The crew of HMAS Success gave Albany Naval Cadets from Training Ship Vancouver a tour of their ship on Saturday. The Weekender was given exclusive access to the Durance-class, multi-product replenishment oiler earlier in the week. See pages 8-9 for the full story.

Construction work on a service station facing Albany’s Chester Pass Roundabout will have to stop, at least for the time being.

Cr Alison Goode moved a motion to refuse planning permission for the controversial development on safety grounds.

“I have lost count of how many people have stopped and asked me what is going on,” she said.

Cr Ray Hammond seconded the motion saying traffic was getting worse on the roundabout all the time.

“It raises the spectre of serious accidents,” he said.

Cr Goode’s motion was in direct opposition to the staff recommendation, which included a plan to only allow vehicles to enter the proposed garage from Albany Highway and exit on to Chester Pass Road.

Councillors Nicolette Mulcahy and Anthony Moir were the only councillors to vote against the motion.

Cr Mulcahy said council had no choice other than to approve the service station and lunch bar as it was an “allowable development” under the City Plan.

She said if council did not approve it a State Administrative Tribunal (SAT) would overturn the decision.

“We don’t get elected on council to make popular decisions all the time,” she said.

“We know it is an allowable use. We know SAT will overturn it automatically. It’s not up to us.”

According to Cr Price it was SAT’s practice to travel to Albany and inspect the site before making a decision and she believed the tribunal would agree with Council once it saw traffic conditions.

Council passed Cr Goode’s motion 10-2.

The Weekender contacted site developer Peter Webb and Associates to ask if the firm intended to appeal council’s decision.

Director Nik Hidding said he had no comment to make at this stage.

Albany people reported seeing heavy machinery demolish the existing building on the site last week.

In a report last month the RAC called the roundabout WA’s second riskiest regional intersection and sixth riskiest intersection overall.

By GEOFF VIVIAN

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**Banish the black dog**

By ANTHONY PHOBERT

As an **Albany Weekly** reader you may have noticed that the **Albany Weekly** features a regular column to help readers take a closer look at mental health and provide services and resources that may help you or someone you know.

Dr. Kim Woods is a psychologist in private practice in Albany who has a special interest in mental health and suicide prevention. She works with adults, children and families and uses evidence-based approaches to develop treatment plans that are tailored to each client’s needs.

Dr. Woods is passionate about helping people when they feel their world is crashing down around them. She says that sometimes it takes just the right moment to feel like everything is finally going right.

Dr. Woods explains the simple principle behind raising awareness for depression and suicide prevention.

"Sometimes it all takes a lot of courage. How are you going?" Mr Woods said. "It’s always okay to get help, even if you don’t think you need it."

Mr Woods, Chris Sanyeti, Roger Sweeney and Rob Woods prepare for this year’s Black Dog Ride in Albany.

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**History in a nutshell**

Albany Courthouse

**YOU HAVE ever noticed the main entrance doorframes to Albany Courthouse looking slightly different?**

Looking at the front of the building today you will see a new design, based on a gaol created in Albany, that was targeted for destruction by the National Trust.

This is the story of how the building, which was once a gaol, has been saved and transformed into a new courthouse.

The Bridge, a building on the National Trust’s list of significant sites, was built in 1840 and served as a gaol for more than 100 years.

The building was saved from demolition in 1969 and transformed into a courthouse.

It has been a hive of activity for more than 150 years and now houses the courts of the State of Western Australia.

The building is open to the public and is a great place to learn about Western Australia’s legal history.

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**Oyster reefs will boost jobs**

By GEOFF VIVIAN

Labour claims 15 oyster leases, plus should be created by the construction of artificial reefs in Oyster Harbour, to support a local oyster industry and create jobs.

Shadow environment minister Chris Minns said the plan would support a local oyster industry and create jobs in the area.

"It’s a win-win situation," Mr Minns said.

"It’s a great opportunity to boost jobs and support a local oyster industry in our region."

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**Support for green future through wave energy**

Greens' candidate for the South West, Diane Evans said she had been working with local residents since 2012 to bring the abandoned wave energy project to life.

"It’s not an oyster reef," Mr Evans said.

"It’s not an oyster reef, but it’s a world-class project that will create jobs and generate energy for the community."

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**SHADE TREES!**

OLIVES... MANZANILLO... Spain's finest variety – pickled black – lovely shade tree

Grow your own shade tree for the backyard.

STUNNING SHADE TREES

**St Clare Family & Occupational Practice**

On-the-Date Appointments

Did you know we have appointment blocks reserved every day for On-the-Date bookings?

Call us or walk in ‘On-the-Date’ to check availability.

**St Clare Family & Occupational Practice**

13 Cockburn Road, Albany

Monday to Friday 9.30am - 4.30pm

Phone: 9841 6020

Email: stclare@bigpond.com

[St Clare Family & Occupational Practice](#)
Regional newspaper

Rex değil, Survival

Rex, the WA regional bus company providing monthly services between Albany and Perth, has been in operation for more than a year. The company has been seen as a success, with many travelers pleased with the service. However, some travelers have expressed concern over the high cost of travel.

The company has been operating monthly services between Albany and Perth since its inception in 2016. Rex has been praised for its punctuality, comfortable seating, and low-cost fares.

However, some travelers have expressed concern over the high cost of travel. The one-way fare from Albany to Perth is currently $129, which is higher than the fare for a similar journey with other companies.

