



PALMERSTON AND LITCHFIELD SENIORS ASSOCIATION INC (PLSA). NEWSLETTER

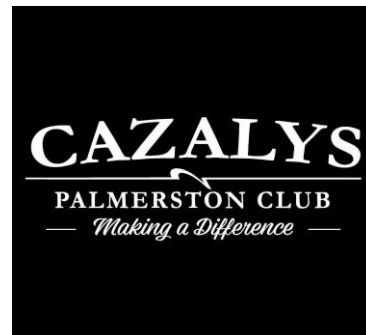
Volume: 28

Month: February, 2023

FROM THE PRESIDENT'S DESK

Welcome back to all our members for 2023. We have had two very successful morning teas so far, one at Humpty Doo and one at Cazalys and already have over half of our membership filled. Don't forget the cut off is 250 members as we are all volunteers. Our first movie morning is Monday 20th February and we now have a sponsor, Darwin Family Law. This means we can keep the price at \$5 for members and \$15 for non members. We have also picked up two more sponsors, No Hassells Electrical and Next Level Gym. Plans are well under way for Seniors Fortnight 2023 and we know you will enjoy the activities. Our next morning tea is on 23rd February and will include Bingo. See you there.

Marg Lee - President PLSA



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	23 rd February
Thursday	9 th March
Thursday	23 rd March
Thursday	13 th April
Thursday	27 th April
Thursday	11 th May
Thursday	25 th May



CONTACT DETAIL

Marg Lee	President	0438 430 237
Neville Driver	Public Officer	0455 660 026
Val Haydock	Vice President	0417 827 563

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

MORNING TEA – HUMPTY DOO & RURAL AREA GOLF COURSE



The Humpty Doo Golf Club (HDGC) came on board as a sponsor to provide a regular seniors event - Morning Tea, delivered on the 1st Wednesday of each month in the Litchfield Council region.

The dates for the forthcoming Morning Teas at Humpty Doo Golf Club are as follows:

Wednesday – 1st March 10.00am – 12.00noon

Wednesday – 5th April 10.00am – 12.00noon

Wednesday – 3rd May 10.00am – 12.00noon

Each Morning Tea, the PLSA conducts a raffle and there is a guarantee of 7 prizes, totally approximately \$170.00 in value.

These prizes are donated by:

- Electorate of Nelson (Gerard Maley) – 2 x \$15 Bakery Vouchers – Howard Springs Bakery
- Specsavers Oasis – 1 x \$25.00 gift voucher
- HDGC – 3 x \$20 gift vouchers
- Jacks Barbers – 1 x \$25 gift voucher
- De Lago Resort – 1 x \$25 Gift Voucher

We would encourage **ALL Litchfield Members** in particular, to frequent this morning tea, have a great morning tea and perhaps take home a gift voucher.



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 TEAS - ATTENDANCE

Did you know, that you do not need to be a Member of the PLSA in order to attend Morning Tea at Cazalys or the Humpty Doo Golf Club!

The Morning Tea events are for all seniors to attend whether you live in Jabiru, Palmerston, Darwin, Litchfield regions or elsewhere. Members in particular are encouraged to bring along a friend.

ALL SENIORS ARE WELCOME TO ATTEND THE MORNING TEAS

Our Association and the Committee welcome all seniors to attend our lovely Morning Teas. Check out the dates and times on Page 1 and 2 of this Newsletter.



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	MEMBER MEDICAL CARD
	NAME _____ PHONE _____  Phone: 8984 1500  Phone: 8944 6244	 <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.</small>



We are delighted to be a sponsor of the Palmerston And Litchfield Seniors Association Inc. and sponsoring the Darwin Family Law Movie And Morning Tea.

A little bit about us, we are a local law firm providing advice and representation for family law matters, such as divorce, financial separation, parenting matters, mediation and child support. We also provide assistance for a range of other legal matters, including wills and estate planning, probate, family provision claims, criminal law, domestic and family violence issues and conveyancing matters.

Partners Julian Barry, Julie Franz and Tessa Czislawski have a combined 95 years of living and working in the NT. We understand the unique situations which can arise from living in not only Darwin and Alice Springs, but also the regional and remote areas of the Territory.

We are committed to helping our clients resolve their legal issues in a cost effective and timely manner. We recognise that no two families are the same, and tailor our advice to our client's individual circumstances, whether that is in preparing your Will, or assisting you to navigate the family law system.

