

PALMERSTON AND RURAL SENIORS' NEWSLETTER

Published quarterly, this issue covers November, December 2019 and January 2020; listing events and activities throughout the quarter. Please also 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.

PALMERSTON RECREATION CENTRE - A PLACE FOR YOU!

Although a 'young' facility (proudly opened 17 March 2007), this community space wasn't particularly sprightly!

Since the Community Services team shifted over from the Civic Centre to facilitate Council's community programs from the Rec Centre, there have been a few changes. (And can you believe the shift was two years ago!?)

Most recently two more staff offices were constructed in the foyer space (upper photo), and a new casual sitting area developed beside (lower photo). This new zone has tables for food and drink - we're trying to keep the new couches free of spills.

The kids chill out zone has moved to the back. There is also an outdoor area for the kids to use when the stadium is offering youth programs.

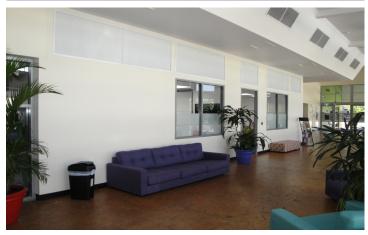
The two disabled-access toilets have been zhushed up,



with better access and amenities. Push-button automatic doors (open/lock/close) are a great improvement for users.

If you're in the area, (remember we're just across from the Library), come on in! Bring your cuppa, a book, your device (free WIFI throughout), your friends and enjoy the aircon and relaxing music.

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PARKING IN PALMERSTON CITY CENTRE



FREE PARKING in the city centre has been introduced in time-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 remains unchanged.

Hours for regulated parking are 8.00am to 4.00pm Monday to Friday (reduced from 5:00pm).

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

All-day parking permits are available for three-month periods (previously only available to purchase for 12-months or pro-rata remaining duration).

Parkingmeterprogrammingrestrictsanewticketfrombeingissued within a timed parking area if a ticket has already been obtained. This will be linked to the vehicle registration number.

Council is investigating a car parking app to provide more convenience for users.

All **DISABILITY PERMIT** holders may park in any Council car park (both on and off-street) or 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.



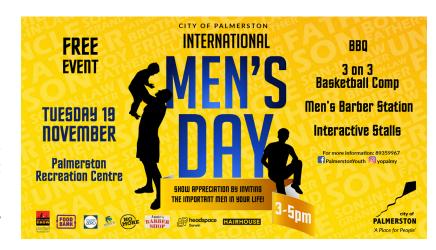
INTERNATIONAL MEN'S DAY

International Men's Day is celebrated on 19 November every year and is marked in around 80 countries worldwide.

In Australia it's a great opportunity for us to:

- Highlight some of the social issues than men and boys face
- Make a difference for the men and boys in your community
- Celebrate men and boys in all their diversity
- Have some serious fun

This year City of Palmerston is celebrating the day at the Palmerston Recreation Centre, during our Youth Drop In Sports program. We hope to bring men of all ages together to celebrate all the great role models we have in our community and at the same time address men's related health and wellbeing issues.



FREE Event and BBQ

Date: Tuesday 19 November

Time: 3pm to 5 pm



GREY GOSS Newsletter

PALMERSTON SENIORS ADVISORY COMMITTEE (PSAC)

The committee, an advisory group to Council, meets approximately bimonthly.

At the scheduled meeting on Monday 16 September 2019 no quorum was reached, so no actions were taken and no Minutes recorded. The final 2019 PSAC meeting is scheduled for 18 November.

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

PALMERSTON SENIORS FORUM ROUNDUP

Event was held on Monday 19 August 2019, 9.45am-1pm.

This year we tried something new - we moved the Forum over to the Palmerston Recreation Centre (11 The Boulevard Palmerston), and used Community Room 2 for the main 'work' and catered from the foyer.

Using a venue without on-site caterers means that we can source different catering options for different events and



activities. This year we were treated to scones for morning tea, an amazing roast meat and vegetable lunch with fruit platter dessert, all supplied by local company Food'lldo. Feedback from the Forum participants was overwhelmingly positive, with most comments being about the lovely food and great guest presenters.

The community room was laid out with round tables and chairs, to allow people room to socialise and workshop as required. 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.

Seniors Month Grant funding from the Office of Senior Territorians, NT Governement, assisted with the costs.

