

GREY GOSS Newsletter



PALMERSTON AND RURAL SENIORS' NEWSLETTER

Published quarterly, this issue covers Aug, Sept and Oct 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.

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

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.

Monday 16 Sept and 18 Nov are the next two scheduled dates.

Minutes are included in Council Meeting Agendas on Council's website.

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IN CASE OF EMERGENCY CARDS:

Palmerston Seniors Advisory Committee advised that Emergency Cards have been distributed to all Doctors' Surgeries, Health Care Centres, Palmerston Hospital and other public places within Palmerston and Litchfield Municipality.

Flight Centre have advised that they will be taking this idea to their National Office.

MY NAME IS: _____

IN CASE OF EMERGENCY PLEASE CONTACT:

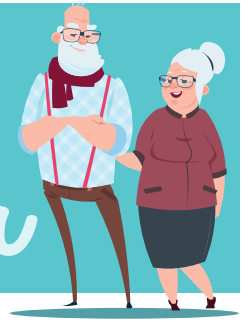
NAME: _____

PHONE: _____

NAME: _____

PHONE: _____





PARKING IN THE CBD

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.

This means that 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

Here is a quick summary of some of the changes proposed:

Free parking will be introduced in timed-restricted parking areas (being 1 hour, 2 hour and 4 hour parking areas), subject to a valid ticket being displayed (please note the charge of \$4.00 for all-day parking will remain unchanged).

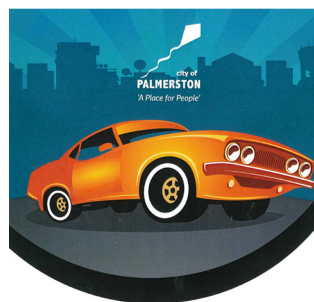
Hours for regulated parking will be changed to 8.00am to 4.00pm Monday to Friday (instead of being regulated until 5:00pm).

Free parking will be permitted on weekends and public holidays, with no time limit.

All-day parking permits will be made available for three-month periods (currently available to purchase for a 12-month or pro-rata remaining duration).

Council will investigate a car parking app to provide more convenience for users.

Parking meter programming will restrict a new ticket from being issued within a timed parking area if a ticket has already been obtained. This will be linked to the vehicle registration number.



FREE PARKING IN THE CITY CENTRE

From July 1 2019 a valid ticket will need to be displayed in timed parking bays.

Tickets can be obtained for FREE from a parking meter by entering your vehicle registration number.

Display your free ticket and avoid an infringement.

Time limits apply.



Did you know Council has made changes to parking in the Palmerston City Centre?

As of 1 July 2019, you can park for FREE in 1, 2 and 4 hour timed parking areas by displaying a valid ticket.

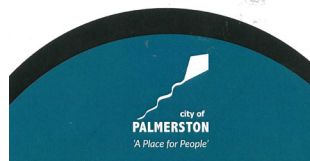
The ticket is FREE and can be obtained from a parking meter. These changes have been made to ensure parking across the City Centre is well managed, meets the needs of the community and supports local business.

To get your FREE ticket, simply enter your vehicle's registration number at the parking meter.

Be sure to park in a timed area that best suits your visit to the City Centre.

For more information about parking in the Palmerston City Centre visit the website www.palmerston.nt.gov.au or call 8935 9922.

Thank you for your cooperation!



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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

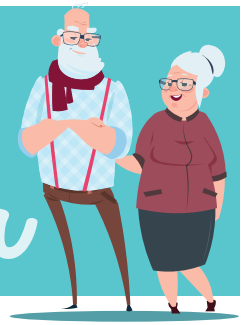
PHOENIX PARK
8AM TO 10AM

PHOENIX CIRCUIT, DURACK

SEARCH '*Brekkie in the Park*' ON FACEBOOK OR
VISIT WWW.PALMERSTON.NT.GOV.AU FOR MORE INFORMATION



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Do you want to learn how to protect yourself and your property?

