

NOVEMBER 2020
EDITION

CITY OF PALMERSTON

GREY GOSS Newsletter



PALMERSTON AND RURAL SENIORS' NEWSLETTER

Published 2-3 monthly, this issue covers November 2020 to January 2021. Please also check Council's website and Facebook page 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

Thank you to everyone who helped with this newsletter. Council continues to provide community events and activities while adhering to COVID-19 pandemic requirements. Please be aware that there may be changes to programs, and we will promote these wherever possible.

COUNCIL SERVICES AND COMMUNITY INFORMATION

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: [facebook.com/PalmerstonNT/](https://www.facebook.com/PalmerstonNT/)

Council's website: www.palmerston.nt.gov.au

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>

COVID-19 INFORMATION

When attending events please observe physical distancing and hygiene requirements as advised by the Chief Medical Officer at all times.

- A minimum space of 1.5 metres between you and other people that you do not know.
- Avoid touching your face and cough and sneeze into a tissue or into your elbow.
- Hand washing with soap and water for 20 seconds or use hand sanitiser.
- Stay home if unwell.

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ACTIVATE BLOCK THREE IS UNDERWAY!

Activate 2020 - Block 3 Registrations are NOW OPEN
Our health and fitness program Activate is back for Block 3. Block 3 runs from 5 October to 29 November 2020.

The registration cost is \$20 per person (per block) and \$10 for seniors/concessions.



The program offers Palmerston and rural participants a taste of the range of wellness activities available in the community, catering for all fitness levels and abilities.

To view the timetable for Block 3 see page 12 or click on the link - <https://bit.ly/3j0POzy>

All participants should continue to follow the current COVID-19 safety guidelines.



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PALMERSTON SENIORS ADVISORY COMMITTEE (PSAC)

The committee, an advisory group to Council, usually meets bi-monthly, the last meeting was held Monday 21 September 2020. The final meeting of this year is scheduled for Monday 23 November 2020.

Did you know that you may attend as a member of the gallery, to observe the meeting?

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

www.palmerston.nt.gov.au

At the most recent meeting the list of items currently for consideration was reduced to three items: the issue of loneliness for seniors, availability of postal services at suburban shopping centres and the redevelopment of Gray Community Hall.

FREE ACCESS TO POOL

Entry to the Palmerston Pool is free for pool users.

The Palmerston Swimming and Fitness Centre is located in Moulden on the corner of Tilston Ave and Bonson Tce. Parking and the entrance are off Bonson Terrace.

Wet Season (1 November - 30 April)

Monday to Friday: 5.30am to 7.00pm

Saturday: 8.00am to 7.00pm

Sunday: 9.00am to 7.00pm

Public holidays*: 9.00am to 5.00pm

*Centre is closed Christmas Day, New Years Day and Good Friday.

Contact

p: (08) 8932 3474

f: (08) 8932 3470

e: reception.psf@ymca.org.au



GET FIT AND HAVE FUN

Check out Activate block 3 on page 12.

If you like the sound of a class but you're unsure what it entails - contact the provider directly and discuss your fitness levels and expectations. You may find exactly what you're looking for!

Walking basketball and netball (Tuesdays) and meditation (Saturdays) are definitely seniors-friendly activities!





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RATES FOR THE 2020/2021 FINANCIAL YEAR HAVE NO INCREASES FROM 2019/2020!

Rates Instalment Dates:

- Monday 30 November 2020
- Saturday 30 January 2021
- Tuesday 30 March 2021

Should you not receive your rate notice prior to these dates please contact us on (08) 8935 9922 or via email at rates@palmerston.nt.gov.au to confirm postal details or request another copy.

The City of Palmerston receives a listing from NT Concession Service of all rate payers that are eligible for a concession at the time of levying rates. Concessions for eligible pensioners are automatically included on the rate notice. Should a pensioner become eligible part way through the rating year, they must pay the rates in full to Council and contact the NT Concession Scheme for reimbursement on 1800 777 704 or Palmerston Community Care Centre on 08 8999 3344.

For more information visit

<https://nt.gov.au/community/concessions-and-payments>

TODDLING

As a toddler I struggled to stand up
Grasping any chair
Or hanging on like crazy
To anything that was there

And then I took a courageous step
I could let go of what I was grabbing
And oscillate on my little feet
Before I collapsed laughing.

