

Newsletter

Queensland My place monthly newsletter, November 2024.

Hooray! We are getting close to our first Qld Campout coming up over the last weekend of November/First weekend of December. Here there will be workshops, stalls, fun activities, a movie, dancing, singing and much more.

Set in the hills of the Blackbutt range, just 90 mins from Beerwah (Sunshine Coast) along the D'Agular Hwy, this members property is a central location to many groups in Brisbane, Southern Downs, Sunshine Coast, Fraser Coast and the South Burnett.

All are welcome across the state and even those from Nth NSW. You can attend from lunchtime Friday with the leave time around Lunchtime Sunday where we will return the property to its beautiful state and leave with amazing memories.

Highly important you register to receive the address close to the weekend Via: mpsouthburnett@gmail.com

Friday night will be a networking, meeting, set up evening with also a showing of *The 'Plandemic' the musical*. Then on Saturday for those interested we will go support the holistic markets in Yarraman, just a short drive away.

During the rest of the day there will be workshops, stalls and many other things happening. Catering will be available for all day trippers and campers on the night as well as breakfast on the following Sunday morning. Saturday night we will party so please if you are a muso, we would love to hear your talents! A drum circle is definitely on the cards! Program below: *(Subject to change as we include more things!)*



My Place - QLD - Camp Out 29th Nov - 1st Dec 2024 Activity Programme			
Friday 29th November			
12.00 midday	Set up Camp	2.00pm	Meet & Greet
3.00pm	Relaxation Shelley - Fascia Manoeuvres		Welcome to Country Chief Elder Ngrookoo- Wakka Wakka Welcome by Debbie & John My Place Blackbutt, Yarraman & Surrounds
5.00 - 6.00pm	Dinner BYO	7.00pm	Movie Night 'Plandemic - The Musical' A story we can all truly relate to. Very moving yet very uplifting. Popcorn available BLACKBOARD - MUSIC
BBQs available for cooking New Earth/New Year meditation around the fire with Gina			
Saturday 30th November			
7.00am	'Breathe with Joy' Come and join Joy for a morning of gentle movement to wake the body, the nervous system and the lymphatic system	8.00am - 12 midday	Holistic Health & Community Market - Yarraman Harvest Exchange, Holistic Health stalls / Local products and produce/ Sausage sizzle / Food & Coffee
1.00 - 4.00pm	Welcome & Workshops Welcome by MP BV&S Afternoon of workshops and sharing of information Relaxation Shelley - Fascia Manoeuvres	5.00pm - 6.00pm	Dinner & MP BV&S 1st Birthday Dinner catered for - followed by Cake & Dessert
7.00pm	Zoom Link Link up to My Place Victoria Camp Out Opportunity to meet with other groups in Victoria via zoom on the large screen	7.30pm	Evening of Music & Entertainment 'Chris' will be singing with backup music. During interval you can step up and sing at the mike or play a musical instrument, share stories or dance. 'Star Gazing' throughout the night

My Place - QLD - Camp Out			
29th Nov - 1st Dec 2024			
Activity Programme			
Sunday 1st December			
7.00am	'Breathe with Joy' Come and join Joy for a morning of gentle movement to wake the body, the nervous system and the lymphatic system	8.00 - 9.00am	Poet's Breakfast Start the morning with poetry and a cooked breakfast lineup of poets - Harry Pickering
9.00am - 12midday	Workshops/Talks Blackboard Event	12.30	Closing Ceremony & Farewell
Workshops			
Ways to Exit the System and into the New Luke Hart will be sharing his outlook and ideas as to how we can change our mindset and work on changing our ways for the future.		Consciousness & Natural Law Heather Smith will be sharing information gathered by Ken Bartle and how Natural Law is intrinsic to our consciousness	
*Self Reliance information talk with Meagan and Peter Exton - 72hr Emergency Pack and information about Food - CSIRO and how it interferes with the genetics of food			
*Shane Joyce- talk - rejuvenation and preservation of the land and how to work with water.			
*Friends of the Forest - walk around the property and discuss habitat and fauna			
*Shadow Work with Julie - bringing awareness, consciousness and love to the rejected, dis-owned and exiled parts of ourselves.			
'Kids Creative Space' A space for children to create, to be themselves and to have fun! (gold Coin donation to help cover costs)			
Pricing			
• Day Visitor - Friday & Sunday - \$5.00 per person per day			
• Day Visitor - Saturday - \$10.00 per person (includes dinner)			
• Camping (single) - \$20.00			
• Camping (family) - \$40.00 (2 x adults / 2 x children)			

As things have progressed organically, we will flow into Sunday with more activities scheduled.