As part of Senior's Month, you are invited to join the teams from Neighbourhood Watch NT and The Lifestyle Studio for a **FREE, fun and empowering workshop to help you feel safer and more secure!**

The workshop includes a **hands-on self-defence session** and a **safety talk** to help you feel more confident and to gain **hints and tips** to improve your **personal safety and home security**.

This workshop is open to people of all fitness levels and abilities.

Morning Tea will be provided.

Date: 20th August, 2019 **Time:** 10:30AM - 12:45PM

Location: The Lifestyle Studio
32 Georgina Crescent, Yarrowonga, 0830

Register at Eventbrite.com.au by searching for *Neighbourhood Watch NT* or contact us at nhwnt@nhwnt.org.au or 8999 0847





GREY GOSS Newsletter

ALCOHOL FREE EVENT

FREE MOVIES UNDER THE STARS AT GOYDER SQUARE - THE BOULEVARD

FLICNICS

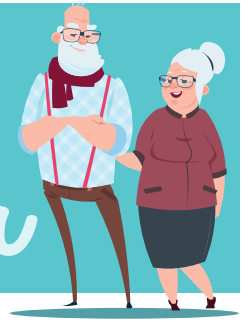
SATURDAYS | MOVIES START: 7PM

APRIL	JULY	SEPTEMBER
13 ANT MAN & THE WASP	6 GURRUMUL (NAIDOC WEEK)	14 LADIES IN BLACK
20 BACK TO THE FUTURE	15 ANIME-A-THON (MONDAY AT EVENT CINEMAS PALMERSTON FROM 6PM)	
27 SMALL FOOT	27 THE FENCER	
MAY	AUGUST	OCTOBER
4 ROGUE ONE: A STAR WARS STORY	10 CRACKERJACK	26 FRANKENWEENIE (HALLOWEEN THEME NIGHT)
11 INCREDIBLES 2	17 HOW TO TRAIN YOUR DRAGON: THE HIDDEN WORLD	<i>Pack a picnic, chair, bean bag on rug</i>
18 JUMANJI: WELCOME TO THE JUNGLE	24 MAMMA MIA! HERE WE GO AGAIN	
25 THE SECRET LIFE OF PETS	31 FIFTH ELEMENT	
JUNE		
8 RED DOG		
15 FINDING NEMO		
29 THE GREATEST SHOWMAN		

VIEW THE PROGRAM ON WWW.PALMERSTON.NT.GOV.AU

PALMERSTONNT

city of PALMERSTON
'A Place for People'



2019

SENIORS FORUM

MONDAY 19 AUGUST 2019

9.45AM - 1PM
Palmerston Recreation Centre

**SPACES ARE LIMITED
AND BOOKINGS
ARE ESSENTIAL**

www.palmerston.nt.gov.au
nevgabi@bigpond.net.au
or phone 0455 660 026

NORTHERN TERRITORY GOVERNMENT
CITY OF PALMERSTON
A Place for People

The annual City of Palmerston Seniors Forum will be held at the Palmerston Recreation Centre, 11 The Boulevard Palmerston on Monday 19 August 2019 from 9.45am-1pm. The forum gives Palmerston seniors the opportunity to engage and connect with City of Palmerston staff and Palmerston Seniors Advisory Committee (PSAC), to discuss matters relevant to local interest, share ideas to strengthen the communities and report issues and concerns.

Spaces are limited and booking are essential, please contact Neville Driver by phoning 0455 660 026 or email nevgabi@bigpond.net.au

Outline of the Program

- Morning Tea
- Welcome speech by Mayor Athina Pascoe-Bell
- Poem - Sandra Parker
- NT Planning Commission
- Update from Chair of Palmerston Seniors Advisory Committee - Alderman Sarah Henderson
- Guest speaker- Charlie King OAM
- Workshop on various current topics
- Lunch

CITY OF PALMERSTON

activate

28 JANUARY TO
8 DECEMBER 2019

45 WEEKS

Find your Fit



CITY OF PALMERSTON

GREY GOSS *Newsletter*

Journey to Indonesia! Goyder Square will come alive, celebrating Palmerston's multiculturalism through the colorful delicacies, music and culture of Indonesia for Palmerston's Indonesian Festival this August.

