

# MY PLACE *Gympie*

## **My Place Gympie**

**Come and join us  
17th March**

***Our gathering starts @ 1pm  
for a 3:00 pm finish.***

***CHECK OUT THE LIST OF PRESENTERS BELOW!!***

***Then tea, coffee and nibbles and a chat until 4pm  
WE love your plate of special treats!***

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

***Please Travel slowly (5km limit) as you come and go from the property.***

*Please leave your dogs at home  
the property is home to animals who roam freely during the meeting.*

Thank you.



Hello community,

**Welcome all to *My Place Gympie - Newsletter***

- For those who are new, we give you a warm welcome from like-minded living 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>
- We encourage you to visit our **website as Facebook is restricting our page**. Please go and 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/>

- Our community is here to **support** and find **solutions** with each other, together.
  - **Support** with food sourcing, through support of our local farmers. With the intention of severing the contract with the big corporations, supermarkets.
  - **Support** in getting food without the unnecessary chemicals and cell compromising additives.
  - **Support** with energy sources.
  - **Support** with medical care.
  - **Support** with severing ourselves from contracts that do not serve us as living men and women.
  - **Support** in education for our rights as mankind; Creators Children, Natural Law, Common Law.
- **WE NEED YOUR HELP** - We rely on each other to gather this information and celebrate our knowledge. We all have something to offer which is greatly appreciated.
- **We want things to change:** we have been put here to be the change makers.
- **Meeting Set Up and Pack Up-** Set up time from 12.15 pm. Your presence is appreciated.
- **Duck Ponds Market** - WE love to take this opportunity to check-in with each other, chat, share our remembering and connect with the Common-Unity. Your connection during this time is time is valuable and very much appreciated. When you have a spare moment, please come and join us. **The markets are every 1st, 3rd and 5th Sunday of the month.**
  - We set up at 6.30am and run till around 11-11.30.
  - **Currently the Duck Ponds Markets run on the same Sunday as our Gatherings.**
  - *If you are able to help, please come see one of the committee members at the meeting or email. **We are calling out for members to volunteer their time.***
- **We as the people ~ The Gympie Regional Council Watch.** 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 which is in **April meeting date TBA at the chambers 8.45 am.**
- Council is currently in 'caretaker mode'. This meeting should see the newly elected councillors and mayor so should be a very important meeting for us to attend.
- Our presence is powerful. They see us and we see them.
- Craig's provides an update of the Council meeting for each meeting. You can access this via the website, there is a specific page allocated to the Council Meeting Reports in the Download Documents area.
- **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.

Thank you to everyone that contributes to making our Gatherings possible and those who facilitate the smooth running of them.

Thank you for the work you continuously do in our Common-Unity. You know who you are:)

Thank you to those who have put forth suggestions for speakers.

*Thank you, Craig, for the endless range of work you do to support 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.*

**Please send photos and a little comment to include in our Newsletter segment 'Out and About in the community'. They are momentous as we continue to rewrite history. Please send to [claggathering@gmail.com](mailto:claggathering@gmail.com)**

*Thank you all, see you at the Gathering*

with Love, Light and connection to your Divine presence

Teenah, John, Korrinne and Craig

# Out and About with our Community

## About The Old Schoolhouse and the Sacred Life Vision

Sacred Life is the not-for-profit inner core of the Old Schoolhouse, the original 1890's Pie Creek School at 494 Eel Creek Rd, 8 mins drive SW from Gympie.

Hi everyone, if you're looking for help to grow, connect and find peace and balance in your life, I'm offering quite a few things here at the Old Schoolhouse. I'm celebrating being here for a year now, and have been working very hard to develop the property, including actioning a permaculture plan, building the gardens and working towards self-sufficiency!

I feel blessed to have been accepted so warmly into the community here and hope to do my part to keep building great connections and to help others and myself to keep growing and to keep a positive, healthy vision for now and the future. I'm hoping to place the property and vision into a trust once I get a clear structure and process.



The Old Schoolhouse is a calm, safe space where regular events like meditation, yoga, wellbeing events, information sharing and trading, LETS Community Exchange System info, learning about herbs and other community based interests and activities take place. See the regular events for 2024 below. All events are at not-for-profit prices and are professionally run by myself and other vetted facilitators.



Have something to offer? New facilitators are welcome.