This is a family orientated event where we want to leave with lasting memories and new friendships!

We hope to see you along! Flier and initial program are sharable, so please let those in your circle know.

More information to come via the "event" tabs from your local group.

Over 50 people have registered already! To make payment transfer to this account, if you would like to pay your coordinator cash sending with them. Account details: BSB: 638 070 and A/C #: 167 204 07. Please Refence your name when sending funds!!!All funds are going to the My place group so they can organise things such as porta-loos and catering.

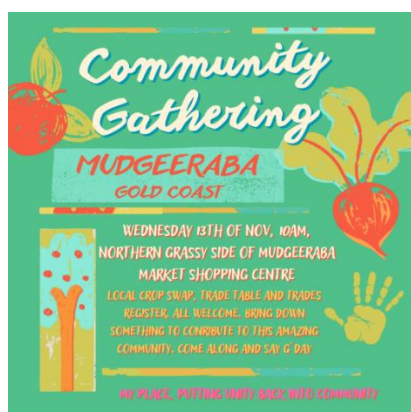
My place Toowoomba

We are holding our last meeting for 2024 on Monday, 11 November and hosting a Mini-Health & Wellness Expo (see attached flyer). 8 practitioners will be displaying and promoting their health and wellness business (including Beauty Therapist, Kinesiologist/Reiki, Physiotherapist, Environmental Alchemist, Personal Trainer and Natural Therapist). Being our last meeting we will also have a Christmas breakup to celebrate the year.



My place Toowoomba: <https://www.facebook.com/groups/591778289064451>

MP Southern Gold Coast



Our 2nd Community gathering was a huge success earlier in October. With around 20 who attended, we officially had a successful crop swap, as well as it being a great way for everyone to socialize. With this being every fortnight, the forth event will be on the 13th of November at the same location.

We found at the last one, many people who have had their life challenges slow them down from being a part of anything (and censorship) can along to once again be involved in community.

This concept can be adopted by anyone across the state. The picture to the left can be amended to suit any group as long as a coordinator can make the changes. This has been created via canva and is very easy to amend. Please reach out if you have any questions.

My place Southern Gold Coast: <https://www.facebook.com/groups/908897254410373/>

My place Narangba & My place D'bay/Redcliffe

My place D'bay/Redcliffe hosted their first community Fete they were joined by My place Inner North Brisbane, My place Narangba and My place Wynnum/Manly.

A total of 13 stalls had their products and talents on display from Health and Wellbeing to arts and craft, and fresh fruit and veg, with our very own Pete and Alma McDonald displaying their family-owned food for family's health range.

Doctor William Bay gave an update to the community in regards to his class action against APRA and gained a lot of community interest and attention a lot of questions were raised and discussed.



Our very own Colin Varian was educating people on the dangers of fluoride and sharing his knowledge, thank you for all you do Col.

We were joined by Wayne and the team from commonlaw.earth, thanks for your support and we look forward to many more to come.

A big thankyou to Keith and Lee from the band Kandl music was amazing and we look forward to next time.

We set up a My place information station at the entrance we had a lot of interest with the unity hub as people are concerned with online privacy, we handed out a total of 200 pamphlets.



We had games for the kids it was great to see them coming together and all laughing and having fun while the parents browsed the stalls or sat down to enjoy Kandl and a burger cooked fresh by our very own Lorretta.

Thank you to our community for your support and enjoying the day with us it was great to see so many conversations started and many questions raised and discussed.



Amazing effort to all of our coordinators and community members involved it was great to see you all work together and support each other

Unity in CommUNITY!

My place Narangba: <https://www.facebook.com/groups/739591901095802>

My place D'bay/Redcliffe: <https://www.facebook.com/groups/641501578017092>

OCTOBER, VACCINE-INJURY AWARENESS MONTH

There is no better time to raise awareness of vaccine injury than the month of October, so we took full advantage of this and held 2 Forest of the Fallen events here on the Gold Coast.

The first was held at Broadbeach on the 12th, and we dedicated this to our vaccine injured community, a few of whom were able to join us.



Kasia Worland, who was injured by the Pfizer jab in 2021, told us an incredible story of support. How her life has changed so very drastically since her injury, and how her amazing husband has created a 'home bubble' so that she can feel free, even whilst being incapacitated and housebound for the most part.

