

ALLORA HERITAGE WEEKEND

ORGANISED BY...

"THE WARWICK VETERAN & VINTAGE VEHICLE CLUB"



Wattles Junior Rugby League Club

would like to wish
all players, their families
and supporters

**a very Merry Christmas and a
Safe and Happy New Year.**

There are some preseason activities planned for the Wattles, to which you are all invited:

January 9th: Meet and Greet BBQ at the Royal Hotel, Leyburn, from 4pm.

Commencing January 13th: Wednesday evening tag-league for all registered 2009 players, under 7-10 to play at 6pm, under 11-16 from 7pm.

Any child considering playing for Wattles in 2010 is welcome to join in, but will have to sign a registration in order to play. (This is for insurance purposes) - don't forget, new players will need to have a copy of their birth certificate for registration.

February 14th: Clifton Show: The 2009 U7 team will be playing a demo game at the show.

February 20th: Saturday sign-up at Platz Oval, Clifton, from 4pm, with free sausage sizzle and drink for all old and new players. Remember new registrations are to bring a copy of their birth certificate. Wattles welcomes girls into their teams - girls play up until U12 in our comp. For those wishing to join U7, you must be turning 6 or 7 in 2010.

If you haven't yet purchased your 2010 Wattles calendar, there is limited stock left available. (They make a great Christmas present!)
Enquiries to Liz Henry on 4666 3006 or Paul Morris on 4666 3752.



Have a great Christmas!

Wattles JRLFC.

at **ALLORA SHOW GROUNDS**
On New England Hwy.

- * Vintage & Veteran Cars & Motorcycles.
- * Horse Drawn Machinery.
- * Stationary Engines.
- * Trucks, Tractors and Machinery.
- * Swap Meet Saturday and Sunday - \$15.00 per site.
- * Working Displays all weekend.
- * Bar & BBQ.
- * Hay Making Equipment Through the Ages.
- * Pipe Band - Heritage Highlanders
- * Craft & Quilters etc.
- * Cent Sale.

COUNTRY WESTERN MUSIC

ADMISSION ONLY \$5.00

**Sat 23rd & Sun 24th
January 2010**

For more information contact -
Ph 4666 3554, Mob 0418 875 469,
Ph 4666 3286.
Swap only (Lyle) 0409 766 288
or 4666 6288

MAIN FEATURE -
**CASE TRACTORS
KENWORTH TRUCKS
FRENCH CARS**

GLENMAR FUELS



Glenn and Marg and the team wish everyone a very Merry Christmas and a prosperous new year.
We look forward to serving you again in 2010.

Merry Christmas

David & Fraser at

The Allora Advertiser

take this opportunity to thank advertisers, readers and friends for their support during 2009 and extend their best wishes to all for Christmas and the New Year.



Proving face painting wasn't only for the kids, Barbara Morrish took up a dare and delighted her family and friends with a puppy face at the recent Allora Bush Christmas party last week.

Photo © Steve Corbett

This is the final edition of The Allora Advertiser for 2009. Our next edition will be published Thursday, 14th January 2010.



DOING RENOVATIONS?

- Emergency Glass (24hrs)
- Roller Shutters
- Mirrors
- Patios
- Blinds
- Awnings
- Skylights
- Shower Screens
- Wardrobe Doors
- Security Doors/Grilles
- Aluminium Windows/Doors

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4661 4660



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SEALED SILOS MEAL BINS TUBEVEYORS
FERT. SILOS SPECIAL SILOS BUCKET ELEVATORS

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22 SOUTH STREET, ALLORA QLD 4362

By-Election info -

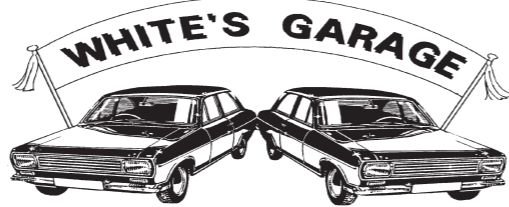
With the closure of nominations for the Southern Downs Regional Council, the following nine nominations were received:

Doug Bryce, Glyn Rees, Doug Cutmore, Chris Hudson, Darryl Coleman, Jo McNally, Trevor Cooper, David Balfour, Ross Cameron.

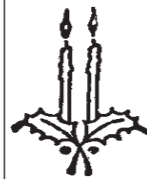
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Solution in classifieds section



To Customers and Friends -



We would like to take this opportunity to thank you for your support throughout the year and wish you a very Merry Christmas and a Happy New Year

Mathew, Tracey and staff

PLEASE NOTE: We are CLOSED from December 18, 2009 until 8.00am, Monday, January 4, 2010.

Phone/Fax: 07 4666 3397
13 Drayton Street, Allora



ALLORA ADVERTISER HOLIDAY ARRANGEMENTS

This is the final edition of The Allora Advertiser for 2009. The first publication in the New Year will be on Thursday, 14th January.

