18:47:22 From Guy & Caroline to Everyone:

Hi Everyone

18:47:45 From Guy & Caroline to Everyone:

ah there's Julie

18:47:52 From Julie Parker to Everyone:

Replying to "ah there's Julie"

Hey hey!

18:47:54 From Guy & Caroline to Everyone:

and Charles too

18:48:12 From Carol D to Everyone:

Where did you get that and how expensive is it?

18:48:18 From Julie Parker to Everyone:

Reacted to "and Charles too" with |

18:48:33 From Cathy T to Everyone:

Reacted to "Where did you get th..." with 👍

18:48:40 From Guy & Caroline to Everyone:

Replying to "ah there's Julie"



18:49:05 From John H to Everyone:

https://downtoground.co/

18:50:24 From Julie Parker to Everyone:

here are some options for earthing options
https://www.google.com/search?sca_esv=71235db9e3242676&q=earthing+sheet&ud
m=28&fbs=AEQNm0Aa4sjWe7Rqy32pFwRj0UkWxyMMuf0D-HOMEpzq2zertRy7Gdme1ONMLTCBvZzSljMphIA67BHfsctJ2w0qFNRSi2J0OgXtbeUgDFrg4WND0PRvIPWg1hFa3MCye5jSxKozcGVRcM26upWM9Lg4N6OXBIWtIT4E8KcaZoilSugicdJWOZgsbGf-

```
y8vhD6hXkeQfMUXJG0a9uJmH4BJsOVYHKYg&ved=1t:220175&ictx=111&biw=1920&bi
h=911&dpr=1
18:51:58 From Guy & Caroline to Everyone:
      Resolve not to comply
18:52:03 From Julie Parker to Everyone:
      Reacted to "Resolve not to compl..." with 🙏
18:52:28 From Vicki B to Everyone:
      It's none of my business what other people think of me!!! That's mine
18:52:30 From Shannon to Everyone:
      Reacted to "Resolve not to compl..." with 🙏
18:52:34 From (Snowy) Melbourne to Everyone:
      Speaker of Truth at all times
18:52:51 From Julie Parker to Everyone:
      https://foamgroup.online/
18:53:48 From Guy & Caroline to Everyone:
      Reacted to "It's none of my busi..." with
18:54:00 From Cathy T to Everyone:
      I like that Julie!
18:54:06 From Julie Parker to Everyone:
      Reacted to "I like that Julie!" with
18:54:10 From Jonathan H to Everyone:
      Thank you!
18:54:57 From Julie Parker to Everyone:
      https://www.jonathanH.com/
18:55:23 From Rosie to Everyone:
      I resolved not to make any new year resolutions - haven't broken it yet 🤣
18:55:59 From Cathy T to Everyone:
      Dont do horses Johnathon??
```

18:56:10 From Cathy T to Everyone:

Reacted to "I resolved not to ma..." with

18:56:33 From Paul to Everyone:

Hi All. Happy New Year to everyone

18:56:55 From Cathy T to Everyone:

Reacted to "20250110185628.jpg" with 😮

18:57:24 From Guy & Caroline to Everyone:

Replying to "Hi All. Happy New Ye..."

HNY to you to mate

18:57:27 From Julie Parker to Everyone:

Replying to "Hi All. Happy New Ye..."

HNY!

18:57:35 From Cathy T to Everyone:

Replying to "20250110185628.jpg"

Obviously not your plane Shane?

18:57:45 From Aj to Everyone:

Reacted to "Hi All. Happy New Ye..." with 🤎

18:58:34 From Rosie to Everyone:

is Gina Rinehart joining forces with Pauline Hanson to join all the independent parties and have the membership elect the party leadership team? I have seen a few different things that have made me think this might be on the cards

18:58:49 From Cathy T to Everyone:

Reacted to "is Gina Rinehart joi..." with

18:58:49 From Jonathan H to Everyone:

Replying to "Dont do horses Johna..."

I've done a horse in the past...always did wildlife... but when I changed to the figure with this style, I left the animals behind.... But I may in the future.