We all know the saying...you can never keep a good woman down, and Kasia is a testament to that. She has created #sendmeanangel where we have t-shirts available to help raise awareness for our fallen brothers and sisters. You can find SMAA on Facebook.

Another of our wheelchair bound sisters was Rose, and she was assisted by her wonderful husband Terry, who also was injured by his vaccine.

Unfortunately, one gentleman, who purported to be a surgeon, stood in the middle of the FotF and declared vaccines to be safe and effective, having saved millions of lives, that we were in fact baby killers, and that we were left wing ... ha ha ha. It was a very emotional moment, as he was surrounded by vaccine injured people, and their supporters.

Our second Forest was erected on polling day at the Runaway Bay Library/Community Centre, which is the electorate of David Chrisafulli. It was a powerful display, set up directly beside the entrance to polling. Only one of the LNP volunteer ladies came over to have a look at what we were 'up to' but all of the other volunteers steered clear...except Family First.



Those wonderful young men actually helped to get the Forest standing. Sharon Grice and I thought we may be able to catch up with our new illustrious state leader, alas, he never showed up when we were there.

The mainstream media were setting up when we arrived and started preparing the layout, and once they realised what it was, they changed position to the other side of the building, so that no camera angle could catch us.

They are not the ones that matter though... that accolade belongs to those in our community that trusted the Government had our backs, and the doctors knew best. Those ones whose lives have been immeasurably changed.

We will keep going until the truth becomes stronger than the narrative!

Please, if you have a story to share, if you need any support, if you need an ear to hear or a shoulder to cry on, don't hesitate to contact us at Send Me An Angel. We are currently only on the Gold Coast, but we plan to have this initiative take over the world...community serving and supporting community.

Please help us to do that by purchasing a t-shirt @ \$25 each

All proceeds are going straight back to supporting our locals.

You can find Llama Mumma via social media via:

<https://www.facebook.com/profile.php?id=100075887367822> to ask any questions. Thankyou to all involved in continued efforts to raise awareness not only on the Covid Vaccines, but also the dozens and dozens of other ones.

My place Gold Coast: <https://www.facebook.com/groups/1375184800014068>

Ainslie Bullion and Freedom Financial Solutions join My place Gold Coast

Our meeting recently on the 22nd of October was one of our most informative when it comes to making individual decisions for our financial future. Even those who are well read on commodities and SMSFs managed to learn something from Ainslie and FFS on the night including T&Cs when it comes to trading set by govcorp.

60 in attendance, with new people on board, this was not only a good night to inform people on Ainslie and FFS, but an important information session for all to consider. If you are a coordinator in Qld and would like Ainslie to attend one of your meetings, please email:



gldnews@myplaceaustralia.org and we will connect you with Ainslie who are a partner of My place Australia

My place Yatala

We have 287 Members. About 20- 30 members attending meetings.

Our next Meet Up will be at Whistlestop Café on 8th of November at 6pm. Paul Seils Jr is our speaker.

[https://www.facebook.com/events/533832592842758?acontext=%7B%22event_action_history%22%3A\[%7B%22surface%22%3A%22group%22%7D\]%7D](https://www.facebook.com/events/533832592842758?acontext=%7B%22event_action_history%22%3A[%7B%22surface%22%3A%22group%22%7D]%7D)

Following meet Up for November is at Lilego Café Ormeau on 22nd November at 11am.

Last Meet Up for 2024 at Whistlestop Café Pimpama on 6th Dec 6pm. Christmas dinner/break up.

First Meet Up for 2025 Lilego Cafe Ormeau on 10th January 11am.

Peachey Community Gardens at Ormeau is holding free workshops every Friday. Landcare Australia is supporting the workshops. <https://www.facebook.com/groups/2030842557345357/user/61567128845669/>

Our next crop swap is at Peachey Community Gardens on the 10th November. Bring your excess crops, unwanted reusable items, baked goods, books etc. From 3pm – 4pm.

Supporting My Place Ipswich on 16th November. Having a Forest of the Fallen at Queens Park on Milfred roadside of the park at 1pm, come 12pm to help, bring a mallet and gloves please.

Sunday 17th November Beenleigh Stand in the Park will have the Forest of the Fallen at Logan River Parklands from 10am. Come early if you would like to help assemble the forest. Please bring gloves and a mallet for 9am start.

