

MY PLACE *Gympie*

My Place Gympie

*Our next meeting is November the 26th
meeting starts @ 1pm - 3pm*

Location: The Shed, 735 Mary Valley Road, Long Flat

Please Travel slowly (5km limit) as you come and go from the property and please watch
out for our chickens - they may be under your car

*Please leave your dogs at home as we have two dogs on the property and at
the meeting who roam freely*

Thank you



Hello community,

- Welcome all to My Place Gympie
- For those who are new we give you a warm welcome from like minded men and women.
- For those on Facebook you can join our "My Place Gympie" group
- <https://www.facebook.com/groups/913221063032255/?ref=share&mibextid=S66gvF>
- The news regarding our very own **website** keeps getting better and better. Please go and check out the website and sign up. If you have any feedback we welcome that and thank you. <https://www.myplacegympie.org/>
- We are here to **support** each other in anyway we can.
 - **Support** in education in regards to our rights as mankind God's Children, natural law, common law.
 - **Support** with sourcing food and ways that we can support our local farmers and starve out the big corporations, supermarkets.
 - **Support** in getting food without all the nasties.

- **Support** with energy
- **Support** with medical care
- **Support** with removing ourselves from the corporate

- **WE NEED YOUR HELP** - We rely on each other to gather this information and support it. We all have something to offer which is greatly appreciated, and we all have a responsibility if we want things to change
- **Meeting Set Up** - Those who can come earlier to help set up that would be really appreciated. Set up time from 12.15 pm. The more we have to help out the quicker it gets done. Please don't forget that we also need to pack up.
Thank you
- **Market update** - Thank you to all the amazing volunteers for your contribution to the markets. Please note that we attend the duck pond markets only. **This is every 1st, 3rd and 5th Sunday of the month.**
 - As a community we endeavour to support each other and our community so in light of that we are calling out to all our members to please give some time toward supporting the markets.
 - We set up at 6.00am and will run till around 11-11.30.
 - **The next Markets at the Duck Ponds is Sunday the 3rd of December 2023**
 - Any time you are able to give will be greatly appreciated.
 - ***If you are able to help please come see me at the meeting or email and I will have a roster made up by Sunday meeting. We are calling out for members to volunteer their time.***
 - ***We have a dedicated team of around 7 and it would be nice to add to that team and spread the help out so some of us can have the time off, so please see me to put your name down on the roster.***
Thank you

- **We as the people ~ The Gympie Regional Council Watch.** The Community have been Visiting the Gympie Regional Council meetings each week which has been going well. We have had some great response and an amazing turnout.
 - **The meetings** are held monthly so make sure you mark the next one in your calendar which is on **December the 13th starting at 9 am.**
 - **This is the last meeting of the year.**

- Meet you out the front of Chambers by 8.45 am . We attend peacefully and orderly. Remember our presence is powerful they see us and we see them.
 - Craig's updates of the Council meeting attended on the 22nd of November will be posted on the website, Facebook and in the next newsletter.
 - **For those not on Facebook I have included a button titled Gympie Regional Council Meeting - 25th October 2023 - Update - Please see at the end of the newsletter - the button below is still the meeting of the 25th**
 - **The Peoples Council** and **My Place Australia** is a movement across Australia, for the people by the people. Our goal is the same. **Without change nothing will change.** We are all in this together and being joined with this movement across Australia only makes us more powerful as the people for the people and being supported nationwide with proven and tested methods will get us there. Why reinvent wheel?
 - Dick Yardley has kindly provided the documents from his presentation from the meeting. Please see the tabs below and click on each document. Thank you Craig for passing them on, and thank you Dick for your kind generosity
 - Don't forget for those who would like to see the presentation of Rachael from the meeting I have attached her power point presentation at the end of the newsletter. Please be respectful that this presentation is the work of Rachel and if you would like to pass it on please ask her permission via our email.
- Thank you

Thank you everyone I appreciate your time in reading the newsletter my heart and love has gone into the newsletter for us all and I hope you enjoy it

Thank you to everyone that makes the meetings possible and helps with the smooth running of it. Thank you to those who have put forth suggestions for speakers and have actually got in contact with them

Thank you Craig for getting the minutes and agenda to me

Thank you Teenah for doing the minutes and thank you to everyone who contributes to the building of our community

Thank you to Graham who is kindly providing a tech point in every newsletter

Thank you to Korrinne who is kindly providing a Garden tip for each newsletter

Thank you Hugh to providing a health tip for each newsletter

*I encourage everyone to send me photo's and a little comment to include in our segment 'Out and about in the community' that I can include in the newsletter.
Please send to claggathering@gmail.com*

