



MY PLACE VICTORIA



VICTORIAN EDITION

NEWS

September 2024 | Issue 1

WELCOME TO OUR 1ST VICTORIAN MY PLACE NEWSLETTER EDITION

We are thrilled to announce the launch of the first edition of The Victorian My Place Newsletter!

Our mission with this newsletter is to inspire, share, support, cross-promote and grow our vibrant communities.

This will be your one-stop source for everything My Place Victorian, from local events and farm fresh food ordering co-ops to community markets, guest speakers, presentations, skill-building workshops and socials. Get inspired, get involved, and reach out to your local community.

Join us as we celebrate the best of Victoria and build a stronger, more connected community together.

MY PLACE Australia
PUTTING UNITY BACK INTO COMMUNITY

WE NEED YOU!

JOIN US
BE PART OF THE CHANGE

Visionaries, Natural Health Care practitioners, Gardeners, Cooks, Herbalists, Preppers, Home Schooling Families, DIY Pros, Community Driven Enthusiasts, Content Creators, Local Business Owners & More!

YOUR EXPERTISE, PASSION & ENTHUSIASM IS NEEDED FOR OUR STEERING COMMITTEE, WORKSHOPS & PRESENTATIONS + MORE

GET INVOLVED

Every small action helps us build our community together! Do you have something to offer? Would you like to be involved in shaping our better future?

If you're unsure how you can help, simply chat with your My Place Community Coordinator to see what is needed and how you can contribute. None of this would be possible without the incredible dedication of our many volunteers and the tireless efforts of our community coordinators. Your involvement is what makes our community thrive. We encourage everyone to join in, lend a hand, and be part of something truly special. Together, we can continue to create amazing experiences and strengthen the bonds that unite us all.





VICTORIAN COMMUNITY



LINKS

September 2024 | Issue 1

My Place Australia Mission Statement

The mission for "My Place" is to implement projects that allow us to step away from the current system and build a way forward for humanity.

By creating an inclusive and collaborative way for all people to learn to work together for the greater good.

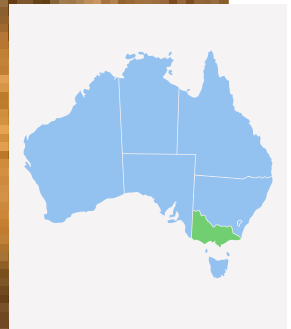
We are hopeful for every town and suburb to develop our model of Putting UNITY back into CommUNITY.

As we journey through a transition, we can live between the old and the new.

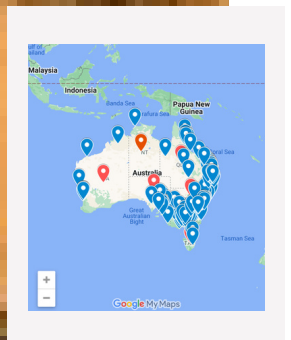
My Place Communities are building the future the way WE want, for OUR children, with free will and free speech, reclaiming our equity.

"Are you ready?"

[CLICK HERE FOR ALL VICTORIAN MY PLACE COMMUNITIES](#)



[CLICK HERE TO VIEW MAP OF ALL MY PLACES IN AUSTRALIA](#)





MY PLACE AUSTRALIA



VICTORIAN EDITION

UPDATES

September 2024 | Issue 1

OUR PLACE AUSTRALIA OVERVIEW

OPA was started by 9 Founding Members as a community of like-minded Souls, who have come, & are coming together, to nourish & support each other, where each Soul brings a unique perspective to what we call life; & through each of our collective journeys, educate each other in our various talents, while holding space for yet many more to join;

OPA is both a physical & online safe space to come together to learn how to exit the matrix, with the right documentation, & knowledge as to when to use it, & more importantly, why we use it, & get to a place of "knowing thyself to the point of, I Am!"

OPA will have fully interactive online training modules across a wide range of disciplines (Law; Lore; Health; Education; Nutrition; Spirituality/ Consciousness; & the like); & where we build our parallel economy, to nourish & support each community member;

We are in the process of launching our own postal service for those who do not want to use their own address for anything GovCorp related;

OPA also have a Community Noticeboard that includes a section for Public Notices, which is an intrinsic part of our notification processes, & saves anyone who proceeds down this pathway, literally thousands of dollars as this is a 21 day process that must be publicly published in a newspaper for 21 continuous days in the Public Notices section of said newspaper;

We are also exploring how to take down the "Family Law Courts" of Australia, by starting with a public declaration & reinstatement of family values, right across the land known as "Australia";

We are also exploring setting up our own bank/s, businesses & the like;

OPA is not a church, nor does it have any ties or affiliations with any churches, GovCorp, or any other Corporations, because OPA is a Private Association, with rules, terms & conditions that apply to each & every OPA member, no matter who the member is, or what position they hold;

