



Co-op NEWS

The newsletter of the Maple Street Co-op

FREE!

www.maplestreetco-op.com

WINTER 2012



We say *thanks!* to our vollies...

Volunteers – where would we be without you? The Co-op and Club are not only more vibrant and sustainable organisations through your input – they're also brighter, happier and homier through your presence.

Over the years, volunteers have been a major part of both the atmosphere and survival of our Co-ops.

In short – we can't thank you enough.

It has proven almost impossible to get pics of you all and I apologise for those who have missed out this issue. Watch for the next issue!

However, we do have your names:

Margo, Monica & Doug, Bev, Jason, Den, Duncan, Franklin, Kay, Lyn, Colin, Peter & Jill, Jordan, Hazel, Willo, Jane, Judy, Jacqueline, Tommy, Jan Brian, Linda, Ferdie, Marko & Maree, Veronica, Marc, James, Kathy, Deb, Tony, Herman, Lyn, Paula, Rachel, Robyn, Gary, Bev and Charlie, Wendy, Mark, Bano and John.

Thank you.

Yes – I think I've missed a few and I'd appreciate it if you'd let me know so we can do a 'catch up' next issue. 🍏

in this issue:

OPEN YOUR HOME TO AN ASYLUM SEEKER

A new government-approved program now makes it possible to keep an asylum seeker out of a detention centre. More details on page 5 ➡



FROM THE MANAGER

Co-op NEWS

The newsletter of the Maple St Co-op

Maple Street Co-op News

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The Co-op's Mission Statement

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

ADVERTISING RATES

Standard sizes:

Full page \$250

1/2 page: \$150

1/3 page: \$100

Business card size: \$40

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

DEADLINE FOR THE SPRING ISSUE

(Sept–Nov 2012): July 31

FOR INFO OR TO MAKE A BOOKING:

Phone Sammy on 5494 3812

or email: sammy@ausbushfoods.com

I am delighted we are celebrating our volunteers in this edition. Recently, I had the pleasure of working with our wonderful co-operative volunteers throughout Easter, the Maleny Music Weekend and the Wood Expo. Even though we all worked extremely hard, we had a lot of fun and a lot of laughs.

Maleny has always had a very strong volunteer community, with our show society, service clubs and various other causes. These wonderful people, who give their time freely, are the threads that knit our community together.

Thank you.

Both Co-operatives also have a great relationship with local schools. Students often visit to learn about environmental and co-op business practices. We

explain the importance of understanding food miles and supporting local organic farmers and producers. Kids like these are our community's future.

– Karen



Emily, Lizzy & Kourtney from Caloundra State High School



At the Maleny Wood Expo, May 4–6: (from left) Mark Kalifa, Charlie and Bev Foley, Karen Syrmis (General Manager), Colin Spriggs, Bev Jorgensen and Wendy Nugent.



FROM THE EDITOR

Winter hues

I lived in Minnesota for a short while. Summers there were short but fierce. High humidity, high temperatures and mosquitos that would blacken the sky at dusk.

Winters were worse. Sub-zero, seemingly unending. Outdoor activities reduced to tobogganing or, if you were a boy, ice hockey.

So Maleny, with its never-too-hot summers and only mildly threatening winters should be a dawdle, no?

No.

The transition periods are charming. The slow ebbing of summer days to cool

evenings and the gradual switch from T-shirts to pullovers is invigorating.

Then, it's winter proper and you hunker down with flannel pyjamas and two sets of socks.

Decisions. Do you light a fire/turn on the heater or simply add an extra pullover?

Do you stay in the shower that extra few minutes in the morning or act like the pioneer stock you are not and hop out with extremities still cold?

Do you move further north?

No, scratch that one. Further north has hot, hot summers that bring their own special discomfort.

Perhaps the answer is to simply accept the peculiarities of the seasons – and the way they impact on us.

Or, if winter really gets you down, check out our *Winter Blues* story on page 12.

– Sammy



The Club changed my life



was family. They helped me - not just by being there but by being interested and concerned. I'll never forget, one woman there told me "Hope is good but don't have expectations."

Around about 1998, the 11am Coffee Club was born.

"It didn't start out formally.

Sometimes there'd be one

person there and others would

turn up and leave but eventually there was a group of us that would be there at 11am, having coffee and talking about politics, small things, big things, life, love and laughter."

Now thoroughly immersed in Club culture, Gabrielle did an enormous amount of vullie work (who can forget the Thursday 'vullie chef' evenings and his spezzatino?), made a number of wonderful wrought iron artworks for the Club and eventually joined the board in 2001. It was hard work – and he loved it.

“It was more than just camaraderie. The people there accepted me like I was family. They helped me – not just by being there but by being interested and concerned.”

Sadly for Maleny, Gabriele returned to Italy in 2006 to visit family and since then has returned to us only for fleeting visits.

His latest was 'just to finalise some bits and pieces.'

By the time this is printed, he will be gone again.

The Club will seem an emptier place for his absence.

"In 1994 I discovered I was free. In Maleny, I discovered I was independent – and then I discovered confidence." 🍏

Gabriele DiDonato is such a cherubic, cheerful fellow that it's hard to imagine him being 'down in the dumps', much less angry and confused.

But he readily admits he was both when he arrived in Maleny in 1996.

"It was just after my divorce. I was very unhappy. Angry? Yes, I was angry, confused. Lost, I guess you would say.'

Gabriele didn't know anyone when he first moved here. His son had visited Maleny some time earlier and loved it and that was enough for Gabriele to 'give it a go'.

Being Gabriele, it didn't take him long to make a friend or two and one of them suggested he try the Club's coffee and hospitality.

"I walked past and looked at the people there. I – how do you say it? They were hippies. Not normal for me."

Fortunately for the Club, Gabriele overcame the unusual look of the patrons and went in for a coffee. He quickly found these 'not normal' people were an unexpected lifeline thrown to him over coffee and conversation.