Thank you and see you at the meeting

Cheers

Beck

Out and About with our Community

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

Make sure you check it out every Saturday



**If you have any photos of what you are doing out and about in the community
please send them to claggathering@gmail.com**

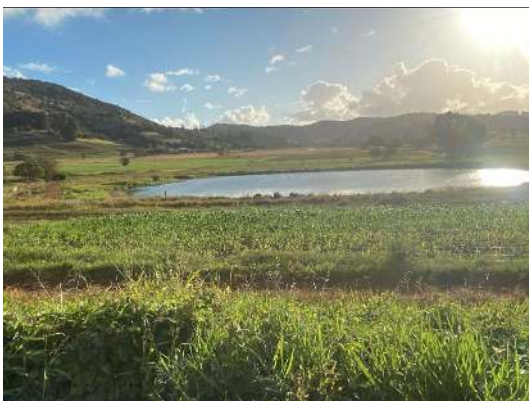
It could be what your doing in your garden or community projects happening in our
local areas that you have been to and would like to share

Thank you

My Place Gympie

Food Source

Organic Produce



We have the privilege of ordering some beautiful produce from Brendan a local organic farmer in Goomboorian at wholesale prices and we have been placing orders fortnightly to coincide with the meeting on the Sunday

Please direct all your orders to Jenece
Thank you Jenece

All orders taken fortnightly and close on Wednesday at 6 pm

Pick up on Friday Afternoon around 5.30 pm or at the meeting on the Sunday

Reminders will be posted on Facebook

The next order will be placed the 6th of December then fortnightly after that until available

As the season changes availability of produce changes

What was available

Sweet potato \$3.50/kg

Green Beans \$10/kg

Broccoli

Cleopatra bath milk \$4.50

I can testify that this is amazingly fresh produce that last the 2 weeks

Brendan is a winter producer and will not have produce available over summer.

As you will notice produce is reducing

So please let us know of any producers that will have a summer crop

Thank you

Signature Sourdough



Organic Sourdough and Spelt Bread

Due to James personal circumstances the bread order has been put on hold until further notice

Thank you

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

If you would like to recommend a farmer, a producer of goodies please email us

Thank you

Grahams Tech talk

Hi folks,

An Article from me will be in the next letter

Hooroo, Graham

Hugh's Health Support

Herb - Drug Interactions

We're regularly told that natural supplements and herbal remedies can be dangerous, the main reason generally given is that they may cause an adverse reaction with medication.

It's called Herb-Drug Interaction.

The most likely problem with a herb is that it will up-regulate the person, especially their liver, causing the medication to be cleared quicker to reduce its effect, or occasionally reduce its clearance causing overdose. Of course other problems may occur and anyone on medication who wishes to use herbs must be aware of any adverse events.

However the interactions to take seriously are drug/drug. Many people are taking multiple pharmaceuticals, five or six is common and often over ten. We can see chronic complex intertwined problems that are difficult to remediate, let alone understand.

It's interesting to consider "evidence based medicine". If more than three or four pharmaceuticals are used in combination the clinical effects of any drug used becomes quite uncertain. That is to say, unless this combination and dosage has been trialed there is no evidence for the treatment.

Whatever strategy is used to withdraw from medications it must include nourishing and restoring resilience and vitality.

**See you next newsletter,
Hugh Wallace naturopath**

Korrinne's Gardening Tips

IN-SITU COMPOSTING MADE EASY

I have reached an age where I like to make things easy for myself and composting in-situ has been fantastic on/in my clay soil.

Two of my favourite methods are:

- * digging holes or trenches where new beds are to go or creating new raised beds for use in the future and filling with the usual composting materials then covering with a thick layer of straw, leaves or a mixture of mulches and allowing to break down ahead of the growing season. Keep moist and worms are a great addition.

- * Also, placing a compost bin over the new bed position or on top of one which needs to be fed/replenished and when composted down, remove bin and scatter compost evenly.

Both these methods saves backbreaking turning and wheel barrowing soil to new beds. I have 60ltr bins with lids everywhere I regularly prune and now have a constant supply of compost with no effort. 30% green and 60% brown is a good mix.

- * WORM TOWERS are effective in feeding perennial gardens and can be left permanently in the ground. Place PVC pipe with holes drilled in the underground section to enable worms (approx 30 to 40cm deep) and your desired height above ground then cover with a garden pot (see pic). Start filling with kitchen scraps, shredded paper, etc and compost worms are essential.