As a Private Members Association, (in this case an Ekklesiastical Members Association – Noting that Ecclesiastical is "owned" by the Vatican, where Ekklesiastical is not); it requires an application by a proposed member to join, & once you have been approved, you will pay a nominal membership fee, although there are tiered memberships available;

Please stay tuned for further updates on this very exciting opportunity, as we publicly launch OPA;



ACTION

Please Contact Us:

Telegram channel: <https://t.me/+JCONMg3xy45MzAl>

Or at: MYPLAWS.proton.me



MY PLACE AUSTRALIA



VICTORIAN EDITION

UPDATES

September 2024 | Issue 1

EMPOWERING FAMILIES AUSTRALIA

'You Are Not Alone!' Join us and find your voice.

Meet other families that are also struggling to find the courage and the words to stand up, help your children say 'No!' To all the things they are being forced to accept.

What do you say to the schools as a parent and what rights do you have?

Join us to step into your courage for your children.

Joined by Craig Cole, Serene Teffaha, @Matt Lawson, Penny Johnstone, Renee McDonald, Peter Fam.

Note: Not for Spectators sorry, only those needing support.

These meetings are for parents and teens over 13 years old that need support and direction in this upside down world of extreme indoctrination and peer pressure.

Empowering Families on Facebook:

<https://www.facebook.com/groups/1184729942781007>

Empowering Families via Telegram:

EFA Telegram- <https://t.me/empoweringfamiliesau>

Please click on the link below to register for this private meeting:

[Empowering Families Australia Zoom Registration](#)



MPA POSITIVE CULTURE AGREEMENT



As we come together to nurture a positive culture agreement across My Place, our Motto is to "Put UNITY back into CommUNITY" and to promote 'My Place is Your Place'. We deliver purpose, shared values and behaviours for which we are all responsible. As we come together and leave our old beliefs behind us, we realise that we are all the same on more levels than we are not.

UnityHub MEMBER BENEFITS

- Have your voice heard
- Open and private communication plus easier networking
- Find purpose with your local community
- Support local like minded businesses
- Join discussions on topics you are passionate about
- Form meaningful connections with like minded individuals
- FREE advertising for your business
- Share important information easily
- All proceeds go back into My Place Communities
- Access a range of educational resources
- Create the focus groups that are important to your community

JOIN US
my.myplaceaustralia.org

UnityHub

Unity Hub has now officially launched! A place where you can be yourself, feel safe, respected and part of a community that appreciates how you contribute. Unity Hub is now open for subscriptions from My Place Community Members.

PHONE APP COMING SOON!



MORE INFO: <https://my.myplaceaustralia.org>



MY PLACE VICTORIA



VICTORIAN EDITION

LOCAL EVENTS

September 2024 | Issue 1

Our communities thrive on connection, collaboration, and mutual support.

We encourage everyone to get involved in diverse range of activities designed to bring us together. From participating in group food co-ops and community markets to attending skill-building workshops, community presentations, and social gatherings, there are countless opportunities to share, learn, and grow. Many of our communities offer support for those in need of a safe space and understanding. Together, we create a vibrant, inclusive environment where every member has the opportunity to contribute and benefit.

If you'd like to have your community event announced and featured in our next newsletter, please reach out to us. We'd love to showcase your contributions and help you connect with others!

For all newsletter related enquiries and submissions, please contact: vicnews@myplaceaustralia.org

social events
& CATCH UPS

COMMUNITY
MARKETS

SKILL BUILDING
workshops

FRESH FOOD
ORDERS

COMMUNITY PRESENTATIONS.

A SNIPPET OF UPCOMING EVENTS SEPTEMBER

My Place Bayside



Gardening & Food Swap
@ Cheltenham Bowls Club
FIRST WED OF EVERY MONTH
7.30 OPEN MIC NIGHT

FOOD SWAP, SEEDS, ORGANIC VEGGIES, FOR SALE, DRY GOODS, EGGS ORGANIC PRODUCE, HONEY FOR SALE



"Release Trauma & Live Your Best Life"
Guest speaker
Van Seng
You Will Discover
A Journey Into
Releasing Trauma

MY PLACE BAYSIDE
11TH SEPTEMBER-
730 START

\$10 AT DOOR
(HIRED VENUE)
CHELTENHAM
BOWLS CLUB
2A WILSON STREET
CHELTENHAM

- What is trauma and why it is so daunting for people to move past and heal.
- How and why the subconscious will play a narrative of that trauma event
- How to find the benefits or gifts to that trauma even if you are willing to go there.

