

May 2019 EDITION

CITY OF PALMERSTON

# GREY GOSS Newsletter



## PALMERSTON AND RURAL SENIORS' NEWSLETTER

Published quarterly, this issue covers May, June and July 2019, listing events and activities throughout the quarter. As Council events are many and varied, it also pays to check Council's website and Facebook for updates and new developments.

As usual, you are most welcome to contribute ideas and information for Grey Goss please contact Council by emailing [palmerston@palmerston.nt.gov.au](mailto:palmerston@palmerston.nt.gov.au).

Thank you to everyone who helped with this issue.

## CITY OF PALMERSTON'S NINTH COUNCIL

Contact City of Palmerston Elected Members by:

Post: PO Box 1, Palmerston NT 0831

Email: [palmerston@palmerston.nt.gov.au](mailto:palmerston@palmerston.nt.gov.au)

Phone: (08) 8935 9922

## COUNCIL MEETINGS

You are very welcome to attend Council meetings to observe proceedings.

Ordinary Council Meetings are held on the First and Third Tuesday of every month, at 5.30pm.

Commencing at 5pm in the Council Chambers, a Public Forum will be held prior to each Ordinary Council meeting, providing an opportunity for community consultation.

Meeting dates, Agendas and Minutes are listed at:

<http://www.palmerston.nt.gov.au/council/meetings/council-meetings>

## PALMERSTON SENIORS ADVISORY COMMITTEE (PSAC)

The committee meets approximately bimonthly. May 13 and July 15 are the next two scheduled dates.

Meeting outcomes will be included in Grey Goss, see page 14, plus there is a report to Council following each meeting.

Minutes, including the Action Table, are included in Council Meeting Agendas on Council's website.

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## WITH THE RETURN OF THE DRY COMES THE RETURN OF...

Shakespeare!

A Midsummer Night's Dream, page 9

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Sanctuary Sessions, page 10

FlicNics, page 4

**5-11 May 2019**

**INTERNATIONAL  
COMPOST AWARENESS WEEK**

*Better Soil, Better Life, Better Future*

**Are you a composter?**

Enter ICAW's photo competition to share your compost story at [compostweek.com.au](http://compostweek.com.au)

city of PALMERSTON  
A Place for People!

International Compost Awareness Week  
5-11 May 2019



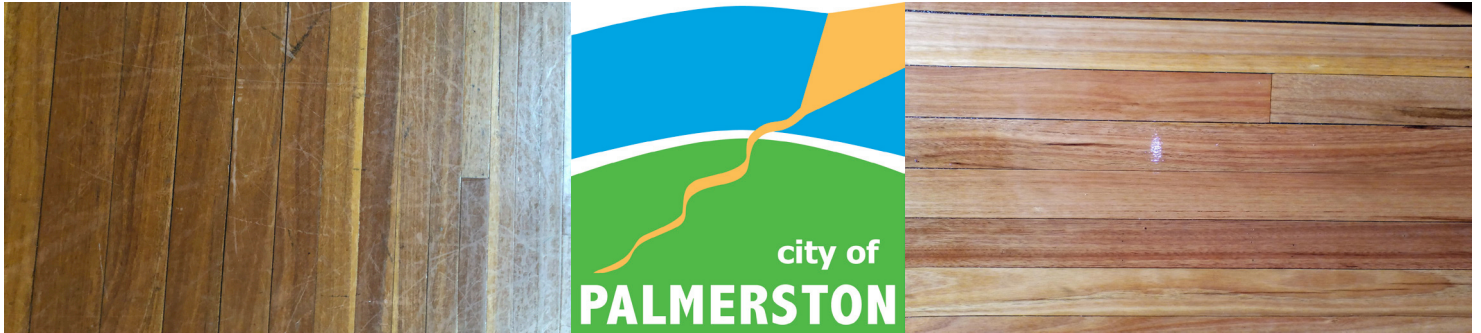
## RECREATION CENTRE NEWS

The stadium has been improved by the installation of budget-and-environmentally-frendly new LED lights that replace the old, slow, power-hungry danglers.

The remainder of the interior of the Centre received a fresh coat of paint in March. Foyer, walkways, toilets and other public areas are now a lovely clean cream.

The stadium floor was in need of repair so the entire stadium was out of action from 1 to 28 April. This huge undertaking required removal of the top millimetre of wood, remarking line-marks for all sports, then revarnishing.

You may also have noticed activity up high as solar panels are installed on the Recreation Centre roof surface, similar to Palmerston library.



