Paying respects

Coronavirus Pandemic

ASHLEIGH FIELDING

WHILE all states of the Great Southern’s COVID-19 cases are fully recovered, Australia achieved a sustained and consolidated pandemic recovery. The State and Federal Governments have stated people should not be complacent while the country begins to new normal recovery and the ‘new normal’ will be of a fluctuating state with new cases reported. There have only been two new cases confirmed in the past four days.

This brings the new state total of confirmed cases to 559 and the number of recovered cases to 451, leaving only 104 active cases. WA Premier Mark McGowan announced on Tuesday that select elective surgery restrictions would be lifted after the Anzac Day long weekend next week on a priority basis.

This includes all category two surgery and discretionary procedures including IVF, post-cancer surgeries, and procedures for children under 18. This will be subject to increase on May 11 for a potential broader lifting of restrictions. Elective surgeries were initially put on hold last month to allow beds to be free for the strongest as he entered his last days.

Dr Michael Tugwell, from Albany RSL Services Director, Michael Tugwell personally will remember the day he was with Blaise, Douglas McKer and neighbours helping the beds to be available to cope with COVID-19.

Mr Tugwell on Tuesday expressed his concerns for the elderly and aged care facilities and approved facilities to see go further than the National Cabinet recommen-
dations, upon learning some facilities had banned all visitors. The National Cabinet recommen-
dations is two short visits per day per resident and only if the visitor is healthy.

“Don’t shut people away,” he said.

WA public schools will reopen Monday to all students but not compulsory.

The ‘soft return’ to Term 2 will be reviewed after these weeks and use an increased amount of cleaning and sanitising products and practice of personal hygiene among students.

WA Premier Mark McGowan revealed that children in school had a “low risk” of spreading infections. Australia’s national borders won’t be opening anytime soon and no-
that will be WA border, with Mr McGowan saying this week it will be likely months before WA can open its borders to Victoria.

The temporary takeaway alcohol restrictions imposed on March 24 were abolished this week and six
thousand restrictions on roadblocks in roadblocks became law on Tuesday.

The new laws include above on or increase during the last weekend period and limited tea and meals will not be allowed and businesses will not be able to serve alcohol if they remain the broad unless work and business agreements are in finalised.

Landlords do not have to carry out new urgent repairs, and tenants experiencing COVID-19 related financial hardship who own a found-

We deliver direct to your home.

If you are feeling unwell with a fever, sore throat or temperature we ask that you do not enter the pharmacy. Please call us for assistance and advice, we are here to help.
Horoscopes by Janine Medicus Moore

Australasian astrologer Janine Medicus Moore's horoscopes are published to coincide with the signs and periods around the year. You can also read her horoscopes at www.bethmae.com

ARIES
March 21 – April 19
In the ancient Mesopotamian/Mediterranean, your radicals in signs to one another choose the signs and periods around the year. You can also read her horoscopes at www.bethmae.com

TAURUS
April 20 – May 20
Next to the harmonious and understanding, the secret of their radical is the celebration of their signs and periods. They are the zodiac sign that is most strongly associated with their signs and periods. The signs and periods are said to influence the signs and periods of the Sun, Moon, and planets in their horoscopes. In addition, the signs and periods are said to influence the signs and periods of the Sun, Moon, and planets in their horoscopes.

GEMINI
May 21 – June 20
The Sun is the only star in the sky with light shining through it. If you want to learn more, you should brush up on your horoscopes. If you are learning something, you should make sure you keep up with the signs and periods of the Sun, Moon, and planets. The Sun is the key to understanding the signs and periods of the Sun, Moon, and planets in the signs and periods around the year. If you are learning something, you should make sure you keep up with the signs and periods of the Sun, Moon, and planets. The Sun is the key to understanding the signs and periods of the Sun, Moon, and planets in the signs and periods around the year.

LEO
July 23 – August 22
Keep your horoscope on track and your feet on the ground. If you want to learn something, you should keep up with the signs and periods of the Sun, Moon, and planets. If you want to learn something, you should keep up with the signs and periods of the Sun, Moon, and planets. If you want to learn something, you should keep up with the signs and periods of the Sun, Moon, and planets. If you want to learn something, you should keep up with the signs and periods of the Sun, Moon, and planets.

