MICHAEL ROBERTS

LOCAL footy clubs are often seen as one big family, but the Albany Sharks have taken that idea to a whole new level with their women’s team this year.

The Sharks are making it a family affair in more ways than one, with Albany mums Emma Ashton and Lindy Weinert playing Australian Rules in the same team as their daughters.

Ms Ashton steps onto the field each week with her girls Marlee and Cheyenne, while Ms Weinert gets to kick the footy around with daughter Amarlie.

But that’s not all. The two Sharks mums are also best friends, having met each other in the same hospital when their first children were born.

“It’s a real treat being able to run out with my daughters, my best friend and her daughter as well,” Ms Ashton said.

“It’s pretty special.”

Ms Ashton joined the team to support Marlee’s dream of playing AFLW, and thought it would be a great idea to get her best friend involved too.

Despite never playing organised sport in their lives, both women have fallen in love with the game.

“I wished I started playing years ago,” Ms Weinert said.

“It would have been great to be able to play footy when we were our kids’ age.”

In the Sharks’ third season fielding a women’s team in the Great Southern Football League, Ms Ashton said the club was building a strong culture.

“I haven’t loved being around big groups of women in my life - I’m more of a tomboy - but this bunch of girls are just amazing,” she said.

“It’s a family.”

In a youthful side, Ms Ashton said the team appreciated having a few experienced heads around.

“arly said.

“The girls have commented that they love having the mums in the team because we are the first to know when something is not quite right,” she said.

Albany currently sit third on the GSFLW ladder with three wins and three losses.

They play close rivals North Albany this Friday night at Centennial Oval, where a win will help guarantee them a finals appearance with four rounds to go in the 2020 season.
DRAG SHOW
The 15th Street Club is hosting a Drag Show on Saturday, March 14th, starting at 8pm with some of the most talented drag performers in town. The event starts with a Drag Queen comp, followed by a variety show. Doors open at 6pm and tickets are available at the door.

REAL TO REAL FILM FESTIVAL
This year’s festival will feature a range of short films and documentaries covering a variety of topics. The festival is free to attend, and everyone is welcome. The opening night will feature a special screening of the Oscar-winning film "Nomadland." The festival runs from March 1-31, and all screenings will be held at the Real to Real Cinema.

WEBAIRD TURNOVERS
The West Australia Bank of Agriculture and Rural Development (WEBAIRD) is offering a new program aimed at supporting local businesses. The program will provide grants of up to $5,000 to eligible small businesses in the Great Southern region. Applications are now open, and the deadline for submissions is March 31st.

Increase in cruise ships amid COVID-19 outbreak

The current situation with COVID-19 has led to a significant increase in cruise ship activity in the Great Southern region. The Albany Fish Traps are a culturally significant site for Indigenous Australians, and the area has been affected by the influx of cruise ships. The Albany Fish Traps are a culturally significant site for Indigenous Australians, and the area has been affected by the influx of cruise ships. The Albany Fish Traps are a culturally significant site for Indigenous Australians, and the area has been affected by the influx of cruise ships.

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Local eucalyptus nectar supply benefits a wide range of insects and animals

Eucalyptus acuminata... smooth bark wandoo - honey production
Eucalyptus pauciflora... snow gum - honey production
Eucalyptus occidentalis... flat-top yarri - honey production

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Indian superstar Meera Jasmine

Meera Jasmine is an Indian actress known for her role in the award-winning film "Baahubali." She will be appearing at the Albany Film Festival on March 25th, where she will discuss her experience working on the film and her career in the Indian film industry. The event is free to attend, and tickets are available at the door.

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Australian actor and director Steve McQueen

Steve McQueen is an award-winning actor and director known for his work on films such as "12 Years a Slave" and " Shame." He will be appearing at the Albany Film Festival on March 26th, where he will discuss his career and the importance of telling stories about the experiences of people of color. The event is free to attend, and tickets are available at the door.

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AUSPICIOUS FIELDING

STATE authorities are yet to confirm whether passengers aboard the cruise ship "Inspiration of the Seas," which was due to head to Albany within the past few days, will now be able to return home for live music to support their local businesses. Before the news came through, the area was already bracing for a major event, with the Great Southern Weekender set to take place from April 23rd to 25th. The event is expected to attract over 10,000 people from around the region, and the local businesses are looking forward to a successful weekend.

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The Great Southern Weekender

The Great Southern Weekender is an annual music and art festival held in Albany, Western Australia, that attracts hundreds of people from around the region. The festival features a range of music genres, including rock, pop, and country, and offers a range of art installations and workshops. The festival runs from April 23rd to 25th, and tickets are available now at greatsouthweekender.com.

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Indigenous fashion set to hit LA

ASHLEY FIELDING

ALBANY artist Kiya Watt has been selected to represent Australia at Los Angeles Fashion Week. Ms Watt is part of a group of emerging fashion designers. Ms Watt is one of five designers selected to participate in the Indigenous Fashion Week Los Angeles (IFWLAL). The program, which is funded by the Australia Council for the Arts and the City of Los Angeles, is designed to draw attention to Indigenous Australian designers and their work.

Ms Watt is part of a group of emerging fashion designers. Ms Watt is one of five designers selected to participate in the Indigenous Fashion Week Los Angeles (IFWLAL). The program, which is funded by the Australia Council for the Arts and the City of Los Angeles, is designed to draw attention to Indigenous Australian designers and their work.

Ms Watt said, "It’s so amazing – I’m really excited."

"We want to bring the Indigenous Australian design and fashion industry to the world, to open up opportunities for Indigenous designers to participate in this significant event. This will be a great opportunity to showcase our unique and innovative designs and promote Indigenous culture to a global audience."
Mount Romance joins hair-raising fundraiser

Shavers are hoping to contribute their bit. Consisting of 10 staff members from Mount Romance, each person will either completely shave their head or colo.