Looking forward to meeting everyone at Qld My Place campout 😊

My place Yatala: <https://www.facebook.com/groups/6082122791899848>

My Place Ingham

In the month of October MPI had the monthly sausage sizzle fundraiser. At the monthly meeting there was a Health and Wellness guest speaker, Barry Gregory from Healthy Mind and Life, who introduced members to frequency healing (please find link below).

<https://www.spooky2.com/products/>

The third display of *Forrest of the Fallen* was set up in Ingham. It was held on election day (Saturday, 26 October 2024, Rotary Park). Prior to this the local MP, the mayor, the CEO and all councilors were invited to attend (via email and their invitation went along with the recent video on the new motion from the Port Hedland Council). None one of them attended.



None-the-less some beautiful souls came and had a chat who were familiar with, and recognized, the *Forrest of the Fallen* display. They were unaware of My Place Australia but after hearing a little bit of info seemed keen to attend next month's meeting.

My place Ingham: <https://www.facebook.com/groups/619759716885800>

My place Noosa

Well October has been a very busy & productive month , with lots of great speakers and info shared amongst the Noosa Community.

We had Ven, Sarah & Louise from stopthetoxicfireantprogram.org campaign up from Brissy, talk about the typical environmental vandalism going on with the Qld.Grubberment aerial spraying & pelletizing waterways etc in the Samford valley region!

Following up on from Dr David Nixon's mRNA, Spike Protein, Covid Jab research talk in September, we put together a Mini Detox Expo night, involving many local natural health specialists with very health natural ways to detox & optimize the Body from these unwanted invaders we are being bombarded with! Live Blood Analysis, Detox Baths, Zeolite, Nutrition, CBD, ASEA redox, Cell Wellbeing DNA Hair Scans, Organic Foods, Kombucha, Energy Enhancement System, EMF Home Audits & Shungite and much more were all featured. As well as some heart felt, real life results and testimonials from these products were

shared by the audience. Leading to the he Inspiration from all that, will be a FULL DAY EXPO, in January 2025 for all the public to engage & be educated and find solutions to this plandemic of toxic elements. Standby for more on this...

We've had great info updates from Sue, Paula, Penny (Law, Council Hubs) on local, State & Feral Govt activities, & great food every week donated and served up with the cost of a donation from Penny & Rosie (BIG LOVE & THANKYOU!) .

Keeping touch with our local Kabi Kabi /Undbi mob has been a great asset for the group, through Auntie Buckey, whose been busy "keeping the bastards honest" in the Gympie & Noosa Shires, and her inspirational Traditional updates.

The Undbi Goorijala Bush Learning Centre & Yarning Circle Fire Night also active each month in Sunrise Beach with Lyn & her kangaroo stew , developing The Goorijala Women's Circle also &, various donations of equipment etc and Bush Tucker garden work bees. Ongoing...



Looking forward to another interesting November round of speakers & activities, including our **Sunshine Coast My Place Syntropic Agriculture Field Day to Adam's Fig Tree Farm** in Theebine on the 17th and of course a Sunny Coast Convoy to the Qld Campout on the 29th! Cant wait! :) & a possible Carboot Sale in December at Goorijala (tba) cheers Bob

So, even though I decided in August to "park" My Place Coolum Beach meetups, through lack of attendance & site fees!!!!, on hold for now, the community activities have continued both online & offline.

Our sponsors S.O.S Foundation (Uncle Ken Jones) and their volunteers have been busy feeding and sheltering the homeless & people in need & through many donations.

Like Foodbank & local people & businesses 's food, clothing & tents, (very much always much needed) housed at the Coolum SOS Foodbank.

Also, we have had 2 outboard motors, a gal framed lockup box trailer, a toyota van, chairs, tables, tools & equipment and much more. gratefully donated. Anything over \$500 to \$1000+ , can be "Tax Receipted" (by Ken's Foundation) as a legitimate tax deduction to the unlawful ato, if you still want to support the globalist coffers! Hahah!

Friday nights are Pizza nights at Tickle Park.

My place Noosa: <https://www.facebook.com/groups/1429530544585773>

My place Coolum: <https://www.facebook.com/groups/myplacecoolumbeach>



The Undbi Farm/Uncle Udgee Tias' s 8 acre property at Yandina is shaping up with an upmarket donated caravan (thru MyPlace :) earlier this year) being used for DVO victims,

and our Market Garden projects at the Undbi farm & the Anglican Church are progressing slowly :) With Kay's Drum Circle events (tbc)

Working online mainly & in conjunction with the resources of MyPlaceNoosa , with Unity Hub, Fakebook, Telegram & Signal all being populated with great local updates & events.

