



co-op

# NEWS

SUMMER 2014

*The newsletter of the Maple Street Co-op*

FREE!

## **‘AGROFORESTRY’ – THE FUTURE OF FOOD?**

See story page 5



5% discount for Co-op members!

## NEGAWATTS: SOLAR PV SYSTEMS

On-Grid, Off-Grid and Battery Energy Storage now available

Quality components – 10 year warranty –  
Existing system upgrade and service

for a free quote call 0407 760 838

or visit [www.negawatts.com.au](http://www.negawatts.com.au)



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

## WILDLIFE VOLUNTEERS - can you help?

You can choose to be a carer, a 'Hotline' volunteer, a transporter  
or even a support person for the many administrative tasks.

You can make yourself available 24/7 or you can choose  
the role you're most comfortable fulfilling.



It's remarkably rewarding – and you  
also meet some extremely loveable  
creatures!

Find out more – phone 5441 6200 or  
email [membershipwilvos@iprimus.com.au](mailto:membershipwilvos@iprimus.com.au)



## Fair Trade Connections

Unique handmade items

Leatherwork – silk scarves – early  
childhood items – handmade paper  
and cards – and much, much more

By choosing fair trade you will know  
that your purchase has had a direct  
impact on the life and prosperity of  
the producer.

We are at the Maleny Markets,  
Maleny RSL Hall, every  
Sunday, 8am to 2pm

Bringing the  
world's gifts to you

Jenny and Noel Law  
07 5494 3011

[www.fairtradeconnections.  
weebly.com.au](http://www.fairtradeconnections.weebly.com.au)



FOUR COW FARM is a Maleny-based family business  
making an all natural skin care products with natural  
and organic ingredients. All our products are safe for  
babies, perfect for adults. Our products are original and  
made from scratch on the family farm.

For example, our CALENDULA REMEDY is made with  
infusing organic calendula petals in extra virgin olive  
oil for that wonderful remedial help with healing and  
soothing.

Our pure LIQUID CASTILE WASH, a true handcrafted  
Castile soap, is made over days with 100% extra virgin  
olive oil for that creamy, gentle soothing wash. It is  
especially good for sensitive skin and damaged hair.

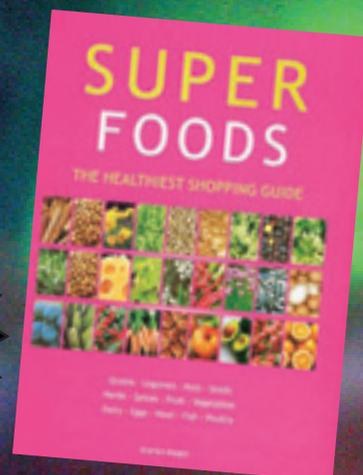
We are obsessive about nature, and all our products are  
made using 100% green energy and purified harvested  
rainwater, packed in recyclable containers and cartons.

OUR PRODUCTS ARE FOR ANYONE WHO WANTS THE  
BEST FOR THEIR SKINS.

## ARCARIA GUIDES

Great value – a huge  
range of guides covering  
everything from Growing  
Vegetables, Super Foods,  
Moon Planting Guide,  
Acid  
Alkaline  
foods –  
and more!

JUST  
\$12.00  
EACH





# Co-op NEWS

The newsletter of the Maple St Co-op

## Maple Street Co-op News

is published quarterly by the Maple Street Co-operative Society Ltd,  
37 Maple Street, Maleny Qld 4552  
**phone** (07) 5494 2088  
**fax** (07) 5499 9246  
**web** www.maplestreetco-op.com

### manager

Karen Syrmis  
manager@maplestreetco-op.com

### editor Sammy Ringer

sammy@ausbushfoods.com

### design Wendy Oakley

### printing

Print Works Geebung

### Printed on Forest

Stewardship Council  
(FSC) approved paper



**next edition** Autumn 2015

**editorial deadline** January 31

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

## The Co-op's Mission Statement

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

## ADVERTISING RATES

### Standard sizes:

Full page \$250

1/2 page: \$150

1/3 page: \$100

**Business card size:** \$40

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

### DEADLINE FOR THE SUMMER ISSUE

(Dec 2014–Feb 2015): January 31

### FOR INFO OR TO MAKE A BOOKING:

Phone Sammy on 0498 313 068

or email: [sammy@ausbushfoods.com](mailto:sammy@ausbushfoods.com)



## FROM THE EDITOR

# BIG SHOES

There are a number of clichés we use which have always intrigued me.

'Blind as a bat' comes to mind. Bats are far from blind!

'Big shoes to fill' is another. We all know it means someone will be hard to replace – but since when did foot size have anything to do with expertise?

Still, the phrase comes to mind as I join others in saying goodbye to Karen Syrmis, our General Manager who is retiring this month.

She's sat the helm of our rambunctious co-ops for more than six years.

She's weathered storms and sunny weather, crises and celebrations, good times and dire.

Over the years, I've watched her in

action. I've marvelled at her ability to juggle the countless balls the role throws at her – with endless energy and a buoyant optimism that defies description.

For the past 12 months, I've sat in the Co-op office and watched people come to her with their grievances and problems.

Not all were solved but everyone left knowing she would do her best.

That, perhaps, is the true meaning of 'big shoes'.

I and many, many others, will miss her. We will also, I am sure, welcome the new 'bigfoot'.

– Sammy



drawing by  
Douglas Bailey

## CO-OPERATIVES WORLDWIDE

Co-operative enterprise now accounts for over 100 million jobs around the world and financial co-operatives serve an estimated 857 million people, or 13 percent of the world's population.

In countries like Japan and Finland co-op membership represents more than 1 in 3 households.

The top 300 co-operative enterprises account for 2,205.7

billion USD in turnover. Covering 26 countries, these top 300 co-ops are mainly involved in the insurance sector (46%), the agricultural and food sector (27%) and wholesale and retail trade (20%). Based on turnover, the top co-operative in 2012 was Japanese-based Zenkyoren, an insurer, with a total output of 77.61 USD billion.

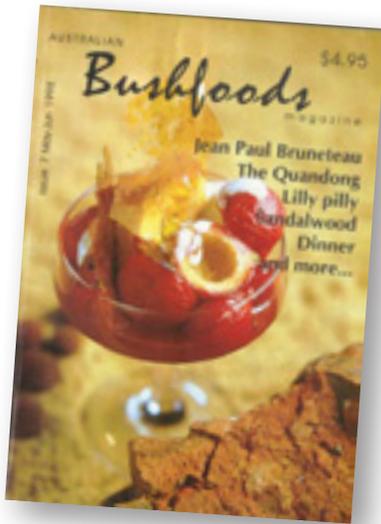




**BUY, EAT, READ...**

Buy any bushfoods product from Basically Wild and get a free Bushfoods magazine. These back issues are bursting with information on our native foods – just as the products are bursting with unique flavours.

The 'Eat Me I'm Wild' range includes wattleseed, mountain pepper, lemon myrtle, bush tomato and old man saltbush.



**WEIGH AHEAD!**

The Co-op has recently installed a set of scales so that customers can 'weigh their own' and save time at the counter.

Hard to find? They're located between the 'potato and onion' shelves and the salad fridge.



**L**ots of hot specials, great gift ideas and some products to help you get through this hot, hot summer.

**1 CHILLI WITH HYPERICUM**

Soothing and comforting, this delicious skin relaxant can be used as a before and after sports rub to relax and refresh your skin. Spicy aromas of black pepper and basil are divine in combination with these warming herbs. A favourite morning and evening skin rub for knees, shoulders, hip area and the spine.

**2 MEDICINE ROOM ROSE GERANIUM OIL**

The best natural tick repellent you'll find. Handy 'keep it in your back pocket' 20ml bottle – \$20.95

**3 ECO TAN NATURAL COCONUT SUNSCREEN**

New! This is a beautiful all-natural sunscreen that offers broad spectrum UVA/UVB protection, with an SPF30, for face and body. Shea butter and cucumber soothe and moisturise skin, leaving it beautifully silky, conditioned and smelling divine! Use this natural beauty daily when out and about to keep your skin healthy and prevent premature ageing caused by sun damage. The colour of the lotion is natural skin tone.

**4 ECO-MINERALS**

Get a free 2.5gm Exotic Bronzer with any purchase of \$33 or more. ECO minerals pure mineral bronzer offer a beautiful sun-kissed glow to your complexion, all whilst protecting your skin with the SPF natural minerals offer.

Plus!! Get a free brush with any purchase – while stocks last!