18:58:54 From Julie Parker to Everyone:

Reacted to "20250110185628.jpg" with

18:59:16 From Guy & Caroline to Everyone:

3 meals a day in jail $\,$ - same as hotel quarantine in 2021 to get into SA $\,$

18:59:18 From Julie Parker to Everyone:

Replying to "is Gina Rinehart joi..."

wow! Love Gina

18:59:33 From Cathy T to Everyone:

Replying to "Dont do horses Johna..."

Ohhhh, you cant leave the animals and wildlife behind!! 🤎

19:00:18 From Barry to Everyone:

Winston Churchill When you are going through hell, keep going.

19:00:19 From Guy & Caroline to Everyone:

Replying to "is Gina Rinehart joi..."

that will be a huge advancement in breaking down the Uniparty

19:00:34 From Cathy T to Everyone:

Reacted to "3 meals a day in jai..." with

19:00:37 From Guy & Caroline to Everyone:

Reacted to "is Gina Rinehart joi..." with

19:00:42 From Cathy T to Everyone:

Reacted to "Winston Churchill W..." with

19:01:00 From Cathy T to Everyone:

Reacted to "that will be a huge ..." with 19:01:13 From Dara C to Everyone: Reacted to "wow! Love Gina" with 19:01:14 From Julie Parker to Everyone: Reacted to "Winston Churchill W..." with 19:01:55 From Julie Parker to Everyone: Opening Song Rise - Paul Kaspar and Bradley Marshall https://www.youtube.com/watch?v=Le41_Mx3obM 19:02:45 From Jonathan H to Everyone: Replying to "Dont do horses Johna..." I love animals too! 19:02:51 From Cathy T to Everyone: Reacted to "I love animals too!" with 19:03:20 From Guy & Caroline to Everyone: We need the young under 40 with us to rise and crush tyranny 19:03:30 From Cathy T to Everyone: Reacted to "We need the young un..." with 19:03:36 From SONIA to Everyone: Reacted to "We need the young un..." with 19:03:42 From Julie Parker to Everyone: Replying to "We need the young un..."

19:03:48 From John H to Everyone:

I left animals behidn to Johnathon especially the ones in Parliament

Agreed - and I've been impressed with how many are on our side

19:03:53 From Cathy T to Everyone: Reacted to "Agreed - and I've be..." with 💚 19:03:57 From Julie Parker to Everyone: Reacted to "I left animals behid..." with 19:04:03 From Jonathan H to Everyone: Reacted to "I left animals behid..." with 19:04:19 From SONIA to Everyone: Thank you for that inspirational intro Charles. I needed to hear that. 19:04:22 From Guy & Caroline to Everyone: Replying to "We need the young un..." @Julie Parker many of the unjabbed in Streaky Bay region are under 35 19:04:28 From Karen to Everyone: Alex were there in the very front to the side of the stage..... what a brilliant day!!! 19:04:31 From Julie Parker to Everyone: Replying to "Thank you for that i..." Agreed - insprational 19:04:40 From Cathy T to Everyone: Reacted to "Alex were there in t..." with 19:04:42 From SONIA to Everyone: Reacted to "Agreed - insprationa..." with 19:04:42 From Julie Parker to Everyone: Reacted to "Alex were there in t..." with 19:04:53 From Karen to Everyone: love those peacemakers 19:04:54 From Guy & Caroline to Everyone:

Reacted to "Alex were there in t..." with 19:04:57 From Fi R to Everyone: Probably my fave song in the freedom movement 19:05:02 From Julie Parker to Everyone: Reacted to "Probably my fave son..." with 💜 19:05:17 From Fi R to Everyone: I was there that day. Loved it 19:05:27 From Cathy T to Everyone: Reacted to "I was there that day..." with 💚 19:05:30 From Bruna R to Everyone: Reacted to "Winston Churchill W..." with 19:06:16 From Bruna R to Everyone: Reacted to "is Gina Rinehart joi..." with 19:06:17 From Dee Cee to Everyone: I was there 19:06:24 From Cathy T to Everyone: Wow.... no wonder it gives me chills 🙏 19:06:31 From Vicki B to Everyone: So was I - fantastic 19:06:31 From Bruna R to Everyone: Reacted to "We need the young un..." with 19:06:35 From Cathy T to Everyone: Reacted to "So was I - fantastic" with 19:06:53 From Cathy T to Everyone: Reacted to "I was there" with 19:06:59 From Bruna R to Everyone: Reacted to "Alex were there in t..." with

19:07:03 From Cathy T to Everyone:

Reacted to "Probably my fave son..." with 🤎

19:07:15 From Julie Parker to Everyone:

The book John just spoke about: https://www.amazon.com.au/Psychology-Totalitarianism-Mattias-Desmet/dp/1645021726

19:07:46 From Rosie to Everyone:

Hasn't Trudeau simply become a dictator at this stage? He's just said he'd leave once they have a successor in March. No proper government in place from my understanding?

19:08:08 From Cathy T to Everyone:

That would be great John, that would be amazing having a dr that advocates for his paitents!

19:12:18 From Cathy T to Everyone:

As Billy says "we will win!!!" Paul

19:15:16 From Julie Parker to Everyone:

Details of Dee Cee event: https://events.humanitix.com/the-agenda-for-you-and-your-land-4afxy32f

19:15:57 From Karen to Everyone:

https://rumble.com/v67f3j1-andrew-bridgen-and-rod-culleton-jurisdiction-is-the-critical-point.html?e9s=src_v1_ucp

19:16:03 From Cathy T to Everyone:

Reacted to "https://rumble.com/v..." with

19:16:41 From Cathy T to Everyone:

Replying to "https://rumble.com/v..."

Liz does great interviews!

19:16:55 From Aj to Everyone:

Reacted to "Liz does great inter..." with

19:16:57 From Aj to Everyone:

Reacted to "https://rumble.com/v..." with

19:17:40 From Julie Parker to Everyone:

Book IPA Climate Change - The Facts https://ipa.org.au/publicationsipa/books/climate-change-the-facts-2025

19:17:57 From Guy & Caroline to Everyone:

The sea level at Walker's Rocks on the West Coast has not changed 1inch in living memory

19:18:05 From Karen to Everyone:

Reacted to "Liz does great inter..." with

19:18:13 From Karen to Everyone:

Replying to "https://rumble.com/v..."

@Cathy T this one is another brilliant one

19:18:15 From Julie Parker to Everyone:

Aligned Council of Aust https://alignedcouncilofaustralia.com.au/

19:18:32 From Cathy T to Everyone:

Replying to "https://rumble.com/v..."

Cant wait to listen!!

19:19:16 From Cathy T to Everyone:

Reacted to "Aligned Council of A..." with

19:20:19 From Julie Parker to Everyone:

The Great Australian Party https://www.greataustralianparty.com.au/

19:20:31 From Cathy T to Everyone:

Reacted to "The Great Australian..." with 💜

19:24:42 From Julie Parker to Everyone:

Thanks, Dee Cee, for this link to follow Nicole Charles' substack https://nicolacharlesaustralia.substack.com/p/the-daily-australian-radio-showla?utm_source=share&utm_medium=android&r=4vixtj&triedRedirect=true

19:25:10 From Cathy T to Everyone:

Reacted to "Thanks, Dee Cee, for..." with

19:26:09 From Julie Parker to Everyone:

Dr Gerry Brady presentation to Doctors 4 Covid Ethics Int https://rumble.com/v6701g1-dr-gerry-B .html?e9s=src_v1_ucp

19:26:22 From Shannon to Everyone:

Reacted to "Dr Gerry B prese..." with

19:26:39 From Shannon to Everyone:

Replying to "Dr Gerry B prese..."

