



# PALMERSTON AND LITCHFIELD SENIORS ASSOCIATION INC (PLSA). NEWSLETTER

Volume: 40

Month: February, 2026

## **President's Message**

Welcome to the first Newsletter for 2026. Christmas and New Year have come and gone again! How time flies.

Before we go too far, congratulations to our Vice President, Janette Ashby, nominated for Citizen of the Year 2026, City of Palmerston Australia Day Awards.



Also, on a celebratory note Gerry Crowhurst has achieved her 10 Year Service Award presented by the Patron, Natalie La Pira.

We welcome our Members and Sponsors back to another great year. Should you wish to place an article or an advertisement in the Newsletter please forward your article to the Treasurer, Sheryl Sephton at [treasurer@plsa.com.au](mailto:treasurer@plsa.com.au)

The Newsletter Team this year comprises of the Treasurer and Secretary, Valerie Wilkie.

Morning Teas are already in full swing, whilst the first movie - Crime 101 has come and gone and received some rave reviews

We are fortunate to have 4 Lichfield residents on the Committee this year, these being:

Helen Lemcke  
Maryke Lawton  
Diane Spicer, and  
Valerie Wilkie. (Secretary)



On another note, we would like to wish the retiring President, Marg Lee a happy retirement and a very happy 80<sup>th</sup> birthday.

The Palmerston Community Wheel is back in full swing, raising funds to support events of the PLSA for the benefit of Members.

If you have any interesting ideas for event, especially in Seniors Fortnight, raise them with the Committee. All ideas will be discussed and evaluated.

Enjoy your year, companionship, comradery and look out for each other.

**NEVILLE DRIVER**  
President



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## ***MEMBERSHIP***

**As you may be aware, membership fees remain at \$30.00 for 2026.** This is due largely to the level of sponsorship that the Association has been able to attract and continue to enjoy for Member's benefit – check the list of sponsors on the back page and we recommend supporting these business houses where possible – remember local business supports the Association and its members!

Membership can be paid at the Morning Teas - both at Cazalys Palmerston Club and the Humpty Doo And Rural Area Golf Club (HDGC).

In addition, forms and fees can be collected and paid at the Palmerston Community Wheel each Saturday morning between 08:30am and 12:00pm and the 50+ Club each Tuesday between 09.00am and 12:00pm.

It's amazing the interest shown in the Association's activities - already over 100 members have renewed their membership.

**YES**, it is important to fill out a new form each year. It is astounding how many people over a year have changed details, like telephone number, email contact, emergency contacts.

There are a couple of new questions on the form this year. Data collected may be utilised by our sponsors to look at the

dynamics of our membership and these changes were requested by our funding Sponsors.

So, assist the Committee by completing the form and your new membership card will be provided quickly and promptly.

It is desirable that renewal of your membership is paid by 31 April 2026. In the event of no renewal by this date, members will not be able to attend events until such times as the membership is paid.

Pick up a brochure – Membership Information and have a read. These are available from:

- 1) Local MLAs offices
- 2) Morning Teas
- 3) Palmerston Community Wheel
- 4) By asking a Committee Member
- 5) Downloading from the PLSA website  
[-plsa.com.au](http://plsa.com.au)



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## MORNING TEA

Cazalys Palmerston Club continues to be a principal sponsor in 2026 for our Seniors Morning Tea at Palmerston.

The Morning Tea at **Cazalys Palmerston Club** is held on the **2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month between 10am and 12noon.**

We run a raffle at each Morning Tea (tickets are either \$2 each or 3 for \$5) and we play Bingo on the 4<sup>th</sup> Thursday, free of charge.

Cazalys Palmerston Club supports our Seniors, through the provision morning tea. They also provide 3 x \$20.00 Gift Vouchers as raffle prizes at each morning tea.

**So come along, not only at morning teas and enjoy a meal, enjoy events, support your local club.**

You do **NOT** need to be a PLSA Member to attend the Cazalys Palmerston Club Morning Tea – **so bring along your friends.** This event is free for all Seniors.

Visit Cazalys Palmerston Club.  
[cazalysnt.com.au](http://cazalysnt.com.au)



## MORNING TEA

The Humpty Doo And Rural Area Golf Club (HDGC) continue to support, Litchfield Seniors by providing Seniors Morning Tea in 2026.

