

MY PLACE *Gympie*

My Place Gympie

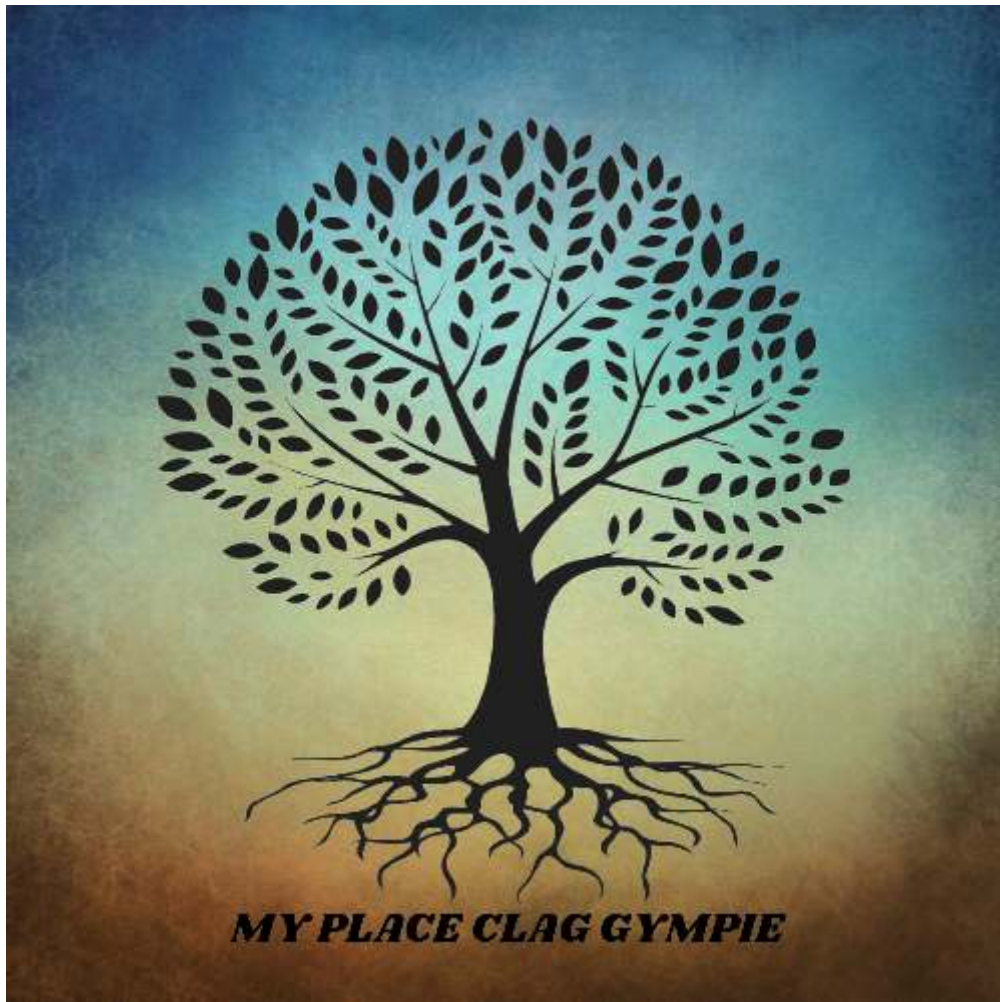
*Our next meeting is October the 15th
meeting starts @ 1pm - 3pm*

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. See Grahams Tech Tip to find out more
- 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
- **Billboard Battalion.** How amazing was the event on Thursday the 28th of September. Don't worry if you missed it. The event speakers were recorded and is available on their website now <https://billboardbattalion.com/videos/> and also My Place Gympie website shortly - <https://www.myplacegympie.org/>
- **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 15th of October**
 - Any time you are able to give will be greatly appreciated.
 - ***I will be doing up a roster and calling out for members to volunteer their time so please see Beck 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 **October the 25th starting at 9 am.**
 - 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.

- For those not on Facebook here is an update from Craig about the Council Ordinary Meeting.
- **Gympie Regional Council 27th September 2023**
- Thank you to those that could attend Wednesday's meeting. Although we didn't have the numbers that we usually have to fill the public gallery, we still made a presence. Hopefully we build the numbers back up for next month.

