

MY PLACE

Port Adelaide &
Western Suburbs. SA

NEWSLETTER

Date: October 2024

Issue: # 004

Email: myplacepaws@gmail.com



INTRODUCTION

Welcome to the Newsletter for My Place Port Adelaide & Western Suburbs (PAWS) and for the Northern Suburbs.

We aim to keep this newsletter succinct and to alert you to interesting events scheduled within our communities.

Are you interested in restoring the Henley Beach Fresh Food Market?

This was a very successful market ten years ago and a number of people in the western suburbs wish to get it up and running again to ensure a ready supply of fresh healthy food. We have been contacting previous suppliers and local people for memories of the market and collating a list of interested producers and customers. Please add your name and contact details to the checklist circulating at the PAWS monthly meeting or contact Donna Meyer 0428922326 or donnameyer61@gmail.com to express your interest or share helpful ideas.

TO ALL MEMBERS - IMPORTANT:

Our PAWS email account has been attacked and 90% of our member details have been removed, and all inbound and outbound emails dated before 1 August are also gone!

If you have sent through an email and are awaiting a response, please resend.

The bad guys must be getting upset about the notion of people working together!



BUSINESS DIRECTORY

It is in our best interest to support local business, to actively take our money away from the corporations which aim to control our lives. To that end we have developed a business registry which can be found under the Facebook page – FILE tab and invite you to add your business details to our registry by emailing myplacepaws@gmail.com.

Details to include: Name of business, address, contact person, phone number, email address, website and services offered.



NEW PROJECTS

- **Digital ID**
We live in precarious times and it has never been more urgent to resist the digital ID, this steam train is coming full throttle. Solutions Empowerment have template letters you can send to the government to let them know that you do NOT consent
<https://solutionsempowerment.org/resources/non-consent/non-consent-to-digital-id-notification-process-australia/>
- **Skills Register**
To assist with community projects, do you have any skills that you can volunteer to the group. Eg: gardening, carpentry, electrical, plumbing etc.
- **Tools Register**
To assist with community projects, do you have any tools that you can lend to the group. E.g.: chain saw, Chipper/Shredders, trailer, etc.



NEW PROJECTS

- SPOTLIGHT ON NEW BUSINESS

Organic Family Gardening

Josie Neylon

Mob: 0424 371 202



I work with you to create an organic garden in your own backyard in the ground or raised garden beds. I aim to teach you to build ecosystems that are easier to maintain and do not need the addition of artificial fertilizers or pesticides, leading to healthier soils, higher nutrition and less water use. Let me help you start the journey towards growing food you can trust. I can work with Individuals, groups, whole families, children, those living with disabilities and those with NDIS. I also can offer support and ideas for already established gardens.



REPORTS

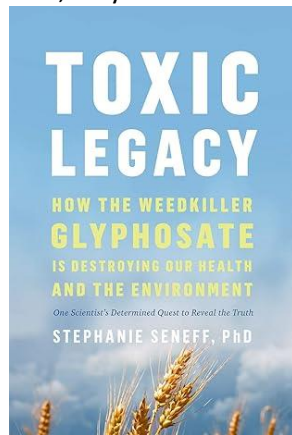
➤ Book report

TOXIC LEGACY by STEPHANIE SENEFF

Rachel Carson made 1960's headlines with her book "Silent Spring" about DDT. This is the equivalent eye-opener about Glyphosate (aka Roundup, Zero). It's now patented as an antibiotic, it's the reason for GMO crops, ½ kg per person is sprayed in the USA annually, it's not until the 3rd generation of rats that birth defects start to appear, it's sprayed before harvesting crops, it kills off gut bacteria and binds with minerals to prevent absorption, it kills off bacteria in the soil and at least 70% of people in the US test positive to it, and that's not a positive thing for the positively tested!!! We are running out of glyphosate free control groups for comparison testing.

There's good reason why Putin wants Russia organic and why he put a ban on GMO crops in 2016. Become informed about the next health and environmental blow-out that is already upon us, so you understand the reasons for eating organic food and why it might just be worth the extra money.

We currently have a copy in the library for you to borrow, thanks to Josie. Or buy your own online for posterity as a memento of the interesting times that we live in.

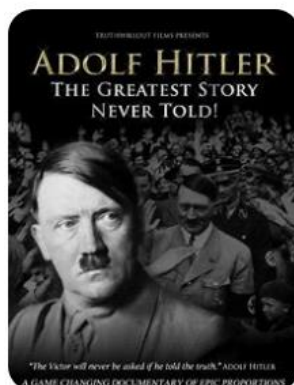


➤ Video report

THE GREATEST STORY NEVER TOLD.

<https://www.brighteon.com/5413555a-ea50-47c8-afcf-c855d869a684>

A different story about Adolf Hitler. Watch and make up your own mind.



INTERESTING SOCIAL MEDIA SITES

Social media

Facebook Link: My Place PAWS

<https://www.facebook.com/groups/170348039224440>

Facebook Link: My Place PAWS Food Security (Gardening and Nutrition and Food Security)

<https://www.facebook.com/groups/664665445603414>

Facebook Link: My Place Holistic Health & Wellbeing

https://www.facebook.com/share/g/gceuHBVWg_rVVfwmj/

Facebook Link: My Place Northern Suburbs

<https://www.facebook.com/groups/1512902296185107>



Cleve Backster, a lie detector expert in USA, during the 1960's tested the galvanic response from a plant that had been exposed to a threat of harm only to find that the plant gave off electrical signals indicating a stress response. This is known as the Backster effect.