...on their hair and then shave the rest of their head after working for two years in parts, asked the owner if he could have a go at selling cars.

“I told him he has all the skills needed for this position and he’s ready to go out there and give it a shot.”

He became known as a trustworthy regional car salesperson and then moved to WA with his wife 28 years ago.

Since World’s Greatest Shave started 22 years ago, more than $17,500 in both hair and non-hair-related donations have been raised, consisting of $15,000 in hair donations and $2,500 in in-kind donations.
Stop the ships

APPARENTLY cruise ships are not part of the solution but part of the problem when it comes to virus spread. From the Grand Princess cruise ship to the latest coronavirus, virus spread is happening on a global scale.

A passenger of the Grand Princess was reported with a norovirus, which is not a new virus, only spreading globally. It is known to cause gastrointestinal symptoms within days of exposure, which is contagious through food and water. It can be easily spread to others by the virus that is present on surfaces.

In the year 2018, 200 passengers on a cruise ship were reported with norovirus, which led to the cruise ship being quarantined in Japan. In 2019, 280 passengers and 1,500 crew members were sick on the Diamond Princess cruise ship.

The Grand Princess is a sister ship of the Diamond Princess, which was also quarantined in Japan in 2020. This led to the cruise ship being quarantined in Japan again.

These ships are carrying an estimated 3,700 passengers and 2,100 crew members, which is a total of 5,800 people. It is estimated that around 2,000 passengers have been sick on these ships, which is a significant amount of people.

These ships are also bringing passengers from different countries, which is a concern because it can spread the virus to other countries.

We need to stop these ships from entering our waters, not only to prevent the virus from spreading but also to protect our health care system.

Don't forget to pop into the Street Fest at Town Square!

Alison Steer’s Australian first in vision care technology

To coincide with World Glaucoma Week, an Albay optometrist has introduced new state-of-the-art equipment that helps detect the crippling disease.

In an Australian first, Alison Steer Optometrist has introduced a new state-of-the-art equipment, the Vision R800 and the Wave Scan.

For the patient it means easier, faster and more accurate testing, making a diagnosis of a disease like Glaucoma can be discovered and treated early.

Glaucoma is the leading cause of irreversible blindness worldwide, affecting 300,000 Australians, 50 per cent of which are unaware that they have the disease.

That’s why Alison Steer Optometrist urges everyone to have their eyes checked by an optometrist in at least every two years to prevent the irreversible damage to the eye caused by glaucoma.

“Glaucoma can affect anyone, and they may have no symptoms in all until there is a significant change in their vision,” Optometrist Alison Steer said.

Glaucoma is sometimes called the ‘sneak-thief’ of sight, according to Ms Steer, as it progresses without symptoms and people can lose significant degrees of sight before it becomes noticeable.

“Glaucoma can cause a loss of your peripheral vision (essential for driving) and can, if left untreated, cause blindness,” she said.

Alison Steer has been caring for the vision of the Albany community since 1990. Originally her father’s practice, it’s been a prominent local business since 1990.

“We now have two full-time optometrists and three excellent staff to take care of all your eye and eyewear needs of all our clients,” she said.

“We offer full eye examinations for all ages. These include ocular health assessments - corneal, muscular degeneration and glaucoma.”

Alison Steer Optometrist

We test and manage:

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• Presbyopia
• Dry eyes
• Floaters
• Cataracts
• Glaucoma
• Diabetic Retinopathy
• Macular Degeneration

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Surfing day surges in popularity

The third of four Let’s Go Surfing Days was held in strong onshore conditions at Middleton Beach on Saturday, but this did not stop enthusiastic surfers getting into their surfing suits.

Hosted by the Disabled Surfers Association Great Southern, this event continues to grow in popularity and the joy it brings to all is obvious. It now also attracts a vast audience.

Association President Kerry Oakley said she was humbled by the support and how the event has brought the community closer together in such a positive way.

The final Let’s Go Surfing Day will be held at Middleton Beach on April 4.

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**Great Southern Toyota**

**2009 Holden Colorado VX**  
$8,990

**2011 Holden Commodore Equipe**  
$9,990

**2014 Holden Cruze SRi**  
$9,650

**2011 Toyota Kluger 2WD V6**  
$11,898

**2013 Toyota Kluger GXL 2WD**  
$37,990

**2015 Toyota Kluger GXL 4×4**  
$27,990

**2016 Toyota Prado GXL Wagon**  
$43,990

**2017 Toyota Kluger GXL 2WD**  
$56,990

**2017 Honda CRV 2.0L 4WD**  
$46,990

---

**Great Southern**

131 Clive Street
Katawiki WA 6317

Alan 0420 985 013  
Darryl (Carps) 0427 666 946

---

**Due planning permission**

Max Reay, Stefan Ersson and Cindy Kalma.

---

**Development approvals**

Jason Norris and Trevor Hilder.
**Ninjas show skills**

ALBANY Indoor Adventure has announced their Ninja Competition finals last week, the culmination of a six-week-long event.

The juniors, aged 10 to 13, played out their finals on Wednesday and the seniors the following night, attracting the best ninja experts in Albany as well as an appreciative audience.

Following the success of the Ninja Competition, owner James McLean said he was now introducing a school vs school competition with the first term final set for April 10.

Results:
- **Ages 10-11 Boys**
  - Winner: Lorcan Conner
- **Ages 12-13 Boys**
  - Winner: James Lee
  - Runner-up: Jet Kennedy
- **Ages 12-13 Girls**
  - Winner: Brooke Hanlon
  - Runner-up: Hannah Stone
- **Ages 14-15 Boys**
  - Winner: Thomas Brooks
  - Runner-up: Ryder Coleman
- **Ages 14-15 Girls**
  - Winner: Kacey Harrington
  - Runner-up: Jorja Whitehurst
- **Open Senior 16+**
  - Winner: Shaun Petter
  - Runner-up: Nathan Dwyer

**OFFICE LOCATIONS**

| Albany | Bridgetown | Bunbury | Busselton | Esperance | Geraldton | Perth |

We Understand.

There are two words that capture the essence of The Rural Building Company: We Understand. We understand lifestyle is about personal choice and values. We understand what it means to pursue a unique sense of design, romance, and flair. We understand what it means to be committed to quality without sacrificing sustainability, and that a home should work in harmony with its environment, country or urban. And like you, we are not happy to follow. We are, instead, individuals who challenge a conventional wisdom. Rather than follow the rules - we prefer to make our own.

For more information call 1800 643 800 or visit ruralbuilding.com.au to explore our ranges.

*Albany pricing only. Images for illustration purposes only. Terms & conditions apply.

**Retreat Range from $273,666**

**Loft Range from $276,968**

**Views Range from $196,837**

**Farmhouse Range from $235,625**

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The free workshop, running from Monday to Friday for four days, is aimed at improving waste management and recycling habits among Plantagenet households. The workshop will be held at the Albany Community Legal Centre on Monday and Tuesday.

The workshop will cover topics such as how to reduce waste, how to recycle, and how to dispose of hazardous waste. Attendees will also learn about the importance of recycling and the role that it plays in reducing environmental impact.

For more information or to register for the workshop, please contact the Albany Community Legal Centre on 9842 9871.
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Bring some urban chic style to your bedroom with the Gemma. The neutral headboard features straight lines that give it a clean, modern look, while the soft upholstery adds an inviting feel.

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NORMALY $899
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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 Boulevard tones, with overstuffed back pillow support and jaunty window-pane stitching, it invokes you in comfort and quality. Classic rolled arms bring in just enough of a traditional touch. Includes 2 x seat cushions.

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LOGAN ROCKER RECLINER

SAVE $200
$699*
NORMALLY $899
*with the purchase of the Logan Lounge.
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In a distressed, weathered grey finish, the Oakdale extension dining table has a rustic, French country appeal.

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UPHOLSTERED CHAIR $299 SAVE $50
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LOGAN 2 SEATER DINING COMBO

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2170W x 940D x 1105H

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2170W x 940D x 1105H

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JASMINE QUEEN BED

JASMINE QUEEN BED

JASMINE QUEEN BED

JASMINE QUEEN BED

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The Festival to feature suitcase stalls

Main image: Green Skills Sustainable Community Festival is coming up on 21st March 2020 for the whole family.

New look market stalls will give children and adults the chance to sell their produce – the only rule they must be sold out of a suitcase.

It’s an ideal opportunity for micro, small and home-based businesses to get out into the community, as well as give visitors the chance to buy sustainable food.

Head to the Festival with a packed lunch, or enjoy one of the following options:

- **Regional School Cook Off**
- **Live Music and Entertainment**
- **Food for Thought Place**
- **Alfresco Food Hall**
- **Harmony Day**
- **Sustainable Products for Home and Health**
- **Sustainable Community Festival**
- **Waste Reduction: Tips and Tricks**
- **Healing and Wellness**
- **Activities for Kids**
- **Food for Thought Place**
- **Alfresco Food Hall**
- **Harmony Day**
- **Sustainable Products for Home and Health**
- **Waste Reduction: Tips and Tricks**
- **Healing and Wellness**
- **Activities for Kids**
- **Shop Local in our Local Business**

**Sustainable Community Festival**

**21st March 2020**

**Albany Town Square & Gardens**

**Harmony Day**

**Waste Reduction:** Tips and Tricks

**Sustainable Products for Home and Health**

**Healing and Wellness**

**Activities for Kids**

**Shop Local in our Local Business**

**For Further Information:**

- **Events@greenskills.org.au**
- **greenskills.org.au**
- **call 0498 194 222**

**Proudly supported by:**

- **Australian Food Network**
- **Dieter van den Broek**
- **Dr Nick Rose, Executive Director of the Food Innovation Studios**
- **The studio presenters are global visionaries, industry innovators and courageous leaders.**

**This year’s festival gives people the chance to be inspired by food production projects in Australia, the United States and Europe, with two Innovation Studios intended to stimulate cross sector collaboration and collective action.**

**Vision encompassed in the Food System Change, the 2020 festival is coming up on 21st March 2020 in its fifth year.**

**The event brings food to the forefront of thinking in the Great Southern region.**

**In its 5th year, the festival will be held on March 21st and 22nd by Community Food Events in partnership with Sustain: The Australian Food Network and Green Skills Inc.**

**Inspired by the themes of City Farmers, Agri-Climate Leaders, Food Activism and Food Fighters.**

**Recognising those helping to transform the food production system through their efforts in regenerative, healthy and democratic food.”**

**This year’s Green Skills Sustainable Community Festival is coming up on 21st March 2020 for the whole family.**

**The Festival will be held at Albany Town Square and Albany High School from 9am to 5pm on Saturday and Sunday, March 21st and 22nd.**

**The event brings food to the forefront of thinking in the Great Southern region.**

**In its 5th year, the festival will be held on March 21st and 22nd by Community Food Events in partnership with Sustain: The Australian Food Network and Green Skills Inc.**

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**The weekender, March 12, 2020**

**Festival to feature suitcase stalls**

**21ST MARCH 2020**

**advertising feature**

**Stop and ponder**

**THESE involved with food and agriculture, in any capacity, have been urged to bring their voices to the 2020 Food for Thought Festival Innovation Studios.”**

**This is so they can help create a healthy and integrated food production system, one that distributes delicious and nutritious food.”**

**The quest to develop a system that provides everyone access to locally produced and sustainably grown food while meeting the highest nutritional goals, is the same goal encapsulated in the Food System Change.”**

**This year’s Green Skills Sustainable Community Festival is coming up on 21st March 2020 for the whole family.”**

**The Festival will be held at Albany Town Square and Albany High School from 9am to 5pm on Saturday and Sunday, March 21st and 22nd.”**

**The event brings food to the forefront of thinking in the Great Southern region.”**

**In its 5th year, the festival will be held on March 21st and 22nd by Community Food Events in partnership with Sustain: The Australian Food Network and Green Skills Inc.”**

**Inspired by the themes of City Farmers, Agri-Climate Leaders, Food Activism and Food Fighters.”**

**Recognising those helping to transform the food production system through their efforts in regenerative, healthy and democratic food.”**

**This year’s festival gives people the chance to be inspired by food production projects in Australia, the United States and Europe, with two Innovation Studios intended to stimulate cross sector collaboration and collective action.”**

**The weekender, March 12, 2020**

**Festival to feature suitcase stalls**
Embracing harmony

21st March 2020

advertising feature

Festival of Birds & Biodiversity
NOW ON!

birdfestival@greenskills.org.au

Using diverse microbial tools to harness the sun energy and promote a healthy gut biome in animals and humans.

Come see us at the festival!

From our family farm to your family table:
Organic eggs, Pork, Sauerkraut, Fresh Produce and Home-made Pantry Products

SOUTH WEST
FOR THE

sun's energy and promote a healthy
gut biome in animals and humans.

migrant community.

The purpose of the

festival is to educate
people on diversity, respect and creativity a
Australian regardless of cultural or linguistic

background.

On March 21, apart of
the Sustainable Community Festi-
val, there will be a harmon-

ing stage in the Alison
Hartman Quadrant, that
will be a multifaceted show-case including fun

acts from our different

community.

This will include Thai
dancing, Korean Music,
body dancing, the Show-
ting, and more! A

meditation with the Ven-

tris Style as well as

lots more.

This year there is a
contemplative focus on

how to reduce discrimi-

nation and make Al-

bany more inclusive

and welcoming place for
people from different

in Australia.

Hudson Sewage Services
Wastewater recycling

A family of four can save over 200,000 litres of water per year.

• Specialising in: Treatment Units, domestic & commercial
• Treatment & Service - 24 hour back-up + 100% recycled wastewater for irrigation
• Accredited Service Agent for Taylex, Bio Max, Bio Cycle, Wastewater recycling

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MOB: 0427 939 480
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DIANE EVERS MLC
FINISH AT THE SUSTAINABLE COMMUNITY FESTIVAL

YOUR GREEN VOICE FOR THE SOUTH WEST

southwest.eviers@mp.wa.gov.au
(08) 9485 8079
www.DianeEvers.com.au

Clever design utilises living areas

THIS year’s Green Skills Sustainable Community Festival will be running a workshop tent to show-
case ways of living with less waste.

The presenters will be sharing various skills including Four Highways, Alternative to Toilet Pa-
ticles, Composting, Gardening, Sustainable and Saving Modern Cloth Nappies.

Waste reduction means more household re-
silience in the face of quarantine and systems
disruption.

Now is the time to learn how to make it yourself.
You’ll be ready for the FOGO system rollout.

This year’s workshops include Nature Weaving and

Cinges Weaving. You can find the workshops

below.

Workshops have limited capacity and adult
workshops cost $10. Make sure you book your place
via email albany@greenskills.org.au or by ringing
08 9842 5333. Keep an eye out on the Green Skills
Facebook page for more waste workshops.

Lit cigarette butts cause 100s of fires in WA each year.

Family owned and operated for 28 years
9842 5333
434 Albany Highway, Albany
e: susan@nevilleshardware.com.au

OPEN 7 DAYS

We have rolls, we have sheets & we are not about to run out!

Shop locally
Bertola Hire

ARE you a tradesperson who is short of equipment? Or someone needing to do construction work or home maintenance?

Then Bertola Hire on Chester Pass Road is the place to be. Peter Bertola and the staff can help you with machinery hire for all your needs.

They have a variety of hire items in stock, from cherry pickers, pumps and machinery to excavators and loaders. Bertola Hire can provide information to help people working in their backyards, and builders, and will provide safety advice and methods of use for any equipment hired.

The business and its staff pride themselves on quality and service, and all machinery items are serviced on site. Bertola Hire will also deliver the products around the Albany area. For all your equipment needs, come to Bertola Hire on Chester Pass Road or phone the helpful staff on 9841 1257, or fax 9841 6150.

Contact 9841 5222 or email to sales@amitysettlements.com.au

Check our website at: www.amitysettlements.com.au

47 Aberdeen Street, Albany

COMMITTED TO SUPPORTING THE LOCAL COMMUNITY

TRADER IN PROFILE

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Advertising

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Contact 9841 5222 or email to sales@amitysettlements.com.au

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PO BOX 2111
Kalgan Lots 201-210 Kalgan on Riverside
Exceptional Riverside Land
Kalgan on Riverside offers ten lots in a private, peaceful, and exquisitely beautiful natural setting on the banks of the Kalgan River. Close to town, Grammar, and world-class beaches, and providing the opportunity to walk, kayak, and fish the Kalgan, this is your chance to enjoy the best that nature has to offer.

Blair Scott 0459 024 026
Web Id 21004664
From $155,000

Mount Melville
255 Albany Highway
Stunning for the Money
Blair Scott 0459 024 026
Web Id 20858859
$259,000

Yakamia
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Ideal for FHB or Investor
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Central Albany Pricebuster
State-of-the-Art Secure Storage in Central Albany - NOW PRICING STRUCTURE

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Web Id 16857628
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Albany 2 Cliff Way
Central Albany Pricebuster
This little gem is an ideal opportunity for singles, professionals, or retirees who want to live in a sensational central location without the big price tag. Take a short stroll to town to enjoy coffee, meals, or drinks as part of your everyday life; walk to work, and maybe even ditch the car. With solid double brick construction and simple layout you don't need to do much to bring this back to its best, or take advantage of the option extend the footprint or add a second storey to take in water views on offer.

Blair Scott 0459 024 026
Web Id 21034666

5 SOLD

Home Open Saturday at 10.30am
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Web Id 21841866
$299,000

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Residential
albany.eldersrealestate.com.au

The Weekender, March 12, 2020
Tales of making
Film fest celebrates diversity in craft  
*See page 32*
TRADER IN PROFILE

Albany Security Supplies

Albany Security Supplies is an all- encompassing business that supplies, installs and maintains all things security. The well-equipped service centre is fully stocked with available for commercial and residential use. Security, alarms and CCTV systems are just a few of the products on offer.

Locked yourself out? Albany Security Supplies are available 24 hours a day to get products to your home, business or organisation. Building or renovating? Consider the added security to your home with security doors and window screens from Albany Security Supplies. Such products keep your house locking, doors and windows closed, while also providing a deterrent to any would-be intruders.

ALBANY Security Supplies is an all- encompassing business that supplies, installs and maintains all things security. The well-equipped service centre is fully stocked with available for commercial and residential use. Security, alarms and CCTV systems are just a few of the products on offer.

TRADER IN PROFILE – Albany Security Supplies

Film fest features diversity of craft

Still from Amazing spectacles acquired from Acap, 2018.

DENMARK/KANGAROO Island are the official venues of the 2020 Tasmanian shorts film festival. At both venues, films will have a one-week run, giving audiences the opportunity to view a selection of Tasmanian shorts.

Still from Andrew Burton’s The orangery unus, 2018.

The film festival is presented by the Tasmanian Film Corporation and forms part of the Tasmanian Short Film Festival. It features a range of local and international films that are a reflection of the diversity of Tasmanian filmmaking.

The films selected for the festival are a diverse mix of genres, including drama, comedy, animation and experimental. The festival aims to showcase the talent and creativity of local filmmakers and promote the art of short filmmaking.

The festival also includes a variety of workshops and seminars for filmmakers interested in developing their skills. These workshops cover topics such as screenwriting, directing, cinematography, editing and distribution.

In addition to the screenings, the festival also includes a networking event for filmmakers and industry professionals, providing an opportunity for networking and collaboration.

The film festival is a great opportunity for film lovers, filmmakers and industry professionals to come together and celebrate the art of short film making.

The film festival is open to all ages and offers a range of films to suit all tastes. Whether you’re a film buff or just interested in watching a new film, there’s something for everyone at the festival.

The film festival is a great opportunity for film lovers, filmmakers and industry professionals to come together and celebrate the art of short film making. It offers a range of films to suit all tastes, making it a must-see event for anyone interested in the art of filmmaking.
Innovative theatre strikes artistic gold

By Ashleigh Fielding

A Fortunate Life

Presented by THEATRE 180

Show review

I’m pleased to report that THEATRE 180 has all the way to the cinema interest me enough to go on Netflix, let alone documentaries tend to but historical movies and university, I probably

34

sudoku

Difficulty: Easy

Difficulty: Moderate

Ingredients (Serves four)

4 western rock lobster pieces in shell

200g crab meat raw

1 red chilli sliced

4 cloves local garlic crushed

400g cherry tomatoes halved

150ml olive oil

1 red chilli sliced

Pepper

Recipe supplied by:

Lobster & crab fusilli

Ph: 9842 3455

Wednesday 17th March 2020

White wine

Cooking wine

Yvonne B Barker, 11.08-12 Albany Health Walk, 12.03-12 Albany Health Walk

9842 3455

North Road, Albany

www.supa-denmark.com.au

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Thursday 7.00am - 8.00pm

Friday through Sunday 7.00am - 7.00pm

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North Road, Albany

Call in and get your fresh veggies here!

Come and get your fresh veggies here!

For non-arts people, the seemingly effortful

telling the story is a great southern

Artistic gold for anyone of any age.

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tells the tale of hardship and sheer determination that remains quite

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In real life in front of your

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In real life in front of your

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telling the story is

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In real life in front of your

The seemingly effortful
telling the story is

tells the tale of hardship and sheer determination that remains quite
up a test drive.

them on 9841 8677 to set

Ray ‘Hooky’ Dawson and

$20,000.

up at a steal for less than

only travelled 157,000km

has a full service history.

department regulations,

spotlights, roofracks and

James (or more tools

roughly the same cost.

more modifications than

King Cab ST-X has had

would be driving.

type of vehicle they

go to their idea of

Workstation modification sensation

The 2013 model has

This Navara is formerly

Other features include

• Transmission & Diff overhauls

• Brake & clutch repairs

• Diesel & EFI specialist diagnostic’s & repairs

• New, log book & used car/4wd servicing

• Reconditioning & performance upgrades

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Quality recycled & after-market parts

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On & Off the Road

Give common sense a chance

COLUMN COURTESY OF

I FIRSTLY apologise that this week is part

articles on releasing fans as it was originally planned to go over only

But it is a very impor-

Plus, we should do all that we can to give any

Fish lead active lives

same time, they must

Every species has its

Every prospective fish

It is common sense

I hope you have en-

less before he caught it at Two Peoples Bay.

Proof that fish do survive being released as Matt Kiddle is about to re-release a samson fish that was tagged off Rottnest three

But it is a very impor-

As are the chal-

I would love to have it

but that doesn’t mean

The take-home mes-

Downsized and unwanted fish

To DONATE, CALL 1800 534 229

88

FII FM

TODAY’S HOTTEST TRACKS

CLUB | DANCE | TOP 50

For advertising that works, call Sarah Holden today! 0421 456 228
**Focus on LOCKYER AVENUE**

**The embroidery specialist in the Great Southern**

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Barefoot Clothing

95 Lockyer Avenue, Centennial Park
Phone: 9841 7412 • Fax: 9841 7421
barefoot@bigpond.net.au

**Centre for natural therapies**

ALBANY Body & Mind Health, a purpose-built centre for natural therapies, has opened its doors January 2016. It has become a well-established popular health and wellbeing centre with a warm and caring feel to it as soon as you step inside.

It has a wide array of complementary therapies providing professional consultations from experienced practitioners, and in a relaxed environment.

Additionally, it is available for sharing with other health practitioners in the Great Southern. Their services include naturopathy, psychology, remedial massage, kinesiology plus many more therapies. HICAPS and Medicare facilities are available.

The centre has a conference room available for use which is ideal for workshops, meetings or other events. Every Tuesday the OM Meditation Community holds a meditation evening at 5pm. Visit their Facebook site for more details.

Local artists are on display during the venue a new artwork every month, supported by Kyla Borell and Colin Montrose. This centre is100% smoke and alcohol-free.

ALBANY Body & Mind Health also proudly supports the Holistic Healthcare Network that meets monthly at the centre, a forum for health practitioners to share and gain knowledge of other therapies.

The centre holds health and wellbeing classes, as well as community educational activities and public health events. HICAPS and Medicare facilities are available.

ALBANY Body & Mind Health will again have a stall at the Holistic Health Expo held on October 10.

**SOLUTIONS**

IT has been providing outsourced IT management to small and medium businesses across WA since 1999.

Technology is something that you depend on technology to keep your business running smoothly and may not have the resources for an IT department.

We offer solutions that can help, planning, scaling and designing new and improved solutions to help improve workflow and efficiency in your business.

Accessing the right solution

From desktops not working, to IT systems, they have the expertise to help.

When they are not helping Albany businesses, they are assisting others with data backups, technology repairs and sales of IT products.

As the only qualified Apple Authorised Service Centre in the Great Southern, they have the expertise to help Apple laptop repairs.

Other services include, Windows repair, data transfers, Windows and virus check-ups.

Join them today on 6241 0999 or visit them in-store on Lockyer Avenue Albany.

**Cheesy pizza goodness**

With the highest deals and the tastiest slice of cheesy goodness, Pizza Hut Albany has your next meal sorted.

When the midweek working blues have got you down, treat yourself to a 2-for-1 meal deal for a taste you can’t stop up.

If you’re throwing a party, hosting a work function or simply a gaming night, you can pre-order some pizzas for your guests. Pre-order today when you order them with Pizza Hut’s 247 anytime order service.

With everyone’s favourites, like Hawaiian or pepperoni, and then there’s the delicious bbq chicken or garlic green, there’s something for every taste.

Pizza Hut doesn’t want anyone to miss out on enjoying a few slices, so they’ve recently introduced a new vegetarian pizza if you have dietary requirements.

Or if you have more of a sweet tooth, you won’t want to deny yourself their special Hershey’s Brownie.

It’s a triple chocolate brownie made with Hershey’s Cacao and special dark chocolate and served warm.

They’re offering a slice of cheese goodness when you preorder some pizzas online or visit the store at Shop 1, 69 Lockyer Avenue Albany.

**Centre for natural therapies**

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It’s a triple chocolate brownie made with Hershey’s Cacao and special dark chocolate and served warm.

They’re offering a slice of cheese goodness when you preorder some pizzas online or visit the store at Shop 1, 69 Lockyer Avenue Albany.
Focus on LOCKYER AVENUE
advertising feature

Self-defence options

DRAGON Martial Arts

The team in town

Owners Steele Harken and David Norman and Tom McGinty have built an enviable reputation for providing expert, competitive and family-friendly classes with no cost and free classes with no cost and no obligation.

The team at Dragon Martial Arts.

Show this ad in-store for 15% off

Individual tax returns. No appointment necessary.

Tae Wood, Steele Harken, Mike Norman or David Rivers

Great Southern.

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Martial Arts School
Albany's full-time, fully-equipped, professional Martial Arts School
Day & night classes Monday to Friday
- Adults, Juniors & Tiny Tots Beginner, Intermediate & Advanced classes available.
- Fitness • Weight-loss programs
- Streetwise self-defence • Discipline
- Integrity • Courtesy • Focus
- Anger management • Stress relief
- Fun, plus a lot more

Train in a friendly environment

Present this advert and receive 2 FREE classes or call us on 9842 4855 or 0418 902 099
116 Lockyer Avenue, Albany
www.dragonmartialarts.com.au

Bike store with the personal touch

IMPULSE Cycles is more than just a bike store and a visit to 9842 1387 79 Lockyer Ave
Albany

GREAT SOUTHERN

Show this ad in-store for 15% off

our current stock of Bollie glasses!

The people who own the store live and breathe

it's quite a reward for us

even karate and kung fu

evening.

Day & night classes Monday to Friday, during

the day and in the
evening.

There are programs for beginners, intermediate and advanced students.

Those interested to see

what's on offer this summer can sign up for an intro-
duction offer of two free classes with no cost and no obligation.

Check us out on Dragon Martial Arts, program information and

more, visit their website.

www.dragonmartialarts.com.au
Increase awareness of your business.
Advertise your trade or service in the Weekender Trades Centre. Call us on 9842 2788.

Austwest Roofing

For a FREE estimate, call 0406 936 490

TRADING IN PROFILE

Austwest Roofing is a locally owned and operated business and has been servicing the Great Southern for over 15 years. We offer professional services in the following areas:

- Roofing
- Waterproofing
- Gutter Cleaning
- High Pressure Cleaning
- Maintenance and New Work

Our team is highly skilled and certified, with over 20 years of experience in the roofing industry. We are licensed and fully insured, and we offer free inspections and quotes.

Contact us today to schedule a free inspection: 0406 936 490

Visit us online at: www.austwestroofing.com.au

Increase awareness of your business. Advertise your trade or service in the Weekender Trades Centre. Call us on 9842 2788.
**Public Notices**

**The Weekender, March 12, 2020**

**Classifieds**

**DEADLINE: Display & Lineage ads 4pm Tuesday**

**F: 9842 2787**

**S: admin@theweekender.com.au**

**107 Stead Road, Albany**

**run your ad until sold, pay the one low price.**

**Classifieds Advertising Deadline**

Display & Lineage ads 4pm Tuesday

**PUBLIC NOTICES**

**LINES AVAILABLE**

First three lines FREE

$15 per additional character (up to 6 lines)

The Weekender, March 12, 2020

$9.50 per single column, centimetre. Minimum - 3cm

**WANTED**

WANTED Family, 2 children, to join the Downtown/Mandurah area. Any offers considered. Phone Home HELP on 0418 688 723.

WANTED Home help, food sorting, one hour per week for 8 weeks. Contact Carers WA, 1800 675 659.

**NEW LEAF COMPOSTING**

Home help/packing, repairing, washing, ironing. Good with children. Address to: Mr & Mrs G, 40 Camp St, Albany. 0438 532 365.

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Home help/packing, repairing, washing, ironing. Good with children. Address to: Mr & Mrs G, 40 Camp St, Albany. 0438 532 365.
**Storage**

- **REACH IT FAST – 7928 2607**

**The Nurses Remembrance Association Albany**

The Nurses Remembrance Association Albany is seeking new members. The Association was formed in 1991 to commemorate the annual Nurses Memorial Service. Albany may also attend memorial services outside of Albany and participate in the state wide marking of nurses’ day. Contact Betty on 9844 5480 or Marg Waller on 9844 7700.

**BHRCARE**

BHRCARE is a new support group for carers/family members and friends who support adults living with mental health issues. This group will meet monthly on the first Monday of each month from 12pm at Fellow House, 33 Stewart St, Albany. Further information meetings will be held on Thursday of each month. Contact 9841 3486 or BHRCARE@albany.nsw.gov.au

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**Albany South Coast Lions Club**

- **Albany South Coast Lions Club**
  - **Carrick Street, Mt Pleasant**
  - **A local free cancer screening at the Albany South Coast Lions Club on Tuesday, April 7th.**

**Albany Community**

Volunteer Training at Albany Community House. Do you ever think about volunteering at the Hospice? No prior experience required. If you have an unutilised skill or interest you can help others, then this course is for you. We will be holding a Volunteer Orientation and Training on Saturday, April 4th from 9am to 12pm. Morning tea and lunch will be available. Registration is required. Contact Amanda 9844 230 or amanda@albany.com.au

**Albany Parkinson’s Disease Support Group**

Albany Parkinson’s Disease Support Group meets on the third day of each month at Leather House, 240-242 Victoria Street, Albany. This group is for anyone affected by Parkinson’s and their families. The group will be meeting Lynne Lynch, a Community Health Coordinator at the Community Office of NIMH, and the President of the Parkin’s Foundation of Australia. Contact Lynne on 9841 1621 or lynnel@parkinson.org.au

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**Albany Lions Club**

Do you enjoy being part of a club that you can belong and show your support for the community of Albany? The Albany Lions Club is always looking for new members – come and join us and see what the Club has to offer. The Club is located at 32 Eakin Street, Albany. Contact 9841 4237 or 9841 1455.

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**Albany Photographic Society**

Albany Photographic Society will hold its Thursday of each month at the Albany Cultural Centre. The Penny Campion Hall will be available from 9am to 3pm. Contact Betty 9844 2112 or Jon Jennett 9844 2148 or Visit our Facebook page Albany Photographic Society Inc.

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**The Weekender, March 12, 2020**

Get It Printed

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**BUSINESS CARDS**

For more information contact: Get It Printed on 9844 0415 or 9844 1165.

**REMEMBRANCE**

Cafe on the banks of the Derwent River was a relaxing setting for the Derwent Chamber of Commerce March Business After Hours.

Neil and Rose Phillips and their daughters, Leanne and Olivia and son, Robert, were involved in the day/60 running of the concert park.

REMEMBRANCE Café is the latest improvement that the Phillips family have made to their caravan park.

Mr Phillips said if you want your business to thrive you have to try innovating. And that’s what they have done with this new improvement.

The family have a long history with Albany, with Mr Phillips being in the sons of a pioneer who settled at the mouth of the Derwent River in 1842.

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**Ask us about our business starter packages, flyer packages, posters, stubby holders, magazines, booklets, greeting cards, stickers and more...**

Ph: 9842 2788

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**Memories made at Remisnice**

**Arnette Carmichael, John Maxwell and Kingsley Gibson.**

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**The Weekender, March 12, 2020**

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**Great Southern Weekender’s Community Noticeboard is a space for community groups and organisations to advertise their services and events free of charge. Eligibility for this section is at the discretion of the editor and is focused on North Albany organisations/services and events • Free services, support and other groups • Free resources and services • Non-sporting competition results (max 60 words) • Free club and group meetings and events • Free business services for clubs or groups • Excludes promotion of commercial business.**

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**Great Southern Weekender**

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**Photos provided in The Weekender are available from as little as $5.50 per print.**

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**Great Southern**

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**weekender**
**Tigers winning streak to six**

**MICHAEL ROBERTS**

ROUND 6 of the Great Southern Football League Women’s competition was a washout for a number of teams.

