

[View this newsletter in your web browser](#)

MY PLACE *Gympie*

Putting Unity back into
Community

Next Meeting:

15th September - 1pm to 3pm
The Shed
735 Mary Valley Road
Long Flat
Please leave dogs at home.

What's Inside

[Hugh's Health Support](#)
[Local Food Sources](#)
[Next Meeting Topics](#)
[Gympie Council Watch](#)
[Gympie Peoples Council](#)

"We as the people" welcome you

For those who are new, we give you a warm welcome from like-minded living men and women.

Hugh's Health Support

Notes on Zinc Supplementation

Zinc is a macro mineral and a master mineral. It is the backbone of many important enzymes and we need enough of it or we'll have deficiency symptoms.

Important functions requiring zinc are immune function, inflammatory balance, hormonal balance, carbohydrate metabolism, regulating blood sugar, wound healing and tissue integrity, men's health, and detoxification. Zinc supports most of our body's structural and functional aspects.

Zinc works in a relationship with copper and iron. A handy rule is to support the zinc dose with a 10% dose of copper. In cases of iron deficiencies it's helpful to use hair mineral analysis to assess actual iron level against copper and zinc levels.

[Read more](#)

Local Food Sources

A beautiful store out at Pie Creek supported by Julie-Ann and local farmers

You will find this stall EVERY Saturday.
Such a great way to support local farmers.

More info on our website here

We are very keen to add more local farmers and producers to our food source list.

If you have contact with a farmer, please email us at
news@myplacegympie.org

Thank you

Next Meeting Topics

Sunday 15th September

Presentations

Wendy Daniel speaking on "Detox after Covid and Thrive"

View / download the full printable meeting agenda from our website here

Minutes of previous meetings available on our website here

Harvest Table

Our HARVEST tables are alive and well.

[Read more about this resource on our website.](#)

For those on Facebook we encourage you to join our "My Place Gympie" group at:
<https://www.facebook.com/>

My Place Gympie Members
Trades and Services
We now have the directory on our website (members only) at:

[groups/913221063032255](https://www.facebook.com/groups/913221063032255)

[https://
www.myplacegympie.org/
directories/trades-services](https://www.myplacegympie.org/directories/trades-services)

We encourage you to utilise our [website](#) as Facebook is restricting our page.

Please check it out and sign up to access our growing library of research and stories.

This website is for the people by the people, so all feedback and queries are welcomed. Please [email the Web Master](#) for assistance.

<https://www.myplacegympie.org/>

Gympie Council Watch

We as the people

- The Community have been Visiting the Gympie Regional Council meetings for over twelve months now.
- The meetings are held monthly so make sure you mark the next one in your calendar.
- Our presence is powerful. They see us and we see them.
- Craig provides an update of the Council meeting for each meeting. You can [access this via our website](#) (public access); there is a specific page allocated to the Council Meeting Reports in the Publications area.

Gympie Peoples Council

The Gympie Peoples council is monumental across Australia we have joined the movement to take back control for the people. If you would like to receive emails from The Gympie Peoples Council and would like to become a member please send an email with your details to the below email address - you will be sent communication with the latest news, the agenda and the minutes of the previous meeting. We hope to see more and more like minded come to the meetings.
thepeoplescouncilgympie@gmail.com

Wishing you all peace, freedom, good health, and prosperity.



Website



Email



Facebook

[view this email in your browser](#)

Copyright © 2024 My Place Gympie, All rights reserved.

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

