

# MY PLACE

Port Adelaide &  
Western Suburbs. SA

# NEWSLETTER

Date: September 2024

Issue: # 003

Email: [myplacepaws@gmail.com](mailto: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 September monthly meeting or contact Donna Meyer 0428922326 or [donnameyer61@gmail.com](mailto: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](mailto: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.



## REPORTS

### ➤ Book report

#### ▪ 180 DEGREES by FEARGUS O'CONNOR GREENWOOD

Ever wondered what the real story is? This will tell you, and it's not what you'll find on the news. A must read for anyone wanting to understand politics, where we have come from, how we ended up here, the players in the game and what to look out for, from the factual perspective of experts and people who know. Find out what's behind the scenes and who's pulling the strings. Get it while you still can. Manufactured by, and only available from, Amazon.



#### ▪ RED OVER BLACK by GEOFF McDONALD

Written in 1982 by a disillusioned Union Rep who started his political career in the Communist Party, and woke up to what was going on. Geoff outlines the tactics being used to control Australia. They are playing the long game, always have been, always will be. The takeover of our country will be done

- financially through immigration and land rights. Read about what was set in motion from the 1950's to the 1970's that is now ripe for the picking. Become informed so you can see the game that you are in. Then you can do something about it.  
Available from Veritas Books online. They also sell a wealth of books that are worth stocking up on.



## ➤ Video report

- JFK to 9/11: Everything Is A Rich Man's Trick (Documentary)  
<https://rumble.com/v2czv70-jfk-to-911-everything-is-a-rich-mans-trick-documentary.html>
- For those of you who have access to Netflix - please consider watching the movie "The Bank of Dave". This movie is based on the true story of a man in the UK who decided to start his own bank for the people and he was successful. Australia needs to take a leaf out of this man's story.



## NEW PROJECTS

### SPOTLIGHT ON NEW BUSINESS

**TERRA MATA**  
**HOUSE OF HERBS & HEALING**

*Raina Cruise is a bachelor degree qualified naturopath and homeopath, plus business owner of Terra Mata – House of Herbs and Healing Clinic and Health Shop. Raina is dedicated to spending the time needed to listen to your health story and to create a personalised treatment plan which will aim to achieve better health and positive outcomes specific to your needs.*

Email: [terramataclinic@gmail.com](mailto:terramataclinic@gmail.com)  
Ph: 0422851254



## 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/gceuHBVWqrVfwmj/>

Facebook Link: My Place Northern Suburbs  
<https://www.facebook.com/groups/1512902296185107>



## UP COMING EVENTS

### My Place PAWS monthly gathering

**When:** Friday, September 6th  
**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:** Food Security

Contact: email [myplacepaws@gmail.com](mailto: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.

## My Place Northern Suburbs monthly gathering

**When:** check *MY – Northern Suburbs* Facebook page for dates.  
<https://www.facebook.com/groups/1512902296185107>

**Where:** Church4U - 3 Kirk St, Elizabeth Park  
**Time:** Doors open at 5.30pm for market stalls with our meeting scheduled to start at 6.30pm.

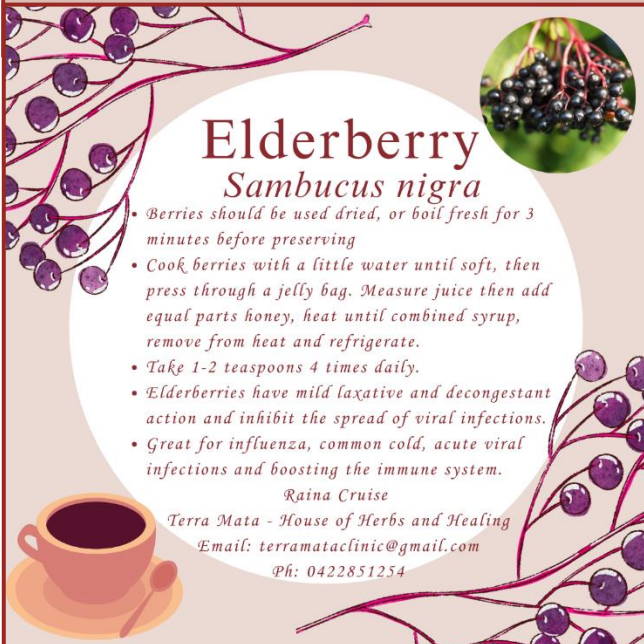
### Group Interaction:

For meeting topics, refer to Facebook page. Food and produce, magazines, books, swap table are also available. Bring what you can, take what you need/want. Please take any left-over items you have brought, home again.