1



2



3



4

Have a happy, organic Christmas – that doesn't cost the earth!

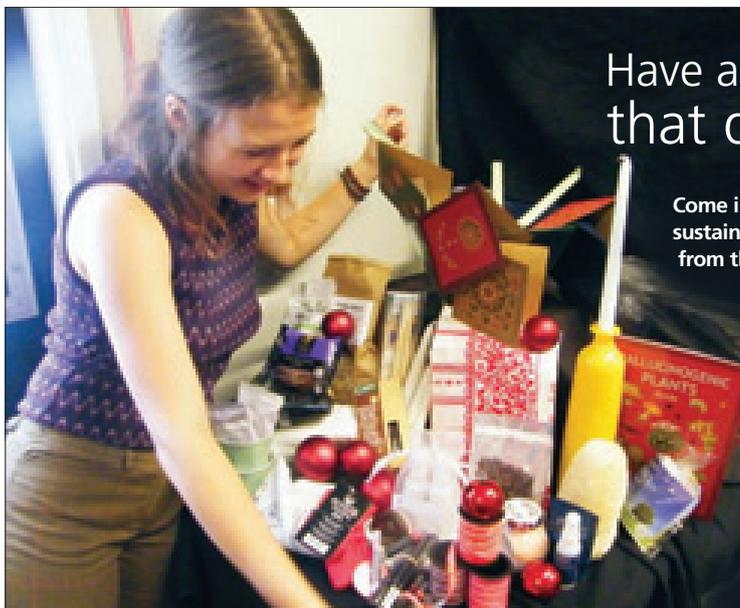
Come into the Maple St Co-op for the finest range of organic, sustainable, fair trade products in the region. You'll find everything from the Sanctum Pour Hommes range to the wonderful Australian Bush Flower Essence line-up of products.

**AND WHAT WOULD CHRISTMAS BE WITHOUT THE CO-OP'S FAMOUS BASKETS?**

For her, there's the 'Pamper Basket' – full of high quality skin, body and pure pamper products.

For the whole family, there's the 'Food Basket' – piled with enchanting edibles and Christmas specials.

**MAKE THE MAPLE ST CO-OP YOUR FIRST STOP FOR CHRISTMAS SHOPPING THIS YEAR.**



# Agroforestry – food from trees

by MICHAEL TOWSEY

**M**ention forests and we think timber. But forests can provide us with much more. In the opinion of Colin Tudge, author of the widely acclaimed *The Secret Life of Trees*, forests could also become the dominant source of food for the planet. In fact according to Tudge, agroforestry, the largescale cultivation of trees for food, “offers one of the principle hopes for a sustainable world” – it is “one of the great hopes for the future”.

Trees are already at the heart of terrestrial ecology and play a vital role in both the local and global circulation of water. How can trees also become a vital component of feeding the world?

Tudge considers the overwhelming predominance of cereals – wheat, rice, oats etc – in the world’s food basket to be partly an accident of pre-history. It might have been different. Tree crops, such as olive, coconut, macadamia, avocado, pistachio, walnut, cashew and almond to mention just a few, offer highly concentrated calories and nutrients. If cereals had not existed, says Tudge, human civilization would have flourished nonetheless on tree crops.

And imagine the possibilities if as much effort had been applied to maximizing tree yields as has been devoted to cereal yields. In addition to the above advantages, tree prunings have multiple uses. Once trees stop producing, their wood can be used for construction and furniture – for example the trunks of old rubber trees provide an excellent cabinet timber and earn Malaysia and Thailand billions of dollars in export earnings.

## Advantages of agroforestry

There are many advantages to maintaining land under trees:

- Tree cover encourages rain to fall.
- Trees and plant cover in general allow organic matter and micro-organisms to build up the soil, encouraging the bio-storage of water.
- Trees plus healthy soil purify passing water.
- Trees bind the soil and prevent erosion.
- Trees are a carbon sink and now considered an essential part of the strategy to combat global warming –

---

**‘ A land management revolution would integrate forestry and farming into a single enterprise ’**

---

biosequestration. After the burning of fossil fuels, tree clearing is the second largest contributor to greenhouse gases.

- Forest trees provide food for honey bees in the off-season when human annual crops are dormant. In Australia, honey bees are responsible for pollinating one third of the food we eat and they pollinate \$2 billion worth of agricultural product. The pollinating service provided by bees is far more important than their honey. The rapidly growing almond industry is just one example of a crop totally dependent on pollination by bees.
- Forests provide homes for birds – birds that eat insect pests that might otherwise be sprayed with insecticide – birds that eat seeds which get transferred around the landscape.

## The Australian context

The concept of agroforestry has particular relevance to Australian conditions. Agroforestry needs to become the dominant form of agriculture in Australia and indeed in all parts of the world where trees can grow. The logic is simple – we have to maintain a large portion of our continent covered in trees but we must also farm the land. The two activities in Australia have for the past 200 years been considered antagonistic concerns – land-clearing still tends to be viewed as a necessary pre-condition for profitable farming. (In the past in Queensland land clearing has been a potent political issue, with farmers resolutely opposed to attempts by government to restrict clearing.) A land management revolution would integrate forestry and farming into a single enterprise.

The psychology which places farming in opposition to forestry appears strongly

associated with the Anglo-Saxon tradition. Britain long ago felled its forests while Germany and other central European countries retained them as an integral part of their culture and economies.

## Challenges

How to find ways to integrate trees with farming? Trees provide many services to farm animals. Well spaced, they act as wind breaks. They ameliorate diurnal fluctuations in temperature and of course provide shade and shelter. Leaves, twigs and other prunings in many parts of the world are used for animal feed. Pigs and poultry scavenge the forest floor removing weeds, seeds and insect pests.

Tropical forests offer many opportunities for agroforestry because of the diversity of animals and plants that they support. Coffee and tea do best under the shade of taller trees. But the buttresses and shallow roots of tropical trees are easily damaged by hard hoofs and indeed it is now well established that trampling cattle and sheep have done irreparable damage to Australian wetlands.

In this regard, the soft padded alpaca from South America holds great promise. The number of alpacas in Australia is now well over 20,000 and although the industry is small in comparison to the sheep industry, the fine fibre produced by Alpacas earns a premium. In an agroforestry combination, the Alpaca could do well in Australia.

Tree crops often take 20 to 30 years before they deliver maximum yield. Therefore mixed farming, using the spaces between trees for other crops and animals, ensures that farms become productive earlier.

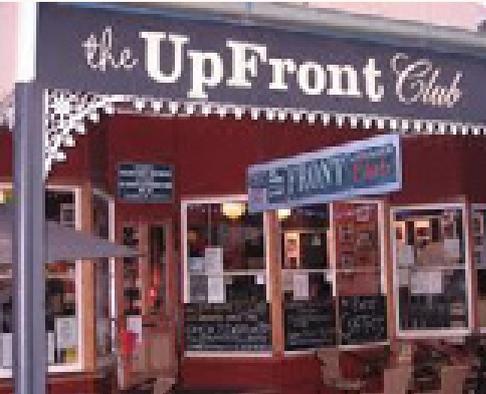
There are a multitude of possibilities for agroforestry in Australia, not least because the country has such a diversity of climates. The challenge is to get it right in each location. 🌱

---

**Colin Tudge, *The Secret Life of Trees*.  
Michael Towsey, *Understanding Prout, Volume 1 – ‘Water and Land Management’*.**



# FROM THE 2014 AGMS: a snapshot of our co-ops



- Maple Street Co-op celebrated 35 years in business, employs some 18 staff and has around 1500 members
- UpFront Club celebrated 20 years in business, employs some 18 staff, has around 750 members and has Green Table accreditation
- Both co-ops are amongst the largest employers on the Blackall Range
- All staff paid and aligned to an appropriate award
- Position descriptions, staff appraisals, policy and procedures manuals are now available. Recognised training programs are available to all staff
- Staff involvement and member engagement features in our business practices

## *A farewell* to two retiring board members

### **Kamala Alister**

Kamala began her board involvement over 12 years ago, encouraged by the late Jill Jordan.

She has, in her own words, “felt privileged to be on the board of such a challenging, successful and growing cooperative.”

She steered our interview away from herself to the three people who have inspired her over the years:

“Alan Harrington. He turned the Co-op around, he transformed it and this flowed on to the Club. Good management is so essential and he brought this to the Co-ops.

“Paul Veit. He led the board through a period of challenging transitions and he

did it well. He brought sound business skills to the role and his dedication was truly inspiring.”

The third person was Karen Syrmis.