## PARKING UPTOWN

### DISABILITY PERMIT HOLDERS - A REMINDER

All Disability Permit holders may park in any Council car park (both on and off-street) for FREE and up to twice the time displayed for that zone.

Permit holders may now park in a Council-owned two-hour park for up to four hours at no cost. However you MUST display your permit on the dash, or the Ranger cannot tell that you are not parked illegally.

### CITY PARKING UPDATES

Council recently undertook a study to understand how parking in the City Centre currently functions.

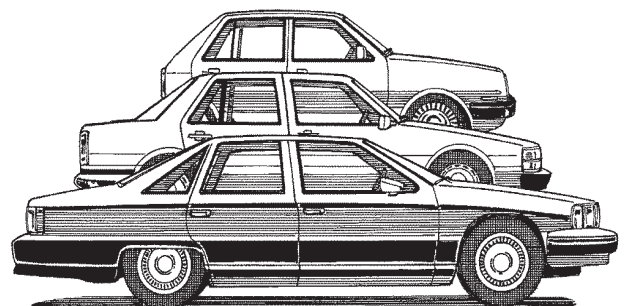
The study involved parking surveys and car park occupancy sampling, reviewing the policy framework and investigating parking principles and best current practice

Following consultation, Council considered all feedback received, and the draft documents and proposed parking changes will be presented to Council for adoption in May 2019.

Once Council has adopted these documents further announcements will be made on the commencement of parking changes (such as fees and time limits).

Subject to consultation, the proposed changes will be in effect from 1 July 2019.

Keep an eye out for media releases that detail the changes and where these will be applied. Always check the signage where you are parking so you don't end up running out of time or money.



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2019

## Brekkie in the Park

FREE HEALTHY BREAKFAST & ACTIVITIES

12 MAY

JOAN FEJO PARK  
8AM TO 12PM

DUWUN RD, ROSEBERY

2 JUNE

PHYLLIS UREN PARK  
8AM TO 10AM

NUTWOOD CRES, FARRAR

7 JULY

DELENY GWA PARK  
8AM TO 10AM

RIVERGRASS CIRCUIT,  
ZUCCOLI

11 AUG

CORNWALLIS PARK  
8AM TO 10AM

CORNWALLIS CIRCUIT, GRAY

1 SEPT

PHOENIX PARK  
8AM TO 10AM

PHOENIX CIRCUIT, DURACK

SEARCH '*Brekkie in the Park*' ON FACEBOOK OR  
VISIT [WWW.PALMERSTON.NT.GOV.AU](http://WWW.PALMERSTON.NT.GOV.AU) FOR MORE INFORMATION





**ALCOHOL  
FREE  
EVENT**

FREE MOVIES UNDER THE STARS AT GOYDER SQUARE - THE BOULEVARD

## FLICNICS

**SATURDAYS | MOVIES START: 7PM**

### APRIL

- 13 ANT MAN & THE WASP
- 20 BACK TO THE FUTURE
- 27 SMALL FOOT

### MAY

- 4 ROGUE ONE:  
A STAR WARS STORY
- 11 INCREDIBLES 2
- 18 JUMANJI:  
WELCOME TO THE JUNGLE
- 25 THE SECRET LIFE OF PETS

### JUNE

- 8 RED DOG
- 15 FINDING NEMO
- 29 THE GREATEST SHOWMAN

### JULY

- 6 GURRUMUL (NAIDOC WEEK)
- 15 ANIME-A-THON  
(MONDAY AT EVENT CINEMAS  
PALMERSTON FROM 6PM)
- 27 THE FENCER

### AUGUST

- 10 CRACKERJACK
- 17 HOW TO TRAIN YOUR DRAGON:  
THE HIDDEN WORLD
- 24 MAMMA MIA! HERE WE GO AGAIN
- 31 FIFTH ELEMENT

### SEPTEMBER

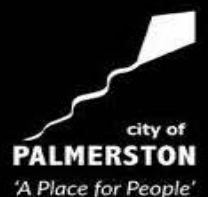
- 14 LADIES IN BLACK

### OCTOBER

- 26 FRANKENWEENIE  
(HALLOWEEN THEME  
NIGHT)

*Pack a picnic,  
chair, bean bag on rug*

VIEW THE PROGRAM ON [WWW.PALMERSTON.NT.GOV.AU](http://WWW.PALMERSTON.NT.GOV.AU)





## THE ANNUAL CITY OF PALMERSTON SENIORS FORUM

provides feedback directly to Council and the Palmerston Seniors Advisory Committee (PSAC). This is an advisory committee to Council, and their Action Table of issues is the mainstay of their work during each year.

