



PALMERSTON AND LITCHFIELD SENIORS ASSOCIATION INC (PLSA). NEWSLETTER

Volume: 25

Month: June, 2022

FROM THE PRESIDENT'S DESK

Welcome to our second newsletter for 2022. Most things have fallen into place and we are all organised for Seniors Fortnight in August. Don't forget the registration dates - 6 July for Litchfield residents and 13 July for Palmerston residents.

A reminder that we have our June movie on Monday 20 and we have a good turnout. Anyone wishing to come and has not registered is welcome to attend on that day – fee is \$5 for members and \$15 for non members and that includes morning tea.

Registrations and renewals of membership for 2022 have been due since January. A reminder if you **have not yet done so it must be paid by June 30 or you will be ineligible to attend any functions during Seniors Fortnight.** Further information about registration is in this newsletter.

Our morning teas have been well attended and it was pleasing to see more attend at Humpty Doo this month. The mayor of Litchfield attended the April morning tea and has since become a member.

Enjoy reading this newsletter and see you all next morning tea.

Cheers

Marg Lee

Taminmin Community Library

Seniors Morning Tea



10:30am – 12:00pm
70 Challoner Cct., HumptyDoo(08)
89 881200

Morning Tea the 2nd Friday
each month



MORNING TEA

Our Morning Teas at **Cazalys Palmerston Club** are held on the **2nd and 4th Thursdays of the month between 10am and 12noon.** We run a raffle at each Morning Tea (tickets are either \$2 ea or 3 for \$5) and we have Bingo that is played on the 4th Thursday, free of charge

Morning Tea dates are as follows:

Please Note: All dates for Morning Teas are on our Website.

Thursday 23rd June, 2022

Thursday 14th & 28th July, 2022

Thursday 11th & 25th August, 2022



HUMPTY DOO & RURAL AREA GOLF CLUB

MORNING TEA

1st Wednesday each month

Morning Tea at HDGC is the 1st Wednesday of each month.

Morning Tea has been attended well but, we would like to see more members attending. We have a raffle with excellent prizes at each morning tea.

Come along and join us on the first Wednesday of the month and enjoy a lovely morning tea with us at HDGC.

CONTACT DETAIL

Marg Lee President 0438 430 237
Neville Driver Public Officer 0455 660 026
Neville Driver Vice President 0455 660 026

Sheryl Sephton Treasurer 0439 342 400
Sally Howarth Secretary 0409 195 257
secretary@plsa.com.au

Mental Health

Over the weekend, as the Chair of MACST, I was invited to attend the Ministerial session of the Northern Territory Youth Round Table which is made up of 18 youth from all corners of the NT. This group comprises of members who are culturally or linguistically diverse and many are identified as Aboriginal or Torres Strait Islander.

The Hon Lauren Moss MLA is the Minister for Youth, Seniors and Mental Health. The discussion centred around mental health and allied services. Many of the issues raised and discussed relating to youth mental health; I feel maybe pertinent to seniors and/or perhaps grandchildren.

Topics discussed:

- Loneliness
- Companionship
- Lack of services
- Services – availability (9am to 5pm)
- After hours services
- Continual new initiatives
- Lack of funds for existing services that are working – strengthen existing services
- Who do I talk too?
- Abuse – financial, elder, bullying
- Online services
- People do not understand my issues
- Life skills
- High waiting times – but I need help NOW

The Minister noted with concern some of the examples provided and the lack of afterhours availability of service. The majority of people present concurred with much of the discussion, offering comment that not all mental health issues needed immediate access to a psychologist for example.

Discussion related to possible ambassadors, in both youth and senior sectors or a confident whereby a person feeling over whelmed could talk through issues, and an ambassador or confident could simply listen and provide comment where appropriate.

An ambassador or confident or a member of the general public perhaps need more awareness of the services that are available within the NT, so a person might say “have you thought to call xxxx; would you like me to call them for you or do you want me to go with you to visit them”.