“Her skills in hospitality and teamwork, her management expertise and most importantly, her ability to build up both individuals and the group. She has built both businesses up to a successful level through genuine skills and hard work, and it’s been so inspiring to work with her.

“All of these three had something in common – they had no personal agenda and were willing to sacrifice a lot for the good of the Co-ops.”

Kamala summed up with something most would agree with. “These businesses are the gems of Maleny. They’ve been built on collective good will, sacrifice and a strong sense of ethics. They’re a treasure for members and the community alike.”

Any regrets?

“No. But we have to keep returning to the very basics of cooperation. By being conscious and clear as individuals, we

can be more effective in our cooperation and ability to work together.”

Words Jill Jordan would agree with.

### **Tony Woodhouse**

Like Kamala, Tony has been on the board of one or both of the Co-ops for what seems like forever. Someone

said “Jill Jordan was the Queen of the Co-ops, Tony has always been their champion.”

In fact, it was Jill Jordan who introduced Tony to the cooperative ethic and encouraged his participation.

He didn’t need much encouraging. Brought up in a competitive environment, Tony was drawn to the basic ethics of cooperatives and has never wavered.

I asked him the high points of his involvement.

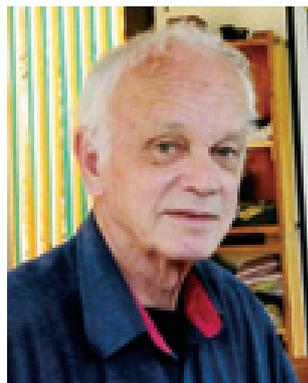
“The renovations to the Club some years ago. It gave the place a new lease of life. The other memory that will stay with me is the support of the staff, the board and many members during the Club’s ‘dark days’. We came together with a determination to make it work - and it did.”

(As an aside, both the late Jill Jordan and Tony were volunteer managers of the Club during these ‘dark days’. It wouldn’t be here now were it not for their energy and the many people who pulled together in a true spirit of cooperation.)

Tony’s third highlight came as no surprise, “Working with Karen Syrmis. She’s an inspiring example of someone doesn’t just talk the cooperative ethic but lives it and brings it to her work.”

Having covered the ‘high points’, I asked about the low.

“It saddens me. I feel that some people have lost sight of the fact that these are cooperatives. You have to hold fast to cooperative ethics. If you don’t, you’re lost.” 🍷



- Both co-ops actively promote the cooperative business model and the cooperative principles
- Compliance with all licenses, legislations, risk assessments and OH&S are current, regularly reviewed and on-going
- Membership communications are now on-line, with both co-ops having a social media presence
- Co-op News is educational, informative, of a high quality and still free
- Both co-ops actively support local businesses, farmers and producers, musicians and artists
- The renovations undertaken in both co-ops have provided better utilisation of space for staff, members, volunteers and customers
- Improved security practices with CCTV installed which supports the safety of staff, members and customers
- The development of business plans for both co-ops provides future direction
- The introduction of electronic point of sale systems provide data for business and strategic planning, stock control and customer preference information
- Improved business practices include records management, dual authorisations of payments, frequent regular stock takes, annual budgeting and triple bottom line reporting
- The Community Garden provides produce for both co-ops and members, and offers space for local children to learn
- Both co-ops are members of the local Chamber of Commerce
- Both co-ops are now actively involved in local festivals, expos and functions, plus support local groups and causes with fundraising events and donations
- Both co-ops educate members and customers about nutrition, food miles, the benefits of shopping local, host school groups plus national and international visitors who are interested in learning about the cooperatives' model of business
- Both co-ops have been recognised with awards for business practices, management and their training programs
- Both co-ops have received grant funding to undertake projects such as installing solar panels, purchase equipment and support volunteers
- Both co-ops are now partnered with our local LETS organisation for volunteers to earn Bunyas, and the UpFront Club offers a meal that can be purchased with Bunyas on a Monday night.



by MARGARET O'CONNELL

**Well the AGMs have come and gone, marking the passing of another year in the history of our co-ops and giving us time for reflection and celebration.**

Thanks to the UpFront staff and volunteers, the combined Maple Street Co-operative and Maleny Co-operative Club AGMs are the co-op social event of the year and the Club was again full to capacity. This year a few technical hitches provided some light relief to business as usual, but Franklin Bruinroop and Steve Perdriau shared MC duties without missing a beat.

Sammy Ringer has the registration system nailed so that members flowed easily through the door, picking up their voting slips from Noel Law and Ridley Kennedy on their way in.

Douglas Bailey welcomed people at the door and cut a dashing figure carrying platters around the tables. Douglas has been a stellar volunteer for the Club and this year his contributions were acknowledged with the Ann Jupp Volunteer of the Year Award.

It's always great at this event to catch up with old friends during the breaks, put faces to the names of our Directors and to hear about the years events from our General Manager Karen Syrmis and Chair for the year, Franklin Bruinroop.

For the Club this was a particularly significant year as we celebrated our 20th year as Queensland's only cooperative club. We also went solar and started the process of engaging more young people by varying our licence to allow minors on the premises to play music and exhibit their art.

For Maple Street Co-op it has been another successful year, no small thanks to our volunteer packers, gardeners and supporters – particularly Anni Philp who was nominated by staff as the Co-ops Volunteer of the Year.

As with every AGM, the big business is the election of the voluntary Directors as, by law, a few have to stand down and this year there were four positions on each board to be filled and six nominees.

The same people were elected to both boards and as a result we welcomed Stuart Erskine and Jeff Mustard, and re-elected Herman Schwabe and Franklin Bruinroop. Sadly we also farewelled Tony Woodhouse and Kamala Allister, both long-time members of the boards and valuable cooperators. Kamala has a strong commitment to social justice and a long history with cooperatives including the River School. Tony is a founder of the Cederton community, one of the oldest land-sharing cooperatives in the region, and the quiet and practiced supporter of many initiatives over the years. As Karen said in her speech "If Jill Jordan was the Mother of cooperatives here, then Tony is the Father".

This year we also farewelled Karen Syrmis our General Manager. It is hard to imagine a more loved and respected GM – Karen's deep understanding of cooperatives, her professional management skills and her exceptional ability to engage and encourage staff, volunteers and the community has seen both businesses flourish. We will miss her leadership but her legacy leaves the cooperatives in good shape to make the transition.

There were also a number of other staff changes throughout the year – two in particular need mentioning. Jill Cutting resigned as secretary after a mammoth job of cataloging a generation of documents, streamlining our memberships system and setting up our online board record system. The management of the UpFront Club also changed and we welcomed back Mike Toner as the new Manager.

Thanks everyone for coming, and for your member support throughout the year. Both cooperative have plans for another active year and we look forward to your continued participation. You can keep up to date through this newsletter and our websites and the Upfront Club Facebook page.

And don't forget to check the website for the questionnaire attached to the Director's report. It is another way you can support and guide our Directors with your insights and suggestions. 🍷



## Vegetarian taste test

by SAMMY RINGER

**“Are you getting enough protein?” a friend of mine asks me routinely.**

I try, I really do. Being vegetarian has never proven difficult for me taste-wise but balancing my diet presents challenges.

Here are my all-time favourite protein-rich foodstuffs:

### **Shared Table Chipotle sausages**

A recent find for me and one I'll be coming back for. The flavour is full-bodied with that wonderful taste of smoke dried Jalapeno chili. The texture is remarkably 'sausage like'. All in all, one of the better 'meat-free, meat-like' products.

### **Nutrisoy**

Spicy Tofu and Tofu Teriyaki. So good you'll want to have them for breakfast! I use both of these firm slices in stirfries, soup, salad and sometimes just as a side dish.

### **Cashew cheese**

And have you heard of cashew cheese?? The folk from Peace, Love and Vegetables (don't you love that name!) have created a smooth and nutty taste treat that's also vegan, gluten free and very high in protein.

### **Quinoa**

I spoke to the staff at the Co-op and they all agreed – you want a complete protein? Quinoa, quinoa, quinoa! Slightly nutty and grainy, it's a great substitute for rice and grains and can be used in almost anything. It's also pretty high in iron and fibre and gluten free.

My favourite summer recipes are Quinoa & Veggie Pilaf with Marinated Feta and Parsley and Quinoa Salad. You'll find a range of recipes in the Co-op. Ask the staff.

Also talk to the staff about brown rice and bean combos.

