

# CO-OP NEWS

APRIL 2026

## KEEPING POSSIBILITY ALIVE



*The Sunshine Coast crew at the 2025 Rising Tide*

Rising Tide is a grassroots climate activist movement based out of Newcastle with member-led groups operating Australia-wide. A growing number of local Maleny-ites have joined the cause, motivated by the increasing urgency for action to mitigate climate change and the need for ordinary people's voices to be heard. Rising Tide has a clear, sensible mandate that resonates broadly with people from all sides of the political spectrum:

1. Persuade government to stop opening new coal mines and gas developments
2. Push for a just transition for coal workers.

The Co-op's very own Di Brown is one such member, who was arrested during last year's 2025 People's Blockade at the Port of Newcastle: the biggest export coal port in the world.

In her words, Rising Tide's two key demands are "achievable and sensible."

"For government to not act I think is irresponsible. What we put in place now is how we create the future. The Government has not been listening to ordinary people and it appears they cannot be convinced to act through polite conversation alone. This is the decade for action and now is the time for peaceful civil disobedience."

Rising Tide seeks to address the climate emergency through non-violent and non-aggressive principles. The group only targets coal infrastructure and makes every effort not to inconvenience the public. The fossil fuel industry is not going to roll over though, not when money can be made here and now. Despite the emphasis on peaceful and non-violent protest during Rising Tide events, a number of people are still arrested on technical charges (trespass, etc.): something that may actually help the movement by generating media coverage and garnering public support.

Many people from Maleny have been arrested in Newcastle for blocking coal ships from entering the port. It is now a criminal offence and attracts up to 2 years jail time or a maximum fine of \$22,000.

Di explains that "choosing to get involved and exercise my democratic right to demonstrate and be PEACEFULLY disobedient, helps stave off despair, keeps the possibility of a better future alive, and imbues hope for me and for others."

"I also think as an older person, responsibility for action should rest more on my shoulders than a younger person whose life is ahead of them. *Continued on next page*

We pay our respects to the Jinibara and Kabi Kabi people of this Country, and to their Elders past, present and emerging.

We acknowledge that our Co-op stands on land that was never ceded. We honour the profound wisdom, the deep sustainability and connection to land since time immemorial.

Criminal records are never an easy thing to navigate but are surely much harder for young people to deal with, as the stakes are against them and a record may close doors.”

Smart action is urgently required. The science is clear: our climate is rapidly changing—faster than ever—and with this change we can expect more severe weather, more extinctions, more vulnerability to extreme events, and more social and economic consequences. We simply cannot go on forever digging coal out of the ground to burn it. We need to decarbonise our society, build sustainable practices and industry, and begin to plan for what is coming. It’s not a question of if but when.

“While taking action doesn’t guarantee a better future, inaction creates a sense of ‘foregone conclusion’, a feeling of hopelessness, and even the denial that anything is out of balance. I’d rather be part of a group whose intention is to leverage change toward a fairer outcome with a view to equality.”

Rising Tide is an inclusive movement focussed on community, solidarity, and justice. If you want to have your voice heard, be proactive, and take part in any shape or form, they’re always looking to grow the movement.

For Maleny, the local member hub of Rising Tide is the Sunshine Coast chapter. To get in touch, contact [sunshinecoast@risingtide.org.au](mailto:sunshinecoast@risingtide.org.au) with the subject line EOI: Join Sunshine Coast Hublet

*This article was written by Matthew Newman*



Photo from [www.risingtide.org.au](http://www.risingtide.org.au)



With fuel prices rising, now is a great time to strengthen our local economy by supporting producers in our region. Our co-op sells locally grown, organic fresh produce on consignment for small-scale farmers and backyard growers.

Produce labelled 'local organic' in store is not certified organic, but our suppliers grow within organic guidelines and declare the weed and pest control methods and fertilisers they use. If certified organic is important to you and your family, certification codes can still be found on most of our fresh produce, some of which is locally sourced, too!

Most suppliers choose to receive payment for their produce, but some of our members donate their profits to our member care account, a fund accessible to members experiencing unexpected hardship causing loss of income.

If you'd like to get in touch about supplying locally grown, organic produce, give us a call during the week and ask to speak with someone from our produce team. Supporting local producers can help keep prices down and reduce our reliance on fossil fuels.