As we have been saying since attending the meetings of the corporate council since January, we have noticed the way councillors have changed their behaviour to try and demonstrate they have the ratepayers in mind when discussing council items on the agenda, they think the public like to hear how great a job they are doing for the people.

Item 6.1 – 2023 Update of Corporate Plan 2022-2027

Discussion on the corporate plan which is identified within the document by the Mayor that the Corporate Plan 2023-2027 is the most important key strategic planning tool your council has developed because it defines their vision of the future of the Gympie region, but the sole most discussed point was whether the word "Safety" should be included under the values section within the "Accountability" value.

The Corporate Plan provides a roadmap for council to deliver on the approved vision, key priorities, and the short, medium, and long-term goals for the region according to the CEO, but the most discussed point was whether council should focus on including safety into the values.

This is a document that includes council's framework, its strategic plan that is vital to ensure this council is effectively responding to the immediate and emerging needs of the community, but having the word safety included in the values section was a priority with the council meeting.

This corporate plan is under the direct input and control of the Qld government. The Gympie Regional Council is mandated to develop the corporate plan within the requirements of the Qld government Regulation 2012 which includes the state governments 30 year plan and planning scheme requirements. Gympie's direction for the future is not led by the people of Gympie as the

people have absolutely no say or input into it, as it is developed by the elected councillors, with support from council staff with no involvement of the people, however a strategic plan that will control the future development and community gives no ability for the people to have a say as its sole direction comes from Brisbane.

Item 6.2 - Procurement Panel Report

This report provides a summary of the Panel's activities including items endorsed by the Panel for procurement that exceed the financial delegation of the Chief Executive Officer. Council received tender documents submitted from Hastings Deering and GCM Enviro in response to the request for tender to Supply and Delivery of One (1) Landfill Compactor Plant.

Questions were asked by mayor as to the value of purchasing the plant recommended by the procurement team as there were a number of unanswered questions and requested the mayor recommended to delegate authority to the CEO to investigate the implementation to purchase the most appropriate machine including the servicing of the equipment.

The mayor noted that the lighter 38000kg machine may cost ratepayers in airspace for compaction rate as to a 45000kg machine. The estimated cost for the plant purchase is \$1.167M.

Item 6.3 - August 2023 Finance Report

For such an important item of the agenda you would think that a very detailed report summary would be highly discussed and reviewed, but this month's financial report was tabled with little to no scrutiny by mayor or councillors. Little to no conversation was held on the total cash on hand at the end of August 2023 being \$103.1m and of these funds, \$100.8m was invested with the Queensland Treasury Corporation. This coincides with an increase in revenue from the rates increase and the higher than forecast cash balance has resulted in increased interest and investment revenue received to date. The overall actual year to date performance to 31 August 2023 is a surplus of \$47.6m. Questions were not asked by those that are there to represent the people on why there was a rates increase when there is over \$100m in cash reserves and an overall operating surplus of over \$47m.

The report included notification there is a 62% decrease in community equity caused by the removal of the rail assets to the ratepayers. Not only has the Rattler deal cost ratepayers a suggested \$42m - \$48m, now assets owned by the people are being handed over to the Rattler Corporation for free.

This is nothing more than a scam that is leaving families and the community in despair. This council does not see the fact they are a money making business that is doing its job for the corporation to make a profit and not acting on behalf of the people's best interests.

Item 6.4 – 2023-24 Budget Amendment

The report included the intention for the carry forward budgets to be absorbed into the 2023-24 capital program and for a corresponding amount of the 2023-24 capital program be held over to the 2024-25 financial year. The individual projects that are identified as part of the \$3.45m to be held over until 2024-25 capital program will be reported as part of the next budget review, which will to be presented to Council at the October General Meeting. The proposed capital program for 2023-24 totals is maintained at \$111.96m, so the question needs to be asked, “where does the rest of the rates, fees and charges income go”?