The 2019 Seniors Forum will be quite different to the past few. Although we have all enjoyed holding our event at Cazaley's Palmerston Club, we are branching out this year and holding the...

**2019 CITY OF PALMERSTON SENIORS FORUM  
AT THE PALMERSTON RECREATION CENTRE  
ON MONDAY 19 AUGUST.**

As Council's Lifestyle and Community team is based at the Recreation Centre, and this venue has plenty of space and facilities, we are trialling the event here this year.

Keep an eye out for the promotion, which will be part of the Palmerston and Litchfield Seniors Association's Seniors Fortnight program (you may remember the crew as the former Palmerston and Rural Seniors Committee.)

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## NT SENIORS RECOGNITION SCHEME MEMBERS URGED TO USE THEIR TRAVEL VOUCHERS BEFORE JULY

Members of the NT Seniors Recognition Scheme who have not used their travel vouchers are being reminded to use the vouchers prior to their expiry on 1 July 2019.

The travel vouchers can be used for international travel, interstate travel and travel within the Territory. Members can also use the payment to travel in their own private vehicle or to bring a friend or family member to visit them in the NT.

Approved Vendors are available to assist members to book their travel and a full list of Approved Vendors can be found at [ntconcessions.nt.gov.au](http://ntconcessions.nt.gov.au)

Members can also book their own travel but must take and claim their travel within the voucher validity period (between 1 July and 30 June). Members intending to book their own travel or travel by private vehicle across two financial years should contact the NT Concession and Recognition Unit to discuss their options.

Members who book their own travel must present their travel vouchers, tax invoice and itinerary for reimbursement at a Territory Families shop front or via email [ntconcessionandrecognition@nt.gov.au](mailto:ntconcessionandrecognition@nt.gov.au)

If you're a member with unused travel vouchers who does not intend on travelling this year, you can change your payment preferences to power and/or water before 31 May.

Please contact the NT Concession and Recognition Unit on 1800 777 704, email: [ntconcessionandrecognition@nt.gov.au](mailto:ntconcessionandrecognition@nt.gov.au), visit [ntconcessions@nt.gov.au](http://ntconcessions@nt.gov.au) or one of our shop fronts.



## COMMUNITY BENEFIT SCHEME - IN A NUT SHELL

Your Council provides funds to eligible applicants who provide activities, events and services for your Community. The funds are budgeted each year and made available via the Community Benefit Scheme.

There are a few basic eligibility requirements: the activity must benefit the Palmerston community, the applicant can not have two successful applications in the same financial year and the application process must be followed. (Complete the appropriate application form - depends on amount requested and type of funding - and provide any further details as required.)

Most applications are received from incorporated organisations, but did you know that community groups, which includes informal groups, may apply for grants and donations of up to \$500 or in-kind funding up to \$500 value?

The application process is simple and the consideration process is often quite quick. If you think your community group or organisation would be eligible for funding, call Tess or Nicole on 8935 9929 and have a chat about how you go about applying.

*STEPS sewing team, recent successful funding applicants*



## WHAT'S THE THE HUB-BUB?



Palmerston RSL has let us know that they now have an agreement to occupy the Palmerston Golf Club.

Their new email address is [palmerston@rslsa.org.au](mailto:palmerston@rslsa.org.au)

Seniors Morning Tea is now hosted by Cazaly's Palmerston Club each second and fourth Thursday of the month. See page 16.

## YOU CAN REPORT ISSUES TO COUNCIL IN A NUMBER OF WAYS:

Phone us: (08) 8935 9922

Email us: [palmerston@palmerston.nt.gov.au](mailto:palmerston@palmerston.nt.gov.au)

By post : PO Box 1, Palmerston NT 0831

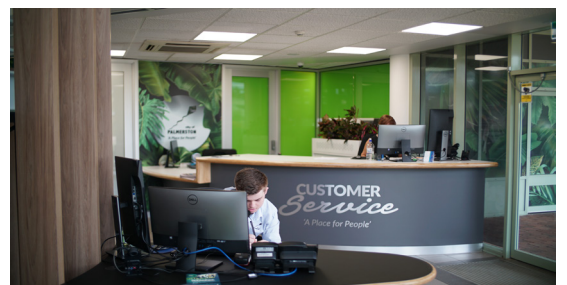
Via our Website: <http://www.palmerston.nt.gov.au/contact-us>

(There are three links that will take you to the forms to report Graffiti, Public Lighting Faults and General Enquiries)

Visit our Customer Services: Civic Centre, corner Chung Wah Tce and University Ave. Monday to Friday: 8am - 5pm. Closed public holidays.