My Place Dimboola



DIMBOOLA TOWN GARAGE SALE

November
Saturday 16th and Sunday 17th
10am - 4pm
pick up maps of all participating households from open retailers and yard sales with balloons

IF YOU WANT TO PARTICIPATE PLEASE DROP OFF YOUR DONATION AND INFO AT OMA'S CAFE DIMBOOLA
PLEASE TEXT OR CALL JENI FOR MORE INFORMATION ON 0435121901

My Place Doncaster

COMMUNITY INFORMATION NIGHT

The sexualised indoctrination of your children must stop now, your children are under attack. Craig Cole who has worked with youth in the community for the last 18 years, and in the Education System for 15 of those years will be providing information on how the Victorian Education Department and schools are sexually indoctrinating your innocent children's minds.

Also what you can do about it, this is vital information you as concerned parents need to know. Your children need you.

DATE: Thursday 12th September.

TIME: 6.45pm. (For a 7pm start)

LOCATION: Bin 3 Café and Wine Bar,
3958 Belmore Road,
Balwyn.



Regular Catch ups/ Socials:

Every 2nd Thursday evening at:
Bin3 395 Belmore Rd Balwyn

Alternate Friday 7pm onwards at:
Warrandyte Pub
110 Yarra Street, Warrandyte



TO CHECK YOUR COMMUNITY EVENTS
Contact your local My Place Community.



MY PLACE VICTORIA



LOCAL EVENTS

VICTORIAN EDITION

September 2024 | Issue 1

SEPTEMBER EVENTS CONT'D

My Place Frankston

MY PLACE Frankston

What's on 2nd - 8th September

457 Nepean Hwy Frankston or Thompson Lane.

Monday 2nd September

Tuesday 3rd September
9:30am - 10:30am TAICHI/QIGONG with Netta. (Cost involved, via Nepean Hwy)
12:00pm - 4:00pm Organic food orders pickup. (pre-ordered, via Thompson Lane)

Wednesday 4th September

Thursday 5th September

Friday 6th September
10:00am - 11:00am Fitness with Netta. (Cost involved, via Nepean Hwy)
7am Organic orders close.

Saturday 7th September

Sunday 8th September

My Place Kilmore

My Place Kilmore

The Pre-Storm Gathering.

The 8th of September might well be one of the most important Gatherings for the Year.

Barbecue and Mini seminars on:
Breathing/Meditation
Carmen/Keto diet
The Constitution/Bill of Rights

Door prizes to be Won

Plenty of food and Non Alcoholic Drinks served and of course

Great conversations
We look forward to your attendance.
Gold donation.

Sunday 8th September starting around Noon.

LOCALS ONLY

My Place Mansfield

My Place Mansfield

Raw Desire SEWING CLASSES

TUESDAY SESSIONS
10:00am - 12:30pm
1:30pm - 4:00pm
6:00pm - 8:30pm

THURSDAY SESSIONS
10:00am - 12:30pm
1:30pm - 4:00pm
6:00pm - 8:30pm

Pricing: \$50 per class or bundle x10 classes \$450

Eager to learn a new skill or to update on the old? We would love to see you at our next weekly sewing class.

Based: Mansfield, Victoria

To find out more or to book a class, call: 0402 702 224

Suzanne Dowd

My Place Oakleigh

MY PLACE Oakleigh

Tolman Health Coach
Coral Eden

Monday 16th September

The concluding topics of the 7 Principles of Health:
Exercise, Passion & Relationships

We are so grateful to Coral who has unselfishly presented health info to this group over the last 18 months.

My Place Shepparton

WORKSHOP

MAKING YOUR WAY TOWARDS SOVEREIGNTY

With guidance from some very knowledgeable locals, let's unlearn the default mode of fear and relearn how to stand in our power as self-governed men and women. By knowing our rights and freedoms, we can join together to make an impact as a whole community.

If you are interested in learning these skills over a 6 week period please email: thepowerofyou@protonmail.com to secure your seat. Contribution is \$10 per person for the full 6 weeks. Places are limited so be quick.

START DATE: Sun 1st Sept 2024 TIME: 3PM - 4PM

MOOROOHNA EDUCATION & ACTIVITY CENTRE
23 ALEXANDRA ST, MOOROOHNA

the power of you

SOLD OUT

IT'S TIME TO TAKE IT BACK

My Place Vic West

community MARKET

2ND SUNDAY OF THE MONTH 10AM-3PM

SEP 8TH OCT 13TH NOV TO BE CONFIRMED DEC 8TH

NEW! ALSO INCLUDING CAR BOOT TREASURE AREA!

