

## (Almost) the last Co-ops standing

by SAMMY RINGER

Although the Maleny Credit Union lost its co-operative status back in 1997, there continued a general feeling that it still adhered to co-operative values and a true local focus.

With its proposed merger with Credit Unions Australia (still not official as this goes to press), the general feeling is that Maleny has lost yet another local icon that made us a co-operative centre for Australia – and the world.

Maleny has a long history of co-operative enterprise, dating back to 1903, when settlers started the first dairy co-operative in the region.

In 2001, Maleny had 17 co-operatives involved in almost all areas of community life.

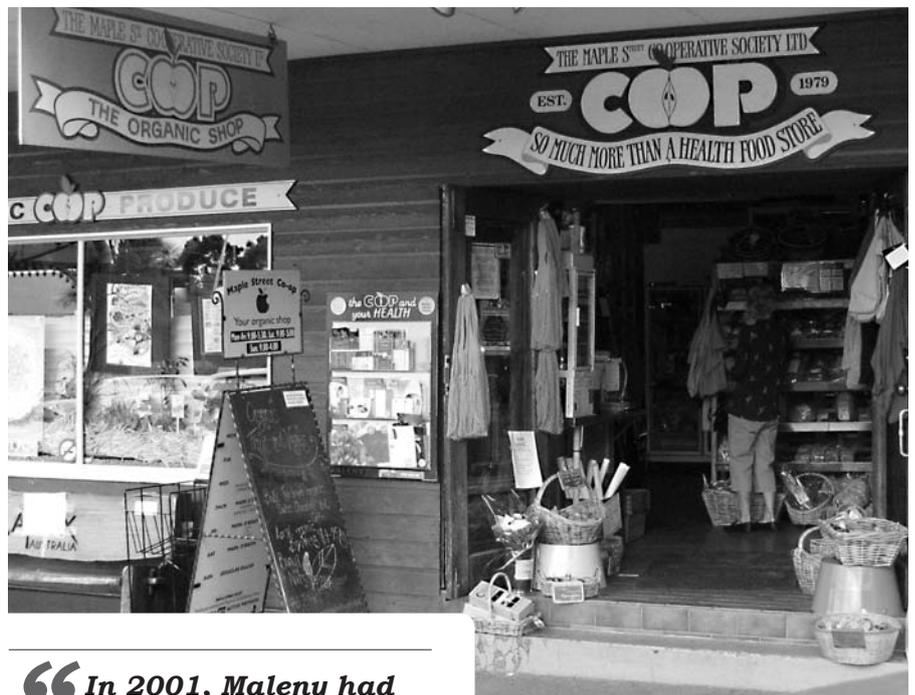
Today, Maleny is down to a handful of land based co-operatives and the Maple Street Co-op/Upfront Club.

### Gone are:

- Maleny Wastebusters
- Maleny Co-operative Credit Union
- Booroobin Bush Magic
- Black Possum Publishing Co-op
- Local Economic and Enterprise Development Co-operative
- Hinterland Community Radio, a co-operative radio station
- Mountain Fare
- Waroo Arts Co-op
- Booroobin Community Learning Co-op

### Still standing:

- Manduka Settlement Co-operative (Frog's Hollow)
- The Prout Community Settlement Co-operative (Ananda Marga)
- Crystal Waters
- Cedarton Foresters
- Maple Street Co-op and UpFront Club



**“In 2001, Maleny had 17 co-operatives involved in almost all areas of community life. Today, Maleny is down to a handful of land-based co-operatives and the Maple St Co-op/Upfront Club”**

Note: There are a number of groups who have been formed on co-operative (member-run) principles but are not technically co-ops, ie Barung Landcare, Maleny Community Gym, the Maleny Community Centre, Hinterland Business Centre, the Film Society and several housing associations.

They say that co-operatives, like any business, must arise out of a need. However, no-one claims that co-operatives are lost because the need is gone. Indeed, looking at the environmental and financial state of the world today, one could venture to say that the need is greater than ever before.

Perhaps the decline in co-operatives is simply a transitional phase in which new, strong co-operatives will arise to meet the demands of a changing world.

Let us hope so. 🍏

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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.*

## Co-op opening hours

### Monday to Thursday:

9.00 am to 5.30 pm

### Friday:

9.00 am to 6.00 pm

### Saturday:

9.00 am to 5.00 pm

### Sundays & public holidays

9.00 am to 4.00 pm



FROM THE MANAGER

# Tapping into spring water

Maple Street Co-operative and the Upfront Club endeavour to reduce their environmental impact. We do this through our product choices, recycling, composting, minimising waste, reducing water and energy consumption, using local produce and suppliers, not purchasing plastic bags, re-using cardboard boxes and now reducing plastic water bottles by offering a refill station of local natural spring water.

Plastic debris causes the deaths of more than a million seabirds yearly as well as a million marine mammals. Plastic makes up to 60-80% of all

garbage floating in the oceans and drink bottles are a large percentage of this environmental disaster.

We are also concerned about the chemicals present in tap water. The refill station allows customers to fill containers of any size with the purest chemical-free water, for just 60c a litre. We have kept costs to a minimum for the benefit of our members.

I take this opportunity to wish our members and customers all the best for 2011, and remind you that your feedback and ideas are always welcome.

Happy New Year...

Yours in cooperation  
– Karen



FROM THE EDITOR

# A work in progress

Over the last year, the Co-op newsletter has undergone a change in frequency (being 'rested' for 6 months), a change in editor, a change in content focus and now – finally! – a change in 'look and feel'.

The Co-op has been blessed with the appearance of Wendy Oakley – a lady who makes her living out of layout, design and desktop publishing. This issue shows what a professional can do to improve the readability of a publication. I thank her for her wonderful efforts – and her fee, which is zero.

With this issue, you'll also notice a greater focus on Co-op products. This makes sense – they're what makes the newsletter possible.

There has been some lively discussion about the format of the newsletter. Hard copy plus on-line? On-line only? Photocopy a handful as needed? More pages? Fewer pages? You can send your thoughts directly to me.

Enjoy this latest issue of the evolving Co-op newsletter.

## Little Green Apples

Small can be beautiful – many people making small steps to help the environment can make a big impact.

So, the Co-op is having a competition – *Little Green Apples*.

You send us your personal 'act of green' – it may be planting natives or washing your clothes in cold water – or you can get all creative and come up with an unexpected act of green.

You will be awarded a number of 'little green apples' for your idea (even more if you can show you've put the idea into practice).

Enter more than once, encourage your whole family to enter.

In mid-May, the three people with the greatest number of little green apples will be tallied and the winners announced in the Winter issue of the newsletter.

Drop your entry into the box provided at the Co-op. Prizes will include vouchers and products from the Co-op.

## Pick of the products

Check this out on the back page!