And the best thing? You don't have to be a vegetarian to enjoy! 🍌

# Are you ACIDIC?

by PASCALE RICHY

**T**he correct acid alkaline balance of the body is vital for health and wellbeing.

The pH of your blood is tightly regulated by a complex system of buffers that are continuously at work to maintain a range of 7.35 to 7.45, which is slightly more alkaline than pure water. An acidic environment disturbs metabolic function and provides opportunity for harmful micro-organisms and degenerative processes to develop within the body, which may lead to poor health and disease.

For example the body's phosphate buffer system uses different phosphate ions to neutralise strong acids and bases. Most of this comes from calcium phosphate salts, which are structural components of bones and teeth. Our body will draw upon its calcium phosphate reserves to neutralise the acid-forming effects of diet and lifestyle. Over time, this may lead to structural weakness in bones and teeth. Drawing on calcium phosphate reserves at a high rate can also increase the amount of calcium that is eliminated via the genito-urinary system, which is why a predominantly acid-forming diet can increase your risk of developing calcium-rich kidney stones.

Common early symptoms of acidosis are:

- Sluggishness
- Confusion
- Headaches
- Muscular weakness and cramps
- Diarrhoea
- Shortness of breath
- Susceptibility to infection

Diet plays a major role in determining pH. Eating an abundance of fresh vegetables and various fruits is the best way to promote alkalinity and it is also important to limit acid forming foods such as meat, grains, dairy and sugars.

However diet is not the only factor involved. The lungs and kidneys are largely responsible for controlling the acid and base chemicals within the body that maintain pH. There are complex mechanisms involved here, but simply put, the health of these organs and their systems is paramount.

So what are the most vital elements for lung and kidney health respectively?

**AIR & WATER!!!!**



Breathe...good quality air... exercise regularly and do meditative breathing to strengthen the lungs...

AND always drink lots of water.

### **ALKALISING & DETOXIFYING GREEN SMOOTHIE**

We can cleanse and renew daily by using amazing herbs that are easy to grow in our gardens...

- CRESS for blood purification and lymphatic clearing
- PARSLEY for enhancing elimination
- PURSLANE for alkalising and blood oxygenation
- SORREL for blood purification and intestinal parasites
- CORIANDER for blood purification and heavy metal detoxification
- DANDELION GREENS for liver health and alkalising
- GOTU KOLA for improving digestive function

Add a handful of each to a base of organic pear juice or fresh coconut water. 🍌

Pascale Richy  
NATUROPATH

Improve general health  
Manage chronic conditions  
Treat acute ailments  
Reduce risk of degenerative disease

NUTRITIONAL & HERBAL MEDICINE  
DIETARY PLANNING  
LIFESTYLE COUNSELLING

For appointment/enquiry  
**0423 615 413**  
2/38 Maple St Maleny  
info@pascalerichynaturopath.com

Member ANM  
Health Fund Rebates

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



## Our debt to the humble bee

**T**he world is facing the possible extinction of an insect that underlies the production of one third of all food: the honey bee.

Reports have been coming from the United States for some time now of dramatic losses in honey bee populations and one region of China was so decimated by pesticides that bees can no longer exist and workers are paid to pollinate crops by hand.

The hive, cumulative, can fly 10 times around the globe a day and can pollinate up to 60 million flowers a day

But two University of Western Australia researchers, featured in the recently-released documentary *More Than Honey*, might hold the key to saving the bees.

Professor Boris Baer, director of the Centre for Integrative Bee Research, has been studying bees for a decade with his wife and study partner Barbara Baer. The researchers are investigating how to safeguard the existence of colonies and the future production of food by breeding more resistant bees.

“Every third spoon of food we eat has been pollinated by a honey bee, which makes them really important agricultural animals,” said Dr Barbara Baer, a researcher at CIBER. “If they die out we’d eat a lot of gruel and very little fruit. We’d have very expensive fruit and vegetables.”

Professor Baer said what people didn’t

**“ Every third spoon of food we eat has been pollinated by a honey bee ”**

realise when they reached for the insect spray was that bees were the backbone to billion-dollar industries.

“There are 80 crops that depend on the bee as a pollinator,” he said.

Part of the battle of the bees is finding out how they’ll cope with increasing world temperatures.

“The value of pollination for Australia is between \$4 and \$6 billion dollars a year.”

The Baers said a mix of factors were causing the international colony collapse: poisoning by pesticides, infection with varroa mites (blood-sucking tic-like parasites), destruction of natural habitat, stress and restricted diet.

Local beekeepers are unsure whether the bee deaths lie with a mite and a virus it might be spreading or with the increased use of certain pesticides by local farmers. According to a recent report prepared by Greenpeace, seven pesticides currently in use in Europe present a real danger to bees. 🐝

**Website: <http://www.watoday.com.au/wa-news/the-bees-knees-wa-researchers-saving-the-world-20130506-2j3bz.html>**

## Report from the HIVE

from your local beekeeper  
“BEE MAN HONEY”

The usual Tea Tree winter supply didn’t yield much honey this year; however the Blue Gum flowered early giving us a chance to build the hives back up before the Blue Gum dwindle (where bees died back).

Avocados, nuts and citrus trees all flowered two weeks late in September, which meant the bees had to wait for a chance to build back up from winter. With a very dry September the silky oaks along creek banks flowered – the best anybody has ever seen – and helped keep the bees in good condition. The big dry we are having has kept the introduced pest the ‘Hive Beetle’ at bay with few hives suffering from Hive Beetle slim-out and collapse.

The Tristania tree family (pink box, swamp mahogany, turpentine) flowered well because of the very dry conditions. We will be chasing honey from these trees from the coast to the high country of the great dividing range during summer.

The Tristania tree family produces very light and sweet flavoured honey (there were big honey flows back in 1986 and 1972). We will also be chasing honey from the pink bloodwood trees along the coast and look forward to supplying you with some great honey this summer. 🐝

# Farewell Karen – you'll be missed!

OUR GENERAL MANAGER OF SIX YEARS KAREN SYRMIS RETIRED AT THE END OF NOVEMBER. WE WISH HER EVERY HAPPINESS IN THE NEXT PHASE OF HER LIFE.

Well, you'll never be 'board' again!

– **Mita DeMasson**

The antidote for fifty enemies is one friend.

– **Hermann Schwabe**

Goodbye Karen...

"Happy 'retirement' Karen. What a woman!!!! Thanks for all you've done for Maple St Co-op and the UpFront Club in your time here.

– **xxxxx Ann Jupp**

Thank you so much for the work you did. Best wishes for the future.

– **Rod Castle**

What you have done – and been – will be remembered by many for a long, long time.

– **Sammy Ringer**

Happy retirement and thanks for everything.

– **Charlotte Fogarty**

Your dedication and commitment to the Co-op has been an inspiration.

– **Paul Russell**

Some people come into our lives and quickly go. Some stay for a while and leave footprints on our hearts and we are never the same.

– **Bev Jorgensen**

Irrepressible, and irreplaceable... a million good wishes Karen!

– **Wendy Oakley**

Karen

You give from the heart. You make things happen. You make a difference. Thank you for sharing these gifts with our co-ops and letting us be part of your journey over the last 6 years. Our co-ops will miss you.

– **Love Jill & Peter Cutting xx**

We'll miss your lovely smile and warmth and FUN!

– **Anni Philp**

Dear Karen, you do realise your retirement is a just an illusion. Your husband will become your new boss and your grandchildren become your full time colleagues. Happy retirement.

– **Coby Verstraten**

All the best in your new endeavours. You are an inspiration! Enjoy!

– **Joanne Howard**

You leave me sad with sallow dermis  
You gorgeous creature Karen Syrmis  
Your memory I'll fondly keep  
For adoration is not skin deep.

– **Douglas Bailey**

True or false? Karen once made a customer the 'best' Bakewell Tart that they'd ever eaten? True!  
Retirement = better baking.

– **Jamie Hodges**



Clockwise from above: with Jill Jordan 1992; on a visit to Sydney with the grandson; a day in the office; and with Club Manager Mick Toner



## A goodbye to the members and staff of our co-ops

**I would like to take this opportunity to thank you all for the support you have shown me and our wonderful co-ops over the past 6 years.**

It's funny how life works – I was not looking for another job when I came here, I was mulching the garden and saw the advertisement in the local paper. I went to see my good friend Jill Jordan and asked her what she thought. She said the Co-ops needed structure and a solid platform for the businesses.

As General Manager of both co-ops, my priority over the time has been to create sustainable businesses with systems, processes and policies that feature transparency and accountability in all areas of business – human resources, operations, finances and marketing. And, of course, maintaining that focus on the social and environmental aspects that lie at the core of our cooperatives. This is the part I have really enjoyed. It's been fun and rewarding but at times very challenging.