Albion Polish Club
19 Carrington Dr Albion Vic

VEG-FRUIT-SEEDS-PLANTS-HERBS PRESERVES-RECIPES CONNECTIONS-STORIES-IDEAS

EVERY 2ND FRIDAY 12.30PM-2.30PM

MEET, SWAP AND ENJOY A CUPPA & LUMBAR & CO CAFE

MEET @ PLAYGROUND CAR PARK A BRIMBANK PARK KEILOR EAST

My Place Whittlesea

Food preservation workshops

Face-to-face hands-on workshops
Length: 2 - 3 hours for each topic
Location: Whittlesea Vic

- Dehydrating**
For fruits, vegetables and herbs
- Fermentation**
Kombucha, Sauerkraut
- Fowlers vasclo**
For high acid foods such as tomatoes and fruit
- Pressure Canning**
Pressure canning of meat, herbs and vegetables

Engaging and highly practical workshops

For further details contact Jen at MyPlaceWhittlesea@rotonton.me

Vic Coordinators Statement:

The mission of our newsletter is to inspire, share, and collaborate, fostering the exchange of resources and ideas to help grow and strengthen our communities. We extend our heartfelt thanks to everyone for their input and contributions, which have made the delivery of our first newsletter edition possible. As we continue to build this resource, we are seeking content for our Health & Wellbeing section, Food & Garden features, and, of course, food co-ops./group orders, local markets, events, initiatives, matters of interest or concern, local business listings or job vacancies of your local communities. Many people both in and outside of our network are in need of connection and support, and even something as simple as a coffee catch-up can be a vital source of comfort. We welcome your ideas and contributions. Please reach out to us with anything newsletter-related via email at: vicnews@myplaceaustralia.org. Together, we can continue to inspire and support one another.



STATEWIDE ANNOUNCEMENTS



VICTORIAN EDITION

NEWS

September 2024 | Issue 1

MY PLACE VIC CAMP OUT

- FAMILY FRIENDLY ACTIVITIES
- LIVE ENTERTAINMENT
- SPECIAL GUESTS
- WORKSHOPS
- COMMUNITY MARKET
- PET FRIENDLY

FRI NOV 29th - SUN DEC 1st

Best described as a truly hidden oasis, the Resort is a picturesque, secluded holiday park on beautiful natural bush land.

The Resort can offer patrons the best of both worlds. Situated just 30 minutes from the historical township of Echuca, also central to Barmah, Kyabram, Cobram, Shepparton, Tongala and all the tourist attractions on offer, yet far enough away to relax and unwind amongst the peace and tranquillity this magnificent property has to offer, while sitting by your very own camp fire and yes it is a pet friendly caravan park!

From basic unpowered campsites to more, accomodation suitable for everyone and every budget AND My Place Bookings will be offered 20% discount!

SWIMMING POOL • PLAYGROUND • BIKE/ WALKING TRACKS • ARCHERY • TENNIS / BASKETBALL COURTS • OPEN FIRES • CANOE HIRE • GAME ROOM • SPLASH PARK

Our weekend program includes:

- + FAMILY FRIENDLY ACTIVITIES
- + WORKSHOPS
- + LIVE ENTERTAINMENT
- + SPECIAL GUESTS
- + COMMUNITY MARKET

- Exclusive to My Place Members + friends
- 20% discount My Place Member bookings

Don't miss out on this great opportunity of connection, relaxation and FUN—**BOOK NOW** to secure your spot!

REGISTER HERE 🍷

<https://web.myplaceaustralia.org/vic-camp-out/>



EXCLUSIVE

MY PLACE VIC CAMP OUT 2024

FRI NOV 29TH - SUN DEC 1ST

IN A PICTURESQUE, SECLUDED HOLIDAY PARK ON BEAUTIFUL NATURAL BUSH LAND - SITUATED JUST 30 MINUTES FROM THE HISTORICAL TOWNSHIP OF ECHUCA

WITH

SWIMMING POOL • PLAYGROUND • BIKE/ WALKING TRACKS • ARCHERY • TENNIS/ BASKETBALL COURTS • OPEN FIRES • CANOE HIRE • GAME ROOM • SPLASH PARK

FAMILY FRIENDLY ACTIVITIES

LIVE ENTERTAINMENT + SPECIAL GUESTS

PET FRIENDLY

Accommodation options to suit everyone + every budget + exclusive My Place Members Booking Discount

Opportunity for Stall Holders

With the Camp Out coming up on Nov 29 - Dec 1st we are having a Saturday morning My Place Market at the venue. Open to the public and all resort campers. There will potentially be 200-400 people attending. Location is 45mins from Mooroopna.

If you have a market stall and would like to be a part of this event please email vic@myplaceaustralia.org

Saturday 30th Nov Community Market

A great opportunity for our stall holders!