Excellent presentation

19:26:42 From Cathy T to Everyone:

Reacted to "Dr Gerry B prese..." with

19:27:29 From Gerard C to Everyone:

At lunchtime today, my sister-in-law, Morgan, sent me this information

Hi Gerry, Have a look at the price of this beach box. "Mornington Peninsula beach box's \$910,000 to \$1m listing higher than median Melbourne home."

https://www.theguardian.com/australia-news/2025/jan/09/mornington-peninsula-beach-box-1m-listing-boat-shed-victoria-australia

I read the article and the accompanying Guardian article, and replied to Morgan with similar to this:

Dear Morgan,

I looked at the article, and then read The Guardian's plea for subscription which says modern authoritarian societies, amongst various items, "nor (make) efforts to curb global heating'.

Of course, of course, this Beach Box or Boat Shed is worth a million dollars. See next entry:

19:27:38 From Jonathan H to Everyone:

Reacted to "Dr Gerry B prese..." with

19:28:06 From John H to Everyone:

a petition that should be signed

19:28:10 From John H to Everyone:

https://www.parliament.qld.gov.au/Work-of-the-Assembly/Petitions/Petition-Details?id=4193

19:28:19 From Gerard C to Everyone:

A site with almost no title. No permission to live within. Little facilities.

But, but, this particular box has the advantage of being uphill about 4m above sea level.

So, when the first 5% of Antarctica melts, this shed will still be a metre out of the water.

But when the next 2% melts (ie 7%), then water around your ankles, only twice a day, at high tide.

So, probably has a ten year life from 2025.

What a bargain, then; effectively really only \$100,000 a year 'rent' until the water laps at your feet.

And no title, no insurance cover for salt water inundation. Maybe you can recycle the besser blocks.

Of course, another person might not share my views that sea levels might rise, and that person might be very happy to own a beach box like this one.

Continued next entry.

19:28:25 From Gerard C to Everyone:

I just have a faint feeling that your hill home at Mornington is a tad better value.

Kind regards, Gerry.

Morgan replied: Hi Gerry, Don't know what to say....am laughing too much!

Maybe you FOAM participants will laugh too.

Gerry C, 0411 144 881. At Peachester, Qld.

19:28:45 From Julie Parker to Everyone:

Dr Gerry B presentation on Money Supply and Wealth - https://rumble.com/v1v96k0-dr-gerry-B -presentation-on-money-supply-and-wealth.html

19:28:56 From Dara C to Everyone:

And they call in 'Power Sharing'!!!

19:29:16 From Fiona to Everyone:

Load shedding.... same in Zimbabwe but often more than 12 hours per day... except when convid started they gave them more frequent power

19:29:31 From Julie Parker to Everyone:

Elizabeth Hart presentation to Medical Doctors 4 Covid Ethics https://rumble.com/v66acys-elizabeth-hart.html

19:29:59 From Cathy T to Everyone:

Reacted to "Elizabeth Hart prese..." with 💙

19:30:57 From Guy & Caroline to Everyone:

give pollies shots - 45 calibre

19:31:08 From Cathy T to Everyone:

MGG is still censored!!!

19:31:16 From Dee Cee to Everyone:

only for usa

19:31:29 From Cathy T to Everyone:

Reacted to "give pollies shots -..." with

19:31:37 From Julie Parker to Everyone:

https://www.youtube.com/watch?v=gSHpYHncNxw MARK ZUCKERBERG drops bombshell: META makes MAJOR CHANGES after over-censorship of AMERICANS

19:31:52 From Fiona to Everyone:

Meta Ai seems to be doing the checking now that fact checkers gone 🧝

19:32:20 From Vicki B to Everyone:

Reacted to "give pollies shots -..." with 😂

19:32:50 From Guy & Caroline to Everyone:

my meta posts on c19 are not censored now

19:33:29 From Jonathan H to Everyone:

Isn't that Telegram Charles... not WhatsApp?

19:34:03 From Julie Parker to Everyone:

Replying to "Isn't that Telegram ..."