A highlight of the event line up this year is the much-anticipated performance by Milsha Samantha & Kuya Jaya from Bandung West Java & dancing by Sanggar Dutasantarina from Batam, Riau.

There will be various other cultural performances, traditional Indonesian music and dance performances by overseas and local acts to keep the crowd delightfully entertained throughout the night.

A vibrant event poster for the 'Warisan Budaya Indonesian Festival'. The background is dark with abstract shapes in shades of purple, red, and green. In the center, a woman in a traditional yellow Indonesian costume (Korpri) stands next to a large yellow bowl filled with food. To the left, there are pink flowers and green leaves. Text is arranged around the central image. At the top, it says 'CITY OF PALMERSTON & DIWA PRESENTS'. On the left, it lists the date and time: 'SATURDAY 31 AUGUST 2019 5.30-9.30PM GOYDER SQUARE, PALMERSTON'. On the right, it describes the event: 'INDONESIAN CUISINE & LIVE ENTERTAINMENT BY LOCAL PERFORMERS & INTERNATIONAL PERFORMERS MILSHA & KUYA JAYA FROM BANDUNG WEST JAVA, DANCING BY SANGGAR DUTASANTARINA'. At the bottom, there are logos for 'Warisan Budaya INDONESIA', the City of Palmerston, and social media links for 'WWW.PALMERSTON.NT.GOV.AU' and 'PALMERSTONNT'. The City of Palmerston logo includes the tagline 'A Place for People'.

GREY GOSS Newsletter



COMMUNITY BENEFIT SCHEME - IN A NUT SHELL

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; applicants can only have one successful application 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.)

Individuals may apply for up to \$250 and teams may apply for up to \$750 to assist with their representation in sporting and other challenges, activities and events within the Northern Territory, interstate or overseas. Funding is limited to one payment per financial year and

individuals must be Palmerston residents; or teams must be Palmerston based.

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



BEAUREPAIRS



Beaurepairs Palmerston offers free tyre pressure servicing to all Seniors. If you wish to contact Beaurepairs to discuss this further please call one of their friendly staff members on 89327177 or visit them at University Avenue & Koullias Lane, Palmerston City.

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

Phone us: (08) 8935 9922

Email us: palmerston@palmerston.nt.gov.au

By post : PO Box 1, Palmerston NT 0831

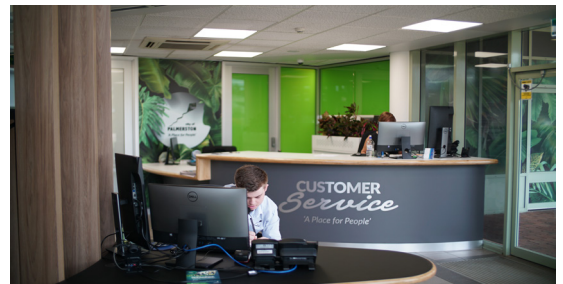
Via our Website: <http://www.palmerston.nt.gov.au/contact-us>

(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.

Don't forget, 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.





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REBOOT YOUR LOOT

Save the date: **10 AUGUST 2019** from 8.00 to 11.00am
Bargain hunters rejoice, the popular car boot sale
Reboot Your Loot returns to Palmerston in August at Civic Plaza Carpark.

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 9 August) and open
to all households, local businesses, schools and community groups.