By the way, our Customer Services Team have moved downstairs at last! No more stairs or the lift required to chat to the team. We even have a couple of stations so you can sit down and get things organised with a Customer Services Officer at your own pace.

Come in and have a look at the new layout; drop in, we're always happy to help.





# GREY GOSS Newsletter

## **PALMERSTON LIBRARY - FROM A DIFFERENT ANGLE**

If you have kids in tow then the library might be the place to be!

## **FREE MOVIE SCREENING (UNOFFICIAL INTERNATIONAL HARRY POTTER DAY)**

Thursday 2 May - from 2:30pm

City of Palmerston Library presents Harry Potter and the Philosopher's Stone.

*In the wizarding world of Harry Potter, 2 May is a significant date - The Anniversary of The Battle of Hogwarts.*

## **STAR WARS SCAVENGER HUNT (STAR WARS DAY)**

May the Fourth (be with you) - 10:00am - 1:00pm

City of Palmerston Library presents the Star Wars Scavenger Hunt - an event for all ages.

Find all of the hidden symbols within the library for your chance to win awesome prizes.

*What started as pun warmly shared by fans has become a fully-fledged Star Wars celebration: Star Wars Day!*

## **SIMULTANEOUS STORYTIME: ALPACAS WITH MARACAS**

Read by Deputy Mayor Sarah Henderson

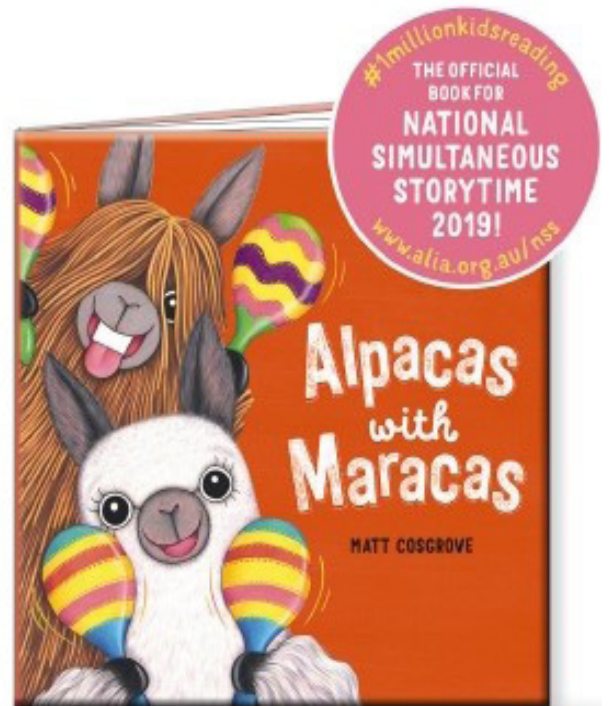
Wednesday 22 May - from 10:00am to 12:00pm

FREE EVENT

Goyder Square

Arts and Craft , Jumping Castle, Petting Zoo

*National Simultaneous Storytime is held annually by the Australian Library and Information Association (ALIA). Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously across the country.*



## **PALMERSTON LIBRARY - A PLACE FOR SENIORS...**

If you haven't already, check out our Digital Literacy program, part of our Be Connected initiative, which is aimed at people over 55 (however all are welcome). It is a 2 hour program, run every Wednesday 2pm – 4pm, where we offer support in relation to technology (laptops, tablets, phones, using google, email, Facebook etc...) Most of our Dig Lit clients at the moment are seniors; it's turned out to be a really nice social space.

You may have noticed some changes at the City of Palmerston Library. Self checkout Radio Frequency Identification (RFID) is here! It looks a bit imposing but it absolutely will make your check-out process much faster. So that means it frees up the amazing Library staff to do more things for and with YOU!

(Don't worry, they will continue to help you with borrowing, if you prefer.)

It is pretty simple and there are instructions on the machine, so give it a go next time you borrow one of the thousands of books, magazines, dvd's etc from your library.