There are many services available in the top end and these fall into two distinct categories:

- Emergency Services
- Other Mental Health Services

Emergency Services include:

- a) NT Mental Health Health Line 1800 682 288
- b) Life Line 13 11 14
- c) Kids Helpline 1800 55 1800
- d) Suicide Call Back Service 1300 659 467
- e) Headspace 1800 650 890
- f) Police “000” or 131 444

Other Mental Health Services

- a) Anglicare NT 8946 4800
- b) Catholic Care NT 8944 2000
- c) Child Adolescent Mental Health Team (CAMHT) 8999 4959
- d) Darwin Psychology Services 8932 8460
- e) Headspace Darwin 8931 5999
- f) Industry Health Solutions 8931 2642
- g) Mission Australia Psychology 8935 0900
- h) RDH Top End Mental Health Services 8922 8850
- i) Tamarind Centre Top End Mental Health Services 8999 4988

This list is by no means extensive. If you have the internet, google “mental health services NT”; if you do not have internet, contact your GP or ring a friend.

The Minister duly noted concerns raised; especially where services are not available after hours (some are funded for after-hours availability), the need to extend existing services rather than keep funding new initiatives unnecessarily, the need to reduce waiting times – especially where there is an immediate problem and the need to assist all sectors of the community.

I am certainly no expert in this field, nor do I profess to be; but the 1.5hour discussion was an eye opener; especially the similarity of concerns between youth and the senior sector. I will leave you with a parting comment; “there are many services available and friends around to assist you.” Live well, stay safe.

Neville Driver - Vice President/Public Officer



Specials for Seniors

TRADING HOURS:

Monday-Thursday: 9am-5pm

Friday: 9am-6pm

Saturday: 9am-4pm

Sundays & Public Holidays: 10am-2pm



Where is Cutterz & Minx?

What is Cutterz & Minx?

Ladies – need your hair looked after – why not call Alesha from Cutterz & Minx Hair and Beauty, located in the Palmerston Shopping Centre.

Call 8931 0035

Cutterz & Minx Hair and Beauty have agreed to provide 2 Gift Certificates per month. Each Gift Certificate is for One Free Senior's Haircut, value \$34.00. Don't forget to check with Alesha what their monthly specials are.

PALMERSTON DRIVER VOLUNTEER PROGRAM (PDVP)

COVID-19 caused many issues during 2021, however we are pleased to advise that the PDVP is up and running again.

We currently have four volunteer drivers who are all based in Palmerston. Whilst they certainly are doing Litchfield pickups, it would be good if we could get a couple of volunteer drivers from the Litchfield region.

Bookings are to be made through the Brennan's Electorate Office Only. PLEASE DO NOT CONTACT DRIVERS DIRECTLY.

If you have the time, a registered and insured vehicle please call our Treasurer, Sheryl Sephton 0439 342 400 and Sheryl would only be too pleased to assist in getting you going.



Sponsors

The seniors of Palmerston and Litchfield benefit greatly by the sponsorship provided by businesses who believe in and support our seniors through the PLSA.

This occurs through prizes at morning tea raffles, donation of goods, services and product.

We need to return the favour by purchasing services and goods from our sponsors wherever possible in the Palmerston and Litchfield region.

The following list of sponsors regularly support our seniors:

- Arafura Blue Water Charters, Coolalinga
- Arjays Sales and Services, Pinelands
- Bean Juice Cafe – Palmerston Shopping Centre
- Ben Designs, Yarrowonga
- Blooms Chemists, Bakewell
- Bunnings Palmerston, Yarrowonga
- City of Palmerston, Palmerston
- Cutters and Minx, Palmerston Shopping Centre
- Cazalys Club Palmerston, Palmerston
- Coolalinga Mowers, Coolalinga
- Didgeridoo Hut & Art Gallery, Humpty Doo
- De Lago Resort, Lake Bennett
- Dice Electrical, Pinelands
- Event Cinemas, Yarrowonga
- Electorate of Brennan – Marie-Clare
- Electorate of Blain - Mark Taylor
Oasis Shopping Centre
- Electorate of Drysdale – Eva Lawler,
Gateway Shopping Centre
- Electorate of Nelson – Gerard Maley,
Howard Springs Shopping Centre
- Electorate of Spillett – Lia
Finocchiaro, Zoccali Shopping Centre
- Fresh Point Café, Bellamack
- Food Bank NT, Berrimah
- Howard Springs Bakery, Howard Springs
- Hollands Print Solutions, Yarrowonga
- Humpty Doo And Rural Area Golf Club, Humpty Doo
- Journey Beyond (Darwin Harbour Cruises), Darwin
- Jack's Style and Grooming,
Palmerston Shopping Centre
- Litchfield Council, Knuckey Lagoon
- No Hassall's Electrical & Air Conditioning, Yarrowonga
- Oasis Shopping Centre, Palmerston
- Palmerston & Rural Party Hire,
Winnellie
- Palmerston Shopping Centre,
Palmerston
- Quality Meat Palmerston, Palmerston Shopping Centre
- Specsavers Palmerston, Oasis Shopping Centre

