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SUMMER 2011

The money goes round and round....

SOMETIMES IT'S NOT JUST WHAT YOU SHOP FOR THAT CAN MAKE A DIFFERENCE – IT'S WHERE YOU SHOP, SAYS **SAMMY RINGER**.

Shop local has been a favourite theme in Maleny for as long as I've been here.

It made sense way back when petrol was 70c a litre and it makes even more sense now.

But you're doing more than just saving on petrol and carbon emissions when you keep your shopping local – you're adding to the vitality (and sustainability) of our once-little town.

Let's say you spend \$50 a week on fruits and vegetables. That \$50 helps to pay the salary of one of the employees in the shop.

That employee (bless his or her heart) also shops locally, spending around \$100 a week on groceries.

You get the idea – an employee at the supermarket has a job because enough people shop locally. And that supermarket employee shops locally...

“ you're doing more than just saving on petrol and carbon emissions when you keep your shopping local – you're adding to the vitality (and sustainability) of our once-little town ”

Beyond the money-go-round, there's the pleasure of knowing the people who serve you. They say 'people shop around on price but stick around on service' and that's certainly true for me.

I'm not a shopaholic but I get a buzz out of the meet and greet of Maleny shopping.

And hey – look at that young employee there! I helped get him a job! 🍏



Bev Jorgensen (left) and Ann Jupp

Triple-A AGMs

The Maple St Co-op and UpFront Club AGMs, held late October, were the most enjoyable I've ever attended. The food was outstanding and just kept coming. The Club was packed and the atmosphere warm. There was a long list of accolades, given and received amongst much applause.

And then there was that 'A' word. Jan Duffield, in giving her nomination speech, said that she would 'always be available'. A quick check of her notes had her correcting this to 'accessible' but the humour had been done.

Jan and fellow nominees Paul Williamson and David Miller have joined the boards of both Co-ops.

There were a number of high points and low – the farewell to outgoing directors Paul and Fern Veit, a great loss (see profiles page 3). The awarding of the Ann Jupp Volunteer Award to Bev Jorgensen brought the house to its feet.

There was much more, as is the way with AGMs – but then you've read the minutes, haven't you? (available online at www.maplestreetco-op.com) More on AGM on pages 3–5.

– Sammy





FROM THE MANAGER



Co-op NEWS

The newsletter of the Maple St Co-op

Maple Street Co-op News

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phone (07) 5494 2088

fax (07) 5499 9246

web www.maplestreetco-op.com

manager

Karen Syrmis

manager@maplestreetco-op.com

editor Sammy Ringer

sammy@ausbushfoods.com

design/sub-editor Wendy Oakley

printing Printworks, Geebung.

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

The Co-op's Mission Statement

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

ADVERTISING RATES

Standard sizes:

Full page \$250

1/2 page: \$150

1/3 page: \$100

Business card size: \$40

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

DEADLINE FOR THE AUTUMN ISSUE

(March–May 2012): 15 February

FOR INFO OR TO MAKE A BOOKING:

Phone Sammy on 5494 3812

or email: sammy@ausbushfoods.com

Co-operation pays

Our Annual General Meeting ran smoothly and as usual ended in party mode.

Welcome to our new directors – we appreciate the time and energy directors bring to the co-operatives. They have a huge responsibility with governance for both businesses. Thank you to the retiring director and chairman Paul Veit, who certainly lifted the bar of board meetings with accountability to action and forward planning. Also thanks to retiring director Fern Veit – we thank you from both co-ops.

Maple Street Co-op and The UpFront Club licensed restaurant co-operative are doing extremely well despite the economic downturn. And we had a couple of wins recently – one was a substantial rebate from the hefty land tax that we have to pay for our co-operative garden on the back block, and the other

was receiving funding for strategic planning for both co-operatives. Good timing as we head into 2012, the 'Year of Co-operatives'.

Our co-operatives are one of the larger employers in the Hinterland, employing 36 staff, with a combined annual wage of approximately \$950,000 and an annual turnover of \$4 million.

Maple Street Co-operative in particular is a place that connects members/ customers with local organic producers in our district. People want to shop where they know the store cares as much about the local community, and about promoting the best local and Australian organic products, as it does about making a surplus. Community focused, ethical and sustainable – that's the co-operative difference.

I would like to take this opportunity to wish members and customers of both co-operatives a happy and safe Christmas period.

– Karen



FROM THE EDITOR

Miles of aisles

Having attended the '100 Mile Food Diet' workshop (see below), I decided to work out how many 'food miles' I had in my kitchen. Things went well in the dairy and produce section but when I moved to canned and bottled goods it went west fast (at least my wine was Australian and came from within the 100 mile area).

When I got close to 70,000 miles I gave up. My pantry has more frequent flyer points than I have.

The next step, of course, was looking at how I could source what I eat closer to home.

Out with the Italian canned tomatoes (bought on special, sorry), the packaged soups from some unpronounceable province in China, the Canadian maple syrup...

As I made a list of products I can certainly do without (or source locally), my spirits rose. Then, with each local replacement I found for my foreign fare, they rose even further. I experienced a foodie synchronicity.

Setting my sights on sourcing from within 100 miles not only gave flight to the food

miles I was racking up, it also tied in with the 'money goes round' concept.

And there was more. Looking with shame on my 'fresh' grapes flown in from California, it was clear that the 'grow local, buy local' concept (see Maleny Harvest profile, page 7) also came into play.

Filled with enthusiasm, I rushed out to my garden to check on my home-grown bok choy. The caterpillars had demolished them. I picked each of the offending bugs off the plants and fed them to my juvenile magpie.

It saved me using a special insectivore mix sourced from Victoria.

100 Mile Food Diet

The Queensland Government has taken the concept of the 100 mile food diet and extended it to 'business clusters', in which businesses come together under a mentoring body to look at how they source their food and what can be done to shorten the trip from paddock to plate.

With food, tourism and production such an important part of the Hinterland, this is an exciting concept. The UpFront Club and Maple St Cop-op will be participating in our local cluster. Stay tuned for updates.

– Sammy

Q&A with Paul and Fern Veit

SAMMY RINGER SPEAKS TO OUTGOING BOARD MEMBERS PAUL AND FERN VEIT ABOUT THEIR TIME WITH THE CO-OP AND CLUB BOARDS. THE ENERGY AND EXPERTISE THEY PUT INTO THE TWO CO-OP BOARDS WILL BE SADLY MISSED.

