunyas.

Visit the UpFront Club on Tuesday or Wednesday between 10am and 1pm, or come to the fabulous market the second Saturday of each month at the Maleny Neighbourhood Centre where you'll find local produce, trash and treasure and a warm welcome. Or contact them at malenylets@gmail.com

How to have a SUNKISSED GLOW all year

by GRACE HUDSON

Why choose ECO TAN?

I started using Eco Tan because I wanted to achieve a healthy glowing skin without exposing myself to the dangers of UV rays and skin cancer.

Initially I considered fake tans, but when I started researching the ingredients used in these products I found them all quite scary. Most supermarket and salon tanning products contain a concoction of chemicals which can be extremely harmful for your health if you are applying them on a regular basis.

I knew I didn't want to keep covering my body in these chemicals so I started looking into tanning products that were organic, or at least natural, and this is when I discovered Eco Tan.

The founder of Eco Tan formulated this product in the hope of successfully creating a tan without any harmful ingredients or hidden nasties. After thousands of hours of research, a solution was formulated – and this is a beautiful product which is also safe from potentially harmful artificial ingredients. The colours in Eco Tan have no synthetic food colouring and are made from natural cacao (chocolate), herbs, flower extract & chamomile. Eco Tan has made Australian history by being the only organic tan to be certified by the Organic Food Chain.

Eco Tan (where possible) also uses veggie ink and recycled paper – both friendly to the environment.

HOW TO USE THE PRODUCT

STEP 1 – EXFOLIATE

Exfoliate with the Eco Tan Extreme Exfoliant. It is very important to exfoliate your skin thoroughly for an even, natural-looking tan. Eco Tan's Exfoliating Glove is perfect for pre and post tanning. It removes dead skin layers and old tan to reveal a fresh layer of glowing, natural skin.

The glove can be used with or without water. You can even exfoliate your face to help prevent clogged pores, blackheads, milia and breakouts.

The Exfoliate Glove is also excellent for helping to remove cellulite. To do this you need to start exfoliating your skin at your feet and sweep with the glove in upward, long, brisk movements. These movements should always be directed towards the heart to help the return of blood and stimulate lymphatic flow. Pay extra attention to cellulite prone areas eg thighs. Exfoliate your abdomen with a circular clockwise movement, exfoliate the arms upwards towards the heart.

STEP 2 – HYDRATE

It is vital to moisturise your body before applying any tanning products because this ensures an even flow of colour (fake tans have a tendency to stick to dry areas – forming darker patches). Pay particular attention to extra moisturising of the knees and elbows. I recommend applying the moisturiser on the day or night before you apply the tan. You can use any moisturiser from home – although I recommend Lavera's Body Butter – it's rich and extra nourishing and it also smells yummy.

STEP 3 – APPLY TAN

You can choose between either Eco Tan's Winter Skin Daily Moisturiser or Eco Tan's Invisible Tan

The Winter Skin Daily Moisturiser is perfect for fair skin. This product is applied daily to clean dry skin and develops into a beautiful honey coloured tan after a few applications. It can also be used as a spray tan extender. Apply to the whole body in one even application, then wash hands thoroughly (note: can also be used on your face).

The Invisible Tan is perfect if you're looking for a deeper coloured, more



instant tan. Simply apply one layer to the face and body and a rich dark tan will start to appear within a few hours. For best results leave the product on for 8 hours before showering – you can apply it before you go to bed because it won't stain your clothes or linen – then wake up to beautiful tanned skin. The tan will continue to develop for 24 hours. This product can be applied 2-3 times a week.

All Eco Tan products are now available at the Maple Street Co-op including their unisex Natural Coconut Deodorant which contains no aluminium, parabens or hidden chemicals - and the natural coconut creates a pleasant scent while still allowing the body to release toxins. 🍌





Sunshine Coast
real food
Festival
 13-14 September 2014

Now in its fourth year, the Real Food Festival has grown to become a key event on the Sunshine Coast calendar, drawing visitors from across South East Queensland and interstate to experience the best local and fresh produce, food products and services the Sunshine Coast has to offer.

The Festival concept was created by Director Julie Shelton, a Sunshine Coast local and former organic farmer, after discussions with other business owners and consumers identified a lack of awareness regarding our local food economy and local producers.

Today, the Festival is a celebration of the wonderful diversity of foods on offer from Sunshine Coast producers, manufacturers, retailers and restaurants, and provides a great opportunity for visitors to experience and taste authentic local food, and connect with suppliers from right along the food chain, as well as relax and enjoy the natural Sunshine



Coast Hinterland environment.

This year's Festival includes more cooking demonstrations, discussions, information session and workshops than ever before with six dedicated venues, as well as over 100 stalls featuring Sunshine Coast food, and entertainment for children and adults alike.