VIRGO
August 23 – September 22
Read your horoscope and brush up on your horoscopes. You should make sure you keep up with the signs and periods of the Sun, Moon, and planets. You should make sure you keep up with the signs and periods of the Sun, Moon, and planets. You should make sure you keep up with the signs and periods of the Sun, Moon, and planets.

LIBRA
September 23 – October 22
Use the information in your horoscope to get the most out of your day. If you want to learn something, you should make sure you keep up with the signs and periods of the Sun, Moon, and planets. Use the information in your horoscope to get the most out of your day. If you want to learn something, you should make sure you keep up with the signs and periods of the Sun, Moon, and planets.

SAGITTARIUS
October 23 – November 21
Keep your horoscope in your mind and brush up on your horoscopes. You should make sure you keep up with the signs and periods of the Sun, Moon, and planets. You should make sure you keep up with the signs and periods of the Sun, Moon, and planets.

CAPRICORN
November 22 – December 21
Use the information in your horoscope to get the most out of your day. If you want to learn something, you should make sure you keep up with the signs and periods of the Sun, Moon, and planets. Use the information in your horoscope to get the most out of your day. If you want to learn something, you should make sure you keep up with the signs and periods of the Sun, Moon, and planets.

AQUARIUS
December 22 – January 19
Read your horoscope and brush up on your horoscopes. You should make sure you keep up with the signs and periods of the Sun, Moon, and planets. You should make sure you keep up with the signs and periods of the Sun, Moon, and planets. You should make sure you keep up with the signs and periods of the Sun, Moon, and planets.

PISCES
January 20 – February 18
Carry your horoscope around with you at all times. If you want to learn something, you should make sure you keep up with the signs and periods of the Sun, Moon, and planets. Carry your horoscope around with you at all times. If you want to learn something, you should make sure you keep up with the signs and periods of the Sun, Moon, and planets.

People must, of course, still practice appropriate social distancing, but they can come together at a distance to honour one another's most treasured days.

There will be no official dawn service in Albany this year, to ensure the public are able to face the rising sun in the comfort of their own homes.

Albany MLA Bill Bemm will lay a wreath at the York Street Memorial on behalf of Albany residents.

Ripe Piper Tom Powell will place the traditional poppy bagpipe music during the wreath laying.

This will then be followed by the recital of the Ode and The Last Post by the Town Band of the Albany RSL Sub Branch and a two minute silence.

The Albany Shire Council proceedings will be livestreamed to Albany residents via the City of Albany social media channels.

Albany Police will also be active on Facebook, with a livestream at midnight.

Goldie 1116AM will broadcast the Anzac Day Service on Saturday at 10.30AM, including the Ode read by Corporal Boo Roberts flown VE Day 45.

Queries regarding Anzac Day 2020 in Albany should be directed to the Director Michael Supple at michael.supple@albany.wa.gov.au or 0422 667 701.
**CITY OF ALBANY**

The council has approved its 2020-21 budget, and is now seeking public feedback on a variety of proposed initiatives.

**City council’s budget approved**

The council’s annual budget for 2020-21 has been approved, and public consultation is now under way on a range of proposed initiatives.

**Feedback sought**

Albany residents are being invited to provide feedback on the council’s 2020-21 budget before it is finalised in early July.

The budget includes a number of proposed initiatives, including the development of a new community hub, the establishment of a new community library, and the implementation of a new community centres program.

**Public consultation**

The budget has been developed in consultation with the community, and the council has sought feedback on a number of initiatives before finalising the budget.

**Community consultation**

The council is looking for feedback on a number of initiatives, including the development of a new community hub, the establishment of a new community library, and the implementation of a new community centres program.

**Budget highlights**

- **Community hub**: A new community hub will be developed, with the aim of providing a range of services and programs to the community.
- **Community library**: A new community library will be established, with the aim of providing a range of resources and services to the community.
- **Community centres program**: A new community centres program will be implemented, with the aim of providing a range of services and programs to the community.

**Budget consultation**

The council is looking for feedback on the budget before it is finalised in early July. Residents are invited to provide feedback through a range of channels, including online surveys, community meetings, and public forums.

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Therapy dogs on hiatus

ABELSHFIELD

Dogs at Ingenia Gardens.

HUMANS are not the only ones currently making efforts to occupy themselves in the midst of the current health crisis. Thanks to COVID-19, those furry four-legged beings belonging to Albury’s Pet and Donate Moss are currently on lockdown, waiting for its time to return to their daily therapy rounds.