- * CHOP and DROP for new or existing beds. Just chop anything that will break down easily and drop on top of soil around plants such as comfrey, moringa, spent pumpkin vines, arrowroot, pigeon peas, etc.

- * COVER CROPS. Plant crops like mustard, clover, daikon radish, buckwheat, broadbeans in fallow beds and, before they fully flower and seed, chop and

drop or plough into the bed ready for new season crops.

All these methods start creating the microbiome whilst composting in the exact position it's required and require little effort compared to traditional compost bins.

If you need further information, please don't hesitate to ask me

Thank you
Happy gardening



Lets talk Weeds

Wild Mustard

The article below is taken from "The lighthouse Peddler"

by Karen Uphoff

Thank you and enjoy

All wild mustard's are edible, but some are tastier than others. Along the California coast we mostly have *Brassica nigra*, a black mustard seed which is quit hot in flavour. The green raw leaves can be sharp (like radish) and bitter when cooked. Blanching or boiling them in salted water helps remove the bitterness and they can be used like spinach in any recipe. You can eat the flowering tops just before they open and cook them like broccoli. I like those same cruciferous clusters sniped raw with scissors into food and later collect the open flowers to add a decorative kick to salads. Chickens and rabbits love the dried stalks as a treat.

Mustard seeds are high in selenium, omega-3 fatty acids and magnesium, plus packed with compounds like other brassicas, that prevent the growth of cancer cells and reduce the effect of carcinogens and chemotherapy. Traditional use includes topical mustard plasters. Soak seeds in hot water and as they soften, grind into a paste that can be spread on a cloth. Cover with another cloth and

wear it warm for 15-20 minutes. Mustard packs can also be made with equal parts of ground seed, wheat flour and water, which reduces the sting and makes more of a sticky plaster.

Mustard opens up blood vessels, increases blood flow and draws out toxins, reducing swelling and pain. Headaches can also be treated with mustard seed tea or capsules. Clear sinuses by inhaling mustard vapor over a bowl filled with hot water and a small amount of ground mustard. A pouch of mustard seed can be put in a bath or foot soak for arthritis or fighting off colds/flu. Mustard can cause stomach irritation or skin rashes, so always test a small patch of skin first. If nothing else, the condiment is easy to make and you can always enjoy mustard that way.

Thank you

**And enjoy this wonderful Grass of Nature for our use
Beck**

Source: <https://www.thelighthousepeddler.com/archive-2018/2020/12/words-on-wellness-wild-mustard-by-karin-uphoff>



What's Happening at My Place

Up Coming Presenters

Sunday the 26th of November

Peter Johnson

"Winning Choices, Health. Its largely not rocket science"

Peters 44 years in medicine were largely and increasingly with time from the health perspective and in the Health Paradigm rather than the disease model. This approach seeks to identify underlying root causes and factors for good health with a focus on nutritional resourcing and identifying and addressing toxicities.

Peter will give an overview of this Health Paradigm "Free Radical Therapy" including "Toxic footprints", and how Peter and Lea can help those outside the system

Sunday the 10th of December

TBA

If you have anyone in mind that would be interested in presenting at our meeting please contact them and let us know

Thank you

Common Law Education

Craig has a wealth of information that he is happy to share with others helping us move forward. Don't miss out on the meeting on Sunday. Craig is also helping the community understand the Affidavit process and had the first zoom meeting on Wednesday night. If your interested to join please see Craig.

We as the People

Please think about something you would like to present to the community in regards to

- Self-sufficient
- Gardening tips
- Going off grid
- Growing food medicine etc
- preserving

- IT
- The list is endless

We want to encourage our community to come forth with their knowledge and skills to share with the community

Thank you

Affidavit

- Following on from Alex's presentation with the Affidavit. Craig has be holding regular Zoom meetings to help everyone navigate the affidavit. Thank you so much Craig.
- If you would like to join the zoom please email us with your request and a link will be sent out prior to the Wednesday.
- If you missed Alex's presentation at the shed you can check out his Youtube Channel (see below) or the video that was posted on My Place Gypie, just so your up to speed on the information.
- You can go to Alex's Youtube Channel https://youtu.be/_d8dg4QQK3A to learn more. The titles of the video is "Who killed Mary Jane part 1"
- Also if you are unable to make the Wednesday night zoom please follow this link <https://youtu.be/ObP43y3gvpU> to Alex explaining the process.
- Craig's zoom meetings are posted on telegram click on the tab further below to a link to join the telegram group. Thank you

Latest Details

Next Meeting Details

Date: November the 26th 2023

Time: 1 pm - 3 pm

Vacate: 4 pm

Where: The Shed, 735 Mary Valley Road, Long Flat

Bring a chair. Clothing to suit the weather. Come earlier, to grab a cuppa and chat

with friends. We welcome all new members. We meet every second Sunday.

