



PALMERSTON AND LITCHFIELD SENIORS ASSOCIATION INC (PLSA). NEWSLETTER

Volume: 30

Month: September, 2023

FROM THE PRESIDENT'S DESK

Greeting to all and we hope you have recovered from all the activities enjoyed during Senior's Fortnight. It was a fun-filled time with a great variety of activities and outings. Our committee members worked very hard throughout the fortnight and deserve great accolades! Congratulations to all winners of door prizes, lucky numbers and raffles. A big thank you to our Ballroom Dancers, Grey Panthers from Tracks and our fantastic music trio – Peter, Paul and Jacko! We had a couple of new activities; Humpty Doo & Rural Area Golf Club Lunch and the Palmerston Golf Club whilst revisiting Corroboree Billabong again which was enjoyed by all. We are already "sussing" out new outings for 2024.

We must give a big thank you to all our generous sponsors for their continual support throughout knowing how important it is to the overall running of the PLSA. We are very fortunate to be able to rely on them.

Finally a reminder that our AGM is being held on Friday 29 September at the Palmerston Recreation Centre at 1:00 pm. All members are invited to attend and if you are considering joining our committee please see one of the Management team during the next weeks. Applications close on September 21.

Cheers

Marg Lee



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 28th September

Thursday 12th October

Thursday 26th October

Thursday 9th November

Thursday 23rd November

Thursday 7th December

- PLSA Christmas Lunch

CONTACT DETAIL

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

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

HUMPTY DOO & RURAL

AREA GOLF COURSE

MORNING TEA



The Humpty Doo & Rural Area Golf Course (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.

Did you know the PLSA has 69 financial members from the Litchfield Council region or 40.35% of total membership.

This event, was established, at the request of Litchfield Members does not seem to attract many Litchfield Members, as previously thought.

The dates for the forthcoming Morning Teas at Humpty Doo & Rural Area Golf Course are as follows:

Wednesday - 4th October

10.00am – 12.00noon

Wednesday – 1st November

10.00am – 12.00noon

Wednesday – 6th December

10.00am – 12.00noon

Each Morning Tea, the PLSA conducts a raffle and there is a guarantee of 7 prizes, totally approximately \$140.00 in value.

These prizes are donated by:

- a) Electorate of Nelson (Gerard Maley) – 2 x \$15 Bakery Vouchers – Howard Springs Bakery
- b) Specsavers Oasis – 1 x \$25.00 gift voucher
- c) HDGC – 3 x \$20 gift vouchers
- d) Jacks Barbers – 1 x \$25 gift voucher

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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. If you would like to see Morning Tea at HDGC continue beyond 2023, come along, enjoy yourself one morning a month and support the HDGC and the PLSA

Taminmin Community Library

Seniors Morning Tea



10:30am – 12:00pm

70 Challoner Cct., Humpty Doo

(08) 89 881200

Morning Tea the 2ⁿ Friday each month



Members

Well, - did you know that we have 250 financial members! Of these; 198 members registered for at least one event during Seniors Fortnight – 79.2% of members! This is really encouraging and is at an all-time high!

The Association made available 1,182 event places this year for Seniors Fortnight and 1,160 event places were utilized.

The policy of the PLSA has always been that we do not charge Seniors for events during Seniors Fortnight and 2023 was no exception.

In order for this to happen lots of sponsorship and fundraising need to take place throughout the year by Committee and Endorsed Volunteers – lots of hard work done by colleagues – Seniors!

However; we do charge members who register for Seniors Fortnight a Registration Fee - \$10.00/person **and that reason has been again reinforced unfortunately this year.**

Many of our events are required to be pre-paid and have waiting lists during Seniors Fortnight (some waiting lists had Over 30 names on them), which we try very hard to manage to allow as many people as possible to attend events. **BUT** there has been a disturbing number of people who register, do not attend **AND do not advise the Association they are not coming.**

Particularly where there are waiting lists; this has two flow-on effects.

- 1) We pay funds for people who do not attend (no refunds possible)
- 2) Waiting List members are denied a place at the event due to selfishness of other!

Would you be surprised to know there were 29 NO SHOWS this year. There were also 22 people, who on the day were sick, needed to attend Hospital appointments (advised by the Hospital on short notice usually) etc who did advise us, but in some cases, mainly sickness where not able to advise us sooner, thus we were not able to replace them on the event.

