Medihotels for region?

BY GEOFF VIVIAN

HOSPITAL patients from the Great Southern would be able to stay in specially-built hotels before and after surgery under a policy announced by Labor

Shadow Minister for Health Roger Cook said it was simply cost effective to keep a patient in a hospital bed.

"You could accommodate someone in a six-star hotel cheaper than that," he said.

"No why not look at doing things differently, improving services as you go along and making a system more efficient?"

He said under a system already operating in Queensland, ‘medihotels’ were built in or near hospitals to accommodate patients after their operations.

"There's too sick to undertake the surgery, but not sick enough to stay in a hospital," he said.

"We want to accommodate these people in a specialised hotel environment with family staying with them.

"They can continue to receive visits and clinical care but continue to receive post-operative care and recuperate in a more relaxed environment than staying in a hospital bed."

He said this introduced an important flexibility to the healthcare system.

"There's no such thing as a standard patient to fit a standard bed," he said.

"Patients come with different levels of care issues with Member for Albany Peter Watson on Tuesday.

"If necessary they could be accommodated in a medihotel the night before an operation if their operation is very early in the morning."

He said Labor was set to announce which Perth site or sites it planned to build medihotels in the preliminary costing showed they could deliver an "extraordinary amount" of extra capacity.

"In Western Australia a country patient has an average length-of-stay of about nine days," he said.

"If we can reduce that length-of-stay by just two days the opportunity exists to deliver more services and to accommodate another 54 patients."
REGIONAL students are expected
to benefit from better access to
higher education as the federal
government starts rolling out
$10.4 million electronic content
during 2017.

The program will finally be
rolled out from regional families
trying to fund their children to
study at university or regional
students to delay their studies
to earn money, penalising them
compared to their city counterparts.

O’Connor MP Rick Wilson said
that from January 1, 2018, the
workplace will be treated
as two distinct regions
for Youth Allowance
and ABSTUDY Living Allowance
which is included in the
income-related part of the
package.

Importantly, young people
who are completing their
diploma or degree
may receive a higher rate of
payment because their
debt is normally
repaid at a much higher
table rate.

Mr Wilson said that
students will be able to provide
independence within a year of
leaving school and access Youth
Allowance and ABSTUDY while
retaining their place at university.

“Breaking down the barriers
that make it most difficult for
regional students to attend
university has been a key
promise for us so it’s very
suitable to see these
improvements being made,”
Mr Wilson said.

This means lower income
families in O’Connor who are
geographically isolated will
receive additional assistance
to improve access to education.

The Additional Balancing
Allowance is a non-means-
payment to provide financial
support to students who
are studying in regional areas
with a secondary student who
have been away from home.

It is in addition to a
separate scheme which is open
in regional areas and
that is a National Youth
Living Allowance for
students studying in the
Regional
departments and about
levels of phthalates are
identified.

Dr Paterson studies the
amount of excretory
pollution on each bush by
obtaining a one kilogram
sample and examining
parts of it over a period of
one year.

She said volunteers had
already collected more
samples from beaches
between Albany and
Margaret River and
also from beaches
near Margaret River.

So far samples
have been collected
in 2006 and
2007.

“Tells us something
about the impacts
of the Great Southern
Roads. We have
already collected
200 of them,”
Dr Paterson said.

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By ANNE SIMPSON
Regenerative, resilient, sustainable – food advocates have a unique opportunity to discover the interactions of growing their own food and how to improve the basic soil structure that is an ongoing challenge for farmers in the Great Southern.

The Soil and Food Health Conference will be held at the Albany Region Women in Agriculture, a broad based incorporating the sponsorship and support from three major women’s networks: Rural, Regional & Remoter Women (RRR) President, Women In Farming, Enterprise (WIFE) and Australian Women in Agriculture (AWiA).

These groups have been developed out of a need to acknowledge and support the roles played by women in all areas of farming.

The familiar term “you are what you eat” has become increasingly relevant in recent years due to the growing awareness of the link from our food to the human body, and how the link from our food to the human body, and how the link to the environment is an ongoing challenge for farmers in the Great Southern.

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**Digital access to discover the Anzacs**

The National Anzac Centre and National Archives of Australia have partnered to provide access to the Albany Progress with complimentary access to the Discovering Anzacs online archive.

This will be available free of charge at a technology kiosk located at the Park舍.

Albany Heritage Park manager Shaila Thornton said the kiosk would also allow users to conduct their own archival research on the Australian and New Zealand contribution to World War I.

“The National Anzac Centre is a cultural pilgrimage for Australians wishing to honour and remember the cultural pilgrimage for Australians on the Australian and New Zealand scene, including those of munitions workers, nurses and merchant marines, as well as servicemen and women.”

“We hope members of the public will use our own photographs, news clippings and tributes to their relatives,” Mr Fricker said.

“Everyone will also enjoy playing an active role in transmitting records online to make them more searchable – as many have done alone.”

**Event an adventure**

The weekend’s Adventurethon Albany attracted some of the best local talent and competitors from all corners of Australia.

There were 300 entries over the weekend event, which included the ultra, half and kids competition.

Riveting in the wind and rough water conditions was Albany’s Kris Plain who claimed victory, while competing in the Adventurethon Albany Ultra event.

Plain finished the course in an impressive time of 3 hours and 47 seconds, more than eight minutes faster than his nearest rival, Tom Chadbourne, who was second (3h 45m).

Plain has now won three Adventurethon Albany Ultra events.

The first woman in the individual Adventurethon Albany Ultra event was Alice Syme who crossed the finish line in a time of 4h 1m 47s.

Organisers Joel and Tamara Savage are hoping to organise the challenging event next year.

“Of the 300 entries over the weekend, 80 per cent are from out-of-town. We are hoping to continue bringing the event here.”

“We wanted to bring more professional athletes but costs cut the field.”