Paul Veit

Q: What made you join the board?

When we migrated to Australia and settled in Maleny in 2002 we had no friends or relatives, knew one person, Debbie Newman, who worked for the realty from which we bought our block. We soon discovered the UpFront Club and this became our “home from home” where we met so many lovely and interesting people, many of whom have become our friends.

While pursuing a life style change we saw that the Maple Street Co-op fitted many of our ideals- healthy food, low food miles, local etc.

So we wanted to put something back into the two co-ops that shaped our new life in Australia

Q: Have been on similar boards in the past?

No, only on corporate boards, something vastly different!

Q: What changes have you seen?

Fern has covered this very well. As a general comment both co-ops have made the subtle changes necessary to survive in a far more regulated environment.

Q: High points?

~ Meeting, working with and learning from a diverse range of people committed to keeping Maleny the special and unique place it is. Learning consensus decision-making and more how co-operatives work.

Q: Low points?

~ Helping Karen deal with some difficult staff issues.
~ The time taken to implement decisions.

Q: What changes would you like to see?

~ A more sustainable management



“ We saw that the Maple Street Co-op fitted many of our ideals – healthy food, low food miles, local etc. So we wanted to put something back into the two co-ops that shaped our new life in Australia ”

structure in both co-ops with the respective managers having more responsibility, reporting to Karen who would take a more hands off approach.

- ~ Better member engagement
- ~ A drive to get new Malenyites to join both co-ops.
- ~ Better promotion of local growers and suppliers making us less dependent on outside factors like the recent floods.

Q: What would you recommend to people wanting to be on the board?

- ~ A passion for both co-ops.
- ~ Be prepared to take the sometimes hard decisions to ensure the sustainability of both co-ops.
- ~ Remember we are member driven organisations', our members are our "shareholders".

Q: What will you do now?

~ Catch up on a lot of personal things that have been neglected.

- ~ Have more family time.
- ~ Think about what community responsibilities I may take on in the future.

Both Fern and I would like to thank the members, staff, management and board for a wonderful journey! It has been a rewarding experience.

Fern Veit

What prompted you to join the board?

I was approached by the then board secretary, Mary Meadows, to join after working outside the Co-Op for the Obi Obi Parklands initiative for the Maleny Community Precinct.

Have you been on similar boards in the past?

No.

What has it been like to work on it?

It has been a positive experience. I joined a great, close-knit team. Jill Cutting is a very valuable, diligent, intelligent and committed secretary. Karen is all heart and totally dedicated to the business. She has brought a much-needed female energy to the organisations, such as improved customer service in the UFC.

The quality of the food has improved immeasurably under Sharon Milburn's creative touch! Little touches like flowers on each table make the place welcoming and homely. Organising a member



to provide new upholstery, having new chairs and tables to sit on – these all raise the comfort level of the Club.

What changes have you seen?

Almost too many to list!

- ~ Passing Rule changes endorsed by the membership.
- ~ Back garden has improved as there are fresh vegetables from patch to plate.
- ~ Fruitful strategic planning sessions and recent input into a solid business plan.
- ~ Budgets being introduced.
- ~ Improvement in the Co-op News.
- ~ Surveillance cameras in UFC and shop.
- ~ Improved maintenance.

High points?

- ~ Having a dedicated restaurant manager with a passion for co-operative principles and quality food and the ability to lift the morale of the employees.
- ~ Having a general manager who puts the business first.
- ~ Being part of the social heart of Maleny working for the benefit of our members. Being a catalyst for change.
- ~ Being an ambassador for both businesses

- ~ Working with then financial manager Dick Newman to get the point-of-sale system up and running. He worked many pro bono hours on the project.
- ~ Organising the Co-op's 30th birthday bash and publically thanking Jill Jordan for being the 'Mother of Maleny co-ops'. Check out the book by Elaine Green, 'An Alternative History of Maleny' – it's for sale at the Co-op!
- ~ Initiating the Co-op Birthday Festival.
- ~ Going on a shopping trip for a new stove and lending the UFC the money to purchase it.
- ~ Donating the new counter in the Co-op.
- ~ Having my friend Lynda Simpson work with the new shop layout.
- ~ Lending the Co-op the money to replace new fridges.
- ~ Money saving measures such as getting three quotes for the building renovations of the manager's office and loading bay area."
- ~ Paying back the Jill Jordan and Ann Jupp loans which had been outstanding for years.
- ~ Watching the growth of the UFC's catering arm, with a stand at the U-Tribe Festival and the Slow Food Festival.
- ~ Attending the Qld Training Awards in Maryborough and the Telstra

Businesswoman of the Year awards in Caloundra as Karen flew the Co-operative flag once again for the members.

- ~ Lending the UFC the money to buy the food cabinets.
- ~ Taking a hard stand with the Maleny Credit Union to keep the business local. They have been there for the Co-Ops and vice versa since the beginning.

Low points?

- ~ The Cleopatra Milk saga.
- ~ Theft in the shop.
- ~ Last year the coffee brand was changed and that had serious repercussions on sales and the financial aspect of the UFC.
- ~ Coby and Sue off work due to Coby's illness. Their experience and expertise left a huge void in the business They are an exceptional mother and daughter team!

What changes would you like to see?

- ~ On-line shopping.
- ~ Educational workshops on product and Co-op history and culture.
- ~ A home delivery system for both businesses.
- ~ A mobile coffee and food van.
- ~ Exports to Japan.

AGM 2011: welcome to our new board members

Paul Williamson

Paul moved to Crystal Waters in 1999, and became actively involved in the community, serving on the Crystal Waters Co-op board for 6 years. During the anti-Woolies protests, he facilitated public meetings and served on various steering groups. Paul has a degree in environmental management and has worked in or set up a number of housing, workers and campaign co-operatives.



Jan Duffield

An original member of The UpFront Club, Jan has been a passionate, involved member of the Maleny community for 22 years. She has been involved with the Wilderness Society, the Maleny Folk Festival, Wastebusters, Waroo Arts, LETS, the Save the Maleny Platypus Campaign, Maleny Community Precinct and the Woodford Folk Festival and the Dreaming.



David Miller *(in his own words)*

"Having lived across Australia and overseas in the past, I've been fortunate to live in a number of special places. For me, Maleny tops the cake – and The UpFront Club is both the icing and the candle. The Club and the Co-op are synonymous with our community's unique spirit and soul, and hopefully I might contribute in some small way to their ongoing strength and social value."



