

APRIL 2020  
EDITION

CITY OF PALMERSTON

# GREY GOSS Newsletter



## PALMERSTON AND RURAL SENIORS' NEWSLETTER

Published 2-3 monthly, this issue covers April to May 2020; although we cannot offer events and activities throughout the period. Please also check Council's website and Facebook for updates and new developments.

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. Pulling together an accurate coverage of upcoming activities and events has been a challenge, and there will be more changes to programs. In the meantime, we're here!

### COUNCIL IS WORKING HARD TO PROVIDE THE SERVICES AND INFORMATION THAT OUR COMMUNITY NEEDS.

We will communicate changes to programs and services as widely as possible.

Please keep in touch and updated by maintaining social media links such as:

- [Facebook](https://www.facebook.com/PalmerstonNT/) <https://www.facebook.com/PalmerstonNT/>
- [Council's website](http://www.palmerston.nt.gov.au) [www.palmerston.nt.gov.au](http://www.palmerston.nt.gov.au)

Palmerston Library is delivering Storytime sessions via live stream, as the venue is now closed to the public due to physical distancing requirements.

They are also implementing 'click and collect' borrowing options.

The photocopying service at the library is not available, however the public are currently still able to use our mobile printing services. (Pick up the same as for 'click and collect' books and resources.)

Council is also investigating further additional virtual and online service options for the community.

Updates and details on affected events or services are continuing to be made on Council's Website and Facebook page.

<https://www.palmerston.nt.gov.au/covid-19-update>

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### Reducing Isolation of Local Seniors

With increased isolation by people trying to minimise the chance of spreading the COVID 19 virus, please be aware of your family, friends and neighbours.

Please - keep yourselves safe but continue to be your usual caring selves.

Are there any non-contact ways for you to still be able to keep in contact and maintain social links?

***The virus can survive on paper for days, so maybe don't drop a note in their letterbox or mail them a letter, instead make a phone call, send a text, email them or skype them?***





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## RATES

Just a reminder instalment 4 became due and payable on 30/03/2020.

Did you know that each property has its own unique reference number?

This means that your payment reference details can be used at any time to make regular contributions towards your rates prior to the due date, which may assist with your household budgeting. Council also offers a direct debit service should you be unable to facilitate payments yourself.

Already behind? Visit Council's website to enter into a payment arrangement

or contact our rates staff on 8935 9922

<https://www.palmerston.nt.gov.au/live/rates>

<https://www.palmerston.nt.gov.au/live/rates/payment-arrangement>

## PALMERSTON SENIORS ADVISORY COMMITTEE (PSAC)

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

Council advisory meetings have been cancelled

until further notice, however we expect be up and running again later so here are the scheduled dates.

### 2020 MEETING DATES

Monday 3 Feb - Complete!! The Minutes are now available on the website

Monday March 30 - Definitely Cancelled

Monday May 18 - Almost Certainly Cancelled

Monday 20 July - Very Likely To Be Cancelled But Fingers Crossed

Monday 21 September - Here's Hoping But No Idea Yet

Monday 23 November - Let's Say Possibly

And for when we get back to normality -

Did you know that you may attend as a member of the gallery, to observe the meeting? However you will need to contact Tess to RSVP.

PSAC Meeting Minutes are included in Council Meeting Agendas on Council's website. [www.palmerston.nt.gov.au](http://www.palmerston.nt.gov.au)

**The February PSAC meeting involved a topic that is now even more of an issue due to the current health crisis:**

In case you missed it on page one...Reducing isolation of lonely local seniors:

With increased isolation by people trying to minimise the chance of spreading the COVID 19 virus, please be aware of your family, friends and neighbours. Are there any non-contact ways for you to still be able to keep in contact and maintain social links? Please - keep yourselves safe but continue to be your usual caring selves.

***The virus can survive on paper for days, so maybe don't drop a note in their letterbox or mail them a letter, instead make a phone call, tend a text, email them or skype them?***

Technophobes: It is now time to take up the challenge!

Congratulations to our newest member, Mrs Sheryl Sephton. Thank you and farewell to one of our longest-serving members, Mrs Marg Lee; twelve years' membership is an outstanding effort!