– Sammy

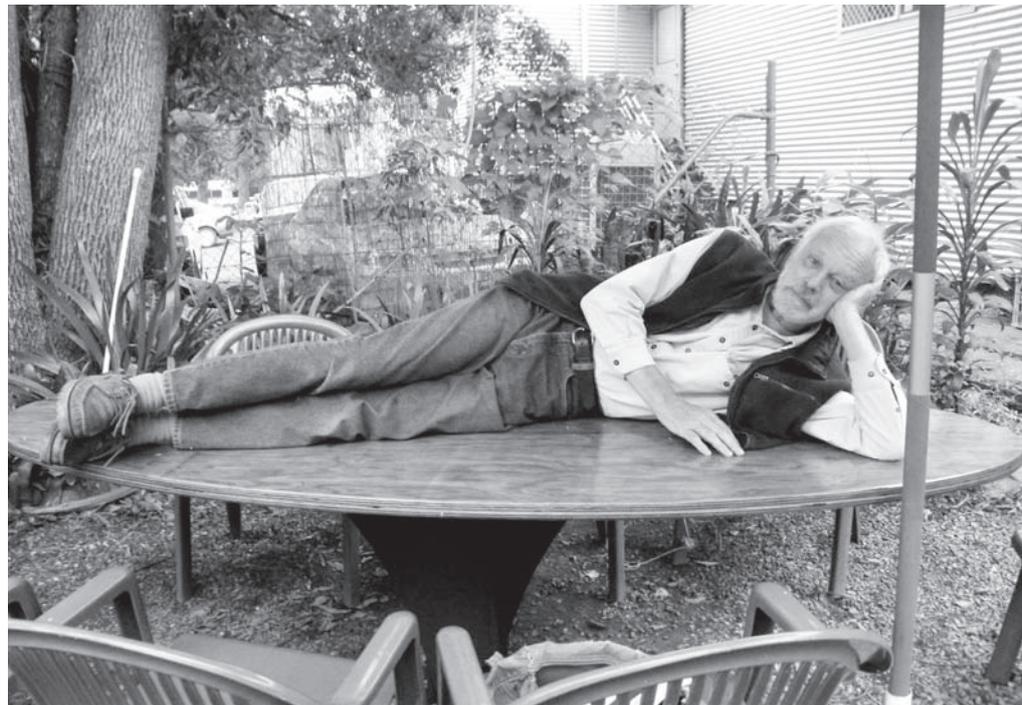


## A THING OF BEAUTY...

I get a kick out of clever design, and Tony Woodhouse's new table out the back of the Upfront Club is both attractive and very clever.

Take a sheet of heavy ply, cut out the oval shape of the table top itself and then use the off-cuts to surround and hide the gal post the table's mounted on. No waste. Very practical – and very attractive.

– Sammy



## Raffle winner

Ursula Ralph was the lucky winner of the 'Raise funds for the Cleo Milk fine' raffle basket (\$280 worth of product). She and her husband have been great supporters of the Co-op, bringing in fresh produce in season. They also donated the magnificent 'bat plant' (*Tacca integrifolia*) for the second raffle.

*Ursula Ralph with her winning basket and (inset) the bat plant*



## When in Rome...

*Member Jocelyn Brooker – just goes to show how far our advertising travels!*

## SCOOTERED!

The Maleny community have raised money to present the 'Club Icon', Harry Whitehouse, with a new red mobility scooter. Harry has contributed greatly to the Maleny community over the years and is a regular patron of the Upfront Club.

Harry's old scooter was on its last legs. Many people donated towards this gift, either in the donation boxes at the Upfront Club and the Co-op or by direct deposit.

Although the scooter has already been purchased due to the increasingly unpredictable nature of Harry's old one, final donations are needed to complete the fundraiser.



*Robyn presents the keys to Harry*

Please contact Robyn Ramsay on 5435 2090 if you would still like to contribute.

The keys were presented to Harry outside the Upfront Club on Monday 17 January.



## A curious interview

by SAMMY RINGER

Getting a straight interview with Alex Bouchet\* of the UpFront Club is *not* easy.

In fact, it was a little like verbal ping-pong – but he had a paddle and I had a piece of limp spaghetti to lob the ball back.

What can I say? He talks fast. Maserati fast. Much faster than I can write. He's bright verging on obnoxious but manages to charm you nonetheless. He's either older than he looks or acts younger than he is, I can't say.

From my notes, I *can* say the following: Alex is Taurus with atheist rising.

When asked why he works for the Club he brushed it off with a "I'm a sociable person."

His ambition is to be a breakfast announcer and to be *7 on the Nielson scale* within 2 years (look it up...) and knocking off Alan Jones within 5.

His angle on-air would be 'humorous and controversial' (I can believe that...)

He likes – testing the temperature of the coffee he makes.

He dislikes – people who make 'mug'

jokes (as in "Will you have that in a cup or mug?" – 'You're the mug!')

Now, I'm certain that my notes say "*What is the highlight of your day?*" and his answer is – "Making jokes people don't understand." But I could be wrong.

Having run out of work-related questions, I asked him – "What would we find if we looked under your bed?" Unfortunately, I can't print the answer I got from Alex – this is a family-friendly newsletter.

As I was enjoying a coffee he had made, I asked him about the little pictures he made in the cr me, "This one seems to be a possum..." I ventured.

"It's a broken heart. They're all broken hearts." He replied, stone-faced.

Undaunted, I asked him if he was a 'barista'. This produced an unusual diffidence from the word-machine.

"Barista in training – B.I.T." he replied.

Strangely, in the way these things happen, the closure to this profile occurred well after the interview.

It was Christmas. I was doing a 10am–



1pm vollie shift washing dishes. The place was *pumping*.

Every table full and tourists lined up on the street.

Alex was manning the coffee machine. The little white order docketts seemed a kilometre long. At around noon, I took a break. Alex didn't.

He made coffee. Each one lovingly given a 'broken heart' in the cr me.

When I left at 1 o'clock he was still there, pushing out the coffee, smart-arsing with the staff, thinking no doubt of those Nielsen ratings but giving his all for the Club.

\* *Pronounced 'Bucket', I believe.*

### CHRISTMAS VOLLIES

Karen, Sharon and the team of the Up-Front Club would like to thank all the vollies who have worked tirelessly in the Club over the festive season.

We appreciate you all... Ella Linwood, Kim Hinckfuss, Kathy Earsman, Nivannii (don't know the last name, but she'll know who she is!), Jenny Fitzgibbon, Franklin Bruinstroop, Cherie Conrad.

Some did more than one shift – and they can't wait for the next holiday call-up. We worked very hard, but we still had a lot of fun...

A big thank you to Anne Jupp for organising everyone – many of the vollies were paid in Bunyas. Maleny LETS is such a benefit to our co-operatives .

### Vollie corner – Paul

Why does Paul Russell volunteer at Maple Street Co-operative?

We asked him...

"I once heard a person described as someone who put more into the community pot than they took out. It struck me as something to aspire to – volunteering at our Co-op ensures that I am a little less in debt!"

Paul has lived in Maleny for 12 years with partner Clare, a yoga practitioner.

Paul says "I find staff at the Co-op have respect for each other; there is a joyfulness and positive attitude and it's a really lovely place to work".



He is currently raising funds for OCF, the *Oncology Children's Fund* – a group researching treatments for cancer (and one that has had a number of significant breakthroughs).



## Farewell to Raina

Raina Donovan has been a familiar face at the Club for over 4 years. As night supervisor, she's overseen often boisterous and hectic evenings with superb aplomb.

Quietly cheerful, seemingly unflappable, her subdued demeanour hides a wicked sense of humour – and an artistic side that has blossomed and grown.

Her striking mural in the courtyard and her recent exhibition reflect a talent that will take her far.

Ironically, it's this creative streak that is taking her from us. Come March, Raina heads to Sydney and the Australian Catholic University to undertake an Arts degree.