Seniors Fortnight

Program Distribution

The Seniors Fortnight Program has been distributed throughout the City of Palmerston and Litchfield Council region.

The Seniors Fortnight Program and the Registration Form can be collected from any of the following 20 locations:

- Cazalys Palmerston Club, Palmerston
- Croquet – Ann Brown
- Carpet Bowls – Ann Brown
- 50 plus Club, Palmerston
- Electorate Office for Blain, Oasis Shopping Centre
- Electorate Office for Brennan, Palmerston Shopping Centre
- Electorate Office for Drysdale, Gateway Shopping Centre
- Electorate Office for Goyder, Coolalinga
- Electorate Office for Nelson, Howard Springs Shopping Centre
- Electorate Office for Spillett, Zuccoli Shopping Centre
- Humpty Doo Golf Course
- Litchfield Council Office, Freds Pass
- Morning Tea Humpty Doo Golf Course
- Morning Tea – Cazalys Palmerston Club
- Palmerston Library, Palmerston
- Palmerston Council Office, Palmerston
- Palmerston Community Wheel, Palmerston Shopping Centre
- Palmerston Recreation Centre, Palmerston
- Specsavers Palmerston, Oasis Shopping Centre
- Taminmin Library, Humpty Doo

Seniors Fortnight

Registration

Seniors Fortnight Registration is sneaking up upon us rapidly – its next month!

Registrations will be undertaken in two locations in 2022:

The Seniors Fortnight Registration Fee will remain at \$10.00/person, payable at the time of registration in cash or by EFTPOS.

Conditions:

- Members must have been financial as at 30 June 2022.
- Registration must be made in person only, noting that if a couple is registering only one person need attend.

Locations:

Humpty Doo Golf Course (HDGC)

When: Wednesday

Date: 06 July 2022

Time: 11.30am to 1.00pm

Comment: **Litchfield Council residents ONLY**

NB: Wednesday 6 July is also Morning Tea at the HDGC, commencing at 10am, so why not join us for morning tea before registering for Seniors Fortnight.

Palmerston Shopping Centre (PSC)

When: Wednesday

Date: 13 July 2022

Time: 10.00am to 1.00pm

Comment: **All members**



What a huge start to the year it has been, and I thank those that have reached out to me about local issues such as graffiti, parks, overgrown vegetation and community initiatives. I really enjoy working with the community, but if I don't know about a local issue then I can't help, so please reach out.

This year Zuccoli IGA has hosted Community Safety meetings along with guest speakers from Neighbourhood Watch, Victims of Crime and Police. All guest speakers have shared a common message that getting to know your neighbour is very important in creating a safer and happier neighbourhood. Your neighbours can:

- Reduce prowling, loitering and burglary by reporting suspicious people or vehicles to police on 131 444;
- Keep an eye on your property when you are away from home;
- Keep a spare key for you instead of leaving it outside your property; and
- Be you 'go to' in the event of an emergency.

Neighbourhood Watch NT and Victims of Crime NT have partnered together to create a free online self-assessment tool called 'How safe is my place?' The tool will help you evaluate the security levels of your property and determine how you can improve this, in and around your home. To do the self-assessment visit: <http://nt.howsafeismyplace.com.au>. If you are unable to get online please make a time to visit my office and we can assist you.

My office is always contactable on 8999 6674 or email electorate.spillett@nt.gov.au or of course you can pop in to Shop 13A Zuccoli Plaza, Zuccoli.

Regards,



Eva Lawler – Member for Drysdale

Hello to our Palmerston and Litchfield Seniors.