*Knowledge isn't power,
applied knowledge is power.*



UP COMING EVENTS

My Place PAWS monthly gathering

When: Friday, October 4th

Where: Fulham Community Centre, 19 Fitch Rd, Fulham

Time: 5.30pm doors open to Markets, Swap table or just mingle
6.30pm Gathering begins

Topic: Tech Security and SMSF

Contact: email myplacepaws@gmail.com if you require further information. RSVP is not required and all are welcome.

Don't forget... Bring along any excess produce or other items you would like to swap.

Tea, coffee and biscuits available. Your gold coin donation towards the cost of hall hire is greatly appreciated.

REGULAR EVENTS

Tues: 10am - *Guardians SA* Coffee group at **Henley Hotel**

Wed: 10am - *PAWS* Coffee group at **Heart of Semaphore** café shop.
103 Semaphore Road, Semaphore.

Noon - *PAWS* Gardening group meets at one of the Chain of edible Gardens we are building in the Western Suburbs.

Join our dedicated FB Food Security (Gardening & Nutrition and food Source) group to be included:

<https://www.facebook.com/groups/664665445603414/>

Evenings - *PAWS* - Health & Wellbeing group meet on the 3rd Thursday of each month in the evening in Semaphore. Keep an eye on the Events tab for further details.

NOTE: *Our regular meetings have changed from Wednesdays to Thursdays.*

Sun: 10am - Stand in the Park at Mosley Squ., Glenelg. They would love your support.

PAWS - Gardening, Food and Nutrition Group

Coordinators: *Alex and Josie*

We are aiming to establish backyard gardens using organic/permaculture principles, with a focus on regenerating the soil microbiome, in order to increase food security at a local level. We are focusing on 2 gardens at the moment: one at Peterhead which we created last year and is growing well; the other at Kilkenny where we are slowly building a food forest and to which we were just donated many various fruit trees. At our Peterhead Garden we are also raising organic seedlings and collecting/drying herbs and



seeds for use in our gardens and to sell to raise money for the group.

We meet every Wednesday and every second Sunday at around 11 am, after a morning chat group at Heart on Semaphore starting at 10am. The gathering alternates between each garden every week, however for the following months we are focusing on really getting the seedlings set up so the schedule will be as follows:

Peterhead Garden

Time: 11:00 am

Dates: Every Wednesdays

Location: Peterhead

- raising and potting on seedlings
- planting
- maintenance
- harvesting
- building small herb planter boxes for resale

Kilkenny Garden

Time: 11.00am

Dates: **Every second** Sunday

Location: Kilkenny 9:30 am

- mulching for paths
- Planting
- Maintaining
- various other jobs

Monthly PAWS meeting

Time: **5:30**

Date: Friday 4th **October**

Location: Fulham Community Centre, 19 Fitch Rd, Fulham

- Swap table with produce from PAWS members gardens
- Garden group table with produce from our gardens
- seedlings
- electro-culture antennae
- other produce to sell (money raised goes back in to running the gardens)

We could always use more help and would always welcome anyone who would like to come along regularly or casually. Anyone who helps is able to access the organic produce grown with love, passion and freedom. I also share the knowledge I have gained over the years and continue to grow as we build our gardens and welcome any knowledge others would like to share. Let's learn off one another and take back control of our food sources.

If you are interested in participating in our garden days or have any questions, please send an email to: myplacepaws@gmail.com. To ensure you email reaches the appropriate group, please add "Garden" in the subject line.

You can find us on Facebook here:

<https://www.facebook.com/groups/664665445603414>

PAWS: Holistic Health & Wellbeing

<https://www.facebook.com/share/g/qceuHBVWqrVWfwmj/>

Tip for the Month

By Raina Cruise

Terra Mata – House of Herbs and healing

Email: terramataclinic@gmail.com

Ph: 0422851254

Elderflower *Sambucus nigra*

- Flowers should be dried before using
- Infuse 200g in hot water up to 3 times per day for diaphoretic effects.
- Helps promote perspiration and reduce inflammation
- Beneficial for common cold, influenza, acute infections with fever, acute bronchitis and measles
- Take for chronic sinusitis, hayfever, otitis media, pharyngitis, laryngitis, catarrah, sinus headache and asthma.



Soul Talk - Love languages

One of the most frequently asked questions in an Astro reading is often about love! There are two players that we can look for. The first and well known is Venus, the second and a little more hidden is Juno!

Venus is how you express love and Juno relates to what one may be seeking in their divine counterpart.

Many will know about Love Languages . . . words of affirmation, acts of service, gifting, quality time and physical touch.

Usually, three of these are the most important . . . perhaps arrange the order of most important to least important to you!

Then ask your partner!

Are you on the same page or is it something to coordinate on more!

Let's look at a Venus and Juno example.

If we look at Venus in Aries, as the first Zodiac in the chart, their love language is quality time! Their style may be described as unique & they want to create experiences for their special person.

If we look at Juno in Aries, it could be said we are looking for a partner who is assertive and at the same time, someone who will stand up for you!

It is fascinating looking at where these placements are!

Reach out if you would like to go through your Astro chart and locate the placements that make you unique and who you are.

Keep shining your beautiful light!

Heidi x



Community Market - (Saturday Souk)



On Saturday 28th September PAWS supported a new local market run by Sonia Jewer and held 122 Semaphore Road. Live music was provided and several stalls offered produce for sale. The lovely Sonia provided home baked goodies while

the PAWS team sold cold pressed olive oil, organic castor oil, and homeopathic and naturopathic products. Just to add colour we also sold edible bouquets with all produce freshly picked from our locally grown organic garden.

This market will be held monthly, the last Sunday of the month