Read. Willem and Mia the kelpies have been providing therapy sessions to the elderly for the past five years but have been very much missed during social isolation. They get upset on Tuesdays because they know that in the day they normally go to Christmas Estate, Ms Moss said.

Serendipitously demand. Ms Moss has been home-schooling the pups. At the moment, they are learning about table manners. Of course, their favourite part of each lesson is the treat at the end.

The Moss family say their dogs help provide comfort to residents and help manage stress for everyone alike.

They are planning to have regular video calls with their Aboriginal Estate counterparts soon, as the residents are having a hard time without the pups.

As a part of the program, Ms Lonsdale has helped organise popular activities like bingo and the chance to win prizes for regular social activities. This idea was created to meet the need of a new social routine for them, she said.

Michael Roberts

The iconic Bluff Knoll hiking trail is set to reopen next month better than ever, with rigorous work on the fire-savaged national park saving the steps.

Almost the entire ‘Bluff track’ would be a rebuilding effort. About 100km of land in the Stirling Range National Park between Boxing Day and the New Year. The road itself, the main access to the area, would be closed for six weeks.

Almost all the area, a remap to design the road had a success rate of 80%.

More broadly, it is only four weeks away from being finished, according to Department of Biodiversity, Conservation and Attractions.

With Bluff Knoll peak 1098m above sea level, it provides panoramic views of national parks that had to be untouched due to the impact on the landscape.

‘It’s beautiful, but well worth doing it properly.’

Ms Hartley said.

‘It will be interesting to see how the public respond. I think they are going to be very impressed with the quality of the work that has been done.’

Mr Hartley said the repair crew ‘tipped’ the pensioner community midway through the project.

‘A bit of a celebration is overdue. It’s only been able to repair about 24m of the track a day since the project began.’

While the homemade donations – masks, handheld fans and other materials helping health care workers by donating – have been critical to finding ways of creating a new social routine for them, she said.

Masks had had to be airlifted.

“Bluff Knoll hiking trail revamped

Did you know we can do virtual appraisals and inspections? Contact us around the clock.

LOCALLY a group of local teachers were able to help those working in different fields who are at risk of contracting and spreading the virus.

Disability services are now asking us for assistance too because they too need to maintain social distancing.

We are also working on feeding kits for the elderly in nursing homes, and we’re posting media to address some of the issues they are facing.

The Homemade donations group is now 20 people strong and Mr Hartley said they are looking for more to continue the work.

‘It’s one of the most unique multi-media WA’.

The volunteers are from all walks of life, from the professional and business owners to university students.

If you are interested in getting involved please message us.

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**Online activism for asylum awareness**

**DAWELLE WOOLDRIDGE**

DESPITE Government restrictions preventing people from gathering in person, a group in Albany is gathering online every week to continue their activism.

Asylum Seekers Action Group Albany (ASAGA) has been meeting every Saturday for the past two years in front of Albany's Town Hall to bring awareness to the issues asylum seekers are facing in Australia.

“The world’s (closures) were brought to a halt when new restrictions on public gatherings were put in place due to COVID-19,” Member Irene Montefiore said that now was more important than ever that ASAGA remains active in promoting the issue.

“In some ways it’s more urgent now than ever with the coronavirus and the impact that could have if it gets into any of the detention facilities,” she said.

“A lot of people now in the general public, are understandably focused on their own issues, so this is easy to forget about.”

Another reason for keeping the activity going is that we have a lot of struggles that look at our past, and it is easy to think that they are gone. “But we in Australia are not forgotten, there are those of us that think you should have your human rights and that we can.”

ASAGA is encouraging people to take a photo of themselves holding a sign with a statement about refugee detentions and posting it to their Facebook page.

Ms Montefiore and some of the images have travelled the world over.

“We’ve actually been bombarded over by some of the responses, we had thousands of engagements with one of our photos from a couple weeks ago,” she said.

“The sign must have really hit home.”

“We also noticed that it was being shared in lockdown by a new human rights organisation, which is very exciting.”

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in Denmark by appointment

Supporting Aussie made

Financial Times' Columnist health writer

Wishing for a better future

British MP, author and environmentalist

Peter will go back to buy Aussie. What happened? Now we buy China.

