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MY PLACE *Gympie*

Putting Unity back into
Community

Next Meeting:

21st July - 1pm to 3pm
The Shed
735 Mary Valley Road
Long Flat

Please leave dogs at home.

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"We as the people" welcome you

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

From the Editor

Hi folks, sorry this is a bit late this time.

We have a couple of good articles in this edition....

- Korrinne has great gardening tips on growing Blueberries.
- Hugh has some good info about protein powders and meal replacement shakes.

See you at the next meeting this Sunday.

Hugh's Health Support

Protein Powders and Meal Replacement Shakes

Meal replacement shakes are a great way to control the metabolic effect of a meal, especially for weight loss (fat burning), also for muscle building and blood sugar management. They're the basis for enteric feeding in hospitals.

Meal replacement shakes support any program to control

metabolism with food. Physical exercise to burn fat just 20% of the results, food management is 80%.

There are many shake options yet they're not difficult (and much better value) to design yourself - here are some ideas and insights to get started.

[Read more](#)

Korrinne's Gardening Tips

WHY ARE MY BLUEBERRY BUSHES TURNING RED? 🤔

Blueberries are a hardy plant and red leaves do happen in very healthy bushes from time to time so don't go overboard with solutions until you actually know there is a problem. Test your soil's acidity once every year or two with a simple kit which can be purchased, keep an eye on moisture in soil and be aware of temperature. Just observe for a while because the plant will tell you what it needs. If a normal, healthy plant in good soil conditions suddenly has red leaves, it's usually not much to be concerned about. If leaves start turning yellow and drop, that is a potential 'problem'.

Many people opt to plant in containers because the soil pH is easier to control, etc, and the pot can be moved.

[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 21st July

Presentations

Kris Barnes - local farmer at Amamoor that supplies clean, green meat for purchase. Kris will explain how he provides a natural product at a great price.

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/groups/913221063032255>

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



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