## CONSULTATION OPPORTUNITY: MARLOW DOG PARK IMPROVEMENTS



Following feedback from the community, the City of Palmerston has developed a Concept Plan for potential improvements to the Marlow Lagoon Dog Park. The elements included in the Concept Plan are not fixed and will be refined based on community feedback.

Council would like the community's opinions on each of the elements of the Concept Plan, the importance and priority for each of the proposed improvements, suggestions and any other feedback.

The concept plan was developed after Council received a petition about creating a dedicated small dog area at the park.

You can provide feedback on the Marlow Lagoon Dog Park improvements via an online survey .The Marlow Lagoon Dog Park Consultation is open for seven weeks, closing on Friday 24 April 2020.

<https://www.palmerston.nt.gov.au/council/have-your-say/2020/marlow-lagoon-dog-park-improvements>

## IMPORTANT CONTACT NUMBERS FOR SERVICES - PLEASE SHARE WITH FRIENDS AND FAMILY

Lifeline on 13 11 14

Kids Helpline on 1800 551 800

MensLine Australia on 1300 789 978

Suicide Call Back Service on 1300 659 467

Beyond Blue on 1300 224 636

Headspace on 1800 650 890

ReachOut at [au.reachout.com](http://au.reachout.com)

Care Leavers Australasia Network (CLAN) on 1800 008 774

## WHAT HAPPENS WHEN YOU NOTIFY NT GOV OF AN ISSUE?

One of our intrepid local seniors recently reported issues about the timing sequence of certain traffic lights (from comments at the Seniors Forum, likely affecting more people than we imagine). He is happy to share progress of this so that others might follow and be encouraged to approach your MLA's for assistance also.

Firstly, having ascertained that the issue was an NT Government responsibility, he initiated a discussion with Mrs Eva Lawler, who promptly forwarded the report to the appropriate authority, in this case Department of Infrastructure, Planning and Logistics, Northern Territory Government.

An email was sent from the department requesting a discussion to provide more details. As a follow up to the initial email sent to the customer, who was away on holidays, a second email was sent promptly in the new year.

Once the contact details were exchanged the customer and a representative from the Department had a discussion and sorted out all the relevant details to enable an investigation.

An email a few days later confirmed that the reported issues were under investigation and included a date by which to expect a progress report.



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## RELATIONSHIPS WITH FAMILY AND FRIENDS - KEEPING SENIORS SAFE

It's a sad thing, but we're all talking more about how to provide help and encourage seniors get help when things aren't going well. Increased stress can make some situations even more uncomfortable. Relationships Australia (RA), a community-based, not-for-profit, non-government organisation has approached us to let everyone know that they are available to assist in the community. Senior Relationship Services supports older people to feel respected and safe. (You can call , email or visit RA-NT's website for more information – details are below.)

### How can RA help?

This FREE program provides an early intervention service. RA work confidentially to provide:

- Information, support and referrals
- Counselling
- Facilitated family or group meetings/mediation
- RA can also offer extra support from our Aboriginal and Islander Cultural Advisors and external interpreter services.

### Who can use this service?

- People aged 65 years and over, and Aboriginal and Torres Strait Islander people aged 50 years and over, where there is concern about abuse.
- Family members, friend or carers can also contact us if they have a concern about an older person who may be vulnerable to abuse, exploitation or neglect.

### Contacts in Darwin:

Phone: 08 8923 4999 (8.30am to 5pm, Monday to Friday)

Email: [darwinseniors@ra-nt.org.au](mailto:darwinseniors@ra-nt.org.au)

Relationships Australia NT website is [https://nt.relationships.org.au/help\\_with/senior-relationship-services/](https://nt.relationships.org.au/help_with/senior-relationship-services/)

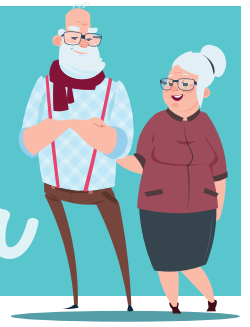
To safeguard the wellbeing of RA clients, staff and the wider community RA is not currently having face-to-face contact with clients or stakeholders. Services will be delivered via telephone or video calls during our usual business hours. Please call or email RA if you have any questions about these changes. RA will continue to monitor the COVID-19 situation closely and review the way they work based on the advice of the World Health Organisation, Australian Government Department of Health and Australia's Chief Medical Officer.