When they asked my age, I said 70, and they reiterated their complaint that I was no longer young. I told them that I knew this very well, as I could feel it in my body and hear it in my ears.

They then asked me how I felt. I told them it was difficult to say, as I was constantly changing. Sometimes I felt like a young boy, sometimes like a old man, and sometimes like a middle-aged man.

They then asked me what I did for a living. I told them I was a writer, and that I wrote about the future.

They then asked me what I thought about the future. I told them that I thought it was uncertain, and that we needed to be prepared for anything.

They then asked me what I thought about the past. I told them that I thought it was important, and that we needed to learn from our mistakes.

They then asked me what I thought about the present. I told them that I thought it was unstable, and that we needed to be careful.

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**DENMARK SUPA IGA. AND**

**ON SALE FRIDAY 24TH UNTIL MONDAY 27TH APRIL ONLY!**

- **Dorsogna Shortcut Bacon**
  - $9.99 kg
- **Whole Pork Scotch-Fillet**
  - $9.99 kg
- **Garden Fresh Cauliflowers**
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**You Slice You Save!**

Specials available Mon 27/04/20 until Tuesday 28/04/20 only at North Road or Denmark SUPA IGA while stocks last. Retail quantities only, no trade supplied. Pictures used for illustration purposes only.

ON SALE MONDAY 27TH & TUESDAY 28TH APRIL ONLY!

- **Arnott's Shapes 160-190g Sel Var**
  - $1.99 ea
  - BETTER THAN 1/2 PRICE
- **South Cape Cheese 140g Sel Var**
  - $29.57 per kg
  - $2.99 ea
  - $3.99 ea
- **Streets Paddlepops 10 Pack Sel Var**
  - 44c per 100ml
  - $9.99 ea
  - $29.99 ea

**You Slice You Save!**

Specials available Fri 24/04/20 until Monday 27/04/20 only at North Road or Denmark SUPA IGA while stocks last. Retail quantities only, no trade supplied. Pictures used for illustration purposes only.

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

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- **Copperpot Dips 200g Sel Var**
  - $1.00 per 100g
- **South Cape Cheese 140g Sel Var**
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- **Streets Paddlepops 10 Pack Sel Var**
  - 44c per 100ml

**The IGA Rewards Albany Retravision Homewares**
40% OFF HOMEWARES IS EXCLUSIVE to NORTH ROAD SUPA IGA REWARDS CARD HOLDERS & DENMARK SUPA IGA REWARDS CARD HOLDERS in Albany Retravision. See in store for details
JOIN NOW IT'S FREE

ON SALE MONDAY 27TH & TUESDAY 28TH APRIL ONLY!

- **Chicken Wings**
  - $2.99 kg
  - Bulk 1.25kg min
  - $1.99 kg

**The IGA Rewards Albany Retravision Homewares**
40% OFF HOMEWARES IS EXCLUSIVE to NORTH ROAD SUPA IGA REWARDS CARD HOLDERS & DENMARK SUPA IGA REWARDS CARD HOLDERS in Albany Retravision. See in store for details
JOIN NOW IT'S FREE

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Friday thru Sunday 7.00am - 7.00pm
Virtual business sessions offered

Albany Business Centre kitchen
Book online at www.albanybusinesscentre.com.au

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135 Lockyer Avenue, Albany
Open Monday - Friday 8am - 5pm
Saturday 9am-3pm
Phone 9842 9866
Fax 9842 7857
Email: admin@kenstonemotortrimmers.com.au

Congratulations to our local businesses

Please keep supporting our local businesses as we open.

We are open and trading as usual

Open Monday - Friday 8am – 5pm
Saturday 9am – 12pm.
Monday to Friday 9am – 5pm
1963a Albany Hwy, Albany
Phone: 9841 8011
Fax: 9841 2293
Email: admin@akcramerelectrical.com.au

WE ARE OPEN

Phone: 9842 5600 Fax: 9842 2507
Email: doralanepastries@bigpond.com
35 Sanford Road, Albany

WE ARE OPEN

Phone: 9842 936 117
A/H 0418 936 117
Repairer’s Lic No MRB4195
Open Monday - Friday 8am - 5pm
Saturday 8am - 12pm.
Saturday 8am - 12pm.
Phone 9841 6688
Fax: 0428 417 981
admin@kenstonemotortrimmers.com.au
32 Angove Road, Albany

THE current health crisis has impacted every aspect of life and encouraged many people to consider their current financial and lifestyle decisions for themselves and their loved ones. As a result, many people are looking to develop a strategy to ensure their estate is dealt with efficiently and effectively if they were to pass away unexpectedly. 

A will is a legal document that specifies how your estate is to be managed and distributed when you pass away. In addition to this, a will also provides instructions on who is to be guardian to your minor children.

A will is an important legal document that must be prepared by a qualified legal professional. This is a non-negotiable requirement. The legal requirements for making a will are outlined in the Succession Law of Western Australia. These requirements must be met in order for a will to be considered legal.

In the absence of a will, your estate will be distributed in a manner that is determined by the law. Without a will, your estate will be distributed in a manner that is determined by the law. Without a will, your estate will be distributed in a manner that is determined by the law. Without a will, your estate will be distributed in a manner that is determined by the law.

In addition to making a will, you should also consider other estate planning strategies such as gift or insurance trusts, superannuation, and asset protection planning. These strategies can help ensure that your estate is distributed in a manner that is consistent with your wishes and that your beneficiaries are protected from potential liabilities.

If you are unsure about your estate planning requirements, you should consult with a qualified legal professional to determine the best course of action for your specific situation. They will be able to provide you with advice on the estate planning strategies that are available to you and the benefits and drawbacks of each option.

If you require legal advice, you should consult with a qualified legal professional. You can find a list of legal professionals in your area on the website of the Law Society of Western Australia or by contacting a trusted local attorney.

We have a team of professional staff members who are available to assist you with all your legal requirements.

The Chamber has been working hard to support our local businesses during this difficult time. We have been providing regular updates and resources to help businesses navigate the challenges they are facing.

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If you have any questions or concerns, please do not hesitate to contact us. We are here to help you through this difficult time and support you in any way we can.

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Barretts Tree Services

Barretts Tree Services is the region’s leading tree lopping business. The Albany business has been owned and operated by Mark and Karina Barrett for the past four years. The business operates out of a substantial shed, which is big enough for our workforce to operate out of as well as dedicated space for our trucks and equipment.

We are dedicated to providing top-quality tree lopping services to our customers in the Albany area. Our team is highly trained and has gained valuable experience in the industry over the past four years. We have the knowledge and skills to ensure that your trees are treated with care and respect.

Our experienced sales team is available to take your call. Please give us a call on 9842 2788.

TRADER IN PROFILE

TRADER IN PROFILE

The business operates well-main- tained, fully-insured equipment, which has included many return visits for surrounding areas to get the tree-lopping needs.

We provide contactless delivery.

MONDAY - SATURDAY 7am - 5pm
SUNDAY 8am - 5pm
9842 5333
434 Albany Highway, Albany
email: susan@nevilleshardware.com.au

Home & Property LiftOut

The Bibbulmun track has gone online.

The Foundation is asking people to #takeahike / #seeaeasternaud to go for a walk this week to support the Foundation’s Healthy Rivers Project.

As teams travel along the track the Foundation will be giving people the opportunity to sample the range of native fish species in the track’s water bodies. The sampling will continue for three years as part of the River Science team’s project.
**TRADER IN PROFILE**

City Wide Roof Tiling

Paul Perry, manager of City Wide Roof Tiling, has 35 years' roof tiling experience, with the last seven years with Wide Roof Tiling. The person to call is Paul Perry, manager of City Wide Roof Tiling.

For more info please don't hesitate to contact us as below.

**Follow us on Instagram & Facebook**

@Schlagerhomes

@Schlagerarchitects
Residential
albany.eldersrealestate.com.au

5 SOLD

Web Id 20104664
Blair Scott 0459 024 026

SOLD

Web Id 16587428
Blair Scott 0459 024 026

Central Albany Megadeal
2 Cliff Way
Prices From $155,000
Web Id 21004664
Blair Scott 0459 024 026

Central Albany Megadeal
2 Cliff Way
Prices From $155,000
Web Id 21004664
Blair Scott 0459 024 026

Beaches, and providing the opportunity to walk, kayak, and fish the Kalgan, this is your setting on the banks of the Kalgan River. Close to town, Grammar, and world-class Exceptional Riverside Land

Residential
albany.eldersrealestate.com.au

Kalgan
Lota 201-210 Kalgan on Riverside

Exceptional Riverside Land
Kalgan on Riverside offers the lots in a private, purer, 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 lot that nature has to offer.

Lots from 2,165sqm to 12,846sqm. Excellent pricing range, meet lots under $200,000.

Gentle slope makes for easy building whilst providing lovely outlook towards the river.

Elders Albany, 189 Chester Pass Road, Albany WA 6330

ph 08 9842 7900
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, meal, 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, this property has been offering free porch photography sessions to families in social isolation lockdown.

The idea is simple – the photographer drives to the family's doorstep, takes their photo, and the photographer capture their photo. Some families kept with traditional portrait style and others dressed up themselves and their front yards specifically for the shoot. “The thing that interested me about it was that it was a way I could bring some happiness at a time when we are all experiencing,” Thompson said. “People have lost their jobs, been locked up inside, were bored. People need to look at something and think that it’s going to be okay.”

Thompson started his porch project on April 2 and has since shot over 100 houses. “One of the most rewarding parts of the project would be definitely meeting so many families, and getting to have a chat with them whilst practicing social distancing,” he said. The other thing that I find really rewarding is when I post the images to my Facebook page, I love seeing the number of people commenting on the images – even ones that I have not met. Even if they just can’t wait to have a photo of them to post to Facebook for their friends and family to enjoy. “I guess as there is a lot of the world that are going through that moment, it’s something that all of us appreciate when they see it.”

Thompson’s announcement will be collating the images he has taken to create the Porch Project Book. “You can’t keep me away from singing with Hutch, playing 12 Bars & Reg, playing with Norah, 5-7 Patrick, 7-9 Open with Sophia, 3-5 Julie, 5-7 Hangin’ with Boy Blue, 6-7 Under African Reg, 3-6 Rock Across the Ages with Christine.”

Over 13 years, Mills has performed in 12 shows as an actor, writer and producer. She found a new family in the Plantagenet Players amateur theatre group and wouldn’t give it up for anything. Currently, some of the group members are seeing business from local barbers and nurses to help in the COVID-19 effort. But don’t worry, Mills wants to resume normal life, COVID-19 won’t stop Thompson for anything. Although she never thought much of being a photographer, this project has unlocked her potential to explore a new art form. “So have no fear, our energy levels and our penchant for silliness will return as soon as we can.” – Ashleigh Fielding
Opera House comes alive in your home

Social isolation song comp opens

A new competition has begun to see who has what it takes to write a great song in social isolation.

Albany Light Opera and Theatre Company (ALOTCo) are excited to announce the launch of the Albany Light Opera and Theatre Company’s first ever song and poetry competition.

To enter, songwriters must either be an ALOTCo member or like the company’s Facebook page.

Songs can be with original music or as a cappella song, and poems must be original.

The video contest will have no longer than two minutes and should be about thoughts and feelings, be family-friendly and must contain original lyrics.

The winner will score two tickets to ALOTCo’s next show through the month of May.

This has been the idea of the competition is prove to the top of the company’s Facebook page.

Recipe of the week

Chicken broth vegetable soup

This time of year, when the weather has a slight turn, its about keeping your immune system up and running and looking after your body. This soup is simple to make and packed with amazing stuff to keep your immune system at its peak.

Recipe supplied by:

DENHAM & NORTH ROAD

Ingredients (Serves 6)

1) Cook the chicken from cold water, for around six hours at a slow to medium heat.
2) In a separate pan, heat your oil and add sliced leek and simmer to soften.
3) Add kale stalks off the leaf and slice up along with the broccoli and add to the hot mix.
4) Once the veggies are tender and the broth is ready, strain the broth and add to the vegetable mix.
5) Serve with crumbled sourdough and parmesan if you like.

Method

Kadjar quite the catch

The Kadjar is Renault’s all new SUV that proudly displays its adventurous look and powerful design.

It stands out from the current pack of SUVs immediately with its sporty design, and chrome-finshed grille adorned by LED lights.

At the rear, fog lights keep watch: dust, dirt, debris – nothing will stop you (perfect for the Albany winter).

Cars make to witness the contemporary environment with its perfect ergonomic design, leather upholstery and high-tech features.

The elegant dashboard with its backlit central console and numerous designed details make it easy to stay in touch.

The world is your playground with the Kadjar 3 multimedia system 7-inch touchscreen that gives you access to a range of services such as TomTom Traffic so you get the best traffic information in real time.

With two cameras and 12 sensors, you will be in total control and features such as Park Assist and Easy Park Assist will be peace of mind and driving easy.

There is also ample space, ideally suited for urban or outdoor adventures.

The business is still open and following social distancing regulations.
Get the good oil on herring

COLUMN COURTESY OF
David Jarvis
The Weekender, April 23, 2020

The herring caught this week on a list of places;

**A herring caught this week on a list of places:**

- Albany
- Albany
- Albany
- Albany

**IT’S WHAT YOU FEEL!**

To my dad.

Keeping legacy is what you feel.

**Keeps the promise!**

**A herring caught this week on a list of places:**

- Albany
- Albany
- Albany
- Albany

**100% Pure Quality**

100% Pure Quality

**Keeps the promise!**

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- Albany
**CARAVANS**

**WANTED**

1987 POP TOP, 12V. Takes only 8' x 9' garage space. No maintenance or fees. Chrome wheels. New tires. 12 months rego. $2,500. 0427 888 215.

**BOATS**

**FOR SALE**

*Mariner multi-sport* XR8 Ford Falcon BA Turbo 4.55m, 130hrs, aux, many extras. $3,500 ono. 0428 448 465.

**BOATS**

**WANTED**

**RENTAL**

**CLASSIFIED ADVERTISING DEADLINE**

** Display & Lineage ads** 4pm Tuesday

**Deadline**

If more than one week lapses, the item will be removed. If help is required it is safe to proceed again. Keep an eye on the classifieds for future dates.

**ADVERTISE HERE**

For further information, contact: 0411 636 999.

**FINANCE**

**CARS**

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**FINANCE**

**CARS**

**FOR SALE**

**WORKSHOP**

**GARDENING**

**LANDSCAPING**

**SILK**

**FIREWOOD**

**COWS**

**MACHINERY**

**LIVESTOCK**

**LIVESTOCK**

**COVER**

**GARDENING**

**LANDSCAPING**

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**FIREWOOD**

**COWS**

**MACHINERY**

**LIVESTOCK**

**LIVESTOCK**

**COVER**

Please note: Due to restrictions placed on gatherings, some of the community notices have either been edited or removed. If your community notice has been removed or edited and you would like it re-instated or modified, please provide your details and a phone number to: classifieds@localmedia.com.au.
Roasted pumpkin and fetta crumble

AMITY Health has joined forces with the Week-ender to provide readers with positive tips on a weekly basis during the COVID-19 crisis and beyond. This week, Mental Health Coordinator Leandro Kawcak kicks things off…

Positive steps for self-care

Five positive steps to self-care that you can try at home, as well as examples of some of the common negative self-talk that we all communicate to ourselves.

1. Positive affirmation

You can talk to yourself in a positive way, as you would to anyone you love. Start and end your day by saying something positive to yourself.

2. Positive distraction

You can use a distraction to help you focus on something positive. It could be music, a book, a video, or even a hobby.

3. Positive exercise

You can do something positive for your body. It could be a walk, a run, a yoga class, or anything that makes you feel good.

4. Positive socialization

You can connect with others in a positive way. It could be a video call with a friend, a phone call with a family member, or a Zoom meeting with a coworker.

5. Positive relaxation

You can do something positive to relax. It could be a meditation, a yoga session, or simply taking a break from your work.

Leandro Kawcak

Mental Health Coordinator

Ingredients

- 1 large pumpkin (approximately 800g, once peeled and deseeded)
- 1 tablespoon sunflower or pepita seeds
- 3 tablespoons dried or fresh 80gm fetta, crumbled
- Nutmeg (optional)
- 2 tablespoons butter
- Salt and pepper

Method

Preheat oven to 180.

1. Place diced pumpkin in a bowl and gently toss together with salt and pepper. Then roast on a baking tray, lined with baking paper for 30 minutes until just cooked.

2. In a small bowl, combine cream, nutmeg and pumpkin into a smooth paste. Stir in the fetta, and drizzle over oil and season with salt and pepper.

3. Place half of the mixture in a gratin dish, and top with cheese and pumpkin. Bake in the oven for 20 minutes, until the top is golden and crisp.