"It was more than just camaraderie. The people there accepted me like I

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Gary Philips, licensed Qld Electrical Contractor (number 70412), licensed solar installer (CEC number A5100260) and Maleny resident



MCU board engages 'think tank' of members



PRETTY IN PINK

(second in a series of profiles of the Maleny Credit Union Board of Directors and staff) by **Sammy Ringer**

A BIRTHDAY fit for a princess! That's what Maleny Credit Union staff gave Melita Briggs for her 18th recently. (8 March 2012)

Melita, an information adviser at the Credit Union, arrived at work to find her room decorated in pink and presents from workmates, including a glittering tiara.

"Terry (Scolari, the CEO) called me princess one day," said Melita. "It just stuck."

At the public front area, she found her image on closed circuit TV and a message telling everyone it was her birthday. About 20 people doing their banking broke into "Happy Birthday".

Melita joined the MCU under a traineeship scheme in November 2009 after she finished Year 10, and worked there one day a week for two years.

"They put me out front, doing teller work. It was scary at first, but so much fun. I love meeting people face-to-face."

Last December she became a full-time employee and will study for a Bachelor of Commerce at the University of the Sunshine Coast. Accountancy is on her wish list, but for the moment being a princess is great.

A COMMITTEE OF MALENY CREDIT UNION MEMBERS HAS BEEN SET UP TO HELP THE NEW BOARD PLAN AND IMPLEMENT THE MCU'S FUTURE.

The committee was set up after a community engagement meeting called by the board at the Maleny RSL on April 14. About 40 MCU members met for a dynamic discussion.

Important issues included:

- the role of the Credit Union in supporting the community and as an instrument for community development



- how the Credit Union can re-engage with members who may have been disillusioned with the failed merger process last year
- what the Credit Union can do to ensure it remains relevant to members
- what the Credit Union needs to do to get back to its original vision of providing sustainable, ethical banking to members, and
- what does ethical banking look like in 2012?

Chair Sarah Davies said: "It was a very thought-provoking debate and people left with a lot to think about. To keep the momentum going, it was resolved to form a committee of members to investigate these issues further."

The committee's first meeting was held at Bunya House on 23 April 2012. Member Russell Kennard was appointed chairman.

"We hope the committee will be able to provide the board with a greater range of ideas and options to consider in relation to Maleny Credit Union's future," Ms Davies said.

Anyone wanting to participate in the committee should contact the Credit Union on info@mcusb.com.au or 07 5499 8910 and they will be put in contact with the committee.

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FOR MORE INFORMATION, CONTACT MCU:

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BOARD ELECTIONS

Any members thinking of standing for election to the MCU board at the next AGM should contact a board member and make themselves known.

Open your home to an asylum seeker

by WENDY OAKLEY

www.getup.org.au/campaigns/refugees/host-an-asylum-seeker/register-your-interest

Like countless others in our community I feel a combination of puzzlement and real despair regarding the intransigent attitude of both our major political parties to the issue of asylum seekers. Shame coupled with a sense of helplessness about being able to do much that's meaningful to alter the situation.

So when an email arrived from the group GetUp in early May, it set me thinking – here we might have a way to start bringing about some serious change at a grass roots level. The email says it as well as I could, so here it is below.

Imagine an Australia where refugees who seek our help, and have committed no crime, are not locked up for months or years. Imagine that instead, we give them a warm bed in a real home while they get started in a new life.

Now we can make that a reality, by opening our hearts and homes for asylum seekers as they find their feet. We're working with **Australian Homestay Network** through a new Government-approved program to provide temporary accommodation to approved asylum seekers.

Most asylum seekers are eligible for bridging visas once the Government has assessed their bona fides through health, identity and security checks. This visa means a refugee can live and work in the community, but previously they could only do so if they had family or friends in Australia. Otherwise they must stay in detention facilities.

Sadly, many who are fleeing persecution don't already have contacts in Australia. That's where we come in.

Could you spare a room or granny flat for six weeks through this professionally managed program? Here's how it works.

- After you register your interest, we'll pass on your details to the Australian Homestay Network, who are working closely with the Australian Red Cross on this program.

- AHN will ask you to complete an online training and assessment. After this, you will be required to get a police check – standard practice in the homestay industry, and involves requesting a letter from the police to vouch that you don't have a criminal background that would make you unsuitable.
- Then, if there is an opportunity to host an asylum seeker in your area (they're interested in all areas, including rural and regional), a professional from AHN will get in touch to organise a time to come and visit you at home, go through the program and answer your questions.
- Following that, if your application is successful, you'll be asked if you can accept an eligible applicant into your home for six weeks.
- Before the end of your six weeks, your guest will be given options for further long-term or short-term accommodation.

You needn't be home throughout the week, nor provide anything more than a safe place to stay. You'll receive training and support throughout and a weekly stipend to help with costs.

Meanwhile, your guest asylum seeker will have dedicated experts to help with the practicalities of finding a job and a place of their own, and getting a translator, if needed, for important things like medical appointments. You'll also have access to a 24 hour support hotline. Asylum seekers who are highly vulnerable don't come through this program, but have other alternatives.

This is an approach that has worked for many years in other countries, and a similar program has been run for many years by the Homestay Network with foreign students. It's far cheaper to the public purse than immigration detention.

Most importantly, every asylum seeker we host won't be inside a detention centre, where we know they could experience months or years of anguish. Instead, we're holding out a hand of friendship and really showing the way



OUR LOCAL SUPPORT GROUP:
BUDDIES OF BUDERIM
 is a Sunshine Coast group that advocates for just and compassionate treatment of refugees. We support policies towards refugees and asylum seekers that reflect respect, decency and traditional Australian generosity to those in need. We make friends with refugees and asylum seekers living in south east Queensland, exchanging visits and phone calls, offering practical support as needed.