In a 3-hour 45-minute belting of Friday night of women’s football, all three games were awarded draw by draw due to water running everywhere on the ground with both sides falling to the weather to win the contest.

Denmark-Walpole and Mount Barker weren’t even able to register a point in a match, coming down to 0 points to 0 points.

The two teams remain equal at the bottom end of the ladder.

On the flipside, Railways and Royals continued to dominate now, with the Tigers smashing the Sharks on the net and the Lions winning their fifth consecutive match.

In the first game of a Friday night double header at Biggenden, Royals brought up its fourth win of the season and Royals had walked off in previous weeks. It was then Railways’ turn to shine first under lights in front of a lively crowd.

Playing at home for the second time this season, the two teams play off to improve their local fans.

Mount Barker struggled to compete as the game became a defensive Tigers side monopolised the entries, running out 5.4 (34) to 2.2 (14) on Saturday afternoon of casual social tennis at Tenterden Tennis Club.

Across the road at Centennial Oval on Saturday night, Royals’ Leah Field bombs it into the forward line.

The two teams remain level on two points.

**DO YOU NEED A RACK?**

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Get a GripSport bike rack for your car, 4WD, SUV or caravan today.

Where can your rack take you?

**IF YOU know a sports volunteer in the Great Southern who is doing great work and deserves recognition, why not nominate them for the Mike Stidwell Medal?**

The annual award recognises outstanding community involvement in a sport and recreation club or group in a volunteer capacity.

You can apply online at www.glsigc.wa.gov.au/volunteering/index.aspx or send an electronic application to Volunteers@gldsc.wa.gov.au.

Nominations close on Friday 3rd April, and the winners will be announced on Monday, 20th April.

**NAMES OF SPORTS VOLUNTEERS NEEDED!**

**If we don’t have it, we can help you find it!**

**Royals’ Leah Field bounces back into the forward line.**

**Royals’ Emma Thompson leads Jasmine Stephenson from North Albany.**

**North Albany’s Nadia Colby-Turnbull outscores Royales’ Yehannah Mackay as Renae Parsons annihilates the crumbs.**

**Michael Roberts**

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**Michael Roberts**
Michael Roberts

It would be hard to find someone who’s given as much to their life as table tennis as Albany’s Paul Muller.

Since moving to the Great Southern in 1994, Muller has steadily solidified the Albany Table Tennis Club from going under.

Achilles tells us they’re only able to play on eight players, but the club didn’t want to have a committee or any money and they were willing to help.

Fast forward 26 years later, and Muller is still involved with the club. He is a member of the club’s executive committee, whilst he also holds a competitive league hosting about 15-20 players each week.

“Back when I first took over, I used to have 14 tables going,” Muller has been President of the Albany Table Tennis Club for more than 25 years - a feat recently celebrated as part of the club’s AGM.

Even before his time in Albany, the sport was an integral part of Muller’s club in North, where he coached young players at the club and president for 25 years.

Muller and some of his coaching teams, the feel of a family feel, is another club in a regional area like Albany where members are more than willing to help.

“Country people are different, you couldn’t have a club like this if you were in the city,” he said.

“Just a big family here, everyone gets on well.”

There’s nothin’ plain in the club.

“A lot of people say it’s the banter of having fun, that’s been involved in there. There are always new people coming along.”

Muller’s passion for the game goes beyond matches.

We table tennis legend Peter Muller.

The sporty 11-year-old community in the Great Southern State, the world of table tennis is still a part of his life, year after year, as well as the Country Championships.

And while he obviously still loves to play table tennis, Muller said he would be helpful someone would eventually step up to the president role.

“We’ve given table tennis 90%,” he said.

“I’m starting to step down for the last five years. I’m just going to relax.”

“I love sport, I just love it.”

The number of players and coaches continues to increase as the club becomes more and more

“People are encouraged to come and see what we’re doing.”

Muller encourages anyone to come and see what they’re doing.

“Just come along and see what we’re doing.”

The Albany Table Tennis Club is a great club and a great place to be.

The Albany Table Tennis Club offers

1. Increased muscular endurance
2. Greater core strength
3. Improved muscular force and strength
4. Improved cardiovascular efficiency
5. Improved muscular endurance
6. Less body fat
7. Increased lung efficiency
8. Reduced stress on musculoskeletal tissues
9. Improved balance and coordination
10. Improved overall fitness
11. Improved reaction time
12. Improved mental focus
13. Improved overall health and well-being
14. Improved social interaction
15. Improved self-esteem
16. Improved self-confidence
17. Improved self-control
18. Improved self-discipline
19. Improved self-reliance
20. Improved self-worth
21. Improved self-esteem
22. Improved self-confidence
23. Improved self-discipline
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27. Improved self-confidence
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33. Improved self-discipline
34. Improved self-reliance
35. Improved self-worth
36. Improved self-esteem
37. Improved self-confidence
38. Improved self-discipline
39. Improved self-reliance
40. Improved self-worth

For more information, contact Paul Muller on 9842 2762.
Royals' Leah Field has all eyes for the ball as she tackles North Albany's Lilly Minter while her teammate Jasmine Stephenson comes to her assistance. Royals won the day booting 4.8 (32) to North Albany's 0.2 (2).

For the full match report see page 49.

Photo: Charlotte Wooldridge

#MeToo

a theatrical exploration of a modern feminism

$1 of every ticket sold goes to Albany Women's Centre. #StandUpShowUp

PLAYLIST confronts the media's representation of women, pop culture and music. A first-hand account of what it is like being young, female-identifying and not-so-carefree

#amustsee for every young woman .....and man.

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