*The Sacred Life Vision is to create a humble, sacred, healthy space from where people in the local community can safely connect to learn and grow together, to transcend grief and fear, to raise positive energy, expand consciousness and to experience community while manifesting a more heartfelt, organic, and harmonious world.*

I'm looking for one or two like-minded and physically able souls who would have spare time to help with the property and gardens in exchange for a caravan site

Do you feel the call to connect? Please give me a call on  
on 0479 123 272 . Blessings! Narayana



# **The Old Schoolhouse**

**- a safe space for spiritual, mental and physical wellbeing for the local community.**

## **WEEKLY EVENTS FOR 2024**

**Monday:** 9:30am-11am – **Korean Vibe Yoga** – a unique mix of qigong, yoga, stretches, meditation, meridian tapping with Narayana \$10

**Most Tuesdays:** 10:30am – 11:45pm **Free Flow Dance** –to unlock the body - with Feather, suited to all ages. \$10 or F10.

**Tuesday:** 3-5pm - **Frequency Healing Group** – Learn about and receive healing through sound, drums, colour, singing bowls and voice. This is followed by a facilitated sacred sharing circle and then some uplifting fun and a cuppa. With Narayana - only \$10 donation

**Thursday:** 9:30am -11am - **Korean Vibe Yoga** – a unique mix of qigong, yoga, stretches, meditation, meridian tapping with Narayana \$10

**Friday:** 7am-8:15am – **Meditation for Transformation** – Intuitively guided meditations and sharing for personal, spiritual growth and life enrichment with Narayana \$10

We also accept L.E.T.S favours instead of \$ and are not-for profit.

N.B. It is advisable to check in via text message the day before attending a class in case of any changes.

**Special Events:** Courses, special celebrations, seasonal events will take place throughout the year. New facilitators welcome. To hear about these please text Narayana your email address to go on the Old Schoolhouse news emailer.

The Old Schoolhouse - near Gympie

494 Eel Creek Rd, Pie Creek

**Bookings / Contact: 0479 123 272**

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.

Click on the address below to view our Youtube welcome to  
Three Creek Farm Stall



**THREE CREEKS**  
FARM STALL

Corner of Eel and  
Mary's Creek Rd  
Pie Creek

Saturdays  
8am till 11am

**Three Creeks Farm Stall**







Early set at Three Creeks Farm Stall. Just planted a Poinciana in middle of Community Area

I would like to thank everybody for supporting our Farm Stall.

The 2 Girls in the photo on the right are from **Lemongrass Farm**. In the heart of Scrubby Creek, Queensland, lies a lush expanse of land that is home to Lemongrass Farm.

Founded on the principles of organic farming and community spirit, Lemongrass Farm is more than just a place where fruits are grown, it's where health is harvested, and community ties are cultivated.

Taking the reins in 2023, Darren and Kym, alongside their daughters, Lilly and Ivy, are the dedicated hands behind this family-owned farm. You will find Lilly 16 and Ivy 12, selling the weekly fresh produce at the market stall on Saturdays. The girls have been brought up around our family businesses since a young age and are confident discussing the produce, handling the money, restocking and having a chat with the locals.

We all love being part of a community of likeminded people and growers that make up the Three Creek Farm Stall.



Fortnight challenge: **Keeping your garden alive!**  
**Please send photos** of the who, what, when and where of your  
coming into 2024 or maybe you're arriving. What has  
invigorated you this year? Home, Family, Community?  
**Send them to [claggathering@gmail.com](mailto:claggathering@gmail.com)**  
Thank you!

## **My Place Gympie Food Source**

### **Organic Produce**



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

Thank you

## **Hugh's Health Support**

### **Raw Milk or Pasteurised - which is better?**

Raw milk is available from some health food stores in Southeast Queensland. It's a

farm to consumer product sold in standard 2 litre disposable bottles and labelled as "Bath Milk, not for human consumption". It's a rich milk from Jersey or Guernsey cows and has a high cream content.

Milk is valued by its butterfat content, which is the key nutrient.

Raw milk producers must maintain scrupulous hygiene in the dairy with high health standards for their milking herd. One pleasing fact about this unpasteurised milk is its shelf life. It generally stays usable for a good 5 days longer than normal pasteurised milk.

Why is that?

I once lived in Belgium and ran the mix in an ice-cream factory in the industrial northern suburbs of Brussels. My employer and mentor Charles was a good Frenchman with a degree in the chemistry of milk from a university in Switzerland. Charles explained to me that raw milk had a "bacteriostatic factor". If a bowl of fresh raw milk is put on the kitchen bench it will not begin to "turn" until 24 hours have passed (the way milk 'turns' is the basis of cheese making).

If chilled when fresh the milk retains this bacteriostatic factor, which is denatured by the heat of pasteurisation.

