



DECEMBER 2022

CO-OP NEWS

HEALTH TIPS FOR THE PARTY SEASON - GIFT IDEAS - WHAT'S NEW - SPECIALS

MEET THE MEMBERS

PAUL AND KIM



Kim and I moved to Maleny from Brisbane 13 years ago. We were considering a move to somewhere in the Sunshine Coast hinterland and rented in the Maleny area first, as we already had friends here and basically we just stayed. Best decision ever.

We were both working for Brisbane City Council at the time, Kim was involved with community development programs and I was an environmental scientist/chemical pollution specialist. With the kids off our hands we were looking for a bit of a tree change, purchasing an 16-acre 'privet and rock' farm and quickly set about weeding and revegetating the block...we're still at it.

What's important to us? Living in and contributing to a vibrant community of kind, loving souls, somewhere you can feel close to and appreciate nature. Somewhere to grow fruit and vegies, soak in an outdoor bathtub (without scaring the neighbours) and watch sunsets around a fire.

I don't think we could have settled in Maleny if it didn't have the Co-op. We've been eating organically for over 20 years, so access to clean, sustainable, locally grown produce was essential for us. The Co-op allows us to purchase more consciously, helping to reduce environmental impacts, eat healthily, support local, ethical producers and create a more aware and supportive community. Even the AGMs are fun, ha! I also really appreciate the 7 full days a week opening hours, I'm always forgetting some ingredient. The staff are a big part of the positive Co-op experience, unfailingly helpful and cheerful even when they are at their busiest. Many have become good friends.

It's been wonderful to see the Co-op grow and evolve and how much it is appreciated by both locals and visitors. Just keep the Co-op doing what it does best.

We all love and need it.

So much more than a health food store

BY CO-OP NATUROPATH,
PASCALE



Botanical Aids for Navigating a Hectic, Decadent Festive Season!

Being health-conscious does not mean missing out on partying and celebrating. Here are some natural supplements to support your body and spirit throughout the festive season.

1. Swedish Bitters – aid digestion, particularly if you are overeating or consuming rich foods.
2. Milk Thistle – for liver health and detoxification, especially when drinking alcohol. Available in tablets, tinctures and teas.
3. Planet Organic Energy Tea with ginseng, liquorice and cinnamon - for kick-starting your morning and if having big days and late nights. (think Woodford Festival!)
4. Captain Calm smoothie mix – for a calmer mind and joyful spirit, when feeling emotionally overwhelmed or anxious about socialising.
5. Turmeric – for antioxidant and anti-inflammatory action and when pleasurable excesses have exacerbated pain and inflammation anywhere in the body. Available in tablets, tinctures, powders, tea blends and fresh produce.

Pascale is one of our in-store naturopaths.

Her practice is on Coral Street, Maleny

This information for educational purposes only and is not intended as a substitute for health care advice.

Please consult your friendly local naturopath, herbalist or other health care practitioner for personalised advice, particularly if you have a diagnosed medical condition or take pharmaceutical medications.

OUTGOING CHAIR KAMALA ALISTER

We'd like to acknowledge Kamala for her work over the years as our Chair, particularly her contribution to the Co-op extension. The

Board will now focus on succession planning to ensure we have a mix of experience, talent innovative thinking and passion for our Co-op.

OUR ORIGINS EVENT



New Chair Elke Watson (left) with two founding members Lorna Huston and Matthew

Davies, celebrated at a special Co-op 'Origins' oral history event. More on this next month.

FESTIVE GIFT IDEAS

You can stress less over the next few weeks as we have plenty of great gift ideas for everyone.

Treat your friends and family to something locally produced such as our teas from Skye Chai, The Fresh Chai Company and Medicine Room and also our local honeys. Other local gifts - Mardi's Kitchen Organic Sourdough Starter, Medicine Room Vegan Broth in a pretty jar, Sow 'n Sow flower presses and recycled plant pot holders. Also, Vedic Scents quality incense sticks and local candles, Signature Scents soy candles and Bee Sticks lip balm sticks.

Our natural Bopo and LaMav pampering packs are perfect for lifting the spirits.

Also available are our perennial favourites; the Moontime Diary, Gratitude Diary and 2023 Astrological and Planting Guides.

Check out our selection of beautiful books for adults and children.

DECEMBER SPECIALS

PORTER GREEN UNBREAKABLE WINE GLASS AND TUMBLERS



This drinkware is robust, light and portable, dishwasher safe and made from FDA-approved food grade silicon. Gift-boxed

Now 15% off
Members 20% off

INSULATED DRINK BOTTLE - EVER ECO



Premium stainless steel. Double-walled vacuum insulation. Keeps drinks cold for 24 hours and hot for 8 hours. 750 ml.

Now 15% off Members 20% off

GOOD RIDDANCE INSECT REPELLENT RANGE



Natural but very effective and pleasant to use. Cruelty-free. APVMA approved.

Now 15% off
Members 20% off

Thoughtfully sourced for quality, great value and earth-friendliness

EARTHWISE NOURISH 1L BODY WASH



Plant-based ingredients, gentle on the skin. Earth-kind too - grey water and septic tank-safe.

Now 15% off
Members 20% off

BENNETTO LUXURY CHOCOLATE 100G



Organic, Fairtrade, vegan, carbon neutral and made with cacao sourced from a Peruvian Fairtrade cooperative of 2,000 small-scale farmers.

Now 15% off Members 20% off

NO PONG DEODORANT



Natural, paraben and cruelty-free. Comes in a handy tin.

Now 15% off
Members 20% off

WHAT'S NEW

FROM LOCAL MAKERS

- Dried citrus hanging decorations by Francoise of Crystal Waters
- Greetings cards (including Christmas cards) by Katie Moon from Cooroy
- Greetings cards by Maleny artists Juliette Kalifa and Ketakii Jewson-Brown
- Maleny Sow 'n Sow Australian Christmas cards - the card contains seeds - simply plant the card after the holiday for beautiful flowers
- New Sunshine Coast company Eco Glitz has developed eco glitters. Made from synthetic crystals, completely plastic-free and made from non-mined ingredients



MONTHLY DRAW WINNER

Our final draw for the year!

Every member-spend of \$50 in any day during the month gives you a place in our draw.

This month's winner is Marie McNamara!

MORE NEW PRODUCTS...

- Natural bamboo nail brushes now in stock! Also body cloths. Find them in the Face and Bodycare section.
- Power Superfoods Ceremonial Cacao.
- Nature's Sunshine Boswellia – Boswellia is recommended by some doctors for arthritis / joint inflammation.
- Eco kitchen scrubbers.
- Pet Rescue Remedy
- Weleda Cellulite Oil
- The Fresh Chai Co. chai, small pack now available

BIMBLEBOX CALENDARS



This popular calendar is sold at no profit in the Co-op to support this important fundraiser. The Bimblebox Nature Refuge is an 8,000-hectare virgin woodland environment west of Rockhampton. The Bimblebox Alliance uses funds raised to protect nature refuges against threats. The Waratah Coal/ Palmer's Galilee Coal Project that was denied permission to go ahead last week - a win for the Bimblebox campaign! This year's edition features three of our local members' artwork: Judith Sinnamon, Dianne Waites and Jenny Fitzgibbon.

\$22.00 at the counter



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