In 2011, Real Food was a one-day festival with just over 4000 people attending, compared with 2013 when more than 8000 people attended over two days, even though the first day of the festival coincided with the Federal Election. 🍏

For more information on the festival visit www.realfoodfestivals.com.au.

WE'LL BE THERE!

Both the Club and the Co-op will once again be at the Festival this year, showcasing fine local produce and products.

Pop in for a taste of wonderful Bents Rd wine and, of course, enjoy an UpFront Club meal.

Find us at Cricket Pavilion (opposite the skate rink).

Are you **SHOCKED** by our current government's treatment of asylum seekers?

Keep in touch with other likeminded people via the Buddies weekly email newsletter. To get on the mailing list go to our website and register your details. Membership is free.

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1 ECO-ORIGINALS NAPPIES

Designed in Australia, environmentally friendly and affordable!

Key ingredients in the nappy are plant based which have the ability to biodegrade

The unique leak barrier uses Cardia Compostable film, instead of the normal plastic layer, meaning the nappy is more breathable for bub. Free from harmful chemicals and fragrances

In sizes Infant, toddler, crawler, walker.

\$16.95



2



2 THE CHEEKI RANGE

Like your coffee kept hot? Then do it in style:

The Keep cup – Enjoy your coffee in your own measure and in your own style. The world's first barista standard reusable cup

Many to choose from:

8oz \$12.95, 12 oz \$17.95

3 ROSE GERANIUM OIL

This oil is refreshing and calming to the senses. Also useful for: acne, bruises, eczema, pre-menstrual symptoms – and as a natural tick repellent! (see page 12)

25ml \$26.75

3



4 WHO GIVES A CRAP

Toilet paper that builds toilets!

50% of profits goes to WaterAid to build toilets and improve sanitation in the developing world.

Made with 100% recycled fibres, no chlorine, inks, dyes or weird perfumes used.

\$1.50 a roll

5 CHIMES GINGER CHEWS

Chewy ginger candy from a secret family recipe. Made from ginger puree and all natural ingredients – a perfect little treat for any occasion and music for your mouth!

Original, Mango and Peppermint:

\$2.95

6



6 MARY'S GONE CRACKERS

Organic non-GMO vegan, dairy free, wheat free, gluten free, whole grain, kosher, no hydrogenated oils, no trans-fats and – made with love!

Try the original – organic, gluten free, whole grain brown rice, quinoa, flax seeds and sesame seeds into an organic gluten free cracker with a rich, earthy flavor and a satisfying crunch.

\$8.95

5



4



To demonize

by SAMMY RINGER

Demonize: verb.

**To portray as wicked and threatening.
To represent as evil or diabolic**

Is it human nature to demonize? Alas, I fear it is so. What we don't understand, we fear. What we fear, we attack.

In recent times, many politicians, some segments of the press and many others have grasped this human frailty and used it to their advantage.

Has your latest budget turned the voters against you? Distract them!

"Look – over there!! It's a...a...an illegal immigrant! Be afraid, be very, very afraid!" (and, by the way, we'll protect you from them).

Is your newspaper's circulation falling? Excite them! "Look – over there! It's a..uh..a boat person! Coming to take your job, your Medicare card and probably your daughter!" (but don't worry, we support the government's tough stance – and so should you).

Is your department's funding about to be slashed? Find a simple (preferably defenceless) target! "Look – over there! It's Hendra! We're all gonna die!" (but don't worry, we've already got the culprit and we'll protect you, just give us a couple of \$million).

It is true to say that the angst and uncertainty and anger of a section of the community (whatever its genesis) can be harnessed and manipulated by people in power. It's a little akin to the man who gets up one morning fuming about his tax bill – and kicks the dog.

Except now, it's been made OK to kick the dog. While you're busy kicking the dog, your mind is distracted from your tax bill and the latest budget. More than that – some politicians, media outlets and others will give you



‘ In recent times, many politicians, some segments of the press and many others have grasped this human frailty and used it to their advantage ;

a hand in kicking the dog, reinforcing the righteousness of your actions.

It's a win-win. For some.

I have first-hand experience in only two instances of demonization – refugees and flying foxes.

The tangent of their demonization has been scarily similar.

First – find or manufacture a threat.

I can't for the life of me remember the exact threat refugees posed back in the Howard days but it had something to do with 9/11 and our latent racism and it resonated with an angry electorate.

The flying fox enjoyed a tenuous existence amongst us until Hendra. Horses died. People died. To this day, researchers have not been able to replicate the transfer of Hendra from flying fox to horse but – hey! Don't let science get in the way of a good story.

Second – ensure that the target is not humanised. Don't tell their stories. Don't give them a face or a voice. Lump them together under an evocative label: 'Illegal immigrants'. 'Vermin'.

Third – offer a really simple solution.