It is a pleasure to be invited to provide information to you regularly through the PLSA newsletter. I'll start this time with a little information about myself.

As a born and bred Territorian and someone who has lived in the rural area of Darwin and Palmerston for most of my 60 years, I am committed to supporting Seniors to remain in the Northern Territory, to recognise the valuable contribution you make to our community and to ensure you have a happy, healthy and safe life in Palmerston and Litchfield. I recognise the life time of experience, the broad knowledge, and the importance that senior Territorians provide to our community. Sitting down and listening to stories from elderly Territorians is one of my great pleasures. I have a depth of understanding of the issues many older Territorians experience and have had first-hand experience with the care of my mother who recently passed away from Covid at the age of 93 in a nursing home in Darwin.

Our Government supports Territory seniors through – a grants program for NT Seniors Month, funding for the services and advice to Northern Territory seniors. I am a proud grandparent to two little boys that are the light of my life but I also understand the complexities some older Territorians face with grandparents responsible for raising their children's children.

In August 2021 the NTG released the NT Seniors Policy 2021-2026 which responds to our growing senior population, acknowledges active ageing and supports seniors' independence and wellbeing. It is available https://tfhc.nt.gov.au/data/assets/pdf_file/0006/1033359/nt-seniors-policy-2021-26.pdf or you can pick up hard copies from the Drysdale Electorate Office, Gateway Shopping Centre.

Please don't hesitate to contact me by telephone: 8999 5397 or by email: electorate.drysdale@nt.gov.au if you need any assistance. My office is always happy to help.



Dry Season activities

The dry season is well and truly here, and City of Palmerston has kicked off its dry season activities including many favourites like FlicNics, Brekky in the Park, On Frances and Live at the Lake. Paws Parks and Ponds Walking group continues through the dry season and you don't need a dog to enjoy a guided walk. The next walk is on 15 June at Woodroffe Cricket Oval. Join our friendly Rangers for a walk around our parks and open spaces.

Details of all our activities can be found at www.palmerston.nt.gov.au.

Draft Municipal Plan

Council has released its draft Municipal Plan for the 2022/23 financial year. It's been a tough year with local CPI increasing by over 5% but Council is committed to delivering the same or improved service levels throughout the community. This coming year will see an increase to rates of 2.9%.

The draft municipal Plan includes the \$15M SWELL upgrade, \$27M in capital works, \$250,000 Community Benefit Fund, \$3.8M on Zoccali Community Hub, \$500,000 Archer Waste Transfer improvements, \$625,000 on tree planting and watering, and \$150,000 towards scope and design for the reconstruction of the Driver Resource Centre.

Parking in the CBD remains FREE, as does access to community rooms and facilities, including the pool which will remain free following the \$15M upgrade.

Draft Disability Inclusion & Access Plan (DIAP)

Following feedback from the community, consultation on the draft Disability Inclusion & Access Plan (DIAP) has been extended to provide more opportunities for the community to participate. The DIAP meets the commitment in the Inclusive Diverse Accessible Framework to develop strategies and actions to achieve equity of access and inclusion in all areas of Council's responsibility for people living with a disability, as well as ensuring that Council meets both its obligations under anti-discrimination legislation and the expectations of the residents of Palmerston. I encourage everyone who lives with a disability to participate by completing the online survey or taking part in a face-to-face interview. Contact Alyssa.Finn@palmerston.nt.gov.au to arrange an interview or follow the links on Council's website, "Have Your Say" to complete the survey.

My Palmerston Discount Vouchers

There's still time to sign up and participate in the My Palmerston discount voucher scheme, with over 90 participating businesses and \$40 of vouchers to use every day. Discount vouchers will continue until all the funds run out and there's still around \$300,000 in vouchers still available. Register at <https://my.palmerston.nt.gov.au>

Reporting an Issue, online and on the go!

Reporting an issue has never been easier. You can now report an issue when you see it, upload photos, and provide GPS coordinates from your Smart phone! City of Palmerston have developed mobile friendly reporting apps for many common issues such as roads, pathways, stormwater, parks and open space, irrigation, trees or vegetation, graffiti, signs, vehicles, dogs, bins and public lighting. It can all be done from your smart mobile phone and you can report anonymously. Just follow the "Report an Issue" link from the City of Palmerston website.