We offer a \$100 half-hour initial consultation for all matters – contact us on 08 8946 1666 or at admin@darwinfamilylaw.com.au to book an appointment and speak with one of our experienced lawyers. We offer telephone and video appointments, as well as in person appointments. We hope you enjoy your next Movie on Monday 20th February "A Man Called Otto".



Movie & Morning Tea

Event Cinemas

Gateway Shopping Centre

If you check our website plsa.com.au you will see that we have established 6 movie and morning tea sessions at Event Cinemas this year.

The next movie and morning tea is Monday 20th February, commencing at 10am for morning tea, followed by the movie.

Catch up with Sheryl at Morning Tea.

We need 50 people attending to secure the Vmax Cinema. In 2023 the Members Fee is \$5.00 per head, whilst Non-Members are required to pay \$15.00 per head.

So, bring a friend, come along and enjoy the Movie and Morning Tea.



PLSA Sponsors

Sponsors continue to be great supporters of the Association. We have been working hard over the Christmas / New Year break to ensure that we continue to have great prizes for our raffles at Morning Tea and funding to support events throughout the year.

New Sponsors:

As you realised Next Level Gym at Rosebery came on board just before Christmas. **They were our guest speakers on the 9 February.**

Since that time there are two more terrific sponsors who have joined with the PLSA. These being:

- No Hassall's Electrical Pty Ltd
- Darwin Family Law Pty Ltd

No Hassall's Electrical are providing two meat trays each month as prizes for the Palmerston Community Wheel which the PLSA is running at the Palmerston Shopping Centre every Saturday morning this year. This sponsorship is worth more than \$1K/year.

Darwin Family Law has agreed to sponsor the Event Cinema Movie And Morning Tea and will be known as **Darwin Family Law Movie & Morning Tea** for both 2023 and 2024. This sponsorship will assist our funding of this event considerably.

As a result, Members will continue to pay a contribution of \$5.00 towards the Movie & Morning Tea for the next two years without further increase due to our magnificent sponsor.

In this edition of the Newsletter, our Secretary has included the logos of our Sponsors – so shop local and support our sponsors:

- **Platinum Sponsor (1 sponsor)**
- **Gold Sponsors (2 sponsors)**
- **Silver Sponsors (7 sponsors)**
- **Bronze Sponsors (8 sponsors)**

REMEMBER – SUPPORT

OUR SPONSORS

PURCHASE GOODS

LOCALLY !!!!



Luke



Teagan



Tony

Thank you from Specsavers Palmerston.

We just wanted to say thank you to PLSA committee and all members for your support over the last few years.

2022 was one of our toughest but also most rewarding years. Like many other businesses, we were hit pretty hard with the flow-on effects of Covid, particularly around staffing. Through it all, we looked after our team and were fortunate to gain some amazing new team members as well. We are very proud to say that we have finished the year with the best clinical and support team that we have ever had and we look forward to helping you with your eyecare needs in 2023!

If we haven't yet met, my name is Luke and I am the Retail Partner at Specsavers Palmerston. I have been in partnership with 2 local optometrists, Teagan Annis-Brown & Anthony Hill for the last 7.5 years and it is our mission to be the No.1 choice for eyecare in the NT.

Thank you again for supporting us, we really appreciate the relationship we have with you and look forward to seeing you in store or at a morning tea this year!



PEG Day Program

The President has successfully renegotiated with PEG Day Program Morning Tea for our Seniors with their participants again.

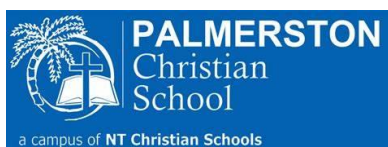
The PLSA will invite 10 seniors to enjoy Morning Tea at PEG on the following dates this year:

- Thursday 16 March
- Thursday 18 June
- Thursday 21 September
- Thursday 21 December

In order to give everybody a chance to attend these additional events we will be working through our Approved Volunteer List and then working down our Members Database starting at 'A'.

P.E.G Day Program is a centre-based disability program offering choice, diversity and active participation for individuals with an intellectual and/or physical disability.

In return, up to 10 PEG Day Program participants will be attending our Movie And Morning Tea Events again in 2023.



Once again, Palmerston Christian School 2023, in conjunction with Year 7 students will be providing Morning/Afternoon Tea and Seniors will be invited to attend.

Students will also be creating a Recipe Book this year and we are advised that it will be a gift to Seniors who attend Events.

There will be an event each Term. Once again, we will work down our Approved Volunteer List and then our membership list when inviting Seniors to attend these events in 2023.