For refugees it was 'stop the boats'.

For the flying fox it was 'move them on or kill them'.

Our current government may have been successful in stopping or turning around the boats - but at what cost?

The family from Sri Lanka who sold everything to escape persecution is now being 'processed' and sent back to Sri Lanka. The Iranian teenager who fled terror is now faced with indefinite detention for his crime of wanting to live.

And the flying fox? No government, ever, will succeed in 'moving them on'. Move them on to where?

We have studiously destroyed their habitat and now complain that they are moving into ours.

Each 'dispersal' that takes place simply leads to the death of dozens, if not hundreds of stressed bats and pushes them into someone else's backyard.



But – hey! Using smoke machines and chainsaws and helicopters and air guns and real guns sure feels good!

Better than kicking the dog.

I am getting on in years. Let's be honest – I remember the Dawning of the Age of Aquarius.

I actually believed in it. We really thought there was a better world being built.

We didn't understand the power of the powerful and the power of demonization. 🍎





How to heal from the evil flu and not get too sick

by ALICE HUNGERFORD

REST ALL OF THE TIME except for short periods of gentle exercise once a day as able.

DRINK 2 litres every day (more if vomiting or fever) – of water,

- Juices (any type, especially citrus, ginger) and
- Herbal teas (lemon, ginger, thyme, peppermint, chamomile)
- Minimalise caffeine, warm drinks are better

EAT lightly but well* (see below)

REST some more.

TAKE 4-6 cloves of fresh organic garlic every day, finely chopped or crushed:

- in salad dressing; with butter or avocado on toast
- mix with honey into 'pills' and swallow, washed down with water
- capsules or tincture OK but not as effective
- ECHINACEA tincture, 2mls every 4

- hours: fights infection, boosts immunity
 - VITAMIN C with bioflavonoids 2000mg 2-3 times a day & ZINC: fights infection, boosts immunity,
 - SLIPPERY ELM powder or tablet (suck on this): supports lung, throat, sinuses
 - THYME tea: fresh or dried – antibiotic, helps prevent secondary infections such as bronchitis, gastritis, pneumonia
 - HONEY in teas to soothe and fight infection
 - MULTI-VITAMIN & MINERAL
- USE BREATH-EASY OIL** to support breathlessness, ease pain

LISTEN TO YOUR BODY

FOR FEVER ginger or peppermint tea with honey

FOR COUGH & SINUSITIS see herbalist or Co-op staff for suitable syrup or herbal blend

SEE doctor or health care professional if

fever, pain or vomiting persist more than 3 days, sooner in children

REST A LOT for a week fully – don't push yourself! then another week for recuperation.

NO ANTIBIOTIC WILL HELP WITH A VIRAL INFECTION! All these things above can. 🍎

**Eat lightly: small frequent meals if tolerated, just fluids if not.
Light soups eg. chicken or root vegetable soups; broths – fluid most beneficial
Yoghurt, fresh fruit salads, juices; warming foods; light – easy to digest.

Alice Hungerford is a registered nurse, acupuncturist, naturopath & herbalist, and member of the Complementary Medicine Association

Email: hungerford@activ8.net.au

Telephone: 0419 788 836

At last – there is a NATURAL tick repellent



With summer coming on, tick season hits us again.

Wouldn't it be great to repel the ticks without having to resort to harsh chemicals? You can!

There is one sweet-smelling alternative that is proving to be quite powerful in the fight against ticks.

Ticks operate mostly by using their sense of smell. Ticks don't jump or fall from trees; instead, they do something called 'questing'. That is, they climb to the top of a blade of grass or plant and stick their front legs up in the air, waiting for the scent of a victim to walk by. They can detect smell, temperature, movement and carbon dioxide. For some reason, they are not attracted to the scent of rose geranium essential oil (see What's in store on page 10).

Most essential oils need to be diluted, but not rose geranium if used in small doses. Simply place one drop on each ankle and on the wrists, then a little

behind the knees and one on the back of the neck.