I hope you enjoy the dry season!

Mayor Athina Pascoe-Bell

City of Palmerston



Member for Blain Mark Turner

Foodbank NT

Sadly something that a lot of Territory seniors have to consider is that their money simple doesn't go far enough. Sometimes people are sitting in the dry season worrying between heating and food bills, and I just want to let people know there is help out there.

Foodbank NT want to help people before they are struggling, not afterwards. So if you are having a tough time, or know of anyone in a tight spot, food and other essential products are available at their warehouse at 9 Mel Rd, Berrimah NT 0828 (Open Tues, Wed, Friday 8am-1pm). Additionally, the Food for Life Mobile Bus attends St Luke's Anglican Church in Gray on Wednesday's between 1pm-3pm as well as other areas in the Darwin, Palmerston and Rural area during the rest of the week.

Foodbank NT was established in 2009 to address food insecurity in the Northern Territory. Today, together with a range of stakeholders, their incredibly hard working team deliver programs and services to help feed over 6000 people every month. Their efforts to bring food and other essentials to those most in need are truly remarkable. You may have already met their Executive Officer, Peter Chandler who recently delivered a short presentation about the benefits of Foodbank to PLSA members. It was great to work with the PLSA team to help facilitate this meeting and hope we can continue to promote further collaboration between PLSA and Foodbank NT into the future

Food For Life is a not-for-profit program partnering with local churches and Foodbank NT to provide groceries and other goods to individuals and families experiencing hunger.

The food hubs offer a range of grocery items such as bread, milk, tinned goods, frozen food, fruit and vegetables. A handling fee per kilo is applied to all groceries, milk, bread and variety items.

Once clients are registered, they are able to shop at any **Food For Life** Outlet and the Foodbank NT Food Hub.

The **Food For Life** outlet program includes a cafe shop that offers free morning / afternoon tea, conversation and friendship. See over for location details.

9 MEL ROAD BERRIMAH NT 0828
PHONE (08) 8947 3569
foodforlife@bent.org.au
www.bont.org.au

food for life
Nourishing and Caring for the Community

IS A PROJECT OF

Baptist Care
Northern Territory

food for life
Nourishing and Caring for the Community

COMMUNITY MOBILE PANTRY

<p>TUESDAY CORNERSTONE CHRISTIAN FELLOWSHIP 85 Whitewood rd, Howard Springs OPEN 9 - 11AM</p> <p>ST JAMES SANDERSON ANGLICAN CHURCH Chr Jarvis str & Vanderlin Drive Service rd, Malak OPEN 1 - 3PM</p> <p>WEDNESDAY LIVING WATER UNITING CHURCH 15 Challoner circ, Humpty Doo OPEN 9AM - 12PM</p> <p>ST LUKE'S ANGLICAN CHURCH Chr Victoria dr & Priest circ, Gray OPEN 1 - 3PM</p>	<p>THURSDAY CASUARINA BAPTIST CHURCH 44 Dripstone road, Casuarina OPEN 9 - 11AM</p> <p>food for life Nourishing and Caring for the Community</p> <p>Baptist Care Northern Territory</p>	<p>FRIDAY DARWIN BAPTIST CHURCH 2 Ross Smith avenue, Ludmilla OPEN 9 - 12PM</p> <p>ST FRANCIS ANGLICAN CHURCH 25 Mardango cres, Batchelor OPEN ALTERNATE FRIDAYS, 10 - 12PM</p> <p>SATURDAY FOODBANK NT FOOD HUB 9 Mel road, Berrimah OPEN 9 - 12PM</p> <p>FOOD BANK</p>
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Now fully settled into the daily running's of council, our newly elected members are keen to hear from the community. We want to get involved on-the-ground and see how we can make a real difference in Litchfield and are eager to recognise organisations that are making it the best place to live in the Top End.

In the spirit of recognition, in December Council acknowledged the contribution of the Palmerston and Litchfield Seniors Association in providing social opportunities and celebratory events for seniors living in the Litchfield Municipality by agreeing to continue support to the Palmerston and Litchfield Seniors Association with a three-year funding agreement 2021 – 2024. We truly appreciate your value to the community and hope our ongoing support will showcase that support for years to come.