And please: don't forget that in an emergency, or anyone is in danger, call 000 and the operators will get the right emergency assistance (Police, Fire or Ambulance) to you as soon as possible.

RA also recommend 1800 RESPECT (phone: 1800 737 732), the national sexual assault, domestic and family violence counselling service, which operates 24/7 and provides counselling, information and referral service about healthy relationships, for all Australians, including:

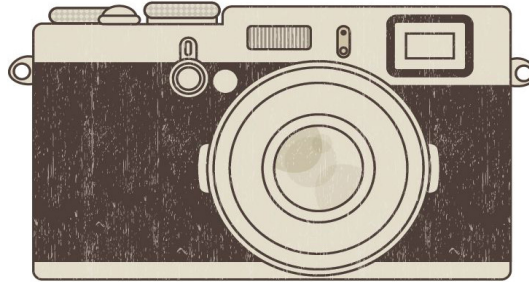
- People who don't speak English
- People who find it easier to speak through an interpreter or translator
- People who are blind or vision impaired
- People who are deaf or hearing impaired
- People who don't speak or have difficulty with speech

If you would like a greater understanding of the issues and services available, a good start is a visit their website and read through their Frequently Asked Questions. website: [www.1800respect.org.au](http://www.1800respect.org.au)



## Modern Image Reproduction

I've made a discovery recently,  
All new fangled cameras, lie.  
In fact, ALL cameras lie.  
The lens is pointed at you  
the button is pressed,  
the resultant exposure is  
..... not you.



Merely an older relative, or distant cousin,  
or occasionally, a complete stranger  
It is a proven fact.  
Between the lens facing your direction  
the button being pressed  
and the actual processing  
there is big conspiracy.

Mobile phone, video, 8 mil,  
digital, disposable,  
all the same.  
Not like proper cameras,  
folding cameras, box cameras,  
those with a lens that could be adjusted  
or changed completely.  
Almost everyone could adjust the lens properly  
and take a really lifelike pictures.

Not these cameras.  
Computerised digitalised,  
packet sized efforts.  
Impossible to adjust to take  
proper accurate photographs.

These modern contraptions  
change things too,  
Like the colour of one's hair,  
they add things, like shadows, lines,  
and extraneous bits, all over the place  
where they never existed before.  
Modern mirrors aren't much better.

Can't understand it,  
The young don't have the same problem.  
their photographs depict them exactly  
as I see them in the flesh.  
Probably because they were born  
after the invention of these photographic wonders  
and there is some sort of inbuilt recognition.

I can't really grumble, I suppose.  
I can still see the wretched photographs.  
In future, I'll stay out of the way  
of all these modern camera contraptions.  
Let me know when a factual one is developed!  
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## 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.

Congratulations to Palmerston's winners in the three categories:

**PALMERSTON CITIZEN OF THE YEAR AWARD**  
**PALMERSTON YOUNG CITIZEN OF THE YEAR AWARD**  
**PALMERSTON COMMUNITY EVENT OF THE YEAR AWARD**

Alwyn Davey  
Luke Secrett  
PARBA Suburb of Origin

## PALMERSTON LIBRARY

Check out this page on Council's website for links to a range of online resources that you may find useful and interesting.

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

Including:

### EBOOKS AND EMAGAZINES:

Borrow or reserve up to 8 eBooks and 8 eAudiobooks at any one time for a period of two weeks. Or borrow or reserve up to 20 eBooks on our Wheelers ePlatform for a period of up to 4 weeks. Download on the go - 24/7.

The RBdigital magazine collection can be accessed with your library card and internet access. You can choose from a range of digital magazines with no loan period and no limit on the number of magazines you can download. City of Palmerston Library members can access RBdigital (formerly Zinio) through the Northern Territory Library collection which has access to hundreds of digital magazines covering a wide range of subjects.