Until the early 1990's there were many raw milk dairies in Australia, for example micro dairies providing fresh goat milk, however they were forced to close when legislation required that all milk for human consumption be pasteurised, an industrial level process beyond the resources of small producers.

Raw milk sales are banned in most of the developed world, all milk must be pasteurised, a heat treatment to kill microbes. The pasteuriser is a continuous flow heat exchanger with hot water on one side and milk on the other, the milk must be heated quickly to the required temperature of around 71 deg C for a limited time (about 15 seconds) then rapidly cooled by chilling. An important factor deciding these temperatures and times is the microbial count of each batch of milk.

Pasteurisation allows dairies to supply milk to factories with a higher microbe count. I know for a fact that a dairy factory in Victoria used to deal with large batches of souring milk by adding sufficient caustic soda to normalise the acidity then run the batch through the pasteuriser. One excellent small dairy in the Sunshine Coast hinterland will reject a batch of milk if the microbial count is excessive rather than increase the pasteurisation temperature to suit the batch. I've noticed that this dairy's milk tends to stay fresher for longer.

Our immune system should recognize microbes, but it isn't good at recognizing the intestinal contents of killed microbes, a factor in allergic reactions to milk.

Homogenisation breaks up the fat in milk by sudden pressure which smashes the droplets making them small enough to stay in suspension. Because this prevents the cream from rising it's impossible to know how much cream the milk really has - the cream may be separated to go into other butterfat products and the milk thickened with milk powder to restore the flavour. Another problem with these microfined fats is that they may elude proper digestion and when absorbed cause immune disturbances, or even lodge in crevices such as behind heart valves to attract microbial or inflammatory problems. Fortunately, non-homogenised milk is readily available.

Traditionally, when nomadic peoples began to acquire herds, the milk was a valuable nutritional supplement and preserved by culturing to make curds and cheeses. Eating butter, yogurts and cheeses is preferable to drinking milk. Homemade kefir from milk

kefir grains is a remarkably nourishing food and probiotic.

Milk and milk products are embedded in our dietary culture such that persons who avoid dairy have created a market for milk substitutes. These substitutes are not foods and to be enjoyed in very limited amounts.

Support local dairies as much as possible. Enjoy the great range of quality products available to us, they are a sign and source of food richness in our country.

Until next time, keep safe and be well,

Hugh Wallace Naturopath

Here's a link to the blog on Substack

<https://supporthealth.substack.com/p/raw-milk-or-pasteurized-which-is>

## Korrinne's Gardening Tips

### BENEFITS OF CATNIP

Catnip is a strong-smelling herb and belongs to the mint family, has oval-toothed, dark green leaves and pretty flowering tops which pollinators love. A very easy plant to grow that is an attractive addition to your garden and has long been thought to have medicinal properties. Its dried leaves and flowers are traditionally used in a tea for this purpose to treat conditions like insomnia, anxiety, and headaches. In some cases, the roots of catnip can be used however, these act as a stimulant instead of a relaxing agent.

### CATNIP TEA

Mix 2 teaspoons of dried catnip leaves or flowers with 1 cup of boiling water. Add lemon juice and honey, stir, and let cool for several minutes. Many people prefer a steeping time of about 10 to 15 minutes producing a woody, almost grassy taste. The longer it sits with lemon in it, the more you'll taste the natural underlying minty, citrus flavor. Some people prefer drinking the tea immediately after cooling.

### USES:

Catnip tea is most commonly used to treat nervousness and anxiety, indigestion, insomnia and has anti-inflammatory properties.

It has historically been used to treat issues like arthritis, coughs, hives, fevers and viruses and is a diaphoretic which can induce perspiration, without increasing body temperature during a fever which, in turn, helps to fight, eliminate and detox the source of the fever.

Catnip tea's biggest health benefit is the calming effect that it can have on the body as it contains nepetalactone, which is similar to the valepotriates found in a commonly used herbal sedative, valerian. This can improve relaxation, which may boost mood and reduce anxiety, restlessness, and nervousness.



The tea can also be used as a bug repellent and bite healer by putting the tea in a spray bottle.

Of course, catnip can also be used in tinctures, be dried and/or powdered.

Like all things used on the body and medicinally, self-research is fully recommended and the decision to use is ultimately up to you.

**\*\*DO NOT USE IF PREGNANT \*\***

(as it can induce menstrual flow and miscarriage)



## What's Happening at My Place

### Up Coming Presenters

**Sunday 17th March**

#### **Presentations**

**John Straughair**

- John will be passing on his learnings and experience using the Terra Australis State Assembly model of Reconveying. John will explain the process he followed and where he is now within the process.