Manager Karen Syrmis is particularly proud of Raina, "When I started the job, there was no staff artwork so I created the 'staff art wall'. I'm also proud to say we're the only restaurant in Maleny with Indigenous art. Raina and her family have made this a fantastic success."

Monday nights won't be the same without her – but we wish her all the best in her move to the big smoke.

# Positions vacant...

In 2010 members and the boards of directors of the Co-op and the Club developed an Action Plan. A copy is available from the Co-op website:

[www.maplestreetco-op.com](http://www.maplestreetco-op.com)

Volunteers are required to progress the following items identified for "Member Group" on the Action Plan:

- Agreed principles for supplier selection
- Supplier Guidelines Kit
- Members-only events, eg picnics, walks, dances, bus trips
- Seasonality, source and ethics of ingredients articulated on menus
- Process for continuous improvement in member, staff and board communication
- All Welcome sign and garden sign for Club
- Strategy to raise awareness of co-operation for young people
- Signage design for front of buildings
- Mechanisms for acknowledging staff and member effort
- Review of membership benefits and recommendations
- Agreed membership responsibilities
- Garden design and plan
- Identification of issues in common with other community groups
- Identification of issues in common with neighbours
- Process for establishing and maintaining Future Fund
- Bike rack

If you can help, please contact our volunteers co-ordinator, Ann Jupp, by phoning 5494 2619 or email: [annjupp@westnet.com.au](mailto:annjupp@westnet.com.au)

These are *your* co-ops – we need you to get involved. With a little time from a lot of members we can achieve all our goals.

## About your membership

by JILL CUTTING,  
Maple Street Co-op Secretary

Did you know that every year inactive memberships have to be cancelled under the *Co-operatives Act 1997*? So if you don't renew your membership by paying the annual subscription fee

and you don't spend \$20 at the Co-op (using your membership tag) then your membership can be cancelled and your share forfeited because you will be deemed to be inactive.

Did you know you can redeem your share? If you are planning to leave Maleny you can redeem your share by requesting this in writing and providing your bank account details. We will direct-deposit the share value of \$25 into your account. Alternatively you can request the share value be donated to the Co-op.

If you are going away for a year or more but plan to return to Maleny and want to retain your share and your membership, simply write to the Board of Directors explaining your plans and requesting your membership be put into hibernation. When you return, write again requesting your membership be reactivated.

Board of Directors, Maple Street Co-op,  
37 Maple St, Maleny Qld 4552;  
[secretary@maplestreetco-op.com](mailto:secretary@maplestreetco-op.com)



# Squid GOOD, salmon BAD...

EATING SEAFOOD WITHOUT DESTROYING OUR MARINE LIFE

by DR BARRY TRAILL and ROBYN HARPER, Pew Environment Group – Australia (and Maple St. Co-op members)

There is more and more recognition these days that eating seafood has consequences for the environment. The ocean is vast, but growing human populations and industrial fishing techniques are now stripping our oceans. More and more fisheries are collapsing under the pressure of more ocean-going boats with bigger nets and longer lines. This particularly shows up in the pressure on bigger fish. Incredibly, only 10% of the original populations of big fish remain (sharks, tuna, swordfish, etc).

One of the solutions occasionally put forward is to eat farmed fish. On the surface this sounds sensible. Instead of damaging marine ecosystems by eating wild animals, we eat fish raised specifically for human food.

Unfortunately, there's a simple problem with this approach. Take salmon, one of the most popular farmed fish, with production rocketing in Australia and around the world in recent years. Like most fish, salmon don't eat plants, they eat other fish. To grow a kilogram of salmon, you need around 10 kilograms of fish feed – which comes from wild

fish. So every time you eat a piece of salmon, you are eating the equivalent of **10** wild fish the same size. This isn't good for our marine life.

As well as the problem of food, salmon farms are likely to cause pollution in the seas or streams around the fish-pens from the extreme concentrations of salmon excrement. Some salmon farms are better than others, but dealing with the waste is a problem, just as it is for the similar factory farms of chickens and pigs on land. Lastly, for Australia, there's a very fundamental issue. The farmed salmon species aren't native to Australia. Some inevitably escape from the pens into the surrounding environment, with unknown consequences for our native fish.

It has far less environmental impact to eat most types of wild-caught fish than to eat salmon. This is the situation for most 'farmed' seafood. However, if the seafood species being farmed are plant eaters or filter feeders, (like oysters, mussels and a few fish species), then the impacts can be small, because wild fish aren't being caught to feed farmed fish and there's less or no pollution.

## What is more sustainable seafood?

If you want to keep seafood in your diet, how do you know what is sustainable and what is not? Here are a few simple rules to help you. At the bottom of the article is a website and how you can get a beautiful new booklet which lists what's more sustainable in seafood, and what's not.

### More sustainable

- Farmed shellfish (eg. oysters, mussels)
- Line- or trap-caught fish and crabs from coastal areas (eg. mud crab)
- Fish from productive coastal ecosystems which are more resilient to fishing (eg. bream, squid)
- Fish at the bottom of the food chain (eg. think sardines, not tuna)

### Not sustainable

- Farmed fish which rely on wild-caught fish for food (eg farmed salmon)
- Sea-food caught by bottom-trawling or other industrial fishing techniques which destroy sea floor habitats or have big by-catches of non-target sea life (eg. most wild-caught prawns)
- Big fish at the top of the food chain (sharks, tuna, swordfish)

## Co-op fish

At the Co-op currently are two brands of salmon – 'Classic' smoked farmed salmon from Tassie and 'Fish 4 ever' tinned wild-caught salmon from Alaska (see page 8). Despite its 'eco' labeling and curbing the pollution issue by using inland ponds, we wouldn't recommend the Classic brand or in fact any Tasmanian salmon. For the other reasons noted above, even when done as sensitively as possible, farmed salmon in Australia is just too environmentally damaging. A better environmental buy is the wild-caught Alaskan salmon. It has racked up a few food miles getting to Maple St but is taken from fisheries that are regarded as sustainably run.



**“It’s generally agreed that over-fishing is the single biggest threat to our oceans. An alarming 80% of the world’s fisheries are over-fished or fished to their limit. Global catches peaked in the late 1980s and have been in precipitous decline ever since”**

– Tim Winton, Australian author, lover of the sea and patron of the Australian Marine Conservation Society

### Sustainable Seafood Guide

The Australian Marine Conservation Society has produced a pocket guide to Australian seafood. It lets consumers know what’s more sustainable in Australian seafood, what’s not, and why. It’s easy to slip into the shopping bag to help you buy ethically. Go to [www.amcs.org.au](http://www.amcs.org.au) or phone 07 3393 5911. It is available for sale at the Co-op.

### Fish film

Keep your eyes open for information about the upcoming Maleny screening of a fabulous film by Rupert Murray, called *The End of the Line*. It gives a vivid portrayal of the global consequences of over-fishing if we do not stop, think and act. The full-length film and two shorter educational versions are available on DVD by contacting Tiphaneé Athans of Ovation Media, email: [tathans@ovationmedia.com.au](mailto:tathans@ovationmedia.com.au) or phone: 02 8879 7003. (The Club will be holding a Thursday night film evening for this doco).