Meetings: FOURTH Sunday of each month, 24 King St, Buderim.

Email: buddies1@westnet.com.au

for a new, compassionate Australian response to asylum seekers.

If you think you might be able to open your home to an asylum seeker for six weeks, visit the website above for more information.

GetUp members have already shown a commitment to treating asylum seekers with compassion, humanity and fairness – just as we would any person. Now we can be part of a new solution, getting people out of detention centres before their mental health is compromised, while extending the simple kindness and hospitality that make us cherish this lucky country.

Food for thought – a bit of a contrast between persecution in Afghanistan or Iran and a brief respite in a peaceful home in the green hills of the Range! 🍏



LETS do it!!!

by ANN JUPP

LETS: Local Energy Trading Systems, a community based non-profit trading system that enables its members to exchange a wide variety of goods and services using little or no cash.

LETS is a method of trading which depends on energy, skills and time instead of money, exchanging a unit of local currency, not as an alternative to conventional money but to complement the current system of trade. (In Maleny, members trade 'Bunyas'.)

When LETS started in Maleny in 1987, it was envisioned as a community-based initiative to improve the lives of members, by enabling them to get goods and services without the use of money – a community development tool. Later, some academics and “boffins” thought it would replace the conventional money system. That never happened, and LETS continues to enhance lives,



Ann (right) with volunteer Bev Jorgensen

forge friendships and use the skills of members.

Maleny LETS has a strong member base and is one of the highest trading systems in Australia. To date we've traded in excess of 600,000 Bunyas, according to statistics from the system. We are still seen as the mother of LETS systems.

LETS puts people in touch through 'Offers' and 'Wants' lists, emailed weekly to members. Members can buy produce, art, household help and healing sessions, plus dozens of other services – I once had a handmade patchwork quilt crafted by two members from fabric scraps I had collected, for 800 Bunyas!

Our members range in age from 80+ (two of our most active long-term members are over 80) to young people. We also have (mostly regular) monthly markets at the Neighbourhood Centre – second Saturday of each month.

We encourage 100% LETS trading, as it invigorates the system and “keeps the faith”. Members can usually justify this by working out the \$\$\$ they save by being in LETS. It also keeps the energy local, so is more sustainable. Benefits to our community are many, allowing a better quality of life and the use of skills you didn't know you had.

The UpFront Club and Maple St Co-op were early members, but financial pressures saw them lapse. Now however, LETS trading is alive and well in these two Co-ops. Volunteers are acknowledged for their work by being paid Bunyas for help in the Club and packing in the Co-op. The Co-ops can get some publishing, printing and gardening done too. The Club sells Bunya meals on Monday nights to earn precious Bunyas, which in turn feeds many members, some of whom have limited cash. What goes around, comes around...

Yay for Bunyas, or Rays or Mollys or Operas!!! Who needs 'em? We all do. 🍏

FREE ADS for Maleny and surrounds

'Social media' has a lot to answer for – online bullying, sexting and the odd revelation of a person's details they might prefer to keep private.

However, there is a flip side to this 'new' method of communicating – selling, swapping, finding or disposing of things.

A year and a half ago, Arcadia Love (pictured) set up the *Free Ads for Maleny and Surrounds* site, and it's been growing ever since. Arcadia feels strongly that it's a medium that actually brings people together and offers an immediacy you won't find through the printed media.

The site isn't limited to buying and selling. You'll also find:

- Events
- Lost and found
- Recommendations
- Accommodation
- Freebies
- Jobs
- Promotions

Some of the more interesting posts recently:

For Sale:

- Fish fossil, water birthing pool, bird activity centre

Requests:

- What does everyone think of ear candles? I have come across a supplier who sells them; I've always wanted to try them!
- Does anyone have a penny farthing I can borrow for a photo shoot?

Join the group

You'll find it here: www.facebook.com/groups/freeadsformaleny



Coming up:

Face to facebook event – members of the free ads group to meet, chat and exchange ideas, goods, services. (Date/venue yet to be set).

Did you know?

You can search the group for posts, people, items, etc. Find the *search* function in the top right hand corner of the group under the photos – it's the magnifying glass symbol. Click and it opens a search box. Enter a person's name or a search term like 'car' and it will bring up every post with that word (or person) in it.

Stats:

- 780 members – and growing
- 80% of the members live in Maleny and surrounds
- 20% of the members want to live in here or come here to visit 🍏



The frustrated DESK-jockey

by SAMMY RINGER

GARRY CLARIDGE, BOARD MEMBER 2010-11

With a characteristic, slightly self-conscious laugh, Garry joins me for coffee. I've known him for many years but didn't know much about him except he was involved in the deep-end of IT and had some background in the military.

The interview that followed was illuminating.

Born in Nambour, Garry spent 20 years in the Army. He began at age 15 as an electronics apprentice then became an infantry officer. Eventually he filled headquarters positions in information management systems. He was even a member of the Army's competition parachuting team, the "Green Machine" and the military orienteering champion in 1981.

A serious cycling accident (training for triathlons) in 1986 put an end to his ambitions of a life in adventure sports so he took up study and is now a frustrated desk-jockey.

His reflections on his military days were not what I expected.

"The military's actually a very co-operative community. You live and work in close proximity so there has to be teamwork and a highly developed conflict resolution process. You have mutual goals and often face some pretty drastic changes together. The discipline's a bit – more rigorous than your usual co-op!"

He admits that it took ages for him to 'civilianise' when he left the forces.

"It was difficult to connect with a civilian community. You miss the structure – and the teamwork."

While talking of communities, Garry makes an interesting observation,

"Most people are in a 'closed' community – work, family, etc. Unlike Maleny, that is a true 'open community'."

He came here early in 2000. "I wasn't that keen on it to begin with, thought it was just another rural hub. Then I actually took a look and I found they had all these art galleries and good coffee, and most



importantly no Woolies or Coles!"

Surely there was more?

