



January 2022

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## In Weed News...

The new Truxor (Weed Harvester) is expected to be available for use in City of Palmerston Lakes by July 2022, subject to timely international shipping customs clearances. The Truxor is due to commence its long journey from Sweden in the middle of March. Since May 17th 2021 the harvester over 1600 cubic meters of weed has been removed from the lakes.

This is the equivalent of 560 tonnes of Salvinia. 10,000 Salvinia weevils have been added to the lakes since the harvesting recommenced, more weevils will be added to each lake as the harvesting continues. In other weed news, Gamba grass spraying is occurring across the municipality. All bushland areas at Marlow Lagoon have been treated for Gamba as well as Archer oval and Archer landfill.





It's never too late to learn a new skill!

Have you ever thought about learning to skateboard?!

Here's some tips:

Don't skate in the rain  
Start with a longer/ wider board.

Start somewhere with a soft landing like carpet or grass.

Wear protection at all times, You will fall!

Take some lessons, Darwin Skate School offers lessons for all ages and all abilities: 0415 381 449.

Bend your knees.

Don't expect to learn in a day & be determined!

## Multicultural Council of the NT

MCNT  
Multicultural Council  
OF THE NORTHERN TERRITORY

EnCOMPASS  
Member of the Australian Government

Multicultural Aged Care Connector Program

Trouble understanding Australia's aged care system?

RSVP for catering purposes

What's your Story?

Be rewarded with a GIFT CARD for your time

Interpreters provided

Tuesday 18th January 2022

For more info contact MCNT  
agedcare@mcnt.org.au  
08 8945 9122

FECCA  
Member of the Australian Government

EnCOMPASS  
MULTICULTURAL AGED CARE CONNECTOR

MCNT  
Multicultural Council  
OF THE NORTHERN TERRITORY

Multicultural Aged Care Connector Program

Are you looking for assistance with

- Move into Aged Care ?
- Assesment & Estimate ?
- Short term Care ?
- Finding proper service ?
- Change service provider ?

MCNT collaborates with FECCA and other organisations across Australia to assist multicultural senior people in navigating MyAged Care services.

For more info:  
<https://fecca.org.au/encompass/>

Email us on:  
agedcare@mcnt.org.au

FECCA  
Member of the Australian Government

For more information visit  
<https://www.mcnt.org.au/encompass>  
email  
agedcare@mcnt.org.au or call on  
(08) 8945 9122

# What's on at the Library?

For more information visit  
[www.palmerston.nt.gov.au/community/library](http://www.palmerston.nt.gov.au/community/library)  
email [askus@palmerston.nt.gov.au](mailto:askus@palmerston.nt.gov.au) or  
call on (08) 8935 9999



**Writing workshops  
with Natalie Sprite**  
Saturday 29th January 2022

10am-12:30pm  
**Write a Complete Story in 2.5 hours**  
In this hands-on workshop, you'll be guided through the process of writing three scenes that will form the bones of a strong short story.



1:30pm-4pm  
**Straw into Gold**  
Learn about both structural and line editing. You will gain tools in plotting, pacing and how to sharpen the arc of your story.



Registration is essential  
Book on eventbrite  
Cost for each workshop \$10.00

FOR MORE INFORMATION CALL 89359999  
OR [WWW.PALMERSTON.NT.GOV.AU](http://WWW.PALMERSTON.NT.GOV.AU)



**WEDNESDAYS 2-4PM**  
**GET TECH SAVVY**  
CITY OF PALMERSTON LIBRARY  
COMMUNITY ROOM

All welcome  
Computers and iPads available, or bring your own device.

**FREE DROP IN SESSIONS INCLUDE:**

- Computer assistance
- Online shopping
- Phone & Tablet support
- Cyber safety tips
- Create or update resumes
- Use social media
- Search & apply for jobs
- How to video chat
- and more!

**FOR MORE INFORMATION CALL 89359999 OR  
EMAIL [ASKUS@PALMERSTON.NT.GOV.AU](mailto:ASKUS@PALMERSTON.NT.GOV.AU)  
NO BOOKINGS REQUIRED**



**CITY OF PALMERSTON LIBRARY**

# HOME SERVICE LIBRARY

HOME SERVICE IS WHERE LIBRARY STAFF AND VOLUNTEERS DELIVER LIBRARY RESOURCES TO THOSE OTHERWISE UNABLE TO ACCESS THE LIBRARY.

SOMETIMES A FRIENDLY FACE AND A GOOD BOOK CAN MAKE ALL THE DIFFERENCE.

For more information or to register contact  
(08) 8935 9999 or [askus@palmerston.nt.gov.au](mailto:askus@palmerston.nt.gov.au)





## PALMERSTON AND LITCHFIELD SENIORS ASSOCIATION INC

Here we are again, another New Year – not withstanding COVID, where did last year go? The PLSA has been working diligently over the Christmas/New Year period. We have been talking to sponsor and seeking out new ideas and events for seniors.

**Morning Tea** for seniors at Cazalys Palmerston Club will return on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month, commencing Thursday 27 January, 10am. At Humpty Doo Golf Course, seniors morning tea is on the 1<sup>st</sup> Wednesday of the month, commencing on Wednesday 2 February. We run a raffle at our morning teas with lots of good prizes, so why not come along – we look forward to seeing you soon.

**Good News!** If you wish to become a member of the PLSA you can obtain a membership form at morning tea, 50+ Club or catch up with Ann Brown. Membership fees for 2022 will be \$20 per member – same price as the last two years – Membership Fees for renewal are due on 01 January each year.

**Movie Mornings** – we will be running morning tea and movie mornings in conjunction with Event Cinemas again this year, commencing Monday 21 February, members \$5, non-members \$15 – so talk to Sheryl Sephton at morning tea to put your name on the list. Movie Mornings will be run every two months.

**Seniors Fortnight 2022** - Planning has already commenced for another great Seniors Fortnight in August. The dates for 2022 will be Sunday 7 August to Sunday 21 August. To be eligible to attend Seniors Fortnight you must be a financial member of the PLSA on or before 30 June 2022.

**PLSA AGM** – the following people were elected to the Management Team and General Committee in October 2021 and at a subsequent meeting.

Marg Lee	President	Geraldine Crowhurst	Committee Members
Neville Driver	Vice President	Val Haydock	
Sally Howarth	Secretary	Glenda Bradbury	
Sheryl Sephton	Treasurer	Helen Lemcke	
Neville Driver	Public Officer	Elin McCarthy	
Trevor Miller	Committee Members	Trudi Segura	
Angie Ng		Diane Spicer	
Janette Ashby			

**Want to talk to the Association?** - Why not give the following people a call:

Sally Howarth	0409 195 257
Neville Driver	0455 660 026
Janette Ashby	0412 372 418



## Time to talk about aged care

It's never too early or too late to talk about plans for your care as you age. If you need help understanding the aged care system for yourself, a friend or family member, COTA NT's Aged Care Navigator Janet Brown can assist. Janet provides free, independent and confidential information about:

- The aged care system in the Northern Territory
- Support services for people living in their own home
- Eligibility and how to access services.

You can chat one-to-one with her and she can describe the types of subsidised age services and supports available in Palmerston, how you can access age services; and how to compare services, facilities and prices. She can also explain your rights and responsibilities in receiving services and much more.

Gaining this understanding starts with a conversation. Janet can listen and talk to you via the telephone, video conferencing using Telehealth or face-to-face where possible.

It's important to know what your options are.

It is all about helping you to remain as independent as possible, safely in your own home and to maintain a health and active life. As always, prevention is better than cure, being prepared means having more control over your future. The earlier assistance is provided the less likely you are to enter aged care support in a crisis situation.

Contact Janet by calling 08 8941 1004 during COTA NT office hours, Monday to Friday 9am to 3pm (except public holidays).

Alternatively email [agedcare\\_darwin@cotant.org.au](mailto:agedcare_darwin@cotant.org.au) or make an enquiry via the website, [www.cotant.org.au/contact-us/](http://www.cotant.org.au/contact-us/).

# HOME COMPOSTING REBATE



Did you know City of Palmerston collects over 3000 tonnes of food waste per year?

Composting and worm farms are one of the easiest ways to incorporate recycling into your everyday routine and reduce your environmental footprint at home.

Along with reducing landfill, compost helps to strengthen and increase water retention in soil, valuable in helping your garden to thrive.

By Participating in the City of Palmerston Home Composting initiative, you can receive a rebate of up to \$50 when purchasing a compost bin or worm farm. To apply for the rebate or for more information visit [palmerston.nt.gov.au/homecompo](http://palmerston.nt.gov.au/homecompo) or call council on: (08) 8935 9922.

## Looking for FREE activities to do with the grandies!?



**FREE Entry**  
at  
Palmerston  
Swimming Pool  
7 days  
a  
week!

City of PALMERSTON  
A Place for People!

City of Palmerston



**6-9 PM** **FREE ENTRY**

CELEBRATING ALL THINGS STREET CULTURE!  
3 ON 3 COMPS, HIP HOP MUSIC AND DANCE, STREET ART, FREE FEED, LOTS OF PRIZES TO BE WON AND SO MUCH MORE!

Palmerston Recreation Centre  
Fri 15th October

Fri 12th November  Fri 11th February  
Fri 10th December  Fri 11th March

Urban Jams events are Drug and Alcohol free For youth aged 10 - 18  
Follow us on @yopalmj or Call 89359967 for more info.

NORTHERN TERRITORY GOVERNMENT 

CITY OF PALMERSTON LIBRARY  
JANUARY SCHOOL HOLIDAY PROGRAM  
4TH JANUARY - 28TH JANUARY 2022

WEEK 1 4TH - 7TH	WEEK 2 10TH - 13TH
<ul style="list-style-type: none"><li>TUESDAY: MOVIE - SPACE JAM: A NEW LEGACY</li><li>WEDNESDAY: TIP TOP CIRCUS BALLOON TWISTING</li><li>THURSDAY: LA-D-DA KIDS UP IN THE SKY</li><li>FRIDAY FLIC: TEEN TITANS GO! SEE SPACE JAM</li></ul>	<ul style="list-style-type: none"><li>MOVIE MONDAY: SCOOPY-DOO STRAIGHT OUTTA NOWHERE</li><li>TUESDAY: NT ART STORMS PLANT SAND ART</li><li>WEDNESDAY: LA-D-DA KIDS UNDER THE SEA</li><li>THURSDAY: TIP TOP CIRCUS WAND MAKING</li><li>FRIDAY FLIC: CRANSTON ACADEMY: MONSTER ZONE</li></ul>

ALL ACTIVITIES ARE FREE AND START AT 10AM

\* ART & CRAFT SESSIONS ARE LIMITED TO 25 CHILDREN. TICKETS ARE AVAILABLE 15 MINUTES PRIOR TO SESSION STARTING, AT THE FRONT DESK.

WEEK 3 17TH - 21ST	WEEK 4 24TH - 28TH
<ul style="list-style-type: none"><li>MOVIE MONDAY: THE BFG (2015)</li><li>TUESDAY: NT ART STORMS CHILDREN MOSIAC</li><li>WEDNESDAY: TIP TOP CIRCUS CIRCUS WORKSHOP</li><li>THURSDAY: LA-D-DA KIDS A VERY SUPER WORKSHOP</li><li>FRIDAY FLIC: MOONBOUND</li></ul>	<ul style="list-style-type: none"><li>MOVIE MONDAY: MOANA</li><li>TUESDAY: NT ART STORMS CREATE YOUR OWN BUCKET HAT/CAP DESIGN</li><li>WEDNESDAY: AUSTRALIA DAY PUBLIC HOLIDAY</li><li>THURSDAY: ANIMAL ENCOUNTERS NT MAGICAL MOMENTS PETTING ZOO</li><li>FRIDAY FLIC: SPIRIT UNTAMED</li></ul>

City of PALMERSTON LIBRARY 

For more information call 89359999 or email [askus@palmerston.nt.gov.au](mailto:askus@palmerston.nt.gov.au)

*We assist our clients to; access appropriate and high-quality care, provide information and education to the community to recognise and prevent their abuse, neglect, and exploitation and make independent life decisions.*

Darwin Community Legal Service, Our Seniors and Disability Rights Service (SDRS) believes in empowering consumers and participants by providing advocacy support, education and information for older persons and their families, and people living with disability in the Northern Territory.

From Darwin, SDRS provides general services to the Palmerston, Batchelor and Adelaide River, Jabiru, Pine Creek and Katherine regions, and the Tiwi Islands, Coomalie, West and Victoria Daly West and East Arnhem, Groote Eyelandt and the Roper Gulf regions.

Through our NDIS Appeals project, we can assist any Territorian anywhere in the NT.

We are dedicated to empowering clients, families, and the community with information, education, and spirited advocacy for their human rights.

### Seniors Rights

Our Seniors Rights Service provides information, support, and advocacy for older people receiving a pension in aged care facilities and people receiving home care packages. We assist our clients to; access appropriate and high-quality care, provide information and education to the community to recognise and prevent their abuse, neglect, and exploitation and make independent life decisions.

Seniors Rights Service also makes regular contributions to the national discourse through Older Peoples Advocacy Network, advising trends and developing strategies for areas of interest in the Northern Territory.





## Have your say!

Ordinary Council Meetings:

·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.

Meeting dates, Agendas and Minutes are listed at:

<https://www.palmerston.nt.gov.au/council/meetings/council-meetings/2021>

Council loves consultation!

Visit Have Your Say regularly for our current issues. If you have questions, concerns, great article to share in Grey Goss, wish to highlight an Older Australian doing great things in our community or would like to speak to someone from council regarding seniors' issues in Palmerston please contact Community Development Officer, Alyssa Finn on (08)89359926 or [alysa.finn@palmerston.nt.gov.au](mailto:alysa.finn@palmerston.nt.gov.au).

# GREY GOSS



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