### Other ways you can help Australia’s sea-life

You can help the establishment of Australian marine sanctuaries where all marine life is protected. In the coming year the Federal Government will consider whether to put in place big marine sanctuaries around Australia. The excellent Save our Marine Life coalition gives updates on the current campaign and gives some simple ways you can help: [www.saveourmarinelife.org.au](http://www.saveourmarinelife.org.au) 🍏

## Five tips to improve your work/life balance

by ALLISON BRIGHT

**D**o you feel stressed and overwhelmed while juggling business, family and personal wellbeing? Creating work/life balance is the art of managing your tasks and resources to create the kind of lifestyle you desire, resulting in greater work satisfaction, loving relationships and increased health and vitality.

Here are five simple and effective ways to improve your work/life balance.

### Prioritise

Clearly define your values and what is important. Don’t waste time and energy on tasks and events that aren’t aligned with your priorities. This results in feeling fulfilled and content because you are acting in congruence with what you consider vital.

### Set goals

Once you know where to spend your time and energy it’s important to write daily weekly, monthly and yearly goals. Without goals we are a ship without a course swept by the wind and tide. Statistically goals are more likely to be achieved if written down, with an action plan and shared with a friend.

### Manage time

Realistically plan how you will spend your time. Many people often struggle with time management because they over-commit or don’t plan their day. This can lead to inefficiency, stress and overwhelm which then affects health and relationships.

### Self-care

Put yourself first. Not caring for ourselves often leads to feelings of resentment, health issues and burnout. Looking after your physical and emotional wellbeing is essential to working effectively, being emotionally present with family and feeling good about yourself and your life.

### Set boundaries

Set guidelines for yourself and people around you as to what will be accepted and what won’t. When working



from home or with others it can be a challenge to avoid unnecessary interruptions and distractions. Enforcing guidelines may require respectfully saying “No. I am not available right now – can we make another time?”

### Manage beliefs

Become aware of your beliefs. Beliefs are only a thought that you have taken on to be true to some degree. They can be changed. You may have beliefs like: I don’t deserve time out. The harder I work the more I earn. I have to work hard to be a worthy person. Life wasn’t meant to be easy. These beliefs limit your ability to create personal satisfaction and the lifestyle you desire.

Practice these tips and experience the feelings of peace, pleasure and purpose.

Improve your work/life balance because you are worth it! 🍏

**Allison Bright from Bright Life Coaching specialises in Work/Life Balance solutions. She enlightens and empowers her clients towards valuable insights and practical answers to their everyday work/life balance challenges.**

**For more information, Allison can be contacted on 0415 422 949, [allison@brightlifecoaching.com.au](mailto:allison@brightlifecoaching.com.au), [www.brightlifecoaching.com.au](http://www.brightlifecoaching.com.au)**

## Using – and reusing – plastic

It's there in almost every aspect of our lives – in our fridge, phone, fans and even our footwear.

Plastic's not a new material – its precursor, polystyrene, was discovered back in 1839. However, it wasn't until 1933 that plastics would revolutionise the world, with the invention of polyethylene. Most of what we think of when we think of plastics comes from polyethylene – milk jugs, grocery and dry-cleaning bags, and plastic food storage containers and, of course, plastic bottles.

And most of the objects made from it are 'use once and throw away'.

Enter the 'Refill Station', a simple little idea that could drastically reduce the number of plastic bottles 'used and tossed'.

Simply bring in your clean plastic bottle, refill it at the station (at 60 cents a litre, it's a bargain) and gain yourself some 'Little Green Apples' as well! (see page 2)

Another plus is the water itself. Mt Beerwah Spring Water has no added chemicals, is collected directly from Mt Beerwah's springs, is rich in calcium, bicarbonate, magnesium and potassium and is the lowest carbon miles spring water you'll find.

With the introduction of their Refill Station, the firm has refilled over 700,000 PET bottles – laid end to end, these would stretch from Beerwah to the Gold Coast! The firm don't give stats on the greenhouse gases saved nor the landfill not filled, but it's considerable.

To the Manager's comment on page 2, I'll just add this frightening stat – **five billion** everlasting Styrofoam cups are tossed away by Americans every year.



## Four Cow Farm baby creams and balms

Here's a local family business that's put their passion for purity into products for the little ones.

Their skincare products are made with nourishing and organic ingredients, no artificial colours or additives and no palm or coconut oil or their derivatives.

Their essential oils have no unnecessary fragrances and they use premium food-grade preservatives.

The products are made with 100% green energy and packaging is 100% recyclable.

They believe that 'every ingredient matters' and their products reflect this.

One can only wonder – are they *really* just for babies?



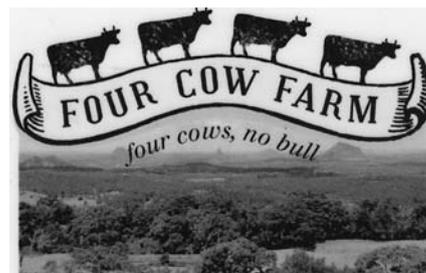
### LOVING YOUR FISH WITHOUT FEELING BAD

The Co-op carries a selection of the extensive Fish 4 Ever range.

Fish 4 Ever produces everything from tuna to kippers, mackerel, sardines, herrings, skipjack and salmon, in a range of flavours and oils.

Their website [www.fish-4-ever.com](http://www.fish-4-ever.com) has a handy little device that lets you select your fish of choice and be taken to a page that describes where and how it is caught.

70% of their products are MSC- (Marine Stewardship Council) certified. Those fish that are not yet certified are all caught following a strict code of sustainability, ethicality and concern for the environment.



**Baby wash** – 100% cold-pressed extra virgin olive oil with Echinacea extract.

**Baby lotion** – Sweet almond and apricot kernel oil with rosemary leaf extract.

**Baby oil** – cold-pressed almond, apricot and macadamia oils with organic Roman chamomile.

**Nappy cream** – sunflower and castor seed oil with lecithin and protective zinc oxide.

**Calendula remedy** – calendula-infused olive oil and organic chamomile.

**Nappy balm** – beeswax, macadamia and castor oils with anti-bacterial tea tree essential oil.



Some **essential tips on using oils** to discourage bitey, crawly things:

**ANTS:** peppermint, spearmint

**APHIDS:** cedarwood, hyssop, peppermint, spearmint

**BEEETLES:** peppermint, thyme

**CATERPILLARS:** spearmint, peppermint

**FLEAS:** peppermint, lemongrass, spearmint, lavender

**FLIES:** lavender, peppermint, rosemary, sage

**LICE:** cedarwood, peppermint, spearmint

**MOSQUITOES:** lavender, lemongrass

**MOTHS:** cedarwood, hyssop, lavender, peppermint, spearmint

**SLUGS:** cedarwood, hyssop, pine

**SNAILS:** cedarwood, pine, patchouli

**SPIDERS:** peppermint, spearmint

**TICKS:** lavender, lemongrass, sage, thyme

# Our Fair Trade journey

by JENNY (& NOEL) LAW

Late last year when I found myself unemployed for the first time in my life I had time to really think about what I wanted to do next. I needed a break and I took it.

I had a lifetime of work skills up my sleeve, and having worked and volunteered in ethically-based businesses most of my working life I knew my next venture would also have to be ethically based.

I'm not really sure how the idea of a Fair Trade business came to me but it did come in the night as a thought process rather than a dream. A whole new world has been opened up for me.

When I started my research I was amazed to find a thriving network of Fair Trade organisations, retailers and suppliers throughout the world BUT still very little in Australia by comparison. So began the journey that has become a passion for me and my husband Noel and the birth of our little Fair Trade business.