The Morning Tea at the **HDGC** is held on the **1<sup>st</sup> Wednesday of each month between 10am and 12noon.**

We run a raffle at each Morning Tea (tickets are either \$2 each or 3 for \$5).

You do **NOT** need to be a PLSA Member to attend the HDGC Morning Tea – **so bring along your friends.** This event is free for all Seniors.

Morning Tea dates at HDGC are as follows:

**Please Note:** All the dates for Morning Tea are on our Website – [plsa.com.au](http://plsa.com.au)

<b>Wednesday</b>	<b>04 March</b>
<b>Wednesday</b>	<b>01 April</b>
<b>Wednesday</b>	<b>06 May</b>
<b>Wednesday</b>	<b>03 June</b>

**Come along, make new acquaintances and join us for morning tea at HDGC.**

Why not visit The Rusty Putter for a meal, support the Club or enjoy a round of Golf!

Visit Humpty Doo & Rural Area Golf Club  
[humptydoogolfclub.com.au](http://humptydoogolfclub.com.au)



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## ***NEWSLETTERS***

For those people with internet access, our Newsletter will be available by checking our website – [plsa.com.au](http://plsa.com.au).

Select Events, then select the Newsletter you are looking for. Each Newsletter has a number and published date eg: Volume 40 February 2026.

As advised at morning teas, Newsletters will no longer be emailed to your email address. This is due largely to the string of complaints “I never got my Newsletter” – so this year for those with internet access, the Newsletter will be available from our web site – [plsa.com.au](http://plsa.com.au).

**Don't despair** for those people without internet access/email address the Association will continue to print the Newsletter and post it to you – currently there are approximately 40 Members falling into this category.

## ***SPONSORSHIP***

Please review the Platinum, Gold, Silver and Bronze sponsors listed on the back page of the Newsletters.

These business houses support the Association and our Members.

Wherever possible we recommend our Members support the businesses who support the Palmerston and Litchfield Seniors, for without these, Members would not enjoy many of the activities and

events that are made possible by the level of sponsorship.

In addition to the listed sponsors there are several partners also supporting the Association. These include:

- 1) Palmerston Rural Party Hire
- 2) Oasis Shopping Village
- 3) Articulate Business Solutions
- 4) Friends Hair & Beauty Saloon
- 5) Unforgettable Nails
- 6) A M Y Commercial Services
- 7) Journey Beyond
- 8) Electorate of Brennan (PVDP)
- 9) Electorate of Blain
- 10) Electorate of Drysdale
- 11) Electorate of Nelson
- 12) Electorate of Goyder
- 13) Electorate of Spillett
- 14) DICE (Aust)
- 15) Helping People Achieve (HPA)

All our partners believe in and support/contribute to Seniors of Palmerston and Litchfield by providing gift vouchers which are eagerly sought as prizes at the Morning Tea raffles.

As announced each Cazalys Morning Tea, sponsors/partners provide 18 prizes at the raffle draw and 9 prizes at the HDGC Morning Tea.

Supporting our sponsors/partners is very important.

## CONGRATULATIONS

He's done it! The man, the myth, the legend has smashed out his 100 one armed laps like the champ he is.

Make sure you congratulate Gary next time you're at SWELL- he'll probably be here too!



Gary has been raising money for DOLLY'S DREAM, a very worthwhile cause to raise awareness of bullying of our young people. See Gary at a morning tea if you would like to donate to this.



The House of Pearls

Location: 52 Mitchell St, Darwin

Lisa the owner of The House of Pearls and is currently closing down and has recently donated the Association a 2-drawer filing cabinet.

### Are you looking for a genuine Bargain?

The House of Pearls has an exquisite range of:

- Freshwater Pearls currently 70% off
- South Sea Pearls currently 50% off
- Opals currently 50% off

The House of Pearls is open Thursday to Sunday. Why not visit Lisa on site?

Lisa's contact number is 0438 302 097.

So why not indulge, take the plunge and check out the range of jewellery – Necklaces, earrings, and lots of other goodies!



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## Property Settlements Later in Life: What Seniors Need to Know

Relationship breakdowns can happen at any stage of life. For many seniors, separation or divorce comes after decades together and can involve complex property arrangements, blended families and retirement planning. Understanding your rights under Australian family law is essential to protecting your financial security and peace of mind.