The most enriching experience has been meeting and working for our wonderful members, consignors, our 36 staff and our many volunteers. You are

---

**‘ Our members are the backbone of our co-ops and I will never forget the support and trust they have shown me over the years ’**

---

what make a cooperative. You are our cooperatives' best asset. But while I will miss you all I am also looking forward to slowing down.

I will miss many people I see every day, like Douglas our vollen in the Club. Since I have met him I see certain things in life as a 'Douglas cartoon' and now see the funny side of many situations that previously would have weighed heavily.

Of course I will miss working daily with all our staff, and it has been a fabulous experience witnessing and supporting our young staff come of age and grow into the confident, capable people they are today.

I have made many lifetime friendships and met people who show great acts of kindness towards people, our community and whatever drives them. Our members

are the backbone of our co-ops and I will never forget the support and trust they have shown me over the years.

Every Manager brings something of themselves to a job. I leave the co-ops with systems, procedures, position descriptions, policies and compliance in place that will ensure sustainability in today's bureaucratic, revenue-driven, red tape business world.

I am truly proud to see what we have all achieved working cooperatively; the community and children's gardens, recognition for our training program and environmental practices, winning the 'best retail shop on the Sunshine Coast' – all these things reflect well on the co-ops' tenacity and forward thinking. And it goes to show why the co-ops are so well respected near and far.

We often get delegates from other co-ops around the world, students studying business models, or people just wanting to know how it all works. I have loved showing them around and explaining our business model.

If I can leave you with one thing to think about it would be – you are all owners of the cooperatives. Get involved! 🍎

**– Karen**

## WORKERS IN THE US BUY OUT THEIR JOBS

On remote Deer Isle, Maine, more than 60 employees of three retail businesses – Burnt Cove Market, V&S Variety and Pharmacy and The Galley – banded together to buy the stores and create the largest worker cooperative in Maine and the second largest in New England.

Now the workers own and run the businesses together under one banner, known as the Island Employee Cooperative (IEC).

This is the first time that multiple businesses of this size and scope have been merged and converted into one worker cooperative – making this a particularly ground-breaking achievement in advancing economic democracy.

**More info at [www.cdi.coop](http://www.cdi.coop).**



## 5 PLACES YOU NEVER THOUGHT YOU'D SEE A SOLAR PANEL

From [csironewsblog.com](http://csironewsblog.com)

**Here are some of the more unusual places solar panels are popping up.**

**Batmobile lawn mower** – A solar powered mower by Husqvarna. But at around \$2k it might be cheaper to buy a goat.

**Bikinis** – A US-based designer is intricately stitching panels together in the form of a bikini so you can charge your iPhone on the beach.

**Sun-powered cinema** – In the UK, the Sol Cinema is a unique mobile cinema powered by the sun. It accommodates eight people and features a library of videos, many with environment themes.

**Magazine ads** – Nivea broke new ground for advertisers last year when they launched a concept video featuring a solar panel in a magazine which you could use to charge your phone.

**Printer** – And most exciting – CSIRO recently launched a printer that can print solar cells the size of an A3 sheet of paper.



# Communities within the (wider) community

by ANN JUPP

**Maleny is a town with a big heart and many organisations that promote the community.**

When I first visited – way back in the 1970s – it was a very different place. It had the farmers and their families, some of whom had been here for generations (the 'Pioneers'), and the 'hippies'. The latter were academics, greenies and the original tree changers, wanting to live a simpler, more environmentally sustainable lifestyle in this bit of paradise. It was also famous for its parties!!

When I moved here in 1990 there were already several cooperatives operating, with people often being members of many of them. Thus the MCU members, Maple St Co-op crew, LETS mob, Crystal Waters cohort, the 'arty/music' crowd, if not being one and the same, all knew each other. The number of cooperatives grew and was joined by the UpFront Club gang – again, a lot of crossover of membership.

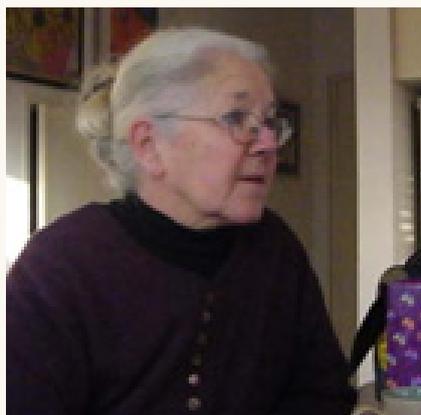
The demographic has changed over the years, as has the traffic in Maple St!!! No more leaving cars unlocked (it's now a fine-able offence) or of finding a park right outside where you wanted to go. Other more mainstream community groups have also increased exponentially

in the ensuing time, or else grown in numbers and become much more visible. The number of real estate offices and 'boutique' dress shops, beauty salons, gourmet food shops and restaurants, and cafes (with fierce competition for 'the best coffee in town') is an indication of this change. Also the 'burbs' of housing estates and retirement villages. And I don't know everyone anymore!

But, deep in its core, this is still a town of communities – within the wider community – and many of us are involved in multiple community organisations. And, in spite of all this change (nothing ever stays the same, and it would be so boring if it did) most of us get along pretty well. There's an atmosphere of acceptance and celebration of differences here that's quite unique. A sense of a fair go and (mostly) respect for others' opinions. Of course we aren't perfect and it does come unstuck and erupt into mini wars sometimes. Mostly it's sorted out before full scale aggravation gets a hold.

Another good thing is the level of cooperation and partnership among the groups. We don't think alike, but seem to be prepared to help when required, and support the 'little guy' when he's down. We do have a common ideal, though, and that's community. I think that's why many of us are drawn to these groups and find satisfaction being a part of them. You'll always have a friend or two if you put yourself out there and join in. Just approach the group/s of your choice and the rest will follow.

Volunteering is a really great way to meet new people and to feel like you're making a difference, and helping the organisation at the same time. 🍎



**‘ this is still a town of communities... ’**

# We made our own family

PROFILE: SONYA WILDGRACE,  
UPFRONT CLUB

**G**ladstone born Sonya has followed a circuitous path to her destination here in Maleny.

Though much of her life has been spent in the outback, she felt an immediate 'at homeness' here when she arrived.

In fact, home and family took up much of our conversation when I met with her last month.

Getting to know people you think you know is one of the best things about doing profiles. I sat down with Sonya thinking 'Mother, waitress, smiling face behind the counter' and little else.

Sonya moved to Maleny in August of this year and got a job with the Club



drawing by  
Douglas Bailey

almost immediately. She admitted that she had wanted to 'settle into Maleny' and get a feel for the place but found herself 'thrown in at the deep end' with her rapid employment.

I started with her background to get a feel of where she was coming from and the 'little else' became larger than the blinkered picture I had.

"I'm a childbirth educator, women's counsellor, Reiki master, Shiatsu practitioner and crystal therapist by trade," she smiled, "And I've started studies in herbal medicine and naturopathy. However, I've put it all on hold to work at the UpFront Club, grow my home and be available for my amazing girls, Willow and Phoenix and my beautiful husband, Wolfgang."

Wow.

I'd seen Sonya with her two girls early mornings at the Club. Ridiculously well-behaved, happy girls they were so I thought I'd start with that.

"Your girls are a great advertisement." I offered.

"Balance," she replied. "Families can be complicated things, good and bad. Moving here, we made our own family, a wider family. Wolfgang and I have a system that works – lots of love and just enough boundaries."

Moving back to her impressive list of qualifications, I asked her about the future.

"I want to practise, of course, when the girls finish high school. But for now, I'm just trying to find balance between my work and my home."

And hobbies? Did she have time for them? She laughed, "My hobbies are rousing with the girls, lots of hands on parenting, finding ways to inspire them."



I wanted to delve deeper into her feelings about motherhood, parenting and finding balance in life but realised this was an interview, not a counselling session.

I fell back on the old standard.

What's the best thing about working for the Club?

"The people, the friendliness. Not just the staff but the members and the customers."

And the worst?

She smiled and I knew what she was going to say, "The heat."

Amen to that.

Busy as her life is, Sonya aims to start a 'Parenting' blog in the near future – "How to Grow Happy Humans".