Sunshine Coast My place groups



Since early 2023, we have been meeting/rotating up along the Sunshine Coast at the end of every quarter, linking up ALL the developing My Place Groups from Caloundra, to Gympie, out west to Nambour & Glasshouse Mountains/Beerwah!

Keeping "The Unity in Community " flame a flickering and offering support and feedback to help co-ordinators keep up the energy required!

It's been a great initiative to help everyone see the big picture & the importance of sharing info & technologies. What's working or not, its all about CONNECTION and HAVING A GO!

Last month we met at Mothar Mountain Community Hall (Gympie), with only 5 of us in attendance (Only Noosa, Coolool, & Gympie were represented). Yes its on during the day week, yes we are all busy, but we will not let the "cancel culture" cancerfy and separate us from connecting!

Reports from Craig, Andrea, Cam, Graham & myself were very interesting & much appreciated :) The likes of: Gympie Council Fluoride campaign, wind farms, Tewantin TAFE, a Nambour MyPlace Library created, was the main topics. Many projects and updates were shared from the various regions with a direct cross to Luke (Qld Co-ord) on mobile (or sometimes do a Zoom with Luke , Penny & Darren), with Our Place Australia & Qld campout Updates!

Bob is the glue which keeps all what's happening up on the Sunshine Coast when it comes to My place. He has done such an amazing job for such a long time. We truly thank Bob Fordham and others who have continued to assist their community when its needed. Keep up the amazing work all of you from up the Sunshine Coast!

My place Blackbutt, Yarraman & Surrounds

Saturday 26th October proved to be a successful day for community coming together while sharing a wealth of knowledge amongst likeminded people.

It was also an opportunity for new friendships to ignite, and friends to reconnect.

My Place Blackbutt, Yarraman & Surrounds (MP BY&S) started the day at the Holistic Health and Community Market in Yarraman with an information stall, alongside other stalls with an array of healing modalities, alternate products and handmade handicrafts and artwork. The Harvest Exchange had a display of fresh produce from people's gardens, a variety of herbs, seedlings, eggs, and flowers. The exchange is growing each month and more people are participating.

Once the market was finished, everyone gathered together at The Royal Hotel in Yarraman for the monthly MY Place BY&S gathering followed by special Guest Speaker - Andrew Ge Holt - educator and author - and creator of initiative 'Wise Kids Movement'. Andrew has been an educator for thirty years and has worked all around Australia and overseas with children from many backgrounds.



Andrew is currently a district relief teacher in the Kingaroy area and frequents the Nanango Markets every month.

For more Information:
www.andrewgholt.com



To create a Wise Kids Quest in your area

email:
aholty@gmail.com

or text mb

l# 0427509206

The Wise Kids Movement focuses on three main elements for each person/child:

1. Reflecting on their experience or journey and becoming wise to the lesson it will teach them.
2. Creating positive interactive and engaging learning environments where children thrive and feel valued, seen and acknowledged for who they are.
3. Real life experiences that are directed by the child and mentored with the understanding of neuroscience, wellbeing, and mental health tools to support the ups and downs of that quest, project, or vision a child may have.

Andrew also empowers and supports parents, families and educators through the learning process. He also works with Home Schooling Groups.

My place Blackbutt, Yarraman & Surrounds: <https://www.facebook.com/groups/970873890679005>

My place Hervey Bay

My Place Hervey Bay have been blessed with great guest speakers. The president of our Beekeepers gave a is an amazing talk explaining about the varroa mite too. He had brought along a section of a hive and explained which bees were which (fascinated us all) plus a carousel of all types of honeys from dark to light in color. The light colored are the sweetest.

Latest guest speaker was from our local natural health foods shop. Emma explained the history plus where and why they source all products. Great business ethics, family concern, children of employees encouraged to work there too to learn excellent customer service and knowledge. As you can guess, many members support them.

Checked Penny's letter regarding Port Headland Council/Russell Broadbent letter to PM, used it to write our own to our own councillors, many also to write to new State members.

Our Backyard Gardens group are now taking turns to work as a team in one another's gardens as we've been working in the community gardens. This group is very resilient and knows we are supportive of one another.

Lots of people from interstate now living in Hervey Bay. Making contact with them via their FakeBook page Ex-Victorians living in HB.