Working with the Youth and Future Leaders

Specials for Seniors Only

TRADING HOURS:

Monday-Thursday: 9am-5pm

Friday: 9am-6pm

Saturday: 9am-4pm

Sundays & Public Holidays:

10am-2pm

Palmerston Shopping Centre

Supporting Seniors

Membership 2023

Well, it's that time of the year when the PLSA Membership is due again! Due to our wonderful sponsors and good housekeeping the Association has been able to leave the annual Membership charge at \$20/person.

The fee structure for new and renewal of membership will be:

1st January to 31st August 2023 - \$20.00

1st September to 31st December 2023 – Free

In order to register for Seniors Fortnight, you must be a financial member by the 30 June 2023.

In order to register for the Christmas Lunch, you must be registered by 1st September 2023.

In all cases you must register in person at one of the following venues:

- Morning Tea – Cazalys Palmerston Club
- Morning Tea – Humpty Doo Golf Club
- 50 Plus Club – Gray Hall, Gray.

New Sponsors 2023

Late in 2022 and into January 2023 the Association has been working hard to secure sponsors. It is fantastic to advise that all sponsors that supported the PLSA in 2022 have come on board again in 2023 as well as a couple more.

No Hassall's Electrical

The PLSA secured No Hassall's Electrical just at the end of 2022. They have agreed to sponsor 2 Meat Trays for the Palmerston Community Wheel for each week of 2023.

Next Level Gym

Robbie and his team at Next Level Gym located in Rosebery have also come on board as sponsors in 2023. Next Level Gym run a slick looking gym and are providing raffle prizes for Cazalys Morning Tea – 1 x Free Coffee Voucher and a Gift voucher that allows seniors to visit the Gym and try it out for free up to five times – Gift Voucher Value \$50.00.

In addition Robbie was our guest speaker at the Morning Tea – an interesting talk.

Darwin Family Law

Darwin Family Law were approached following a referral from a Member. Following discussions, Darwin Family Law are now the sponsors for the **Darwin Family Law Movie & Morning Tea**. What a great opportunity, the funds available are, ongoing, to help the PLSA strengthen our events and assist in providing seniors events.

This sponsorship also allows the PLSA to retain the Seniors contribution to the **Darwin Family Law Movie & Morning Tea at \$5.00 for the whole of 2023 and 2024**.

We are most appreciative of this Sponsorship.

We welcome all of our new sponsors and thank them for their contribution to the seniors of Palmerston and Litchfield.

Remember – try and utilize the services of our sponsors who support the seniors of Palmerston and Litchfield!



PALMERSTON VOLUNTEER DRIVING PROGRAM (PVDP)

Do you have some spare time?

Do you have a Driver's licence?

Do you have a registered, insured and reliable motor vehicle?

Do you have a mobile phone?

If you answered YES to these questions.

The Palmerston Volunteer Driver Program needs MORE drivers, especially in the Rural area,

To drive Seniors to medical and hospital appointments, wait for them and then drive them home again.

If you can help, please phone

Sheryl Sephton on 0439 342 400

If you need to Book an appointment, call our partner Brennan Electorate Office on 89995687





We are pleased to become a sponsor of the Palmerston And Litchfield Seniors Association.

As we age, it becomes more and more important to keep our bodies active and healthy. But finding the time and motivation to work out can be difficult, especially if you're retired. Next Level Gym in Rosebery, Palmerston is the perfect solution for active seniors.

Next Level Gym offers a 24/7 gym with personal training available and group fitness classes. Also located inside the gym is Next Level Café that serves Barista made coffees, Protein smoothies and healthy snacks. The café is open from 6 am Monday to Friday. Next Level makes it easy to fit a workout and a catch up with friends into your busy schedule.

One of the best things about Next Level Gym is the friendly and welcoming atmosphere. The staff are always happy to help, and there's a real sense of community among the members.

I spoke to Robbie Przibilla, Managing Director at Next Level Gym, about what sets the gym apart from other fitness facilities. He said:

"We really focus on helping seniors feel comfortable and supported in their fitness journey and we offer classes and personal training specifically for seniors, so they can work out at their own pace and level."

Next Level Gym is the perfect place for seniors who want to stay active and healthy. With a discounted senior's membership, classes, and personal training available, it's easy to get started. And with the supportive atmosphere and friendly staff, you'll always feel right at home. So why not come down and see us!

Aleigh Powell
P - [\(08\)8932 9476](tel:089329476)

Welcome to 2023! I hope that everyone has a happy and safe Christmas and New Year!