As for pressing council matters for the first quarter of 2022, there has been a strong focus on completing projects that are currently active. With Kentish Road now the last of the sealed roads near completion in the \$21 million funded mango roads project, Australian and Northern Territory (NT) governments and the Litchfield Council look forward to improved access and connectivity between mango farms and packing sheds and improved safety for contractors, workers and residents.

Power Road works have now recommenced, with a new contractor set to have the road sealed and upgraded, and with the project scheduled to finished on or around mid-July 2022. The Federally funded Black Spot works have included much needed widening of the floodway, nearest Girraween Road and pavement upgrades.

In other funding Litchfield Council has welcomed a commitment from the newly elected Labor Government for a \$10 million to upgrade Freds Pass Sports and Recreation Reserve, benefiting the greater community. We have seen considerable growth in our community and are proud of the rich history of recreational participation in the rural area.

This funding announcement gives Council surety that this facility will be upgraded and provide a range of opportunities that are currently not available, so we welcome it with open arms following the election results.

In other good community news, The NT Governments \$50million RecFishing program hit Litchfield this Wednesday morning with 550 Barramundi being released into McMinns Lagoon reserve.

The Barramundi was trucked to the reserve at around 10am, where they spent around 15 minutes acclimatising to the lagoon temperature with the help of Senior Aquaculture Technician Dr Alex Basford and his team at Darwin Aquaculture Centre Fisheries, Department of Industry, Tourism and Trade. The water was pumped into the travelling tank whilst locals and McMinns Lagoon Reserve Association awaited the transfer with anticipation.

Being selected as a habitable environment for the fish is a testament to all the hard work that has gone into making the reserve what it is today.

If good things happen when great plans are put into action, then there is a lot to look forward to in Litchfield in 2022! The Strategic Plan 2022-2025, Social Media Activation Strategy , the Municipal Plan and Budget and the Community Engagement Strategy and Action Plan are all finished the consultations phase and are being put into action currently.

There is still time to have your voice heard by being part of the Annual Community Survey 2022. Go to our website and navigate to the “your say” section. If you'd like to fill out the survey in person, come to reception at Litchfield Council and the council staff will give you a manual copy to fill out or you can use this QR code to take the survey right now.

Doug Barden

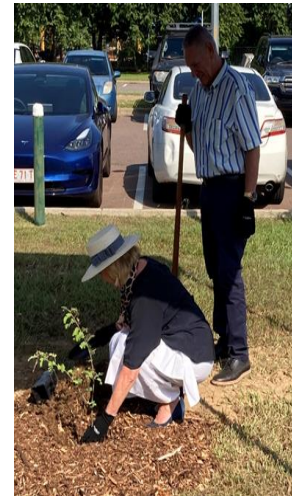
Mayor - Litchfield Council



City of Palmerston – Her Majesty the Queen’s Platinum Jubilee Tree Planting Event

The Administrator, Her Honour the Honourable Vicki O’Halloran, AO attended a Platinum Jubilee Tree Planting Event held by the City of Palmerston at Gray Hall on Saturday 4 June 2022.

The Administrator provided an insight of her time working in Palmerston and praised the City of Palmerston for their undying efforts in maintaining a green and comfortable lifestyle in the municipality.



The Administrator, Her Honour, the Honourable Vicki O’Halloran, AO and Mr Craig O’Halloran planting a tree in Confalonieri Park, Gray.

Having planted the tree in Confalonieri Park, the Administrator toured the new Gray Hall and was suitably impressed with the functionality and design of the new facility.

The City of Palmerston provided attendees with a number of trees, which were then planted in Confalonieri Park.

The ceremony was attended by residents of Palmerston, including some of our senior members, Councillors and Mr Mark Turner MLA for Blain and his family.

The PLSA was represented at the Tree Planting Event by two of our Committee Members.

After the conclusion of the Tree Planting Event, guests and residents retired to the Gray Hall for refreshments.