*Tea, coffee and biscuits available*

Your gold coin donation towards the ongoing costs of running these meetings is greatly appreciated and we look forward to connecting with you then.

*PAWS: Holistic Health & Wellbeing*  
<https://www.facebook.com/share/g/qceuHBVWqrVVfwmj/>  
Tip for the Month



### Elderberry

*Sambucus nigra*

- Berries should be used dried, or boil fresh for 3 minutes before preserving
- Cook berries with a little water until soft, then press through a jelly bag. Measure juice then add equal parts honey, heat until combined syrup, remove from heat and refrigerate.
- Take 1-2 teaspoons 4 times daily.
- Elderberries have mild laxative and decongestant action and inhibit the spread of viral infections.
- Great for influenza, common cold, acute viral infections and boosting the immune system.

Raina Cruise  
Terra Mata - House of Herbs and Healing  
Email: [terramataclinic@gmail.com](mailto:terramataclinic@gmail.com)  
Ph: 0422851254

**Alex - The Order of Meek** - The Order of Meek is a monthly gathering for men of all ages. It's a space to discern the God that made man from the God that man made. To explore natural law and what it is to honour your own constitution as a sovereign man. The next **Order of Meek** gathering will be held on **Friday 20th September**. Doors open at **5:30 for a 6pm start**. If you're interested in attending, contact **Alex on 0422733995**.

## Community Market - (Sunday Souk )

Amanda, owner of Gypsy Rose and her staff are part of the My Place Community on Facebook. Amanda, the owner, will be holding a regular Community Market and have kindly invited MY PLACE – PAWS to be part of the market. There will be live music, Card Readings and Street Food including our regular items. If you wish to be a stall holder, or have any questions, please email [myplacepaws@gmail.com](mailto:myplacepaws@gmail.com)

**Date:** Sunday the 29th September

**Time:** 12 till 3pm -

**Where:** Gypsy Rose - Shop 122 Semaphore Rd  
Hope to see you there.

## Exit the Matrix by Steph and Phil

**When:** Sunday 8 September

**Time:** 5.30pm - Kitchen open for business.  
6.30pm - Meeting starts.

**Where:** Bartley Hotel, Function room.

We would like this group to be a productive group, setting goals and moving forward to achieve those goals while supporting each other.

Steph and Phil will continue introducing us to further elements of the Sovereign people's framework developed by Leith and her participants.

We will also aim to introduce some practical activities that we can pursue while we are in the deep learning phase

## Joe's Connected Garden Open Days

Please click on the link for event info or to book your ticket

<https://events.humanitix.com/joe-s-connected-garden-open-garden-2024>



Did you know that water has memory and consciousness? If not then look up the work of Dr. Masaru Emoto and Veda Austin who show, through their life's work, that water reacts to intention and holds that intention as well as other information. When I learned this, I reflected on an old saying of my grandmother which was "I feel it in my waters". We are 70+% water so this property of water explains why people react to certain vibrations, this fact also explains the action of homeopathy, that big med likes to vilify. Water holds the frequency of the active component even after the active component is so diluted as to be non-existent. So, love your water people. ❤️

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



## 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 month of September we are focusing on really getting the seedlings set up so the schedule will be as follows:

### Peterhead Garden

**Time:** 11:00 am

**Dates:** Wednesday – September 4th, 11th, 18<sup>th</sup> & 25th

**Location:** Peterhead

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

### Kilkenny Garden

**Time:** 11.00am

**Dates:** Sunday 1st, 15th & 29th

**Location:** Kilkenny 9:30 am

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

### Monthly PAWS meeting

**Time:** 5:30

**Date:** Friday 6th September

**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](mailto: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>

## MY PLACE – Northern Suburbs.

### Let's go to the movies!

For something different, we are hosting a family friendly movie night for our monthly gathering in September.

'*First We Eat*' is a movie documentary by independent film maker Suzanne Crocker, and her families 12month journey for food sovereignty living 300km from the Arctic Circle.

**When:** Friday 13th September

**Where:** Church 4U - 3 Kirk St, Elizabeth Park

**Time:** Doors open at 6pm, housekeeping and member information 6.15pm, movie starts 6.30pm. We will conclude the evening with a group discussion after the screening.

**Cost:** \$2.00 per person or \$5.00 per family

**Note:** There will be no market stalls at this event



For one year, Suzanne Crocker feeds her family of five, only food that can be hunted, fished, gathered, grown or raised around Dawson City, (Yukon) far north Canada. Add three sceptical teenagers, one reluctant husband, no salt, no caffeine, no sugar and -40 temperatures.