The NO SHOWS cost the Association \$981.00 this year – there is no excuse for this loss except selfishness!

Sickness cost the Association \$501.00 this year – this is unfortunate and cannot be helped.

Some people even pulled out at the last minute, citing excuses like “we’re going to another event now”!

The motto of the story is – if you are not intending to attend the event ring the Association on 0455 660 026 and cancel so others might be able to be moved from the Waiting Lists!

On a brighter note, the fee structure for new and renewal of membership continues to be:

1st September to 31st December – Free!

In order to register for the Seniors Christmas Lunch, you needed to be a financial member by the 01st September 2023.

As we are all aware; rising costs continue to plague us all, including the PLSA. Our insurance and suppliers of events – and yes, we have good sponsors assisting us all. However, the PLSA at its recent meeting has approved a rise for the Association Membership Fee, effective 01 January 2024 to \$30.00/person.

Previously the figure of \$20.00/person has been in place for four years without change and we have managed to contain costs.

The registration fee of \$10.00/person for Registration at Seniors Fortnight will remain unchanged at \$10.00/person for another year.

This change has not been taken lightly, we understand the cost-of-living pressures, however, in order to continue providing you with the quality events we have all become accustomed to, this change is necessary.



New Sponsors 2023

Our Seniors continue to be supported by organisations and individuals who recognise the contributions of Seniors over many years within the Community and who often continue with their volunteer work after retirement.

We have two new sponsors who are contributing a \$20 Coles Gift Voucher which will be additional raffle prizes at the Cazalys Palmerston Club Morning Tea. This will bring our raffles prizes up to nominally 17 – what great support from businesses we enjoy.

These new sponsors are;

- Councillor Danielle Eveleigh, City of Palmerston and currently Deputy Mayor
- Councillor Lucy Morrison, City of Palmerston

They will continue to support the Seniors Morning Tea Raffles until the end of 2024!

If you know of any businesses houses or individuals who would like to sponsor PLSA, why not put them in touch with the Public Officer – Neville Driver; - publicofficer@plsa.com.au or 0455 660 026



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

AGM

Whilst the President has mentioned the upcoming AGM in the President's Report, nominations for Committee positions are currently open until 21 September 2023.

All position's will be declared vacant and currently we are looking for nomination on both the Management Team and General Committee.

In previous years we have sent aside 30% of overall positions – total 15 Committee members for the Litchfield region – but have not been able to fill the quota. This year is no exception, we only have 2 nominations from this region currently.

If you would like to join the Committee or discuss the possibility why not ring or email the Public Officer, Neville Driver – publicofficer@plsa.com.au or 0455 660 026.

Nomination forms are available from all current Committee Members and can even be posted or emailed to you.





Movie And Morning Tea

Event Cinemas – Gateway Shopping Centre

If you check our website - PLSA.com.au you will see that we have at Event Cinemas this year.

The next Movie & Morning Tea is **Monday 16th October - Movie: My Big Fat Greek Wedding 3** 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 Morning Tea and Movie.



PALMERSTON VOLUNTEER DRIVING PROGRAM (PVDP)

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

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

Contact Sheryl Sephton

on 0439 342 400

If you need to book an appointment, call our partner; Brennan Electorate Office on 8999 558





It's that time of year again, where Council Rate notices are sent out to ratepayers. This year is proving to be a particularly difficult year for many people, so I thought that it would be a timely opportunity to remind everyone that council can help if the cost of living is getting a bit much.

Every council, not just Palmerston, is required to have a Rates Concession and Financial Hardship Policy. However, you don't have to feel as though you are in financial hardship to approach council for a confidential discussion with our rates officers on making it easier to pay your rates. For example, you can request that Council waives interest and you enter a fortnightly or monthly payment plan, if the 4 instalments are hard to meet. The instalments can be of an amount that suits your situation, so that you don't feel stressed or under pressure. All we ask is that you contact council as soon as possible to discuss the options that are available to you.

The Pre-Cyclone Cleanup is also upon us! Unfortunately, at the time of reading this we will be about halfway through the Pre-Cyclone Cleanup. However, if you are in Gray, Gunn, Durack, Johnston, Zuccoli or Farrar, there is still time for you to put your items on the verge for collection. Seniors can also request assistance to move items onto the verge. Please call 8935 9922 a week prior to your collection date. Information about what you can put on the verge can be found on Council's website or by calling our Customer Service team.