"Well, I started having an early morning coffee at the Club and I noticed that Harry Whitehouse seemed to be a hub of activity so I introduced myself to him. And that was it."

Asked about his work, Garry spoke instead about his abiding passion, "Applied mathematics and game theory."

"As applied to co-operatives?"

"Game Theory is a form of mathematics that aids decision-making in contested situations. Generally, the decision choices are – co-operate or not. It became significant during WWII, with contributors such as Nobel Prize winning John Nash (*A Beautiful Mind*). More recent contributors apply GT to economics and social theory.

I have to ask the obvious questions:

What is the best thing about working on the board? – Besides \$2 coffee, being able to give back some energy for the last 11 years of being a member. And, being a part of a team.

What is the greatest challenge facing the Co-op? "Big Box" competition, space and local supply.

What would I find if I looked under your bed? Besides dust, boxes of photographs, waiting to be culled, sorted, categorised and remembered. 🍏

BOARD OF DIRECTORS: NOTES FROM THE CHAIR

- Strategic Planning is being conducted for both Co-operatives. We have had input from many sources including members, staff and directors over the last couple of years.
- Continual Governance Policy reviews for the Maple Street Co-op. And, Governance Policy development for the UpFront Club. The Board of Directors represents the whole membership; its tool for doing this is our Governance Policy. Member involvement in its evolution would be great, so ask for a copy of the Governance Policy and have a read.
- Budget development for the next financial year is about to begin. Over the last few years significant effort has been put into expenses control; we are seeing the benefits of this effort.
- Support for the Manager in Business Plan and Marketing Plan development will begin as soon as the Strategic Plans have been completed. We will also be keen for member involvement in these processes.
- The UpFront Club is functioning well with strong patronage, and with support for local community functions both within the Club and at external events.
- Maple Street Co-op is looking to expand its market channels – the intention being to increase sales opportunities of ethically-sourced goods to a market that has an illusion of increasing healthy choices, especially from "Big Box" suppliers.
- We have a continuing need for members to participate in the operation of the businesses. This cooperation includes purchasing the offered goods and services, volunteering for regular work, joining the occasional working-bee and input to marketing and business planning. As owners of the businesses, the members receive the benefits of cooperative wellbeing.



Chock full of *gluten*

Is wheat gluten the best meat substitute for vegetarians?

I'm a vegetarian. I eat a fair amount of tofu but, let's be honest – it's not exactly bursting with flavour and culinary possibilities.

Thus, an article in Slate online (www.slate.com) touting wheat gluten caught my eye.

Gluten (or 'wheat meat') is the protein left over when you wash the starch and bran out of wheat.

According to the Slate writer, 'gluten is delicious, its texture somewhere between tofu and meat—chewy but not bossy.'

It can be broiled or baked, served as the center of a meal or made into a sauce.

Some types of wheat gluten have a chewy or stringy texture that resembles meat more than other substitutes.

So why isn't it better known?

For starters, it doesn't have the track record of tofu.

And, of course, the very word 'gluten' conjures up illness, not appetisers.

It's also rather complicated to produce.

You can buy wheat gluten (or 'Gluten Flour' as it's called) at the Co-op. Many people use it to lighten and improve the texture and volume of home-made bread but, with a little bit of work, you can make your own meat substitute. Once you've processed your wheat gluten, it's becomes 'seitan'. Apparently, seitan has been a staple food among vegetarian monks of China, Russian wheat farmers, peasants of Southeast Asia and Mormons.

There are many recipes online, but here's a basic one to get you started:

BEEFY SPICY SEITAN LOG

- 1 1/2 cups gluten flour
- 1/4 cup yeast
- 1 teaspoon salt
- 2 teaspoons paprika
- 1/4 teaspoon cinnamon
- 1/4 teaspoon cumin
- 1 -2 teaspoon pepper
- 1/4 teaspoon cayenne pepper (you can use 1/8 tsp if you like it less spicy)
- 1/8 teaspoon allspice
- 2 teaspoons garlic powder
- 3/4 cup water
- 4 tablespoons tomato paste
- 1 tablespoon tamari
- 2 tablespoons extra virgin olive oil
- 2 tablespoons Worcestershire sauce

Method:

- Preheat oven to 325°.
- In a large mixing bowl mix dry ingredients. Mix the rest of the ingredients (liquid



ingredients) in a smaller mixing bowl. Whisk well until mixed.

- Add the liquid ingredients to the dry ingredients. Mix well, then knead for a minute or two – it doesn't need long.
- Form into a log (6-8" long), wrap tightly in foil, twisting ends. Bake for 90 minutes.
- When done baking, unwrap and leave out to cool all the way. Then wrap it in foil or plastic and refrigerate.
- Slice to use as desired.



GREEN PEA, BACON AND ZUCCHINI SOUP

Reminds you of a split pea and ham soup – without the fuss. Jars of organic peas now available at the Co-op.

Ingredients (6 serves)

- 1 large brown onion
- 2 cloves garlic, crushed
- 200g organic bacon, rind removed
- About 1.5 to 2 jars organic peas
- 8 cups veggie or chicken stock
- 3 (around 500g) zucchini, chopped coarsely.
- 2 tbsp chopped fresh mint
- Salt & pepper

Method

- Fry onion, garlic and bacon in large saucepan over medium heat until bacon

is cooked and onion light brown, add zucchini and cook another 5 minutes.

- Add stock and bring to the boil. Reduce heat and simmer for 15 mins, then add peas for another 5 min.
- Add mint and blend until smooth, rewarm gently without boiling. Serve with a dollop of sour cream and crusty bread.



SUBVERSIVE TOASTED CHEESE

Ingredients

- Sharp cheese
- Jalapeno chillies (or proper hot chillies if you're that way inclined)
- A good non-sweet mayonnaise
- Sun-dried tomatoes
- A touch of pesto (Giancarlo's, of course)
- Thyme or any Italian dried herb mix you're fond of.

Method

- Chop the cheese into small cubes (or grate if you're anal)
- Put all of the ingredients into a blender and blend – a short time if you want chunky, longer if you want smooth.
- Put the resulting paste between two pieces of bread and toast. Or – put on top and grill.

All things Coconut

Coconut cream, milk, oil and water



Coconut milk and cream

Both are made by shredding coconut meat and soaking in warm water, kneading and then straining the liquid. Some methods simmer the flesh.

Coconut cream is made by simmering four parts shredded coconut in one part water. Or – it is simply the thicker liquid that rises to the top of coconut milk.

Health benefits

- It can be used by people with lactose intolerance or vegans as a substitute for milk.
- Its fat content (17%) is mostly lauric acid which is a medium chain fatty acid that is easier for the body to break down and metabolise than long chain fatty acids.
- Regularly drinking coconut milk helps to maintain a balance of lipids in the body. Ayurveda proponents consider coconut milk a very important medicine.
- It is a good source of vitamins and minerals and contains high levels of calcium, potassium and other important minerals.

Coconut oil

There are many ways of extracting the oil from coconuts – cold pressing, heat, even fermentation.

Claims:

- It can be used for dry and damaged skin, cuts and bruises. It forms a protective barrier to hold in moisture while penetrating into the deeper layers of the skin to keep connective tissues strong and supple. It can also be used to treat dry and damaged hair and as a lathering ingredient for natural shampoos and soaps.
- It can be used to fry foods or as a partial substitute for fat when baking.

- It's claimed that coconut oil in your diet raises your metabolic rate, increases energy, balances hormones and stimulates the thyroid gland.

Coconut water

This is simply the liquid found inside young coconuts. It seems to be having a bit of a minute of fame at present.

Advocates say coconut water is a nutritional goldmine. It's one of the fastest-growing new food categories in the UK and sales doubled in the US last year.

Health Benefits

The United Nations Food and Agriculture Organisation says it's full of natural electrolytes. It's low-fat, cholesterol free, 99 per cent fat free, low in carbohydrates and naturally occurring sugars and has less than 100 kilojoules per 100ml.

It's also claimed that coconut water is rich in potassium: a typical serving offers 569 mg, which is almost twice the amount in a banana.

It also contains zinc, selenium, iodine,

sulfur, manganese, boron, molybdenum, ascorbic acid and B-group vitamins.

Is it "nature's Gatorade"? Coconut water is a natural isotonic drink that provides electrolytes calcium, magnesium, phosphorus, sodium and potassium in their natural form.

It's also claimed that coconut water can promote smoother, more youthful-looking skin. No scientific studies back this up but dab it on anyway!

Coconut water's chemical profile is so similar to blood plasma it has been used intravenously to save lives in developing countries and during World War II.

The Coconut Research Centre claims that coconut water can improve blood circulation, lower elevated blood pressure and reduce the risk of heart attacks and strokes. Advocates also claim it helps increase HDL (good) cholesterol, reduces plaque formation, moderates sugar absorption and improves insulin sensitivity.

Coconut water is considered safe for children as well as pregnant and breastfeeding women and there are no known side effects; however there are some things to watch out for:

- The fresher the coconut water, the better. Once exposed to air and warm temperatures, it rapidly ferments and loses its nutritional value.
- If you have nut allergies, check with your GP.
- Regulate your potassium levels if you consume coconut water and potassium supplements, as too much potassium can impact on the heart.
- It may have a laxative effect.





Abode

by SAMMY RINGER

[uh-bohd] noun: a place in which a person resides; residence; dwelling; habitation; home.

I've long been fascinated by our seeming reluctance to building homes that are 'outside the square' or different in any way. The song 'Little Boxes' comes to mind.

To find out more, I went to local architect Norm Richards, and was delighted with his opening line:

"Why do they all look like houses designed by children?"

I'd never thought about it that way but he had a point.

The origins of many of our 'conventional'

Australian houses are firmly rooted in British worker housing. No thought given to the different climate and building materials to be found here.

Even that stalwart of individualism, the Queenslander, with its sweeping verandahs, wasn't designed to mitigate our hot summers but simply to have extra space when new sleeping quarters were needed. In fact, according to Norm, a verandah topped with corrugated iron is simply an outdoor oven.

I thought that the 'stump house' made sense in terms of cooling but Norm put the kibosh on this as well,

"It doesn't make it any cooler in summer. Not at all. If anything, houses were put up on stumps to get away from snakes and creepy crawlies."

I tried to liken the way we build houses to the internal combustion engine – nothing's changed in the last 100 years.

"Not quite true. We don't build houses

“ We don't build houses like we did 100 years ago but we're still not building them right. We should be building them for a 50 year life span ”

like we did 100 years ago but we're still not building them right. We should be building them for a 50 year life span. We should be thinking about that house in 2060, when peak oil has truly come and gone, cheap coal is gone and things like solar passive design aren't a luxury but a necessity."

I wondered if clinging to old design principles was due in part to our seeming need to have houses that look conventional.

"It's partly cultural and partly technology. We're geared up for the conventional house. You'll notice that new homes are either very conformist or very radical. There is a middle way and that's what interests me."

Norm's 'middle way' involves such things as sun traps and wind breaks, seamless transitions from inside to outside and a host of more technical things like thermal coupling.

"I'll go back to stumps. They're crazy. You build on a slab and you've got a thermal regulator right there right through your house. It's around 18° year round. Cools in summer, warms in winter. Simple."

Norm isn't too keen on some of the 'alternative' materials suggested for housing.

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“Hay bale. Mould. Mud brick – our climate’s too wet for them. And if you look at things like recycled industrial materials – coal ash, foundry sand, gypsum, they’re fine. But they’re no cheaper.”

Australia is one of the most expensive countries in the world to build a new home.

“Part of that is the cost of labour. Part of it’s distance and the size of our market. However, a huge component is the cost of compliance and infrastructure contributions. These can add tens of thousands. A real disincentive to building.”

Norm’s approach is to design is firmly ‘small footprint’.

“You simply don’t need huge amounts of space. A good design can be small and still feel spacious and comfortable. And what you might call ‘radical’ design can actually still look like a conventional house. I can build a home that needs no heating or cooling and can be run entirely off a standard 1.9kW solar power system. It’s not rocket science. It’s just using space and materials.”

He pulls out the plan and explains the features that sets this house apart from your standard design.

“However – if you do want something completely different, I’ve got this idea for a house that has an external carapace – you know, like a crab. You can grow it as your family grows and then shrink it again when the kids leave home.”

And I thought my hankering after a Yurt was unconventional... 🍎



Design by Norm Richards

Gender benders in a can

Bisphenol A (BPA)

Bisphenol A has been used for many years to make polycarbonate plastic and is found in epoxy resins which are used to line cans to prevent corrosion.

BPA is one of a group of chemicals called “gender benders” that can disrupt our hormones (‘endocrine disrupters’). These have been linked to a number of illnesses such as infertility, breast and prostate cancer, diabetes, heart diseases and attention deficit disorder.

Some scientists think that even relatively low doses can interfere with our behaviour, bodily functions and fertility and may be causing increased rates of obesity and diabetes.

In 2006, an international panel of 38 experts concluded that “the wide range of adverse effects of low doses of BPA in laboratory animals... is a great cause for concern with regard to the potential for similar adverse effects in humans”. A major US study has since identified a direct link between exposure to low levels of BPA and increased risk of diabetes and heart disease.

CHOICE tested 38 samples of canned foods commonly found on Australian supermarket shelves and found 29 contained BPA at levels some experts believe could be harmful.



Those most at risk may be children and babies.

Recently, Australia’s major retailers moved to phase out plastic baby bottles containing BPA in the wake of similar bans in Canada, Denmark and the United States.

BPA-free

The Maple St Co-op has been investigating the issue of BPA and has contacted all of its suppliers.

Not all have responded but, to date, the following products lines are packaged in BPA-free containers:

- Biotalia
- Absolute Organic Tomatoes
- Sienna
- Cucina
- Amatao

A large number of countries around the world have banned baby products containing BPA. Our national regulator, Foods Standards Australia New Zealand, maintains low levels of BPA in food pose no significant health risk.

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The L.E.E.D. (Local Economic and Enterprise Development) Co-operative

by VERONICA DAVIDSON



From left: the late Jill Jordan, Di Cannon, Veronica Davidson, Aileen Fidler and Helen Wilson

In our feature on co-operatives last issue, we inadvertently omitted a very important organisation that has made a big difference to many in Maleny. Veronica Davidson, one of the founders and longest serving member of LEED, shares this Co-op's impressive track record in conducting highly successful Peer Support Mentoring Programs.

It started back in 1996 when my dear friend Jill Jordan organised a Local Economic Development Forum here in Maleny. People from all levels of government and locals from diverse backgrounds came together to discuss the subject. There was a lot of enthusiasm about wanting Maleny to be a vibrant, economically sustainable place and another meeting was arranged for those wanting to continue the conversation.

Interest grew.

In September 2000 we were incorporated as Local Economic and Enterprise Development Co-operative Society Ltd. A worker co-operative – not-for-profit organisation.

LEED's vision was "to assist communities in the Hinterland and Sunshine Coast to flourish and become resilient by supporting start-up and established business owners to develop their ideas and update their skills, so building sustainability into the local economies."

The first 2 mentoring schemes undertaken by LEED created a total of 37 new jobs in 23 new businesses over an 18 month period (1999-2001).

Between 2000 and 2003 LEED put 40

business owners through a 12 month mentoring program.

During 2003 and 2004, LEED ran an AusIndustry program through the Office of Women, mentoring 20 women and organising workshops and seminars open to all women in business.

L.E.E.D. embraced the co-operative principle of co-ops supporting each other, when Maleny Enterprise Network Association (MENA) were struggling financially.

LEED members volunteered their time to manage the reception and run the MENA office 5 days a week for twelve months to prevent the doors from closing. LEED's initiative allowed the centre not only to stay open but to thrive with a new energy.

LEED's support also contributed to their application for funding to transform into the new entity Hinterland Business Centre (HBC) and to purchase the now very colourful building at 38a Coral St.

2006 saw LEED running a Women in Business Coaching Scheme on behalf of the HBC. It was such a success that it was run again in 2007.

Over the years, LEED offered networking events, workshops and business seminars, allowing participants the opportunity to make new contacts and realise the importance of developing relationships with other businesses.

Learning the valuable skill of marketing yourself through networking proved to be vital in assisting participants to promote their service or product, helping to reduce costs and encouraging cross fertilisation of ideas.

The Australian economy is built on small businesses; starting up micro and mini

businesses can provide self-employment for one, two or more people in the same family, as well as others in the local community. This leads to a decrease in the social and financial burden and on the infrastructure of all levels of government, especially if people no longer need welfare payments and services.

Surveys indicated that most businesses benefited from having personal business mentors, as well as being exposed to training opportunities. The surveys revealed that the skills of the LEED members had enabled 86% of small businesses mentored to remain in business after a period of three, four, five and six years. In fact there are local businesses that are still going strong, 10 and 12 years later.