Tea and coffee facilities are available from start to finish at all of our events.

Please wash and dry your cup after use and place back. Thank you

Bring a plate to share if you'd like. Help yourself at ANY time. The focus is on, less rules and allowing more of an organic process to to unfold.

My Place Gympie Agenda

My place Gympie

The Gympie People's Council

thepeoplescouncilgympie@gmail.com

Date: 26/11/2023

Time: 1:00 pm

Facilitator: Craig

Purpose: To provide the Constitutionally correct System of Local Government and a better Community for

We the People of Gympie area

Invitees: 23rd meeting

1.00 pm - Craig

- **Welcome to all**
- Please ensure you have signed into the sign-in book with your **name and provide an email address (for new members)** so that we can send information out as we have it. This is so we can help educate ourselves, our families / friends, and neighbours about building a better community.
- **Welcome to the Kabi Kabi people**

1.05 pm - Craig, Regine

- Setting our intention for today and everyday
- What we want of our meetings

1.10 pm - John

- Treasurers Report

1.15 pm - All

- Outline of meeting and agenda

1.20 pm - Craig

- Confirmation of previous minutes – Included with Newsletter
- Correspondence Nil

1.25 pm - Presentation

Peter Johnson – General health advice

2.30 pm - New Business - Marcel

- Update on progress items.
- Gympie Regional Council Fluoride Petition

2.40 pm - Craig

- **Gympie Regional Council** – Meeting Wednesday, **November 22** - Ordinary 9 am (venue TBA)
- **Barter table** – thank you to those that have donated to the barter table and remember we have produce for sale at the back of the shed
- **Webpage** – myplacegympie.org – update

2.50 pm - Craig

- Announcements / queries / concerns / Discussions
- Presenters for the 10th November - **TBA**
- End of year function

3.00 pm - All

- **Meeting closed** – Please assist with the packing up, and vacate by 4 pm.
Thank you

Meeting Minutes Available here

Harvest Table

Our HARVEST tables are alive and well.

Thank you to everyone for contributing to the Harvest table its magnificent to see.

Items your welcome to bring are seeds, potted plants, plant cuttings, flowers, fruit and vegetables, homemade goods, dried goods, empty pots and much more you can even bring your secondhand goods to give away.

The harvest table is there for our community and provided by our community with nothing expected in return.

Please remember that what you bring if not taken needs to be collected by you and taken home with you.

Please so not leave goods in the shed.

If you wish to ask for a donation to your homemade or grown goodies then please bring your own table and a separate donation tub.

Your welcome to sell your goodies but please bring your own table and money jar and man your table

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

- **The peoples Council** ~ If you would like to make yourself familiar with what has been happening with the peoples council in other areas I encourage you to watch the links below if you haven't already done so as "we as the people" Gympie are moving forward with.
- Triple TAP Interviews #23 Spiro Kalothos: <https://youtu.be/I5htDa8zn14>
- Latest interview with Mayor of Frankston Peoples council: <https://youtu.be/KBrnhZ39WU8>
- LAW & Legislation - Understanding the basics: <https://youtu.be/EREbEdJVgv8>

An Emergency Contact List

Is now available for members (to get the list- you must put yourself on the list). This tells you who's in your area when or if an emergency takes place, so you can connect and resource each other. For privacy reasons the list isn't public and only people who are known to the community will be added on the list. To go on the list and have it sent to you please email

claggathering@gmail.com

My Place Gympie Telegram Group (New)

My Place Gympie Members Trades and Services Download - Updated list coming

By clicking the above button, you'll download the most recent Members Trade and Services list.
Please email

Know Your Medical Rights

Click above on "Know Your Medical Rights" it will take you to the PDF document "Know your rights before being admitted to hospital. (Opens as a PDF)

See below Dick Yardley's documents click on the tabs to view

Queensland Treason

Take over by definition Change

Total Treason Queensland

Treason

Treason 1973

CLAGgathering@gmail.com if you'd like to make any alterations to your listing or add/remove one.

Treason of within Queen of Australia

Gympie Regional Council Meeting - 25th October 2023 - Update. The 22nd of November coming in the next newsletter

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