In Australia, property settlements are not based on whose name assets are in, but on what is just and equitable. This can include the family home, superannuation, investments, businesses, inheritances and even assets acquired after a relationship has broken down. Contributions made over a lifetime – including homemaking, caring for children and supporting a partner's career – are all recognised by the law.

For seniors, particular issues often arise, such as the impact of a settlement on

retirement income, future health needs and estate planning. There may also be adult children to consider, or concerns about preserving assets accumulated over many years of hard work.

Obtaining early, tailored legal advice can make a significant difference. A clear understanding of your options can help reduce stress, avoid unnecessary conflict and lead to more efficient outcomes.

Darwin Family Law, a proud sponsor of PLSA, has experience assisting seniors with property settlements and related family law matters. Our team understands the sensitivities involved and can provide practical, compassionate advice to help you move forward with confidence.

Please contact us on 08 8946 1666 or at [admin@darwinfamilylaw.com.au](mailto:admin@darwinfamilylaw.com.au) to make an appointment to speak with us.

**Tessa Czislowski**  
**Barrister & Solicitor – Partner**  
**Darwin Family Law**



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## Movie And Morning Tea

**Event Cinemas**

**Gateway Shopping Centre**

If you check our website - [plsa.com.au](http://plsa.com.au) you will see that we will have many events at Event Cinemas throughout the year.

The next Movie & Morning Tea will be as follows:

**Monday 16<sup>th</sup> February 2026**

**Crime 101**

Commencing at 10am for morning tea, followed with the movie.

Catch up with Sheryl at Morning Tea.

We need 50 people attending to secure the VMax Cinema. In 2026 Member attendance fee will continue to be free, 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 continues to support Seniors in 2026.

We have a dedicated body of drivers, who are **ALL** Volunteers and willingly give up their time to assist Seniors.

Please be aware that your contribution to the service in 2026 remains the same as the previous year and is as follows:

**PLSA Members: \$20.00/trip**

**Non-Members: \$40.00/trip**

Our drivers will provide you with a receipt upon payment of your contribution and will assist you where possible.

This service is delivered in conjunction with our service partner, the Electorate of Brennan.

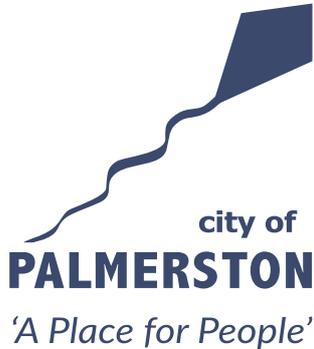
**If you need to book an appointment, call our Business partner; Brennan Electorate Office on 8999 558**



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Welcome to 2026! I trust that you had an enjoyable Christmas and New Year period and are looking forward to a busy year ahead.

## **Australia Day Awards and Citizenships**

Congratulations to everyone who was nominated for the Australia Day Awards and to the winners, for their efforts in making Palmerston a great community to live in:

- Balachander Mohanraj – Citizen of the Year
- Joshua Harrington – Young Citizen of the year
- Tamil Society Indian Food Festival – Community Event of the Year

A big congratulations goes to our new Citizens who took their pledges on Australia Day under the guidance of Deputy Mayor Damian Hale. Every year, we undertake approximately 6-8 Citizenship Ceremonies which is a great indication that many new Australians are choosing Palmerston as their new home.

## **Palmerston CBD Parking**

City of Palmerston has a Parking Policy, and we are interested to hear from residents about their parking experiences in the City Centre. You can fill out a form on council's website, email feedback to [palmerston@palmerston.nt.gov.au](mailto:palmerston@palmerston.nt.gov.au) or speak with staff at Civic Plaza about your parking experiences.

## **Verge Maintenance**

Our Verge maintenance program is back with rebates of up to \$50 available for expenses incurred with local businesses towards the maintenance of verges. This could be professional mowing services, fertilizers or other services or products that have gone towards the costs of maintaining a verge. Apply for the rebate online or at Civic Plaza. The program has a limited budget and is based on a first-in-on basis until the funds are expended, so get in quick!