The Advertiser office will CLOSE at 5.00pm TODAY, Thursday, 24th December 2009 and will RE-OPEN on Monday, 11th January 2010

ALLORA SHOW SNIPPETS...

Get your teams ready for the **STOCKMANS CHALLENGE** at Allora Show!

WEATHER FORECAST

Day	Forecast	Min/Max
THU	Morning Clouds. Warm.	16 28
FRI	Morning Clouds. Warm.	17 29
SAT	Thunderstorms. Mostly Cloudy. Mild. Humid.	19 26
SUN	A Few Showers. Mostly Cloudy. Cool. Humid.	19 22
MON	Thunderstorms. Mostly Cloudy. Mild. Humid.	19 26
TUE	Thunderstorms. Mostly Cloudy. Mild. Humid.	19 27

Ph 4666 3128
Fax 4666 3822

ADVERTISER CLASSIFIEDS

Ph 4666 3128
Fax 4666 3822

• PUBLIC NOTICES •

ALLORA DENTAL SURGERY will be CLOSED on 24/12/2009 and will RE-OPEN 11/01/2010.

Alan & Staff would like to wish all their patients a Safe and Merry Christmas

ALLORA HISTORICAL SOCIETY INC. RAFFLE RESULTS - 3 Knitted Dolls raffle: 1st Isabella McMillan; 2nd A. Keenan; 3rd Rowan Douglas. \$2.00 Number Board: 1st, ticket #44, \$70 - Carolyn Anderson; 2nd, ticket #84, \$30 - Sue Stevens.

With thanks, have a Happy & Safe Christmas.

The Historical Society would like to thank The Allora Advertiser for their support in 2009 and look forward to working again with them in 2010.

FOR A SMALL COST

ALLORA ADVERTISER

accepts congratulatory announcements relating to -

- ☆ Birthdays, ☆ Engagements, ☆ Anniversaries, ☆ Births, ☆ Pre-Marriage Announcements

You can extend Your Best Wishes to loved ones at the time of important events in their lives.

The Allora Advertiser Phone (07) 4666 3128

ALLORA SHOW SNIPPETS...

Get your entries ready for the

PHOTOGRAPHY SECTION

of the Allora Show!



Illustrative Photos © Steve Corbett

Show off your artistic talents with a camera. Plenty of categories to enter. Check your Show Schedule for details.

• REAL ESTATE •

LOCAL HOUSE - Good Condition, 70's, 3 bedroom, timber, iron roof. \$65,000.00 delivered and stumped on your land. Phone 4666 3708 or 3807 4626

• SOLUTIONS •

THIS WEEK'S SUDOKU SOLUTION

7	1	3	2	4	6	8	9	5
8	6	2	9	7	5	1	3	4
5	4	9	3	8	1	7	6	2
3	8	1	5	9	4	2	7	6
4	2	7	8	3	9	5	1	6
9	5	6	1	7	2	4	8	3
6	7	8	4	5	3	9	2	1
1	6	5	9	2	7	3	4	8
2	3	4	1	6	8	9	5	7

NEED RUBBER STAMPS?

We can supply self-inking or standard rubber stamps made to your specifications.

For details phone 4666 3128 or email admin@alloraadvertiser.com

• COMPETITION •

Dream a little holiday dream...and WIN!

Don't just dream about your next holiday, create it and win with Constellation Hotels Dream Holiday Competition.

One lucky dreamer will have the chance to create and win their dream holiday to the value of up to \$4000. From the city to the coast, to the outback and everywhere in between, you can choose from Constellation Hotels in their 12 most popular holiday destinations across Australia and New Zealand.

Whether your visions are of lazing poolside; catching a perfect wave; exploring the outback; an adrenaline rush as you negotiate white water or speed around a racetrack; overdosing on retail therapy; fine dining; dancing the night away in a city that never sleeps; sampling regional wines and produce; a day of pampering at the spa; or another creation of your imagination, Constellation can make your holiday dreams come true!

Your Dream Holiday prize, with a total prize value of up to \$4,000, includes:

- five (5) consecutive nights accommodation for you and three (3) friends in a Constellation Hotel of your selection
- car hire or limousine transfer
- a dining experience of your choice in your selected location
- a holiday activity or entertainment of your choice in your selected location

Visit www.constellationhotelsdreamholiday.com.au to create your dream holiday and register your details to go into the draw. Don't forget to refer your friends to receive additional entries and increase your chance of winning!

Competition opens 18 December 2009 and closes 31 March 2010. The draw will take place on 1 April 2010 and winners will be notified by email and published on the Constellation Hotels website and in The Australian. Prize must be taken in full by 31 March 2011. For full terms and conditions please visit www.constellationhotelsdreamholiday.com.au.

• CHURCH NOTICES •

Scots Presbyterian Church - Allora.
Dec. 25th - Christmas Day Service - 9.30am
THIS SUNDAY AT ALLORA - Service at 9.30am.
Enquiries to Pastor Dennis Mooney 4666 3829.
A Warm Welcome to ALL.

MASS TIMES
The Catholic Community of
ST. PATRICK'S PARISH, ALLORA
1st, 2nd & 3rd SUNDAYS of the month Mass at 6.30PM
& TUESDAY at 9.30AM (2nd Tues of the month Mass at the
HOMESTEAD 9.30am)
LITURGY of the WORD with COMMUNION
4th & 5th SUNDAYS of the month at 9.00AM

Sacred Heart Church Deuchar, 3rd Sunday, Mass 10.00 am
Ecumenical Prayer Service Deuchar, 2nd Monday at 7.00pm
For Church Bookings and Parish Enquiries ph 4666 3377
St Patrick's Parish Primary School Prep - Yr 7
School Enquiries ph 4666 3551

The Anglican Parish of Allora and Clifton
- Christmas Service Times

CHRISTMAS EVE - All Saints Clifton, 7.30pm
CHRISTMAS EVE - St Davids Allora, 11.30pm
CHRISTMAS DAY - St Davids Allora, 8.00am

Service Times
St Davids: Allora
Sundays: Holy Communion 10.00am
Wednesdays: Morning Prayer 10.00am
All Saints: Clifton
Sundays: Holy Communion 8.00am
St Johns: Goomburra
Sunday: 2nd of Month - Evening Prayer 5.30pm
Visiting Priest - Rev. Ian Turnbull - Phone 4666 3343

Uniting Church Allora
25th December - 8.30am Friday Service.
27th December - 9.00am Sunday Service.
Enquiries phone 4666 3225. All welcome.

• FOR SALE •

NEW SEASON LUCERNE now available, various grades.
Phone 4666 6251 or 0447 740 110

CHAROLAIS BULL - 12 month old.
Phone 0407 795 439

2007 MODEL WR250F - Ready for RWC, near new.
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or email editor@alloraadvertiser.com

• SERVICES •

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CEMETERY MONUMENTS - Erected, repaired and cleaned anywhere. Plaques supplied.
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MOBILE VET
Ross Newman BVSc. (Hons)
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Ph 0488 421 445 or 4667 0424

EDUCATION HELP HOTLINE - (Parents) need free advice? Children struggling at school? Homework too hard? Children falling behind? Subsidies Available.
Phone 1300 664 314

• ANNOUNCEMENTS •

Birth Notice...
SULLIVAN, Daniel & Meredith are proud to announce the arrival of ZARA MAE born 24/11/09, 6 lbs. A special thank you to the wonderful staff at St Vincents Toowoomba for ensuring the safe arrival of our beautiful little girl. A much cherished little sister for Declan, Reuben and Atticus.

Thank You...
The Sullivan Family wish to thank the Allora community for their care, concern and the beautiful gifts we have received. A huge thank you also to the mums at Allora Kindy for their help, kind wishes and food deliveries we have received.

Thank You...
To the wonderful members of the Allora St Vincent de Paul and Scope Club, the Sullivan family would like to thank all involved for their generous and beautiful donations and gifts. A delightful surprise and greatly appreciated.

ALLORA'S FOODWORKS

Warwick Street, Allora.
Phone 4666 3375 Fax 4666 3841
Open 6.00am - 7.30pm, every day for your convenience.


SPECIALS 21/12/09 - 03/01/10



- Black Swan Dip 200g\$2.19
- Coon Cheese Slices 250g.....\$3.99
- Monster Energy Drink 500mL.....\$2.49
- Panadol Tablets 24s.....\$2.29
- Powerade 600mL 3 for \$6.00
- Cadbury Medium Bars 30g-65g 99¢
- Carefree Panty Liners 42s/Tampons 16s-20s or Stayfree Pads 10s-12s.....\$3.99
- Cuddly Fabric Softener 2L/Dynamo Ultra Laundry Liquid 750mL.....\$4.99
- Handee Towel Ultra White 2s.....\$2.99
- International Roast Coffee 200g\$5.49
- Meadow Lea Spread 500g.....\$2.49
- Nescafé Blend 43 100g.....\$5.49
- Palmolive Naturals Shampoo/Conditioner 375mL-400mL.....\$3.99
- Sakata Rice Snacks 100g.....\$1.79
- Wriggley's Extra Spearmint Sugar Free 28pc.....\$2.49
- McCains Peas 500g.....\$1.79
- Cadbury Chocolate Old Gold 200g.....\$2.99
- Big Sister Christmas Cake 700g....\$8.29
- Briquette Lokkii 4pk.....\$7.99
- Arnott's Sweet Biscuits 125g-250g \$2.79
- Cadbury Chocolate Favourites 600g.....\$14.99
- Cancer Council Sun Screen Everyday 30+ 110mL.....\$7.99
- Playing Cards Queens Slipper.....\$2.69
- Ferrero Rocher Gift Box 200g.....\$7.99
- Erica's Brandy Basket 6pk 120g....\$4.39
- Ferrero Raffaello 150g.....\$5.99
- Firelighter Lokkii Hotrod 10pk.....\$2.99
- Gatorade Orange 4x60mL.....\$6.99
- Masterfoods Squeezy Sauce 250g \$1.69
- Multix Alfoil 30cm x 10m.....\$1.49
- Multix Cling Wrap M/Ban. 33cm x 60m.....\$2.49
- Party Poppers 20pk.....\$1.99
- Mortein Aero Fast Knockdown 300g.....\$5.29
- Pauls Brandy Custard 1L.....\$3.69
- Cadbury Chocolate Roses 150g....\$3.99
- Big Sister Fruit Mince Pies 6pk 380g.....\$4.49
- Big Sister Christmas Pudding Bowl 800g.....\$10.99
- Cadbury Almond Carton 320g/Cadbury Chocolate Almond Mix Carton 320g/Cadbury Choc Hazelnut Carton 350g.....\$8.39
- Cadbury Choc Milk Tray 250g.....\$8.99
- Cadbury Chocolate Old Gold Roast Almond 320g/Cadbury Fruit & Nut Carton 340g/Cadbury Peanut Carton 360g/Cadbury Sultana Carton 340g.....\$8.39
- Cadbury Hoppy Stocking 110g.....\$3.99
- Cadbury Magic Elves Stocking 106g/Cadbury Magic Reindeer Stocking 200g.....\$5.89
- Chupa Chups Christmas Stocking 138g.....\$5.99
- E/Adams Bite Apr./Fruit & Brandy 165g/Mix Berry & Fruit 165g/Fruit Bites 12pk.....\$3.59
- E/Adams Christmas Shortbread Cookie 240g.....\$4.49
- E/Adams Christmas Tarts Fruit 6s 30g/E/Adams Christmas Tart Apr/Brandy 30g.....\$4.99
- Ferrero Collection 93.5g.....\$5.99
- Guylian Opus 200g.....\$12.99
- Raffaello Gift Box 300g.....\$14.99
- Trutaste All Nut Mix Select. 300g...\$7.29
- Arnott's Chocolate Biscuits 150g-200g...\$2.29
- Black & Gold Chicken Nuggets 1kg.....\$8.69
- Black & Gold Fish Fingers 1kg.....\$5.79
- Battery Energizer Max AA/AAA 4pk\$4.99
- Best Buy Cool Sticks 20pk.....\$3.59
- Bulla Ice Cream Bars 8s-10s.....\$4.49


OPENING HOURS OVER CHRISTMAS
Christmas Day - CLOSED
Boxing Day - 7.00am - 7.30pm
Sunday 6.00am - 7.30pm
Monday 6.00am - 7.30pm
New Years Day - 7.00am - 7.30pm

FoodWorks Management and Staff would like to wish all our customers a Very Merry Christmas and a Happy New Year

- Cheezels Box 125g.....\$1.59
- Chum Dog Food 1.2kg.....\$1.99
- Coca-Cola 24x375mL.....\$15.99
- CSR Raw/White Sugar 2kg.....\$2.39
- Friskies Fancy Feast 80g-85g.....\$1.19
- Gravox Gravy Can 120g.....\$2.49
- Handee Towel Tuff Mate White 3s/Handee Towel Ultra White Double Ply Rolls 1s.....\$2.99
- Helga's Bread 550g-850g.....\$3.49
- John West Tuna 95g.....\$1.39
- Kraft Philly Lite 250g.....\$1.99
- Kraft Philly Regular Block 250g.....\$2.99

DELI SPECIALS
Easy Carve Leg Ham ... \$16.99 kg
Inghams Turkey Breast ... \$19.99 kg
KRC Roast Pork ... \$15.99 kg
Ausfresh Semi Dry Tomatoes & Mediteranean Olives Mix ... \$16.99 kg

FRUIT & VEG
Yellow Flesh Nectarines ... \$4.47 kg
Sweet Menindee Seedless Grapes ... \$6.47 kg
Harvest Valley Pre Pack 5kg Brushed Potatoes ... \$5.95 bag
Harvest Valley Pre Pack 1kg Carrots ... \$1.25 bag
Wash N' Toss Salad Mix ... \$2.49



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PHONE 4666 3293
After Hours 4666 3195

Merry Christmas and Happy New Year from Kathy and the girls at the Allora Cafe & Bakery. We wish everyone a Happy & Safe Holiday.

I would like to thank all my wonderful customers for their support over the time I've been here and would like to advise that as from the 8th January 2010 I will be operating as usual from the Commercial Hotel.