~ Locals growing organic vegetables at home and working co-operatively to supply the Club and Co-op, thus reducing food miles.

What would you recommend to people wanting to be on the board?

- ~ Make sure that the wages in the UFC don't exceed 40% of sales! Encourage traineeships and volunteers to participate.
- ~ Make sure that a rolling stocktake is undertaken monthly in the Maple Street Co-Op.
- ~ Groom young blood to run the Co-op (Coby) and (Alex) in the UFC. Train a team of excellent barristas in the UFC and make sure that the retail knowledge is shared by a good team in the shop.
- ~ Encourage the general public to shop at our local Co-op and frequent the Club for the best coffee and social vibe in Maleny!
- ~ Encourage newcomers to town to get involved in the co-operative movement, opening the doors to new ideas and energy.

What will you do now?

I am President of the Maleny Playgroup so am busy with little people.
Thanks to all for a wonderful journey! 🍎

AGM 2011: question raised – and answered

At the Maple St Co-op AGM, a question from the floor questioned the Co-op's operating loss for the financial year and whether this could affect the Co-op's ability to pay creditors.

The Finance Manager has provided the following clarification:

"Even though the Co-op recorded a net loss for 2011, this included depreciation expense and other expenses paid by bunyas, that are taken to account as dollar equivalents. These items do not affect cash-flow nor our ability to pay creditors.

I would like to mention the creditor turnover ratio over the past twelve months was 24.7 days which is within the Co-op's policy of 30 days. The Co-op conducts business with nearly 200 suppliers and at least 20 consignors injecting over \$150,000 per month into the local and national economy."

Wildlife in town

(No – not the hippies – nor the kids on skateboards...)



Imagine for a moment you are sitting in front of your telly one night and then – oomph! It's all gone. Your house, the street, the town. Where once was 'civilisation' there is now rainforest. No IGA, no fisho, no butcher nor greengrocer. Just trees, shrubs, insects and wildlife. No shelter, no food. What to do? Adapt? Move away (except there is no 'away'). Sit and curse your loss? Of course, the scenario above is what has happened to the wildlife that once lived here.

Perhaps not the 'oomph!' bit and it didn't quite happen overnight, but the communities and streets and food sources of our wildlife has certainly been bulldozed, cleared and taken away.

There are still pockets of 'habitat' to be found in town. In these ghettos, a surprising amount of wildlife ekes out a 'suburban' life.

Birds seem to be the best adapters, no doubt due to their ability to 'fly in fly out'. Possums can also be found here. These are seldom happy campers, pursued as they are by cars, cats, dogs and intolerant humans.

Those living in town are also trapped in a ghetto – there being no wildlife-friendly corridor to get them back into the bush.

Over the years, countless possums have been taken into care due to stress-induced dermatitis, malnutrition and, of course, encounters with cars. Many have to be euthanased.

Those 'with a chance' go into rehab with a wildlife carer.

There is a slightly happy ending to this story. A group of us were unsuccessful in getting a 'possum bridge' built from the Uniting Church over the road to some revegetation by the high school.

A fence has been erected that has proven, well – less than successful.

Then it occurred to us that the possums living around the church had a wonderful wildlife habitat – if only they could cross the Obi Obi Creek to get to it.

A quick call to Cr McKay got enthusiastic support for a possum bridge over the Obi to the Precinct.

Hopefully, all that remains is the formality of where it's erected.

Watch this space. 🍎

maleny street christmas carnival
testings and tastings

Friday 9 December, Maple Street Co-op



BENTS ROAD ORGANIC WINE

Wine tasting (wine and cheese)
4.00–6.00 pm

GYPSY ROSE

Sample bags, product testing, one-on-one hair demos, hair colour and cutting advice
From 2pm until closed





HOW DO YOU USE...?

Black bean flour

First of all, a big warning – the black bean flour we're talking about comes from the Black Turtle Bean – not our native Blackbean tree (*Castanospermum australe*). The large beans/seeds of our native blackbean are highly toxic – although the Indigenous peoples knew how to make them edible through pounding and leaching (and pounding and leaching...) and roasting.

The pounding's all done for you with the black bean flour at the Co-op.

So what to do with this gluten-free flour?

The recipes on the back of 'Bob's Red Mill' black bean flour seem to favour Mexican dishes, with burrito filling and taco pizzas but a quick internet journey proved their versatility.

Black bean flour can be whisked into soups and stews, adding flavour and goodness – and acts as a thickener.



For baking: use up to 25% black bean flour with a gluten-free flour mix to add protein, fiber and iron. Especially yummy in brownies.

Or go the Mexican way with:

BLACK BEAN TORTILLAS

- 1/2 cup. cornstarch
- 1/3 cup. black bean flour
- 2 tbsp tapioca flour
- 1/2 tsp sea salt
- 2 eggs
- 1 1/2 cup water
- Combine the dry ingredients in a medium bowl.
- Add the eggs and water and set aside for 20 minutes.
- Prepare a skillet with cooking spray.
- Pour about 1/4 cups of batter into the pan and cook like a pancake.
- When golden on one side, turn over and cook slightly on the other (about 1/2 minute).
- Place on waxed paper and place paper between each tortilla.
- Use as you would any other tortilla... fill with meat, cheese, and any other goodies. The tortillas can be frozen, refrigerated and re-warmed in the microwave.

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Soon after you begin to feed your pet BARF you will see an improvement in coat and skin. This eliminates the need for cortisone, antibiotics and medicated washes. Your dog will be happier without these and you will spend less time and money at the vet.

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Pets on a BARF diet show increased activity and mobility. Arthritic dogs show a remarkable improvement and older dogs act as if they are now younger.

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This means fewer infections a greater resistance to fleas and internal parasites. Bowel, Liver and Pancreatic health will improve significantly. Fewer ear infections.

LEANER BODY MASS
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mass and strength. Your pets appearance will improve on a BARF diet.

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Dry food generally results in bulky, smelly stools. This is because cheap dry food contains fillers that are not digested and ferment in the gut. BARF is easily and totally digested and the ground bone helps reduces odour.