We sell gifts for the conscious shopper. Our range of exquisite handcrafted products is sourced from Fair Trade producer co-operatives and artisan groups from around the globe.

So what does the term Fair Trade mean? Purchasing Fair Trade craft gives us the opportunity to buy ethically-produced handmade items without the exploitation of the producers. It is giving economic justice to producers in the developing world. Simply it gives producers a fair deal.

From modest beginnings in the 1950s, Fair Trade has now expanded into a worldwide movement. It is helping disadvantaged and marginalised people work their way out of poverty.

- Fair Trade ensures that the producers receive a fair wage.
- Fair Trade supports the disadvantaged and the most vulnerable producers in the developing world.
- Fair Trade cares for the individual and the environment.
- Fair Trade ensures there is no utilisation of child labour.

- Fair Trade strengthens producers' capacity to market their products with international market access.
- Fair Trade is transparent with producers and customers.

We particularly support suppliers who support those most marginalised in their society and those working hard to retain traditional handicraft skills too often lost in an increasingly industrialised world.

We have met some amazing people involved with the Fair Trade movement over the past year. The most inspiring being the delightful young people we meet at Fair Trade market days in Brisbane. We have found them to be really switched on regarding unjust trading practices in the world and they are energetic and passionate about making a difference. They have been our inspiration.



**“Everyone can exert the power of choice in all aspects of their life, your choice does matter. By choosing Fair Trade you will know that your purchase has had a direct impact on the life and prosperity of the producer”**

We now have a website – [www.fairtradeconnections.com.au](http://www.fairtradeconnections.com.au) – and are at the Maleny Markets every Sunday. We also attend markets and Fair Trade days in Brisbane regularly.

We are very excited about the success of our fledgling business – it has been more successful than we ever hoped and we have lots of new ideas and directions to follow during the coming year. 🍎

## FAIR TRADE CONNECTIONS

*Unique, handmade Fair Trade items*

- ~ leather work ~ silk scarves ~ early childhood
- ~ handmade paper and cards

*Gifts that mean much more*

We are at the Maleny Sunday Markets  
Contact Jenny and Noel Law  
[www.fairtradeconnections.com.au](http://www.fairtradeconnections.com.au)



# GasLand

A review of the movie *GasLand* presented at the Maleny Community Centre on Sunday 30 January, followed by Q & A with Drew Hutton

by FRANKLIN BRUINSTROOP

I was delighted to have been part of the team that brought *GasLand* to Maleny. My involvement started two and a half years ago when I got a call from a farmer in Tara, worried about what was happening to the land around him due to gas companies. I passed his information on to 6 Degrees ([www.sixdegrees.org.au](http://www.sixdegrees.org.au)), and this was part of a groundswell that has led to the 'Lock the Gate' campaign ([lockthegate.org.au](http://lockthegate.org.au)).

*GasLand* is also part of that groundswell.

For those who care about the future of life on the planet, it's a MUST SEE film. It's not highly professional in its camera work, but is well crafted. It follows one person's journey – from receiving an offer to lease his family property to drill for natural gas to the halls of Congress – as a subcommittee discusses the impacts of gas companies using Haliburton technologies of hydraulic fracturing (fracking) to release hard-to-get gas by pumping toxic chemicals into the earth.

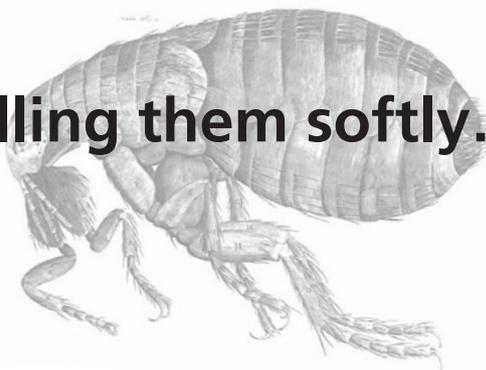
The film takes you from Josh Fox's home, to local drilling impacts, to the drilling going on in 34 states in the US – some beautiful, some devastated. You meet wonderful, caring people whose health, wellbeing and livelihoods have been devastated and you see dysfunctional relations between people and their government.

All the while, you see glimmers of hope; people wanting their stories to be heard, whistleblowers, activists ... and here in Australia you see people inspired to bring about change, both through showing the film, and through stopping the mining companies from getting on to their land to explore for gases. (See [gasland.com.au](http://gasland.com.au) and [westerndowns.group-action.com/](http://westerndowns.group-action.com/) as well as visit the Lock the Gate Facebook page).

At the screening here, Drew Hutton answered questions about how things in Australia were similar and/or different

## Fleas – killing them softly...

by JENNY FITZGIBBON



Fleas are a well-designed little creature but may not be your desired house guest. However, look up eradication on the internet and ALL you get is the chemical answer. I am attractive and allergic to all kinds of biteys but determined to not to resort to chemicals.

A many-pronged attack is needed:

**Vacuuming.** Invaluable tool. The action of the brush on the floor 'wakes' them out of their cocoon where they hang out for 1 to 250 days. They can be aroused and biting you in 7 seconds! Luckily our little sucker had a bag they couldn't get out of so I stuck a square of Sellotape over the hole that the hose clicks into each time I turn it off. When I turn it on again I pull up the edges of the 'tape-window' and let it get sucked into the bag, fleas and all, and then reattach the hose. This saves me a zillion vacuum cleaner bags and there is a fun add-on activity: lift the edges of the Sellotape a smidge, blow into the bag, close it quickly and watch all the fleas THROW themselves at the window to get at the CO<sub>2</sub> source! And get stuck! Well, we have no TV...

**Starvation.** Having no dog, I am the fleas' dinner of choice. If a new-hatched flea doesn't get a blood-meal in 2 weeks it dies. A flea that has had a blood meal must get its next one in 4 days or it dies. So I wore shorts all the time, so they couldn't jump on my clothes, and covered my shins and knees in a healthy mixture of a few drops of pure eucalyptus oil per teaspoon of olive oil. This really helped heal the inevitable few bites and scars I already had and the eucalyptus, if it doesn't kill them, certainly puts them off their food.

**Collection.** I had a roll of good masking tape handy and when I saw or felt one jump on me I pressed a piece of tape on it, and lifted it off with the tape, which I folded over the insect while I had it at a disadvantage. I have Buddhist tendencies but my, that was satisfying.

**Floor washing.** A few drops of eucalyptus oil in the floor-wash water kills them where it touches eggs or larvae (fleas have a four-stage life cycle – know thine enemy!).

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**“I am attractive and allergic to all kinds of biteys but determined to not to resort to chemicals. A many-pronged attack is needed”**

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**Drowning.** I couldn't believe what I was reading. The Internet – oh font of debatable wisdom – said to put pie-dishes with detergent-laced water on the floor of rooms where fleas tended to lurk. Yeah, right! The story went that the fleas would kamikaze into the water and drown. Not only is it TRUE and WORKS but a friend told me that they jump gleefully and abundantly in if you blow down onto the top of the water. They do like a bit of CO<sub>2</sub> them fleas. She mustn't have had a telly either. Her face just lit up with the pure entertainment of it all.

**Borrow a poisonous dog.** Yes, one of the tricks I thought of but didn't get to try. Get a dog poisoned by its owners with Frontline, or some other systemic flea killer. They bite the dog and none of their eggs are viable. You might need to put up with the dog for a while. If you have outside areas infested with fleas this may be your only option.