A couple of steps, a wobble and sometimes a couple more
Each time it seemed inevitable, I'd end up on the floor.
So I'd crawl to something solid, grasp the sides
And stand up tall
Then I'd let go again and take off
Toddling to the wall.

And now so many years have passed
Of running and jumping and such
I've covered thousands of kilometres
Without any sort of fuss

But recent times have brought a change
Life's hurdles and time passing
Have now combined to ill effect
And I can't disregard them.
The ups and downs the wobbling
The grasping for support
To concentrate, or a tendency
to end up on the floor

so I've come full circle
Once more I can relate
to toddling and its pitfalls
That is once again my fate

(c) Sandra Parker



LITCHFIELD COUNCIL
Community effort is essential

TAMINMIN COMMUNITY LIBRARY



Seniors' Morning Tea

Sept 11- Territory Wildlife Park -
Local Threatened Species

October 9- Be Connected
Build Your Online Skills

November 13- Shake A Leg Dance Crew
Humpty Doo Primary School

December 11- Christmas Catchup

10:30am-12:00pm

All Welcome!

70 Challoner Cct, Humpty Doo (08) 8988 1200



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FREE COUNCIL VENUE HIRE

Council has extended free venue hire to 30 June 2021, as part of the 2020/2021 Budget to assist the community in response to COVID-19. This includes the Palmerston Recreation Centre's Community Rooms and Stadium, the Palmerston Library's Community Room, Driver Family Resource Centre and Durack Heights Community Centre.



Gray Community Hall remains closed for redevelopment. Single venue bookings may be booked online, with any multiple bookings needing to be discussed with Council staff. All further bookings will be subject to availability and, if not already received, a refundable \$125 bond may be required. For queries and assistance with bookings call 8935 9975.

THE RECREATION CENTRE REALLY IS A CENTRAL COMMUNITY HUB!

Here is a little list of the bookings by and with our community over just a couple of weeks recently:

Events: NT Mental Health Week Launch, City of Palmerston Urban Jams, Pride Picnic.

Meetings: 5 organisations, a local action team, 2 networks, a club, a training, a business promotion, and a private job interview.

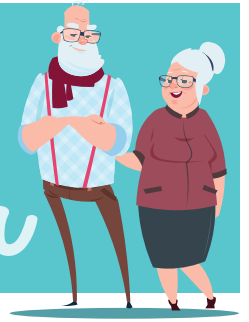
Gaming and Esports sessions: 3 youth groups.

Dancing: 10 clubs/groups/organisations including: Line Dancing, Devine Dancing, Calisthenics, Zumba, Belly Dancing, Multicultural Dancing and Freestyle!

Fitness and Sport: 24 teams/clubs/mates/programs including: Circus Skills, Karate, Basketball (8 teams), Netball, Volleyball, Badminton (2 teams), private Volleyball (2), private Badminton (2), Kids' Gymnastics, Youth Drop In Sports (5 sessions/wk), School Basketball, and an organisation's Team Building. Activate sessions - Belly Dancing, Walking Basketball/Netball, Health for Life, Pilates.

Church services: weekly - 4 different congregations.

Seniors Social /Activity Clubs/Groups - weekly including: 50 Plus Club, Busy Bees Bingo, Simply Craft, Seniors Indoor Croquet and Mullagas and Cudjeries (fortnightly). Check out page 11 for contact details!



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PROJECTS IN PROGRESS

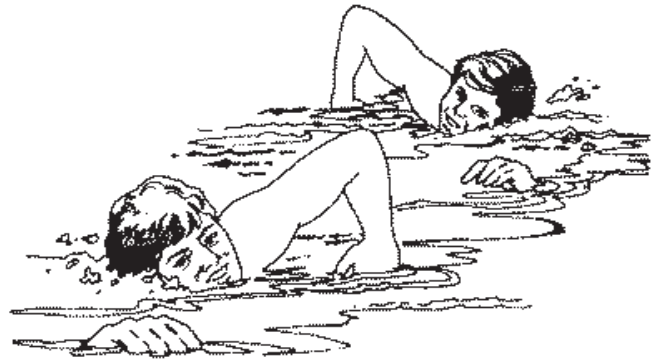
City of Palmerston recently called for feedback about the proposed revitalisation of the Palmerston Pool and Gray Hall redevelopment. Look out for updates following the closure of both public consultation periods.

PALMERSTON SWIMMING AND FITNESS CENTRE PROPOSED REVITALISATION

The proposed upgrades will ensure that we continue to cater for the needs of our diverse local community by creating a contemporary, year-round aquatic leisure centre. The plan includes a purpose built learn to swim and wellness program pool and family-friendly activity features for all ages and abilities, as well as an adventure play zone unlike any others in the Top End.

Key features of the proposal include:

- Refurbished 50 metre pool with compliant entry ramp and starting platforms
- A dedicated warm water program pool
- Toddlers zero depth and play pool
- An aquatic adventure play structure
- New amenities to provide accessible and inclusive facilities
- New café
- Energy efficient, modern pool plant and equipment



GRAY COMMUNITY HALL REDEVELOPMENT

City of Palmerston is rebuilding Gray Community Hall to provide a contemporary multi-use facility where people can meet, play and socialise. The Hall is a much-loved home to a number of community groups; most are using the Recreation Centre while the Hall is not available.

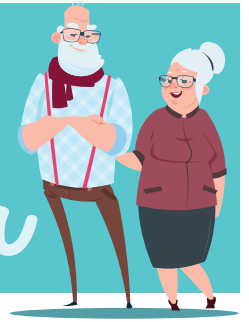
The reimagined Gray Community Hall will include multiple zones to allow for simultaneous bookings, both indoor and outdoor. The new design will create more flexibility in a similar sized footprint to the current building.

This project is worth \$1.455 million, with funding provided under the Australian Government's Community Development Grants program. The project will shortly enter the detailed design stage. Construction is expected to be completed by June 2021.

Planned improvements include:

- A main indoor function space and a secondary indoor function space
- Improved kitchen facilities
- Veranda space with high ceiling fans
- Internal access-compliant toilets and an outdoor toilet accessible to people visiting the community garden
- Solar PV on roof
- Water re-use systems
- Smart-controlled irrigation
- LED lighting
- a higher level of air-conditioning efficiency.





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CITY OF PALMERSTON SENIORS DAY

Traditionally Council runs an event in August each year for senior residents, featuring guest speakers and lunch, with an activity to gather feedback to Council. Palmerston Seniors Advisory Committee (PSAC) subsequently considers feedback and suggestions during their scheduled meetings throughout the year, as part of the group's action table. Due to COVID-19 requirements and restrictions Council Officers decided to change the format completely to offer an alternative event for seniors.

City of Palmerston Seniors Day was hosted at the Palmerston Recreation Centre, utilising the entire venue, with several additions to service and procedure as required. Going forward it is hoped that the new event will replace the old and offer a much better experience for participants.

The Seniors Day program differed from the annual Forum by offering a range of 'Come 'n' Try' activities, from physically active to relaxing recreation. The entire Recreation Centre venue was utilised: Stadium, Conference Room, Community Rooms 1 and 2, Foyer and Veranda. This allowed physical spacing (of participants, presenters, staff and volunteers) and allowed multiple activities to run concurrently, with the intention of allowing each participant to choose their program based on their own interests. Activities ceased for lunch, which was held in both Community Rooms, Foyer and Veranda.



The stadium hosted a range of 'get active games and challenges' presented by Palmerston and Regional Basketball Association (PaRBA), including shuffleboard, table tennis, tunnel ball, quoits, bean bag toss, and 'giant-sized' games such as plinko and dominoes.

Virtual Reality experiences offering music, art, travel and a documentary were presented by PaRBA in the Conference Room; this activity was entertaining and very popular.

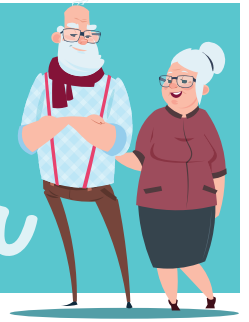


The foyer hosted the tea and coffee station, a table where participants could contact Council (to submit feedback forms and report issues for attention), a large memory map activity and additional seating.



The veranda also held extra tables and chairs for an external eating/relaxing area.

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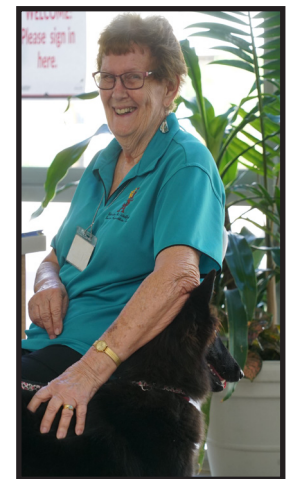
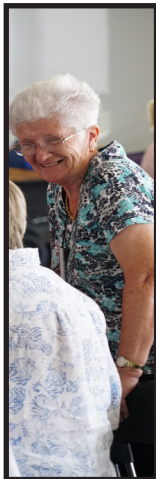
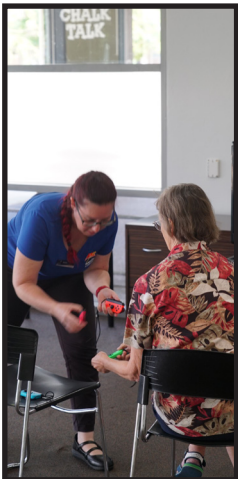
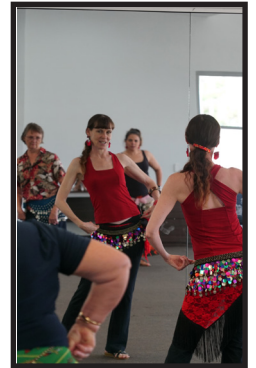


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CITY OF PALMERSTON SENIORS DAY (CONT.)

Come 'n' Try sessions included beaded jewellery, indoor croquet, linedancing, cardmaking, belly dancing, Gadgets and Games with Library Officers. Information sessions included Life as a Ranger with Lynelle, Council's Animal Education Officer and Diva, her Belgian Shepherd; Wildcare first-aid tips by Lesley, Wildcare Inc.'s Public Education



Officer and Council's Waste Services and Programs with Katie, City Sustainability Manager, City Growth and Operations. During lunch Acting Superintendent Angela Stringer, Palmerston and Road Policing Division, NT PFES chatted with participants and discussed areas of interest.

Mayor Pascoe-Bell and Alderman Henderson attended for part of the day and enjoyed informal conversations with participants.



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CITY OF PALMERSTON SENIORS DAY (CONT.) ENVIRONMENTAL UPDATE!

Recycling bins for items such as plastic water bottles were in place as usual.

Due to several afternoon-arrival participants not wanting lunch, and several bookings who did not attend, there was a significant amount of food (in individual packaging) remaining at 1pm. Most of this was removed by the caterer and distributed to people sleeping rough.

The food-and-container waste was removed in bags to Gray Community/Harvest Corner Garden at the close of the event. The gardeners agreed to accept the waste for addition to their compost bins, thus allowing the caterer, Council and the gardeners to assess the biodegradability of the items. These biodegradable/compostable items were sourced by the caterer in order to diversify her business in a sustainable manner, and Council assisted this endeavour with COVID-19 Response Special Project funding last financial year. A waste audit of these bags at the garden showed very little contamination with non-compostable material, which is very pleasing.

The final information session of the day, Council Waste Services and Programs, was presented by Katie O'Neill, City Sustainability Manager, City of Palmerston. Feedback received at this session will assist that department's planning for waste services and programs that are accessible and relevant to our senior residents.

FEEDBACK

The Contact Council table (manned by a senior volunteer) provided opportunities to report to Council regarding general issues, submit suggestions for Palmerston Seniors Advisory Committee to consider and also submit nominations for membership of the Palmerston Seniors Advisory Committee.

Six customer Activity Request forms were returned; these were forwarded to the appropriate staff to action.

PSAC feedback forms elicited only one query: an issue that is currently under consideration by Council.

Event Feedback forms elicited several responses and observations. These comments and suggestions will be considered when planning the next event for seniors. Feedback was very positive and generally participants were understanding of the limitations placed on the event program by the existing pandemic conditions.



COUNCIL IS VERY APPRECIATIVE OF THE OFFICE OF SENIOR TERRITORIANS FOR ASSISTING WITH THE DELIVERY OF THIS EVENT BY AWARDING \$2,000 SENIORS MONTH GRANT FUNDING. THIS GRANT HAS BEEN ACQUITTED.



NOMINATIONS OPEN FOR 2021 PALMERSTON AUSTRALIA DAY AWARDS

If you know of an individual or community organisation that has made an outstanding, positive impact in Palmerston, please nominate them for these prestigious awards.

Categories for the 2021 awards are as follows: Citizen of the Year, Young Citizen of the Year, Community Event of the Year.

Nominations can be made on Council's website www.palmerston.nt.gov.au, and will close 27 November 2020.

Award winners will be announced at City of Palmerston's Australia Day celebrations, held on 26 January 2021 at the Palmerston Recreation Centre.

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MYPALMERSTON VOUCHERS

myPalmerston is a City of Palmerston initiative to encourage increased spending to actively promote economic activity within the Palmerston community. You do not have to be a Palmerston resident to apply for vouchers.

In partnership with the Northern Territory Government, \$220,000 worth of discount vouchers are available for the Palmerston community and visitors to take advantage of.

Customers can receive \$40 worth of myPalmerston vouchers each day to spend at participating locally-owned businesses across Palmerston.

Local shoppers can access the myPalmerston discount vouchers online only.

Once registered online at my.palmerston.nt.gov.au, you will receive;

2 x \$2.50 voucher on minimum spend \$10;

a \$5 voucher on a minimum spend of \$20;

a \$10 voucher on a minimum spend of \$40; and

a \$20 voucher on a minimum spend of \$80.

These vouchers will be available to those registered, via the web application when using a mobile device.

Subsidised by Council, myPalmerston vouchers aim to reward consumers whilst contributing to the economic growth of local businesses.



SUPPORT LOCAL AND \$AVE.

myPalmerston is available for use across a range of retail industries. You can browse the list of participating Palmerston businesses on the website.

The program's funding will run over three stages:

Complete - Round 1 - \$40,000 starting 29 September 2020 (fully expended within two weeks!)

Round 2 - \$90,000 starting 28 October 2020

Round 3 - \$90,000 starting 26 November 2020

Registrations for businesses and customers will remain open throughout the entirety of the program.

For more information, conditions of use and to register, go to my.palmerston.nt.gov.au

myPalmerston is one of many initiatives being delivered by City of Palmerston in response to COVID-19, including extending free all-day parking in the city centre until 30 June 2021.

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HOOKED ON PALMERSTON

CATCH AND RELEASE BARRA COMPETITION

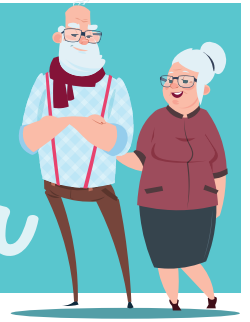
WIN A SHARE OF
OVER \$10,000
IN VOUCHERS

RUNS 24 SEPT 20 - 30 JUNE 21

- SANCTUARY LAKES
- DURACK LAKES
- MARLOW LAGOON

REGISTER AT WWW.PALMERSTON.NT.GOV.AU
TERMS AND CONDITIONS APPLY

city of
PALMERSTON
'A Place for People'



GREY GOSS Newsletter

RECREATION CENTRE SENIORS WEEKLY SOCIAL GROUPS - Join in have some fun!



BUSY BEES BINGO

We meet Mondays in Room 2, from 10am to 1pm, to play fun 5c bingo. Cost is \$3 per person for morning tea and there is a door prize each week. Come along and have some fun!

Contact Irene on 8932 5435

We are taking our holiday break from 7 December 2020 and will be back on 8 February 2021.



50 PLUS CLUB

We meet Tuesdays from 9am to 12pm in Room 2 for a range of games and activities including card making, card games, board games, social morning tea. We have guest speakers and excursions too! Cost is \$4 per person for morning tea.

Contact Mary 8931 0963 or Janette 0412 372 418.

We are taking our holiday break from 15 Dec 2020 to 19 Jan 2021.



INDOOR CROQUET

We meet Wednesday mornings from 9.15am to 11.30am and play indoor croquet on the rubber floor of Room 2. We keep active and social and have a lot of fun. We are always keen for new members, so come along and try indoor croquet - it suits a lot of abilities and is not hard to learn or play.

Contact Ann on 8931 1405.

Our holiday break: last session 9 Dec 2020 and returning 6 Jan 2021.



LINE DANCING

We meet on Wednesday afternoons in Room 2 from 2pm to 4.30pm.

Our group learns and practices dance routines, keeping us fit and active mentally and physically. Line dancing is great fun!

Contact Pat on 8931 3895

We are taking our holiday break from late Dec 2020 to 3 Feb 2021.



SIMPLY CRAFT

We meet Thursday mornings between 9am and 11.30am. Members bring their own craft. We're also willing to demonstrate a variety of crafts. Some of the crafts carried out are knitting, cardmaking, jewellery and crochet. All are welcome to come and share ideas

Contact Lynn on 0402 414 746

We are not taking a holiday break apart from public holidays.





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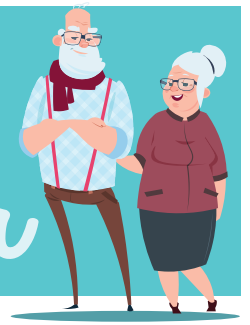
ACTIVATE BOCK 3

3 BLOCK THREE

Monday 5 October -
Sunday 29 November 2020

DAY	CLASS	TIME	LOCATION	PROVIDER	BOOKINGS	CONTACT	DESCRIPTION	CHILD FRIENDLY
Monday	Fusion and Spartans	5.15 - 6.00pm	1/35 Granites Drive Rosebery	Next Level Gym	Yes	admin@nextlevelgym.com.au 8932 9476	High-intensity interval training with quick bursts of exercise, followed by short rest periods.	Yes
Monday	Body Pump	5.45 - 6.30pm	31 Tilston Avenue Moulden	YMCA Palmerston Swimming & Fitness Centre	No	8932 3474	Body Pump is a barbell workout for anyone looking to get lean, toned, and fit - fast.	No
Tuesday	Walking Netball and Walking Basketball	10.30 - 11.30am	Palmerston Recreation Centre 11 The Boulevard	Palmerston and Regional Basketball Association	No	parba.nt@outlook.com	This class is for anyone and everyone! The only rule for the game is simply no running!	No
Tuesday OCT 6, 13, 20, 27	HIIT Strength & Conditioning	5.45 - 6.30pm	Palmerston College Rosebery Campus	Tritanta Fitness NT	Yes	angelakrohn@outlook.com	Involves no high impact work and can be adjusted for beginner and advanced levels.	Yes
Tuesday NOV 3, 10, 17, 24	Shopping Tour: How to Read Food Labels to Make the Healthiest Choice?	12.00 - 1.00pm	Woolworths Gateway 1 Roystonea Avenue Yarrowonga	Health for Life Management	Yes	health4lifewm@bigpond.com 0417 865 854	Learn how to read nutritional food labels to make the healthiest choices.	Yes
Wednesday	Pilates	5.30 - 6.15pm	Palmerston Recreation Centre 11 The Boulevard	4 Eva Fitness and Training	No	audleah215@optusnet.com.au	Strengthening the core, working all muscle groups, toning, good for flexibility, balance, and posture.	No
Wednesday	Cardio Smash	6.15 - 7.00pm	34 Emery Avenue Woodroffe	Tammy's Fitness Training	No	0409 445 425	Designed to boost your metabolism and have you burning calories for hours afterwards.	Yes
Wednesday	Zumba Fitness	6.30 - 7.15pm	Good Shepherd Lutheran School	Zumba with Adrijana	Yes	0405 211 187	Dance to great music, with great people, and burn a ton of calories without realising it.	No
Thursday	Corefit	5.15 - 6.00pm	Unit 34/5 McCourt Road Yarrowonga	Bodyfit NT	Yes	8981 2886	Enhance your core strength and improve your overall fitness level.	No
Thursday	Body GROOVE	6.30 - 7.30pm	Woodroffe Primary School Assembly Area 55 Woodroffe Avenue	Groove Vitality	No	info@groovevitality.com.au	Fun fitness dance class. Perfect for the mind, Body & Soul. You can't get it wrong!	Yes
Friday OCT 9, 16, 23, 30	Meal Plans to Manage a Healthy Lifestyle	12.00 - 1.00pm	Palmerston Recreation Centre 11 The Boulevard	Health for Life Management	Yes	health4lifewm@bigpond.com 0417 865 854	Learn how to write your own meal plans based on The Australian Dietary Guidelines.	Yes
Friday NOV 6, 13, 20, 27	HIIT	9.00 - 10.00am	Dream Builders Church 79 Shearwater Drive Bakewell	Tritanta Fitness NT	Yes	angelakrohn@outlook.com	Consisting of a mixture of all different types of exercises including bodyweight, weighted and cardio exercises.	Yes
Saturday	Meditation	8.00 - 8.45am	Palmerston Library Community Room The Boulevard	Holistic Health Services NT	No	admin@holistichealthservicesnt.com	Enjoy some deep inner relaxation. The mind, body and soul can relax and unwind.	No
Saturday	Zumba Fitness	10.15 - 11.00am	Palmerston Recreation Centre 11 The Boulevard	Ur Fitness DJ	Yes	www.urfitnessdj.com.au bookings@urfitnessdj.com.au 0413 603 403	A Latin-inspired dance workout. Perfect for everybody and every body!	Yes
Sunday	Boxing	8.00 - 9.00am	Flinders Park 10 Adelaide Place, Durack	DJs Peak Fitness	Yes	domjam89@hotmail.com 0420 531 004	Boxing stations and techniques. Learn various punches and combinations using focus pads.	Yes