Christmas Wonderland was a great success with over 13,000 people visiting the event. We look forward to bringing this event to Palmerston again at the end of this year.

City of Palmerston App

We have recently released a new app for smart phones that allows you to check bin collection dates for your suburb, report an issue, make online payments and get information on events and activities. You can download the app from your phone's app store.

Events and activities

Late nights at the library continues early this year, with the next activities being a board game night, Boss Baby Bingo, and Minute to Win It challenges. Fortnightly Fridays at 6:30pm.

Free Art Jam Workshops are on the first Monday of the month at Durack Community Art Centre from 5-7pm, for creative people aged over 15. All abilities welcome, with a step-by-step guide on creating your own masterpiece.

Zuccoli Dog Park

It is expected that the Zuccoli Dog Park will be opening very shortly. Council is just waiting on the grass to be established before opening to the public. Zuccoli will have separate areas for dogs with different temperaments, shade and seating and water play. Our other dog parks at Marlow Lagoon and Bakewell are also very popular locations to run your dog.

Keep an eye on Council's website for the return of our regular dry season activities and a few new activities through the year www.palmerston.nt.gov.au

Mayor Athina Pascoe-Bell



It's a new year and a fresh start for the council. Already the council diary is filling up quickly and I am heading to both the Darwin and the Adelaide River Commemorations which align with the 81st anniversary of the USS Peary Heritage Site. These events signify the unity of our adjacent communities in the Top End and bring people from all municipalities and regional locations together to reflect and acknowledge those who fell during this time in our history and their family members who are still with us today.

On a less sombre note the budget reviews for 2023/24 will be commencing soon and the council members and organisational staff will work hard to ensure that rates are being used on the things that matter to our local residents.

Speaking of all things local the Annual Litchfield Art Exhibition, now in it's 5th year is still accepting entries until the 16th of February and is a wonderful opportunity to come together and celebrate the artistic and cultural expression thriving in our community. Get your entries in by visiting the Darwin community arts website and filling out a form today!

Our mobile workforce are now well into their grass cutting and weed spraying working around the monsoonal weather conditions and keeping our public spaces safe.

Happy New Year and I hope to see some of you around the place this year enjoying the rural lifestyle for 2023.

Regards

Mayor

Doug Barden

As your local member, I pride myself of being accessible and available and working with you to make our community a better place.

In 2022, I was proud to have made a difference in our community by working with you to:

- Successfully advocate, on behalf of constituents, to install new lighting in dark streets, install new footpaths and playground amenities around the suburbs of Palmerston;
- Work with a number of key stakeholders and the community to improve the aesthetics and community safety;
- Attend numerous requests to address graffiti, street signage and playground damage and repairs, and overgrown vegetation across Palmerston;
- Help relocate residents, who were violent and anti-social – and where community safety was impacted – from troubled out-of-care homes;
- Support countless number of local community clubs including PLSA, schools and students throughout the year.

I know there is still so much more to do and I'll be here in 2023 to continue the work needed.

Warm regards





Hon Eva Lawler, Member for Drysdale

Happy new year to all of you. I hope you got to enjoy a beautiful Christmas celebrating the festive season with those dear to you.

The start of a new year gives us time to reflect and plan for what is ahead. There always seems to be plenty on my list of jobs that I want to do around the house and yard and also the new things I want to try each year and of course the work job list is always a long one!

My office is in the process of updating our Palmerston Seniors contact list for 2023 and I will post that out to all Seniors in Drysdale in coming weeks. There's some great community activities or groups you may like to join for the new year. The old saying, 'new year, new you'.

My Electorate Office is outside Gateway Shopping Centre near the Woolworths entrance. You can call in any week day between 8:30-4:30pm and I am more than happy to sort out, follow up, have a chat about any issues, concerns or ideas you may have. You don't need to live in my Electorate, everyone is welcome.

Just in case you are new to the Territory you can find information on the NT Government concessions at:

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

All the very best for 2023.

Dear Seniors

Happy New Year! It is hard to believe that it is now 2023.

I am looking forward to getting along to the different Palmerston Litchfield Seniors Association Inc events that the committee has planned for the year. It is great to see so many Palmerston and Litchfield seniors getting out and about in our community.

Don't forget that the NT Seniors Card Business Discount Directory is available for collection from my office at the Howard Springs Shopping Village. There are over 470 businesses accepting the Northern Territory Seniors Card and providing discounts to Senior Card Holders. Feel free to drop by and collect a copy!

As your local member, I think it is important to make myself accessible and available, please don't hesitate to contact my office on 8999 6713 or via email at electorate.nelson@nt.gov.au if I can be of any assistance.