We'll let you know where to find it. 🍷



## GERMAN VILLAGE THE COUNTRY'S FIRST COMMUNITY TO BECOME ENERGY SELF-SUFFICIENT

FROM THE ABC WEBSITE



**The rural village of Feldheim, 80 kilometres south of Berlin, is at the vanguard of Germany's energy revolution, boasting a wind farm, solar plant, biogas and biomass facilities.**

Germany is undergoing an energy transformation called *Energiewende*, which aims to reduce carbon emissions, increase the use of renewable energy, and stop all nuclear power.

Feldheim is the country's first community to become completely energy self-sufficient. The village now attracts thousands of ecotourists every year and has set up an educational group to spread the word.

The *New Energy Forum's* Kathleen Thompson said it all started back in 1995.

"A student named Michael Raschemann decided as part of his

studies to install some wind farms," she said. With the support of local council, Feldheim's 145 residents were quickly convinced of the wind farm's merits.

### GERMANY'S ENERGY TRANSITION

- 80 per cent of electricity from renewable sources by 2050
- Nuclear plants shut down by 2022
- Carbon emissions cut by up to 95 per cent of 1990 figures by 2050

Residents and businesses now pay a third less for their electricity than other German communities, at 16.5 eurocents per kilowatt hour.

The biggest local business is the agricultural cooperative which produces milk, pig meat and grains. The town does not waste a thing, with a small woodchip heating plant burning timber by-products from nearby forests. 🍷



# Maleny Credit Union turns 30

**On the 8th November the Credit Union held its 30th AGM. It has come a long way since its first AGM on 4th September 1985. Four of the members who attended the first AGM also attended the 30th AGM.**

Back in 1985 the first piece of business was that the monies in the Community Development Fund, \$300, be donated towards improvements of the Community Centre, the same place where the 30th AGM was held. The Community Development Fund has evolved into Maleny Credit Union's Charitable Trust, with the trust being a registered charity. In 30 years the community has benefited with nearly \$250,000 in grants being awarded.

## A snapshot of Maleny Credit Union's history

On 10th September 1984 Maleny and District Community Credit Union opens its doors using 2 small rooms at 28 Maple Street Maleny, staffed by volunteers and managed by volunteer directors. Within 2 days \$25,560 has been lodged in savings



deposits and another \$46,160 in term deposits. From 1984 to 1987 the Credit Union operates the old fashioned way, pen to paper, until the Credit Union Board in 1987 agrees to contract Andru Martin to program the first computer to assist operation. Andru was later joined by Ian Smith and Peter Pamment.

The next year, 1988, the Credit Union purchases the property at 28 Maple Street and volunteer staff became paid staff for 5 hours a day, increasing to 7 hours a day in 1989. However it isn't until 1991 that staff members are paid as employees rather than volunteers.

In 1997 the 4000th member signs on and in 1998 the Credit Union takes on the process of social auditing to improve the internal culture of the organisation and to meet its social responsibility credentials.

In 2002 Maleny becomes one of 2 Cool Communities in Queensland under a government program promoting energy efficiency through new loans criteria.

The MCU VISA debit card is introduced in 2007 and for the second year running the Credit Union is recognised nationally by *Money*

magazine for award winning products.

In 2010 the postcode 4552 (Witta, Maleny and Conondale) has the highest percentage of solar installations in SE Queensland, supported by MCU's Green Loans.

Now in 2014, Maleny Credit Union has reintroduced a form of social reporting as well as more community benefit initiatives as part their commitment to remain true to its core ethics and become a community finance hub. Some of the recent initiatives have been the reintroduction of the Charitable Trust Grants program, the Business Solar Initiative and the Kick A Goal program; supporting the 50 plus clubs and organisations in the Hinterland under the MDSRC banner.

Looking forward to the next 30 years in business there is much more on the horizon as Maleny Credit Union continues to grow from strength to strength serving the communities of Australia.

At this year's AGM a special ceremony was held with five of the founding members of the Credit Union (pictured) stepping forward and signing the Credit Union and Members Declaration of Shared Values. Once the ceremony was completed all other members of the Credit Union stepped forward and signed the declaration as well. Members signed that "they agree to the Credit Union's ethical values in the conduct of their financial affairs and support Maleny Credit Union in applying these same values in the conduct of its business".

For a list of these values visit [www.mcu.com.au](http://www.mcu.com.au).

We Lend Australia Wide

# 25% OFF

ALL STANDARD VARIABLE LOAN RATES

For the first 12 months  
Applies to new loans only

OFFER ENDED TO  
31 December 2014

APPLY TODAY!

Maleny Credit Union (MCU Ltd trading as)

Bunya House, 28 Maple St, Maleny Q 4552 Mail: PO Box 1099, Maleny Q 4552  
ABN 52 087 650 995 | AFSL & Australian credit licence 246921 | BSB 704-606

# A stable economy and localisation – towards a deep prosperity

by JILL CUTTING

*“The savagery of the war for maximising profits and growing single entity private ownership, inflicts significant collateral damage and regresses our society.”*

– Anonymous - Maleny circa 2014

**A school of economists and social scientists who advocate for the development of a stable-state economy exists today. And, they are active and seriously credible in their research.**

The main purpose of the stable-state economy is to avoid the consequences of the dominant limitless-growth economic model. Which is currently spiralling towards ecological disaster boundaries.

From our study of non-linear dynamic systems we know that as boundaries and limits are approached, erratic behaviour within the system can occur. Such behaviour in our economy could be contributing to some of the economic market failures we see everyday, through observable symptoms such as poverty, business cycles, widening wealth gap, depletion of ecosystem services and reducing social amenity. Signs of major erratic behaviours include global financial crises, global warming and war.

Marjorie Kelly in her book *Owning our Future* identifies, examines and speaks about extractive economies and generative economies. She describes extractive ownership as having a financial purpose, that being to extract maximum profit. Generative ownership is described

**“ The main purpose of the stable-state economy is to avoid the consequences of the dominant limitless-growth economic model ”**

as having a living purpose, this being the creation of conditions for sustaining life. Local ownership, in particular social enterprises and cooperatives, offer greater participation in ownership for pursuing living purposes.

A mathematical method for modelling and testing cooperation is called Game Theory. One of the model patterns used is based on the story of the Stag Hunt. The story is that members of a tribe go off to hunt a stag, the more hunters cooperating the better the probability of success.

The challenge of a successful hunt is to not lose members who randomly chose to chase individual temptations such as leaving to hunt a nearby hare, as opposed to individual sacrifice of continuing to cooperate to achieve the greater collective goal. So, in our local communities, how much prosperity can we achieve as a cooperative group as opposed to individuals defecting to chase personal trophies?

Maslow’s hierarchy of human needs identifies causes of motivation. Besides the lower level needs of survival,



including water and food, higher level needs include belonging. Hence, we gain a better understanding of how the effect of relative payoffs of contests (Games) can determine the propensity to cooperate or defect! Though these insights we are better able to test complex scenarios.

Tim Jackson, in his book *Prosperity Without Growth* has three key suggestions to contribute towards achieving a stable and sustainable economy. Firstly, reduce materials throughput by shifting to significantly increased trading with service-based activities. Of course, many services will be from local providers, such as having your house cleaned, being massaged, vocational and recreational lessons, listening to local live music or live theatre, etc.

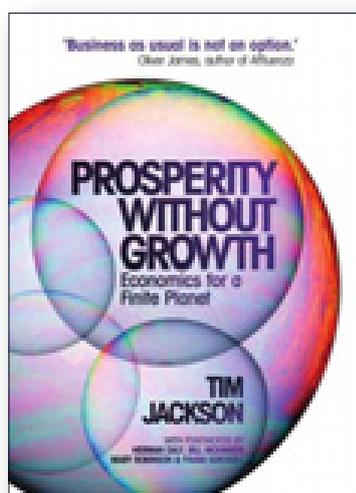
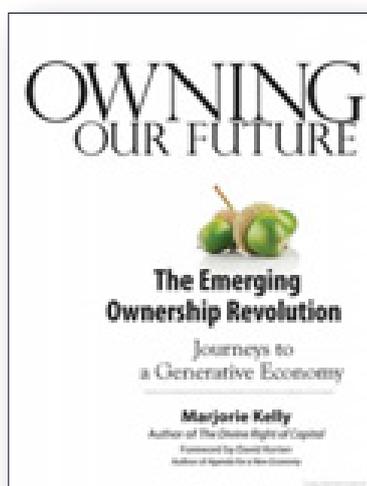
Secondly, Jackson suggests shifting investment to ecological assets; these could include soil health, biodiversity, self-maintaining waterways, fish breeding habitats, renewable energy, etc. And thirdly, use working time policy as a stabilising mechanism for maximising employment. Interestingly, a concept of near full-employment is described and proposed by the Centre of Full Employment and Equity (CofFEE) at the University of Newcastle. This proposal uses flexible methods of employment as the main mechanism.