7.1 Community Sustainability Directorate Update

The Operational Statistics for the period June – August 2023 was attached to the report identifying key activities for the period including:

- Rates peak period (rates issue date 4 August 2023) The percentage of outstanding rates at 31 August 2023 was 60.99% compared to 62.97% for the same period in the prior financial year.
- Quarterly Councillor Reports provided to all Councillors

How many ratepayers receive a monthly report or update from their councillor on what the council is doing to manage the people's money and assets?

Of particular interest in the report was the update on Gympie Saleyards. The Saleyards has facilitated over \$11M in gross sales during the June to August 2023 period. The low-per-kilogram-prices are expected to continue until the markets clear stock flooded by the USA and Brazil, and grazing conditions improve. The saleyards are an important element withing our farming

community and businesses.

In 2022/2023 the delivery of all council grants and funding provided to the community was brought into one program administered by the Community Development Team. This included new categories for events and recovery as well as environment grants that were previously administered separately to the Community Grants Program. External funding was sourced by the Community Development Team to provide an additional \$210,000 in grant funding to the community in response to COVID-19 and disaster recovery.

Cr Devereaux asked if council had thought about holding grant writing courses and could they be made available to the grant applicants? The council officer advised that if council writes the grant application it can carry liability.

The CEO advised that council employs a grants officer who assists applicants with the application process. The council officer advised they are compelled to follow the competitive neutrality legislation, as council has the ability to charge low fees where there is no public service being provided, however there may be conflict if such a service is available.

The report also includes ASF biosecurity officer training where Council biosecurity officers are undertaking **African Swine Fever (ASF)** prevention and early detection training. This training is designed to help participants understand what they can do to protect our agricultural industries and communities from ASF. The course uses images, videos and interactive scenario-based activities to provide a detailed and engaging picture of the potential impacts of ASF, how to prevent its introduction and establishment, and how to recognise and report the signs of ASF to ensure early detection, if the disease does make through Australia's defences. They are trying everything to normalise the fear program into the community.

7.2 Grant Funding Recommendation - Community Halls Insurance Category

The Community Halls Insurance category for of Council's Community Grants Program has a maximum grant amount of \$5,000 for independently owned halls and is part of the Rolling Round.

The maximum grant amount is \$1,500 (Council owned /trustee halls) \$5,000

(independently owned halls) where No co-contribution from the applicant is required. Council approved the grant application from Theebine Memorial Recreational Centre Inc for an amount of \$5,000, being for a Community Halls Insurance Category grant. The total cost to the Theebine Memorial Hall for insurance was \$15,000.

7.3 Review of Gympie Regional Council's Infrastructure Charges Resolution

With the exception of Kilkivan and Goomeri the resolution approved in the July meeting to make an amendment to clause 1.3 Section 113 of the Planning Act 2016, resulted in new rates applicable to development in the Region being equivalent to the maximum amounts prescribed by the State in the Planning Regulation. Note there is an ability to council to decide the percentage rate of increase recommended by the Qld government but this council has decided to increase the rate to the maximum amount. This is about **revenue raising** and controlling the people and nothing more.

This is clearly demonstrated by the revised adopted charge for **Material Change of Use for Tourist Park fee** of \$10,956.25 for each group of 2 or less camp sites and \$15, 338.75 for each group of 3 or more camp sites.

The definition of camp site states: “**Camp site**” means a space for a single Recreational vehicle or Caravan or Camper Trailer, or an area of no more than 60m² for a group of people camping together with no more than 3 tents. Where a camping group comprises of more than 1 Recreational Vehicle or Caravan or Camper Trailer, or more then 3 tents, this will constitute multiple ‘camping sites’.

Confusion has arisen with the interpretation of “3 (‘or more’, to be removed) camp sites” (referred to in Column 3 and 4 of the table on pg 45 of 174) when the definition of ‘Camp Site’ itself references “a group of people camping together with no more than 3 tents” and also an assertion that the rate for 3 camp sites is the maximum council can charge. The intention of the Resolution was to charge per group of tents. The Planning Regulation (extract below) prescribes a maximum rate based on each group of three (3) sites. Although, no definition of ‘site’ is provided. Council adopted the changes so a larger amount for fees and charges could be levied against the applicant.