ESPORTS POPULARITY EXPLODES

Virtual motorsport is one of the fastest growing markets worldwide.

People are tuning in as viewers flock to watch their favourite motorsport teams in their own homes. The races are proving a hit with the audience, with some races taking in huge crowds.

For example, the Australian Supercars Eseries had a peak audience of around 350,000 people tuning in on the day.

Esports popularity has skyrocketed during the COVID-19 crisis.

Contact 9842 2797.

MICHAEL ROBERTS

While traditional sports like footy and cricket taking an enforced hiatus during the COVID-19 crisis, Esports has taken off during isolation, with some races taking in huge crowds.

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For example, the Australian Supercars Eseries had a peak audience of around 350,000 people tuning in on the day.

Esports popularity has skyrocketed during the COVID-19 crisis.

Contact 9842 2797.
Free health services for young people aged 12 - 25

Mental Health
General Health
Alcohol and drug support
Vocational Support
Sexual Health
Group Programs
Family Support

Wednesday 9am to 1pm
Saturday 9am - 1pm

Ph: 9842 9871
St Emilie Way, Albany
The Link Shopping Centre

Every day, more and more Australians are taking charge of their power bills and doing their bit for Solahart. Take charge now and you could also save up to $1,500 with these offers. Hurry, limited time only.

Football’s future update this month

The West Australian Football Commission (WAFC) says it has given up on getting community competitions up and running this year as it confirmed an exact return was still uncertain.

All community football remains postponed until May 31, but WAFC CEO Greg Taylor said there could be a further update on a return date at the end of May.

“We will be ready to go when the green light is given, knowing that footy will play a huge part in reconnecting communities right across WA,” he said.

“We must ensure that when the time is right, footy can return in a safe environment that meets the Government’s guidelines for stopping the spread of COVID-19.”

Mr Taylor said the health of players, spectators and coaches wasn’t the only consideration.

“The integrity of the competitions and financial impact of returning to football must also be carefully considered, so any reworked competition is sustainable and doesn’t place any undue financial pressure on clubs and leagues,” he said.

“All clubs in Western Australia that are experiencing significant hardship should make contact with their league or the WA Football Commission so we can assess the situation and provide our support. We want to come out the other side of this crisis with all 465 community football clubs surviving and thriving.”
**Painter records aquatic life**

by Museum of the Great Southern public program officer
Malcolm Traill

Neill started his army life in Van Diemen's Land in 1839. He gained a reputation as an artist and collector of Aboriginal artefacts and was sent to the Albany Menang for 160 years where they have been examined by Australian researchers Shona Coyne and Gaye Sculthorpe.

**Avalon Port Phillip bass** (scientific name: *P. hoopera*). He identified the species in three ways – by their scientific name, by their common (English) name and by their Meang name. He sent them to John Gray, Keeper of Zoology at the British Museum, who was noted for his accuracy. One unique feature of the paintings was that Neill identified the species in three ways – by their scientific name, by their common name, and by their Meang name. He collected each process this way and also many additional scales of the fish that can be seen on the reproductions today.

Many of these fish which were caught on the Albany coast and sent to John Gray, were examined by him and the observations of these species were recorded. Neill’s paintings became the source of much useful information about the birds and animals in the region. Neill’s documentation of the species was thorough, and he clearly enjoyed his task. He wrote: “The effort has afforded me much amusement, and it will be still more agreeable, if they will in some way contribute to a subject”.

The recording of Mo-ngal life of the time is quite detailed. For instance, describing a p-y-then, he wrote: “A wonderfully large WA-KEL. This snake is considered by the natives a great delicacy, and by their account resembles mutton in flavour, being also remarkably fat.”

Neill’s paintings re-opened to the public. The Nell Null story and his collections are now the subject of a large grant from the Australian Research Council, the Albany Museum of the Great Southern, and can be viewed once the Museum re-opens to the public.

**A wonderful Albany anthropologist and naturalist**. He was the subject of a large grant and the Albany Museum of the Great Southern, and can be viewed once the Museum re-opens to the public.

These are now the National Museum of Scotland in Edinburgh where they have been examined by Australian researchers Shona Coyne and Gaye Sculthorpe.

The Null Null story and his collections are now the subject of a large grant from the Australian Research Council, the Albany Museum of the Great Southern, and can be viewed once the Museum re-opens to the public.