If youd like to join us a market stall holder at our event - please email: vic@myplaceaustralia.org



MY PLACE VICTORIA



VICTORIAN EDITION

GUEST SPEAKERS

September 2024 | Issue 1

KEYNOTE SPEAKER: BRONWYN HOLM

Bronwyn Holm is an international keynote speaker in Hemp and Regenerative Agriculture, and Food as Medicine conferences. Coming from Brisbane to speak with some of our My Place Victorian communities: This is an unmissable talk on biological botanical growing and learning about

- the biology of plants and soil and living microbial advantage
- how to maximise the growth
- use little effort and saving money to do so
- food as medicines and how this is. Bring your friends and your plant growing issues and Bronwyn will show you the way to save your lawn, bees, worms and garden of food and your potential future. Earthfood is living microbial concentrate only, for gardens and growing all plants & food.

There is a groundswell revolution of saying "NO Thanks" to the companies who own everything from our soils to our seeds to our food and land, desecrating our health and our food sources.

Earthfood is a culture of changeforce and doers for good.

See you all there! Bron.
Yourearthfood.com



earthfood

October 3rd THURSDAY 7pm
My Place Yarra Valley

October 7 MONDAY 7pm
My Place Oakleigh

October 10 THURSDAY 7pm
My Place Doncaster

October 11 FRIDAY 3pm
My Place Shepparton, Euroa

October 15 TUESDAY 6pm
My Place Whittlesea

October 17 Thursday 6pm
My Place Vic West



TO PROMOTE & ADVERTISE YOUR EVENT
Contact your local My Place Community
or email: vicnews@myplaceaustralia.org



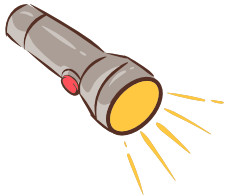
MY PLACE VICTORIA



COMMUNITY SPOTLIGHT

VICTORIAN EDITION

September 2024 | Issue 1



THE BEGINNING OF MY PLACE FRANKSTON: A JOURNEY OF UNITY

The goal was simple yet profound: to bring commUNITY together. And that it did.

What started as a vision quickly became a reality with the launch of Friday open nights. Who would attend? To our surprise and joy, nearly 300 people showed up each Friday, many of whom had believed they were alone in their thoughts and experiences.

From there, My Place Frankston blossomed into a vibrant hub of activity and connection. We hosted a diverse range of events, from cocktail parties and monthly market days to car rallies and sound healing sessions. There was something for everyone—Mothers Day High Tea, yoga and Qigong, wine and cheese tastings, Rock 'n' Roll classes, and line dancing, all brought to life by our dedicated volunteers.

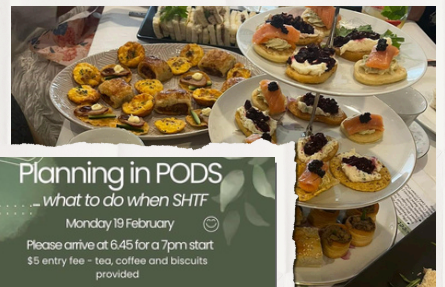
Town Hall meetings became a cornerstone of our community, featuring guest speakers who enlightened us on all facets of life, including our freedoms and Constitutional rights. These gatherings sparked inspiration, leading to the formation of breakaway groups and the creation of more My Places in various suburbs.

My Place Frankston began as a dream to unite a community, and it has grown into a powerful movement that continues to inspire and bring people together. *This is just the beginning.*

Gail **My Place Frankston**



MEMBERS



DEDICATED



JOURNEY OF UNITY



HEALTH & WELLNESS



NEWS

VICTORIAN EDITION

September 2024 | Issue 1

Did You Know?
100% of Australia's drugs are regulated by THE TGA, which is 96% funded by BIG PHARMA

The TGA is a government body that is responsible for regulating therapeutic goods including prescription medicines, vaccines and medical devices.

S Conflict of interest? 10% of all funding comes from the companies whose products it is meant to regulate.

S Safety signals ignored 10% of the 100 approved medicines had safety warnings by the time released!

S Are studies manipulated? Are medications that generate more profit for Big Pharma favoured by those with financial conflicts of interest?

S Does money talk? Australian vaccine developer says its vaccine would be approved unless he matched the national demand by lobbyists.

Read our full article here: www.itasy.pub/legs

www.facebook.com/itsasy www.instagram.com/itsasy www.linkedin.com/company/itsasy

BENEFITS OF ALOE VERA

How Does Aloe Vera Detoxify the Body?

Aloe Vera is a powerful detoxifier for the body due to its ability to cleanse the digestive system, support liver function, and boost the immune system. The gel of the Aloe Vera plant contains natural detoxifying compounds that help to remove toxins and waste products from the body, promoting overall health and well-being. Aloe Vera also has anti-inflammatory properties that can help reduce inflammation in the body and improve overall detoxification processes.