Click here to find out more: <https://bit.ly/2K74IME>

To find out more about the Library's eResources go to :

<https://www.palmerston.nt.gov.au/community/library/eresources>





# GREY GOSS Newsletter

## REBOOT YOUR LOOT

Save the date: **29 JUNE 2019** from 8.00 to 11.00am  
Bargain hunters rejoice, the popular car boot sale  
Reboot Your Loot returns to Palmerston in June.

It's a fun way to declutter, find a home for your preloved stuff,  
fundraise, reduce waste and meet people from the community.  
Registration for a stall is free (required by the day before) and open  
to all households, local businesses, schools and community groups.

Registration is mandatory and will be live on the website soon.



## WHAT'S 'APPENING!?

Podcasts! Simply put, a Podcast is talk radio, but on demand. Yes - what you want, where and when you want. It's a series of spoken, audio episodes, often focused on a topic or theme. You can subscribe to a show with an app on your phone and listen to episodes whenever you like - with your headphones on the bus, on 'loud' in the car or through speakers while you garden.

Most Podcasts today are audio only, even though video podcasts do exist. Podcasting has grown out of a desire for 'background content'. That means something that can entertain you, educate you or inspire you in the background of other boring or rote activities.

Another choice for background content is audio books!  
Talk to our library staff to find out more about this great non-reading experience.

## IN THE OLD DAYS

Oh, if only we had the good old days  
When costs were so much less  
No one had heard of pay on line  
No one knew about stress.

Two bob a gallon to fill the tank  
And Holden's were the choice  
We listened, and watched, the radio  
Records were 'His Masters' Voice'.

The local band at the Masonic Hall  
Played music that everyone knew  
At the flicks on Saturday afternoon  
Rolling Jaffa's down the aisle on cue.

Ah, such memories of youthful times  
We didn't know what we all did lack  
When we thought we knew all there was to know  
And Cherry Ripe's cost a zac

© Sandra Parker 2005



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# A Midsummer Night's Dream

by William Shakespeare

Sanctuary Lakes | Friday 3 & Saturday 4 May | 6.30pm

**TICKETS** \$30 per adult  
\$15 per child 16 years & under

Purchase at: [www.palmerston.nt.gov.au](http://www.palmerston.nt.gov.au)

**essential**  
theatre 

Pack a picnic, chair, bean bag or rug

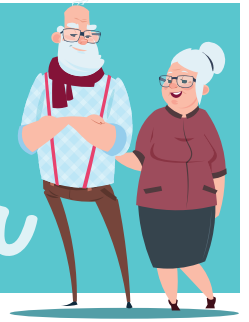
 PalmerstonNT

city of  
**PALMERSTON**  
'A Place for People'

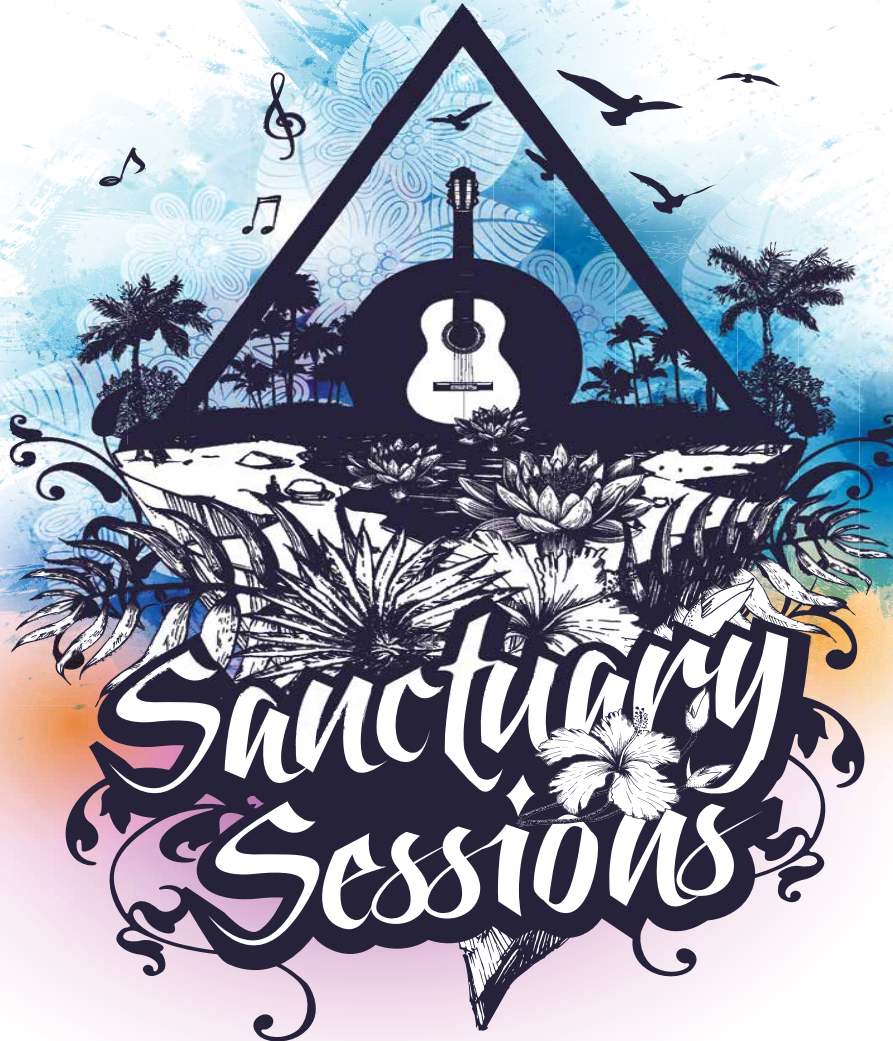
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FREE ENTRY