Yes, Jonathan - Pavel Valeryevich Durov

Pavel Durov. Pavel Valeryevich Durov (Russian: Павел Валерьевич Дуров; born 10 October 1984) is a Russian technology entrepreneur best known as the founder and chief executive officer (CEO) of Telegram, a messaging platform launched in 2013.

19:34:15 From Jonathan H to Everyone:

Reacted to "Yes, Jonathan - Pave..." with

19:34:19 From Charles Kovess - Freedom. Passion. Law. Health. Hemp. Comedy (AU) to Everyone:

Replying to "Isn't that Telegram ..."

Thanks Jonathan

19:34:26 From Jonathan H to Everyone:

Reacted to "Thanks Jonathan" with

19:35:11 From Cathy T to Everyone:

I so admire Joel!

19:37:39 From Cathy T to Everyone:

Go Barry!

19:39:02 From Shannon to Everyone:

Reacted to "Elizabeth Hart Medical Doctors for Covid Ethics Presentation 250106.pdf" with

19:39:58 From Guy & Caroline to Everyone:

Use of chemicals for grain production is not sustainable according to my local farmers

19:40:27 From Fi R to Everyone:

Sadly it's very difficult to farm without chemicals. A lot less quantity is grown.

19:41:10 From Fi R to Everyone:

They need to keep the moisture in the soil and not to have the soil blown away in the wind 19:41:17 From Guy & Caroline to Everyone: Replying to "Sadly it's very diff..." our soil has either been blown away or stripped of its structure 19:42:16 From Cathy T to Everyone: Reacted to "{C3FA684E-EFAF-414B-A085-5BE0772CC020}.png" with 19:43:08 From Fi R to Everyone: Reacted to "{C3FA684E-EFAF-414B-A085-5BE0772CC020}.png" with 19:43:21 From Guy & Caroline to Everyone: Replying to "{C3FA684E-EFAF-414B-A085-5BE0772CC020}.png" 50% less meat on the soyboy 19:43:26 From Cathy T to Everyone: Replying to "{C3FA684E-EFAF-414B-A085-5BE0772CC020}.png" 30 years ago, I worked on a 200 sow extensive piggery.... they had a great life! 19:43:38 From Jonathan H to Everyone: Reacted to "{C3FA684E-EFAF-414B-A085-5BE0772CC020}.png" with 💙 19:44:52 From Bruna R to Everyone: Reacted to "give pollies shots -..." with 😂 19:44:54 From Shannon to Everyone: Reacted to "https://rumble.com/v..." with 19:45:23 From Guy & Caroline to Everyone: As of end of 2024 you can't enter the EU without 3 c19 jabs 19:45:29 From Bruna R to Everyone:

Reacted to "my meta posts on c19..." with

19:45:49 From Barry to Everyone:

Reacted to "As of end of 2024 yo..." with @

19:45:54 From Vicki B to Everyone:

Reacted to "As of end of 2024 yo..." with 😮

19:45:54 From Cathy T to Everyone:

Reacted to "As of end of 2024 yo..." with

19:46:22 From Guy & Caroline to Everyone:

John sends some here

19:46:24 From Shannon to Everyone:

Reacted to "As of end of 2024 yo..." with

19:46:57 From Fi R to Everyone:

I can't seem to get rain radar on bom website anymore

19:47:22 From Cathy T to Everyone:

funny that....

19:47:24 From Vicki B to Everyone:

DEW!!

19:47:40 From Julie Parker to Everyone:

A directed-energy weapon (DEW) is a ranged weapon that damages its target with highly focused energy without a solid projectile, including lasers, microwaves, particle beams, and sound beams. Potential applications of this technology include weapons that target personnel, missiles, vehicles, and optical devices.

19:48:13 From Julie Parker to Everyone:

Trees still standing in LA fires

19:48:34 From Guy & Caroline to Everyone:

Australia is the great experiment

19:48:48 From Vicki B to Everyone:

Same happened in Lahaina - trees still there

19:49:14 From SONIA to Everyone:

I'm subscribed to Dr and Ginger Breggin emails.