Lastly, the final Flicknics for the dry season is on 23 September at Sanctuary Lakes, at 7pm. The movie is *A Man Called Otto* (rated M). Bring a picnic or purchase from the food vans, bring a blanket or chairs and watch a movie under the stars!

Mayor Athina Pascoe-Bell



What a fantastic Seniors Fortnight. I hope you all thoroughly enjoyed the many different activities there were this year. A big congratulations and thank you to the committee for organising.

Did you know the City of Palmerston Council have an initiative called **'Edible Pocket Gardens'**?

An Edible Pocket Garden is a free range style of garden where residents can nominate to use a small section of their local park or reserve to plant edible plants.

They are a great way of increasing the amount of fresh produce freely available to the community, without going through the formalities of a community garden.

These type of gardens will create opportunities for those who may not have access to fresh fruit and vegetables or the yard space at home.

If you are interested in creating your own Edible Pocket Garden, you can view the policy and guidelines for more information and how to get started on the City of Palmerston website. Alternatively contact my office on 8999 6674 or email electorate.spillett@nt.gov.au or of course you can pop in to Shop 13A Zuccoli Plaza, Zuccoli.

Regards,

Marie-Clare Boothby MLA

Member for Brennan

Shop 2, Palmerston Shopping Centre
PO Box 32, Palmerston NT 0831
(08) 8999 5587
Marie-Clare.Boothby@nt.gov.au

 MarieClareBoothby4Brennan



As we start to see the back of our beautiful dry season, I'd like to take the opportunity to thank all the hardworking volunteers of the PSLA committee.

This group of exceptional members of our community go above and beyond to deliver regular activities to bring seniors of the Territory together.

The feeling of belonging certainly is a major factor to happiness and you only have to walk into Cazalys during a morning tea and know that people in the room feel like they belong.

The room is a sea of people smiling, laughing and catching up.

None of this would be possible without the invaluable contribution of the PSLA committee.

Thank you and I look forward to working with the new committee after the AGM.

Warm regards

Marie-Clare Boothby, MLA



Seniors Fortnight was a great end to the dry season. A big thank you to the committee and volunteers involved in organising the events. It was great to see so many Palmerston and Litchfield seniors getting out and about.

Residents of Nelson may have seen, Telstra working on three towers in the rural area. The three towers are at various stages.

1. Howard Springs Tavern tower; the concrete pole has been erected and they are arranging connection.
2. McKinlay Road Herbert; the steel tower has been erected and they are arranging connection.
3. 220 Gunn Point Road; Telstra are still seeking planning approval with the pink sign just coming down and the planning commission will be assessing the applications in due course.

This is great news for seniors, who will have better mobile and internet coverage at their homes.

Don't forget that the 2023-24 NT Seniors Card Business Discount Directory is available for collection from my electorate office at Howard Springs Shopping Village. There are over 480 different business accepting the NT Seniors Card and providing discounts to Seniors Card holders across the NT.

As your local member, 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.

Gerard Maley MLA
Member for Nelson

PLSA Awards

The Patron at the Closing Ceremony presented its first ever Service Awards. The Service Awards were presented to people who have provided 5 years continuous VOLUNTEER service to the PLSA since in corporation, 24 November 2014. There were 11 Service Awards presented.

Those people presented with the 5 Year Service Award were:

- Janette Ashby
- Pam Christian-Jones
- Geraldine Crowhurst
- Neville Driver
- Dellene Kelly
- Margaret Lee
- Lillian Mann
- Trevor Miller
- Mary Oliffe
- Sheryl Sephton
- Diane Spicer

Congratulations and thank you for all your Volunteer Service to the Seniors of Palmerston And Litchfield





Welcome to Country

Presented By

Richard Fejo





city of
PALMERSTON 'A Place for People'



Next Level Gym
Rosebery, Palmerston NT



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.

Palmerston And Litchfield Association Inc

Committee Members Contact Emails

President: president@plsa.com.au

Vice President: vicepresident@plsa.com.au

Public Officer: publicofficer@plsa.com.au

Secretary: secretary@plsa.com.au

Treasurer: treasurer@plsa.com.au

Enquiries: enquiries@plsa.com.au