ENTERTAINMENT!
See Maggie the Horse Whisperer singing live at the Commercial Hotel, 8th January 2010

Hours of trade: From 8.00am Monday - Sunday
Counter Lunches available Monday - Sunday
Counter Dinners available 5.30pm-8.00pm Monday - Saturday

Friday Nights - Buffet. Adults - \$20 per head, children 16yrs and under - \$12 per head, children 3yrs and under - free.
Hot & cold meats and dishes, variety of salads etc. Sweets included.

Take Away or Eat In
Variety of Meal Deals; Hamburgers; Wrap-Fresh Sandwiches & Rolls; Homemade - Pies, Sausage Rolls and Cakes; Tea, Coffee, Cappucinos, Milkshakes; Fresh Fish & Chips; Dairy Farmers Milk; and Fresh Baked Bread daily from Steeles

CLOSED CHRISTMAS DAY & BOXING DAY
RE-OPENS 27th December 2009
Minimal trade till 30th December 2009
CEASES TRADING 31st December 2009

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Shaun, Mal and Alan would like to wish everyone a Merry Christmas and a Safe and Prosperous New Year

CLOSED DURING PUBLIC HOLIDAYS

Allora Pharmacy

Jon Constable - 42 Herbert Street
Ph. 4666 3100
Mon. - Fri. 8am - 5pm
Sat. 8am - 12 noon

Jon, Justine, Tanya, Christie, Jodie, Lucy, Lauren and Michael would all like to wish you a Very Merry Christmas and all the best for the New Year.

Christmas Trading Hours 2009
Christmas Eve (Thursday 24th December) 8.30am-5.00pm
Christmas Day (Friday 25th December) CLOSED
Boxing Day (Saturday 26th December) CLOSED
Boxing Day Holiday (Monday 28th December) CLOSED
New Years Eve (Thursday 31st December) 8.30am-5.00pm
New Years Day (Friday 1st January) CLOSED
- All other days will have normal trading hours -

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Phone 46671511 - email trekright@internode.on.net

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 - * Crushes etc.
 - * Portable Panels
 - * Loading Ramps
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 - Aged pensioner discounts
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Mob: 0419 781 053
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 - New installations • Blocked drains • Hot water systems
 - Burst pipes • Toilet, tap repairs • New gas installations, repairs, service & alterations
 - Form 8 specialists • Caravan gas inspections
 - Back flow • Buying or selling inspections
- Servicing All Areas - FREE QUOTES**

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SERVICES INCLUDE: • Walking your animal • Administer medication • Collect all mail and newspapers • Turn lights on and off for added security • Take out rubbish on your behalf and retrieve any emptied bins • We also provide a watering service for those thirsty indoor plants!

"Top quality, personalised pet care at an affordable price"
Over 25 years horse and dog experience

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ADVERTISE IN THIS SPACE

For details phone 4666 3128
or email editor@alloraadvertiser.com

Crews to keep lights on during festive season

While most of us will join family and friends in traditional Christmas Day celebrations, spare a thought for the dedicated Ergon Energy workers who help keep the South-West Queensland power system ticking over 24 hours a day, seven days a week during the festive season. Many staff will sacrifice Christmas with their families to monitor, manage and respond to outages across South-West Queensland's vast electricity network of more than 43,000 kilometres of powerlines, associated substations and 260,000 power poles over almost 400,000 square kilometres. Crews already have responded to a number of storms outside their normal hours this summer and they will be ready to respond again during the Christmas and New Year long weekends. General Manager Operations Dave Heberlein said it was impossible to avoid or predict what the weather would bring. "Ergon Energy has a robust network, but the reality is that our extreme summer storms will cause damage resulting in outages for our customers," Mr Heberlein said. "It's our response when those storms happen that makes the difference – even on Christmas Day."

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Normal on-call arrangements will be in place at Ergon Energy's 13 depots in South-West Queensland so field crews can respond if required to any power-related contingencies during the holiday season. And staff will be on deck in the 24x7 National Contact Centre to take fault and emergency calls on 13 22 96 from all over regional Queensland. Mr Heberlein paid tribute to those staff, who because of the nature of their work will forgo precious time with family and friends over the Christmas and New Year period. "This is recognition and true commitment to the essential service we provide to our communities. South-West Queenslanders can rest easy in the knowledge that while we are all enjoying the special moments the festive season brings, there is a professional group of dedicated people behind the scenes looking after the power system so we can enjoy our Christmas Day," he said. "Our people are a credit to our adage 'everything in our power' and the wider community should be proud of them – we certainly are." Mr Heberlein took the opportunity to wish all customers in South-West Queensland a happy and safe Christmas and New Year.