Still attending local council meetings either in person or via council YouTube streaming. There has been a decision made by this council, breaking their own rules, permission for an 18 storey monstrosity to go ahead. Local Environment Group challenging it legally.

We have excellent health workers within our group and are supporting them as much as possible. We support all local businesses.

Spiritual group keeping us sane with positive posts on FakeBook and other platforms.

Educating by planting seeds for others to think about and make new decisions . Supporting The Light Australia newspaper as always. Many members distribute it.

Sooo looking forward to the Campout. Thanks for all involved with it. Cash is still king up here.

Ciao for now from Hervey Bay !

My place Hervey Bay: <https://www.facebook.com/groups/1220942298458253>

Toxin Free Singles

<https://www.facebook.com/groups/272704057046236/?ref=share>

For our members who are looking for that special someone this group has been operating for over 4 and a half years and has definitely had its success. Weddings, babies and important connections from many members of the page over the years. Some of you reading this may already be a part of this page but have not visited it for some time. It is still very active and a go to place for anyone of any sexual preference looking for love. Toxin Free Singles is a place for long term love and not open relationships. We all need to find that special someone who is on the same page where you can grow together. Join and answer the questions if you are single and looking. We all wish you luck in finding that special someone.



MPAustralia (our dedicated **Rumble Channel)**

If you have not already, please subscribe to our Rumble Channel, here you will find many videos such as important updates to our P.M.A and Computer & Social media training via the channel. All of these videos have much to offer when it comes to stepping into the new. If you do subscribe, the new videos as they are created, will find you much easier. Better to learn something of benefit than be stuck scrolling until the wee hours of the night having energy sucked into rabbit holes time and time again. We are all very much taking a part in the new world which is very exciting. We would love you to join us at MPAustralia via Rumble:

Computer Training: <https://rumble.com/v57y03e-my-place-australia-computer-tricks-and-tricks-with-luke-hart.html>


P.M.A latest: <https://rumble.com/v5fw4gh-darren-presenting-the-opa-at-vicwest.html>

Weeds: The Unexpected Superfood for Your Kitchen!

Did you know that some of the so-called "weeds" growing in your backyard are actually **nutritional powerhouses**? Weeds like **purslane**, **dandelion**, and **nettle**s are packed with **vitamins**, **minerals**, and **antioxidants** that make them a superfood worth celebrating!

Studies have shown that the consumption of purslane may support heart health, enhance immune function, and even promote skin health due to its high **beta-carotene** content.

Transform these wild greens into a delicious **pesto**, perfect for spreading on crackers, mixing into pasta, or adding a fresh twist to your cheese board. The combination of these vibrant, foraged greens creates a rich, savory flavor that's not only tasty but also **loaded with nutrition**—great for your body and your taste buds!

Skip the store-bought pesto and try something natural, nutrient-rich, and sustainable. Let those weeds work their magic in the kitchen! 

Store for up to 5 days.

Use on pasta, dribble on cheese platters, munch on crackers.

Ingredients:

- 2 cups of washed **Purslane weed** (leaves and stems)
- 50g of fresh basil leaves
- 1 clove of garlic
- 50g of toasted almonds
- Juice from half a lemon
- Olive oil
- **Celtic sea salt** and cracked black pepper, to taste

Method:

1. In a food processor, combine the toasted almonds, garlic, basil, lemon juice, and purslane.
2. Pulse the mixture until it's well combined and finely chopped.
3. With the processor running, slowly drizzle in olive oil until the pesto becomes smooth and emulsified.
4. Season with Celtic sea salt and cracked black pepper to taste.

Make sure no known carcinogenic RoundUp has been used on the weeds in the ground as the tissues culture of the weeds will carry the formaldehyde into you. Medicinal Weeds are an important part of the knowledge base for life.

(Pesky weeds are grown where RoundUp has been because it kills the soil biome, worms and bees - no life).

Cheers Bron, Earthfood:

<https://www.facebook.com/yourearthfood>



Fact or Myth: 10,000 Steps a Day is Required for Good Health?

Has the notion of 10,000 steps a day perpetuated the misconception that this is the ultimate benchmark for good health? Many strive to reach this magic number, often at times with little regard to the other pillars of sustainable, good health. Where and when did this come about?