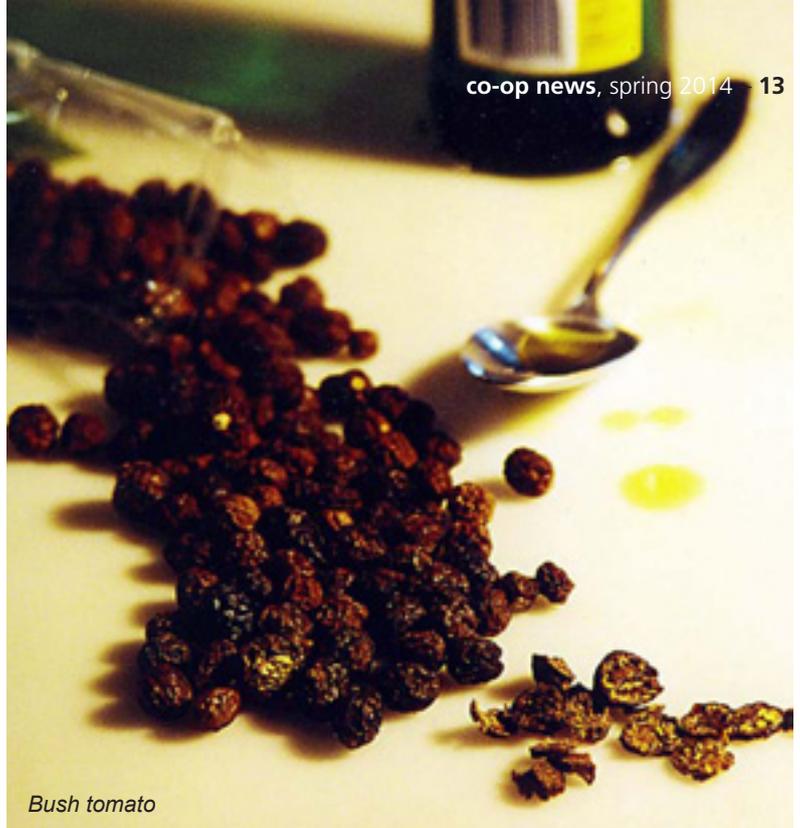
Since dogs are extremely sensitive to smell, you will want to go easy on the oil for your canine friends – one drop behind each shoulder blade and at the top of the base of the tail. Be careful to avoid the face and nose.

Even with this deterrent, remember to double-check yourself from head to toe after coming in from a summer stroll. 🍎



STRANGE BUT TRUE

Food waste accounts for roughly 30 to 40 percent of the world's calories.



Bush tomato

Bushfoods at the Co-op

Local firm Basically Wild have recently launched a range of taste-sensational native foods now on sale at the Co-op.

If you haven't experienced our native foods, you've missed out on something rather special. People introduced to bushfoods for the first time often find it hard to describe the flavours – distinct, memorable and sure to add 'mmm yum!' to dishes.

Basically Wild are offering four of the industry's staples:

Wattleseed

A warm chocolate flavour with a lingering taste of coffee and hazelnut.

A rich source of protein and carbohydrate, wattleseed contains potassium, calcium, iron and zinc in fairly high concentrations. With a low glycemic index, they are good for diabetics, providing a steady stream of sugars that do not produce sudden rises in blood glucose levels.



Mountain Pepper

highly aromatic and more versatile than conventional peppercorn, can be used in sweet and savoury dishes. The leaves, stems and berries have an almost fruity-peppery taste producing around 3 times the anti-oxidants of blueberries.

Lemon myrtle

One of the best known of all the herbs indigenous to Australia. It has a wonderful fragrance which is a combination of lemon, lemongrass and lime.

The oil and leaf paste of this plant can also help fight many types of bacteria. Additionally, lemon myrtle can help relieve cramps, headaches, spasms, fevers, rheumatism and it also may have anti-cancer properties. It can also inhibit *Helicobacter pylori*, the bacteria responsible of many gastrointestinal disorders. And lemon myrtle purportedly also helps reduce cellulite, support muscle and connective tissue growth, and strengthen the immune system.

Bush tomato (Desert raisin)

A strong sun dried tomato, caramel and tamarillo flavour and aroma

Rich in vitamin C.

Plus a lesser known treat:

Old man saltbush.

You simply won't find flavours like this elsewhere. From the rich and nutty tang of wattle to the woody intensity of mountain pepper (try it once and you'll never use conventional pepper again!) to the savoury, caramelised aroma of the bush tomato, there's a whole new world of culinary delight to be found in our native foods.

A specially created recipe book will be available for just \$1 with every purchase and, during the month of September, a free copy of Australian Bushfoods magazine will be added to the basket when you buy.

Come in, come taste – you'll be converted! 🍷

5% discount for Co-op members!

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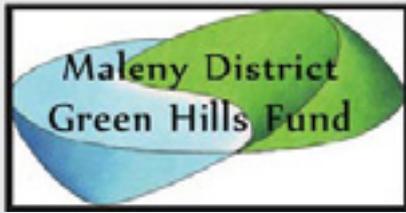
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Maleny Community Precinct update

by RON SHARP, PROJECT MANAGER

Green Hills would like to thank all of our supporters for their involvement with recent issues revolving around our Grant sites and our commitments within these areas.

Current negotiations with Council and other stakeholders are in progress. Whilst we are seeking positive outcomes for all areas, planting of the Grant site will continue, as it is our aim to meet all deadlines and commitments stated within our contractual obligations.