**Good luck!** 🐾

from the film (his view – much worse because of water impacts, especially in the Great Artesian Basin). He also let us know that 'Lock the Gate' was hosting a festival at Tara early in May where the people, the water, the air, the animals, the food, the life of Coal Seam Gas communities would be shown and explained, and people could be part of stopping similar impacts here. 🍏

## WHAT IS 'FRACKING'?

**Hydraulic fracturing or fracking** is a means of natural gas extraction employed in deep natural gas well drilling.

A well is drilled and then millions of gallons of water, sand and proprietary chemicals are injected under high pressure. The pressure fractures the shale and props open fissures that enable natural gas to flow more freely out of the well.

Horizontal fracking uses a mixture of 596 chemicals (including benzene, toluene, ethylbenzene and xylene) and millions of gallons of water per frack.

**And is it happening here in Australia? – YES!**

**• LOCK THE GATE –  
Tara 2011 National Action,  
29 April – 4 May**

Massive coal seam gas projects in the Darling Downs have received government approvals, but not community approval. Rural landholders are holding them off at their front gates, and now is the time to show them that they have your support.

**When:**

Fri 29 April – Tues 4 May 2011

**Where:** Tara Showgrounds  
(300km west of Brisbane)

**What:** 4 days of workshops, forums, displays, entertainment and direct action

**How to register** your interest or for more details:

Email: tara2011@lockthegate.org.au or phone 07 4669 4864

# Farmers, floods and swimming cows

by HELEN WALKER\*

Over December and January this year, my work as an RN at Biloela Hospital saw an influx of Theodore retirement village residents and nursing staff due to floods in that town.

I remember the stunned look on the face of a young nurse who had worked the day of the floods and helped in the patient evacuation via chopper. She was then airlifted to Biloela to try to sleep in the nurse's quarters before doing a night shift. The informal de-briefing with her colleagues helped in coping with the devastation she had just left. All she took on the chopper was a small cabin bag, and hoped that her belongings, placed high in the Theodore quarters, would be okay on her eventual return. The Biloela director of nursing kindly supplied all meals during their many week's stay.

I gave nursing care to a farmer from Taroom, 100km south of Theodore. He related his story – he had sent some of his cattle to higher ground before the Dawson flooded and had only about 300 head swept away in the swollen waters. Cattle can swim quite strongly for three miles he said, but if they didn't find high ground within that distance they would drown. If they did survive and he or any neighbours found them, he still couldn't contain them for the ground was too sodden to get machinery in to secure broken fences. Also, if the paddocks were under water for over 3 to 5 days, the ground would be 'dead' – some grasses would regenerate after some time but buffalo grass would take a year before it could be grazed again.

Up until the floods this was a grain and cotton area, and hopefully will

continue to be so. Now there is dead grass around town and on so many paddocks. The only greening is the weeds. There's a quiet mood around town. The property owners come in for any medical treatment, and to buy supplies. Even the children are always well dressed with Akubras and long sleeves and trousers.

The other noticeable addition to the workforce is the number of orange-shirted tradesmen. Even the local haberdashery sells their uniforms! They are occupying the self-contained cabins and frequent the hotel and takeaway cafe.

The hotel Theodore has a story you may be interested in – it is the only co-operative hotel in Queensland. In the '20s it was known as the Accommodation House and had no liquor licence, but sly grog appeared (mysteriously!) from the nearby Banana Pub. Eventually the hotel obtained a liquor licence. In 1949 a co-operative association was formed to coincide with the State Licensing Laws and the Hotel Theodore Co-operative was formed with a chairman and 6 directors as the first shareholders. Each shareholder contributed 2 shillings and sixpence for one share. Shareholders do not receive any dividends. To enable the association to function as a co-operative, a special act of Parliament was passed known as the *Theodore Co-operative Association Enabling Act*.

Over the years it has donated large amounts of money to different bodies operating in the Theodore district.

I hope you find this insight into life in the bush interesting. 🍏

(\*Helen is a Maleny based RN with long experience in working in remote and distaster-struck regions)



## BLACKALL RANGE GROWERS MARKET

Every third Saturday of the month

DATES FOR AUTUMN 2011

19 March, 16 April, 21 May

7.30am–12 noon

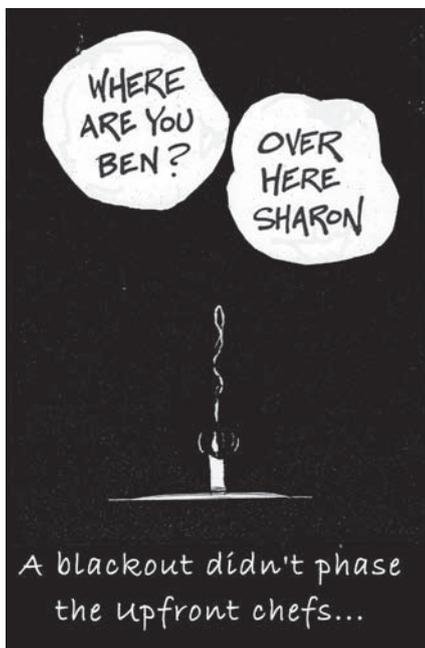
Old Witta School  
316 Witta Road, WITTA

**NEW STALLS WELCOME.**

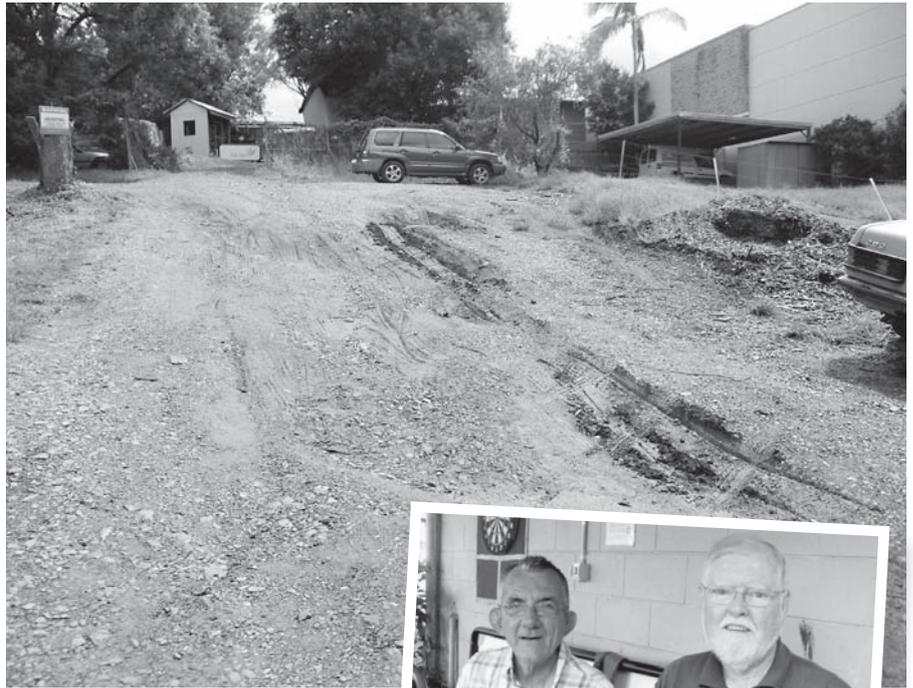
Enquiries: Pat, 5499 9924

***What makes cooperatives vulnerable is the drifting of intent from adding value to a commodity to adding value to money.***

– Bill Patrie, *Creating Co-op Fever*



Cartoon by Douglas



## Driven by GENEROSITY

Who has *not* noticed the sorry (if not dangerous) state of the driveways behind the Club and Co-op?