Just some of the businesses mentored by LEED:

- Shanti Mclvor – Baba Sling
- Sholan Jackson – Tourist Accomodation
- Cathy Lawley – clay sculpture
- Carolyn Sheather – International art teacher and artist.
- Robyn Clayfield – Earthcare Education
- Rob Gibson – Big Red Tomatoes of Noosa
- Elaine Armstrong – potter
- Richard Giles – Astrologer and Feng Shui consultant.
- Katie White – The Still Point Massage and Healing Centre
- Lisa Fearnley – Jeweller
- Rachelle MacMasters – She Oak Fertility and Naturopathy Clinic
- Aravinda – Catering
- Rebecca Hopkins – Hawiian Healing Massage
- Kylie Bell – Waterbreath Retreat



IYC 2012 Maleny – seeding ideas

by JAN DUFFIELD



- Margaret – Aeromocare Natural Skin Care
- Ann Ferguson – Quiltopia
- Julia Gee – Strawberry Farmer

LEED is a great example of a “self-help” organisation (a co-operative), starting without capital, using only the skills of its members and successfully increasing its operations over the years.

LEED Members who dedicated much time and skill to making it one of Maleny’s most successful Co-ops: Jill Jordan, Veronica Davidson, Helen Wilson, Peter Searle, Annette Powel, Di Cannon, Aileen Fidler and many others.

LEED dropped its co-op registration in 2010 but the good ethics and principles of co-operation remain.

LEED encompasses:

- New businesses – many potential new businesses do not initially have the skills to operate. They need a range of support services to keep them from joining the huge proportion of small businesses that fail within the first five years of operation
- Established businesses – where operators need to further develop their skills to maintain their present business, or need to inject new ideas and energy to expand or diversify. 🍏

If you have an idea, dreaming of your own business, have an existing business, need some inspiration or a new direction and would like someone to talk to, you can call Veronica on 5494 2838 For individual mentoring programs, business retreats or one-off consultations, email LEED@magicalmaleny.com

This International Year of Co-operatives (IYC) is a fantastic opportunity for Maleny to showcase our local co-operatives and to be proud of the contribution they have made to the social and economic fabric of the community over the past 30 years or more. IYC 2012 is an initiative of the United Nations and is a response to the impact the Global Financial Crisis is having on the world economy. The aims of IYC 2012 are to promote and grow co-ops as well as to influence government to enable co-ops to exist more easily than they can now.

Our IYC 2012 Maleny Launch in February was a hoot with lots of old friends reuniting after many years. The slideshow created by Steve Swayne was a hit, triggering past memories and lots of laughs. You can view the slideshow, access previous *Co-op Reviews* from a past era and a lot more information on the IYC 2012 Maleny website (www.iycmaleny.co-op)

We are hosting a series of monthly *On the Couch* forums on topics pertinent to co-ops. *On the Couch* is designed to kick off conversation and stimulate ideas to revitalise the co-operative movement and find innovative ways to have a sustainable future economically, environmentally and socially.

The first three forums, *Co-operative Housing and Land Sharing*, *Co-operative IT and Social Networking* and *Re-Thinking Energy* were held at The

UpFront Club and all were a resounding success, seeding ideas for follow-up events.

Join us ‘on the couch’ every month until September when we will be holding *Co-ops4Change Fest* in Bi-Centenary Park.

The next *On the Couch – Share Farming and Real Food* is on at The Upfront Club, Thursday 21 June. Don’t forget to book for dinner at 5.30pm. The discussion forum starts at 6.30pm.

On the Couch events are supported by a Sunshine Coast Regional Council Economic Development Grant. 🍏

Facebook: “IYC 2012 Maleny”

Web: www.iycmaleny.coop/

Email: info@iycmaleny.coop

COMING UP IN WINTER

THURSDAY 21 JUNE

On the Couch (see above)

SATURDAY 7 JULY

International Day of Co-ops
(venue TBA)

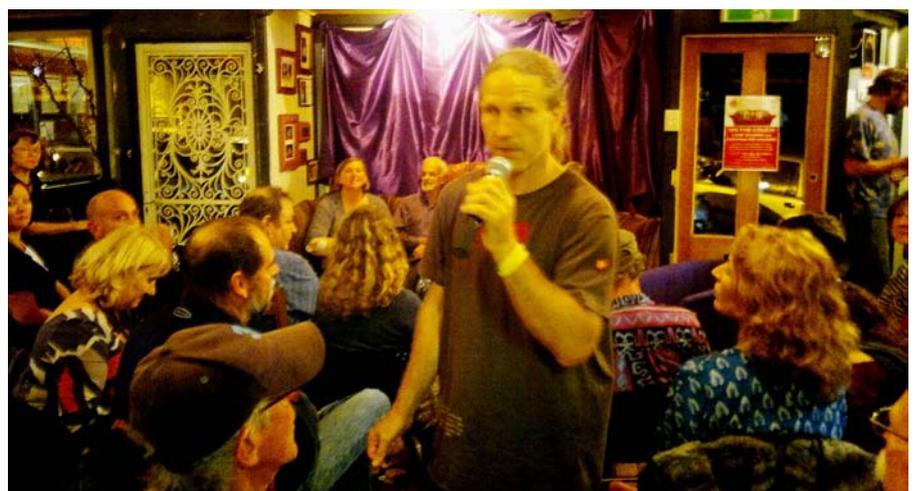
THURSDAY 26 JULY

On the Couch #5 – With ‘Gen Y’
(UpFront Club)

THURSDAY 23 AUGUST

On the Couch #6- Community Finance
(UpFront Club)

MC David Deaugard at the *On the Couch – Co-operative IT and Social Networking forum*





S.A.D.

(Seasonal Affective Disorder)

The winter blues – and what to do about them

Winter is a natural time for slowing down. But this 'slowing down' can go further. Can even make you S.A.D.

What might cause it?

Most scientists believe that the problem is related to the way the body responds to daylight. To put it simply – the lack of light in wintertime can result in lower levels of serotonin, the mood-enhancing chemical that regulates our hunger and feeling of well-being.

Light also functions to stop the production of the sleep hormone melatonin, making us wake up. So shorter daylight hours can produce higher melatonin, causing lethargy and symptoms of depression.

What to do?

Obviously, making the best of whatever sunshine there is helps.