The scheduled Sunday 21 September Community Tree Plant is still on and we are looking forward to another great day where our community involvement and passion for the environment come together. Watch the Range News for details.

Regular updates on current and upcoming projects will be on our website: as we endeavour to keep everyone fully informed on issues relating to the Precinct area and other projects.

Further bushcare/treeplant dates for this year: Sunday 19 October and Sunday 16 November, 8.30am at Barung.

Maleny District Green Hills Fund Notice of 2014 ANNUAL GENERAL MEETING

10.00am, Saturday 27 September, Maleny RSL, 1 Bunya Street, Maleny

Nominations for Directors close 10:00am Saturday 13 September 2014. Please send to **secretary@greenhills.org.au** or to our registered office, **Maleny Law, PO Box 662 Maleny Qld 4552.**

Proxy forms are to be received at our registered office by 10:00am, Friday 19 September. All forms are available at our registered office and on the website.

www.greenhills.org.au

Low fat food products are a CON

by MIKE FOALE
from the website EUREKASTREET.COM.AU

The clearest version yet of the story behind the distressingly confused and troubled world of dietary advice has just been presented by Nina Teicholz in her New York Times bestseller *The Big Fat Surprise*, which has attracted favourable reviews.

In the book Ms Teicholz reveals that the war on dietary saturated fat was declared by the American Heart Association in 1956, based on flawed science, unwittingly boosted by the national anxiety that followed a serious heart attack experienced in 1955 by President Eisenhower. Put simply – and to borrow a phrase from more recent history – saturated fat was dubbed erroneously to be a 'weapon of mass destruction' of healthy hearts.

The medical researcher who developed the saturated fat theory was Ancel Keys, who had cherry-picked data from six countries showing a correlation between fat consumption and heart disease, while ignoring data from many other countries where there was no such correlation.

Serum cholesterol was identified as a key indicator of cardio-vascular risk. It was found that saturated fat (most common in animal fats) raised cholesterol, while unsaturated fat (found mostly in oil seeds like olive and soy) did not. Keys achieved celebrity status in the media through aggressive promotion of his theory, so that his demonisation of saturated fat was swiftly embraced in a national policy urging an incisive reduction of fat, particularly saturated fat, in the American diet.

Decades later, the incidence of heart disease has not diminished, while obesity and Type-2 diabetes have reached epidemic proportions. Credible science journals have lately been publishing robust reports that saturated fat is not implicated in heart disease.

At the same time, research has shown that cholesterol is a complex entity coming in both good and bad forms. Two lipoproteins of low and high density respectively (LDL and HDL) 'manage' cholesterol in the blood stream. They have opposing effects on its availability to do harm by over-patching inflamed arterial walls to the



point of blockage, thereby presenting a neutral risk of harm when present in balanced proportions.

There are many other factors which pre-dispose the body for the development of cardiovascular disease – especially smoking, excess alcohol, lifestyle stress and excess dietary sugar, as well as Type 2 diabetes and obesity. Saturated fat in the diet is now recognised as not even present on the 'short list' of risk factors.

Despite this, US authorities and the National Health and Medical research Council of Australia have so far failed to change their advice against saturated fat.

What is behind this lack of response to a seemingly obvious paradigm shift in understanding among health researchers? Well, clearly there must be acute embarrassment for policy defenders confronted by unequivocal evidence that the low fat diet they have embraced for so long has been disastrous. Naturally multinational and other food processors and marketers that have invested heavily over a long period in low fat products would be expected to apply pressure on the policy makers to hold the line.

But this leaves us all exposed to promotions defending the old paradigm, and still dependent upon a confused medical service industry. Our older cardiologists and GPs were trained in a time of certainty that saturated fat was truly a 'weapon of mass destruction' of heart security. Now, as with George Bush's belief that such a weapon of war was available in Iraq, the belief that such a dangerous dietary weapon exists must be cast upon the scrap-heap of history. 🍌

<http://www.eurekastreet.com.au/article.aspx?aeid=41786#.UhiZPmSyCk>

The ecosystem within...

by PASCALE RICHY

Viewing the human body as a 'host' for microorganisms is helpful in understanding probiotics.

Our bodies, especially our lower gastrointestinal tracts, contain a complex and diverse community of bacteria and yeasts. Cells of microorganisms in a healthy adult are estimated to outnumber our own cells by ten to one, with an incredible 100 trillion microorganisms comprised of more than 500 different species inhabiting a normal healthy human bowel. We may think of bacteria as 'germs' and deem them harmful; however many species of bacteria actually help the body to function properly. They interact dynamically with each other and with our body's cells to perform important roles in digestion, metabolism, vitamin synthesis, cellular development, intestinal barrier function, pathogen defence, immune system function and other activities critical to human health.

