

# MY PLACE

Port Adelaide &  
Western Suburbs. SA

# NEWSLETTER

Date: December 2024

Issue: # 006

Email: [myplacepaws@mailbox.org](mailto:myplacepaws@mailbox.org)



## INTRODUCTION

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

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

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@mailbox.org](mailto:myplacepaws@mailbox.org).

**Details to include:** Name of business, address, contact person, phone number, email address, web



## TO ALL MEMBERS

**Note:** PAWS email address has changed. Please address ALL emails to:

[myplacepaws@mailbox.org](mailto:myplacepaws@mailbox.org)



## PAWS – FOOD SECURITY GROUP

### FOOD SOVEREIGNTY

Our garden group have been offered the opportunity to take on the lease of a successful existing garden shop in the western suburbs. We are currently investigating the feasibility of this and are exploring different models to structure the business. We believe a market outlet will increase access to healthy food, build community connections and will complement our Chain of Gardens project.


We will require assistance from PAWS members and there are a number of ways you can help. You may have funds available to invest in a local ethical business. You may have business expertise running a

small business. You may have time to volunteer on a roster to man the shop. You may have special skills and knowledge about plants, gardening, sales or are keen to learn more about these. Please reach out to the PAWS leadership team if you have something to offer.




## 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




Christmas 2024



Christmas has different meaning to each and every one of us. What ever your beliefs and traditions maybe, My Place PAWS team would like to thank you for your ongoing support, dedication, input, hard work and most importantly, your friendship through out the year.

We wish you a wonderful festive season, may it be filled with laughter and love.

As the end of the Year gets closer, celebrate the end of 2024 with pride and lets welcome 2025 with open arms and a generous heart. May 2025 be the change we are aiming for.



My Place PAWS team



Did you know.....that the Vatican, Mafia and CIA are buddies and work closely together to orchestrate the evil doings across the world?

Check out the book "Operation Gladio the unholy alliance".

You can find the pdf under PAWS facebook page, files tab.

Knowledge isn't power,  
applied knowledge is power.





## 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/gceuHBVWgrVVfwmj/>

Facebook Link: My Place Northern Suburbs

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

### My Place PAWS monthly gathering

**Friday**  
**6<sup>th</sup> Dec**

*Let's Celebrate*

Dress up in your favourite Christmas attire!!  
*Best dressed gets a prize...*

Bring a plate to share & celebrate the evening with us!!.

**\*LIVE MUSIC\* \*XMAS RAFFLE\***

**When:** Friday, December 6

**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:** Healing trauma and brainstorming topics for 2025.

**Contact:** Email [myplacepaws@mailbox.org](mailto:myplacepaws@mailbox.org) if you require further information. RSVP is not required and all are welcome.

**Don't forget...** Put your thinking caps on for ideas for 2025. Bring along any excess produce or other items you would like to swap.

Tea, coffee and biscuits available.

**\$2 entry towards the cost of hall hire.**

### 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 Moseley Squ., Glenelg. They would love your support.



## REPORTS

### ➤ Video report

#### Hellstorm

Another documentary about WWII, you may be surprised

<https://rumble.com/v56nak5-hellstorm-full-2015-documentary.html>



## 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.



**UP COMING EVENTS**

**Christmas Gathering**

Date: Friday 13<sup>th</sup>  
Where: Plant 3 – Bowden  
Time: 6:00pm



**LAST CHANCE TO PURCHASE YOUR TICKETS  
RAFFLE WILL BE DRAWN AT THE END OF OUR MEETING ON  
6 DECEMBER.**

**Soul Talk - Astro Watchers**



We can divide the Zodiac into "Modalities". There are three of them - Cardinal, Fixed, Mutable. These also play a role in the energy within the zodiac chart.

Cardinal signs - Aries, Cancer, Libra, Capricorn These are known as the "initiators" and are positioned at the beginning of the season. These are the people who start projects and are the visionaries. Cardinal sometimes have trouble with focus, as they are already on to the next idea!

Fixed signs - Taurus, Leo, Scorpio, Aquarius These are the workers of the zodiac, being positioned at the middle of the season. They are focussed on their passion and rarely give up!

Mutable signs - Gemini, Virgo, Sagittarius, Pisces These are the creatives or the artists of the zodiac, being positioned at the end of the season. They have the artistic flow and are the ones who you want to design your website! They may be subject to change ... ebbing and flowing based on where their creativity takes them! \* You could have a little fun watching for the traits at your family Christmas gathering!

For further information, please feel free to reach out ...  
[arranhealth@outlook.com](mailto:arranhealth@outlook.com)



Best wishes to all for a happy, fun, safe and joyous Christmas Season xx

Heidi

**MY PLACE - PAWS**  
**Christmas Raffle Bonanza**

A beautiful 1 Silver ounce coin - kindly donated by Sam at Adams Bullion (Melb).

This is the significant "cash ban" coin where John Adams - Economist (co-owner of Adams Bullion) overturned the proposal of Morrison to ban any cash transaction over \$10,000.

John won this!

This coin signifies this moment in our recent history.

Don't miss your opportunity to own this piece of history. Tickets will be available at our monthly meetings, (November 1st and December 6th).

Tickets are being sold for \$5.00 each. The winner will be drawn during our December meeting towards the end of the night. If you are unable to attend the meeting, but would love to purchase a ticket (or 2), please email

[myplacepaws@mailbox.org](mailto:myplacepaws@mailbox.org)  
to organise purchase and pickup.

**GOTTA BE IN IT  
TO WIN IT!**



**PAWS: Holistic Health & Wellbeing**

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

**Tip for the Month**

By Raina Cruise

Terra Mata – House of Herbs and healing

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

Ph: 0422851254

**Dandelion**  
*Taraxacum officinale*



- Add 25g ground dandelion root to 600mL water.
- Slowly bring to boil and simmer for 15 minutes.
- Strain and drink one small cup three times per day.
- Dandelion root is a bitter tonic, choleric, mild laxative, cholagogue and mild diuretic.
- Great for digestive liver insufficiency, gall stones, gall bladder dysfunction, anorexia and constipation.
- Roasted dandelion is a great caffeine free coffee alternative.
- Dandelion can be purchased from your local health food store.



Raina Cruise

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Ph: 0422851254