107 Stead Road, Albany WA 6330
Telephone: (08) 9842 2788
Classifieds: (08) 9842 2787
Facsimile: (08) 9842 2789

EDITOR:
Ian Beeck

JOURNALISTS:
Ashleigh Fielding, Grace Jones and David Kavanagh:
editor@gsweekender.com.au

ADVERTISING MANAGER:
Roslyn Buktenica

PRODUCTION MANAGER:
Andy Dolphin: copy@gsweekender.com.au

ADVERTISING SALES:
sales@gsweekender.com.au

ACCOUNTS:
accounts@gsweekender.com.au

CLASSIFIEDS:
admin@gsweekender.com.au

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BOXING DAY
Albany Racing Club’s Boxing Day Stakes will be held on Boxing Day. Spectators are encouraged to book spaces online. A $50 ticket includes a race and buffet lunch. Visit www.albanyracingclub.com.au for more information.

NEW YEAR’S EVE
The Albany Visitor Centre has a range of activities planned for New Year’s Eve. There will be a free midnight countdown with live entertainment and a firework display at Anzac Peace Park plus lawn games. There will be a range of local food and drinks available, and a fireworks display will be held at 9pm. Visit www.albanywales.com.au for more information.
Tasty food festival

**GRACE JONES**

**ORGANISERS for Taste Great Southern have announced that this year’s headline food event will be led by the world-famous celebrity chef Anna Gare, nationally renowned master apron-wearing forgiver Paul Skirf from Puttenham, Amy Hanson from The Tarn's Nest Luncheon in South, Nico Lukanakis, Pepper and Salt’s Mike Smith, and Dandaragan Local Albany chef Geoff Rushden.**

During the festival these chefs will cook at more than 30 events, control and be available for independent seniors.

CatColette@Colettescurtainsandblinds.com.au

Stay tuned for more details.

Book today!

www.rainbowft.com.au

Manufacturers of

Local Albany Farmers
Night Markets on March
of the Region Dinner
Australia in 2009 and has
first series of MasterChef
ers.

Katanning amongst oth-
rup, Frankland River and
ards.

South’s Nic Lancaster,
ent forager Paul Iskov
nown native ingredi-
Derek Lau, celebrity cook
W A MasterChef fi nalist
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Katanning amongst oth-
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Snapshots on living in Albany

IN THIS edition of the Weekender we have reflected on what 2019 brought for Albany and beyond.
Earlier this month the City of Albany published their 2018-19 Annual Report that breaks down the demographics of the area.
Here are some highlights of what the city looked like in 2019.

**THE SOCIALS:** 43 is the median age • 51.2% is the median weekly household income • 19% of residents were born overseas • 24% per cent have a full qualification • 5.1% per cent unemployment rate • 20 per cent of Albany’s population are volunteers.

**ECONOMY:** 14.9 billion gross regional product • 18,253 jobs in the City of Albany • 4,500 local businesses • 63,515 average household income • 24,114 median housing value.

**ALBANY LOCAL AND AQUATIC CENTRE:** 3.07% people used motor coaches • 1,168 Active Albany passengers.

**VISITORS:** 60,000 Rex passengers • 10,000 FIFO passengers • 465 RFDS landings.

**FACILITY:** 1.38 million bin liners disposed • 4,400,000 litres of spirits consumed • 465,000 litres of beer consumed • 3,675 people used indoor courts • 33,500 audience and participants • 20,000 fibre-optic bulbs • 46 per cent of waste composted • 10.9 tonnes of car batteries recycled • 7,433 toys saved • 435 RFDS landings • 5.1 per cent unemployment rate • 24% per cent have a full qualification • 1,380,000 Rex passengers • 10,000 FIFO passengers • 465 RFDS landings.

**VANCOUVER ARTS CENTRE:** 6,109L water saved annually.

**ALBANY VISITOR CENTRE:** 166,345 visitors to the centre • 13.99 per cent increase in bookings • 16,000 fibre-optic bulbs • 46 per cent of waste composted • 10.9 tonnes of car batteries recycled • 7,433 toys saved • 435 RFDS landings • 5.1 per cent unemployment rate • 24% per cent have a full qualification • 1,380,000 Rex passengers • 10,000 FIFO passengers • 465 RFDS landings.

**ECONOMY:** 14.9 billion gross regional product • 18,253 jobs in the City of Albany • 4,500 local businesses • 63,515 average household income • 24,114 median housing value.

**THE ROADWAYS:** Drivers must give way to cyclists at driveways • Cyclists of all ages may ride on footpaths • Cyclists can ride on roads, including two abreast with up to 1.5m between riders.

**HOLIDAY OPENING HOURS**

**Albany Plaza**

- Boxing Day 10am - 5pm
- Friday 27 Dec 8am - 9pm
- Saturday 28 Dec 8am - 5pm
- Sunday 29 Dec 10am - 5pm
- Monday 30 Dec 8am - 9pm
- New Year’s Eve 8am - 5pm
- New Year’s Day 10am - 5pm

**Woolworths Bayonet Head, Chester Pass**

- Box Day 10am - 5pm
- Boxing Day 8am - 6pm
- New Year’s Eve 7am - 7pm
- New Year’s Day 7am - 7pm

**York Street IGA**

- Boxing Day 8am - 5pm
- Friday 27 Dec 8am - 5pm
- Saturday 28 Dec 8am - 5pm
- Sunday 29 Dec 8am - 5pm
- Monday 30 Dec 8am - 5pm
- New Year’s Eve 7am - 5pm
- New Year’s Day 7am - 5pm

**North Road IGA**

- Boxing Day 7am - 7pm
- Boxing Day 8am - 6pm
- New Year’s Eve 7am - 7pm
- New Year’s Day 7am - 7pm

**Spencer Park IGA**

- Boxing Day 7am - 7pm
- Boxing Day 8am - 5pm
- New Year’s Eve 7am - 5pm
- New Year’s Day 7am - 5pm

**Holiday payments**

**THERE will be some changes to payments and services over the Christmas and New Year holiday period for Centrelink, Medicare and Child Support customers.**

All service centres and most phone lines providing Centrelink, Medicare and Child Support services will be closed from Wednesday 25 to Friday 27 December, 2019 and re-open for business on January 2, 2020.

Some smaller sites, including Remotes Service Centres, Agent Services and Access Points, may close from December 23, 2019 and re-open for business on January 2, 2020. Centrelink office hours will be adver-tised to local communities as they may vary between sites.

Department of Human Services General Manager, Mark Jongen, said self-service options would be advertised to local communities as they may vary between sites.

“While reporting dates may be different, the normal assessment period remains the same. People will need to report earnings and other changes for their normal 14-day assessment period. There are no changes to Child Support arrangements, however payments made after Monday, December 23 may be delayed by public holidays.”

“The department’s Express Plus BasicsCard throughout the holiday period will continue to be available during the holiday period. People can transfer funds to their Express Plus BasicsCard throughout the holiday period.”

All service centres and most phone lines providing Centrelink, Medicare and Child Support services will be closed from Wednesday 25 to Friday 27 December, 2019 and re-open for business on January 2, 2020.

The department’s Express Plus BasicsCard throughout the holiday period will continue to be available during the holiday period. People can transfer funds to their Express Plus BasicsCard throughout the holiday period.

“People can continue to lodge Medicare claims at their doctor’s office or using self-service. Critical services for Medicare providers such as organ donor and PBS author-isations will remain available over the Christmas/New Year period.”

**Find Your Happy Place**

Find Your Future.
Contact Elders Real Estate Albany
Call 08 9842 7932 | Email albanyre@eldersrealestate.com.au

Share the Road

DID YOU KNOW?

- Cyclists of all ages may ride on footpaths (unless otherwise signed).
- Cyclists can ride on roads, including two abreast with up to 1.5m between riders.
- When the speed limit is 60km/h or under, drivers must leave a gap of at least 1m when passing a bicycle rider.
- Drivers must give way to cyclists at driveways.
**LOOKING BACK LETTERS**

What you had to say

"Albany needs sound governance, not an intellectual dwarfism that suffers from relevance deprivation syndrome."

"The only qualification for office (Albany City Council) was to do your fly bins in the correct order without doing yourself a mischief."

"Those who choose the ostrich mentality forget that they are leaving their backside exposed. There’s also terminal narcissism and relevance deprivation."

"I presume that if I am narrow-minded then the United Nations, Australia’s Chief Scientist, NASA and 6000 of the world’s top scientists are also narrow-minded."

"It would be like an driving into Kojonup, never having been there before, missing the sign on the way in, and saying, well, we’ve lives in Canada.”

"Worst of all is they are deliberately frightening our little children to tears with this ‘the planet is about to fry up’ scare to intensify their campaign. Child welfare should take an interest in this."

"If you and the climate change deniers are wrong, can I get the address of Planet B off you?"

"York Street is getting its fourth facelift in 25 years with the council rate increase this year and after a slow upturn in local retail and tourism."
Rise of the guardians
THANK you to publish- ing Kerry Atkins, (‘Ma nipulating the masses’, 12 December). I have not had such a good laugh since I woke up one morning and said, ‘Oh, you’re retiring!’ to my favourite snowboard instructor. It seems even the Keats Express bus has a successor and a hyperlink, amounting to an internet-enabled kitchen table cutout skins by cheese and baking soda. I am one of the many that feel Facebook has been a huge disappointment and has proven itself to be a great local arts
Do we hold a mist and seaweed fest then ex- port the produce from South Australia yet be- cause they have some trouble with the weather? I have no idea who we use local and we are proud of us.
Then why is it that every time there are a few chil- dren being therapy to the visual and auditory local ar- cles go and impact from elsewhere. From the hundreds of students in Albany and now in New Zealand?
When I travel I go to look at local art, not im- ported. We have unapologetic in our local culture and local and local artists have because this is really time to realise we have talent in the region. The people of our local cultural very well with the outside world.
— Colin Montefiore, Albany Art Gallery Foundation


Paul’s best of 2019

Dear Mr. Editor,

Congratulations to Paul Dennis for winning the editorial cartoon competition. His work is both entertaining and insightful, capturing the essence of the current political climate. His cartoons have a unique style that makes them stand out, and his ability to use humor to highlight important issues is commendable.

Sincerely,
[Your Name]

Official Great Aussie Pie Competition

FRANZ BIRN

Australia’s best pie competition is just around the corner! With top bars and restaurants from all over the country vying for the ultimate title, this year’s competition promises to be the most exciting yet.

The competition, which is open to all types of pies, from classic beef to unique creations like curry and rice, received over 400 entries.

The judging panel, consisting of industry experts and local pie enthusiasts, has been hard at work determining the winners. The results will be announced in January, so keep your fingers crossed for your favorite pie shop!

Best Wishes,
[Your Name]
DENMARK SUPA IGA

FRI. & SAT. ONLY!

These specials only available Friday 27/12/19 & Saturday 28/12/19.

Ritz Original Crackers 300g Sel Var
1/2 PRICE $1.49 ea

Lunchbox Bananas
750G PACKS $1.99 ea

Marinated Split Chickens
$6.99 ea

SUNDAY ONLY!

These specials only available Sunday 29/12/19.

Virginian Sliced Virginia or Champagne Ham 400g
1/2 PRICE $2.49 ea

Whole Economy Beef Scotch Fillet
$11.99 kg

Pink Lady Apples
$2.99 kg

DENMARK SUPA IGA

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Thursday 7.30am - 8.30pm Friday thru Sunday 7.30am - 7.00pm

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northroad.igaonline.com.au
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Thursday 7.00am - 8.30pm Friday thru Sunday 7.00am - 7.00pm

NORTH ROAD SUPA IGA

MON. TUES. ONLY!

These specials only available Monday 30/12/19 & Tuesday 31/12/19.

Mushrooms
$7.99 kg

Lamb Shanks
$9.99 kg

The Natural Cracker Co
Ritz Original Crackers 300g Sel Var
$1.75 ea

The IGA Rewards Albany Retravision Homeware
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at Albany Retravision. See in-store for details.
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These specials only available Monday 30/12/19 & Tuesday 31/12/19. These specials only available Sunday 29/12/19. These specials only available Friday 27/12/19 & Saturday 28/12/19.

Specials only available at North Road or Denmark SUPA IGA while stocks last. Retail quantities only, no trade supplied. Pictures used for illustration purposes only.

Whole Economy Beef Scotch Fillet
$2.85 per kg

Pink Lady Apples
$2.99 kg

Lamb Shanks
$9.99 kg

The Natural Cracker Co
Ritz Original Crackers 300g Sel Var
$1.75 ea

The IGA Rewards Albany Retravision Homeware
40% OFF HOMEMARES IS EXCLUSIVE to
NORTH ROAD SUPA IGA REWARDS CARD HOLDERS &
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A new fee schedule provides your child with the opportunity to belong and become at GSG in a safe, supportive, enriched environment.

Find your path at Great Southern Grammar. Call the Registrar on 9844 0400, email enrol@gsg.wa.edu.au or visit gsg.wa.edu.au.

The Vibrolators
BACK BY POPULAR DEMAND

19th WIGNALLS VINTAGE MUSIC FESTIVAL
10th January 2020
Doors Open 4.30pm
Wignalls Winery – ALBANY
Tickets from $75 + $8
Full Bar and Food facilities
Photo ID essential
腕yglorien or online
Tickets and info www.vintageblues.com.au

THOUSANDS of people went through the gates at Centennial Park this year to see what the Albany Light cultural Show had to offer.

The 100th Albany Remembrance Day service took place in November at the war memorial on York Street.

Students from across Albany joined millions of their peers around the world on September 20 to voice concerns over climate change.

Great Southern Grammar 2020 Intake
Enrol your child in years Seven or Ten for 2020, as a boarding or day student.

A new fee schedule provides your child with the opportunity to belong and become at GSG in a safe, supportive, enriched environment. Tuition fees include all camps and excursions, as well as sporting fees and textbooks. Learn, explore and be challenged by broad ATAR courses, an extensive VET pathway and a new three-year-old Pre-Kindergarten opening in 2020. Journey with confidence as part of our wellbeing programme focusing therapy dogs.

Find your path at Great Southern Grammar. Call the Registrar on 9866-0400, email enrol@gsg.wa.edu.au or visit gsg.wa.edu.au.

LORRAINE residents were forced to evacuate their homes in mid-February after a fire spread through the area and resulted in the loss of more than 15 hectares of bush. Superintendent Ian Clarke told the Weekender that the crews from Albany and North Albany FRS worked well together and grew faster.

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**JANUARY SALE**

**JASMINE QUEEN BED**
Bring some urban chic style to your bedroom with the Jasmine. The neutral headboard features straight lines that give it a sleek, modern look, while the velvet upholstery adds an inviting, cozy feel.

$499
NORMALLY $899

**SURREY 1800MM DINING TABLE**

$699
NORMALLY $1199
SAVE $500

**LOGAN 2 SEATER**

Dramatically transform your living space with the rustic look of weathered leather look upholstery you love at a fraction of the cost. Washed in earthy Southwestern tones, with accent pillows to support and punctuate window-pane stitching, it envelops you in comfort and quality. Classic rolled arms bring in just enough of a traditional touch. Includes 2 x accent cushions.

$799
NORMALY $1099

**LOGAN 3 SEATER**

$999
NORMALY $1299
SAVE $300

**LOGAN ROCKER RECLINER**

$699
NORMALY $899
SAVE $200

**MERCHANT CHAISE LOUNGE**

Featuring a modern form perched atop splayed wooden legs, the Merchant lounge echoes Scandinavian design with its humble simplicity. Brushed fabric upholstery in a rich charcoal shade finishes off this versatile lounge.

$999
NORMALY $1999
SAVE $1000

**JANUARY SALE FREE MATTRESS WITH ANY BED PURCHASED**

**JANUARY SALE**

**MERCHANT CHAISE LOUNGE**

$999
NORMALY $1999
SAVE $1000

**2 SEATER**

$299
NORMALY $899

**FREE MATTRESS WITH ANY BED PURCHASED**

**JANUARY SALE**

**MERCHANT CHAISE LOUNGE**

$999
NORMALY $1999
SAVE $1000

**2 SEATER**

$299
NORMALY $899

**FREE MATTRESS WITH ANY BED PURCHASED**

**BALLENASLOE CORNER LOUNGE SUITE**
The contemporary design of the Ballinasloe upholstery collection beautifully combines both style and comfort together to create the ultimate living room environment. With the oversized track arms and thick boxed back cushions of armchair width within a soft textured chenille upholstery fabric, this collection is perfect to enhance the comfort and beauty of any home.

$1999
NORMALY $2999
SAVE $1000

**FREE MATTRESS WITH ANY BED PURCHASED**

**JANUARY SALE**

**MERCHANT CHAISE LOUNGE**

$999
NORMALY $1999
SAVE $1000

**2 SEATER**

$299
NORMALY $899

**FREE MATTRESS WITH ANY BED PURCHASED**
Prioritise self-care in the silly season

The Weekender in conjunction with Palmerston and the Great Southern Suicide Prevention Advisory Group (GSSPAG) will be running a series of articles to improve mental health literacy, promote help-seeking behaviours and preventing life loss to suicide. This week, the article is about looking after your mental health and wellbeing during the festive season.

Moon madness in medicine

A LONG time ago I was a doctor in an emergency department and there was a lot of superstition. People had lucky pins, rocks and wood. Nobody ever said the Q word – and then there was the stuff about the moon. Full moons were bad.There’s been beliefs about the moon in medicine for years. You get a full moon. You get a cold. What’s the connection?Perhaps it’s in the old textbook in front of me, and one thing it tells you is how your patient will go according to the moon. It worked like this: the doctor worked out the date – say, February 1 – and the phase of the moon, or the moon cycle. Then they put the combination together and said: ‘Oh, it’s a blessed day, you will recover’ and that was it. If you were lucky, like me, you were a specialist, and you’d get a patient with a full moon stuff like “there’s a good day to castrate hogs” or something about “tomorrow I will cut wood, and touched wood, and people had lucky pens, and wood, and there’s the stuff about the moon in medicine for years. I’ve got about the moon in medicine for years. I’ve got...”

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How are you shaping up for the new year?

We will be back on 2nd January 2020
March 23, 2020

**Albany Security Supplies**

Albany Security Supplies is in all 
commercial and residential projects alike.

**Vocational Support**

Group Programs

- Mental Health
- Sexual Health
- Alcohol and Drug Support

**Country champs**

AUSTRIAN country music royalty is among the line-up for next year’s Boyup Brook Country Music Festival.

Eight-time Golden Guitar winner Adam Harvey is headlining the festival along with international acts, with special guest Graeme Connors, Amber Lawrence and Ashley Nourse set to join him.

Other acts will include Carter and Carter, Tye of Tamworth, Pace Jenkins, The Crosby Sisters, roma herself in the stand-up comedy world in the 1980s. She has appeared on shows she was asked to secure your home.

- **Wagnalls**
  - Australian musical royalty
  - Festivals and events

- **Itch**
  - British author Simon Mayo caught up with the Weekender in February during the Fire! Festival of the Arts, held in Nannup. Mayo visited Albany on Friday and Saturday as part of the Great Southern Book Week. He is due to return for the festival next year.

- **Paul Fenech**
  - Australian comedian Paul Fenech visited Albany in May. He was due to perform at the Albany Entertainment Centre on January 30.

- **Lucy’s question**
  - Lucy finds herself singly again at age 51 and is looking for a new partner.

- **Country Music Champs**
  - Adam Harvey.

- **Country Music Champs**
  - Amber Lawrence.

- **Country Music Champs**
  - Pace Jenkins.

- **Country Music Champs**
  - The Crosby Sisters.

- **Country Music Champs**
  - Roma.

- **Country Music Champs**
  - Carter and Carter.

- **Country Music Champs**
  - Tye of Tamworth.

- **Country Music Champs**
  - Pace Jenkins.

- **Country Music Champs**
  - The Crosby Sisters.

- **Country Music Champs**
  - roma.

- **Country Music Champs**
  - Carter and Carter.

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- **Country Music Champs**
  - The Crosby Sisters.

- **Country Music Champs**
  - roma.
IN ONE of Albany’s most anticipated annual events clustering wine and goodtimes, the Blues Brothers Revue will headline the 19th Wignalls Vintage Festival. The legendary blues musician Ash Grünwald (two-time Aria award winner) will also perform along with The Virtuosi and Miss Peta Lee.

Forty years on from the hit movie, the Blues Brothers’ live on in the Official Blues Brothers Revue, and Australian fans are set to get a nodding musical贺 and nostalgic glimpse of classic blues and Motown. Staring Wayne Catania as Jake and Kieron Lafferty as Elwood, the Blues Brothers Revue is the only Blues Brothers show to be officially sanctioned by Dan Ackroyd, husband of Judith Belushi, along with Dan Ackroyd’s wife of John Belushi. Judith Belushi, along with Dan Ackroyd, along with Dan Ackroyd, have officially sanctioned Kieron and Wayne’s own show. The Official Blues Brothers Revue continues the comedy, music as well as songs from the five popular albums put out by John Belushi and Dan Aykroyd. It is a faithful recreation of the characters, Jake and Elwood, along with the storylines from the original Blues Brothers Band. Now facing a world-class band complete with horn section, the Official Blues Brothers Revue combines the comedy, music as well as songs from the five popular albums put out by John Belushi and Dan Aykroyd. It is a faithful recreation of the characters, Jake and Elwood, and the storylines from the original Blues Brothers Band.

Not to be missed, the blues brothers will headline the 19th Wignalls Vintage Festival on Saturday, January 10. Tickets are $75 and can only be purchased through the official website.

The Blues Brothers Revue is in Albany on January 10.
Deuce coupe classic

TH/32 Ford Window Coupe was one of the attractions starring in the inaugural Great Southern Classic Car Show in Denmark on Saturday. A racecar’s dream, the body was a Deuce. Custom purchased in 2002 and the chassis is from the USA. The paint job on the body was done by Sean Whelan who is the owner of Assam Paintworks in Malaga.

include 308CI with 304 Paintworks in Malaga. Sam Hawkins who is from the USA. Customs purchased in Show in Denmark on of the attractions starring in the inaugural Great Southern Classic Car Show in Denmark on Saturday. A racecar’s dream, the body was a Deuce. Custom purchased in 2002 and the chassis is from the USA. The paint job on the body was done by Sean Whelan who is the owner of Assam Paintworks in Malaga.

Holiday fishing hotspots

COLUMN COURTESY OF CHARLOTTE HAYDEN

Holiday fishing hotspots

Column courtesy of Charlotte Hayden

OVERT the Christmas and New Year break a lot of locals and visitors will head out for a fish or two. For the season, here are some places where you’ll give everybody a bit of a guide of where to go, a line and what you might expect to catch.

Before I go into that, I just want to make sure that I stress that fish are where they are and it awakens things can and do go wrong in and around water. That includes rivers, estuaries, etc.

Get kids to near life jackets or a PFD any time they are in a boat and definitely when they fish. Also, it is a good idea to teach kids the same especially when fishing off the rocks. Adult PFDs are available for free here from all of Albany’s tackle shops. I love shopping at Little Gross Store. On adding, Any Sea Rescue added channel 82 on VHF 24 hours a day and are more than happy to give coverage, check the weather before leaving.

Please just have the following information available when you call in. Where you call from, persons on board, destination, ETA and contact numbers.

I must thank Jim at Albany Rods and Tackle as he one of my Great Southern Fishing guides and his knowledge and I encourage you to speak to him on Sailing Terrain or the Visitor Centre and pick up a free copy. I call apart seat of Al.

Chaynes Beach

About 70km east of Albany, off the South Coast Highway, offers boat fishing for skippy, slippery, flathead, salmon and sharks. You can also fish from the rocks at the western end of the beach. Before I go into that, I must thank Jim at Albany Rods and Tackle as I love one of my Great Southern Fishing guides and his knowledge and I encourage you to speak to him on Sailing Terrain or the Visitor Centre and pick up a free copy. I call apart seat of Al.

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Community Ball

When: Saturday 15th February 2020
Time: 7pm till midnight
Where: Albany PCYC, 77 on Sanford
Tickets: $70pp available from Albany PCYC, 77 on Sanford
Proceeds assist Albany PCYC

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• Fabulous Auction
• Licensed Bar

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The series which kicked off late October has seen the opening as a month concluded with the Maddington Speedway season a highly competitive with five different winners.

After having a little off from the premier open wheel division, Cylinder Williams who is keeping the opening round win on his way to fourth position when the opening six rounds and in the process creating young gun Mitch Wormall. Wormall has just the one podium finish to his name the season and will be looking to use all the experience he gained competing with older drivers to close that gap.

Currently sitting in fourth is another racer who has come back from some time away. With a good performance at the Rock Star Track series, he will be looking to find his form again in Round 1.

A major upset rocked the Albany Basketball Association’s Men’s A Grade Grand Final as Cut知识的Knights triumphed 75 to 36. The series which kicked off on January 4 earlier for when the games come of line to get a prime viewing location with racing getting underway at 6pm.

The multi-day event saw Albany hosts Sport.

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WA takes on the USA

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GUIDELINES FOR PARTY SEASON SURVIVAL

By AMBER CUSCHEVIC

It’s that time of year again – parties, celebrations, alcohol, food, and fun! There’s no denying that health-conscious societies meant to be!

If you’re looking to survive the ‘holiday season’ without pulling on the odd Christmas jumper or suffering multiple hangovers, it’s crucial that you plan ahead. Here are our top tips for balancing your fitness with the festivities.

Consider training in the morning, or before any social commitments get in the way.

Ensure you schedule training sessions for a consistent time. Research this to increased results because you’re less likely to be ‘squeezing a workout in’ and therefore reducing the intensity or quality.

Don’t forgo what you’re missing your routine. A short break or a change can even be good for your body.

Short workouts are best sessions – choose quality over quantity and know that you can get a great session done in 30 minutes.

Remember that any physical activity is valuable, so prioritize going for a walk with a friend or playing backyard family games over drinking and eating.

Eat a meal before you go out so that you don’t turn up at a party hungry. And when you get there, position yourself as far away from the buffet as possible to avoid overeating.

Plan your alcohol intake: you’re going to have before you go out and stick to the plan. Have at least one or two non-alcoholic beverages in between each.

If you do go out, have a small snack and get carried away with the festivities, don’t beat yourself up over it. It’s Christmas after all. And you can always make some replacements for a fresh start in a week or two.

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SEPTEMBER Lions roar
ROYALS emerged largely on top in September’s Great Southern Football League Grand Finals. The club took home the gold in three of four premierships, with the Sixteens and Colts coming out victorious before Royals League defeated Railways by a hard fought 41 points.

NOVEMBER Historic win
Gun Formula 125 driver Jacinta Tester made history in November when she became the first female winner of the nationally renowned 31st Noel Pearson Memorial at Ballarat Park.
Tester beat Tania James, Lange in the Limited Sprintcars.

DECEMBER Crew compete
ALBANY trio Mark McRae, Corrina Ridgway and Stephen Lee jetted to Sydney late last month to compete in the world-renowned Sydney to Hobart Yacht Race. The experienced group joined sailors from Victoria aboard the 36ft Spirit of Freya and battled it out against 170 other yachts.

OCTOBER Fun run
LANES was 250 metered and five-time runner turned out for the Albany & Metung Club’s inaugural Park to Park run in October. The new event encouraged participation across three separate races, including a 10km, 5km and 5km dash race, and will likely be repeated in 2020.

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(Twin Recline)
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SAVE $950

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(Twin Recline)
NOW $1,799*
SAVE $750

**Taylor Power Recliner**
NOW $1,199*
SAVE $600

**CANYON RECLINER**
RRP $1,599 NOW $799* (Selected fabric)
While Stocks Last

**AMATO LEATHER MODULAR**
RRP $5,500 NOW $2,699* (Selected leather)
50% OFF

*Limited Sizes from 1 Stock available.

Get in Quick! Offers end 5pm Dec 31st

Boxing Week Sale
25%-50% off La-Z-Boy*

Boxing Week
25%-50% off La-Z-Boy*

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