If we can develop a stable localised and deeply prosperous economy, which does not rely on an ever expanding GDP as a driver of prosperity (averaged pseudo well-being), then we are likely to be immersed in a civil, fair, cooperative and progressive society. Much of the solution for enabling this shift can be developed by maximising local ownership of economic enterprises with generative living purpose. 🍏

## Bibliography:

**Jackson, T. (2009) *Prosperity Without Growth: Economics for a Finite Planet*, Earthscan, London**

**Kelly, M. (2012) *Owning Our Future: The Emerging Ownership Revolution*, Berrett-Koehler, San Francisco**



## Notes from a WILVO\* diary

**3/11/2014, 7am Witta**

Magpie – drooping wing. Looks a little thin. Unable to catch her. Return tomorrow

**4/11/2014, 8am, Witta**

Still unable to catch magpie. Left trap

**5/11/2014, 1pm, Wootha**

Spangled Drongo. Found near road. Concussion? Took to Wildlife Hospital. Name – ‘Blackie’. Multiple fractures. Euthanased.

**5/11/2014, 4pm, Witta**

Magpie will not be trapped! Wing looks better. Healing?

**8/11/2014, 2pm, North Maleny**

Wompoo pigeon. Hit window. Unable to fly. Easy to catch. Took to Wildlife Hospital. Dead on arrival (no ‘Dead parrot’ jokes please!)

**12/11/2014, 730am, McCarthy Rd, Maleny.**

Microbat. Found on ground. Lively but unable to fly. Took to Wildlife Hospital. Unspecified internal injuries plus wing fracture. Euthanased.

**12/11/2014, 11am, Witta**

Magpie. Have given up trapping. She is coming for feeds each morning. Not flying but has put on weight. Left insectivore mix with member of the public to continue feeding daily.

**13/11/2014, 7am, Bli Bli**

Baby Black flying fox on ground. No one in area able to respond. Used my new GPS to find location! Little girl was dehydrated but lively. Gave her 3ml dilute glucose. Took to Wildlife Hospital. 8ml subcut fluids. Cleared to take her home. Named her Coco. She has joined my two other Black FF babies.

**13/11/2014, 6pm**

Coco is eating and weeing/pooping well and has settled in with her new mates, ‘Beano’ and ‘Chewbacka’. Goodbye a full night’s sleep!

\* **Wildlife Volunteers**



## Of bats, barbed wire – and birth

**T**here is one phone call that members of Bat Rescue Sunshine Coast dread above all else:

“I have a bat caught on barbed wire...”

These simple words always mean a difficult rescue of an animal in pain and entangled. Sometimes fatally.

Around September of each year, the call to rescue a ‘caught on barbed wire’ bat becomes even more gut-wrenching. Often, the bat in question is a pregnant female.

Over the last two years, I have done workshops, read papers, asked advice and done everything in my power to ensure that the pregnant females I rescue gave birth to healthy young.

Over the last two years, four of the five pregnant females I have rescued off barbed have aborted within 24 hours.

So what was different with this fifth and ‘lucky’ girl?

I don’t believe it was chance.

A bat caught on barbed wire is stressed, in pain and pumping out hormones such as cortisol and epinephrine. These hormones increase the heart rate, blood pressure and breathing rate and shut down metabolic processes such as digestion, reproduction, growth and immunity.

As I work in the Co-op, I asked advice from other staff members.

Janet suggested that I try Australian Bush Flower Essences ‘Emergency Mist’.

I did. And I started with myself – for a very good reason.

When I get a ‘bat on barbed wire’ call I become stressed. Driving to the rescue, I find myself sweating, worrying and breaking the speed limit.

“A stressed rescuer is not a good rescuer” I tell myself but it doesn’t help.

So, when call number five came through in early October, I took a deep breath, put a drop or two of ‘Emergency Mist’ on my wrist and went to the rescue scene.

The Grey Headed Flying Fox was terribly tangled in the barbed wire. Wings, legs, even her mouth showed signs of the struggle she’d been through. I was pretty sure she was pregnant.

I followed the usual routine of wrapping her in a towel, talking to her softly and giving her some glucose and water to counter dehydration. I added a few more drops of Emergency Mist to my wrist and the towel and began the intricate task of getting her off the barbed wire.

The Australia Zoo Wildlife Hospital was the next stop. Here she was examined, X-rayed and medications prescribed.

“GH flying fox, female, pregnant, 3rd trimester” read the release sheet.

“Oh booger” I thought. “Another abortion coming up.”

I named her ‘Madonna’, took her home and continued the Australian Bush Flower Essences regime, as much for myself as the little mother.

On day two in care, my notes read: “Madonna has given birth to a live male.”

Thank you, Australian Bush Flower Essences. I can’t say, *scientifically*, what role you played but you can bet your bippy I’ll be back for more.

Recently, a staff member at the Co-op disturbed a nest of wasps. She ran – and they pursued!

She made it to the house with numerous, painful stings, quickly sprayed on some Australian Bush Flower Essences ‘Emergency Mist’. Pain gone, just like that. 🍷



# GMOs in our food chain

by GARY CLARIDGE



In September the UpFront Club hosted Frances Murrell who enlightened us about Genetically Modified (GM) Food. The following is a summary of the information based on frequently asked questions.

The discussion was both enlightening and concerning and many of the reports cited make the hair on your neck stand up.

Frances hosts the website [www.madge.org.au](http://www.madge.org.au)

## What is Genetically Modified (GM) food?

GM food comes from plants that have been changed in two main ways so they can:

1. Survive being sprayed with weedkiller (herbicide tolerant). This greatly increases the use of weedkillers.
2. Kill certain insects that eat them (insect resistant) – the GM toxins produced in the plant can't be washed off.

Some GM plants can be sprayed with weedkiller AND produce toxins to kill insects.

## What crops may be GM?

- Soy, corn, canola\*, sugarbeet, cotton\*\* (we eat cottonseed oil which is often called vegetable oil), alfalfa (mainly an animal feed).

## Isn't it mandatory to label GM food?

- Australia has GM labelling laws BUT they are so weak most GM ingredients escape labelling.
- Australian Food and Grocery Council said if all GM-derived ingredients (including additives) had to be labelled most food would have a label. How many GM labels have you seen?

## Exemptions to GM food labelling

- highly refined food ie oil, sugars and starches
- processing aid or food additive, flavours at less than 1%
- GM unintentionally present at less than 1%

\* GM canola is less than 10% of Australia's crop

\*\* GM cotton is more than 90% of Australia's crop

- food sold in restaurants, takeaways, stalls and from vending machines
- eggs, milk, meat, cheese, fish, honey from animals fed GM feed

## US is starting to demand GM labelling

- States are agitating for bills requiring GM labelling but there is massive spending by the food industry to prevent this
- Wholefoods US – by 2018 all products will be labelled; causing suppliers to search for non-GM ingredients

## Can I buy GM-free food?

- Australian grown fresh fruit, vegetables and cereals are GM-free.
- Ask your supermarkets to stock GM-free food. Coles and Woolworths say their homebrands are GM-free.
- Buy from trusted shops/farmers/companies.
- Buy organic.

## Other countries

GM contamination from research has occurred in Canadian flax, US wheat, US and Chinese rice and US corn.

## How have GM foods been approved?

- The basic assumption is that GM crops are 'substantially equivalent' to non-GM crops. This assumption has been criticised by the Royal Society of Canada in an expert panel report as 'scientifically unjustifiable'.
- No regulatory agency requires long-term feeding trials. Most trials are 90 days or less. Reproductive and multi-generational feeding trials are not required.

## How are GM foods approved in Australia?

- FSANZ's (Food Standards Australia & New Zealand) says it is "...the responsibility of the companies that have developed GM foods to demonstrate the safety of that food."
- FSANZ does no independent testing of GM food.
- FSANZ requires no animal feeding trials.

- FSANZ bases approval of GM on company studies and has dismissed peer-reviewed science showing harm from genetic modification.

<http://www.madge.org.au/sites/default/files/articlefiles/FED-UP-WITH-FSANZ-OCT2012.pdf>

## Calls for labelling and monitoring

The Public Health Association of Australia (PHAA) and the Australian Medical Association (AMA) want:

- labelling of GM food and
- a monitoring system so that doctors can report if they think a patient may have had a reaction to a GM food.