Benefits of Aloe Vera as a Detoxifier

1. Cleanses the Digestive System:

Aloe Vera is known for its ability to cleanse the digestive system and promote healthy digestion. The gel of the Aloe Vera plant contains enzymes that help to break down food and improve nutrient absorption, leading to better overall gut health.

2. Supports Liver Function:

Aloe Vera contains compounds that support liver function and help the liver to detoxify the body more effectively. By promoting liver health, Aloe Vera can help to remove toxins from the body and improve overall detoxification processes.

3. Boosts the Immune System:

Aloe Vera is rich in antioxidants that help to boost the immune system and protect the body from harmful free radicals. By supporting the immune system, Aloe Vera can help the body to detoxify more effectively and maintain optimal health.

4. Promotes Skin Health:

Aloe Vera is commonly used in skincare products for its hydrating and detoxifying properties. By applying Aloe Vera gel topically, you can help to remove toxins from the skin and promote a healthy, glowing complexion.

References: The Lost Book of Herbal Remedies. By Nicole Apelian, Phd and Claude Davis.



The wind in Melbourne has been relentless. If we are run down or even slightly unhappy, it is very unsettling. It ungrounds us, upsets the Liver and can make us irritable and exasperated. First Aid: Take your shoes off and walk on the grass. If you can't do that, find a stainless steel spoon and rub the bowl of the spoon on the soles of your feet. This will balance the polarities and further ground your energy. Best thing you can do is a Chinese medicine treatment to calm the Liver, harmonise the digestion, balance the Lung and give your immune system an upgrade. You will feel happier and more peaceful for it!

www.peacefulheartvitalbody.org



This article and many similar can be found in the [My Place Mildura's Health & Well-being Group](#)



IT'S NEVER TOO EARLY OR TOO LATE TO BE THE HEALTHIEST YOU

Barbara O'Neill's Flu Bomb

Best for sinus, colds, sore throats, respiratory problems, and flu like symptoms.

Ingredients:

- 1 Garlic Clove crushed.
- ¼ teaspoon finely grated fresh ginger.
- 1 juice of a lemon.
- 1 teaspoon of raw local honey.
- Cayenne pepper (amount of your choosing).
- 1 drop of either oregano, eucalyptus, or tea tree oil.
- ½ cup of hot water.

Instructions:

Mix all ingredients together in the cup of hot water, and drink immediately. Can be taken 3-4 times a day with food.

Additional Tips:

It's hot! Use at the first sign of sickness. Not recommended for children 8 years or younger, however, use your best judgment. Not ideal for symptoms that include vomiting. No amount of honey will make this taste any better. For sensitive stomachs, take with food.

Cough Medicine

Cut raw onions into slices and place in an open-necked clean jar. Pour raw local honey over onion slices. Cover with a cloth and leave to sit for a few hours. This will yield a syrup that is the cough syrup. Strain the juice and discard the onion pieces. Take 1 teaspoon or up to a tablespoon of juice as often as required.

Respiratory Problems

Slice or chop a raw onion and place it in a bowl. Place the bowl near the head of a person who is suffering from a cold or any respiratory problem. The onion will absorb impurities that are in the room.

References: Homesteadandchill.com. Barbara O'Neill.



NATURAL LIVING INSIGHTS BLOG

We welcome you to check out our VVO Natural Living Insights Blog, where we delve into the world of organic, natural, and do-it-yourself (DIY) living. Our mission is to share with you valuable insights into embracing a holistic approach to wellness through natural health education, easy recipes, and more!

[CHECK OUT THE BLOG](#)



Submitted by Doris [My Place Vic West](#)



FOOD & GARDEN



VICTORIAN EDITION

NEWS

September 2024 | Issue 1

MEAT STOCK FOR DIGESTIVE HEALTH

Phillip Chua is a naturopath and certified GAPS practitioner with over a decade of clinical experience, and has a passion for working with clients that are looking for help with digestive health. Getting your digestive health in great working order allows the rest of the body the time, space and nutrition it needs in order to heal effectively.

Phillip says "if there was one ingredient you could include in your diet on a regular basis that would make a huge jump in your health the answer would be...meat stock!"

Meat stock is a rich, nutrient-dense broth made by simmering bones, joints, and connective tissues. Unlike bone broth, which requires a longer cooking time, meat stock is typically prepared over 2-4 hours. This shorter simmering time results in a gelatinous liquid that is gentle on the gut and loaded with health benefits, and tastes better as well!

Method:

Place the meat in the bottom of a pot (Dutch oven) and just cover with water. A rough guide is for every kilo of meat, 1.5 Litres of filtered water.

Bring to the boil and then skim off any scum that sit on the top.

Turn down to a low simmer and cook for the amount of time that is needed (see above).