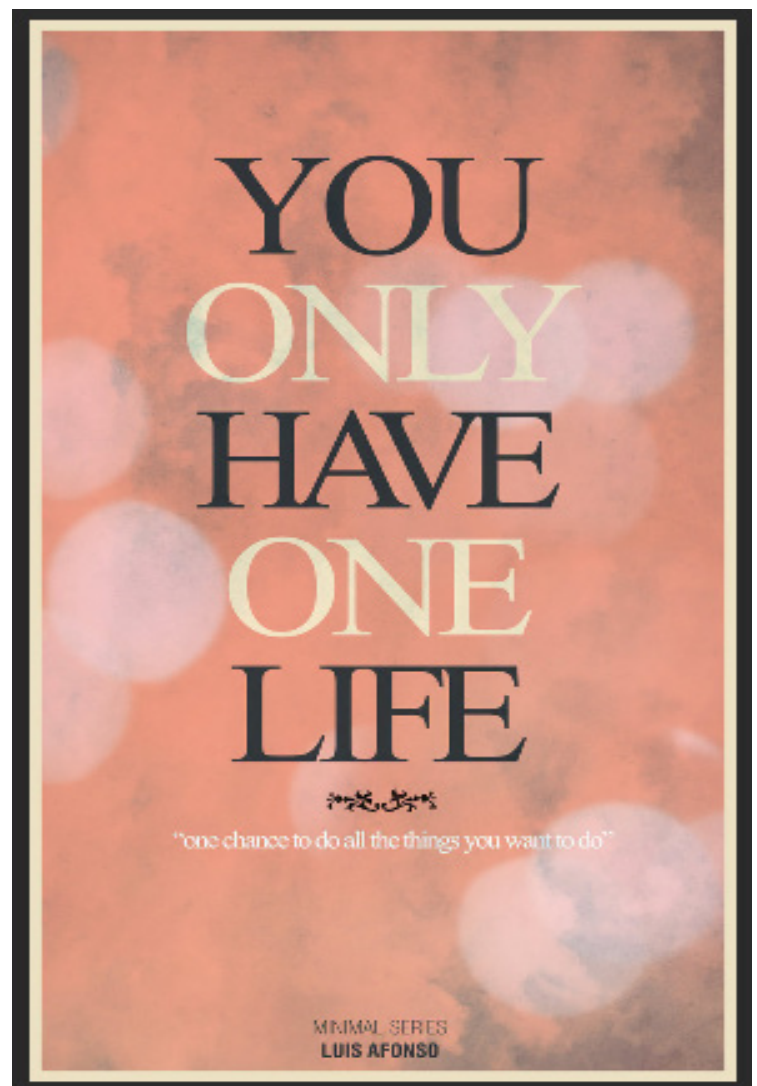


**TO REGISTER VISIT OUR WEBSITE: [HTTPS://
CITYOFPALMERSTON.CHECKFRONT.COM/RESERVE/](https://cityofpalmerston.checkfront.com/reserve/) -
REGISTRATION IS MANDATORY**

ONE LIFE

One SONG can spark a moment
One FLOWER can wake a dream
One TREE can start a forest
One BIRD can herald Spring
One SMILE begins a friendship
One HANDCLAP lifts a soul
One STAR can guide a ship a sea
One VOTE can change a nation
One SUNBEAM lights a room
One CANDLE wipes all the darkness
One LAUGH will conquer gloom
One STEP must start each journey
One WORD must start each prayer
One HOPE will raise our spirits
One TOUCH can show you care
One VOICE can speak with wisdom
One HEART can know what's true
One LIFE can make a difference
You see it's up to you

author unknown





GREY GOSS *Newsletter*

NEW VISA DEBIT CARDS FOR THE NT SENIORS RECOGNITION SCHEME

Territorians on the NT Seniors Recognition Scheme will now have more flexibility, choice, and instant access to their annual payment of \$500, with the introduction of a new VISA debit card.

The new debit card will replace the existing paper travel vouchers and will be provided to all NT Seniors Recognition Scheme members from July 2020. Members with a valid and unused travel voucher can apply later this year to change their voucher to a card.