19:49:24 From Fi R to Everyone:

How are the trees still standing!!

19:49:27 From Dee Cee to Everyone:

Nicola said her friend in LA videoed trees still in leaf and houses destroyed.

19:49:49 From Aj to Everyone:

and they have less firefighters as they mandated the jab

19:49:49 From Bronwyn H to Everyone:

Satellite footage shows 3 fires lit at the same time with major distance between each spot

19:50:00 From Dee Cee to Everyone:

Insurance was cancelled on those houses 2 weeks ago

19:50:28 From Cathy T to Everyone:



19:50:36 From Cathy T to Everyone:

Reacted to "Insurance was cancel..." with 👍



19:50:49 From Guy & Caroline to Everyone:

The Grampian fires were started simultaneously - 50 spot fires lit at the same time

19:50:53 From Bruna R to Everyone:

https://www.facebook.com/share/r/169BtDgKyK/?mibextid=87OH41

19:51:09 From Bruna R to Everyone:

Reacted to "The Grampian fires w..." with

19:51:41 From Fiona to Everyone:

Reacted to The Grampian fires w... with " 👍 "

19:52:11 From Vicki B to Everyone:



19:52:27 From Carol D to Everyone:

They are all mad

19:52:39 From Aj to Everyone: Reacted to "They are all mad" with 199 19:52:42 From Cathy T to Everyone: Reacted to "They are all mad" with 199 19:52:49 From Dee Cee to Everyone: Weve been in fires serious ones, never ever seen leaves and trees remaining 19:52:55 From Guy & Caroline to Everyone: Replying to "They are all mad" Crazy Crazy Crazy 19:53:11 From Cathy T to Everyone: Reacted to "Weve been in fires s..." with 19:55:01 From Sharon C to Everyone: Fire video posted by Elon Musk on X. Note fire station in tact. https://x.com/elonmusk/status/1877053020405412042?mx=2 19:55:53 From Cathy T to Everyone: Reacted to "Fire video posted by..." with 19:56:27 From Bruna R to Everyone: I've been doing 4 7 8 too! 19:56:52 From Charles Kovess - Freedom. Passion. Law. Health. Hemp. Comedy (AU) to Everyone: Thanks, Bruna. 19:57:04 From Bronwyn H to Everyone: Reacted to I've been doing 47 ... with " "

19:57:37 From Charles Kovess - Freedom. Passion. Law. Health. Hemp. Comedy (AU) to Everyone:

Breathing exercises are worth considering. 4-7-8 technique

19:57:43 From Bruna R to Everyone:

Reacted to "I've been doing 47 ..." with 💜

19:58:04 From Sharon C to Everyone:

Replying to "Fire video posted by..."

Lots of fire trucks in video parked in front of fire station. Presumably to protect this building in LA fires.

19:58:12 From Bronwyn H to Everyone:

Parasympathetic nervous system healer

19:58:34 From Guy & Caroline to Everyone:

Reacted to "Parasympathetic nerv..." with

19:58:48 From Dominique to Everyone:

Reacted to "Parasympathetic nerv..." with

19:59:42 From Vicki B to Everyone:

Yay!!!

20:00:06 From Bronwyn H to Everyone:

Thanks Karen

20:00:12 From Karen to Everyone:

Reacted to "Thanks Karen" with

20:01:34 From Gerard C to Everyone:

Notes on fire over three sections here on FOAM.

20:01:55 From Fi R to Everyone:

Replying to "Fire video posted by..."

Yeah, they can't save anything if they don't have their own building perhaps

20:01:58 From Gerard C to Everyone:

During the last week of 2015, I watched a television program on ABC 2's, Catalyst, about the rate of fire burning through a home.

On stage, they had a family of four - mum, dad, daughter, son. I think the Victorian fire brigade people, within a big factory hall, re-created an exact room like the 11 year son's room. They matched his furniture, computer, desk, bed, even his soccer ball.