Cr Devereaux stated that you usually get a discount with more. The council officer responded saying that council gets more money back towards infrastructure charges?? The council officer also stated that no feedback had been received and was surprised how easy the fees and charges had been accepted with some large amounts of money being paid recently.

7.4 Contract Variations Eastern Cell Construction Bonnick Road Landfill

The council officer stated that variations were always expected and that they were factored into the budget. The mayor went on for quite awhile trying to sell to the public gallery that the council officers had done a great job and they had saved ratepayers millions of dollars in transport costs. There was no evidence to support this claim.

Cr Devereaux asked if this was going to affect the budget as a quick calculation by him was that a 30% variation cost was worth approximately \$1m. Included in the variation is the decision by council staff to purchase another permanent weighbridge to be installed at the Eastern Cell at Bonnick Rd.

8.1 Flood Hazard Area Update for the Building Regulation 2021

In late 2019, Council commenced a major exercise to improve flood information for the Region. The new information addresses shortcomings in the existing flood information for the Gympie Region by:

- applying current rainfall data and computerised modelling techniques and more recent and accurate terrain data for rainfall prediction and flood modelling.
- predicting a range of smaller and larger flood events, not just the 1-in-100-year event.
- providing flood velocities and hazard mapping for disaster preparedness and management, building design and planning approvals, and infrastructure planning and design.
- assessing the possible impacts of climate change.
- covering a number of areas where there has been little or no flood information previously.

The report states council is now using a new system required to be followed from the Qld government. The **Annual Exceedance Probability (AEP)** refers to the probability of a flood event occurring in any year. The probability is expressed as a percentage and is determined by undertaking flood modelling in accordance with industry standards and best practice.

A flood event with a 1% AEP is a flood that is calculated to have a 1% chance of occurring in any one year. It is also known as the 1-in-100-year Average Recurrence Interval (ARI) or Q100 event. Currently, it is the flood event used as:

- the “adopted flood level” in Council’s Planning Scheme
- the “defined flood level” under the Building Regulation 2021. It should be noted that a 1% AEP flood will not necessarily occur only once every 100 years or that it will occur in every 100-year period.

This new modelling being forced upon the people of Qld by the state government will now include previously unaffected residents into this model. This sounds like a perfect SMART city model as when Cr Smerdon asked if this was based on future climate change scenarios set down by the Qld government?

The council officer agreed that the new modelling is a legislative requirement set down for all local governments of Qld.

Cr Stewart stated that this has been predicted 150 years ago. (Is that fact checked?) He said we have to rely on the “Science”. Is that the same as follow the money.

Cr Smerdon asked would this modelling going to impact insurances on the affected properties that were previously excluded from the flood plan? The council officer responded that he had no ability to respond for insurers. The same council officer stated that the forecast is to a future climate scenario still being a 1-100 year model, but new information and modelling will change what that modelling looks like.

The following is an excerpt from the agenda that tells the story on how this modelling is being adopted by council.

Climate Change

One anticipated impact of climate change is increased rainfall intensity which is likely to result in increased flood levels. All flood studies include both:

- a “current climate” 1% AEP flood event (which does not include a specific allowance for climate change), and*
- a “future climate” 1% AEP event which allows for climate change to the year 2100.*

The State Government, via the State Planning Policy 2017, requires that flood hazard areas in Local Government planning schemes must “align with climate change factors for increased rainfall intensity in the Australia Rainfall and Runoff (AR&R) projections”.

The latest version of AR&R advises that two climate change scenarios (called Representative Concentration Pathways, or RCPs) should be tested when performing flood modelling. These are RCP4.5 which is a mid-range scenario, and RCP8.5 which is sometimes called the worst case scenario. AR&R provides increased rainfall intensities which are predicted to occur under each of the RCPs. Both scenarios have been tested in the Mary River flood modelling.

It is recommended that RCP4.5 be applied for climate change in Council's flood modelling for the purposes of the building regulation. The inclusion of the RCP4.5 climate change factor provides a future climate 1% AEP flood, projected to the year 2100.

Comparison of New Flood Information with Previous Information for 1% AEP Floods

The newly modelled current climate 1% AEP flood heights differ from previous adopted 1% AEP flood heights for several reasons.

Flood modelling has been completed for some areas which had no previous detailed flood information. The Queensland Floodplain Assessment Overlay (QFAO) is statewide mapping produced by the Queensland Government to identify potential flood hazard areas in the absence of better, more refined flood modelling. The QFAO does not provide 1% AEP flood heights and, in many locations, does not relate well to ground contours. Some of Council's new flood modelling covers areas for which the QFAO was previously the only

information available.

It is recommended that the new future climate 1% AEP flood information be adopted as of 01 January 2024 to give property developers, landowners, home builders, building designers and certifiers sufficient time to consider and apply the new information. (Section 37 of the Building Act also provides transition arrangements for building planning / applications / works which are in progress when a building assessment provision is amended.)

The primary source of flood information for the community will be Council's on-line mapping system (accessible through the website) which will allow access to:

- the flood hazard area as defined by the Building Regulation.*
- the 1% flood extent mapping (both current climate and future climate) via the on-line mapping system.*

*The report states the new information has been peer reviewed by climate change experts we presume, and is available to any interested party via Council's website. This is a Qld government direction this council is just complying with to meet its UN targets under the State Planning Policy, Council is **obliged** to consider for climate change in new flood hazard mapping. A council resolution is required to designate the new flood hazard area and apply the new flood heights for future building works. Council is obligated to ensure they operate in the best interests of the people as well and using predictive programming too build estimates on more than a 1-100 year flood to take back land on behalf of the state government is not working in the best interests of the people.*

One only has to go to the Qld government Climate Change page and see the WEF and UN agenda being set upon the people of Qld without our consent. <https://www.stateoftheenvironment.des.qld.gov.au/climate-change>

The report recommendations were passed by vote and will now be used by council to decide where people can live and build and where they can't.

8.2 Returned & Services League of Australia (Queensland Branch) Gympie Sub-Branch Inc. - Proposed lease 39 Monkland Street, Gympie

The Returned & Services League of Australia (Queensland Branch) Gympie

Sub-Branch Inc. (the Club) has approached Council with a proposal to enter into a long-term lease (ten years with a ten year option) over the building (previously known as the Telstra Shop) at 39 Monkland Street, Gympie. The building (previously occupied by Gympie Medical Transport and Creative Arts Gympie Region) is currently vacant and uninhabitable due to the flooding events of 2022 and was never professionally remediated.

The Club has also advised that their Board may also consider the purchase of the site depending on the sale price with future flood liabilities to Council may be better mitigated by a sale rather than a lease, but the RSL decided their best option would be to lease the building.

The Club was looking for a long-term lease (ten years plus ten-year option) as a cost benefit for the funds they are investing into this project. The Club is not likely to consider a lease less than five years for this reason.

Following lengthy discussion on for and against the lease which raised the ire of the mayor stating that it would be a recommendation to move the discussion to a workshop, Cr's Milne and Devereaux both challenged the reason to take it to workshop as it required a reason to be tabled. The mayor stated there had already been breaches of the details from the previous workshop to the public today where there are people out in the community that don't operate in the best interests of the council.

I wonder what he is concerned about. The public actually hearing the truth and not the watered down version the Punch and Judy show that we see monthly.

Councillors voted on offering a 3 year lease to the RSL.

<https://www.gympie.qld.gov.au/downloads/file/4707/2023-09-27-ordinary-agenda>

- **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

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 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

All orders taken fortnightly and close on Thursday at 5 pm

Reminders will be posted on Facebook or Telegram

The next order will be placed today the 12th of October then

fortnightly after that until available

Please text me on 0466251123 if you'd like to order and get the latest updated availability of produce.

As the season changes availability of produce changes

This week we had available

Sweet potato \$3.50/kg
Lebanese Cucumber \$6/kg
Zucchini \$6/kg
Green Beans \$10/kg
Cos lettuce \$3 each
Snow pea \$20/kg
Ginger \$15/kg
Cherry tomato \$3.50/punnet
Beetroot bunch \$3
Red cabbage \$3
Green cabbage \$3

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.

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

Signature Sourdough



Organic Sourdough and Spelt Bread

Sourdough sourced straight from the supplier James with wholesale prices as long as we have a minimum order of 10 loaves for our group

Thank you to everyone who supports our local business and our community

**Reminders will be posted on Facebook or Telegram
If your not on either please text (0466251123) me your order by the 24th of
October by 5 pm and I will reply with payment options**

Available to Order

Plain white sourdough \$8.00

Spiced fruit \$8.50

Toasted sesame \$8.50

Spelt and hemp seed \$8.50

Activated charcoal \$8.50

Olive and herbs \$8.50

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 again folks,

On the website (<https://www.myplacegympie.org>) these last two weeks, we've added some more members and I have been testing the software to use for the **"Trades and Professions" directory**. Regine is calling for folks to contact her to update, remove, or add a new listing, and we will progressively add them to our website. This is coming along reasonably well. We are hoping that the inclusion of this directory listing, along with some good content from our groups, will attract more folks to join up and we can begin the building of our own community in a safe uncensored environment.

In addition to the above, there is something we could really use on the website that I alone cannot provide; and that is quality content.

I am calling for those of you that have contributed information in the past to please

join up and contribute that, and/or new content to the relevant forum groups.

Note that when joining up, some of you (4 or 5 to date) are not getting the email verification due to certain internet providers blocking the system generated emails. I am investigating how to overcome their blocking, but in the meantime, if you could please email me (address below) from the mailbox you used to signup, and I will manually activate your membership.

Lastly, I've also been monitoring an early wave of break in attempts targeting the administrative back end. We are getting a steady stream of attempts and a majority are originating from VPN nodes in the UK, Germany, Norway, and other northern european countries. The repeated offenders are being blocked permanently.

So if you are trying to access the website using a european endpoint of your VPN you may run into this block and, if so, please report the incident to me at webmaster@myplacegympie.org.

That's all for this edition,

hooroo, Graham

Hugh's Health Support

What to do about Gallstones

A main reason for gallstones is poor bile flow. The bile becomes sluggish and sludgy, crystals form and grow.

Three reasons for poor bile flow are

- Insufficient dietary fats to stimulate bile release
- Sluggish liver production of bile from eating manufactured or plastic oils
- Chronic stress and anxiety disturbing liver/gallbladder vitality (these organs have their own meridians).

The remedy is to get the bile flowing and wash the stones away.

Increase bile flow by slowly increasing dietary fats and oils over time and stimulate liver bile production with bitter herbs. Over a few months a clean flow of bile should reduce gallstones to insignificance.

Pastured animal fats are important. Liver herbs are the bitters like gentian and the cholagogues (herbs that stimulate bile production and release) like dandelion root

and globe artichoke. St Mary's Thistle is well proven to support liver health.

Bile flow is the main detox pathway for the liver. It's the daily liver cleanse. You know you have good bile flow if you have a dark stool.

Persons without a gallbladder must supplement to support fat digestion. In the USA is standard to prescribe ox-bile capsules with fatty meals. Digestive enzyme capsules work well for many people. Try to establish a rhythm in bile release with regular mealtimes and swallow bitters with a mouthful of water before eating to stimulate digestive juices.

See you next newsletter.

Hugh Wallace, naturopath

See archive: <https://supportthehealth.substack.com/>

Korrinne's Gardening Tips

BEETROOT

This is such a versatile and nutritious vegetable with all parts edible.

I planted it for the first time last season (see pics) and it is extremely easy to grow and can be grown all year round in the sub-tropics although Summer has its challenges with high temperatures. Autumn, Winter and Spring are the ideal times to plant.

Due to being a powerful antioxidant, health benefits include/or contribute to:

- Reduction of high blood pressure
- Heart health
- Cancer prevention
- Gut health
- Boosts athletic endurance. The high foliate content aids heart and lung functionality during exercise and nitric oxide increases blood flow to the muscles
- Can assist long term conditions such as diabetes and dementia
- Eating regularly maintains potassium levels. Deficiency in potassium can cause fatigue, digestive issues and weakness
- Fights inflammation
- Bone strength and liver health/detox.

Beets can be used raw (fine julienne) including the greens in salads, roasted, grilled, boiled, beet chips, in smoothies, juiced and pickled. Used to make brownies, cakes, dips and many other dishes.

Now that I have discovered how easy they are to grow, I will be planting a much larger crop this week so I can dry/dehydrate the flesh and greens and turn into powder for easy storage for use in smoothies and many other daily dishes.

If you have any great recipes, please let us know in the Gardening chat or join up to our exciting new website which will be promoted over the coming weeks.

Thank you
Happy gardening



Lets talk Weeds

St Mary's Thistle

THE MAIN BENEFITS ST MARY'S THISTLE MAY ASSIST WITH

Supports a healthy liver and protects it from damage

Improves liver function and detoxification

Improves fatty liver disease

Promotes healthy skin

Protects the brain from age-related damage

Helps to build bone density

Supportive in cancer therapies

Boosts breast milk production

Decreases pimples, acne, and blemishes

Lowers blood sugars

Boosts metabolism and aids weight loss

Improves mood disorders and depression

Treats gallstones

Reduces hangovers

BOTANICAL NAME - Silybum Marianum

TRADITIONAL CHINESE MEDICINE NAME - Shui Fei Ji

OTHER COMMON NAMES - Milk thistle, Blessed Milk Thistle, Variegated Thistle, Sow Thistle and Scotch Thistle

St Mary's Thistle doesn't just contain one or two active constituents - it is a complex mix of diverse flavonolignans (silybin A, silybin B, isosilybin A, isosilybin B, silychristin A, silychristin B and silydianin), a flavonoid taxifolin and the bioflavonoid quercetin. The oil fraction of the plant and seed contains linoleic, oleic and palmitic acids, sterols, tocopherol (vitamin E) and phospholipids.

LIVER PROTECTIVE ACTIONS

SKIN ACTIVITY

ANTI-ASTHMA ACTIVITY

CARDIOVASCULAR ACTIVITY

ANTI-DIABETIC ACTIVITY

KIDNEY PROTECTION ACTIVITY

ANTI-FUNGAL ACTIVITY

BONE AND JOINT ACTIVITY

CANCER SUPPORT ACTIVITY

ANTI-EPILEPTIC ACTIVITY

NEUROTRANSMITTER ACTIVITY

BRAIN AGEING ACTIVITY

If you would like some more information on the above bullet points please follow the source link below.

Interesting that my daughter was telling me that she keeps the St Mary's Thistle in her paddocks as the horses love to eat the flowers.

The most traditional way of taking it is **in a tea, tincture or herbal infusion**. This can be made using either the leaves or the seeds of the plant. It involves steeping the seeds or leaves in hot water to impart their flavour and health benefits You then drink the liquid as an infusion.

Thank you

**And enjoy this wonderful weed of Gods creation for us
Beck**

Source: <https://hydralongevity.com/pages/st-marys-thistle>



What's Happening at My Place

Up Coming Presenters

Sunday the 15th of October

We have a young lady who is going to talk about her experience of when she did a school project on the whole covid mandates.

Also we have Warren and Karen from Clean Green Local (CGL) Farming who are going to give us their insight and knowledge of the commercial beef industry that will probably make your skin crawl.

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 Gympie, 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: October the 15th 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: 15/10/2023

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: 20th 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 - 2.30 pm – Presentations

- **Rachael** - Presenting on school paper on QLD government
- Mandates for school assignment. Come along and support this courageous young lady telling it as it is.
- **Warren and Karen** – speaking on regenerative farming techniques so some

great topics.

2.30 pm – New Business

- Update on progress items.
- **Webpage** – myplacegympie.org – You can now join the page.
- **The referendum, done and dusted.**
- **Thank you to all that helped with the campaign.**

2.40 pm - Craig

- **Committee Reports** - Update actions from selected projects
- **Gympie Regional Council** – Next meeting 25th October – 9:00 am
- **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

2.50 pm - Craig

- Announcements / queries / concerns / Discussions
- **Presenter 29th October - TBA**

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/EREdEdJVgv8>

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

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

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**

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