Photos by Ketakii Jewson-Brown

## NEW PRODUCTS

New from Ethical Nutrients  
Mega Magnesium Glycinate+  
Creatine & Electrolytes 250g  
Powder



Biostime® Infant & Children A-L-G Care designed for mild eczema symptom relief, immune support and skin health in infants and children from 1 month of age.



Zeally Herbs  
Para Protocol  
Capsules, Biotic  
Powder and Sweep  
and Bind Parasite and  
toxin cleanse.



YUMBARs are 100% raw, vegan, refined sugar-free and gluten-free ice cream sandwiches. We've expanded our YUMBAR range to include jaffa and caramel bars. Tubs are also now available in chocolate and vanilla as well as multipacks for the whole fam.



## NEW PRODUCTS



Ready meals and seafood from Eumundi Meats are now in our freezer section.

We've started off with traditional lasagne, Sri Lankan chicken curry, red duck curry, Mooloolabah prawns and squid. More coming soon once our freezer space has increased!



Piranha vege crackers

Available in Honey Soy, Sweet Chilli and Lime and French Onion.

Feel Good Foods Lime & Chilli corn chips - I didn't expect corn chips to have this much personality, but here we are. This new flavour on the scene is the chaotic cousin of the well known and loved nacho cheese. The smoked chilli gives your mouth a warm hug while the citrus brings a fresh tang to the tip of the tongue. They're flavourful enough on their own but sturdy enough to hold a dip if desired. I would recommend these for anyone who is looking to bring pizzazz to their snack time. Snack review by Mita



Motion potion for KIDS formula. Delicious Berry flavoured Motion Potion designed to be easy for Kids to take. Now available alongside the full range of Motion Potion products.

## VIBRATE WELLNESS!



WRITTEN BY  
OUR  
NATUROPATH  
PASCALE



I am going to call this an opinion piece, because I offer a perspective to inspire thought and possibility, developed through reading, mentorship, my own personal experience and more recently, clinical observations while working in a new area of somatic healing and vibrational wellness. There is research to support the information herein, much of it associated with quantum biology, cymatics, and biofield science; topics too complex to give due diligence in this limited space and better delivered by experts. Before I share an opportunity to meet a researcher and innovator in these fields, let's first consider....

When it comes to understanding how our bodies function and what possible interventions are available to support our wellbeing, we must also need look beyond the narrow lenses of biochemistry and physiology. Even the long-established understanding that we are fundamentally electrical beings may seem novel. More recent discoveries in quantum biology, bone conductivity, structured water and coherence theory, acknowledge that life organises itself through frequency, rhythm, and information, on a far subtler energy level attuned to consciousness.

In my 15 years of naturopathic service, having had much success with herbal and nutritional therapies and the conscious lifestyle practices I encourage; I have now come to recognise that my clients, community, and the energy of the times we live in, call for a deeper level of rebalancing and harmonisation. Nervous system regulation is of paramount importance. We need to re-set the signals that our own innate vibrational transmissions emit—enabling the body's fields to communicate effortlessly and transforming our approach from forcing and fixing to listening, allowing, and remembering.

·How can vibrational therapy benefit health?

- Liberation from sympathetic nervous system dominance (fight, flight, and freeze); never feeling fully safe and relaxed
- Feel more grounded and connected to your body and environment
- Stimulate nitric oxide which releases tension at a cellular level
- Calm the vagus nerve: slow breathing, melt tension, and improve digestion
- Synchronise brain hemispheres to enable clearer thinking, sharp focus, improved mood and sleep
- Reduce pain, improve circulation and promote healing
- Aid in recovery from injuries and surgery
- Support in chronic disease and side effects of treatments such as chemo/radiation
- Emotional balance, self-confidence and energy recharge

·Whole Body Vibration is considered optimal, where frequencies/sound waves applied directly to the body are sent via bone conductivity and our internal structured water, reaching deep muscle and cellular layers, supporting the reorganisation and re-setting of cellular and energetic memory.

When these processes are amplified through the medium of water the effects are even more profound. Meet the inventor of the ENTLE® patented dry float ACOUSTIC RESTORATION system, in a 2hr discovery talk in Maleny on Sunday 12<sup>th</sup> April 3-5pm.