Colonising microorganisms first enter the human body through delivery via the birth canal. Because pathogenic or harmful microorganisms also naturally inhabit the gut it is essential to maintain a proper balance throughout life. The idea is not to be free of all the 'bad' bacteria but to promote an environment where the 'beneficial' microorganisms predominate, holding the problematic species and their related disease states at bay. Imbalance in gut-dwelling microorganisms is known as dysbiosis and has been associated with both constipation and diarrhoea, muscle pain, vaginal thrush, high blood pressure and cholesterol, gastric ulcers and fatigue, as well as health conditions such as urinary tract infections, inflammatory bowel disease, obesity, allergies, irritable bowel syndrome, anxiety and depression.

It appears lifestyle is both the problem and the solution. Poor dietary choices such as excess sugar, fats and processed foods, chlorinated water, emotional stress, lack of sleep, antibiotic overuse, other drugs, alcohol consumption, and environmental influences can all shift the balance in favour of the 'bad' bacteria. Prevention is key. However, it is never too late to address the problem. Culinary sources of bacteria and yeasts similar to those that are found naturally in the human gut have been in use for millennia, with foods such as yoghurt, kefir, sauerkraut, kimchi, miso, tempeh, sour dough, kombucha and pickles. Modern age probiotic supplements provide a

source of ingestible microorganisms that confer a health benefit on the host when administered in adequate amounts.

The most common beneficial microorganisms are *Lactobacillus acidophilus* and *Bifidobacterium lactis*. Research points to diversity being crucial, thus the better formulations contain multiple species. Beneficial effects in certain conditions are species-specific however, and more precisely strain-specific.

If you are looking to supplement for general maintenance or re-inoculation after antibiotic treatment, a formulation with maximum diversity is ideal, but if you have a specific condition it is worth doing the research to discover the specific strain and dose which has evidence-based results to back it.

Finally, the topic of hot debate... "is it preferable to use a probiotic supplement or fermented foods to get your good bacteria intake"? Sometimes it just comes down to personal preference, but a word of advice – if you are using foods for treatment of acute and chronic conditions as opposed to general maintenance you need to be consistent and committed to ensuring that you consume 'adequate amounts' of the relevant microorganisms for an appropriate amount of time.

Having said that, the obvious pitfalls are; 1) how do you measure adequate amounts 2) Yoghurt and fermented milk as flavoured and fruit based products are



counter-productive due to the sugars. 3) Most of the dairy based options will only offer the two species *L. acidophilus* and *B. lactis*, and 4) Any processing of the raw produce (including heat treatment in milk pasteurisation and sauerkraut manufacture) will affect the quality and quantity of viable microorganisms. Put simply, making your own will provide better results with fermented foods, but to maximise therapeutic potential I would recommend combining them with the appropriate supplement. 🍌

Now at the Co-op – Fusion Probiotic Advanced and practitioner only options available.

AUSTRALIAN BUSH FLOWER ESSENCES

Founded 25 years ago by Ian White, a 5th generation naturopath, Australian Bush Essences are a system of healing that anyone can use. Although flower remedies have been used by many cultures for thousands of years, Australian Bush Flower Essences meet the great need for remedies that help people address the issues of the 21st century – sexuality, communication skills and spirituality to name a few. The answer to this need has come from Australian plants, sustainably wild-harvested.

The Co-op (second biggest seller in Qld of the skin care products) carries the entire range of these organic, cruelty-free, high quality essences.



Pascale Richy
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Member ANTA
Health Fund Rebates

**Pascale can be found at the Co-op
each Fri and Sat, 10am–2pm'**



Community innovations

Maleny Credit Union is always looking for ways to assist communities and their organisations.

At present the Credit Union has been involved in the development of:

- Co-Operative Energy feasibility study
- Spare Change Program
- Monthly Giving Program
- Declaration of Shared Values
- Kick a Goal loans program with Maleny and District Sport & Recreation

If your organisation or club has an idea that you think we may be interested in, please contact the Credit Union and let us know about it.



OUR PRODUCTS AND SERVICES ARE AVAILABLE AUSTRALIA-WIDE

Did you know that Maleny Credit Union's products and services are available Australia-wide?

We have members in all states of Australia that have loans and savings with us. We offer 24/7 Internet Banking, have a mobile-optimised website for easy navigation and a pleasant viewing experience on mobiles and iPads.

You don't have to live in the district to use our great products and services. Not only do we lend Australia wide, but we also have members as far away as Western Australia who have loans with us.

FINANCIAL PLANNING

Maleny Credit Union is proud to offer you the services of Bridges.

Bridges is a leading and highly respected wealth management business which can provide you with advice on wealth creation, pre- and post- retirement planning, risk insurance, estate planning, margin lending, stockbroking services and much more.