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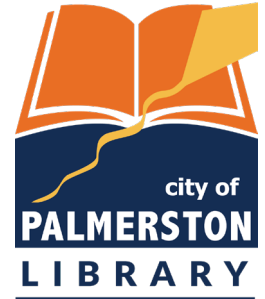
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PALMERSTON LIBRARY



PALMERSTON LIBRARY OPENING HOURS:

- Monday to Thursday: 9am – 6pm
- Friday: 10am – 8pm
- Saturday: 10am – 1pm
- Sunday: 1pm – 4pm
- Closed Public Holidays



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.

Drop-in Computer Sessions:

Need help using your computer, tablet or phone? Then come to our Library's drop-in computer sessions.

When: Wednesdays

Time: 2.00pm-4.00pm

Computers and iPads available, or bring your own device and get one-on-one assistance with all of your computer issues from a library staff member.

Sessions include - Be Connected: an Australian government initiative committed to increasing the confidence, skills and online safety of older Australians. Be Connected aims to empower everyone to use the internet and everyday technology to thrive in our digital world.

Support staff will also be available for all Be Connected members. If you are 50+ and haven't heard of this new resource, ask the library team about how to sign up. Be Connected is a free resource to support you to get online and keep up to date in our ever-changing digital world. All welcome, no bookings required.



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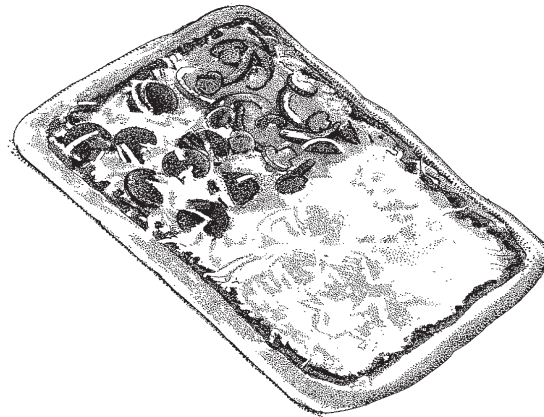
RECIPE - ONE DISH QUICHE - GUARANTEED EASY!

1. Set your oven to 170 degrees to warm up.
2. Mix all these up in a pie dish or deep baking tray.

- 3 eggs
- 1 1/2 cups milk
- 1 onion, chopped
- 1/2 cup grated cheese
- 3/4 cup pastry mix

3. Then add whatever filling you like (just chop it up and chuck it in):

- bacon
- mushrooms
- shallots
- tomato
- capsicum
- baby spinach...



4. Bake in oven for about half an hour or when to firm to touch in the middle with a spoon.

COMMUNITY BENEFIT SCHEME

There are a few basic requirements for eligibility for funding: firstly 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.

You just need to 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 community groups, including informal groups, may apply for grants and donations of up to \$500.