For more info and bookings:

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## MEET YOUR SUPPLIER



*Photo from [www.mungalliecreekdairy.com.au](http://www.mungalliecreekdairy.com.au)*

Mungalli Creek Biodynamic Dairy is a brand that many a Co-op shopper will know well. Maybe it's that cute little cow on the label, the proudly biodynamic practices they advertise on each product, or that inimitable, oh-so-delectable creamy flavour of their milks, yoghurts, and ice creams. We can't get enough!

Mungalli are a 100% Australian-owned and family-operated business working up on the Atherton Tablelands. Their organic, low-temperature pasteurised milk comes from a mixed herd of Jersey, Brown Swiss and Aussie Red cows that graze year-round on pastures supported by biodynamic farming practices.

The milk is delicious, everyone knows that! But does anybody know what biodynamic means? Is it just a buzzword? Is it regulated? Or can you just slap the label on your product and call it a day?

To start with, the dairy observes all the practices and regulations required to be organic certified: no artificial fertilisers, pesticides, antibiotics or growth hormones. Biodynamics then takes that a step further, focussing on the farm as a living ecosystem.

At the base of all this is the soil. Biodynamic herbal preparations made through specific fermentation methods, are used to fertilise and regenerate the soil. These preparations act like homeopathic remedies to stimulate the generation of humus. Humus is the sweet-smelling, dark, nutrient-rich component of soil formed by living microorganisms that act to decompose plant and animal matter. As many a home composter will know, it's a sign of healthy, fertile soil.

Planting and harvesting at the farm are then done in conjunction with the lunar calendar to follow natural cycles and aid plant development. What's more, 30% of the Mungalli Creek property has been set aside to naturally regenerate into back into rainforest.

Like organic certification, biodynamics is a fully certified method of farming and is accredited by the Commonwealth Government under the Department of Agriculture, Fisheries, and Forestry. For Mungalli, their certification comes from Australian Demeter Biodynamic, which itself carries recognition from the Humane World for Animals society for meeting their ethical livestock standards.

If you haven't already tried Mungalli Creek's wonderful products, we suggest you come in store today and grab a bottle of full-cream, unhomogenised milk, some creamy ricotta, a tub of natural yoghurt, and as much Belgian chocolate ice cream as you can carry. Mungalli is delivered each Tuesday and supply is often limited.



**Mungalli Creek**  
*naturally perfect*

*This article was written by Matthew Newman*

## CO-OP SPOTLIGHT



What do Maleny and Madrid have in common? They're host to the two greatest co-operatives in the world, of course!

While the Maple Street Co-op is comprised of a solid, ~2000-strong set of members, there is an antipodal co-operative 17,000km away in Spain holding nearly 100,000 members: Real Madrid, C.F.

Real Madrid is often called the greatest football club in the world and, try as one might, it may be difficult to argue. They have won the premier Spanish football league, La Liga, more than anyone else (36 times) and are one of only three clubs never to be relegated. They've won the annual, Europe-wide Champions League more than anyone else (15 times), and are the only club to have done so five times consecutively. They're also a member-owned organisation: a co-operative.

Card-holding members of the club (called socios) collectively elect the club's president and board, approve budgets, and get a vote on all major decisions.

The cost to become a socio is €150 (~A\$250), paid annually, but the process is not as simple as signing up at the Maple Street Co-op. Aside from the years-long waiting list (rumoured to be 10+ years), prospective socios need the written approval of two existing members to even be considered and often require family ties to the club to clinch it. Beyond voting rights, the greatest benefit of being a socio is priority purchase on tickets, typically with a 20% discount.

The co-operative, member-owned structure of Real Madrid is not wholly uncommon. FC Barcelona, or Barça—the great rivals of Real Madrid—are another big-name footballing co-operative. Elsewhere in Europe, clubs like FC St. Pauli in Hamburg have converted into co-operatives, while Bayern Munich operates through a mixed-ownership structure with democratic governance ensured by members retaining majority ownership.

Not all co-operatives are small businesses like ours. We may not share the same footballing record as Real Madrid, but our success is based on a shared principle: community ownership.



**Realmadrid**

*This article was written by Matthew Newman*

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