Vegetables can be added 45 minutes before the end of the cooking time - zucchini, swede, pumpkin, onion / leek, carrot, cauliflower, asparagus, beetroot



Submitted by [My Place Shepparton](#)

For more detail on this recipe go to <https://www.phillipchua.com/post/meat-stock>
Check out Phillip's website and see what he has to offer www.phillipchua.com

LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD

S P R I N G P L A N T I N G



Spring Planting in Melbourne

There is nothing better than home grown and chemical free vegetables.

If you don't have the space, the following vegies will grow well in reasonably sized pots/planters -



For those with garden beds, these vegies are great additions to the ones suitable for planters -

- lettuces
- rockets
- cucumbers
- carrots
- celeries
- silverbeets
- strawberries
- pakchoi
- spring onions
- beetroot
- snowpeas
- tomatoes
- sweet corn
- broccoli
- cabbages
- capcicums
- eggplants



Submitted by Mae [My Place Vic West](#)

SPRING CLEANSE SALAD

This salad is especially beneficial for a spring cleanse, aiding in liver detoxification after the winter's heavier foods. Arugula, rich in glucosinolates, supports liver detoxification pathways, helping to flush out toxins and balance hormones. Goat cheese provides essential fats for hormone production, while pomegranate seeds offer antioxidants that reduce inflammation and support estrogen balance.

Incorporating this salad into your spring meals not only revitalizes your system but also supports your body's natural detox processes, making you feel refreshed, balanced, and ready to enjoy the season.

Enjoy!! Diana Miranda | Clinical Nutritionist Metabolic Balance Practitioner [My Place Shepparton](#)



Arugula, Prosciutto & Goat Cheese Salad

2 servings
10 minutes

Ingredients

3 cups Arugula
57 grams Prosciutto (thinly sliced)
1/3 cup Goat Cheese (crumbled)
1/4 cup Pomegranate Seeds
Sea Salt & Black Pepper (to taste)
3 tbsps Balsamic Glaze

Directions

- 1 Add the arugula to a plate. Arrange the prosciutto, goat cheese, and pomegranate seeds on top.
- 2 Lightly season the salad with salt and pepper. Drizzle with balsamic glaze and enjoy!

Notes

Leftovers: Best enjoyed fresh. Store the ingredients separately.
Serving Size: One serving is equal to approximately 1 3/4 cups.
Additional Toppings: Add pine nuts or almonds.
Dairy-Free: Use a dairy-free cheese instead.





BUSINESS DIRECTORY



VICTORIAN EDITION

LISTINGS

September 2024 | Issue 1

CommUNITY supporting CommUNITY

With over 60+ Victorian communities, our reach is extensive, and our audience actively supports local and family owned businesses, services, and trades.



Noahs Eden Bushcraft

Camping & Survival Weekend Courses (includes food, swag and tent)

Grampians Victoria

Web: <https://www.preppersschool.com>

Email: survivalshopprepperswarehouse@gmail.com

Phone: Trevor 0413 174 384

YOUR LOCAL BUSINESS HERE



Nature's Finest Full Spectrum

Experience the harmony of nature and well-being with Cornucopia Apothecary. Crafted for those seeking a natural pathway to holistic health, our Cold Pressed Full Spectrum Oils and Balms are your partners in achieving balance and vitality.

Phone: 0497631793

Email: admin@cornucopia-apothecary.com

Web: <https://cornucopia-apothecary.com>

Facebook

Instagram

10% Discount to all Members and 15% Commission to Sales Affiliate - Enquire Now!



Vic West Organics

Organics for Personal Care, Home Care, Wellness & Pets Proudly Made in Australia - Delivering Australia Wide

Web:

<https://www.myplacevicwest.org/vicwestorganics>

Email: vicwestorganics@gmail.com

Facebook

Instagram

5% off discount for My Place Community Use code MyPlace



Wakiti Creek Resort

Camping, Self Contained Units, Cabins, Teepees Best described as a truly hidden oasis, Wakiti Creek Resort is a picturesque, secluded holiday park on beautiful natural bush land on the banks of the Wakiti Creek, Victoria.

Address: 500 Yambuna Bridge Rd, Kotupna 3638

Email: info@wakiticreekresort.com.au

Web: <https://www.wakiticreekresort.com.au/>

Phone: (03) 5867 3237



Alkaline World

All about health!

Alkaline World

Over 500 Amazing Health & Wellness products. Specialists in Water Filters and Detoxification Products.

Phone: 03 93571777

Address: 30 Fabio Court, Campbellfield VIC 3061

Email: info@alkalineworld.com.au

Web:

Facebook

Instagram

Use Discount Code: LOVE to get 5% OFF your order. Free shipping for order over \$100.