They've never been good – but the recent wet weather has added to their deterioration.

Brian Day and Ian McDonald have done more than just complain about the state of the drives – they've donated \$2500 towards repair and drainage.

Over the years these two have done much for the Club and Co-op – now their deep sense of community spirit

has taken words to action with this generous gift.

Perhaps we should name the driveways? Ian's Way (Out) has been suggested for one...

*Pictured above: The works will already be underway by the time this issue hits the streets – so here's a reminder of what the driveways used to be.*

*(inset) Brian Day and Ian McDonald*



## WILDLIFE VOLUNTEERS

***Everyday people caring for our wildlife, every day.***

If you find a sick, injured or orphaned animal, call the **WILVO 24 hour hotline:**

**5441 6200**

If you'd like to know more about the WILVOs and how you can be involved, call 5441 6200.



## M.A.D. breakfast changes hands

For the past two years Arcadia Love has been running her M.A.D. (Make A Difference) breakfasts at the Upfront Club. Before her recent move to Brisbane she handed over the reigns to another M.A.D. woman, Veronica Davidson.

Veronica has spent much of the past 22 years making a difference in Maleny.

"Mostly it's been on a local level" she said, "Like co-founding several of our co-operatives. I'm passionate about Maleny and can also see how fortunate we are here. It's from that secure base that we can reach out and help others who are in need."

When asked why she has taken over the breakfasts, she throws one of her trademark laughs and states, 'Why, because I'm M.A.D. of course!'

"Truth is, when Arcadia started the M.A.D. Project, I immediately loved the idea and attended the breakfasts, speaker evenings and movie nights whenever I could.

"M.A.D. really aligns with my passion of being a helper and networker. I feel so blessed in my own life and am always learning something new or discovering something and saying Wow... that's so important, I'd better tell everyone about it!

"I'm excited about joining Arcadia in her vision to help ease the suffering of people around the world who live in extreme poverty. If we all just do a little bit, it can have a huge impact."



Veronica has already started running M.A.D. dinners at the Upfront Club featuring inspiring guest speakers (see page 15). The monthly breakfasts continue on the first Tuesday of every month.

"The aim is to inspire people to take action and make a difference in their own life and in the lives of others. It's also a fun, inspiring way to connect with like-minded people. The Club always serves up a sumptuous two-course breakfast and caters for those with special diets. Men and women, new people and visitors are very welcome to join us. It's always such a great morning – many people are still chatting over coffee an hour after we finish at 9am. It's clear they don't want to leave and are truly M.A.D!" 🍏

***The breakfasts are held the first Tuesday of every month from 7am. Cost is \$22 (including two-course breakfast). To book, phone Veronica on 5494 2838 or email [v@magicalmaleny.com](mailto:v@magicalmaleny.com)***

### ***The freedom found is the friendship earned***

From the rising of the morning, to the setting of the sun  
as the circle turns to life itself and true love her river runs  
from the end back to beginning, when the light shall lead the way  
and the freedom found is the friendship earned  
to make the purpose pay

From the calling to connection, see the writing on the wall

For all that matters here and now, to reason in recall

From one pure thought to saving grace, as the journey wends to home where it's true to tell the timeless touch, for all to be atoned

With the witnessed will of wakened worth, that answers in reply to the mirrored heart of all it means, no more to be denied

from the end back to beginning, when the light shall lead the way  
and the freedom found is the friendship earned  
to make the purpose pay

From the depths of true dimension, to the measure of what's meant  
as the truth is told the same to suit, for all that's heaven sent

from one will that sings the song to share, in reflection real and right that deems the doorway to the dawn, a pure and perfect sight

With a hopeful heart for time and place, with the gift to understand who lives to give to know the self, in love's great master plan

from the end back to beginning, when the light shall lead the way  
and the freedom found is the friendship earned  
to make the purpose pay.

– John Syrmis



Arcadia Love (second from left) and other MAD women share a productive breakfast.

# What's on at the Club

by DANNY ROSE



From left: Julian Jones;  
Kindling: Vasudha & Jem

## MARCH

- Tue 1 **MAKE A DIFFERENCE BREAKFAST BUFFET \$22**  
Bookings Veronica 5494 2838  
7-9am
- Fri 4 **JULIAN JONES** (S.Coast)  
Brilliant Jazz Soul singer-guitarist. Ex original Avengers, Brisbane
- Sat 5 **FIRST SATURDAY FOLK**  
Book a blackboard spot with Bob and Laurel 0418 187 104
- Thu 10 **MALENY-WOODFORD FESTIVAL 25TH ANNIVERSARY.** Live music, slides & videos. Time TBA
- Fri 11 **SUMMERLAND BAND** (Maleny/S.Coast) Electric-acoustic blues guitar, harmonica, double bass, banjo, drums
- Sat 12 **VASUDHA & JEM** (Byron)  
Captivating folk pop flamenco cabaret. Keyboard vocals guitar percussion
- Thu 17 **ART OPENING** Ali Lee.  
Welcome Mat (see page 15)
- Fri 18 **PETER PAN & WENDY** (Melb)  
Swing blues bluegrass Motown Hawaiian. Guitar, double bass, mandolin, fiddle

- Sat 19 **ADAM SCRIVEN** (UK/S. Coast) Upbeat blues folk roots. Guitars, lap-steel, harp, didge, stomp
- Fri 25 **LAMPLIGHTS** (G.Coast)  
Heartfelt acoustic folk funk blues originals. Vocals, harmonies, guitars
- Thu 24 **MAD DINNER FOR THE DREAMCATCHER HOSPITAL**  
(see page 15 for story)
- Sat 26 **KINDLING** (Brisbane)  
Original Reggae guitar, vocal harmonies, trumpet, percussion from Koori band

## APRIL

- Fri 1 **THREE FLAT WHITES** (Maleny/Brisbane) Jazz blues, vintage rock. Two guitars, vocals, double bass
- Sat 2 **FIRST SATURDAY FOLK**  
Book a blackboard spot with Bob and Laurel 0418 187 104
- Tue 5 **MAKE A DIFFERENCE BREAKFAST BUFFET \$22**  
Guest speakers. Bookings Veronica 5494 2838, 7-9am
- Fri 8 **DIDDAKOI**
- Sat 9 **FRANCESCA SIDOTI** (Sydney)
- Fri 15 **BARRY CHARLES**

- Sat 16 **JEUNAE ROGERS & ARRON BOOL**
- Fri 29 **DANIEL CHAMPAGNE**
- Sat 30 **RHIANNON HART BAND**

## MAY

- Fri 6 **DAN ACFIELD & FRIENDS**
- Sat 7 **FIRST SATURDAY FOLK**  
Book a blackboard spot with Bob and Laurel 0418 187 104
- Fri 13 **ANGE TAKATS**
- Fri 20 **JAIDER D'OLIVEIRA**
- Fri 27 **PAUL CLEMENT**
- Sat 28 **NICK & LEISL**

Mon, Fri, Sat – Music at 7pm.  
Gold coin entry

COFFEE: 7.30am

BREAKFAST: 8-11am (7 days)

LUNCH: 11.30am-2.30pm

DINNER: from 5.30pm  
(Take aways available)

Tues, Wed & Sun –  
closed from 2.30pm

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



## MAD dinner for the Dreamcatcher Hospital

### Upfront Club, 24 March

In 2006, when Michael and Cheryl decided to sponsor a child overseas, their daughter Maggie asked 'Why not more than one?' This question led them to create a charity to build and support a much-needed health facility in Dharamsala in Northern India – Maggie's Dreamcatcher Dharamsala Hospital.