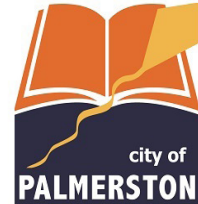
### ONLINE DATABASES

eResources are website and specialist databases with information on history, literature, music and many other subjects. It is free to library members.

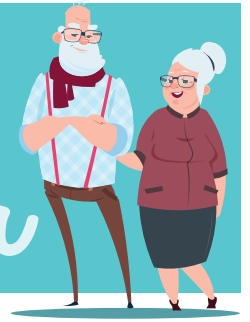
### LEARN A NEW LANGUAGE (OR RELEARN ONE?)

A complete language learning system for the independent learner, Transparent Language Online features 100+ languages with easy to follow tutorials that can be accessed from your desktop or mobile device.

**CLICK AND COLLECT** borrowing options, where members can select books for collection, along with access to mobile printing collection, is available Monday to Friday from 9.00am-4.30pm.



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## 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.**

<https://www.palmerston.nt.gov.au/community/community-benefit-scheme>

## A MESSAGE FROM PALMERSTON AND LITCHFIELD SENIORS ASSOCIATION INC. (PLSA)

It has been a difficult start to the year due to the current health crisis. Along with most Clubs, we have had to postpone our activities indefinitely. When things improve you will be the first to know what the PLSA is planning.

**Easter Raffle:** The Easter Raffle tickets are partly sold. With the support of Licensing NT, we are going to suspend the draw of the Easter Raffle and sell the balance of tickets after 31 October 2020. So, do not despair, hold onto your tickets that you have bought. If you have been selling tickets for the PLSA, please return the book, sold or unsold and any monies to the PLSA. We need to collect and retain all ticket books currently with members.

Please ring Marg Lee on 0438 430 237 or Neville Driver on 0455 660 026 so that we can arrange to pick the books and money up from you.

**Membership Fees:** If you wish to pay your membership fee before 30 June 2020, please ring the Treasurer, Sheryl Sephton on 0439 342 400 to make arrangements.

The Membership Fee is \$20.00/person if paid before 30 June 2020. After this date the membership fees are \$30.00/person.

**Newsletter:** The PLSA Newsletter will be distributed in mid-April, so keep an eye out for it in your email or mail box.

**Assistance:** If during the period of closure you may be distressed for any reason or need some assistance, the following contact people are available to assist and advise:

PLSA – Sally Howarth [palmerstonandlitchfieldseniors@gmail.com](mailto:palmerstonandlitchfieldseniors@gmail.com)

Mbl: 0406 195 257

Litchfield Council  
City of Palmerston

Maree Bredhauer  
Reception

Mbl: 0437 517 709  
8935 9922 (answered 24 hrs a day)

During this period of uncertainty, remember:

- 1) To stay safe
- 2) Listen to credible information
- 3) Practice social distancing; and
- 4) Where possible stay at home to limit your exposure to picking up corona virus.





# GREY GOSS *Newsletter*

## THE CLANDESTINE AFFAIR

I was driving along  
When it struck me  
I've been having an affair  
with my fridge  
It started in the months before Christmas  
and slowly developed into a psychosis  
and a pestering paranoia.  
I do not need to tell you, that  
I had neglected my fitness and lifestyle centre.

The fitness centre, feeling rather put out,  
decided to notify my pants  
which, in turn, passed the message on  
to my scales.  
My scales started abusing me  
with vile expletives of increasing numbers.  
I desperately tried to convince my scales  
that my long term relationship with them  
should not be affected by my relationship  
with anything else, least of all my pants.  
All to no avail.

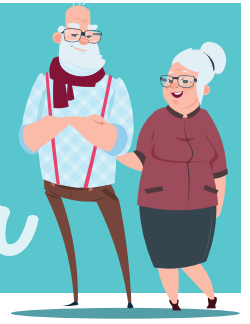
My new pants became more belligerent  
as I forsook them  
for their predecessors,  
which were more comfortable.  
My new pants told my mirror!  
My mirror, never very diplomatic,  
accused me of having an on-going affair  
with the fridge and proceeded  
to notify every one of its fellows far and wide.  
So now wherever I am,  
a mirror accuses me of a covert affair.