Special interest in Digestive, Cardiovascular and Men's health. GAPS practitioner Phillip has a strong focus on educating each client on how food and daily habits are affecting their overall health.



PHILLIP CHUA

NATUROPATH & HERBALIST

phillthenaturopath@gmail.com

Active Spine Centre, Shop 5, 440-452 Wyndham Street, Shepparton, Vic. 3630 ph4103) 58 312 934

CLINICAL NUTRITIONIST
DIANA MIRANDA
0439 340 955
39 Service Street, Tatura, VIC 3606

I am Diana Miranda, a devoted Clinical Nutritionist bearing official accreditation, and specializing in Gut Health. I hold certifications as a Metabolic Balance Coach, a practitioner of Reconnective Healing, Naturopathic, Emotional Release, and a proficient Australian Bushflower Essence practitioner. "My mission is to empower women as they navigate the transformative journey of menopause. I guide them towards rejuvenating their mind, body, and spirit through personalized nutritional approaches and holistic therapies."

YOUR LOCAL BUSINESS HERE



FOR BUSINESS LISTINGS/ JOB VACANCIES
Contact your local My Place Community
or email: vicnews@myplaceaustralia.org



ENDORSEMENT & SUPPORT



VICTORIAN EDITION

September 2024 | Issue 1

NEWS REMINDER: Growing number of people are leaving the country.

NEWS: Climate change is still a hot topic.

CLIMATE: Climate change is still a hot topic.

THE LIGHT AUSTRALIA PEOPLE-RUNDED NEWSWEEK

ISSUE 12 | *The Uncensored Truth* | thelightaustralia.com | FREE

FREE JULIAN ASSANGE - See Page 7

Are we all being brainwashed?

Nobody knows they're in a suit until they leave it, but what if the majority of "multinationals" thought and discourse is in fact part of an indoctrination process to get us all to think a certain way?

How would you know, at this point in our history, that we are being manipulated, and not just by governments, but by the very people we are supposed to be helping?

It's not just the media, it's the people we are supposed to be helping. It's not just the media, it's the people we are supposed to be helping.

THE CORRUPTION WHISTLEBLOWER \$ 5.00 AUD

THE CORRUPTION WHISTLEBLOWER

Brief of Evidence - 1st Edition - 2024

ACCOUNTABILITY WANTED

TREASONOUS POLITICIANS, JUDICIARY AND PUBLIC SERVANTS

* Following orders won't release you from what you criminally did *

"RETURN OUR CHILDREN AND OUR PROPERTY IMMEDIATELY"

-FOR THE RESTORATION OF JUSTICE-

Digital copy available at www.corruptionwhistleblower.com

CASH ACCEPTED

CASH PREFERRED!

THERE ARE BENEFITS TO USING CASH

- * CASH WORKS WHEN: THE INTERNET GOES DOWN, THERE IS A POWER OUTAGE, THE EFTPOS MACHINE MALFUNCTIONS OR YOUR PHONE BATTERY DIES
- * YOU AREN'T TRACKED OR TRACED WHEN YOU USE CASH
- * CASH CAN NOT BE HACKED
- * PAY CASH & HELP SMALL BUSINESSES BY SAVING ON BANK FEES
- * PAYWAVE & EFTPOS ARE EASILY HACKABLE

THE CUSTOMER OR THIS BUSINESS IS SUBJECT TO SURCHARGES & BANK FEES WITH EFTPOS.

CASH IS KING!

YOU LOSE YOUR POWER WITHOUT CASH

50TH ANNIVERSARY AINSLIE

Celebrating 50 Years of Ainslie

A legacy built on security, simplicity, and trust

• Bullion • Crypto • Storage •

LEAVE OUR KIDS ALONE

END THE SEXUALISED INDOCTRINATION OF YOUR CHILDREN

LEAVEOURKIDZALONE.ORG

truth

SEEKERS

Voice of Freedom

www.vofhq.com



FOR ADVERTISING/SPONSORSHIP
 Contact your local My Place Community
 or email: vicnews@myplaceaustralia.org



CONTACT



VICTORIAN EDITION

INFO

September 2024 | Issue 1

**TO KEEP UP TO DATE & STAY IN TOUCH WITH US:
FOLLOW YOUR NEAREST MY PLACE COMMUNITY**



MY PLACE VICTORIA

Vic Support: vic@myplaceaustralia.org

Vic Newsletter: vicnews@myplaceaustralia.org

[Victorian Community Links](#)



MY PLACE AUSTRALIA

[Facebook](#)

[Rumble](#)

[Web: https://web.myplaceaustralia.org](https://web.myplaceaustralia.org)



UNITY HUB

<https://my.myplaceaustralia.org>



MY PLACE OFFICIAL MERCHANDISE

merchandise@myplaceaustralia.org