The sole purpose of the project is to assist with the formation of better health care in Dharamsala, India, and to aid in the supply of volunteer doctors and health workers. Every dollar given goes directly to the hospital. There are no paid staff.

Your support will help the people of Himachal Pradesh by providing improved qualified medical care for Tibetans, Hindus, Muslims, Christians, homeless people and anybody else in need.

Michael, Cheryl and Maggie travelled to India to the site in 2008 and will be back there again in 2011. They have been fortunate enough to have had a private audience with His Holiness the Dalai Lama who has given his support for the project.

Their next journey to India will see them hand over much-needed funds to start the foundations of the small clinic to be built at the monastery.

**Come along 24 March and see and hear this remarkable story.**

## WELCOME MAT

New to Maleny? Or perhaps simply new to the UpFront Club? On the third Thursday of each month, the Club holds a 'Welcome Mat' for newcomers. It's informal, lots of fun and a great chance to mingle with other newcomers and 'old-timers' alike. Board games available and great conversation comes for free!

### Welcome Mat dates

17 March, 21 April, 19 May, 6.30pm

### February –15 March MAT O'CALLAGHAN

Hinterland resident Matthew O'Callaghan combines the elements of composition, shapes, tone and colour to create a visually harmonious whole, designed to catch the viewer's attention long enough for them to read their own meaning into his often surreal paintings.

### 17 March–19 April

#### ALI LEE

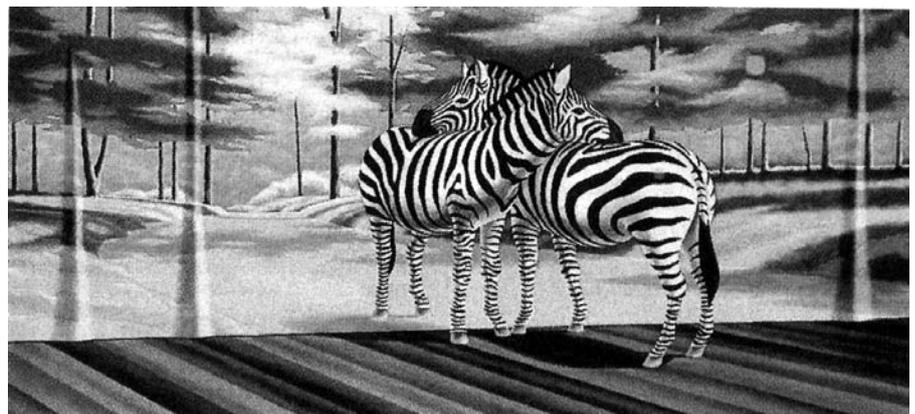
Ali has been an artist from a very young age. She is an intuitive artist, mainly self-taught through experimentation. She has a unique signature style and her work has been called captivating and moody.

### 21 April–17 May

#### BERNARD O'SCANAILL

He sings, he paints – and he's got a great accent as well! Local favourite Bernard's work will surprise many – so come along to the opening on 21 April (to be confirmed – watch for posters). You'll probably even get some music!

*Pictured from top: Ali Lee: Blossom one; Bernard O'Scanaill; Mat O'Callaghan*



## Co-op NEWS

The newsletter of the Maple St Co-op

### ADVERTISING RATES

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

#### Standard sizes:

1/3 page: \$100

1/4 page: \$75

**Business card size:** \$35

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

**Classified:** \$5 per line

#### Display Classified:

\$5 per line + \$5 surcharge

**Green listing:** 4 lines – \$10

#### DEADLINE FOR THE WINTER ISSUE

(June-July-August): 15 April

#### FOR FURTHER INFORMATION AND TO MAKE A BOOKING:

Phone Sammy on 5494 3812

Email: [sammyringer@bigpond.com](mailto:sammyringer@bigpond.com)

or write to: Advertising, Maple Street Co-op, 37 Maple St, Maleny 4552.



## BANANA AND ALMOND SLICE

With lots of great local bananas still available, why not indulge your 'sweet but gluten-free' urges and try this recipe by Cherie Louise. And – it's simple as!

### Ingredients

- 1/4 cup maple syrup
- 4 bananas – 2 sliced in thirds lengthways, 2 mashed.
- 3 cups almond flour
- 3 eggs, beaten
- 1/4 cup coconut oil
- 1/2 cup honey
- 1 tsp bicarb of soda

### Method

Pour maple syrup onto baking paper in tin and then cover with sliced banana in any pattern you like. Mix all the other ingredients well and cover the bananas and syrup. Bake at 170°C for approximately 40 minutes.

Test with skewer – if it comes out clean, it's ready.

Very good eaten warm with cream, or cut into squares for lunch or munchies.



## LAVENDER COW

Lavender Cow products are made from the purest ingredients available, created in a stress-free environment, in Maleny, of course!

This issue we're featuring their Personal Insect Repellent, powered by lavender (a powerful insect repellent, keeping away flies, mosquitoes and midges.).

## Easy meals

Lots of taste – lots of goodness – lots of choice



As a kitchen tragic, I am always delighted to find a 'pre-made' meal that doesn't taste mass-produced.

The range from *Syndian Natural Food Products* allows me to eat well when I'm in a hurry or (a more standard scenario) when I discover I have only dill pickles and carrots in the fridge.

My favourites are Indian Vege Dhansk and Curried Pumpkin Bites but there's a whole range of soups, meals, dips and pastas to choose from – dairy and gluten-free.

*Love My Food* have a range of hearty vegetarian meals free from gluten, dairy products, preservatives and additives. Best of all – they look and taste home-cooked. How can you choose from Moroccan Pumpkin and Chickpea Tagine with Fennel and Pea Couscous, Spicy Coconut Lentil and Veggie Curry with Kaffir Lime and Peanut Couscous or Roasted Eggplant in Rich Tomato, Zucchini and Olive Salsa with Mini Potato Bakes? Just a small selection of their large range.



## FRUIT & VEG RULE!

Our range of organic fruit and vegetables are our greatest sellers – so we thought we'd give them a 'setting' that reflected their importance.

In the near future (perhaps by the time this issue is out) you'll find we've revamped the fruit & veg area with a new fridge, new displays and a new 'customer friendly' layout.

We've also entered into an agreement with the Natural Food Store to give us greater buying power – and this means savings for you at the checkout.

As always, we buy local whenever we can.

## MUKTI NATURE BALM

One of Maleny's small business icons, Mukti have an extensive range of pure body products, all certified organic, cruelty-free and 100% natural.

Mukti's Nature Balm is 100%-certified organic and designed to keep insects at bay without the use of harsh chemicals. Smooth and lightly scented, it's based on organic beeswax, macadamia and calendula oils and the fresh zing of lemon-scented tea tree and lemon myrtle.