**SATURDAYS | SANCTUARY LAKES | 4-7PM**

*Live music*  
**BY LOCAL ARTISTS**

**FOOD TRUCK, FAMILY &  
PET FRIENDLY, BYO BLANKET,  
BEAN BAG OR CHAIR**

*Line up*

<b>18 MAY</b>	<b>PRAYER CORBY &amp; 2 SEASONS</b>
<b>15 JUNE</b>	<b>PHOEBE WEAR &amp; SERINA PECH</b>
<b>6 JULY</b>	<b>CONNOR WYATT &amp; BELLA MAREE</b>
<b>17 AUGUST</b>	<b>HELEN WALLACE, GRACE BESTMANN, &amp; JAXON DE SANTIS</b>
<b>14 SEPT</b>	<b>LIBBY ABDOO &amp; ADAM SCRIVEN</b>

[WWW.PALMERSTON.NT.GOV.AU](http://WWW.PALMERSTON.NT.GOV.AU) |  **PALMERSTONNT**

  
**city of  
PALMERSTON**  
*'A Place for People'*



**7-25 MAY 2019** **PALMERSTON RECREATION CENTRE**

The exhibition will be open to the public from Monday to Thursday 8.15am to 5.00pm and Friday 8.15am to 8.00pm. Members of the community will be encouraged to vote for their favourite exhibit. The top 10 entries (as voted by the community) will each receive a prize and a certificate.

**ENTRIES CLOSE ON FRIDAY 26 APRIL 2019**

➤ **DOWNLOAD EXHIBITION ENTRY FORMS, EXHIBITION CATEGORIES, AND TERMS AND CONDITIONS FROM [WWW.PALMERSTON.NT.GOV.AU](http://WWW.PALMERSTON.NT.GOV.AU)**

For more information, please contact the City of Palmerston on 8935 9919 or email [palmerston@palmerston.nt.gov.au](mailto:palmerston@palmerston.nt.gov.au)

National Families Week 



**50 YEARS**  
*gold*  
IN THE TERRITORY



# 2019 *Seniors* EXPO

**Friday 31 May, 10am – 2pm**  
**Palmerston Recreation Centre**  
**11 The Boulevard, Palmerston**

*Celebrating conversation, living life to the full, empowering modern ageing and being bolder not just older!*

- FREE ENTRY
- Free refreshments and live music
- Over 70 exhibitors with info, advice, free health checks, giveaways and more
- Choirs, dance performances and 'have a try' Tai Chi and table tennis
- Chance to win a \$1000 travel voucher
- Live 104.1 Territory FM broadcast
- Prize for "Best Dressed in Gold"



### Major and Gold Sponsors



**Malak Marketplace**  
LIVE AND WORKING TOGETHER



### Seniors Expo Supporters



**GREENFIELDS LIVING**

**WE LIFE WITHOUT BARRIERS**  
VE



**Full program:**  
[www.cotant.org.au/territory-seniors-calendar/seniors-expo-2019](http://www.cotant.org.au/territory-seniors-calendar/seniors-expo-2019)



## COTA News for Grey Goss

### Access to Aged Care

COTA NT was successful as part of a national tender in relation to Aged Care Navigators Trials. This program enables COTA NT to employ two part-time staff, one located in the Darwin region and one in the Alice Springs region, to assist seniors in accessing and registering for My Aged Care services. Our skilled and friendly Aged Care Navigator based in the Darwin region, Ms Janet Brown can provide information to you, and help you to access and register government-provided aged care supports and the aged care system. Janet can help you either face-to-face or via the telephone, and hopefully a space will be available in City of Palmerston offices once a week where seniors can make a time to talk to Janet. (You can contact Janet directly on 0466 544 552 or through the COTA NT office 8941 1004).