Many people are aware that they need professional financial advice but are unsure of where to start. The quest isn't simply to find a planner but more importantly, to find a planner you feel you can trust. A Bridges financial planner will provide you with advice that meets your needs and will continue to offer service, long after the initial investment has been made.

For its members, Maleny Credit Union pays for the first consultation.



MCU's Charitable Trust

The Trust is a registered charity and a tax deductible tax exempt Trust established to assist financing and support for local community groups whose activities enhance the local environment and community.

The Management Committee of the MCU Charitable Trust determines the distribution of funds.

You can support the Trust in a number of ways:

- Nominate the Trust through MCU 'Monthly Giving Program'. It can also be nominated to receive funds via the Maleny IGA's Community Benefit Fund (CBC) 20284
- Make a tax deductible donation of \$2 or more at our branch – a receipt is available on request.

The Trust issue funds by:

- Making donations to community groups and not for profit groups
- Providing sponsorship support to local organisations; and
- Joining relevant community organisations.



PROFILE: AT YOUR SERVICE

As is usual, when doing a profile on someone, I asked Sherran Cox what her official title was.

"Member Services Supervisor." she replied with a smile and then a laugh, "Not the greatest title but the best we could come up with!"

I promised her I'd give some thought to a sexier title (I haven't yet.)

I then asked what the position actually entailed. This question was more to her liking:

"I look at ways to improve our service, where necessary. Everything from phone contact to the front counter to our general presentation, our atmosphere, our interaction with the community in general, the services we offer and... everything!"

A big task – so how does she do this? I am of the old school where surveys and focus groups gave the answers but Sherran has a more down to earth approach:

"One-on-one with our members. I also attend functions, get out on the street and simply chat with people and I visit places like retirement homes and ask them what they want. I talk with the staff and do a lot of research..."

She finally ran out of tasks and smiled apologetically. I asked her the obvious – the best part of her job, "The people, the interaction, the things I learn every day..."

And the worse part? People are often loathe to reveal this part of their job but Sherran didn't hesitate: "Deceased estates."

I hesitated, not quite understanding. Then it came to me – Sherran is the Customer Services Supervisor, whether they be alive or dead.

Enough said.



SIGN OF THE TIMES

You may have noticed that the Club's had a makeover with a new sign painted by local Rob Clark

Music at the UPFRONT CLUB

www.upfrontclub.org

September

- 5 PHIL & TRUDY EDGELEY (U.K./NSW) Authentic blues & folk, album '1+1=3'
- 6 Folk, Blues & Beyond (\$5) **Monthly Blackboard**, guest artist Karen Law
- 12 BROTHERS WITNEY (Brisbane) Latin soul Reggae recording & session young veterans
- 13 CASSIE ROSE DUO (Lismore/ S.A.) Gently woven tales of life, love, travel & reflection
- 18 **Art Opening** MALENY ARTS GROUP Mixed media
- 19 THE FLUMES (S.Coast) Electric harp, soulful vocal, stylin' rhythms
- 20 MONET DUO (Brisbane) From laid-back to passionate rockin' originals
- 25 **Book Launch:** *Smart Patient Journey Road Map*, with Kathryn Alexander. 6pm. Dinner available from 5pm. Bookings Essential.
- 26 KIM BANFFY (N.NSW) Guitar & piano originals & covers. New album 'State Of Bliss'
- 27 SIMON DREW trumpet, vocals & PAUL CUSICK piano (S.Coast) Influenced by greats like Ella Fitzgerald, Frank Sinatra and Dean Martin



Clockwise from top left: Simon Drew, Paul Cusick, the Flumes, and the two members of the Monet Duo

Infant massage

Are you feeling tired because your baby isn't sleeping, anxious because your baby's crying a lot or stressed because your baby is suffering from wind, colic, reflux or constipation and it seems there is nothing you can do?

Then infant massage could be the answer you are looking for. Fast becoming a popular practice for Australian families, with over 1000 parents attending infant massage classes in the past year, infant massage is proven to help improve sleep and regulate sleep patterns, reduce crying time and relieve wind, colic reflux and constipation.

When practiced correctly infant massage can increase serotonin levels and regulate melatonin secretion rhythms helping babies sleep for longer periods of time and regulate sleep patterns. According to the Infant Massage Information Service (IMIS) various research studies on infant massage have shown that there is a significant reduction in overall crying time with infants and toddlers who receive massage.

Infant massage also helps stimulate elimination of waste from the body and correct massage of the abdomen can encourage bowel movement and improve wind, colic and constipation.

Adults who provide massage to infants, according to IMIS, experience less anxiety, fewer depressive symptoms, improved moods, lowers stress levels and improved self-esteem.

Parents and caregivers can learn correct infant massage practices in a fun environment at infant massage classes



being run locally by Remedial Massage Therapist, Marty Alchin.