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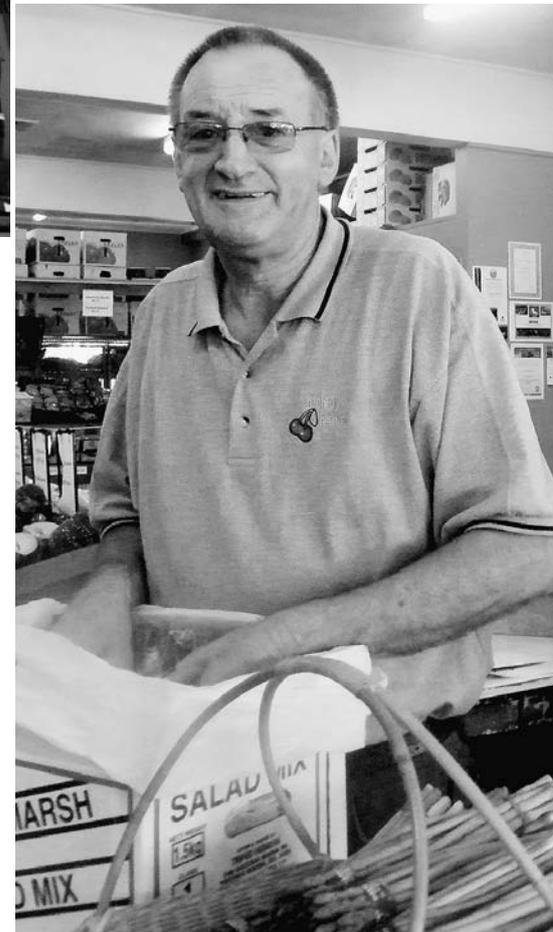
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“ I would love to see market gardens all over the Hinterland. We’ve got the climate, the soil – everything’s going for us ”



a continuing series on the people who supply the Club and Co-op

Maleny Harvest – service above and beyond

Running a restaurant – having fresh ingredients there ‘just in time’ – isn’t an easy task.

UpFront Club Chef Sharon Milburn would love to rush out to the back garden and pick everything she needs for her menu. Alas, this will never be possible.

Not so coincidentally, one of Sharon’s favourite suppliers would also like to get everything he needs from local growers.

Graham Hall took over the Maleny Harvest fruit and veggie shop in Coral Street in July 2009, and quickly put his stamp on this chock-full-of-surprises shop.

“I would love to see market gardens all over the Hinterland,” says Graham. “We’ve got the climate, the soil – everything’s going for us.”

At present Graham sources his produce locally and from the Brisbane markets and elsewhere. He has seen a trend by consumers towards ‘in season’ produce.

“People appreciate it when you tell them it’s not the right time of year for, say, figs. Yes, there is somewhere in the world we could get them but my preference is to stock in-season, Australian produce.”

A Tasmanian, Graham moved to Maleny in 1999. His background covers just about every aspect of the trade – from grower to retailer to marketer – and back to retail again.

Much of our conversation centred round the concept of growing local. Apart from conventional commercial market gardens, he saw scope for ‘mobile market gardens’.

“Lots of people are sitting on unused land – it might be as small as 1/4 acre but it could be productive. Get a trained team to put the garden in, maintain it and harvest. The landowner gets fresh vegies and herbs and we get fresh local produce.”

The idea seems so simple it would be great to see it taken further.

So what’s ‘in season’ at present?

“The stone fruit, especially cherries. Grapes, figs and of course our beautiful herbs and leaf vegetables.”

To round off the interview, I went back to Sharon and asked her why Graham was top of her pops.

“Simple.’ she said. ‘He has good produce, good prices. I can call him and he’ll make a special trip with something I need. Doesn’t happen often but, if I’m not happy with something, he gives me a credit. In a word – service.”

Seems like a winning way to grow a business. 🍏

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Red and yellow. A great raw food product.



ACTIVATED BUKINIES

A raw activated buckwheat* cereal.

** Did you know? Buckwheat is not a wheat. In fact, it's not even a grain – it's a fruit belonging to the Achene family (which includes strawberries).*



CHEEKI BOTTLE

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40c/litre to fill your own bottle



BARAMBAH ORGANICS – new milk prices

We are now buying direct and passing on our savings to you: 2 litres – \$4.95 less member's discount.

FRUIT AND VEGIE PRODUCE BAGS

The Co-op is now providing biodegradable cornstarch bags for your bulk fruit and vegie purchases. You can safely put them in your compost – they break down into CO₂, water and carbon-based humous. (Please note though that if you store damp vegies in these bags in the frig they will break down very quickly...)



SO DELICIOUS COCONUT MILK

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Raw organic cacao butter made from Fair Trade criollo cacao from Satipo in Peru.



LOVING EARTH BOTIJA OLIVES

Raw organic dehydrated olives from Peru. Cured in sea salt and pure Peruvian spring water and then dehydrated at low temperatures.

cooking with the sun

the parabolic solar cooker

Looked at your power bill lately?

Silly question. It's pretty clear power prices won't go down again – so what to do?

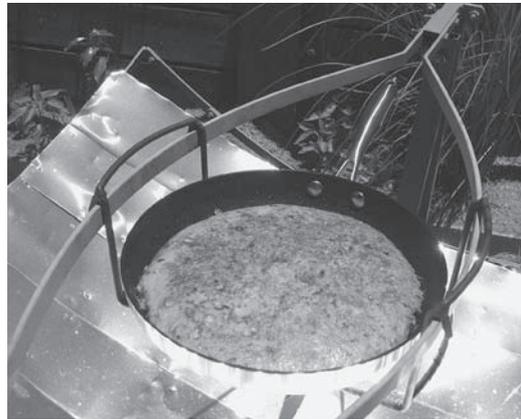
When you've done the obvious, take a look at solar cooking. Here are some costings that are pretty eye-popping:

My latest power bill had an 'anytime' rate of \$0.2152 per kilowatt hour. My electric oven consumes around 1.35 kilowatts per hour and my electric cooktop around 2.4 kilowatts per hour per plate.

Let's say that the oven's used 1.5 hours a day on average and the cooktop 3 hours a day. Over the 3 month billing period, that's \$101.60 spent on cooking! I could go on a raw food diet – or look at cooking with the sun.

Obviously, the solar cooker can't be used every day – but if it's used just 50% of the time, it will quickly pay for itself.

One local who has seen and embraced environmentally-friendly solar cooking is Pascal Goux. It started five years ago when he got a second-hand solar cooker.



"The oven was quite OK to cook cakes or bread but it wasn't very efficient in cooking food that required more heat."

It didn't take Pascal long to discover that there are many solar cookers to choose from.

"I wanted something more efficient than the solar oven and found that a parabolic solar cooker was the next thing to get. I did a Google search and discovered that India was very innovative in solar cooking. I purchased a handful and got cooking!"

Several people who saw Pascal's cooker said they would like one, so he ended up ordering 50 cookers from the same manufacturer! Pascal now has a few dozen available at a unit price of \$290.

"What I like about solar cooking is that it allows you to reduce your carbon footprint as well as your electricity bill."

"I now have a solar oven and a solar cooker as well as a home-made portable solar cooker that I can take with me when I go camping. Solar cooking is really a great way to connect more with nature – you are really aware of the weather of the day, you are aware of the course of the sun during the day and also during the year. It is also a pleasure for me to provide information to people who want to know more about solar cooking. 🍏"

For more information and photos go to: <http://pgoux.free.fr/parabolicsolarcooker.htm>

PARABOLIC SOLAR COOKERS
for sale

- Cook your food using the free energy from the Sun
- Reduce your energy bills
- Reduce your carbon footprint

More info on <http://pgoux.free.fr/ParabolicSolarCooker.htm>
\$290 + freight cost (on application) if not picked up in Maleny (QLD)
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FAIR TRADE CONNECTIONS

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- ~ 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



Backyard bushfoods

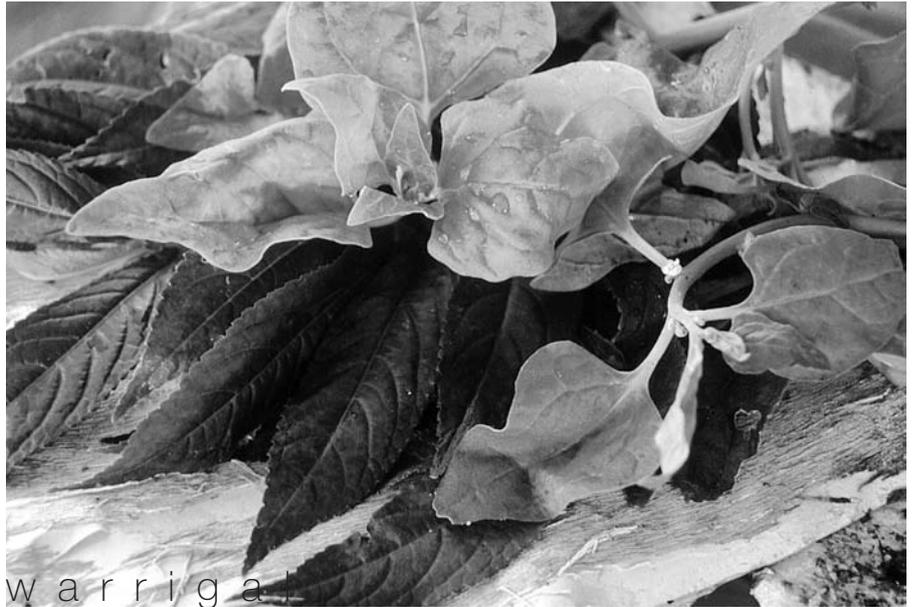
by SAMMY RINGER

Easy edibles – grow native

For most of us, the idea of self-sufficiency from the garden is about as down to earth as airborne porkers – but there is a simple way in which most of us can enjoy fresh foods from the grass patch with a minimum of work. Backyard bushfoods.

No witjuti grubs or sugar ants here – just a pleasingly long list of well behaved natives which happen to have edible fruits, nuts, leaves or tubers. Trees, shrubs and ground covers that you may already have in your garden or lining the street. Plants that are superbly adjusted to our climate and soils and need a minimum of molly-coddling.

Almost every garden has room for ground covers and one of my favourite 'bush nibbles' is the **Midyim berry** (*Austromyrtus dulcis*). This nearly prostrate plant reaches a size of 1-1.5 metres diameter in time. It grows reasonably quickly (mine were fruiting in the second year) and has a very pleasing shape (spreading but not straggly). The small leaves are attractive and the berry itself is quite unusual – about chick pea size and grey with purple dots. The taste? Well, it's sweet,



If the midyim plant is happy, it will give you two crops of berries a year

sort of cinnamony and has just a touch of pine about it. This 'piney' taste puts some people off but I like it.

You can eat midyims straight from the bush, add them to fruit salad, yoghurt, pavlova or almost any sweet. I'm quite partial to sun-dried midyims, which retain their taste well and have about the same keeping quality as raisins.

If the midyim plant is happy, it will give you two crops of berries a year – like many of our natives, it seems to have 'good years, not so good' and the occasional bumper.

Staying with the ground covers, one of the best of the 'set and forget' bushfoods is **Warrigal greens** (*Tetragonia tetragonoides*). Also known as Botany Bay Greens or (wrongly) as NZ Spinach, this leafy quick grower likes moisture and semi-shade and the leaves are best harvested when they're young and soft.

The taste is **very** spinachy and adds flavour to quiches, omelettes and other dishes that call for spinach. A warning – warrigals should be blanched before eating and the water thrown away as they are very high in oxates that can lead to kidney stones if taken in quantity. Warning two – once you've got it, you've got it. It self-propagates prolifically and will spread if left unneaten.



m i d y i m

Our local **Rainforest Spinach** (*Elatostema reticulatum*) has no such 'problems'. Sometimes described as a 'coarse, straggling herb to 50cm' I prefer to call it a lovely little ground cover that loves the moist, dark corners of the garden where little else will grow. It's not as hardy as warrigals but the taste is more delicate and they can be eaten raw.

Backyard bushfoods aren't likely to take over from the backyard vegie patch, but they can make an easy – and **edible** – addition to almost any garden. There are literally hundreds of species suitable for the suburbs and even the inner city and if, like me, your vegie patch is more patch than vegie, why not try a native? 🍏

Get them here 🖱️

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Dwarf fruit trees – less can be MORE

WITH SO MUCH EMPHASIS ON SUSTAINABILITY AND GROWING OUR OWN FOOD, WHY NOT THINK DWARF FRUIT TREES?

Not all of us have acreage, but, regardless of the plot we have at our disposal, dwarf fruit trees make so much sense.

In my experience, the majority of people do not maintain their fruit trees correctly. In fact, when trees are full-size and mature, pruning and the like becomes overwhelming for many.

Of course with dwarfs, one can fit many more trees in a given area, hence the potential for greater variety. Many dwarfs do not require any pruning, but when needed, access to all parts of the tree becomes a breeze. Also if one needs to spray for pests (ie white oil or similar) it is possible to do so from the ground with basic spray equipment – no ladders and the possibility of falling, particularly pertinent for our older folk, many of whom are daunted by the maintenance of full-size trees. Even if pruning is not required, light shaping may be advantageous post-pruning, depending on the specific species.

When your dwarfs are mature enough to produce fruit, access to all fruit is easy. How many times have you attempted to pick mature fruit high up on a full-size tree, without success? With nearly all species, dwarfs produce normal full-size fruit, so smaller does not necessarily mean less, although as an example, a dwarf citrus will not produce the same volume of fruit as a full-size tree.

With dwarfs one has much more control over production, depending on species and the layout of the orchard area. Often huge amounts of fruit go to waste with full-size over-abundant trees. Whilst excess fruit can always be given away or bartered, wouldn't it be better to have 3 varieties of dwarfs, giving brilliant diversity in the same space as one full-size tree that produces excess wasted fruit?

I would suggest approximately three metre spacing between dwarfs. This again allows ease of all aspects of maintenance. To get excellent overall results, soil preparation and conditioning is vital. Open, friable, well-draining soil is essential. Boost your natural soil with organic material, either self-produced compost or purchased. A simple pH

test would be beneficial to see if you are heading in the right direction and avoiding extremes of acidity or alkalinity. Depending on the clay content you may need to incorporate gypsum plus other goodies! I like dolomite and a rock powder product. Try and prepare your soil thoroughly and repeatedly at least one month before planting out.

A huge variety of species is now available, specifically to suit our sub-tropical climate. I feel it is better to purchase stock at a nursery to sight the young trees' general condition and form. There are many 'on-line' access points but I have noted some people's disappointment at trees that have been purchased this way.

Be aware of grafted stock. The graft should be clean and the main stem as straight and erect as possible. Major kinks and 'dog-legs' are there for the life of the tree and can be difficult to rectify, even with careful staking. Bad grafts are also a point of weakness as the tree matures. A good-quality, disease-free, beautifully-formed young tree stands out immediately, by comparison with lesser quality stock. There are numerous local/near-local retail outlets that can assist. Remember, a dwarf fruit tree is for your lifetime and beyond, so choose carefully.

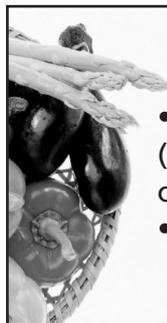
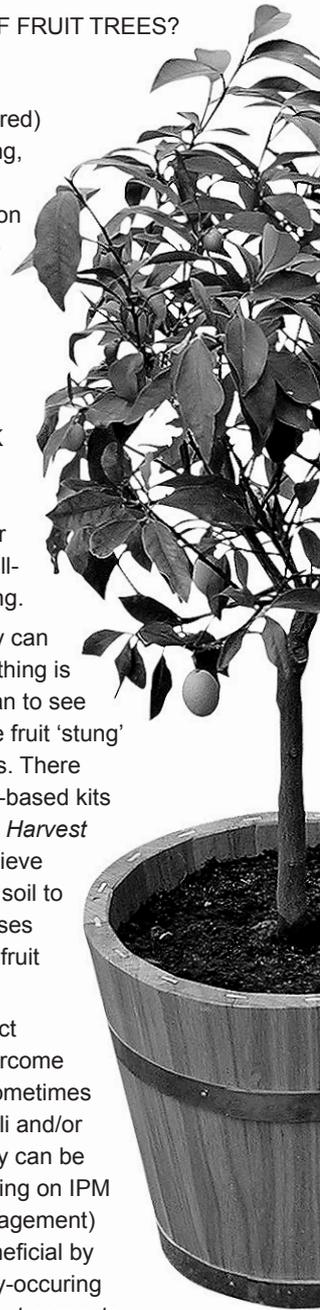
Mulching is essential both for weed control and moisture retention and can also help to keep young developing roots cool in our sometimes vicious summer heat. I suggest planting out new stock in either Autumn or Spring, to avoid temperature extremes. Depending on the number of trees you have, it may be wise to install a basic dripper watering system. Fruit trees benefit from occasional slow deep watering as opposed to a regular quick hit with the hose.

Post-pruning (if required) or at the end of fruiting, apply a good quality fertiliser in combination with a thorough deep watering. Potassium is essential for good flowering, young fruit development, overall quality and taste of fruit. A balanced NPK and trace elements fertiliser should be applied prior to flower and fruitset and as full-form fruit is developing.

In our climate, fruit fly can be a problem and nothing is more aggravating than to see beautiful near-mature fruit 'stung' and therefore useless. There are many organically-based kits available from *Green Harvest* in Maleny. I firmly believe that well-conditioned soil to some degree decreases the propensity of the fruit fly to breed.

Most fungal and insect problems can be overcome by natural means. Sometimes simple garlic and chilli and/or a copper-based spray can be effective. Also operating on IPM (integrated pest management) principles can be beneficial by encouraging naturally-occurring bugs/insects, which out-compete the bad. *Green Harvest* can give you excellent advice including relevant products like seed to attract good bugs.

Enjoy your dwarf fruit trees and reap the amazing rewards of nature's gifts!! 🍎



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operation at Leonards Hill, just south of Daylesford in Victoria. Also, in 1996 in Denmark, there were 2100 wind-power co-operatives. This grassroots initiative has built a great base for renewable energy to be a significant proportion of Danish energy production today.

Technology for microgrid development is strengthening the feasibility of local micro-production from diverse generators – solar, wind, hydro, wave, etc. This local production with microgrid technology offers communities greater resilience from the effects of external systems, including economic shocks.

Imagine what could be possible for our community! We do not have the greatest location for solar and wind; however we do receive ample for our use. We also have significant potential energy from the force generated by our high rainfall; we do have two weirs, each of which concentrates significant force from water spilling over their walls.

From our study of group evolution we know that pro-social groups offer greater survival opportunities. Hence co-operation is a key ingredient for a sustainable community. Energy is a significant ingredient supporting our quality of life, hence co-operative production contributes to our sustainability on many levels. 🍏



Franklin befriends Edinburgh

Well-known local and persistent Club volunteer Franklin Bruinstroop traveled to Scotland in mid-October on a mission for the earth.

Franklin was the delegate chosen to represent the Asia-Pacific region at the Friends of the Earth International Planning Meeting, held in Edinburgh.

The goal was to develop FOE's Transformation Project, an ambitious plan with the intriguing masthead of **Mobilise, Resist, Transform**.

Mobilise, of course, refers to mobilising the people. **Resist** is the need to stop the damage humans are inflicting on the planet. **Transform** is the logical end-note, a goal to transform our lifestyles.

The project is a massive one and, as Franklin noted, it's not linear but branching. Strategies needed in, say, New York, might not be appropriate here in Maleny.

"In all modesty, I think we can say that Maleny is capable of far more transformational activity than the Big Apple," he said.

The goal of the meeting was to have a plan prepared for the Climate Change conference in Durbin this year and to get it going in 60 countries next year.

Good luck, Franklin – we look forward to the transformational work FOE are undertaking. 🍏

The bottom-up approach to renewable energy

by GARRY CLARIDGE

With the upcoming application of a fee on CO2 emissions from the burning of fossil fuels, and with the lack of relative funds being invested into renewable energy (which goes into coal and gas infrastructure instead), a local bottom-up approach is needed for the production of clean electric energy.

Many communities around the world have taken up this challenge. Of note is the recent commissioning of the Hepburn Wind Park Co-operative's

CO-OPS RULE IN IRELAND

by JENNY FITZGIBBON

The Bridge Street Workers Co-op in Kenmare, County Kerry, gave me a lovely reminder of the friendly space of the Maple St Co-op at home. Their provisions need to be local, organic and ethical and the produce of the worker-owners has priority. Originally it employed the people who set it up but they also now employ others. The structure is democratic and all decisions are made by the shareholder-owners and the workers.

I spoke to one of the worker-owners – even though they have been operating for years, the financial crisis in Ireland is making it difficult for them as people don't prioritise organics and, just like



here, many people don't connect using corporate supermarkets with reductions in local employment and farmers' viability.

I bought a delicious local cheese and a pile of nuts – just what was needed as a breath of fresh air from the usual Tesco and Superquinn supermarkets. Long live the co-ops of the world! 🍏



the Nepali Shop

The smell of incense and a bubble of laughter floats out onto the footpath as I enter the Nepali Shop on Maple Street.

Inside, volunteers open the 'latest cargo' with oohs and aahs and an occasional giggle.

Karina, Ani, CarolAnn, Rainbow and Felicity are part of the Nepali Shop volunteer team, a group of dedicated women who work to better the lives of people thousands of miles away.

The shop is a major fundraiser for *Shed the Light Inc*, an association that provides a home, education and care (and no doubt a bit of laughter) for children and older people living in Nepal.

It began back in 2000, when Suzanne Kupaik travelled to Nepal and fell in love with the people. Her heart was taken by the hardship faced by young and elderly people in the village she visited and *Shed the Light* was born.

You've probably walked past the shop many times – but you have to walk in to appreciate the colourful breadth and scope of their range.

All their goods are either made in Nepal or by volunteers here. With Christmas coming up, you've got a feast of choices for beautifully-made-from-the-heart presents. Too large a range to list here!

I asked the girls what they'd like for Christmas. There was no hesitation;



"Fabric! We need more fabric to make bags." – "Volunteers!" – "More members!" – "A Bollywood night!" All but the last made sense to me but I lost their attention as a new package was opened and the contents unwrapped.

"Mock dreads? A funny hair thing?" Ani modeled the colourful plaited 'thing' while the others giggled.

The next package contained a stunning range of embroidered bags and I bought myself a late birthday present.

Did they have any other wishes for

Christmas? They all agreed on one thing – 'customers to come in and buy from the heart.' 🍏

Just in:
the funny hair things, summer clothing, scarves, hats, headbands, Tibetan incense, tapestry bags, deeply embroidered fabric and spreads and more!

Bollywood anyone?
Watch out for notices around town about the planned Bollywood Night, a fundraiser with a dancing difference!

Sponsor a bat

It's baby bat season again. Each year, Bat Rescue volunteers care for dozens of orphaned and injured bats – spending more than \$100 for each baby they rear.

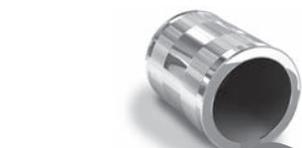
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('How to help' is in the navigation bar on the left).

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A co-operative of one

SAMMY RINGER RELIVES MEMORIES OF A CHILDHOOD IN OHIO, WITH A STORY THAT ILLUSTRATES THAT CO-OPERATIVE PRINCIPLES ARE NOT EXCLUSIVE TO MALENY.

The mid-west of the US is a strange place – nowhere near the west and nowhere near the mid, it sits proudly on its mythical ‘mid-American’ laurels. Here the men work, the women cook and the children drive snowmobiles.

And though other regions may claim ownership, the mid-west is the home of a wonderful, co-operative ritual known as ‘raising the barn’.

Now, every farm needs a barn and in the sub-zero sort of climate of the mid-west, this can be a substantial structure. Somewhere in the pioneering past of the area, someone came up with the concept of a *party*. For weeks, the men-folk gather materials and tools and used bits and pieces which might be handy. On the appointed day, the community gathers to admire the great piles of timber and nails and used bits and pieces. The women-folk lay out long, overburdened tables of food and the children do what children do when grown-ups gather.

After much muttering and measuring by thumb and hand, the men-folk (as though choreographed) begin to hammer and nail and pull up roof beams and, before supper is taken, a barn is raised.

After this event there is more muttering and shushing of the bored and rambunctious children and grace is said and food is eaten.

I don’t recall a roster for this ritual. There never seemed to be a tally as to who got the biggest barn or who was next in line. Loss through fire or tornado brought out the best barn-raising, but there was no barn balance sheet and any neighbor who needed a barn could be sure of getting one – and a good feed into the bargain.

It may have been during a barn-raising that the idea of a maize co-operative was born. It may have been my Grandad or perhaps Uncle Noah who thought it through and put it up. I don’t recall – but I remember the scandal it caused.

It seemed to make sense at the time. The contract harvesters were caught in a late Canadian season and might not

get to Ohio before the maize had field-dried, Hendrikson had raised his cartage costs as had Mundson the thresher.

The market was thin anyway and many farmers were better off feeding their grain straight to their hogs than trying to sell it. Here was a gathering of maize farmers facing a bleak future.

I think it started between coleslaw and the spare ribs; I’m pretty sure it was my Grandad who started it:

‘Saw a harvester advertised down Mansfield.’

A few eyebrows were raised – this sort of talk usually came after dessert.

‘Going reasonable. Noticed there’s a thresher down Ashtabula county as well. Yes, a harvester and a thresher and you know Thiel’s selling up his cartage business, three trucks, make him an offer and they’re yours.’

A few around the table picked at their ribs but most waited uncomfortably, unsure where this was leading.

‘Things going the way they are, pretty soon we won’t be able to sell our crop without raising our mortgage. Well, this

equipment would cost a handful but if we got together... we could sort of – buy it and share it, you know?’

Ribs were now unanimously frozen mid-air. The silence went on a bit and you could feel the concept clunking around in their heads. Kimmel finally broke the impasse, biting into his rib and speaking with his mouth full:

‘You mean like in Russia? We’ve got to act like commies to make a living now??’

‘Not exactly...’

‘I know you mean well, Ora, but here’s the question I ask you – who’d own it?’

Eating was resumed with some relief as the men muttered about ownership and the problems they’d had with their pick-up and their tractor. No one seemed to be listening as Grandad quietly answered the question:

‘We would.’

After dessert, the proud owner of the newly raised barn completed the ritual by laying pine branches round the door and leading the gathered in prayer. In the distance, the maize dried in fields of honest toil and self-reliance. 🍎



What's on at THE UPFRONT CLUB



RECIPE



Katia
Demeester

LIVE MUSIC UPDATE

The big news is that the large stage has been back in business since 14 October, after some expensive and time-consuming procedures. Hopefully this will prove justified as more of the audience can actually see the stage now!

Thanks to Johan for getting down and dirty under the floor installing cables, and Angus for cable repairs and fine-tuning the PA system. Thanks also to the Malters who provide their granny flat on occasions for visiting acts. Please let me know if you have something similar close to town – our musos are invariably well-behaved.

Our staff are obliged to enforce licensing rules. If you become aware of drunken or bad behaviour, uncontrolled children or under-age clients without a parent or guardian, please help by discreetly mentioning it to the bar staff.

While our policy is to encourage local performers, there are not many presenting themselves who are able to play three sets of forty-five minutes. Feel free to suggest anyone to me.

Many music nights are fully booked for dinner, so check the guide pamphlets or upfrontclub.org to get in early. We get a lot of praise for the Club's music program. If you agree, you might consider writing to the *Range News* or in your social media.

My contacts: danupfrontrose@bigpond.com 5494 2385 / 0427 022 612

DECEMBER

- Fri 2 **VICTORIANA GAYE** (Vic)
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- Sat 3 **FIRST SATURDAY FOLK**
Blackboard & special guest.
- Fri 9 **T.J. QUINTON** (Brisb) acoustic roots originals singer guitarist, ex- Tim Loydell & The Deckchairs. \$5.
- Sat 10 **INESSA** (Russia/S.Coast)
pop, soft alternative rock, Russian folk & romantic melodies.
- Fri 16 **ASA BROOMHALL**
(Brisbane) 'Oz's favourite roots rock larrikin.' Album 'Revelry Road'
- Sat 17 **KATIA DEMEESTER**
(G.Coast) Soul funk jazzy blues & roots. Originals & covers.
- Fri 23 **BERNARD O'SCANAILL & FRIENDS** (Maleny/Ireland)
- Fri 30 **MISSY CHRISSY'S JAZZY BLUES** (Brisbane) Piano, vocals with bass and **JOHAN VAN GELDER**, sax.

JANUARY

- Fri 6 **CLOUDSTREET.**
\$12/\$10 members
- Fri 13 **NICE VERDES**
- Fri 20 **BARRY CHARLES**
- Fri 27 **TONI ZAFFA & JULIAN JONES**

UPFRONT CLUB HOURS

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

COFFEE: 7.30am

BREAKFAST: 7.30–11am (7 days)

LUNCH: 11.30am–2.30pm

DINNER: from 5.30pm
(take-aways available)

Tues, Wed & Sun – closed from 2.30pm

www.upfrontclub.org

QUINOA SUPER SALAD

Quinoa (keen-wah) is a protein-rich, gluten-free seed. You can buy red or white, whole, rolled or in a milk form.

Rinse the seed before cooking in 2 parts liquid to 1 part seed. You can cook it in stock to add flavor (or milk for a quinoa porridge).

Makes a great substitute for couscous, burghal or rice. For this recipe, the red quinoa adds colour.

Great on its own for a light lunch or as a side salad with oomph!

Ingredients

- 1/2 cup dry quinoa, rinsed then cooked in 1 cup water mixed with dry stock powder
- 1/2 head broccoli cut into small florets
- 1 Lebanese cucumber, cut into small cubes
- 1 red capsicum, cut into strips
- 1 bunch asparagus, cut into 3cm lengths
- 1 avocado, cut into cubes
- 1/3 cup nuts of your choice, chopped if desired
- 1/2 cup chopped mint
- 1/2 cup chopped parsley
- 1/2 red onion, finely chopped
- 50g feta cheese, crumbled (if you use feta in oil, save the oil for the dressing)

Dressing

- 1/4 cup olive oil
- 2 tbsp lemon juice
- 1 splash balsamic vinegar
- 2 tsp seeded mustard
- 1 crushed garlic clove, minced
- salt and pepper to taste

Put ingredients in screw-top jar and shake well.

Method

- Cook quinoa (absorption method) for 5 mins then add broccoli and asparagus. Replace lid and cook a further 5 mins until liquid is absorbed and quinoa soft.
- Tip into large salad bowl and fork out to cool. When cool, add other ingredients and toss lightly.

Garden CLEANUP

A small but energetic group 'blitzed' the Club's back garden in early October, weeding, raking, pruning and generally 'spring cleaning' this well-used area.

You may have noticed there's a little more sunshine out the back now!

As always, great food and soft drinks were laid out for the workers.

Along with this, member Cassian Humphrey is doing a report on the trees in the back garden, assessing their health and whether they should stay or go. Thanks Cassian – and thanks to the little army who blitzed the backyard!

Watch for notices of future working bees 'down the back'. They're too much fun to miss!



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