### Health & Wellness Activities

COTA has also been successful with the *Living Longer Living Stronger* tender, where funds will be provided for us to provide activities that assist seniors with their strength and mobility. As an example, we have partnered with Netball NT and hope to have Walking Netball on offer at the Palmerston Recreation Centre in May or even earlier. Other activities may include seated aerobics and tai chi, which will be offered at the Community Centre at the Greenfields' Durack retirement village. Again, we hope to be offering these activities in early May, and they will be offered at very low cost or free of charge (as is the Walking Netball).

### Seniors Expo

Our annual Expo is on at the Palmerston Recreation Centre on the 31<sup>st</sup> May (10am to 2pm). This is our 5<sup>th</sup> Expo and as COTA NT has also been operating for 50 years in the NT in 2019, the event will be dressed in gold around the theme 'Be Bolder Not Just Older'. (There is a prize for the 'best dressed in gold/bold' on the day). Registrations for stalls/performances close on 31 March.

<https://www.cotant.org.au/territory-seniors-calendar/seniors-expo-2019/>

### Activities Calendars

All our activities are listed on our online calendar which is on our website

(<https://www.cotant.org.au/territory-seniors-calendar/cota-nt-event-calendar/>) and we look forward to seeing you at these events to help us celebrate fifty wonderful years.

We also publish events and activities organised around the Territory by other organisations and groups. It's free to list your activity on the online Territory Seniors Calendar published here

<https://www.cotant.org.au/territory-seniors-calendar/>.

COTA NT Inc  
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Darwin NT 0801

65 Smith Street  
Darwin NT 0800  
ABN 86 316 991 800

P: (08) 8941 1004  
E: [admin@cotant.org.au](mailto:admin@cotant.org.au)  
[www.cotant.org.au](http://www.cotant.org.au)

I acknowledge the Traditional Owners and Elders past and present, of these lands where I work and live; teach and learn; talk and listen.



CITY OF PALMERSTON

# GREY GOSS Newsletter

FROM THE PALMERSTON SENIORS ADVISORY COMMITTEE MEETING - 18 MARCH 2019

To read the complete PSAC meeting minutes go to:

<https://www.palmerston.nt.gov.au/community/participation/community-groups/seniors-advisory-committee>

*Sue Shearer, CEO of Council on the Ageing (Northern Territory)*

Sue provided an overview of the upcoming Seniors Expo, which will be held at the Palmerston Recreation Centre on Friday 31 May 2019.

Sue expressed COTA's appreciation of City of Palmerston and the Mayor's support for the Expo. Council is a proud supporter of this iconic event, supplying approx. \$3,750 of in-kind support in the form of venue hire.

Sue also provided an interesting and informative overview of COTA's current foci including their successful national tender in relation to Aged Care Navigators Trials. This program enables COTA NT to employ two part-time staff, one located in the Darwin region and one in the Alice Springs region, to assist seniors in accessing and registering for My Aged Care services. COTA was also successful with the Living Longer Living Stronger tender, where funds will be provided to provide activities that assist seniors with their strength and mobility.

COTA continues to offer advice on arrange of entitlements for NT seniors. COTA is hoping to offer further support services in Palmerston and will advise when these are in place.

All COTA activities are listed on their online calendar on COTA's website.

## *Planning for 2019 Palmerston Seniors Forum*

Monday August 19 was proposed and agreed as the date. (Falls within the Seniors Fortnight, in the middle of Seniors Month.) Time: 10am to 12noon.

Registration/morning tea to start and lunch to finish. The Palmerston and Rural Seniors Committee (PRSC/PLSA) representative Marg Lee, was requested to ask that committee if they would provide the same essential services as previously:

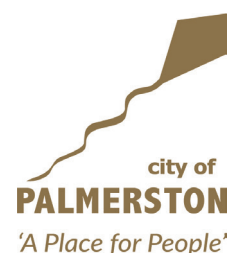
- Promote the event within their Seniors Fortnight program
- Collate RSVP's and supply to Council
- Assist at the event with tasks such as serving lunch

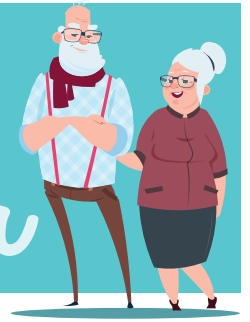
This year the Forum will move to Community Room 2 of the Palmerston Recreation Centre.