We Love Volunteers

If you are interested in Volunteering your time to help our PLSA Committee with fundraising

Please Contact Our Secretary: Sally Howarth
secretary@plsa.com.au

Updating Contact Details

Updating your Contact Details is very important for good communication. When you receive emails from our Secretary can you please answer so we know you have received it. If you have changed any of your contact details please email: treasurer@plsa.com.au or phone our Secretary Sally on 0409 195 257.

MAC-ST?

The Northern Territory Government has for sometime had the MAC-ST. You may well ask what the MAC-ST is? Well, it stands for the Ministerial Advisory Committee – Senior Territorians

The Minister for Seniors is the Hon Lauren Moss MLA.

It is made up of organisation members; such as COTA, National Seniors, AIR – Association of Independent Retirees, the PLSA and the LGANT – Local Government Of The Northern Territory, plus individual community members.

MAC-ST provides advice to Government through the Minister on matters relating to seniors and meets three times a year.

The Minister recently appointed a new Chair and Deputy Chair for a two-year period.

Chair – Neville Driver, Vice President/Public Officer PLSA

Deputy Chair – Robert Shewring, affiliated with National Seniors North.

The recently appointed LGANT Member is Councillor Sarah Henderson, City of Palmerston.

This Committee deals with global issues affecting all seniors across the Northern Territory. If you have any issues that you feel impact on all Senior Territorians, please feel free to give these people a call.

If you have an issue which is more localized, feel free to contact your local Council or MLA.






Member for Brennan

The start of the dry season has already seen some lovely cooler mornings which makes activities more pleasant. In addition to when you see me at Cazaly's Morning Teas, I also host free Community BBQ Breakfasts and Pizza in the Park in the evenings which everyone is welcome to attend. For more information about these events and when they're on feel free to reach out at any time.

I have a range of concerns and ideas raised with me often, too many to add into one paragraph of this newsletter, however I am always available to listen to you or provide you updates so please always feel free to make contact with me at my office at the Palmerston Shopping Centre, next to Target.

IN CASE OF EMERGENCY CARDS

PLSA has In Case Of Emergency cards printed to be distributed to our members. Another way to keep you safe wherever you are. Just put your details on the back of the card and keep it with you at all times.

COMMENTS/MEDICATION	IN AN EMERGENCY	M EDICAL CARD
	NAME _____ PHONE _____  Phone: 8984 1500  Phone: 8944 6244	 <small>Palmerston Local Seniors Association</small> The information contained in this medical card is the sole responsibility of the individual whose name appears on this card. This card should be carried by the individual at all times.



MAJOR SPONSORS



city of
PALMERSTON *'A Place for People'*



LITCHFIELD COUNCIL
Community effort is essential

Northern Territory Government



PALMERSTON
SHOPPING CENTRE

CAZALYS
PALMERSTON CLUB

Didgeridoo Hut
+ Art Gallery

HUMPTY DOO & RURAL AREA GOLF CLUB

Specsavers



BUNNINGS
warehouse

OUT ON THE BLUE WITH
Arafura
Bluewater Charters
Specialists in bluewater reef and game fishing charters

TWW
TOTALLY WORKWEAR
CORPORATE / INDUSTRIAL / SAFETY

De Laje Resort
EXCLUSIVE RESORT

Blooms
THE CHEMIST

- Woodroffe Primary School
- Event Cinemas Yarrowonga
- Palmerston Quality Meats

PLSA Web Site

Visit the site – plsa.com.au You are able to view the Newsletter and check out our Events Calendar on the Website.

The Secretary will email everyone with a Link. Simply click on the Big Green button in the email with Download on it and open the Newsletter. If you don't get the email for the Newsletter, Please email me.

For those people without an email address, don't despair, you will continue to receive a hard copy of the Newsletter in the post. Please if you do not receive the email CALL ME.

If you have any suggestions or updates for the web site, just contact Sally Howarth, our Secretary on secretary@plsa.com.au or 0409 195 257.

PLSA Committee Members have new email addresses

President: president@plsa.com.au

Vice President: publicofficer@plsa.com.au

Public Officer: publicofficer@plsa.com.au

Secretary: secretary@plsa.com.au

Treasurer: treasurer@plsa.com

Assistant Secretary: assistantsecretary@plsa.com.au

Enquiries: enquiries@plsa.com.au