Warm regards

Gerard Maley MLA





Mark Turner MLA

Member for Blain Electorate

Hello from Blain Electorate Office! In this article I thought we'd mention how important it is to stay socially connected as we get older. Research continues to show it is a critical aspect of our wellbeing and health as we age, especially for senior Australians. Social connections bring us joy, comfort, and a sense of belonging, making our lives more meaningful and fulfilling. Moreover, socializing can also have a significant impact on our mental and physical health, helping us to reduce feelings of loneliness and depression, and lowering the risk of developing certain chronic health conditions.

In a world where technology and digital communication have become an integral part of our daily lives, it's essential that senior Australians are encouraged to stay connected with others.

Social media platforms and video chat applications like Skype and FaceTime can also help seniors to keep in touch with friends and family, even if they are not physically near them. Furthermore, there are also digital tools and services, such as telecare and telehealth, that can help seniors to manage their health and wellbeing and provide support when they need it.

But we've also found that sometimes things break, and we just wanted to let members of the PLSA know we're happy to help if we can.

We've had a few people come in recently with questions and queries about iPhones and iPads and if we can't help, we can probably point you in the direction of someone who can! Nip in for a coffee and see if we can help!

Cheers, **Mark Turner**



Amended By-Laws

The Association amended its By-Laws, As In Force 27 January 2023 at the General Committee Meeting held on 27 January 2023.

Apart from the usual minor changes, due to amended/upgraded procedures, changes to operation within NTG Acts, there were three new sections included. These were:

- Patron
- Life Membership
- Service Awards

The Association felt that as we have continued to grow, continue to provide additional services for our seniors, that the inclusion of these components complements our present-day operations.

Patron

The Association can now appoint a Patron, a person who can assist adding value to our organisation and maybe either a passive or active Patron.

We have approved a Role Description and processes for the appointment of a Patron as well as appointed a Patron Appointment Team (PAT) consisting of the President, Vice President and 2 other Committee members and outlined the operational capacity to action this task.

Life Member

The Association has some outstanding Approved Volunteers who have been integral components of the PLSA Committees over many years, as well as providing consistent service supporting our seniors – without our Approved Volunteers, the Association would not exist, remembering we have no paid staff and are totally run by Approved Volunteers who dedicate some serious hours to the job. We also have other Approved Volunteer Members who also have provided consistent service to the Association (other than on the Committees) and its members for a number of years.

The Life Member, among other things should have provided exceptional ongoing service for more than a minimum of 7 years, among other criteria.

In order to appoint a Life Member, the Association has appointed a Life Member Appointment Team (LMAT) consisting of the President, Vice President and one other Committee Member.

The Association has also approved a Life Member Application Form to aid this process.

Service Awards

As mentioned, there are several Committee Members (past and present) as well as other Approved Volunteers within the Association who have provided the Association with continuous service for many years which have gone largely unrecognised.

To this end; the Association has now approved a three-tier award structure for recognition. These awards being:

- 5 years of service
- 10 years of service
- 15 years of service

The commencement of the service awards has been deemed to have commenced from the 24 November 2014, the date the Association became incorporated under the Associations Incorporation Act, beyond that the present-day Association has no formal reliable records.

The Association has commenced a database from the above forementioned date and is looking to recognising eligible people during 2023.

All eligible people will be recognised at a presentation later in 2023. They will be awarded an Acrylic Ballast representing the relevant years' service as well as presented with a framed certificate.

MAJOR SPONSORS



city of
PALMERSTON 'A Place for People'



LITCHFIELD COUNCIL
Community effort is essential

Northern Territory Government



Darwin FAMILY LAW

PALMERSTON SHOPPING CENTRE

CAZALYS
PALMERSTON CLUB
Making a Difference

BUNNINGS warehouse

HUMPTY DOO & RURAL AREA GOLF CLUB

NO HASSALL'S
Electrical • Air Conditioning • Solar

Specsavers



De Lago Resort
ON LAKE BENNETT

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

TWW
TOTALLY WORKWEAR
CORPORATE / INDUSTRIAL / SAFETY

Blooms THE CHEMIST

NL

EVENT C I N E M A S

Didgeridoo Hut + Art Gallery

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 panic, 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: vp@plsa.com.au

Public Officer: publicofficer@plsa.com.au

Secretary: secretary@plsa.com.au

Treasurer: treasurer@plsa.com.au

Assistant Secretary: assistantsecretary@plsa.com.au

Enquiries: enquiries@plsa.com.au