Although Cazaly's Club Palmerston has provided a welcoming and comfortable venue for the Forum over the past few years, now that the Recreation Centre is the 'home' of the City of Palmerston's Lifestyle and Community staff, utilising that venue has become possible. Catering and suitable furniture will to be sourced to provide a comfortable environment for the participants and allow access to a healthy morning tea and lunch menu. A hot lunch was preferred over serves of sandwiches, for instance. Dessert to include fresh fruits.

The Community Services Officer, Tess Riches, will be on leave so the 2019 Seniors Forum will be planned and facilitated by the Community Events Officer, Tiffany Brown.

Committee meeting agendas, minutes and general correspondence will be handled by the EA to Director Lifestyle and Community, Tree Malyan.





## BODY WISE

What fruit is a member of the nightshade family, is usually treated like a vegetable, can be eaten raw or cooked and ranges in size from an olive to a grapefruit? *Solanum lycopersicum*, or the **tomato** to most of us!

Chock-full of vitamins and essential minerals, tomatoes are officially 'good for you' although eating a large amount can be harmful - too much beta-carotene leads to too much Vitamin A, which is dangerous. One medium-sized or seven cherry tomatoes are recommended as the daily limit. People with health issues such as digestive reflux or kidney problems should check with their doctors if tomatoes are suitable for their diet.

Strangely, cooked (including tinned) tomatoes are considered even healthier than fresh as the absorption of nutrients is easier. This is very good news if you like tomato paste, sauces, soups and pasta sauce! (As always, check the sugar content of prepared foods.)

Here is a simple, delicious way to enjoy raw tomatoes, and you can tweak the recipe to suit yourself.

## BALSAMIC TOMATO BRUSCHETTA

Pronounced "brusketta", this classic Italian appetizer is a perfect way to enjoy the Mediterranean diet of ripened tomatoes, fresh basil, garlic, and olive oil. And how easy it is to make - basically you just chop the fresh ingredients up and mix together, then serve onto thick, crusty, toasted bread slices. Some recipes will tell you to peel and deseed the tomatoes, but don't bother unless you are really keen.

Preparation time: 15 minutes

Cook time for the toast: 20 minutes

Makes 20 small slices

### Ingredients

- 6 or 7 ripe tomatoes
- 2 cloves garlic, minced (about 2 teaspoons)
- 1 Tablespoon extra virgin olive oil
- 1 teaspoon balsamic vinegar
- 6-8 fresh basil leaves, thinly sliced or chopped
- sea salt
- freshly ground black pepper
- 1 baguette French bread or similar; whatever you like
- 1/4 cup (60 ml) olive oil - for baking bread



While you're cutting up your ingredients preheat the oven to 450°F or 230°C if you plan to bake the bread slices. Finely chop tomatoes, put in a bowl, drain off most of the liquid then toss them with garlic, extra virgin olive oil, vinegar, basil, add salt and pepper to your taste.

Toast the baguette slices: Use a bread knife to slice the baguette on the diagonal, making half-inch thick slices. Brush one side of each slice with olive oil (use a pastry brush) and place oil-side down on a baking sheet or roasting pan. They toast best in the top rack of your oven, so you may need to work in batches to toast them all. Toast for 5 to 6 minutes until lightly browned around the edges. Frying also works, brush oil on as before, don't pour it into the frypan!

If you want you can toast the bread slices without coating them first in olive oil. Toast them until lightly browned on both sides. Then cut a clove of garlic in half and rub over one side of the toast. Then brush with olive oil.

Serve toasted bread with tomato mixture at the last moment. Arrange the toasted bread on a platter, oil side facing up (helps stop the bread becoming soggy from the chopped tomatoes).

You can also have your guests serve their own individual toast slices.

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CITY OF PALMERSTON

# GREY GOSS *Newsletter*

**CAZALYS**  
PALMERSTON CLUB

# *Seniors* **Morning** **TEA**

**Every Second &  
Fourth Thursday**

**Free Entry From 10am**



Information for Members and Guests