The 10,000-step goal can be traced back to a marketing campaign in Japan in the 1960s for a pedometer named “manpo-kei” which translates to “10,000 steps meter,” and hence has grown in popularity since. Through the decades, it seems a global standard has been laid down, with many fitness trackers and health apps setting it as a daily target. I'm not mocking the concept of 10,000 steps daily - in fact it's a very respectable goal, and achievement, and an invaluable way of increasing awareness of one's daily activity.

In general terms however, research suggests that moderate-intensity physical activity for at least 150 minutes a week or vigorous-intensity activity for 75 minutes a week is a helpful benchmark for cardiovascular health – regardless of the number of steps.

Some people may do best to avoid fixating on a specific step count, and instead focus on setting personal fitness and health goals, which are more tailored to an individual's lifestyle and preference. Health is a complex interplay of various factors, including diet, sleep, stress management, hydration, and physical activity.

Annemarie Lyons Health by Numb3rs

<https://www.healthbynumbers.com.au/>



About mobile cell phones. Irena Burton

Fact... In May 2011, the World Health Organisation (WHO) stated that cell phones can cause brain tumour (glioma).

There is a solution !!!

Just live in a Tesla's Technology Bubble knowing you are safe. As a biological weapon in 1973 the US Military experimented with 2.4 Gig frequency (same frequency our mobile phones run on)

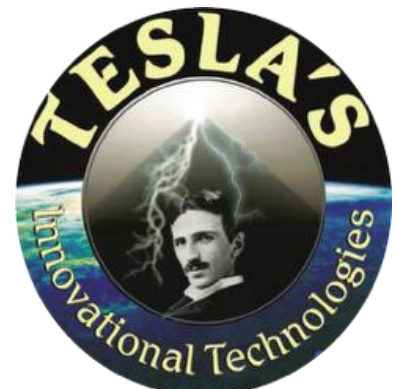
There is a solution !!!

Live in a Tesla's Technology Bubble and test up clear with bio-tests done by Health Care Practitioners.

We were radiated by the military in Canberra on February 12th 2022, where crowds of people who gathered to protest Mandates, became burned. Some of the people there, who live in their Tesla's Technology Bubble, fanned those badly burned with their Tesla's transceiver plates and eased their blistering.

Hi I'm Irena, I've been involved with Tesla's Technologies for several years. For more info on Nikola Tesla's remedy please call me on 0403 091 643.

MP Southern GC



Community Action

Penny Johnstone & Craig Cole recorded the launch of the Letters for Your Child to serve to Schools, in a video presentation.

As we all know too well, the education system is pushing certain agendas onto our children which is NOT needed. Education is meant to be just that, learning. Not an influence mechanism while their brains are still well in development.

Please follow carefully as we would love all communities to get together like your P&C Meetings to follow the steps using these letters to empower your children with their rights to freewill.

<https://rumble.com/v5hqsl4-parent-and-child-notice-of-non-consent-and-liability-to-serve-to-schools.html> (<https://rumble.com/v5hqsl4-parent-and-child-notice-of-non-consent-and-liability-to-serve-to-schools.html>)

Link to letters <https://www.leaveourkidzalone.org> and go to 'Resources'

There will be 2 options:

1 for a child under 12

1 for a child over 12



We thank you all for standing strong for all our children to be protected, safe and against this indoctrination.

Trevor Hold Fire ants

Australian Advocacy Group, division of HOLD Technologies Pty Ltd (ABN 96 109 935 891) has commissioned an Australian first, Dr Joshua King's low pressure, hot water, fire ant treatment machine. Set on a tandem axle trailer with 1000 litre water capacity, and 50 metre hose reels, this setup can treat between 10 to 20 nests at one time before requiring to refill tank with water. This process is a non-toxic, water-based strategy endorsed and scientifically backed by Dr Joshua King from the University of Central Florida. If you require assistance managing fire ants on your private property, feel free to reach out to discuss solutions specifically designed around your circumstances.

This investment and business endeavour is in response to National Fire Ant Eradication Program's (NFAEP) reckless and excessive use of toxic pesticides, namely s - Methoprene and pyriproxyfen, through products called Engage and Distance, in a prophylactic, eradication strategy across 850 thousand hectares in southeast Queensland. In addition, the program manages Fire Ant Suppression Teams, FAST program which also uses toxic and carcinogenic chemicals to treat fire ants, failing to acknowledge or allow alternative, non-toxic solutions.

These fire ant eradication programs are causing stress and anxiety throughout the community by mandating treatment in the eradication zone, whether fire ants are evident or not. Failing to accept or respond adequately to community concerns, I started a campaign to stop this ludicrous program.