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- XXXX Gold 375mL cans.....30pk **\$41.99**
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- Black Douglas Scotch 700mL..... **\$30.99**
- Chivas Regal 12yo Scotch Whisky 700mL **\$45.99**
- Jack Daniels Bourbon 700mL..... **\$39.99**
- Kahlua 700mL..... **\$30.99**
- Bundaberg Up 4.8% RTD 375mL cans .6pk **\$19.99**
- Johnnie Walker Red RTD 375mL cans .6pk **\$19.99**
- Jim Beam White 4.8% RTD 375mL cans 6pk **\$19.99**
- Cruiser 375mL range.....4pk **\$11.99**
- Jacobs Creek range 700mL..... **\$7.99**
- Houghtons Stripe range 750mL..... **\$8.99**
- Brown Bros Crouchen Reisling 750mL.. **\$10.99**
- Yellowglen Yellow 750mL...**\$9.99** or 3 for **\$25.00**
- Riccadonna Asti 750mL..... **\$10.99**
- Yalumba Premium Casks 2L..... **\$12.99**

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- Jacobs Creek Sem. Chardonnay 750mL..... **\$7.99**
- Acrobat Sem. Sauvignon Blanc 750mL..... **\$7.99**
- Passionfruit Cruisers 345mL bottle.....4pk **\$9.99**
- Johnnie Walker Red & Cola 345mL btl6pk **\$19.99**
- Smirnoff Berry Twist 330mL btl.....4pk **\$9.99**
- Bundy Dry & Lime 375mL cans.....6pk **\$14.99**
- Vat 69 Scotch Whisky 700mL..... **\$29.99**
- Sierra Tequila 700mL..... **\$33.99**
- Hahn Premium Light 375mL cans....carton **\$31.99**
- Tooheys Extra Dry Platinum 345mL btl. ctn.**\$45.00**

Robyn and staff at the Railway Hotel would like to thank everyone for their support throughout 2009 and wish you all a safe and Merry Christmas and a Happy New Year!

SPECIALS END 31 DECEMBER 2009 OR WHILE STOCKS LAST.

Kitchen will be closed 25th - 28th December, reopening as per usual on Tuesday, 29th December.

Pizzas will be available on Saturday, 26th December.

THE RAILWAY HOTEL - Any queries phone 4666 3402

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BAD JOKE OF THE WEEK

An elderly Italian lived alone in New Jersey. He wanted to plant his annual tomato garden, but it was very difficult work, as the ground was hard. His only son, Vincent, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament:

Dear Vincent, I am feeling pretty sad, because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. I know if you were here my troubles would be over. I know you would be happy to dig the plot for me, like in the old days.
Love, Papa

A few days later he received a letter from his son.

Dear Pop, Don't dig up that garden. That's where the bodies are buried. Love, Vinnie

At 4 a.m. the next morning, FBI agents and local police arrived and dug up the entire area, but without finding any bodies. They apologized to the old man and left.

The next day the old man received another letter from his son.

Dear Pop, Go ahead and plant the tomatoes now. That's the best I could do under the circumstances. Love you, Vinnie.

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LOCAL LINKS

We are compiling a list of Allora websites to be included in the 'Links' section of our website. If you have a club or business website, relevant to Allora which you believe should be included in the list, please submit it for consideration to admin@alloraadvertiser.com

Be sure to check out our site at www.alloraadvertiser.com

- Your site may already be listed in our links.



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Drink to good health with water

To avoid dehydration over the summer months, Queensland Health is recommending people drink plenty of fluids each day, but be wise to the type of fluids they consume.

Darling Downs Population Health Unit public health nutritionist Sarah Stevenson said many Australians do not drink enough fluids.

"If you wait to drink until you feel thirsty, you're probably already dehydrated."

"Dehydration can lead to constipation, kidney stones, bladder infections, fatigue, headaches and poorer learning and thinking abilities. Elderly people and young children are most at risk," she said.

Ms Stevenson said our bodies' need for fluids varies widely, according to environmental conditions, the amount of physical activity undertaken and individual metabolism.

"Adults should aim to drink at least eight glasses of water every day. Children should be encouraged to drink at least four to five glasses of water."

"During very hot weather, and when being physically active, everyone should aim to drink more fluids. For example, for every hour of strenuous exercise, drink an extra three to four glasses," she said.

"Breast milk is the best fluid for babies under six months and it's not necessary for breastfed babies to be given additional water - just offer them the breast more often."

Ms Stevenson said water should be the drink of choice for adults and children.

"Keep water chilled and add ice cubes. Flavour water with a slice of lemon or lime, or some chopped mint."

"Try to get into the habit of replacing that 'second' cup of tea or coffee with a glass of water."

"Keeping a refillable water bottle close by at work, at play, when shopping and travelling in the car; and, when dining out, asking for a jug of water to be served to your table."

Ms Stevenson said other healthy options include low-salt plain mineral waters, soda waters, weak cordial, well-diluted fruit juice, milk, herbal teas and weak tea.

"It's important to reduce the amount of soft drinks, caffeine drinks, sweetened fluids and sports drinks consumed."

"These drinks are usually high in some form of sugar, contain few nutrients, may lead to tooth decay, excess energy intake and weight gain," she said.