**Graham Miller**

- Graham will be updating the group on a recent forum he attended that discussed the push for a Post Office Bank. Graham will also update the group on the fight against the removal of Section 11 of the Reserve Bank legislation that would remove the ability of the government to override the RBA decisions and direct the banks to finance certain types of projects for the good of our communities.

### **Aunty Bucky and Jazz**

- Aunty Bucky and Jazz will introduce the Proclamation for the Establishment of Demilitarised Zone (DMZ) to be served to all 'proclaimed' personnel, agents, list not exhaustive and what it means.

**Sunday the 7th April 2024**  
**TBC**

## **Common Law Education**

Craig has a wealth of information and is happy to share his remembering's with others.

Don't miss out on this Sunday's Gathering.

## **We as the People**

**Please think about someone you would like to come and share their knowledge with the community in regard to;**

- Self-sufficient
- Gardening tips
- Going off grid
- Growing food medicine etc
- preserving
- IT
- The list is endless.

**You are encouraged, as a valued member of our community to come forth with your knowledge and skills to share.**

Thank you

# Latest Information

## Next Meeting Details

**No meeting for Easter Sunday. We will be back 7<sup>th</sup> April.**

**Date: 7th April 2024**

**Time: 1:00 pm -3:00 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.

**Remember the importance of the social aspect of our gatherings.**

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

Bring a plate to share. Help yourself at ANY time.

## My Place Gympie Agenda

The Gympie People's Council - **My place Gympie**  
[thepeoplescouncilgympie@gmail.com](mailto:thepeoplescouncilgympie@gmail.com)

### Agenda

**Date:** 17/03/2024

**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:** 30<sup>th</sup> meeting



Time	Item	Owner
1:00 pm	<p><b>Welcome to all.</b></p> <ul style="list-style-type: none"> <li>Please ensure you have signed into the sign-in book with your <b>name and provide an email address (for new members)</b> 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.</li> <li><b>Welcome to the Kabi mob</b></li> </ul>	Craig
1:03 pm	Setting our intention for today and everyday What we want of our meetings	Craig
1:05 pm	Treasurers Report – John will update our financial position to date.	John
1:10 pm	<ul style="list-style-type: none"> <li>Outline of meeting and agenda</li> </ul>	All
1:15 pm	<ul style="list-style-type: none"> <li>Confirmation of previous minutes – Included in Newsletter</li> <li>Correspondence – Included in Newsletter.</li> </ul>	Craig
1:20 pm 1:50 pm	<ul style="list-style-type: none"> <li><b>Presentation</b></li> <li>John Straughair will be passing on his experience using the Terra Australis State Assembly model of Reconveying. John will explain the process he followed and where he is now within the process.</li> <li>Graham Miller will be updating the group on a recent forum he attended that discussed the push for a Post Office Bank. Graham will also update the group on the fight against the removal of Section 11 of the Reserve Bank legislation that would remove the ability of the government to override the RBA decisions and direct the banks to finance certain types of projects for the good of our communities.</li> </ul>	John Graham
2:20 pm	<ul style="list-style-type: none"> <li><b>New Business</b></li> <li>Aunty Bucky and Jazz will introduce the Proclamation for the Establishment of Demilitarised Zone (DMZ) to be served to all 'proclaimed' personnel, agents, list not exhaustive and what it means.</li> </ul>	Aunty Bucky & Jazzie
2:50 pm	<p><b>Committee Reports</b> - Update actions from selected projects</p> <ul style="list-style-type: none"> <li><b>Webpage</b> – myplacegympie.org – update</li> </ul>	Graham
2:55 pm	Announcements / queries / concerns / Discussions – <b>No meeting for Easter Sunday. We will be back 7<sup>th</sup> April.</b>	Craig
3:00 pm	<b>Meeting close:</b> Thank you to everyone who attend the meetings.	All

**Meeting Minutes Available on the [www.myplacegympie.org](http://www.myplacegympie.org) website**

## 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 second-hand 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 do 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 for the goods for sale area at the back of the meeting area.

**You're 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

### An Emergency Contact List

The Emergency Contact List is now available for members (to get the list- you must put yourself on the list). This

### 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

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](mailto:claggathering@gmail.com)

**My Place Gympie Telegram Group**

**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 [CLAGgathering@gmail.com](mailto:CLAGgathering@gmail.com) if you'd like to make any alterations to your listing or add/remove one.

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**

**Treason of within Queen of Australia**

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