This campaign eventually caused me to contact fire ant experts and create a collaboration with Dr Joshua King who, with his university, own a US patent on the process and promote an alternative solution.

You can contact Trevor via: trevor.hold79@gmail.com

WATER FLUORIDATION UPDATE

New developments on water fluoridation have recently emerged from overseas.

- US Federal Court orders EPA to eliminate "unreasonable risk" to the health of children due to water fluoridation and other exposures to fluoride;
- Extensive Cochrane Review 2024 finds little or no benefit from water fluoridation;
- The LOTUS study – the largest, strongest study of fluoridation effectiveness in adults ever conducted in the UK (published after the Cochrane Review) found virtually no benefit.

All 179 QLD Councillors in the 19 fluoridated QLD Councils have received an email informing them of the new developments.

A copy of the email is available via this page: <https://www.facebook.com/groups/175246585869654>
QLD Councils that are now under pressure from activists from MY PLACES and others groups include Gympie, Townsville, Cooktown, Toowoomba, Noosa and Redland Councils.

There has been a new e-petition launched on the Townsville City Council website, so all Townsville residents please sign and share.

GYMPIE MY PLACE are looking at forming templates and other help for others to submit petitions and lobby Councillors to vote out water fluoridation.

More information is available from the Fluoride Free Australia website. <https://fluoridefreeaustralia.org/>
And also the Facebook page. <https://www.facebook.com/fluoridefreeaustralia>

From your state coordinator Luke:

We would like to extend a massive thankyou to all who have dedicated a great amount of time and effort to making these 3 newsletters a profound success! 2024 has been a challenge for many keeping the connection and network evolving as unfortunately the threat of global tyranny continues. In 2025 we are looking towards hosting more social community events such as the campout. Community gatherings are highly encouraged where people can share/trade their oversupply via crop swaps and/or trade tables as well as ideas/learning further benefiting your local community.

For the groups get involved in plans to wrap things up for this year and consider your direction for 2025. The support should continue where necessary over the holiday period as 2 things have come about in recent years: The W.H.O did commence their changes to International Health Regulations 2 years ago around this time and the powerful storms did smash a path from Ceder Vale (near Jimboomba) to Coombabah (nth Gold Coast) Christmas night last year (literally...) so we are always on guard.

Cost of living is at it's peak in Queensland, so community support is at its greatest. I know many reading this are involved in their own continued efforts locally assisting where we can. Keep up the amazing work! Remember, we as a national My place Community have the social skills to push things further into 2025 where those who are still deer in the headlights do not, a significant advantage.

This is not a "wrap up" for 2024, just a heads up if you will for how things could evolve into next year. Once again it is highly important to involve not only our youth, but our children in ALL the learnings we have gathered so far and will continue to do so.

I (Luke) will continue to assist the smaller My place groups and encourage many to get our message into the public partially because people are looking, also because the next generations deserve the best future available.

Thankyou from the bottom of my heart for all your efforts!

My place State Coordinator Luke

QUEENSLANDERS REJECTING WATER FLUORIDATION

Only 19 of 77 QLD Councils are adding fluoride poison to water.

31 Queensland Councils have rejected fluoridation since Mandatory fluoridation was overturned, 2012.

1	Tablelands Regional Council	14	Cassowary Coast Regional Council
2	North Burnett Regional Council	15	Cherbourg Aboriginal Council
3	South Burnett Regional Council	16	Rockhampton Regional Council
4	Doomadgee Aboriginal Council	17	Mount Isa Council
5	Cairns Regional Council	18	Maranoa Council
6	Burdekin Regional Council	19	Weipa Town Authority
7	Fraser Coast Regional Council	20	Murweh Shire Council
8	Bundaberg Regional Council	21	Torres Shire Council
9	Cloncurry Shire Council	22	Yarrabah Aboriginal Council
10	Charters Towers Reg. Council	23	Longreach Council
11	Northern Peninsular Area Council	24	Southern Downs Regional Council
12	Whitsunday Regional Council	25	Palm Island Aboriginal Council
13	Paroo Shire Council	26	Gladstone Regional Council – August 2016

(27) Aurukun Council – voted 27 October 2016 to end fluoridation

(28) Mackay Council – ended fluoridation on 7th November 2016

(29) Hinchinbrook Council – voted 28 March 2017 to end

(30) Goondiwindi Council - voted 24 November 2021 to end

(31) Central Highlands Council - voted October 2023 to end