- Get outside as often as you can, especially on bright days. This goes hand in hand with staying active – another antidote.
- Eat well. Winter blues can make you crave sugary foods and carbohydrates such as chocolate, pasta and bread, but don't forget to eat plenty of fresh fruit and vegetables!

Here are some S.A.D. busting foodstuffs:

Folates

Good sources of folic acid are green leafy vegetables (spinach, broccoli, kale, Brussels sprouts), potatoes, fortified breads and cereals, beans, peas and mushrooms.

Omega-3 fatty acids

People who experience seasonal depression have been found to have

lower levels of omega-3s. Omega-3s are found in fatty fish like salmon and tuna, some plant oils (flaxseed, canola) and walnuts.

Vitamin D

The body normally makes Vitamin D from sunlight. Here are some other sources:

- Shiitake & button mushrooms:
- Salmon
- Sardines
- Tuna
- Cod liver oil
- Eggs
- Protein

To figure out how much protein you should be getting each day, take your body weight in pounds and multiply by 0.4. This gives you slightly more than the U.S. recommended daily allowance.

If you're vegetarian, be sure to add these to your diet:

- Cheese
- Yoghurt
- Soya products
- Tofu
- Beans
- Nuts
- Quinoa
- Spinach
- Broccoli
- Watercress
- Chard
- Sunflower seed

Rosemary

Rosemary has been shown to increase blood flow to your brain and improve mood. Like Omega-3 fatty acids, this herb also has anti-inflammatory properties and may even benefit the immune system. 🍷

Good bug mix

Organic gardeners like to look beyond the 'bug spray' solution to pest control.

They also like to look into the underlying causes of pest outbreaks.

An effective strategy to enhance natural biological control of pests is to feed and shelter the army of 'good bugs' that will do the work for you.

Green Harvest have a handy little product called the *Good Bug Mix*™.

This is a colourful seed mix of annuals and perennial flowers that will help you establish a biological pest control island with a resident population of lean, keen munching machines – the 'good bugs'. It blooms much of the year, providing colour, nectar, pollen and habitat for the beneficial bugs. Great for garden edges or along fence lines.

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www.greenharvest.com.au

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Features and specs

- Hand-powered espresso machine
- Heavy gauge steel construction
- Unique one-way valve ensures even 10-bar pressure
- No electricity required!



The Australian Egg Corporation has recommended a new stocking range for so-called 'Free Range' chickens of 20,000 per hectare, up from the current 1500 hens per hectare (this is from a corporation that claims chooks that deliver cage eggs are happy and healthy, and that anyone who claims otherwise is alarmist and extremist). They also claim that the current recommendation of 1500 birds per hectare is unsustainable and that, if it is enforced, Australia will soon be forced to import eggs from nations that

have animal welfare laws worse than ours. Excuse me – how have free range producers managed to not just survive but prosper till now?

There is no other nation that allows 20,000 laying chooks per hectare because it is regarded as unsustainable, unsafe and inhumane.

In Australia there are four broad categories of egg-laying systems: cage eggs, barn-laid, free range and organic. Battery cages were banned in the EU this year because of the unacceptable level of cruelty they impose. They are

also illegal in seven US states.

Unfortunately, apart from some basic animal welfare laws, there is no federal legislation on safe, sustainable and humane stock densities.

Queensland is the only state with mandated 1500 birds per hectare.

If you want to ensure that the 'free range' eggs you're buying are kind to animals, here's the website for you:

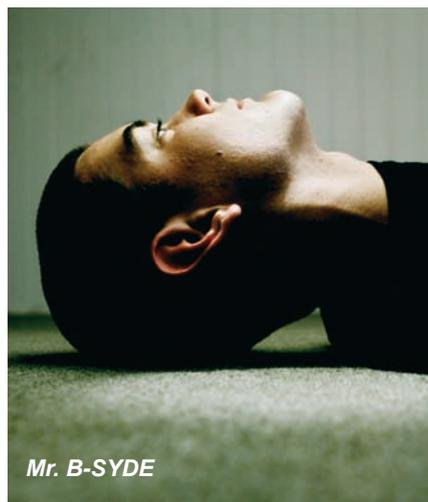
www.animalwelfarelabels.org.au

Or – keep a few chooks, or buy your eggs from a local who does. 🍳

What's on at **THE UPFRONT CLUB**

JUNE

- Fri 1 NICK and LIESL (NSW)
 Seasoned acoustic folk/R&B duo
- Sat 2 FIRST SATURDAY FOLK.
 Blackboard plus special guest
 John Wright



Mr. B-SYDE

- Thu 7 6.30pm THE NEXT
 GENERATION Inaugural under
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 with Jimmy 0428 896 851
- Fri 8 PAUL FOGARTY (Qld/
 Germany) Original roots folk
 pop. Three Indie albums
- Sat 9 Mr. B-SYDE (Brisbane) Ex-
 Maleny singer-guitarist with
 loops, beats & electronica
- Fri 15 DINKUM BOHOS (Byron)
 Multi-instrumental duo. 'Tender,
 profound, lively.'
- Sat 16 LAURA MITCHELL TRIO
 (S.Coast) Young jazz pianist,
 singer with bass and drums
- Thu 21 6.30pm Int. Year of Co-ops. On
 The Couch SHARE FARMING
- Fri 22 GRAHAM DODSWORTH (Vic)
 Singer-guitarist, folklorist. Over
 100 festival gigs. New album 'In
 Our Time'
- Sat 23 LEE HARDISTY & FRIENDS
 (Mapleton) Sax wiz & talented
 improvisers
- Fri 29 SNEZ (Sydney) 'Lovely, rich,
 clever' songwriter with Stewart
 Peters, guitar
- Sat 30 THE FLUMES (S.Coast)
 Soulful, funky electric harp &
 rhythms

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www.upfrontclub.org

**All events 7pm unless otherwise noted*

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