THINGS THAT HAPPENED ON THIS DAY - 24th DECEMBER

1777 - Kiritimati, also called Christmas Island, is discovered by James Cook.

1818 - "Silent Night" composed by Franz Joseph Gruber; 1st sung next day.

1889 - Daniel Stover & William Hance patent bicycle with back pedal brake.

1893 - Henry Ford completes his 1st useful gas motor.

1904 - German SW Africa abolishes slavery of young children.

1906 - Reginald A Fessenden became 1st to broadcast music over radio (Mass).

1912 - Irving Fisher patents archiving system with index cards.

1922 - BBC sends 1st British radio play "Truth about Father Christmas"

1935 - Bradman scores 233 in 191 mins, SA v Queensland, 28 fours 1 six

1936 - 1st radioactive isotope medicine administered, Berkeley, California.

1939 - World War II: Pope Pius XII makes a Christmas Eve appeal for peace.

1942 - 1st powered flight of V-1 buzz bomb, Peenemunde, Germany.

1964 - Shooting begins on "The Cage" the pilot episode for Star Trek.

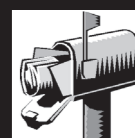
1966 - Luna 13 lands on Moon.

1968 - Apollo 8 astronauts read passages from Book of Genesis.

1970 - Walt Disney's "Aristocats" is released.

ALLORA POST OFFICE

PH: 4666 3419
Fax: 4666 2348



From all of us at the Allora Post Office, we wish you all a Merry Christmas and a

Safe & Prosperous 2010.

Thank you for your warm welcoming into "The best little town on the Downs"

Matt, Belinda, Joshua and Ella

Friday, 25th December - CLOSED

Monday 28th December - CLOSED

Thursday, 31st December - CLOSED

Friday, 1st January - CLOSED

Monday, 4th January - Normal Trading hours

Events Calendar

2010

January -

Sat 23 & Allora Heritage Weekend

Sun 24 at Allora Show Grounds

February -

Fri 5 & Allora District Show

Sat 6 at Allora Show Grounds

March -

Sat 13 St Patrick's Irish Night

IMPORTANT INFORMATION for the inclusion of calendar entries - Clients who advertise their events in The Allora Advertiser in a display (box) advertisement sized at least 2 column x 8 cm, will automatically receive, as a bonus, a calendar entry. These entries will be in a 2 line format as above, starting in bold with date and event, and venue and time. For those clients who phone to place their entry in the calendar prior to advertising, the entry will be included as date claimer only, until the advertisement is booked.

If people wish to contact The Allora Advertiser and discuss their particular needs, please feel free to do so. Ph 4666 3128.

It's OK to grieve.

If you or someone you know has been affected by suicide, talk to The Salvation Army HOPELINE, a 24 hour telephone counselling service for those left behind by suicide. Our counsellors will help you work through your grief, and offer you 24 hours of hope. **1300 HOPELINE (1300 467 354)**





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The staff at Pursehouse Rural Allora would like to take this opportunity to wish all our valued customers a Very Happy and Safe Christmas. Looking forward to seeing you in the New Year.



We wish to advise you that we will be **CLOSED 25th December, REOPENING Tuesday, 29th December 2009.**

Caring for carers over the holiday period

This holiday period, beyondblue: the national depression initiative urges everyone to spare a thought for the invisible army of carers who dedicate their time to looking after others. More than three million people experience anxiety disorders and/or depression. The number of carers is estimated to be much greater.

Associate Professor Michael Baigent, Clinical Adviser to beyondblue, said carers can feel isolated during the holiday period when the role can be extra demanding and negative attitudes and stigma may be more profoundly felt.

"For some people, the Christmas holidays can be a difficult and demanding time, but when someone has to provide an extra level of care for a loved one, it can be very hard. Many carers don't have the time to catch up with other people and enjoy the traditional festive activities.

"The holiday period might also bring into focus those things the person has given up in order to care for someone else. New Year's Eve in particular is a time to reflect on life, relationships and the future. Carers might be more aware of the limitations in their lives and the problems the person they care for might have."

Associate Professor Baigent says it's common for some carers to feel excluded from activities by family and friends who don't understand.

"Stigma that surrounds depression and anxiety disorders affects carers too. This might lead to more isolation at this time of year. Carers might not get invited to events with family and friends because of negative attitudes about the person who is ill," he said.

CEO of beyondblue, Leonie Young, added that there are many things people can do to reach out to carers over the holidays. "Be inclusive and aware of how that person might be travelling. Ask people how they're going and offer emotional support as well as practical help, if possible.

"No one should feel like they have to keep silent about depression or anxiety. beyondblue's info line – 1300 22 4636 – will operate 24/7 over the holiday period for anyone needing information on depression, anxiety and related drug and alcohol problems."