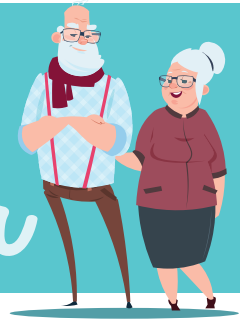
For more information please contact Paige Nguyen on 0428 727 244 or paige.nguyen@nt.gov.au



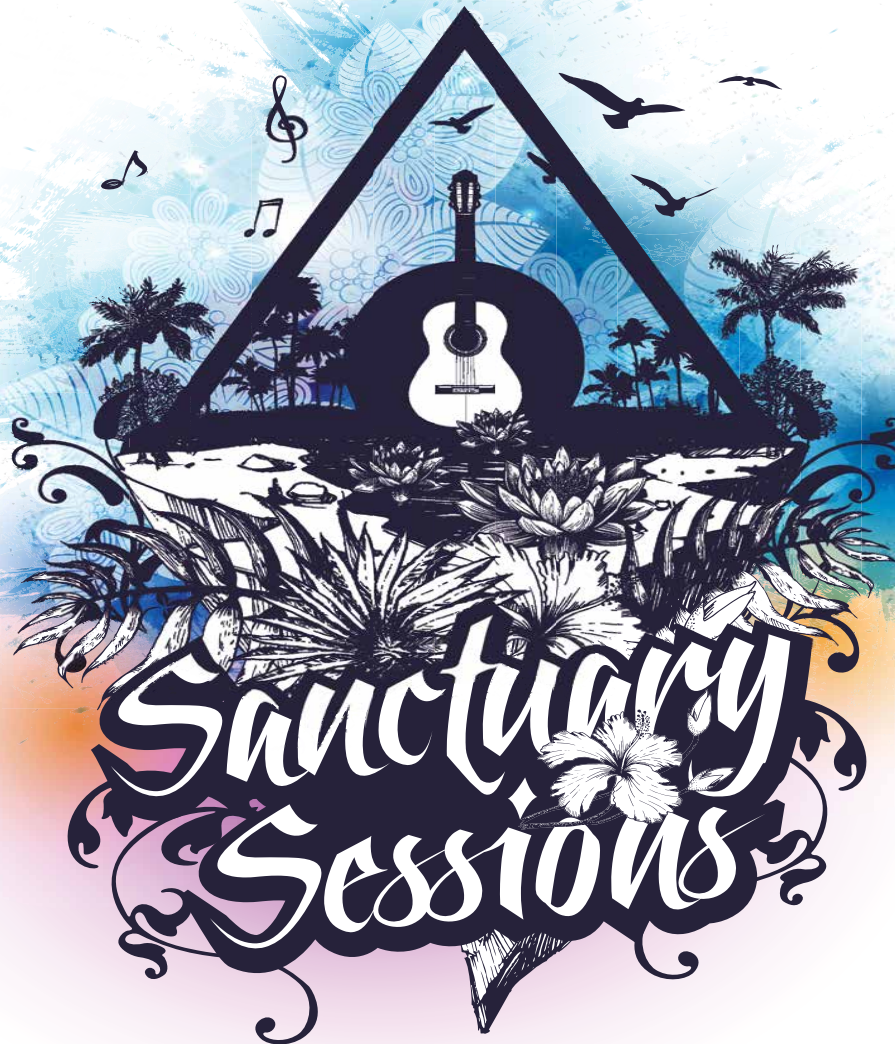
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FREE ENTRY



SATURDAYS | SANCTUARY LAKES | 4-7PM

Live music
BY LOCAL ARTISTS

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

Line up

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

WWW.PALMERSTON.NT.GOV.AU | PALMERSTONNT





COTA NT News for Grey Goss

Living Longer Living Stronger

AS you know, COTA NT was successful in securing funding through the federal government's *Living Longer Living Stronger* program, which means we will be able to augment the number of health and wellness activities available to Palmerston and Rural region with walking netball, Tai chi and seated aerobics.

Details will be announced through COTA NT's channels (email, website and social media), Grey Goss and other editorials. If you want to make sure you keep up with all events offered by COTA NT, then it's a good idea to subscribe to our e-mailing list.