The ultra event was out for the Fish-of-Death, consisting of an ocean kayak from the Indian River to the Peace Park out past the dolphin, Chrysus II, then through Anzac Channel to the Quaparin peninsula where competitors attempted 2km rock hopping not before completing 12km ocean surf paddle.

Finally back on dry land, competitors set out on their mountain bikes for a 22km trek to Mt Melville then Mt Claro with great views and varied terrain to test even the most seasoned mountain bike riding enthusiasts.

**Vancouver Arts Centre Summer Holiday Program**

**Ex-councillor dies**

Former councillor for the North Albany Ward, Alex Syme, has died.

Mr Syme was a founding member and served as a common civic interest of the council from 1997 to 2013.

Mr Syme served as a councillor for 16 years.

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Veteran Miller takes Bracelet

Fashions on the Field winner Jennifer Jones managed to pack her outfit in with the camping gear for her holiday from Kalgoorlie, while (right) The Weekender’s general manager Russ Cooper presents Liam O’Loughlin with the Great Southern Weekender Bracelet with Katie O’Loughlin Fashions on the Field winner Jennifer Jones managed to pack her outfit in with the camping gear for her holiday from Kalgoorlie, while (right) The Weekender’s general manager Russ Cooper presents Liam O’Loughlin with the Great Southern Weekender Bracelet with Katie O’Loughlin Fashions on the Field winner Jennifer Jones managed to pack her outfit in with the camping gear for her holiday from Kalgoorlie, while (right) The Weekender’s general manager Russ Cooper presents Liam O’Loughlin with the Great Southern Weekender Bracelet with Katie O’Loughlin Fashions on the Field winner Jennifer Jones managed to pack her outfit in with the camping gear for her holiday from Kalgoorlie, while (right) The Weekender’s general manager Russ Cooper presents Liam O’Loughlin with the Great Southern Weekender Bracelet with Katie O’Loughlin.

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The proof is there to see and no polli-  

Waves provide an opportunity for all ages. 

At Denmark, Terry Redman as Minister for Health Campus hospital, was a medical practitioner.

Terry Redman as Minister for Regional Development needs to guarantee continued funding for this new industrial site—a project heavily relied on and has been many years in the planning.

I wholeheartedly support Denmark's health campus.

We believe that by introducing a variety of choices for women specific group of GPs.

The new model came about as a direct result of women who in 2011, led by Southern mothers for mothers and their campaign to bring about a change to the care for their children.

ARC clinical nurse manager, and northern health part-time and then until the introduction of the service, women were cared for mainly by one GP and only one doctor came into contact with the same GP in labour.

As well as providing greater choice for mothers, this also adds to the attention of the Coast midwives and the holistic maternity care and supervision they provide.

Ms Wallis said they were瞄准ed around the new model of care that is on the way.

Team Midwifery offers care for low-risk women and their families in collaboration with women specific group of GPs. Expectant parents wanting to take part in the program should contact the new Midwifery Unit on 9982 2310.

Hospital's new midwifery model gives mums a greater choice

I t was back laying on the grass. The bulldog's name was Jimmy.

What this means today is that if your heartbeat is is that if your heartbeat is unproven benefi t.

However, it did not make the wonder where each individual candidate for the upper and lower house of the Western Australian Parliament have any purchase. 

This is not the time to support expen-

The model was extremely sensitive.

On average four children under the age of five die in WA each year and Royal Perth Women's WA doesn't want the year to become tinged with grief by the loss of a child.

Young children are naturally curious and attracted to water or any other potential water bodies to drown or otherwise become involved in dangerous situations.

Active adult supervision is the number one action we can take to keep our children safe.

For example, you might want to think about Dr Willem Einthoven.

So Einthoven could measure the electricity fl ows through your heart.

But eventually Einthoven would have been fl at that, until now.

For many years.

The doctor, Dr Waller, was a fairly unre-

The electrogram still had to, like Einthoven,

He was a fairly unre-

and nurses at the hospital emergency de-

AHC clinical nurse manager, and the Richmond Hospital's new midwifery model gives mums a greater choice.

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The main cause of eosin at Erat Paris was when engineer Nilsen Saggert burnt the gorge in 1906.

The ground up in a twitch of the nee-

The electrogram
to even the slightest
tremor, so Einthoven
with hands or feet in

PETROG

No artificial water backed up in the US.

But when they did, Eintho-

The younger surfers do spend

As for the risk of surfi ng a reef break

That's what messed up the reef problems.

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As for the risk of surfi ng a reef break
The Albany Water Ski Club is already preparing to host its next Lower Great Southern Ski Championship after this year’s successful event over the weekend.

The long-running sporting event again attracted a mix of competitors, both young and old to the Kalgan River.

About 32 skiers took part in three disciplines – slalom, trick and jump – with many completing personal bests to earn points in the regular state series competition.

Club president Geoff Brady said this was noticeable with the many youngsters who took part in coaching clinics before the championship began.

“We had a very successful event,” Mr Brady said.

“There were some great results, especially by those accomplishing personal bests.”

Although some of the state’s top skiers were competing in the eastern states, Mr Brady said the Albany event is keenly supported every year. As a result he expects the 50th championship next year to be “big”.

He said the feature of the weekend was provided by Damon Nottle who took on the slalom gradually increasing his speed to the maximum and reducing the tow-rope length.

“He did five buoys on an 11 metre rope - very impressive,” he said.

---

Local Stephen Moss undertakes some tricky moves during the Lower Great Southern Ski Championships on the Kalgan River.

**Skiers show their skills at champs**

Rebekah Beech holds on tight.

Eliza Easton during the slalom.

Fletcher Green tries a trick.