As always, if you have any questions or concerns, you can contact me or any other Councillor at any time or attend a public forum prior to every council meeting from 5pm on the first and third Tuesday of each month at Civic Plaza.

Kind regards,

Mayor Athina Pascoe-Bell



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**LIA FINOCCHIARO** **MLA**  
Member for **Spillett**

📍 13A Zuccoli Plaza, Zuccoli Parade  
✉ [electorate.spillett@nt.gov.au](mailto:electorate.spillett@nt.gov.au)  
☎ 08 8999 6674

It is fantastic to see our seniors out and about again as 2026 kicks off. I hope I can make it down to some of your morning teas soon.

Did you know the City of Palmerston is committed to removing graffiti when it occurs on council assets and recognise the impact graffiti has on our community. You can report graffiti on council assets to be removed, through their online form on their website, by phoning 8935 9922 or by emailing [Palmerston@palmerston.nt.gov.au](mailto:Palmerston@palmerston.nt.gov.au).

The City of Palmerston also has an initiative to support residents with their private property graffiti removal through a rebate of up to \$50 for the eligible costs. Costs eligible for rebate include contractor costs (i.e. painter, cleaning contractor) or materials (i.e. paint, chemicals).

For more information you can visit [www.palmerston.nt.gov.au](http://www.palmerston.nt.gov.au) or touch base with my Electorate Office.

Please don't hesitate to reach out if you have any issues or concerns. I can be contacted on 8999 6674 or email [electorate.spillett@nt.gov.au](mailto:electorate.spillett@nt.gov.au) or, of course, you can pop in to Shop 13A Zuccoli Plaza, Zuccoli.

Regards,

*Lia*



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We are already into the second month of the new year, how it flies! I hope you all had a wonderful start to 2026.

Below are a couple of updates for the beginning of the year.

From 9 February 2026, light vehicles will no longer be required to undergo periodical roadworthy inspections, bringing the NT in line with most other Australian states and saving car owners around \$68 each time an inspection is required.

Instead, roadworthy inspections will only be required if a vehicle is 7 years old or older when:

- Transferring ownership (can be completed by seller or buyer)
- Re-establishing registration after a vehicle has not been registered for more than 12 months
- First registering in the Northern Territory (prior to compliance check for interstate transfers).

This includes all light vehicles that are 4.5 tonnes (GVM) or less, such as cars, 4WDs, mini vans, motorcycles and boat or box trailers over 750kg.

**New Police Public Safety Officers:** Our commitment to improving Public Safety will soon see more high-visibility policing in public places, with the Northern Territory Police Force's first recruit squad of Public Safety Officers set to begin training next month. The new squad of 24 recruits will commence an 18-week program at the NT Police College on 23 February 2026, before deploying to the streets in the coming months. This intake is the first of three squads planned for 2026, which will deliver on our government's commitment to reduce crime.

As always, if you have any questions or concerns, please feel free to reach out to my office at Palmerston Shopping Centre, [electorate.brennan@nt.gov.au](mailto:electorate.brennan@nt.gov.au) or 8999 5587.



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Dear music loving friends of Palmerston, Litchfield and regional communities, we are excited to invite you to our first concert for the season of 2026.

We will be running a series of concerts throughout 2026 at Gray Hall, cnr Victoria and Essington Ave Palmerston. The City of Palmerston are a major sponsor of AMC.

## Simple Gifts: Music for Renewal and Joy

**Saturday 7 March 2026 Community cuppa @ 3:30pm, Music @ 4:00pm**

Arafura Music Collection invites you to an afternoon of music that celebrates renewal, collection and the quiet beauty of the world around us.

At the heart of the program is Copeland's much-loved **Appalachian Sprin**, a work that has become a musical emblem of hope. Its open harmonies, dancing rhythms and sense of spaciousness capture, the feeling of stepping into a new season with clarity, optimism and breath.

## Simple Gifts

Craving renewal and joy? Celebrate Larrakia Mayilema as the dry season beckons and spring's promise unfolds with Aaron Copland's beloved Appalachian Spring. Relax with luminous works by Ólafur Arnalds, Ross Edwards, Elena Kats Chernin and poetry from Australian Italian poet Karyn Sassella. This radiant chamber program revels in birdsong, sunlit landscapes and the small pleasures that knit our communities together. Join us for an uplifting, communal afternoon of music that renews the spirit and celebrates the splendors of the earth.

Thank you for your support

## See you there!

Claire Kilgariff

Arafura Music Collective

The NTs own vibrant chamber ensemble bringing music to the heart of our community.

**Tickets:** [Book Tickets Here](#)

**Enquires:** Contact mailing address: [info@arafuramusiccollective.org.au](mailto:info@arafuramusiccollective.org.au)



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## Happy New Year from the Blain Office!

The **Blain office** is here for you **Monday–Friday, 9 am–4 pm**. Reach out anytime at [electorate.blain@nt.gov.au](mailto:electorate.blain@nt.gov.au) or **8999 5572**.

**Need a hand?** Kelly, Sally, and Leanne can help with photocopying, printing, laminating—and you can book the **Community Room** any day of the week for craft groups, meetings, sporting groups, AGMs, or other activities. The room seats 10–16 and has bathroom and tea/coffee facilities.

**Save the date:** Darwin Community Legal Services will hold an **Aged Care information session** in the Blain Community Room on **Wednesday 25 March, 9 am–12 pm**. Learn about:

- Changes to the Aged Care Act
- Your rights and options in aged care
- Navigating services, assessments, and complaints
- Any other aged care questions

We'll remind you closer to the date.

A few special mentions - thank you Marg for your service and Neville for picking up the reins as President among other hats!! Janette Ashby, congratulations on 60 years of marriage, what an incredible milestone recognised by the Chief Minister and Prime Minister and the King!!

All the best for 2026, look forward to seeing you around the office and at our events this year!

*Matthew Kerle*



# PALMERSTON AND LITCHFIELD SENIORS ASSOCIATION INC (PLSA). NEWSLETTER

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## Discover Cazalys Palmerston Club – A Great Place for Seniors to Enjoy

Cazalys Palmerston Club is a welcoming venue designed for locals to relax, socialise, and enjoy great value in a comfortable setting. Whether you're catching up with friends, enjoying a meal, or simply getting out and about, the club offers something for everyone — especially our seniors.

Seniors are warmly welcomed with a 10% discount across the club, including the café, bistro, and bar, making it even easier to enjoy a coffee, meal, or drink with friends. When visiting the Bottleshop, seniors also receive a \$1.50 discount on purchases, adding extra value every time you stop by.

The Bistro is open for lunch from 12:00pm to 2:00pm, offering a Seniors Menu for just \$15 per meal. It's the perfect option for a relaxed lunch, with quality meals served in comfortable, air-conditioned surroundings.

Cazalys Palmerston Club & Palmerton Golf and Country Club offers seniors a FREE 5-year social membership — simply present your valid Seniors Card to join and enjoy all the benefits of being a member. Speak to our friendly reception staff for further information.

For those who enjoy a bit of fun and gentle activity, mini golf at Palmerston Golf & Country Club is a great option for seniors. A special senior's rate is available, with games priced at just \$10 from Monday to Friday and \$12 on weekends, making it an affordable and enjoyable way to stay active, share a laugh, and spend time with friends or family.

With friendly staff, excellent value, and a relaxed community feel, Cazalys Palmerston Club is proud to be a place where seniors feel welcome and looked after. We invite you to come along, enjoy the atmosphere, and make Cazalys part of your regular routine.



PALMERSTON  
GOLF & COUNTRY CLUB  
— NORTHERN TERRITORY —





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## LITCHFIELD MATES: CATCH UP AND CHILL

### MEN'S PROGRAM

All activities are  
free to attend, for  
the blokes of  
Litchfield.

These are low-  
commitment, safe  
spaces to engage  
with the  
community and fun  
opportunity to  
grow your social  
circle.



Proudly sponsored by  
**NORTHERN  
TERRITORY  
GOVERNMENT**



SCAN THE QR CODE FOR  
MORE INFORMATION

January

3D printing & modelling workshop  
with Veterans Australia

January

Leathermaking workshop at  
Humpty Doo Village Green

February

BBQ & Motorbike Ride with  
Bike You

February

Conversations About Suicide:  
Mental Health First Aid Training

March

Men's Bowls at Humpty Doo  
Bowls Club

March

Coolalinga Walking Group with  
Heart Foundation

April

Barra Feeding and Fishing with  
Reeling Veterans at BENT

April

Men's Open Day with Top End  
Gun Club

May

Introduction to Yoga with  
Flametree Yoga & Dr Stuart McGill

May

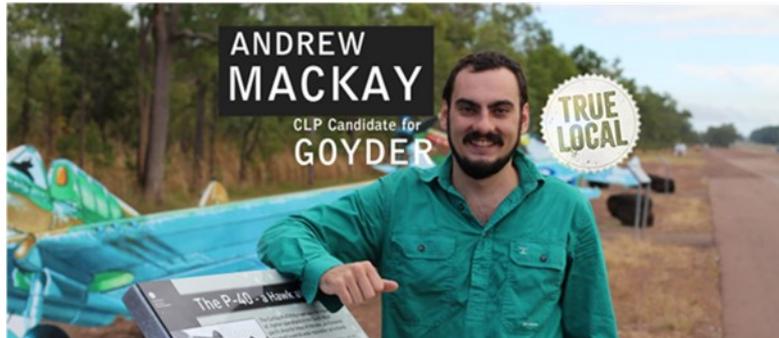
Men's BBQ with Virginia Bees  
Creek VFB



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Hello Everyone, I am writing this message having just returned from PLSA's November monthly gathering at the Humpty Doo Golf Club, a little down on numbers today, following a rambunctious Melbourne Cup luncheon the day prior. The low numbers meant better odds for those that were there to win a raffle prize – but somehow, I still wasn't a lucky winner! I enjoyed catching up and sharing stories of my growing home zoo with those that were there and I am looking forward to hearing the announcement of the new PLSA Committee following the Annual General Meeting.

No doubt we've all noticed the weather heating up, with much of the rural area being under Severe or Extreme Health Warnings of late it is important we take action to avoid heat stress and dehydration. Some useful tips to help beat the heat include:

- drink plenty of fluids - 2 to 3 litres of cold/iced water per day.
- wear lightweight and light-coloured clothing and wide-brimmed hat.
- apply SPF 50+ sunscreen.
- stay cool indoors - use curtains, shutters, or awnings to keep the sun out, if you don't have air conditioning, use fans and damp towels.
- have cold showers or a bath.
- visit air-conditioned buildings like the cinema or library.
- limit physical activity – especially through the hottest part of the day from 11am to 3pm.
- know the signs of heat stress and check in with family, friends and neighbours.

It is hard to believe Christmas is just around the corner, with festivities soon to be in full swing, which for many of us means eating, drinking and being merry! The Rural Carols by Candlelight is fantastic community event and this year it will be held on Saturday 29 November at the Bees Creek Primary School from 6pm. While Christmas fills some with joy, it can also be a hard time for many people for a variety of reasons. Please make sure you reach out if you are feeling isolated or need assistance during this time.

My electorate office is in Coolalinga (on the Woolworths side), please pop in and have a cuppa and a chat if there is anything my team can help with. If you can't make it in for a visit you can contact us on 8999 6556 or [electorate.goyder@nt.gov.au](mailto:electorate.goyder@nt.gov.au).

**Andrew Mackay**



Palmerston And Litchfield Seniors Association Inc.

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## SPONSORSHIP 2026

**PLATINUM**

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

**GOLD**

**LITCHFIELD COUNCIL**   
*Community effort is essential*

Northern Territory  
**Government**

**SILVER**

Darwin  
**FAMILY LAW**

**PALMERSTON**  
SHOPPING CENTRE

**CAZALYS**  
PALMERSTON CLUB  
*Shining a Light on...*

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GOLF CLUB

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**EVENT**  
C I N E M A S



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**Palmerston And Litchfield Association Inc.**

**Committee members Contact Emails:**

**President:** [president@plsa.com.au](mailto:president@plsa.com.au)

**Vice President:** [vp@plsa.com.au](mailto:vp@plsa.com.au)

**Public Officer:** [publicofficer@plsa.com.au](mailto:publicofficer@plsa.com.au)

**Secretary:** [secretary@plsa.com.au](mailto:secretary@plsa.com.au)

**Treasurer:** [treasurer@plsa.com.au](mailto:treasurer@plsa.com.au)