Marty is a certified infant massage instructor having completing her training with the Infant Massage Information Service – and has over four and one-half years' experience. She believes infant massage not only benefits babies but also the parents.

"Infant massage is also a great bonding exercise and is a lot of fun for mum, dad and baby."

Infant massage classes are held

in groups of 4 - 6 parents so everyone receives maximum support and attention, and run for 1 hour/week over 4 weeks.

It's never too late for your child to benefit from infant massage, and although it's ideal to start when a child is first born, instructors can teach massage for parents to use right through to their child's adolescence. 🍏

For further information contact Marty Alchin on 0439 876 415 or email marty.alchin@live.com



PASSING IT ON...

Researchers have discovered that mothers who experienced a physical hardship such as famine undergo a change in their DNA, which they pass on for up to three generations. They speculate the mechanism functions as a way for parents to "prepare their progeny for hardships similar to the ones that they experience." This would give them a better chance at survival and more importantly passing on DNA.

STRANGE BUT TRUE

Constant exposure to caffeine makes your brain compensate by decreasing the number of receptors for its own stimulant, norepinephrine, which makes you seek the stimulation from an outside source.



With a little help from our friends... People who care for bats don't do it for the glory - there ain't none.



Our flying foxes have been shot at, electrocuted, bludged and vilified - but when you meet your first bat, 'one-on-one', something happens.

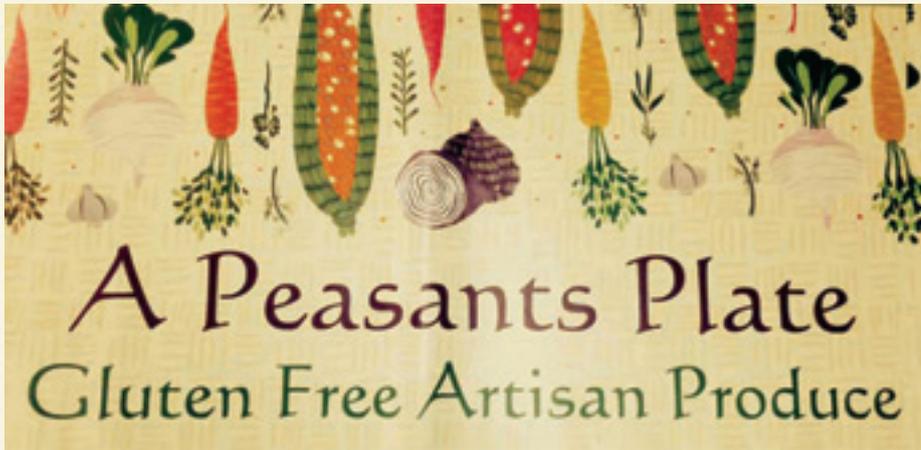
Love perhaps, or simply empathy.

Bat Rescue always need a few more 'Good Friends'.

If you're interested, please contact us: members@batrescue.org.au or 0498 313 068. Visit our website: batrescue.org.au



Sunshine Coast



- GF pies quiches pasta risottos
- GF catering
- Cooking School

EVERYTHING WE MAKE IS GLUTEN FREE!

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Learn the art of cooking traditional peasant food at one of our various cooking classes.

Look online for stockists.

Welcome to the slow food movement!



YOUR PASTRY CHEF...

Narelle Lucas –A Peasants Plate

I have been a chef for over 15 years. I did my apprenticeship in a small cafe similar to the Upfront Club and then opened my own vegetarian cafe in Melbourne. At the time, everyone told me a vegetarian restaurant wouldn't work – but it did work - and well.

I had customers come all the way out from the city each week just to get my quiches and pies. My food back then wasn't gluten free but I tried to use local, organic ingredients as much as possible, though this was a hard task 14 years ago.

I stopped eating gluten about a decade ago and quickly realised this was the way to go. My food felt lighter but I missed my pasties and pies.

So, for the next few years I set about experimenting with GF pastries. Trust me there were many failures and I only really succeeded in producing a great pie after a few years of experimentation.

Last year I decided to get serious about my pies – and my business. Getting the huge, old commercial kitchen situated underneath The Big Pineapple was a huge score and has allowed me to expand a lot more. I now sell them to places as far south as the Bay Islands and as far north as Gympie. Hopefully, they will also be available online very soon.



0427 266 544

www.apeasantsplate.com.au



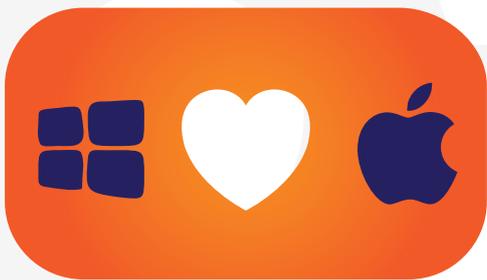
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