CITY OF PALMERSTON
Community Benefit Scheme
Supporting Palmerston

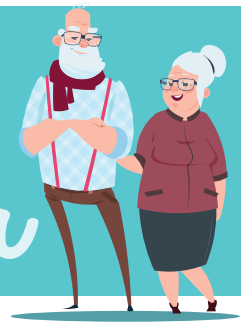
Applications for grants, donations, scholarships and sponsorships are open all year-round.
Multi-year funding agreements are possible. Eligibility criteria apply.
For more information visit www.palmerston.nt.gov.au

city of PALMERSTON
'A Place for People'

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>

NOVEMBER 2020
EDITION



CITY OF PALMERSTON


GREY GOSS Newsletter

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

PLSA palmerstonandlitchfieldseniors@gmail.com

Marg Lee on 0438430237 or Neville Driver on 0455660026.

CITY OF PALMERSTON
SENIORS FORTNIGHT PROGRAM
09th August, 2020 to 23th August, 2020



Palmerston And Litchfield
Seniors Association Inc.

Activities are open to residents of the Palmerston and Litchfield Council municipalities.
All participants **MUST** hold a Valid NT Seniors Card and be a financial member of the Palmerston And Litchfield Seniors Association Inc.

After our very successful Seniors Fortnight the PLSA has settled into our Senior Morning Teas held at Cazalys every second and fourth Thursdays. We are seeing over 80 seniors attend and enjoy the morning tea and raffle prizes. We also have Bingo on the fourth Thursday and are very grateful to Cazalys for providing vouchers as prizes. Our MLAs from Blain and Brennan have also been contributing to raffle prizes and we are very grateful. The MLAs from Nelson, Brennan and Blain have also committed to supplying a meat tray once a month to the Community Wheel which we run at the Palmerston Shopping Centre on the first, second and fourth Saturday each month.

We intend to recommence our Volunteer Driver Program after the AGM on October 23 and again are looking for volunteers. You need to have a current drivers licence, current registration and current third party insurance. If interested please contact either Marg Lee or Neville Driver. You will receive a payment for your services to help cover costs.

We are currently running our Christmas Raffle (so called because of Covid restrictions early on delayed it) which will be drawn at our Christmas Lunch on Dec 10 – our final function for the year. Raffle tickets are only \$2 each and there are many prizes including first – a \$1,000 travel voucher provided by PLSA. Bookings for the Christmas Lunch will commence on Thursday 12 Nov at morning tea and you must book in person.

Finally we have had quite a few new registrations since August which is very pleasing. Registration is currently free until Jan 2021 when all will have to be renewed at the usual cost.

Cheers

Marg Lee

President PLSA.

(pictured below with Palmerston Mayor Athina Pascoe-Bell and Alderman Sarah Henderson.)



NOVEMBER 2020
EDITION



CITY OF PALMERSTON

GREY GOSS *Newsletter*

CITY OF PALMERSTON'S NINTH COUNCIL

The City of Palmerston Council is made up of the Mayor, Athina Pascoe-Bell, and seven Aldermen.

The Deputy Mayor is elected from the existing Aldermen.
Alderman Tom Lewis currently holds the role of Deputy Mayor.

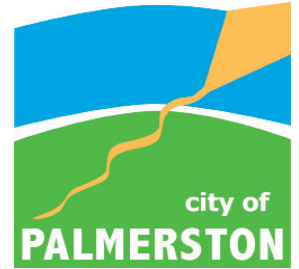
Alderman Sarah Henderson is the Chair of the Palmerston Seniors Advisory Committee.

Contact City of Palmerston Elected Members by:

Post: PO Box 1, Palmerston NT 0831

Email: palmerston@palmerston.nt.gov.au

Phone: (08) 8935 9922



COUNCIL MEETINGS

Meetings have returned to Council Chambers, and 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. Open public forums are held prior to each ordinary Council meeting at 5.00pm in the Council Chambers, Civic Plaza.

These sessions provide a relaxed and informal atmosphere for general discussion. The community is encouraged to attend and raise issues, ask questions or simply inform Council of their views relating to a particular matter.

Please note: physical distancing requirements must still be met when attending the forums.

Meeting dates, Agendas and Minutes are listed at:

<https://www.palmerston.nt.gov.au/council/meetings/council-meetings/2020>

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

By post: PO Box 1, Palmerston NT 0831

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

There are FOUR links that will take you to the forms to report:

- General Enquiries
- Graffiti,
- Public Lighting Faults and
- Street Faults

Visit us: You will find us at the Civic Plaza (Council offices),
Palmerston Recreation Centre and
Palmerston Library (which has extended its public opening hours).