Visit this page to sign up,

<https://www.cotant.org.au/cota-nt-news/newsletter/>

Seniors Expo

Many thanks to all who joined us at this year's Seniors Expo 2019 at the end of May at the Palmerston Recreation Centre. It was a very well-attended event with a wonderful atmosphere enjoyed by many. We have already received requests to register stalls for Expo 2020. Confirmation of an Expo for 2020 will be forthcoming through our channels at the beginning of next year.

Information for Territory Seniors

Did you know that COTA NT publish an information directory on their website for the benefit of Territory seniors at <https://www.cotant.org.au/information/>? These pages list Territory services relating to a range of issues amongst many others: Accommodation and Housing, Active Ageing, Advocacy, Age Friendly Communities, Age Friendly Resources, Aged Care Services, Alcohol and Drug Rehabilitation Services, Clubs and Seniors Organisations, Counselling Services, Cyclone Planning, Driver Education and Information, Employment, Seniors Surveys, Transport and more.

If you have updates regarding these pages to share with the community, please email us on

admin@cotant.org.au

Waving the Flag for our 50th Anniversary

We wish to thank Ronald Strachan of National Flags for the commemorative 50th anniversary flag he presented us with. This flag has been taking pride of place at our 50th anniversary and gold-themed celebrations and events throughout the year.

NT Seniors Card

This program has been in the Territory for over 20 years and recently issued its 40 000th membership card. If you are a permanent Territory resident, aged 60 years or over, you are eligible to apply for a card. You can use your card to receive discounts on services and goods in your region. Visit the website for more information,

<https://ntseniorscard.org.au/>

- Apply for your card online at, <https://ntseniorscard.org.au/apply-for-card/card-application-form/>
- Find out where you can use your card, <https://ntseniorscard.org.au/discounts-directory/>



CHEESY MOUSSAKA PASTA BAKE

This classic Greek moussaka-meets-Italian lasagne-turned pasta bake will be an instant family favourite!

Preparation time: 25 Minutes

Cook time: 1 hour 05 minutes

Makes 6 Servings

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 brown onion, finely chopped
- 1 eggplant, cut into 2cm pieces
- 2 garlic cloves, crushed
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground all spice
- 600g lamb mince
- 400g can diced tomatoes
- 1/2 cup chicken stock
- 2 tablespoons fresh oregano leaves, plus extra to serve
- 250g dried curls pasta
- 2 cups plain greek-style yoghurt
- 2 eggs, lightly beaten
- 2 tablespoons plain flour
- 1/4 cups grated mozzarella



Method

Step 1

Heat oil in a large frying pan over medium-high heat. Add onion. Cook for 5 minutes or until softened. Add eggplant. Cook, stirring, for 5 minutes or until golden and tender. Add garlic, cinnamon and allspice. Cook for 1 minute or until fragrant. Add mince. Cook, breaking up mince with a wooden spoon, for 6 to 8 minutes or until browned. Add tomato paste, tomatoes and stock. Bring to the boil. Reduce heat to medium-low. Simmer for 10 minutes or until mixture has thickened. Stir in oregano.

Step 2

Meanwhile, cook pasta in a large saucepan of boiling water until tender. Drain. Return to pan.

Step 3

Preheat oven to 200C/180C fan-forced. Grease a 10-cup-capacity baking dish. Stir 1 cup mince mixture into pasta. Spoon pasta mixture into prepared dish. Gently press to compact. Spoon over remaining mince mixture. Smooth top.

Step 4

Combine yoghurt, egg, flour and ¼ cup cheese in a bowl. Season with salt and pepper. Spoon over mince mixture. Sprinkle with remaining cheese. Season with salt and pepper. Bake for 30 to 35 minutes or until golden. Stand for 10 minutes. Top with extra oregano. Serve.

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CAZALYS
PALMERSTON CLUB

Seniors **Morning** **TEA**

**Every Second &
Fourth Thursday**

Free Entry From 10am



Information for Members and Guests