The program included Welcome by City of Palmerston Mayor Athina Pascoe-Bell (photo below, right), an entertaining poem by Poet Laureate Sandra Parker (see page 10), an update from the Chair of Palmerston Seniors Advisory Committee - Alderman Sarah Henderson, and guest presenters from the NT Planning Commission plus our special guest; Charlie King OAM, (photo below, left.)

Issues raised during the workshop session will be considered by the Palmerston Seniors Advisory Committee for possible inclusion in the group's ongoing Action Table.





Thank you very much to everyone who participated in the forum and all the wonderful volunteers who helped in the lead up, and following the event, as well as on the day. It would not be the success it is without you all. You'll find more photos on page 13.

GREY GOSS Newsletter

KITCHEN WHIZZ-DOM!

Ah yes, things that we mature citizens just know:

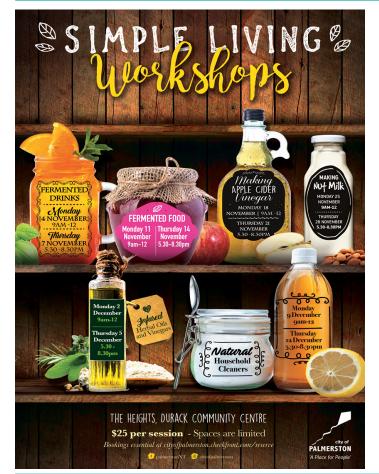
- A swipe of butter on the jug lip will stop your milk dripping. (Does anyone still use milk jugs or are yours full of pencils too?)
- Putting a banana in the bag with your green tomatoes will ripen them faster.
- Bread crumbs can be made quickly with your toaster, sandwich bag and a rolling pin.
- Using cocoa instead of flour to coat your cake tin stops the cake looking dusty. (Sure, that's why I do that!)
- Pre-boiling potatoes for 10 minutes makes roasting them quicker.
- A glass makes a perfectly good biscuit-cutter.

DO YOU HAVE ANY AMAZINGLY USEFUL KITCHEN TIPS you'd like to send in for the next Grey Goss? Let Tess know by emailing

tess.riches@palmerston.nt.gov.au or drop in to the Recreation Centre.

These tips are from: http://www.msn.com/en-au/lifestyle/smart-living/20-nearly-forgotten-kitchen-secrets-from-the-past/ss-AAH39uX?ocid=ientp





SIMPLE LIVING WORKSHOPS

Do you daydream about one day making you own homemade products and living a more holistic, sustainable life?

Come along a learn how to make all kinds of groovy goodies in our Simple Living Workshops.

Choose from:
Femented Drinks
Fermented Food
Making Apple Cider Vinegar
Making Nut Milk
Infused Herbal Oils and Vinegars
Natural Household Cleaners

Cost is \$25 per session.

Venue: The Heights Durack Community Centre

Bookings are essential and spaces are limited so get in quick by clicking on https://bit.ly/2bNI5v2

GREY GOSS Newsletter



NATIONAL RECYCLING WEEK - 11 TO 17 NOVEMBER 2019 **GET CRAFTING, GET COLLECTING, GET ON BOARD!**

We all know it; single-use plastic is something to avoid EVERY TIME we have the chance. The Palmerston community is getting involved, and that is what is really going to make a difference here and beyond our little bit of the planet.

So are you looking for a practical AND FUN way to reduce the use of the single-use plastic bags in our community? **BOOMERANG BAGS - PALMERSTON IS IN!**



Boomerang Bags is about making bags, diverting waste, starting conversations, connecting with each other, fostering sustainable behaviour, and having fun!

You and your friends can be involved in any or all of this process. Contact Palmerston's own Boomerang Bags Coordinator, Colleen Bandy on 89895290 or 0439996452 to volunteer, find out about the next monthly Sewing Bee or donate

The group uses donated fabric including curtains, sheets and pillow cases to make the bags, so the fabric is recycled; an even more environmentally friendly alternative to plastic bags. Have you got anything suitable to donate?

Chat to Colleen about ways YOU might help, even if you don't feel that you are a

'sewer'. The group also needs people to pin or fabric, make cuppas etc.

If you are keen to find out more about this huge network, and download resources, go to:

https://boomerangbags.org/

And now for something completely different! LIDS FOR KIDS

Rosebery' Primary School's hub of Student Voice Positive Choice are collecting lids for Envision Australia. (Envision ES is a community-based not-for-profit organisation in Victoria that focuses on supporting and assisting longer-term job seekers with practical programs.)

ENVISION HANDS is their project to collect plastic recyclable lids destined for landfills and turn it into filament for 3D printers, then MAKE PROSTHETIC HANDS for kids in developing countries overseas, and temporary ones for kids here. The program is so successful they are stockpiling lids so they can keep up with ongoing demand!

Contact Leisa Beynon on leisa.beynon1@ntschools.net if you think YOU can help and be involved locally! From Leisa:

"Rosebery Primary School's Student Voice Positive Choice Team decided to collect 1,000 bottle tops (plastic ones like you get on the milk bottles), to send off to Envision and after the first week managed just over 800. So now our aim is 1 million bottle tops. Currently we've got about 16,000 bottle tops. We've had support from Driver Primary School, Your Smile Dental and the local politicians. Our vision is to have every school, shopping centre and restaurant in Palmerston collecting bottle tops. We would also like to start looking at the financial side of things as well (how can we raise money for them). And we are looking for a physical place to store the bottle tops until we have a million."



For further information about this incredible program:

https://envision.org.au/envision-hands/



AUSTRALIA DAY

On 26 January each year, the City of Palmerston celebrates Australia Day at its Official Ceremony, which includes the official raising of the National Flag of Australia, welcoming the country's newest residents with a special citizenship ceremony and presenting the City's coveted Australia Day Awards.

PALMERSTON AUSTRALIA DAY AWARDS 2020

In Palmerston our vision is 'A Place for People'. The Palmerston Australia Day Awards acknowledge and recognise the selfless efforts of individuals and groups within our community who embrace this vision.

We all know a local individual or organisation who deserves to be recognised for the work they do to make our community great, and the Awards are an opportunity to recognise and rewarded them.

While Australia Day may seem a while away, now is the time to show your appreciation and nominate them for the Palmerston Awards by Friday 29 November.

Nominations are open in the following categories:

PALMERSTON CITIZEN OF THE YEAR AWARD

An Australian citizen, 30 years or older on 26 January 2020, who has contributed or given outstanding service to the community and resides in Palmerston.

PALMERSTON YOUNG CITIZEN OF THE YEAR AWARD

An Australian citizen, between 16 and 29 years on 26 January 2020, who has contributed or given outstanding service to the community and resides in Palmerston.

PALMERSTON COMMUNITY EVENT OF THE YEAR AWARD

This award recognises and encourages significant contributions to community life in Palmerston, through events and or community group initiatives.

The Award is open to community groups of four or more people who:

- 1) Perform a service to the community
- 2) Raise funds for a community charity, event or project
- 3) Conduct a successful project, event or activity: or
- 4) Bring credit or recognition to a community through a cultural, environmental, or sporting achievement.

Palmerston NOMINATIONS ARE NOW OPEN IN THE **FOLLOWING CATEGORIES:** PALMERSTON CITIZEN OF THE YEAR PALMERSTON YOUNG CITIZEN OF THE YEAR PALMERSTON COMMUNITY EVENT OF THE YEAR Nominate at www.palmerston.nt.gov.au or email: palmerston@palmerston.nt.gov.au by 29 November 2019

Nomination Forms are available from the Council website:

https://www.palmerston.nt.gov.au/community/lifestyle-community/community-celebrations/australia-day or pick some up from The Palmerston Library, Recreation Centre or Civic Plaza.

WHAT'S THE YEAR?

- An earthquake kills 30,000 in Chile.
- Last public execution by guillotine in France.
- Victoria experiences one of Australia's worst ever bush fires.
- The World's Fair Opens in New York.
- Thailand Changes its name From Siam.
- Popular Films are 'Gone with the Wind', 'The Wizard of Oz', 'Stagecoach', 'Of Mice and Men', 'Wuthering Heights' and 'The Hunchback of Notre Dame'.
- Born This Year: John Cleese, Tina Turner, Marvin Gaye, Francis Ford Coppola, George Hamilton, Paul Hogan, Ralph Lauren, George Lazenby, Lee Majors, Neil Sedaka, Jackie Stewart and Terry Waite.
- Australia had 3 Prime Ministers; Joseph Lyons, Sir Earle Page and Robert Menzies.

ANSWER ON PAGE 12

DEMENTIA AUSTRALIA HAS MOVED...

The organisation is now located in Terminal One Building, 7/396 Stuart Highway, Winnellie. The new place is a 'Dementia Hub' for:

- dementia support and advice
- carer and community education
- accredited and non-accredited training
- centre-based activities and support

NATIONAL DEMENTIA HOTLINE: 1800 100 500

DEMENTIA.ORG.AU

COMMUNITY BENEFIT SCHEME

Council provides funds to eligible applicants who provide activities, events and services for your Community.

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.)

Most grant and donation 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. If you think your community group or organisation would be eligible for funding, call Tess on 8935 9929 and have a chat about how you go about applying.

Does your family know that 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. Jacob, pictured on the right, recently received funding to assist him to participate in a week of golf at the Jack Newton International Sub-Junior Classic, NSW. Isn't it fabulous to see the NT represented by our young people? Congratulations, Everyone!

GREY GOSS Newsletter

HERE COMES THE RAIN!

Oh, come on! It may be later than we'd like, but will eventually arrive. Time to think and get prepped for... drumroll...

Road safety with the change of season:

Wet windscreens and roads are on the way. Check windscreen wipers and tyres (don't forget the spare) before the season starts to determine what needs replacing.

Practical ways to help you reduce your garden water bill: Before the Wet arrives, it is time to check your garden watering systems for leaks, and do repairs-you won't notice them once the rain sets in. When the rain does start, assess the settings on your watering system timers you don't want to be watering if Mother Nature is doing it for you. Consider switching automatic irrigation systems to manual, and only use when necessary.

Build Up Pets:

Make sure your cats, dogs, birds shelter from rain and wind, and a safe place to go if frightened by storms-as well as the usual needs for shelter from sun and access to plenty of cool, clean water. Is your dog wearing its collar, identification tag, Council registration tag and are the microchip details up to date? If it escapes during a storm — and many do — make it as easy as possible for the finder to contact you.

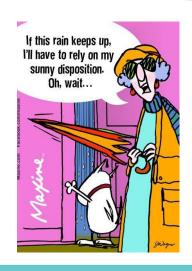
Hint for putting on new dog tags: put the tag into a cup of warm water for a few minutes then it will bendy enough to be manipulated. (Then when it cools it 'sets' in place.) Our rangers are always ready to help our residents if needed, or even at the Rec Centre, seniors can bring in the tag and collar and we'll help out.

Top End Lost and Found

Reuniting lost and found pets with their humans.

http://telaf.wordpress.com/

TELAF aims to reunite lost animals with their owners in the Top End of Australia, and to find forever homes for some homeless animals. TELAF is a free independent service. TELAF cannot guarantee the return of your animal but offers another avenue for searching.



WET SEASON GARDEN TIPS

The Wet Season may occasionally be limiting for our activities, but it is just glorious for plant life.

Plan ahead now:

- It will soon be the time of the year for planting trees, so they become established before the next Dry. Ideally, you won't have to water the new trees until next year, but the way this season is shaping up, you may want to keep a good eye on all new plantings, watering as needed.
- Cuttings are a great way to increase your plants, and the Wet is the ideal time for taking and establishing cuttings from a wide range of plants. Choose stems that don't have a lot of fresh new leaves, cut them early in the morning, strike in a sheltered, shady spot and be prepared for success!
- If you do find yourself with seedlings or cuttings that you have no space for, ask around the neighbourhood - you may be able to give them away to another aspiring green thumb!

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.





Neighbourhood Watch NT are committed to creating safer and more secure Territory Neighbourhoods. They have launched their annual Safety Survey to better understand the safety environment and level of crime in Territory neighbourhoods.

The survey opened during Neighbourhood Watch Week and will remain open until the end of November 2019.

They aim to capture responses from as many Territorians as possible. To encourage participation all respondents who provide contact details will be entered into a prize draw for their chance to win a home security system valued at over \$400!

To take part in the 2019 NHWNT Safety Survey visit www.surveymonkey.com/r/9CF7WLN





GREY GOSS Newsletter

MY NEW PLANT

Over the years I've been planting hundreds of trees, thousands of bushes and many more flowers kilos of vegies, garden care prepared and the planning always took hours

But recently a new activity I've tried It doesn't take effort, just a dent in my pride It doesn't need money, or expensive forethought It works anywhere, on a surface of any sort.

My change of elevation was really not expected it meant my whole body was seriously affected in ways I should definitely have rejected. And considered, before I went down

From vertical one minute to horizontal in a flash. a spectacular face plant was something really rash. My feet danced a tango, whilst my legs did a waltz my body rapidly changed trajectory, of course

As I adjusted from up to down my mind raced faster to work something out in transit, but it didn't! Nothing broken, ego dented, bits that hurt, blood expended.

But, like my horticultural efforts there are plus factors about it as well. I now have the latest in-fashion looks As any of you can tell I have smokey eyes and face tattoo With puffy lips that pout And some unique colouration Influencers will twitter about

The result of such a face plant Something abrupt, and with a thump The effort's not in the going down, It's in the getting up.

(c) Sandra Parker



PALMERSTON MULTICULTURAL COMMUNITY DINNERS

Time: 6pm - 8pm

Place: Palmerston Recreation Centre,

Community Room 2, 11 The Boulevard, Palmerston

Please bring: A plate to share if you can, and a plate + cutlery to eat with.

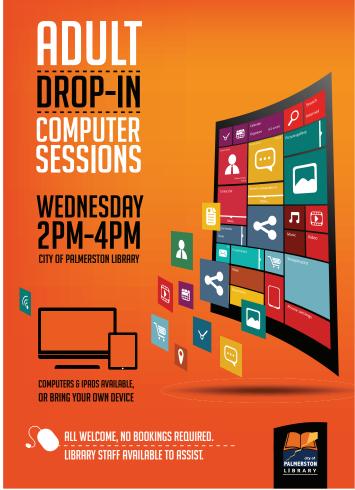
Everyone is welcome!

The dinners will continue once a month until the end of the year (and again in February!)

- Thursday 14 November 2019
- Thursday 12 December 2019
- Thursday 13 February 2020







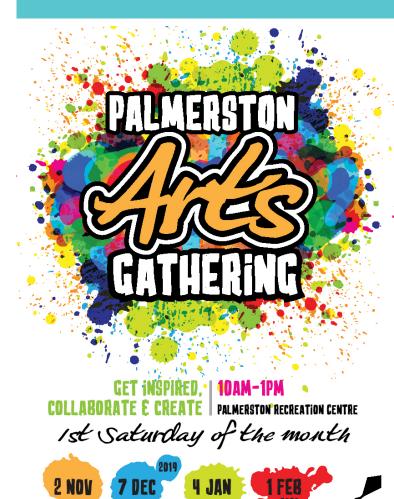
DATES FOR YOUR CALENDAR

- now Dog Registration is due
- 11 November Remembrance Day
- 11-17 November 2019 National Recycling Week
- 14 November 2019 Palmerston MULTICULTURAL COMMUNITY DINNER
- 19 November 2019 International Men's Day
- 29 November 2019 2020 Australia Day Palmerston Awards nominations deadline!
- 30 November 2019 PALMERSTON CAROLS
- 12 December 2019 Palmerston MULTICULTURAL COMMUNITY DINNER
- Noon 24 December 2019 to 2 January 2020 Council Depot, Civic Plaza, Recreation Centre and Library will CLOSE FOR THE FESTIVE SEASON, reopening on the first business day after the New Year's Day public holiday.
- 13 February 2020 Palmerston MULTICULTURAL COMMUNITY DINNER



GREY GOSS Newsletter





PALMERSTON ARTS GATHERING

Held on the first Saturday of each month,

Time: 10am - 1pm

Location: Palmerston Recreation Centre, Community

Room 2

11 The Boulevard, Palmerston

Provided: the room, tables, chairs, a light snack. Please bring: your artworks, instruments, materials.

The idea is simply that everyone is welcome to bring materials or projects you're working on, and play and create alongside each other. The values of these sessions are positivity, inclusivity, creativity and respect. The rest is up for those present to decide! Please note, any mess must be fully cleaned up participants by the end of the session.

All ages welcome, however young people 14 and below are to be accompanied by an adult.

Palmerston Carols Saturday 30 November 2019!

Goyder Christmas tree lighting - date to be determined. More details for both these exciting family-friendly events will be available soon. Keep an eye out for the promotions!!

Answer to What's The Year: 1939



NOVEMBER 2019 EDITION

CITY OF PALMERSTON

GREY GOSS Newsletter

PALMERSTON SENIORS FORUM 2019 HAPPY SNAPS



GREY GOSS Newsletter

CITY OF PALMERSTON'S NINTH COUNCIL

The City of Palmerston Council is made up of the Mayor and seven Aldermen, with the Deputy Mayor elected from the existing Aldermen. Alderman Sarah Henderson, (pictured), is the Chair of the Palmerston Seniors Advisory Committee. 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 is 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

Council has a Community Plan which was developed in 2018 with assistance and direction from the Palmerston Community.

Have you had a look? Download a copy from our website or view a copy in the Palmerston Library.

https://www.palmerston.nt.gov.au/council/forms-and-publications/publications#item-2



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 available 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.