Then the fireman set alight a small fire in one corner. At two minutes and six seconds, from memory, the room's fire had grown so intense that it reached flashover point where the whole room suddenly ignited into one fireball.

The fire commander said this happened because almost everything in the room was made of some form of plastic - even the soccer ball exploded. He said plastic is really just petrol or petroleum products. (Even that room's insulation would probably be petrol-based plastic.)

Gerry See next.

20:02:48 From Gerard C to Everyone:

Part two: The fire commander then cited a similar experiment they did some forty years ago (1970's), which took fifteen or twenty minutes to reach flash-over. He said most of the furniture in that room was based on hessian, a plant material. I think if the fire re-enactment had been done in the 1910's, then industrial hemp products would have formed most of the furniture, with a much longer flashover point.

I personally have seen an experiment in Queensland at Maleny in 2012 with industrial hemp; a blow torch was applied to an industrial hemp insulation piece for several minutes without it catching fire.

20:02:55 From Guy & Caroline to Everyone:

Replying to "Part two: The fire c..."

correct

20:03:00 From Gerard C to Everyone:

Part 3: I relate all this, because of the Middle East fire, an hour before their midnight starting 2016 New Year's Day, in Dubai where a 63 storey building was alight from top to bottom. This would have been full of plastic materials, made from petrol, possibly their own oil. An explosive flashpoint within the 20th storey apartment, where the fire started, was probably reached within a few minutes.

20:03:23 From Gerard C to Everyone:

Part 4: This is why I would like to use industrial hemp insulation in the walls, floor and ceilings. I also want to use 7mm plywood as the lining board; I'm not sure of its fire rating, but it will mean that it's use on the timber studs forms part of the structural integrity of the house, increasing the cyclone rating.

In late 2015, there were some big bush fires at Scotsburn just eight kilometres away from Lal Lal. Then, during the Christmas week, there had been big fires which

burnt over hundred homes at Wye River near Apollo Bay, Vic. I hoped the geodesic dome house my brothers David, Tony, and I built in the 1970's at Beech Forest might be safe. In an earlier fire at Apollo Bay, the surgery of Dr John Eckersley had been destroyed; he moved then to Bribie Island, Queensland. John and I had been school friends in the 1960's at Xavier College in Kew.

20:03:57 From Gerard C to Everyone:

These notes are part of a book I have been writing. Gerry.

20:04:05 From Cathy T to Everyone:

Reacted to "These notes are part..." with

20:04:11 From Julie Parker to Everyone:

Bueytko

20:04:24 From Charles Kovess - Freedom. Passion. Law. Health. Hemp. Comedy (AU) to Everyone:

Buteyko

20:04:30 From SONIA to Everyone:

Reacted to "Buteyko" with

20:04:30 From Julie Parker to Everyone:

Reacted to "Buteyko" with |

20:04:34 From Aj to Everyone:

This is the chart that you need before talking with a pediatrician (ican); https://x.com/toobaffled/status/1875384457651540130?s=46

20:04:49 From Julie Parker to Everyone:

Pranic Breathing

20:05:05 From Guy & Caroline to Everyone:

The longer you breath the longer you will live

20:05:18 From Julie Parker to Everyone:

Reacted to "The longer you breat..." with 😂

20:05:39 From Cathy T to Everyone:

What are they going to do with 100 million jabs a year????

20:05:52 From Lynne W to Everyone: Reacted to "The longer you breat..." with 😩 20:05:52 From Guy & Caroline to Everyone: at least \$1.2 billion subsidy 20:06:18 From Bronwyn H to Everyone: Phizer building a massive plant in pinkenbar bne... 20:06:24 From Bruna R to Everyone: Yes, but BlackRock, vanguard etc own all super funds here 20:06:42 From Vicki B to Everyone: Reacted to "Phizer building a ma..." with 20:07:05 From Guy & Caroline to Everyone: Replying to "Yes, but BlackRock, ..." not the industry funds 20:07:44 From Bruna R to Everyone: Reacted to "The longer you breat..." with 😂 20:07:44 From Aj to Everyone: Is Aus tax office lawful? podcast; https://rss.com/podcasts/is-the-australiantax-office-lawful/1805033/ 20:07:47 From SONIA to Everyone: Reacted to "What are they going ..." with 20:08:10 From Cathy T to Everyone: Reacted to "Is Aus tax lawful? ... with 20:08:51 From Bronwyn H to Everyone: Good content tonight charles.. thanks...cheers 20:09:23 From Julie Parker to Everyone: Closing Song: https://youtu.be/1NVnfM_H7TY 20:09:25 From Guy & Caroline to Everyone:

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great meeting Charles and Julie and everyone else.
20:09:57 From Julie Parker to Everyone:
      Replying to "great meeting Charle..."
      wonderful to have you XX
20:10:01 From Cathy T to Everyone:
      Love Kipfler potatoes! Sounds great Shane!
20:10:03 From Bronwyn H to Everyone:
      Reacted to Phizer building a ma... with " 2 "
20:10:12 From Cathy T to Everyone:
      Reacted to "great meeting Charle..." with
20:10:14 From Guy & Caroline to Everyone:
      are we looking at a match made in heaven
20:10:33 From Lynne W to Everyone:
      Reacted to "{C3FA684E-EFAF-414B-A085-5BE0772CC020}.png" with
20:11:24 From Aj to Everyone:
      Reacted to "great meeting Charle..." with
20:11:34 From Paul to Everyone:
      Bye for now
20:11:41 From Cathy T to Everyone:
      Reacted to "Bye for now" with 
20:12:03 From Guy & Caroline to Everyone:
      have a great weekend everyone
20:12:07 From Aj to Everyone:
      Reacted to "Bye for now" with 
20:12:12 From Cathy T to Everyone:
      Reacted to "have a great weekend..." with
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20:12:50 From Fiona to Everyone: Reacted to These notes are part... with " 🄞 " 20:13:50 From Shannon to Everyone: Reacted to "have a great weekend..." with 20:14:06 From Shannon to Everyone: Reacted to "Bye for now" with 20:14:14 From Sharon C to Everyone: Night everyone. 20:14:21 From Karen to Everyone: Reacted to "Night everyone." with 💜 20:14:22 From Aj to Everyone: Reacted to "Night everyone." with | 20:14:23 From Shannon to Everyone: Reacted to "great meeting Charle..." with 20:14:27 From Cathy T to Everyone: Reacted to "Night everyone." with 💚 20:14:28 From Aj to Everyone: Reacted to "have a great weekend..." with 20:15:04 From Shannon to Everyone: Reacted to "Night everyone." with 🌯 20:15:11 From Shannon to Everyone: Reacted to "Night everyone." with 20:15:11 From Shannon to Everyone: Removed a « reaction from "Night everyone." 20:15:29 From Dee Cee to Everyone:

They are now starting to blame whatever they can to cover the excess deaths. that's why they will come up with another pandemic soon

Reacted to "They are now startin..." with 20:15:48 From Carol D to Everyone: Yes I wondered about that article as I need to take a lot of vitamins 20:15:51 From Bruna R to Everyone: Reacted to "They are now startin..." with 20:16:00 From Dee Cee to Everyone: H5n1 20:16:25 From Vicki B to Everyone: You can do that through George 20:16:31 From Dee Cee to Everyone: good one John 20:16:43 From John H to Everyone: **MTHFR** 20:16:53 From Aj to Everyone: Reacted to "They are now startin..." with 20:17:06 From Bruna R to Everyone: Reacted to "MTHFR" with 20:17:31 From Dee Cee to Everyone: exactly Shane.. blaming vax injury on Vits. 20:17:57 From Cathy T to Everyone: Reacted to "Screenshot2025_01_10_201617.jpg" with 20:21:51 From Carol D to Everyone: What if you had Ricketts as a baby 20:24:16 From Vicki B to Everyone: Hey George what do you recommend for taking for post shingles neuropathy?

20:15:39 From Cathy T to Everyone: