

AUGUST EDITION

CITY OF PALMERSTON

GREY GOSS Newsletter



WELCOME, PALMERSTON AND RURAL SENIORS

to City of Palmerston's Grey Goss newsletter!

Published quarterly, the next issue will be released in November, covering events and activities throughout the Christmas and holiday season.

As usual, you are most welcome to contribute ideas and information for Grey Goss, please contact Tess by emailing tess.riches@palmerston.nt.gov.au. Thank you to everyone who has submitted information for this issue.

CITY OF PALMERSTON'S NINTH COUNCIL

City of Palmerston Elected Members may be contacted by:

Post: PO Box 1, Palmerston NT 0831
Email: palmerston@palmerston.nt.gov.au
Phone: (08) 8935 9922

Your council is comprised of Mayor Athina Pascoe-Bell and seven Aldermen:

Deputy Mayor Damian Hale
Alderman Lucy Buhr
Alderman Amber Garden
Alderman Benjamin Giesecke
Alderman Sarah Henderson
Alderman Tom Lewis
Alderman Mick Spick

COUNCIL MEETINGS

You are very welcome to attend Council meetings to observe proceedings.

Ordinary Council Meetings are held on the First and Third Tuesday of every month, at 5.30pm.

Commencing at 5pm in the Council Chambers, a Public Forum will be held prior to each Ordinary Council meeting, providing an opportunity for community consultation.

Meeting dates, agendas and minutes will be listed at: <http://www.palmerston.nt.gov.au/council/meetings/council-meetings>

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CITY OF PALMERSTON WEBSITE

Have you noticed the changes to Council's website?

The new design is hopefully easier to use, especially the FIND IT FAST scrolling section towards the bottom of every page.

These items are your one-click gateway to the pages you need to access for things like;

- Payments (Pay Online),
 - Public Consultations (Have Your Say),
 - Application Forms (Forms and Permits),
 - Meetings (Agendas and Minutes),
 - Searching the Library Catalogue (Library),
 - Entire documents such as Municipal Plan (Publications),
 - Booking Council Facilities and also certain activities (Online Bookings),
 - What's coming up that you may be interested in (Events),
- and a really helpful page:

- Reporting problems with streetlights, disability access, required maintenance to paths etc. (Report an Issue) - scroll down past General Enquiries to the section dedicated to streetlights.



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ACTIVATE 2018

Palmerston and Rural Residents aged 16 years or over... have you joined Activate yet? Instead of one 8-week program, Activate is now offered in a series of 9-week blocks, with different activities and exercises available to you FOR FREE!

You do need to register so that you receive your unique identification number, which you will use to sign-in to each session you attend. As usual the sessions cater for a range of fitness levels and interests. Activities offered are suitable for participants who are not currently active and have had little or no experience in the activity previously. You can register at any time, and once you do, you will receive the current session timetables.



To register go to:

<http://cityofpalmerston.checkfront.com/reserve>

and scroll down to Activate, then Book Now.

Registration is easy, fast and FREE!

Also - see page 8 for information about Activate FOR KIDS!

PALMERSTON RECREATION CENTRE

The Palmerston Recreation Centre is now a fully-functioning community facility, offering spaces for a wide range of uses and users! Booking is online, to streamline the process, but you can also phone us and we will book for you.

Several seniors' activities operate at the Rec Centre; these are promoted by the suppliers and include Croquet on Wednesdays, and Fitness on Mondays.

Council's Community Services team moved to the offices in the Recreation Centre a year ago, and operate from there.

(The YMCA moved their programs, including seniors' classes, to the Palmerston Swimming and Fitness Centre, Bonson Terrace, Driver.)



FREE EVENT WITH GIVEAWAYS

Library OPEN DAY

CITY OF PALMERSTON LIBRARY

3 August 2018 | 5PM - 7PM

There will be -
Launch Facebook Groups,
Information Stalls,
Program Displays,
Kids Activities,
Face Painting
and lots of giveaways

Bolinda audio

COME JOIN THE FUN AT OUR LIBRARY OPEN DAY

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PALMERSTON Women's Gathering

4pm - 6pm

GOYDER SQUARE BBQ

Saturday 25 August 2018



Female friends, colleagues,
family members (and kids) welcome!

For more information, call Leah on 0417296437
or email leah.sanderson@palmerston.nt.gov.au

city of
PALMERSTON

LIVE IN THE SQUARE

12 August The Governors

26 August The Groove Factor

9 September Jigsaw Collective

Live in the Square

ALCOHOL FREE EVENT

SUNDAY | 5-7.30PM

GOYDER SQUARE - THE BOULEVARD

Bring a picnic, chair, bean bag or rug

SENIORS FORUM 2018 - RSVP'S CLOSED

Thanks to the Palmerston and Rural Seniors Committee for taking the RSVP's for this event, which is facilitated by the Palmerston Seniors Advisory Committee (an advisory committee to City of Palmerston).

2018

SENIORS FORUM

MONDAY 20 AUGUST 2018
10AM - 2PM Cazaly's Palmerston Club

SPACES ARE LIMITED AND BOOKINGS ARE ESSENTIAL

For details contact Tess Riches on 08 8935 9929
tess.riches@palmerston.nt.gov.au

NORTHERN TERRITORY GOVERNMENT

city of PALMERSTON

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RATES PAYMENTS

Rates Instalment Dates*:

Sunday 30 September 2018

Friday 30 November 2018

Wednesday 30 January 2019

Saturday 30 March 2019

*Where the last date for payment falls on a weekend or Public Holiday, payment should be made by the next working day (eg. If the due date is a Saturday, the payment should be received by 5pm on the following Monday.)

Note: Should you not receive your rates notice prior to these dates please call (08) 8935 9922 or email rates@palmerston.nt.gov.au to confirm postal details or request another copy.

NT Concession Scheme

Eligible pensioners are entitled to a concession on rates. The City of Palmerston receives a listing from NT Concession Scheme of all ratepayers that are eligible for a concession on 1 July each year.

Concessions for eligible pensioners are automatically included on the rate notice. If a pensioner becomes eligible part way through the rating year they must pay the rates in full to Council and then 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://ntconcessions.nt.gov.au/>

NATIONAL DAYS OF SIGNIFICANCE COMING UP

AUGUST IS SENIORS MONTH!

11 NOVEMBER IS REMEMBRANCE DAY - SEE PAGE 9

12 TO 19 NOVEMBER IS RECYCLING WEEK

3 DECEMBER IS INTERNATIONAL DAY OF PEOPLE WITH A DISABILITY

DISABILITY PERMIT HOLDERS

Council has amended its parking policy to allow all Disability Permit holders to park in any Council car park (both on and off-street) for FREE and up to twice the time displayed for that zone.

Previously, only the dedicated Disability parks were free. (All of these allow all-day parking EXCEPT for the one near the Post Office, which is short term.)

Now, you can park in a Council-owned two-hour park for up to four hours and you don't have to pay anything.

However - you MUST display your permit on the dash, or the Ranger cannot tell that you are **not** parked illegally.

KNOW WHERE TO GO?

The National Public Toilet Map helps you find toilets, plan a trip and save trip planners.

<https://toiletmap.gov.au> Pick up their flyer from Council brochure racks for more information.

This excellent resource is a project of the National Continence Program.

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Reboot your Loot

COUNCIL CAR PARK

Crn Chung Wah Tce and University Ave, Palmerston

Register at <https://cityofpalmerston.checkfront.com/reserve/> or www.palmerston.nt.gov.au

JOIN CITY OF PALMERSTON'S MASSIVE CAR BOOT SALE!

city of PALMERSTON

SATURDAY 11 AUGUST 2018

8-11AM

ALCOHOL FREE EVENT

FREE MOVIES UNDER THE STARS AT GOYDER SQUARE - THE BOULEVARD

FLICNICS

EVERY SATURDAY 21 APRIL - 8 SEPTEMBER | MOVIES START: 7PM

FLICNICS

AUGUST

- 4 *Miracle from Heaven*
- 11 *Frozen*
- 18 *Lion*
- 26 *ET*

SEPTEMBER

- 1 *Spirited Away*
- 8 *The Lion King* (theme night)

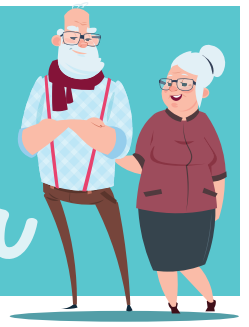
OCTOBER - EXTRA EVENT!

- 27 *Goose Bumps* (theme night)

Pack a picnic, chair, bean bag or rug

WWW.PALMERSTON.NT.GOV.AU | [f PALMERSTONNT](https://www.facebook.com/PALMERSTONNT)





Can you help a friend?

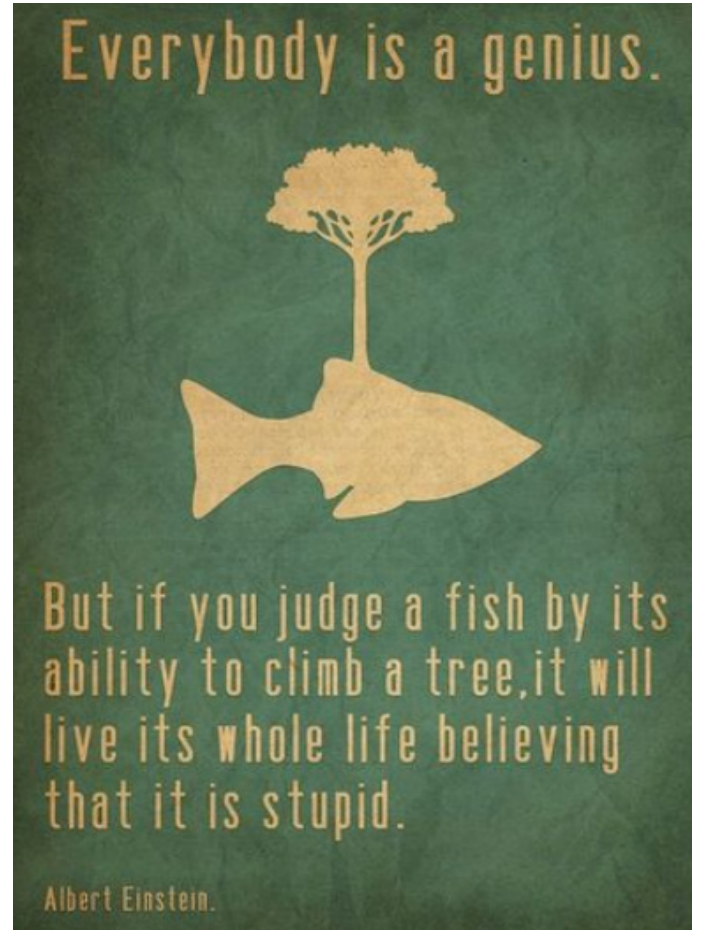
WE NEED VOLUNTEERS

DARWIN

Our shifts in the Darwin are growing which means that we need more volunteers!

MONDAYS / 7.30AM-10.30AM / STUART PARK
TUESDAYS / 7.30AM-10AM / DARWIN CITY
WEDNESDAYS / 9AM-11.30AM / MINDL BEACH
THURSDAYS / 8.30AM-11AM / CASUARINA
OTHER DAYS & TIMES COMING SOON

Interested? Register your interest online and select your location as 'Darwin'
<https://orangesky.org.au/volunteer>



LEARN -OR RELEARN- A LANGUAGE NOW!

'They' keep telling us to use it or lose it, and learning a new language is a great way to invigorate the old grey cells! But perhaps you have another reason. Do your grandkids have a second language? Do you want to go on holidays and dazzle with your ability to chat with the locals? Do you want to re-learn your mother tongue? Do you want to see how much of third-period French you can actually recall? Or; do you already have an exotic first language but you want to improve your English?

It's all within your reach with this brilliant system that you can access with your library membership.



Transparent Language®

Transparent Language is 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.

There is also an extensive English collection for speakers of 25+ languages.

To access this great resource, speak to the team at City of Palmerston Library, 8935 9999.



2018 *Pre Cyclone* **CLEAN UP**

To help residents prepare for the upcoming cyclone season, the City of Palmerston will be conducting a hard rubbish collection service for all suburbs on the following dates:

All items for collection must be placed on the verge on

1-2 SEPTEMBER

Collection by contractors will commence on 3 September

DURACK | MARLOW LAGOON | DRIVER | GRAY | MOULDEN | WOODROFFE

All items for collection must be placed on the verge on

6-7 OCTOBER

Collection by contractors will commence on 8 October

**FARRAR | GUNN | BAKEWELL | ROSEBERY | JOHNSTON
BELLAMACK | ZUCCOLI**

For seniors & residents with a disability requiring assistance moving large items to the verge, please call Council on 8935 9955 at least one week prior to collection.



Cyclone Clean Up **HINTS & TIPS**

WHAT WILL BE COLLECTED:

Household quantities of white goods, air conditioners, steel, bicycles, furniture & household building materials.



WHAT WON'T BE COLLECTED:

Green, domestic & commercial waste, gas bottles, car parts, vehicle bodies, tyres, paints, oils, chemicals or other hazardous waste.



WHEN TO PLACE ITEMS ON THE VERGE:

Items for collection are to be placed on the verge in front of your property on the Saturday & Sunday PRIOR to the collection dates for your suburb. Please make sure when placing items on the verge all footpaths are kept clear & pedestrians have safe access to walkways.

WHEN THE COLLECTION WILL TAKE PLACE:

Collection will occur on the Monday following the weekend collection dates allocated to your suburb.

PLEASE NOTE:

Contractors will record the address of each property they attend. Items which appear on the verge after the dates specified will not be collected. Individual household items deemed to be of a commercial quantity will not be collected & it will be the responsibility of the owner to correctly dispose of the waste.

PALMERSTON.NT.GOV.AU
PALMERSTON@PALMERSTON.NT.GOV.AU



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Brekkie in the Park

8-10AM - FREE HEALTHY BREAKFAST & ACTIVITIES

12 AUG ROSEBERY PARK ROSEBERY DRV, ROSEBERY	2 SEPT FATHER GERRY REMIE PARK FLYNN CCT, BELLAMACK
--	--

www.palmerston.nt.gov.au

city of PALMERSTON

FREE

CITY OF PALMERSTON

activate KIDS

GROOVE TUESDAYS

AUGUST 14, 21, 28
SEPTEMBER 4, 11

DANCE YOUR WAY, YOU CAN'T GET IT WRONG!

TIME 4.00-5.00PM | **PALMERSTON** Recreation Centre | **AGES** 5-14 years

LIMITED PLACES AVAILABLE, BOOKINGS ESSENTIAL

www.palmerston.nt.gov.au or **ACTIVATE**

Book online: <https://cityofpalmerston.checkfront.com/reserve/>

GROOVE Vitality

city of PALMERSTON

HOONUIT

City of Palmerston Library has launched an online software training database - Hoonuit, a comprehensive online database of how-to training tutorials covering popular Microsoft, Apple, Adobe and Google software programs.

Through the library's website, members will have unlimited access to these videos in the library or at home.

With in-depth software training tutorials to fit users' needs, these videos help patrons of all ages improve job skills and become more proficient in basic computer applications.

(Mobile device training is also available, allowing patrons to learn how to get the most out of their smartphones and tablets.

See page 11) Please speak to library staff to find out how you can get the most out of your technology!

ONLINE SOFTWARE TRAINING

hoonuit

Ai

GREY GOSS Newsletter



CENTENARY OF ARMISTICE DAY - REMEMBRANCE DAY - CELEBRATIONS

At 11am on November 11, many people across the world stop to remember the end of World War 1 and the service of armed forces everywhere. "The eleventh hour of the eleventh day of the eleventh month" is commemorated as the Anniversary of Armistice, and in 2018 it is especially significant as this year marks one hundred years since the end of that war.

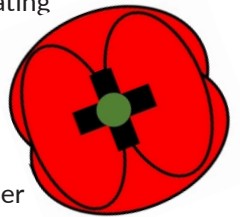
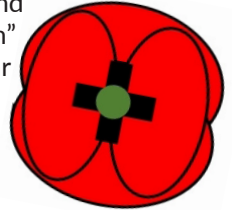
The First World War, or WW1, began in 1914 and ended in 1918. It was originally called The Great War, and The War to End All Wars; it wasn't, and it didn't. Subsequent conflicts and the Second World War became associated with the day of commemoration, prompting its renaming to Remembrance Day, to include all the of fallen and serving.

Would YOU like to be involved in Palmerston's celebrations to commemorate Remembrance Day? We will have a couple of projects underway soon, including both permanent and temporary public artworks in our Memorial Park. So calling all crafters, blokes-with-sheds, and people keen to have a go - would you like to make a poppy for the Poppy Wall? The Flanders poppy has long been associated with this day, as well as ANZAC Day, and we're going to make a beautiful, colourful feature of it for the Remembrance Day celebrations.

Design and make your poppy, in whatever style and materials you like, and it will join many others in decorating a temporary Poppy Wall of Remembrance, to be installed alongside the path in Memorial Park.

Tess is the project coordinator; you can contact her (on 8935 9929 or tess.riches@palmerston.nt.gov.au) for information, to run ideas past her, to check on progress...

(November is The Wet Season and your creations will be outside for a few weeks. You might want to consider using waterproof materials or ways to waterproof your poppies if made of fabric etc.)



Local people Helping

SENIORS' COMPUTER CLASS

Every Friday 10am to 1pm - Driver Resource Centre, Driver

Come along to yarn, learn and socialise:

Learn about computers including email, word processing and myGov. Coffee, morning tea, lunch and transport available Palmerston area.



Contact Natasha on 0466 548 961 or nmaher@redcross.org.au

redcross.org.au follow us



Community Wheel for Local Non-Profit Organisations
FREE FUNDRAISING OPPORTUNITY

Spin Wheel & Raffle Tickets Provided

Sponsored by: Palmerston Shopping Centre & The Palmerston and Rural Seniors Committee Inc

For more information

Email: admin@joon.net.au Ph: 8932 1998



SENIORS OF EXCELLENCE NT AWARDS

Have you heard about this home-grown organisation, which has been recognising outstanding local seniors since 2014? Congratulations to the small band of dedicated members of Seniors Of Excellence NT Inc. for their positive affirmation of the amazing contributions of seniors in our communities!

Each year nominations are received from people wishing to acknowledge the generosity, skills and community spirit of our valuable senior citizens.

The following is the list of those Territorians who are recipients of a Seniors Of Excellence NT - Awards (Palmerston and our rural residents in bold.)

2014 Recipients

Mrs Cath Cocroft, Mrs Margaret Moore, Mrs Joy Beck, Mrs Joan Chappel, Mr Terrence Hines, Mrs Mary Meldrum, Ms Roddy Calvert, Mrs Rosemary Aiken, Ms Christina Honan, Mr David Pearson OAM, Mrs Delma Ainslie-Cowles, Ms Dotty Daby, Mrs Evonne Sharman, Mrs Helen Gabel, Mrs Janice Stach, Mr John Moyle, Mr John Potter, Mrs Nola Smith, Mrs Sue Dibbs, Mrs Sue Firth, Dr Jim Scattini.

2015 Recipients

Mrs Janette Jewell, Mr Daryl Salathiel, Mrs Daphne Read OAM, Ms Janice Canniford, Mrs Pamela Smith, Mr Donald Lockley, Mrs Romola Sebastian-Pillai, Dr Jan Hills, , Joan & Lindsay Johannsen, Mrs Gillian Hagger OAM, Mrs Olga Radke OAM, Mr Leo Izod.

2016 Recipients

Mrs Iris Gibbins, Mrs Betty Griffin, Mrs Ann Brown, Mrs Janette Jewell, Ms Lillian Mann, Mrs Neila Boyle, Mrs Maureen York, Mrs Jose Petrick, Mrs Elizabeth Mary Abotomey, Mrs Jean Hanson, Mrs Valerie Hamilton, Dr Valerie Asche AM, Mr Ronald Burridge, Mr John Lear, Mrs Jennifer Rivett; Associate Awards COTA NT, Palmerston 50+ Club

2017 Recipients

Mr Garry Raymond Casey, Mr Stephen Russell, Mr Darryl Butler, Mr William J Hamilton, Mrs Diane Lunn, Mr Raymond Fautleroy, Mr Rodney Hocking, Mrs Myra Skinner, Mrs Eileen Boocock, Mr Jeffrey Dunn OAM

2018 Recipients

To be announced soon!

To contact Seniors Of Excellence NT Inc:
P.O. Box 40561
Casuarina NT 0811
Northern Territory

Tel Mob: 0438 279244
Email: seniorsofexcellence@bigpond.com
Web: www.seniorsofexcellence.com.au

BLAST FROM THE PAST!

Can you remember this iconic city site being developed? The photo on the left is from 2003, the one on the right is 2018.





GREY GOSS Newsletter

RECOGNISING AGING

How do you know when the time has begun
For you to get older, though it's not such great fun
If it works, does it hurt, and will it still work
Next week.

Memories of the morning after, from times in your past
Are reproduced quite frequently without being asked
as you wake up today without having done
anything to earn it.

Your mind makes decisions that your body can't maintain
Your hair's getting thinner, pity your body's not the same
Knees can buckle, but your belt no longer does
Without great effort.

When asked of your past, every detail you'll know,
But what were you doing 10 minutes ago?
Your children now have wrinkles and their hair's turning grey
And you've just noticed
Instead of Chanel No 5, you smell of vapour rub
Your back goes out as much as you,
and when eating in the pub
Take advice from one who knows
Don't have steak
You really are a walking storeroom of facts
An oracle of answers, you really are exact
But no one ever asks you
The right questions.

So you've got to Senior Citizenship
with required skills, you're now equipped
to accept aging gracefully
Well, aren't you?

© Sandra Parker

tech - **KNOW** - logy!!

Here are two more great options from your Library to help you develop your technological skills and really get the most out of your computer, tablet and phone:



Adult Drop-In Computer Sessions

Need helping using your computer, tablet or phone? Then come to our drop-in computer sessions. Computers and iPads available, or bring your own device and get one-on-one assistance with all of your computer/IT issues from a library staff member. All welcome, no bookings required.

When: Thursdays

Time: 10am to 12pm

Location: Study Area at City of Palmerston Library

Be Connected
Every Australian online.

Be Connected

Be Connected is 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.

For more information on how you can access this new service, pop into the City of Palmerston Library and ask one of the team at the front counter, or alternatively, by attending our Adult Drop-In Computer Sessions on a Thursday between 10am and 12pm.



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AUGUST 8 - OCTOBER 4

FREE | GOYDER SQUARE, PALMERSTON | 6-7PM

Yoga Tai Chi

IN THE SQUARE IN THE SQUARE

WEDNESDAYS THURSDAYS

Bring a mat, towel & water bottle
Bring a water bottle & soft soul footwear

ALL AGES & ABILITIES WELCOME

WWW.PALMERSTON.NT.GOV.AU
TEL 8935 9922

FREE ENTRY

Sanctuary Sessions

SATURDAY 16 JUNE | SATURDAY 14 JULY | SATURDAY 18 AUGUST

SANCTUARY LAKES, GUNN
4PM - 7PM

FEATURING LIVE AND LOCAL MUSIC FOR YOU TO ENJOY WHILE THE SUN SETS DOWN AT THE LAKE.

- [FAMILY-FRIENDLY](#)
- [FOOD TRUCKS](#)
- [PET-FRIENDLY](#)
- [KIDS ENTERTAINER](#)
- [BYO BLANKETS ETC](#)

FOR INFO ON WHO IS PERFORMING VISIT WWW.PALMERSTON.NT.GOV.AU

<http://www.palmerston.nt.gov.au/facilities-recreation/library>

Eftpos

is now available at the Library

\$5 Minimum

in your imagination you will

MOBILE PRINTING AVAILABLE

Print on the go from your laptop or smart device with the City of Palmerston Library's MOBILE PRINTING SERVICE!

To get started, visit www.palmerston.nt.gov.au or download the FREE PrinterOn app.

Printing has never been easier
Check it out today!