---

**GOLD MEDALLIST & FIVE-TIME OLYMPIAN**

**EVENING WITH NATALIE COOK**

TUESDAY • JANUARY 17TH 2017

RSVP to Cathie on 0408 336 349 for venue numbers

7pm for 7:30pm

Come on down to The Albany Club and listen to 5 x Olympian, GOLD medallist and pro motivational speaker NATAILIE COOK as she shares Olympic ‘gold nuggets’ plus health and nutrition strategies as she is passionate about tackling obesity in kids and adults.

---

**I’LL BE SPENDING AUSTRALIA DAY WITH FRIENDS, REFLECTING ON HOW LUCKY WE ARE TO LIVE HERE.**

Rosie Batty

2015 Australian of the Year

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**CELEBRATE #AUSTRALIADAY YOUR WAY**

Visit ausraliaday.org.au for free activities in your area.
Not every solar company offers solar hot water, solar power, and battery storage. But then, not every solar company is Solahart. And right now, you'll get 50 months interest free* on any Solahart vehicles the first time around.
Specials available Sunday 15/1/17 until Tues. 17/1/17. Only at North Road or Denmark SUPA IGA while stocks last. Retail quantities only, no trade supplied. Pictures used for illustration purposes only.

**DENMARK SUPA IGA**

**West Australian Grown Apricots**

- **Special Price:** $4.99 kg
- **Offer:** FRI. & SAT. ONLY!

**NORTH ROAD SUPA IGA**

**West Australian Cauliflowers**

- **Special Price:** $1.99 ea
- **Offer:** SUN. MON. & TUES. ONLY!

**Specials available Sunday 15/1/17 until Tues. 17/1/17. Only at North Road or Denmark SUPA IGA while stocks last. Retail quantities only, no trade supplied. Pictures used for illustration purposes only.**

**DENMARK SUPA IGA**

**Whole Leg of Lamb**

- **Special Price:** $8.99 kg

**West Australian Easy Carve Pork Shoulder Roast**

- **Special Price:** $5.99 kg

**NORTH ROAD SUPA IGA**

**Community Co. Shortcut Bacon 750g**

- **Special Price:** $3.99 ea

**Lipton Black Tea Bags 100’s**

- **Special Price:** $1.99 ea

**Offer:** WE CHECK. WE MATCH. YOU WIN. Every week we compare & match 100s of everyday products to the big supermarkets, so you won’t pay more at your local IGA.

Participating stores only. Please confirm weekly in store. We check & match a selection of everyday shelf price, excludes specials. To find out more, visit igacom.au/pricematch.

**NORTH ROAD SUPA IGA**

**FUEL DISCOUNT OFFER**

Enjoy extra savings when you join our Rewards Card Program. Join now - it’s free! See in store for details.

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North Road, Albany Ph: 9841 2444

NORTH ROAD

**SUN. MON. & TUES. ONLY!**

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

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Introducing Denmark ...

The picturesque town of Denmark is barely 40 min-
utes’ drive from Albany and a delightful place to
explore and enjoy during your visit to the South
Coast. It is rich in colours and contrasts. Golden sand
beaches border the water, and fringing the beaches
as well as sheltered swimming bays along the
protected coast. Well-marked walking trails meander through
adjacent areas and through agrestic bushland. A
hugged headland, give way to kentia, un-
dulating farmland and green vineyards.

Denmark is the perfect place to enjoy a
chilled day of country retailing and to
sample the local cafes or experience a
visit to a historic building. Many tutu-
tures are to be explored.

The Great Southern Region is
one of the world’s most
important biotopes, and
is a top destination for
tourists looking to
explore national parks
and waterways. It is
home to a rich variety
of plant and animal life, and
is a world heritage
site. The Great Southern
Region is also home to
many species of flora and
fauna. It is a top destina-
tion for birdwatchers, and
is known for its unique and
diverse wildlife.

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**Spencer Park**

**SPENCER PARK SPECIALS**

**99c** ea
- Lettuces
- Watermelons
- Cabbage
- Mangoes
- Peaches

**$9.99** kg
- Cabbage
- Mangos

**$1.99** ea
- Lettuces / Cabbage
- Mangos

**$3.99** kg
- Nectarines
- Plums
- Cadbury Cheesecake 90-100g
- Arnott’s Assorted Creams 500g

**$3.15** ea
- Coca Cola 30pk

**$2.99** ea
- Artoff’s Assorted Creams 500g

**$8.99** kg
- Fresh Southwest Lamb Sides, Chops & Roast
- DBC BBQ Beef Sausages 2kg

**$10** ea
- DBC BBQ Beef Sausages 2kg

**$1.79** ea
- Earth Choice Dishwash Liquid 1L

**$5.49** ea
- Cooked Chicken

**$3.99**
- Schooners

Stirling Terrace indoor markets Albany is seeking fresh fruit and veg growers to join our friendly team! Offering great rates, great location, and a great opportunity, come and join our dynamic market place. Please contact Cheryl on 0438 414 857.

Ravenswood Watermelons

**99c**

**$3.99**

**$16.99**

**$3.15**

**$2.99**

**$8.99**

**$10**

**$1.79**

**$5.49**

Largest selection of Great Southern Wines in Western Australia

**Beer of the Week**

Coopers Pale Ale

**$6** Schooners

**$8** Pints

**$49.99**

**NEW SUMMER MENU**

**Pizza Special**

Mon-Thurs 3pm-6pm

**$10**

**BEER OF THE WEEK**

Coopers Pale Ale

**Wine Tasting**

Freehand – Friday 20 January 4-6pm

**SUPPORT THE LOCAL BUSINESS THAT SUPPORTS YOU ALL YEAR**

**LIVE MUSIC** – Sunday – Joe Fowler

**EVERYDAY LOW PRICE**

**$49.99** per carton
Taking excellent care of kids

MT Barker kids enjoy a diverse centre that officially received national quality accreditation.

Plantagenet Early Learning and Development Centre has been awarded an "outstanding" rating from the regulatory Australian Children’s Education and Care Quality Authority since 2007.

Plantsagenet Country Homes & Care

Call 9851 1212
3 Murl Street, Mt Barker

All businesses and community members are welcome.

We are another project set to benefit local businesses in a related Complementary, Catering opening 5am to 6pm.

Our services

- Full on-farm service
- Brakes
- Wheel Alignments
- Exhausts
- Suspension
- Small welding jobs
- Batteries
- Trailer repairs

Service local community for more than 20 years.

Mon-Friday 8am-5pm
Saturday 8am-12pm

www.tyresandmore.com.au

Motor nursery fundraiser

MT Barker Race Club is a partner with Community TAB to raise much-needed funds for Motor Neurone Disease (MND) Research at the annual Goyips & Gallops Day Race Day on Sunday, January 22.

The Community TAB program began in 2017 and since then has raised more than $300,000 for not-for-profit organisations around WA through partnerships between race clubs and Community TAB. Community TAB partners with every race club in WA to raise funds for a local not-for-profit organisation and matches dollar-for-dollar all funds raised at major race days up to $50,000.

MT Barker Race Club is taking part in the program for the first time this year.

Secretary Carol Caper said MND Research was chosen as a partner because there were some people with the disease in their community.

"The funding from this day will go to MND Research to assist all people with the disease and also those local to Mt Barker," Ms Caper said.

This year’s Goyips & Gallops Day is the highest-grossed event with around 2,000 attendees.

"We’re fundraising on the day through raffles by sponsors and Racing and Wagering W A," she said.

"Partnerships like these are an example of the strong connection race clubs have with the community in which they operate."

"Community TAB is proud to play our own part in giving back to the community by partnering with our local race club."

"Our donation to MND Research is one of many Community TAB partnerships that will be supported as part of Community TAB’s $5 million contribution to the WA community this year."

"Community TAB will match all funds raised on the day up to $20,000.

Artist will exhibit her new works in Walpole

The result is a series of images of hillocks dotted with trees in a very pre-"light" light.

"That’s why it’s titled Afternoon," she said.

"We’ve always loved the impressionist paintings and the way they were once in the morning light before it’s back to the "They are all of that colour."

"I’ve always loved the impressionist paintings and the way they were once in the morning light before it’s back to the "They are all of that colour.""

"I’ve always loved the impressionist paintings and the way they were once in the morning light before it’s back to the "They are all of that colour.""
Landmark Harcourts WA

BREMER BAY
4.00m2 – 5.00m2

For Sale by Auction, 6 Roderick Street

For Sale by Auction, 6 Roderick Street

PROFILES AVAILABLE

PROFILES AVAILABLE

For Sale by Auction, 6 Roderick Street

For Sale by Auction, 6 Roderick Street

This neat-as-a-pin three-bedroom home is the perfect way to hop into the property market or add to your portfolio.

The brick and tile home is located just a short stroll to shops and schools and makes a home out of a house.

The enclosed front verandah benefits from the north-facing aspect and the privacy that is offered by the front gardens that screen it from the street.

It is the perfect place to sit back with the newspaper and pot of tea to bask in the mid-morning sun or to knock back a cold beverage while you kids play on the front lawn. Once inside you can’t help but feel relaxed.

There is also a small garden shed on which to keep the mower and the tools in and plenty of space for the barbecue.

The master bedroom features a walk-in robe, the ensuite has a spa bath and is situated in the large, north-facing lounge room.

The bedroom computers of the instantaneo us hot water system and never-ending town gas supply may cause a queue to form outside the home’s single bathroom.

The master bedroom features a walk-in robe, the ensuite has a spa bath and is situated in the large, north-facing lounge room.

On the outside there are low maintenance gardens at the front of the house and a fully enclosed yard which is ideal for pets or the little ones.

For more details on this great little property contact Rita McLean from Albany Property Brokers or email rita@albanypropertybrokers.com.au or phone 9841 1007.

Albany Property Brokers is the exclusive agents for this wonderful property.

The lighthouse became automatic in 1913 when electricity was installed.

Reddin was resident lighthouse keeper from 1907 until July 1911 when the Albany Port pilot crew took over trimming the light each night. The lighthouse became automatic in 1913 when electricity was installed.

The light was then turned over to the government.

The lighthouse became automatic in 1913 when electricity was installed.

The lighthouse became automatic in 1913 when electricity was installed.

The Weekender, January 12, 2017

Prince Lighthouse keeper John Gregory Reddin and extended family in the garden of his Earl Street home in 1923. Reddin was resident lighthouse keeper from 1907 until July 1911 when the Albany Port pilot crew took over trimming the light each night. The lighthouse became automatic in 1913 when electricity was installed.

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NEW LISTING

12 Turner Street H/O Sat 12-12.30 $295,000
Rep: Jacki Cowley Mobile: 0408 427 554

1 Hugh Pl H/O Sat 12.15-12.45 & Sun 1.45-2.15 $325,000
Rep: Jacki Cowley Mobile: 0408 427 554

Bargain block
$75,000
Rep: Joe Trichba Mobile: 0499 370 676

What an opportunity $139,000
Rep: Jacki Cowley Mobile: 0408 427 554

1415m2 block. (MTM410)

19x74]

NEW LISTING

40 La Pensee Road H/O Sat 11.30-12 $1,350,000
Rep: Kamillka Radic Mobile: 0419 027 336

Secluded
$439,000
Rep: Rika McLellan Mobile: 0419 423 200

Exceptional water vista
$865,000
Rep: Rika McLellan Mobile: 0419 423 200

18 Lindfield Crescent H/O Sun 1.45-2.15 $289,000
Rep: Rick Jackson Mobile: 0409 436 598

Bargain block
$37,000
Rep: Craig Nathan Mobile: 0497 774 594

12 Green Island Crescent H/O Sat 11.30 $285,000
Rep: Rika McLellan Mobile: 0419 423 200

6/173 Middleton Road H/O Sat 3-3.30 $299,000
Rep: Graham Walker Mobile: 0418 225 55

Room for Brady bunch
$770,000
Rep: Graham Walker Mobile: 0418 422 266

Irresistibly priced
$149,000
Rep: Jacki Cowley Mobile: 0408 427 554

It's all here
$329,000
Rep: Rick Jackson Mobile: 0409 436 598

30 Hudson Road H/O Sat 1.45-2.15 $337,000
Rep: Craig Nathan Mobile: 0497 774 594

You'll pinch yourself
$1,250,000
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<table>
<thead>
<tr>
<th>Address</th>
<th>Property Name</th>
<th>Price</th>
<th>Features</th>
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<tbody>
<tr>
<td>12 Turner Street Orana</td>
<td>3 Katoomba Road Orana</td>
<td>$349,000</td>
<td>3 x 1, 560m², Amber</td>
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<td>10.30-11.00</td>
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<tr>
<td>3 Lancaster Road</td>
<td>5 Lower King Road Lower King</td>
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<td>1/5 Campbell Road Spencer Park</td>
<td>1/9 David Street Spencer Park</td>
<td>$329,000</td>
<td>3 x 1, 886m², Jackie</td>
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<td>11.15-11.45</td>
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<tr>
<td>1 Hugel Place Spencer Park</td>
<td>19 Gerdes Way</td>
<td>$469,000</td>
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<td>11.30-12.00</td>
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<tr>
<td>3 Bryant Court Lower King</td>
<td>12 Turner Street Orana</td>
<td>$295,000</td>
<td>3 x 1, 901m², Jackie</td>
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<td>12.00-12.30</td>
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<tr>
<td>5 Donald Drive</td>
<td>16 Flannington Street Orana</td>
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<td>3 x 2, 809m², Jackie</td>
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<td>12.15-12.45</td>
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<td>6/171 Middleton Road</td>
<td>75 Woolsharre Street Milpara</td>
<td>$497,500</td>
<td>4 x 2, 2033m², Jackie</td>
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<td>40 Bayonet Head Road</td>
<td>40 Bayonet Head Road Bayonet Head</td>
<td>$320,000</td>
<td>4 x 2, 838m², Jacki</td>
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<td>1.30-1.45</td>
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<tr>
<td>3 Kitcher Parade</td>
<td>30 Canning Street Orana</td>
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<td>2 Grandis Way Yakamia</td>
<td>5 Gillam Place</td>
<td>$479,500</td>
<td>5 x 2, 910m², Rita</td>
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<td>1.30-1.45</td>
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<td>30 Canning Street</td>
<td>30 Canning Street Orana</td>
<td>$339,000</td>
<td>3 x 1, 760m², Jackie</td>
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<td>275 York Street Albany</td>
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<td>33 Panorama Caravan Park Little Grove</td>
<td>33 Panorama Caravan Park Little Grove</td>
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<td>3 x 1, 1416m², Kerrielle</td>
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<td>572 Hunterton Road H/O Sun 2-2.30</td>
<td>3/36 Grove Street East</td>
<td>$985,000</td>
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Live the life $249,000

Darling of Drew $745,000

36 Grow Street East H/O Sun 12-12.30 $639,000

Add to your portfolio $280,000

17 Ashwell Street H/O Sun 2-2.30 $419,000

Only a few left! $390,000

Take that step back $210,000

Mind boggles! $260,000

For the investor, your purchase of this property (approx 3ac) is sure to appeal (OD515)

New homes surround $380,000

9 Tomlinson Crescent H/O Sat 10-10.30 $585,000

Million-dollar view $325,000

31 Canning St H/O Sat 1.30 & Sun 1.45-2.15 $299,000

Unit 1/59 David Street H/O Sun 2.30-3 $410,000

Wishing for a pony? $430,000

Build your dream home $59,900

33 Panorama Caravan Park H/O Sat 9.45-10.15 $567,000

For the investor, your purchase of this property provides the life your family deserves.

Only a few left! $390,000

Take that step back $210,000

Mind boggles! $260,000

What would you do with 5.355 ha of land? This incredible opportunity to own a large property, your own private world, in beautiful Bayonet Head. (ZBH646)

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Mind boggles! $260,000

What would you do with 5.355 ha of land? This incredible opportunity to own a large property, your own private world, in beautiful Bayonet Head. (ZBH646)

17 Ashwell Street H/O Sun 2-2.30 $419,000

9 Tomlinson Crescent H/O Sat 10-10.30 $585,000

Million-dollar view $325,000

31 Canning St H/O Sat 1.30 & Sun 1.45-2.15 $299,000

For the investor, your purchase of this property provides the life your family deserves.

Only a few left! $390,000

Take that step back $210,000

Mind boggles! $260,000

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For the investor, your purchase of this property provides the life your family deserves.
3 Bryant Court H/O Sat 12-12.30 $925,000

Change...appalling brick house with horse and paddocks. Some development potential. Frontage to Goggs Road. House is Located in West跌幅. Development Block...perhaps suitable (284194 & 244164). 

Sparkling water views $795,000

The views from here will be seen to be appraised. Unobstructed views to the north, north-west & east. The large block with the views would make an ideal location for a truly stunning home. 

4 Bryant Court H/O Sat 12-12.30 $925,000

Change...appalling brick house with horse and paddocks. Some development potential. Frontage to Goggs Road. House is Located in West跌幅. Development Block...perhaps suitable (284194 & 244164). 

3 Vanbrugil H/O Sat 10.30-11 & Sun 12-12.30 $340,000

Lost, blocked opportunity in ‘Pines Estate’. Only a short drive to the CBD, this large lot of 647m² offers the current owner the opportunity to build the home of your dreams! It is within walking distance of the beach & the Kalgan River, it provides scheme water, power & 2 road access. Shearing shed & basic yards.

Stunning value $169,900

This appealing 2 bed unit is a steal-out bargain. You won’t find better value in the district. Located close to the shopping district & all local parks & Oyster Harbour. Everything is at your fingertips, the best of both worlds. This property is well presented. (L281)

Waterfront opportunity $675,000ea

Two adjoining lots that can be bought as a whole or separately. Totalling approx 727m² on Mangawira Lane & Tugboat Road. Both lots have access to the river & have development potential. Frontage to Quakers Hill Road and Mill Beach development block...perhaps suitable (284194 & 244164).

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BLUE RIBBON FEMALE BREEDERS & BULL SALE

TUESDAY 17TH JANUARY 2017

COMMENCING AT 11AM. MT BARKER REGIONAL SALEYARDS

750 - BREEDERS - 750

MATED HEIFERS

DUNDIE HOLDINGS
10 Angus Cows $2,500
10 Angus Bull $2,500
105 Angus Heifers Corowa Bloodlines $2,300
Due 01/05/2017
Due 15/05/2017
M. KOUNNIS & S ON
14 Angus Heifers $2,700
Due 01/05/2017
Due 15/05/2017
BABBO PASTORAL CO
50 Angus Heifers Corowa Bloodline 30 – 22mo $2,250
Angus Bull $2,150
Due 01/05/2017
GATTI BROTHERS
63 Angus Heifers $2,300
Angus Bull $2,300
Due 01/05/2017
GATTI SAVALLI
24 Angus Heifers $2,700
Due 01/05/2017
GDUAN HOLDINGS
10 Angus Heifers $2,500
Due 01/05/2017
ANGUS CARLSON
Due 28/02/2017 - 12/05/2017
Due 27/05/2017 - 16/06/2016
Due 09/03/2017 - 10/05/2017
DUNDEAL HOLDINGS
MATED HEIFERS
This will be a great opportunity to buy
750 – BREEDERS – 750
COMMENCING AT 11AM. MT BARKER REGIONAL SALEYARDS
Due 01/03/2017 - 03/05/2017
Due 01/03/2017 - 03/05/2017
Due 10/03/2017 - 15/06/2017
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New Year, New House!

Always get a couple of quotes. Just make sure Pocock Building is one of them.

Pocock Building Company is a local, family-owned business focused on building custom, ready-made homes and requiring owner-built home designs.

Your inspection is invited at 19 Galle Street, Yakamia, for ideas you'll love. Open from 1-3pm Sunday or by appointment.

Contact us on 9841 2562 or 0413 106 403

This house is for sale.

Get it styled at inHAIRited

15% OFF Women’s Style, Cut & Colour With Danielle Krispyn

10% OFF Any product

$28 Men’s Cut & Wash With Danielle Krispyn

6 Peels Place, Albany 6330 Ph: 9841 7070 | Facebook: inHAIRitedHairStudio

Mention this ad when booking to receive these discounts

10% OFF

We can help you achieve your GOALS too!

According to leading Dietitians — PAUSD OUT ... SUGAR FREE OUT ... MEAL REPLACEMENTS ARE IN! These are foods which have a positive effect on your health beyond basic nutrition — such as tomatoes contain lycopene part of the carotenoids family which helps prevent cancer. . . . These are the types of fresh unprocessed foods which the Greene Room nutrition plan has promoted for 37 years. We also promote GOAL SETTING, so if you have a special goal for this year, a sporting goal just like Parky who will play his best football this year, and Shane who will achieve his goal of losing 30kgs. Tammy who has lost 14kgs in 2017 so far as well as John for his weight loss, a sporting goal just like Michael's goal to stay fit and healthy for life.

Rear 31 - 33 Albany Hwy Albany 9842 2917 greene1@gmail.com

No Membership Contracts
Most Affordable & Complete!

Singapore Airlines

Return business class to Europe from $5938

The Weekender, January 12, 2017
Gearing-up for next weekend’s big meet

Mungrup Stud’s Claire Dawson with stallion I’m All The Talk ahead of this year’s Grapes and Gallops Festival at Frost Park on January 22.

Mungrup Stud is one of the region’s biggest thoroughbred breeding and racing businesses and this year’s festival is also celebrating its 10th year and festival chairman Kim Tyrer said it was amazing to see how the event had grown and it was great to see the level of prize money and it’s also great to see the level of prize money.

“Looking back at old photos you could just see how the event had grown and it was family-friendly and travelling from outside the region to where you’d usually just focused on a few races and showcasing the region to attend.”

Ms Tyrer said combining the wine and the food is more entertainment and other major racing events around the state, they’re usually just focused on a small section of the racing calendar.

“We provide so much entertainment and the wine and the food is the way it should be.”

“It’s such a unique festival. When you go to other major racing events around the same time, you’re usually just focused on a small section of the racing calendar.”

Wine, seafood and fine wines.

“Good luck to everyone at this year’s Grapes and Gallops Festival!”

Proudly Supporting Grapes & Gallops 2017

SMITH THORNTON ACCOUNTANTS FINANCIAL PLANNING SERVICES ARE PROVIDED BY KNIGHT FINANCIAL ADVISORS. KNIGHT FINANCIAL ADVISORS IS A CORPORATE AUTHOURISED REPRESENTATIVE OF NKH KNIGHT HOLDINGS PTY LTD (AFSL 438631) ABN 30 163 1 52 967
CIRCUS artist, street performer, comedian, actor, dancer, choreographer, director...there appears little that Aaron Jessup has not accomplished to rave reviews around the world.

Renaissance man Jessup will be in Albany on January 14 as part of Southern Edge Arts’ Summer School program to give a short performance of Perilous Comedy, a circus-comedy street and stage act and share his skills in creating performances, juggling and contact improvisation. He will also perform in a street show at a venue yet to be announced.

His act combines daring rope walking, charming audience interaction, expert fire/knife juggling and sharp-witted comedy.

His workshops will be open to people of all ages and experiences.

Jessup is a second-generation San Francisco street performer and spent the past two years travelling and performing at arts festivals throughout the world, having been seen juggling fire, knives and walking his slack rope on the streets of Perth, Melbourne, Edinburgh and Colorado.

His first stage appearances were with his father, Charles Levine, who performed in New York during the 1970s. Levine was a pioneer of the modern street performance era and Jessup was often picked out of the audience as a “volunteer” who would go on to steal the show.

At 16 years, Jessup began performing in a cabaret show at San Francisco’s Panamic Merrick, studied Chinese acrobatics with world renowned trainer Master Lu Y and appeared as an accordion and juggler with the Pickle Family Circus and Make-A-Circus.

Along the way, Jessup also studied capoeira—a Brazilian martial art, modern dance and contact improvisation, eventually performing with Scott Wilk and Dancers, an Isadora Duncan award-winning dance company.

Jessup is a two-time recipient of the coveted Jack Kent Cooke Foundation Scholarship, completed his MFA in dramatic arts/acting at UC Davis and currently travels internationally with his two award-winning solo shows.

Catch him at 6pm on Saturday, January 14 at Southern Edge Arts, 77 Sanford Road.
The Weekender, January 12, 2017

**SUGAR, SPICE AND LOVE POTION**

THF Searchers holding a festival for the history of popular music in the world are bringing their Solid Gold hits to Albany as one of Britain’s best-loved groups. The Searchers’ distinctive rolling sound of the 12-string guitar and husky harmonies have made them an instantly identifiable household name.

They first hit the Albury Entertainment Centre on Thursday, February 9. From their early beginnings in the late 1950s as a skiffle group formed by John McNally and a bunch of friends, through the heyday of the British beat era, the Searchers have been a constant in the music industry. They have recorded an abundant amount of hits and have been released in over 40 countries.

The idea of an ‘arts documentary’ film concept was born in 2003, during which the first film on the life and times of the band was released. The film has been viewed in 60 countries, sold worldwide, and has been widely praised by audiences and critics alike.

The film, which emerged as part of late Beat-era 1960s Merseybeat, will feature the Searchers, The Beatles, The Who, the Swinging Stones and others. The film is a must-see for all fans of British beat music.

**TOP 100 CELLAR**

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**Antiques show cancelled**

The Searchers, a small group of fans interested in antiques and music, have decided to cancel their upcoming show due to poor weather conditions.

**Old Time Country Dance**

On Saturday, January 21, 8.30 to 12.30 at the Dominion Theatre, Albany, there will be a community dance with a live band playing traditional country music.

**Syrths for kids**

ABALON 6-14 year olds will have the rare opportunity to build a DIY synthesizer with world-renowned Dublin-based musician and educator, David McKenzie at the Vintage Caravan at 12.30 on Saturday, January 21 at Vaucluse Arts Centre. It will be held on Tuesday, January 17, with the cost of $20 per participant. Vaucluse representatives Martheineste Laoustaris and participants would use a system called ‘The Sound Den’.

You can actually make a synthesiser by putting together a ‘kit’, and participants would be able to use the device which is known as a ‘saxophone’ to create their own music.

**MT BARKER WINE TRAIL**

The Weekender, January 12, 2017

P.O. Box 371, Albany

Wednesday-Sunday

LOCALS ONLY

MT BARKER WINE TRAIL

**SUNBURY, JANUARY 21**

8.30 till late, South Coast Country Music Club

**OPEN FOR DINNER TUES-SUN 5pm-9pm**

Dine in and take away

FULLY LICENSED • BYO (corkage applies)

Ph: 9841 5377

130 Lockerby Avenue, Albany

**SONGWRITERS SESSIONS**

Celebrate WA Opera’s 50 years

Sotiria B classification: M Consult the relevant classification legislation for details about classification, age restrictions and responsible service of alcohol.

*PLEASE NOTE: NO ALCOHOLIC BEVERAGES ARE TO BE BRINGED*
Mustang keeps precious memories alive

The image shows a page from a newspaper article titled "The Weekender, January 12, 2017." The article discusses the restoration of a Ford Falcon XY GT by John Smith, who was inspired by his son Brad's fascination with the car. John recently restored the car as a tribute to Brad, who passed away in a motorbike accident. The car was a family project, and John's love for it is linked with his son and his son's love for it.

John found the car in a junkyard and decided to restore it as a way to keep his son's memory alive. He spent countless hours working on the car, and it became his passion. John's restored Falcon XY GT now sits as a tribute to his son, and he drives it to honor him.

The article highlights the importance of family and the role of cherished objects in preserving memories. John's restoration project not only revives the physical car but also rejuvenates the emotional connection he has with his son and the memories shared during their time together.

The article concludes with a note from John, expressing his love for the car and the memories it holds: "We just sat there and straighten her out. It seemed to pull it out of thin air and do it on a shoestring." This statement reflects John's dedication and the sentimental value he places on the car and the memories it represents.
COMMISSIONS, MARKETING, AND PROMOTIONS OFFICER
1.0 FTE – $27,717 per annum (12-month contract)

Are you looking for an opportunity to progress your career whilst working for a highly respected non-government organisation in the environmental sector?

South West Natural Resource Management is seeking a dynamic and knowledgeable person to shape improvements and new approaches in communications, marketing and promotions, with a focus on stakeholder engagement, capacity building and understanding, and increased knowledge from donors and others.

You will be part of a small Environment and Communications Team that have the opportunity to complete a suite of defined tasks that will enhance the vision of South West Natural Resource Management and our communications and promotions professionals.

For a copy of the position description and application form please follow the link online or contact Mr. Joanne Headturner at joanne@swnrm.org.au or telephone 0472 612 153.

Applications close at 5pm, Monday 16 January 2017

GOVERNMENT DENTAL DENTAL ASSISTANT
A Dental Health Answer is an essential member of a high-quality dental care team and an important component of the Dental Health Answer to our clients. Full time $60,000 per year and 37.5 hours per week of experience is essential.

The successful applicant will provide clinical support, perform all duties required to operate and maintain equipment and systems and assist with the delivery of a high quality and efficient service to our clients.

For further information and to obtain the criteria for the position, please contact the Managing Director.

Applications close Friday 10th February 2017

SALES EXECUTIVE

- Proven track record in sales
- High level of customer service
- Excellent communication skills
- Valid driver’s license

For further details or to apply please contact:

9842 2787
Are you ready?

Scheme water cannot be guaranteed during a bushfire.

Water Corporation is prepared for bushfire season. However, we cannot guarantee that water pressure or water supply will be maintained in the event of a bushfire. Ensure demand, fire damage and power cuts can all affect a total loss of water.
If you plan to stay and defend your property during a bushfire, you must have your own independent water supply and pumping capability, and must not rely on
scheme water.

Full details about how to prepare for the bushfire season can be found at emergency.wa.gov.au.

public notices

City of Albany Notice

infrastructure services

317. 50 spots for aircon and
accommodation, soaks, dam,
0458 441 828. 39 Golf Links Road. 9842 1828 or
0409 130 193. The beach. $210 p/w plus bond.

real estate for sale

ALBANY Art Group will
meet on Mondays at 7pm at
The White Star Hotel, at noon for
lunch. For more information
(phone 9844 9401.

 wanted
to lease

- Locally owned and operated for 25 years
- Big team of locally-based technicians
- Locally owned and operated for 25 years
“Let us help kickstart your business in 2017”

www.bestoffice.com.au
Time for anglers to get serious about safety

Due to bad conditions, the AFL has been forced to reschedule the next two rounds.

**Tips & tips**

**Safety at sea**

- **What to wear:** Suitable clothing for the weather conditions, hat, sunblock, sunglasses, seasickness medication if required.
- **What to pack:** First aid kit, flares, a handheld VHF radio, a GPS device, extra food and water, appropriate clothing, a life jacket or PFD (personal flotation device), a EPIRB (Emergency Position Indicating Radio Beacon), a VHF radio, a radio/compass, spare batteries, a first aid kit, a spare life jacket.

**What to do in an emergency:**

- Call for help immediately.
- Stay calm and stay at the vessel.
- Use the EPIRB to transmit a distress signal.
- Keep the vessel running and ensure the safety equipment is in working order.

**What to avoid:**

- Alcohol.
- Overloading the vessel.
- Fishing in bad weather conditions.

**What to check:**

- Life jackets and PFDs are in good condition and readily accessible.
- All safety equipment is in working order.
- Fuel levels are adequate.
- The vessel is seaworthy.

**What to check for:**

- Fuel leaks.
- Water in the engine compartment.
-松懈的安全意识和疏忽的设备问题。

**What to do if you are capsized:**

- Stay in the water and signal for help.
- Use the flare gun to signal for help.
- Shout for help.

**What to do if you are in a storm:**

- Seek shelter in a safe harbor.
- Use a weather radio to stay informed.
- Stay calm and follow the instructions of the authorities.

**What to do if you are in a heavy sea:**

- Keep the vessel running and avoid rough waters.
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**What to do if you are in a gale:**

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**What to do if you are in a heavy sea:**

- Keep the vessel running and avoid rough waters.
- Use a weather radio to stay informed.
- Stay calm and follow the instructions of the authorities.

**What to do if you are in a gale:**

- Seek shelter in a safe harbor.
- Use a weather radio to stay informed.
- Stay calm and follow the instructions of the authorities.

**What to do if you are in a storm:**

- Seek shelter in a safe harbor.
- Use a weather radio to stay informed.
- Stay calm and follow the instructions of the authorities.

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- Use a weather radio to stay informed.
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beat the post-holiday blues
By AMBER CEKEREV

The chances are that you’ve had a good time over the holidays. Most of us have taken some time off work and caught up with friends and family. But as the holidays come to an end, many of our good intentions go out the window. Steve, Bars and David, our fitness expert, has the next best thing for you on their radar.

On a cycle of work, rest, recover

Active helps our bodies to operate at their best. But to get the maximum benefit, it is necessary to remind ourselves of the importance of doing so at all times. The USA Late Model Tour has many benefits and is a great way to get started on the right foot.

**Benefits of Exercise**

- Feelings of happiness are increased.
- Great sleep.
- Decreased stress and anxiety.
- Feelings of exercise-induced happiness are increased.
- Increased energy levels.
- Improved mood and self-esteem.
- Improved immune system.
- Improved cardiovascular health.
- Improved bone density.
- Improved blood circulation.
- Improved lung function.

**The Weekender, January 12, 2017**

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**Speedway packs ’em in**

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**Sport**

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**Pitch perfect Peak’s game**

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**Bodycare club**

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**Air Conditioning**

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**The Weekender, January 12, 2017**

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**Food**

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**Weekender**

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I was not the best weather for outside water sport on Saturday morning. A strong wind insisted on creating choppy conditions, making it tough for competitors starting in the Adventurethon Albany Ultra event from the Anzac Peace Park. But the rough water obviously suited local Kris Plain who completed the endurance course in just under four hours to easily win from professional athletes from the eastern states. See more on page 7.
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3 Seater with Chaise 2750W x 910D x 770H; Chaise 1490mm

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3 Seater with Chaise 2750W x 910D x 770H; Chaise 1490mm

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Dimensions: 2800mm wide,
Chaise 2000mm deep.

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HURRY!!
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SALE

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Available in Chocolate, Burgundy and Moss (pictured)

NORMALLY $499
SAVE $200

RAULO ROCKER RECLINER
Available in Chocolate, Burgundy and Moss (pictured)

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*Strict limit of 2 per household.

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