Tips for carers over the holiday period

- Carers are at risk of developing depression and anxiety themselves. Be aware of signs and symptoms in yourself and, first and foremost, make sure you're looking after your health.
- Pick up a free copy of the beyondblue DVD and booklet for carers.
- Avoid isolating yourself.
- Don't drink excessively or take drugs to cope.
- Try to get plenty of rest.
- Plan ahead. Schedule in some enjoyable things to do and schedule in some time with people you know are sympathetic to the person you care for.
- Participate in Christmas rather than just observing (i.e. if you can't go out, ask people to come to you).

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Food Safety a High Priority During the Holiday Season

Food safety should be a priority during the holiday season says Dr Michael Eyles Food Safety Information Council Chairman.

"Hot weather, large crowds, overloaded fridges and foods we don't normally cook, all make perfect conditions for food poisoning," Dr Eyles says.

"We are also more likely to be cooking for several generations and we need to be especially careful when preparing food for young children, the elderly, pregnant women, and people whose immune systems may be compromised, as food poisoning can be very serious for them.

"There are a few easy things to do in order to minimise the obvious food safety risks.

"Clean out the fridge so there's plenty of room to store food and ensure it's set at 5 or below. Plan the menu to ensure perishable food can be stored properly and to minimise leftovers. Discourage family and friends from arriving at the last minute with cream filled desserts, seafood or other items which will need fridge space. Lastly, have plenty of ice available so drinks don't have to go in the fridge.

"Getting the drinks out of the fridge is easy and has huge benefits. There will be more room in the fridge, the fridge door will be opened less often, and the drinks container filled with ice can be strategically placed to minimise the kitchen traffic. Less people underfoot allows the cook to be less hassled and therefore more likely to follow the basic food safety tips of clean hands, utensils and chopping boards well and often, cook food properly, separate food which will be served cooked and uncooked, and chill cold food and serve hot food steaming hot.

"Keep food out of the temperature danger zone - between 5 and 60 degrees Celsius - where food poisoning bacteria grow best. Prepare foods as close as possible to eating time and don't leave food out to nibble on too long, for example put out small serves of dips and replace every few hours."

Dr Eyles says one of the biggest challenges during this period is the turkey as it is not something we cook very often.

"Deciding whether you actually need a whole, large turkey or not is a good starting point - perhaps just a breast or other cuts is enough and will decrease the food safety risks as it will be easier to store, prepare and cook. There will also be less leftovers to worry about.

"If you do have a large turkey ask your butcher to defrost it in the cool room. If this isn't an option, due to the size it's OK to defrost a turkey in a cool place, but you must make sure it is thoroughly defrosted and cooked all the way through. Use a meat thermometer to check that the temperature in the thickest part reaches 75 degrees and juices from the thickest part of the turkey must run clear. Because stuffing slows down cooking and cooling, it is best cooked separately," Dr Eyles says.

"If seafood is your choice for Christmas or New Year, ask your

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When you pass the milk cases, you hear cows mooing and you experience the scent of fresh cut hay.

In the meat department there is the aroma of charcoal, grilled steaks and bratwurst.

In the liquor department, the fresh, clean, crisp smell of tapped John Smith's beer.

When you approach the egg case, you hear hens cluck and cackle and the air is filled with the pleasing aroma of bacon and eggs frying.

The bread department features the tantalising smell of fresh baked bread & cakes.

I don't buy toilet paper there anymore.

fishmonger to pack your purchase with ice, transport it home in a cooler and then store it in the coldest part of your fridge. Don't leave seafood in the temperature danger zone for longer than necessary.

"Leftovers are another challenge so they are best minimised through good menu planning. If you do have perishable leftovers remember the 2-4-OUT rule:

- 2 hours unrefrigerated is generally OK as long as the food is not sitting in the sun.
- 2 to 4 hours unrefrigerated can be risky if not very fresh when originally taken from the fridge; if they contain dairy products, raw eggs, or other risky ingredients; if they are exposed to the sun for most of this period, or if they will be eaten later by young children, older people, or those pregnant or unwell.
- 4 hours or more unrefrigerated - throw it OUT.

"Ham will keep well with proper handling. Remove it from its plastic wrap, cover with a clean cloth soaked in water and vinegar so it doesn't dry out. Store it in the fridge at or below 5 °C. Reduced salt hams are now becoming popular but will not last as long as conventional hams so follow instructions on the packaging. If a large amount of ham is leftover consider cutting off a chunk and freezing it for later use.

"The Christmas and New Year holiday period is to be enjoyed. Following just some simple food safety tips will mean you, your family and your friends will be less likely to be one of the 5.4 million cases of food poisoning that occur in Australia each year," Dr Eyles concluded.

The Food Safety Information Council is Australia's leading disseminator of consumer targeted food safety information. It is a non-profit entity supported by the Australian Department of Health and Ageing, state and territory health and food safety agencies, local government, and leading professional, industry and community organisations.

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