So there's nothing else for it.  
I must end my affair with the fridge,  
seek clemency from my fitness centre,  
make a valiant effort to button up my new pants  
And start the road to recovery.

© Sandra Parker







CITY OF PALMERSTON

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## ARE YOU READY FOR A CHALLENGE?

There's a volunteering opportunity that might be just what you've been waiting for...  
Learning Club Tutor with The Smith Family.

It's with year 4, 5 and 6 kids so of course there will be some requirements. Applicants are informed of all legal and training requirements for the volunteer role during or prior to an interview. It takes approx. 8 weeks from application to starting the position so you could enquire now and possibly be ready when the social restrictions are lifted.

This role provides the opportunity to use and enhance your tutoring, mentoring, and relationship skills, alongside other passionate team members!

Volunteer Learning Club Tutors assist students with homework tasks and structured activities, using materials provided by The Smith Family. You will be supporting students in their educational and personal development.

Through this role, volunteers provide critical, direct support for the educational and social development of disadvantaged young Australians to succeed at school, so they can create better futures for themselves.

With all your life experiences, skills and positive attitude - you'd have to be able to make a difference!

### Commitment:

Approximately two (2) hours per week, one day per week with an ideal one-year commitment. Could be for one or both schools:

Woodroffe Primary School: Mondays 2.30pm-4pm

Driver Primary School: Wednesdays 2.30pm-4pm

Think about it, and if you have any questions please contact Angela Wear, The Smith Family Program Coordinator on 08 8985 6841 or email [angela.wear@thesmithfamily.com.au](mailto:angela.wear@thesmithfamily.com.au)

## NOT YOUR CUP OF TEA?

**BUT YOU DO KNOW OF OTHER GREAT OPPORTUNITIES FOR VOLUNTEERING IN OUR COMMUNITY? ESPECIALLY FOR WHEN WE ARE ALL ABLE TO GET OUT AND ABOUT FREELY AGAIN?**

**PLEASE LET TESS KNOW AND WE'LL TRY TO INCLUDE DETAILS IN FUTURE GREY GOSSSES**

According to the Volunteers Qld website:

Volunteering is all about making a difference in your community; it also benefits you personally as it offers the chance to:

- act on your values, passions and interests,
- make new friendships and create professional networks,
- gain work experience and learn new skills,
- enjoy new social and cultural experiences,
- develop personally and build confidence
- enjoy better physical and mental health as studies show volunteering makes us healthier and happier
- challenge yourself in a supportive environment
- help your community
- have fun!

Did you know there's an organisation that helps people find volunteer positions in the NT? Contact **Volunteering NT** phone: 08 8963 5624 (9am to 5pm Mon-Fri) email: [darwin@volunteeringsa-nt.org.au](mailto:darwin@volunteeringsa-nt.org.au) to see when they will be operating as usual, and what information they have available now.

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## 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 Lucy Morrison holds the role of Deputy Mayor from Sunday 22 December 2019 to Friday 22 May 2019 (inclusive).

Alderman Sarah Henderson 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](mailto:palmerston@palmerston.nt.gov.au)

Phone: (08) 8935 9922

## COUNCIL MEETINGS

Due to the current COVID-19 situation, please note that Council Meetings will no longer be held in the Council Chambers.

Meetings will be run via video conferencing and the open sessions will be live streamed for public viewing.

A link will be made available on the Council Website, which will direct members of the public to view the meeting online. Please note the link will become active once the meeting commences.

Usually, you would be very welcome to attend Council meetings to observe proceedings. We look forward to that practice restarting. Ordinary Council Meetings are held on the First and Third Tuesday of every month, at 5.30pm. Meeting dates, Agendas and Minutes are listed at:

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

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

Phone us: (08) 8935 9922 This is a 24-hour contact number.

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

We are sorry but you can no longer enter

- Civic Plaza (council offices)
- Palmerston Recreation Centre and
- Palmerston Library.

We look forward to reopening these face-to-face Council facilities as soon as we are able.