The Food Movement is rising:

- Australian Food Sovereignty Alliance – People's Food Plan
- Farmers Markets
- Shop local

BUT we've been eating GM for years and we're all OK, aren't we? 🍌

Go to our website – [maplestreetco-op.com](http://maplestreetco-op.com) for literally dozens of links for this article.

DID YOU KNOW ?

Motor manufacture Henry Ford (1863-1947) was obsessed with diet. He campaigned for synthetic milk, insisting that cows were on the verge of obsolescence because they were unhygienic. He maintained that eating sugar was tantamount to committing suicide since its sharp crystals would cut a person's stomach to shreds. And he was such an advocate of soybeans that he once wore a suit and tie made from soy-based products.



## Remember your CHOCOLATE!

**R**ecent research is good news for chocolate lovers. It seems a concentrated daily dose of epicatechin made a typical 60-year-old's memory perform more like that of a 30- or 40-year-old.

Epicatechin is a flavanol found plentifully in tea, wine and some fruits and vegetables, as well as in cocoa beans. However, the flavanols in cocoa beans are routinely destroyed by the high heat used in processing cocoa beans to make chocolate, thus a 'low-heat' process was used.

In the trial, 19 subjects between the ages of 50 and 69 were given a drink that concentrated about 900 milligrams of cocoa-derived flavanols, while 18 subjects drank a beverage containing only 10 milligrams.

At the start of the trial and at three months, both groups had their brains scanned and were given a memory test.

After three months, the group that got the supercharged flavanol drink showed greatly improved performance on the test of memory, while the low-flavanol group showed no such improvement.

It's all to do with blood flow to the dentate gyrus, a part of the brain concerned with memory, amongst other things. Unfortunately, blood flow ebbs with age.

The high-octane flavanol drink notably improved blood flow to this part of the brain.

The bad news? The researchers emphasised that consuming large amounts of chocolate in an effort to take in epicatechins was not recommended and getting 900 milligrams of epicatechin from any flavanol-rich food would be impractical.

However – it certainly can't hurt to increase epicatechin rich foods and drinks in your diet:

- Green tea
- The skin of black grapes (and thus red wine) and
- Chocolate! 🍫

## SOWING AND PLANTING GUIDE FOR SUMMER

from GREEN HARVEST

### Vegetables

- Non-hearting lettuce (oak leaf, salad bowl, cos types) are more heat tolerant than crisphead types (Great Lakes). Try putting the lettuce seed in the fridge for a few days before planting.
- Snake beans, French beans (but may be affected by Bean fly)
- Beetroot (pre-soak the seeds)
- Okra, eggplant, capsicum and chillies, cherry tomatoes, all the squash family including gourds, pumpkin, rock melon, watermelon, cucumber, zucchini or angled luffa (for a mildew-resistant substitute), sweet corn (remember to plant corn in a block at least 8 plants by 8 plants, corn planted in a long narrow row usually fails to pollinate well, giving half empty cobs), heat-tolerant greens including Ceylon spinach, kang kong, Brazilian spinach, mushroom plant and Egyptian spinach.

### Shrubs and trees

- Tropical trees need a high soil temperature to germinate. Plant seed now: tamarillo, pawpaw, pigeon pea, agati, tamarind, passion fruit.

### Flowers and herbs

- Aster, basil, catnip, cleome, coriander, cosmos, dahlia, dill, garlic chives, gomphrena, lemon balm, marigolds, Mexican coriander, nasturtium, phlox, portulaca, salvia, statice, sunflower, sweet alicia, torenia

## RECIPE: ZESTY LIME AND COCONUT BITES

From 'SUPERFOOD SNACKS' (ARCARIA BIODYNAMIC FARM) – available in the Co-op.

### Ingredients

- 2 cups almond meal
- 2 cups desiccated coconut
- Dash of sea salt
- 2 teaspoons lime zest
- Juice of 4 limes
- 12 (1 ½ cups) medjool dates
- 2 teaspoons vanilla extract
- ½ cup coconut powder or milk powder of choice

### Topping:

- 1/3 cup shredded coconut
- Fine slivers of lime rind (optional)

### Method

- Mix dry ingredients and zest together. Place in food processor and add dates slowly until the mix starts to form a sticky dough. Add lime juice and vanilla. Adjust ingredients if necessary, adding more dry ingredients if too sticky.
- Form into balls and flatten slightly between palms to create a rounded disc-like shape.
- Use the end of a chopstick to press a mini crater into centre of disk. Roll in coconut and then decorate the mini crater with lime zest.
- Firm up in fridge for an hour and then keep in fridge in air-tight container.

## FREE Australian Organic Gardening Resource Guide



- Organic seeds
- Organic pest control
- Perennial rare edibles
- Hands-on practical books
- Tools & propagation

Green Harvest  
**1800 681 014**  
[www.greenharvest.com.au](http://www.greenharvest.com.au)

# Ask not what the Club can do for you...**GIVE ME POPCORN**

**T**he Club has seen some remarkable times in its 23 year history.

High times and drastic times, sad times and joyful.

One thread has woven its way through its colourful history – the value of the members and their energy.

The hospitality industry is tough and competitive. The Club hasn't always got it right – but it's survived.

It's still standing while countless others have opened and closed.

The current market is especially hard. Brutal, in fact.

The manager, staff and volunteers work hard to make the Club the special place it is.

And that's the rub – they're working hard. There's very little time for them to sit back, look at the big picture and – most importantly – implement the changes that might give the Club that 'extra dimension' that is so necessary



in today's market place.

This is where you might come in.

We would love you to volunteer a few hours a week helping back of house, dish-pigging or doing odd jobs – but you may have other skills to offer:

Marketing, right brain thinking, analysis, IT expertise (especially this!) surveys, perhaps wacky thinking.

Which is where the popcorn comes in. I have taken to talking to staff during their breaks, asking them the simple question 'How can we think outside the square with the Club and differentiate it from other venues?'

One particular staff member

mentioned the film nights the Club used to hold regularly. Sadly, I had to tell her that the film nights were a financial morass – "People would come, watch the film, have a drink and leave. There we were with two people in the kitchen and we hardly sold any meals."

The staff member nodded thoughtfully and then came up with a one word solution:

"Popcorn."

Indeed.

Perhaps you have some equally 'outside the square/circle/triangle' thoughts about the Club. Now's the time to have them heard. 🍿

## Music at the **UPFRONT CLUB**

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

### DECEMBER

- 5 GAIA LOVE ORCHESTRA (Maleny) Sound Healing Mantra Dance
- 6 FOLK, BLUES AND BEYOND – Monthly blackboard, guest act MICHAEL FIX, master guitarist
- 12 CAMERON MILFORD & MEGAN COOPER (S.E.Qld) Americana, Indie folk, support KATINI (Maleny/New York) with Sam Shepherd, guitar
- 13 RUSTY DATSUNS (Brisbane) A fresh take on modern folk with a healthy bluegrass twinge
- 18 6.30pm. Art Opening. OLIVIA POZZAN 'Reflections'
- 19 JESSE MORRIS (Byron) Acoustic blues, roots, reggae. Songs about the earth, surf, change & growth
- 20 SAM OKOTH (Kenya/Qld) Charismatic nyatiti lyre-harp, guitar and voice



Left: Michael Fix. Right: Rusty Datsuns. Below: Katini



### UPFRONT CLUB HOURS

Monday, Friday, Saturday – Music at 7pm. Gold coin entry

COFFEE: 7.30am

BREAKFAST: 7.30–11am (7 days)

LUNCH: 11.30am–2.30pm

DINNER: from 5.30pm (take-aways available)

Tuesday, Wednesday & Sunday – closed from 2.30pm

**NEW**

iPad Air 2 and  
iPad mini 3  
in stock

# 🎄🎁 We've got your 🎄🎁🎄🎁 Christmas covered at Concept

Visit our new, spacious showroom - there's more products, computers and accessories than ever before.



 Authorised Service Provider



### Braven BRV-1

Waterproof portable Bluetooth speaker, speakerphone and portable device charger

**\$139.95**  
(Normally \$149.95)



### GoPro Hero

1080p Waterproof Mountable Camera

**\$179.00**  
Most affordable GoPro ever.



### Nikon COOLPIX L29

Digital Camera  
16.1MP 5x Optical Zoom

**\$99.95**



### Apple iPods.

iPod touch, nano and shuffle.

**From \$55.00**



### Jawbone UP24 Wristband

Wireless syncing for real-time insights and actions, UP24 is always connected to your smartphone via Bluetooth®

**\$149.00**  
(UP Wristband available for \$109)