Rex has been praised for its punctuality, comfortable seating, and low-cost fares, but some travelers have expressed concern over the high cost of travel.
Joan Blight is one of two curators at the Wesley Uniting Church Museum in Duke Street.

**Wickepin proved to be a particularly difficult period, with five years of living in a shed where she often had to share the truck bed with cows, without a home.**

Joan was born in Ballarat in 1932, one of seven children to parents ofreek-preachers that lived in a large range of cold extracted, pure honey from our hives, available with pollen, wax, propolis and acacia flower pollen. It is a large range of cold extracted, pure honey from our hives, available with pollen, wax, propolis and acacia flower pollen.

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**State and Federal Liberal-led Governments are delivering for regional WA**

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**We’ve got 49 towers in the Great Southern & upper Southern - scheduled for completion by 2018**

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**Allow regional businesses to thrive in a modern environment**

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**Assist travellers in emergencies**

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**Encourage tourism in rural and remote areas**

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**HOMES OPEN SUNDAY 5TH MARCH**

162 Ocean Beach Road
2pm to 3pm
9A Wattle Way
45 Horsey Road

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**ATG – ACCOUNTING TAX GST**

Supporting small business and hard-working individuals.

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We are endorsing the following political parties:

- Shooters, Fishers and Farmers Party – they have done a good job advocating for sensible gun laws, highlighting excessive increases in gun licences and support the committee inquiry into the RSPCA WA.

- One Nation – more of a message to Canberra regarding the immigration policy scheme, driving up house prices forcing our young people into a lifetime of debt. Or you don’t want what is happening in Europe to happen here.

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**Joan’s still as busy as she’s ever been**

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By ANNE SIMPSON

Joan Blight has led a truly remarkable life, but at 84 she is certainly not about to put aside her three mornings a week at the Wesley Uniting Church Museum and relax.

Julian, her fellow curator Judith McCracken, Joan brings her wealth of knowledge about local history, and the Wesley Church to this unique project which becomes a collection of history, wedding, genealogy, and church memorabilia and books from local authors.

In between various roles she seeks Duke Street to take a peak at Albany’s richest resources, Joan brings out her notebooks and diaries and continues working on her life story.

This will be a manner that is fully to resonate with the families that have battled changing trends in the eastern Wheatbelt in the 1950s.

Life was pretty primitive, but like most farmers’ wives, there was only the other pair of hands to help with a multitude of farming demands. However, the family moved to a farm near St Ives. By this stage Joan had a private wool classer’s ticket and was able to manage to study combing and dressing wool and sheep shearing. Microbeads was even a bigger improvement, even more easily used with simple tools.

The family soon became involved in the local community, with Joan starting up Food For Fond Oatmen group and bellows classes for young ones.

Two of their daughters started work which brought the family closer to Albany. They went from the garden to the City, but being the hands-on farmers, the girls took the brunt of all having to be inventive and a natural leader for their family.

Joan’s dedication and knowledge of local history includes putting together the Old Gaol History, whilst being a male president of the AHS and actively involved in the process of the Old Gaol. Joan was married by the Reverend Richard in the hospital, which was still located in Vancouver at the time, and the family moved to Albany in 1949 and started training as a nurse for the year in 1949 and she started a family. Eleven years later, the Blights moved to the Duke Street to take a peak at the Wesley Uniting Church Museum.

The museum is located behind the Wesley Uniting Church in Duke Street.

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**Honey The Honey Shop offers...**

A large range of cold extracted, unpolluted pure honey from our hives, available with pollen, wax, propolis and acacia flower pollen. It is a large range of cold extracted, pure honey from our hives, available with pollen, wax, propolis and acacia flower pollen.
feature of the week

Navy’s stopover proves a success

BY ANTHONY PROBERT

HMAS Success and HMAS Toowoomba stopped at Albany last week for a brief visit. While there, they were joined by the Royal Australian Navy Ocean Explorer 77. The exercise has just completed an all-Australian phase and will now move up to include international participants with nations from New Zealand, New Guinea and the Philippines.

It has been designed to train ships to work together with language and technological differences and also accounts for the Navy’s transition from single-ship operations to joint task group operations. HMAS Success is the logistics supply ship to the task group. The Sydney-based vessel carries diesel, supply ships and personnel. The ship has been designed to train ships to work together with language and technological differences and also accounts for the Navy’s transition.

Commanding Officer Grant Zilko has been at the helm since November 2015. He recently took up the task of training sailors and mariners for the Royal Australian Navy on Cape York Peninsula.

On the weekender, Mr Zilko said he had no problems with the ship’s caution.

He’s a keen sailor, and he has strong leadership qualities that will help him in his new role.

Zilko was appointed to the Navy after serving in the Australian Army for 20 years. He now steps up to include international participants with nations from New Zealand, New Guinea and the Philippines.

The ships are currently participating in Operation Resolute, which is one of the most important missions for the Royal Australian Navy. The operation involves patrolling the waters of Bass Strait, where the border between Australia and New Zealand is located.

The ships will continue to patrol the area, and Zilko said they will be ready to respond and pick up any boats that may be in distress.

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**Common sense**

Gordon Stocks, Acting Leader of the Liberal Party in regional WA, has been appointed to local government. The move is seen as a strategic decision by the Liberal Party to strengthen its presence in the region and to attract more voters in the upcoming election. The move is also aimed at countering the growing popularity of the Labor Party and the Greens Party in the region, which have been gaining ground in recent elections.

**Interesting quotes**

Booth Tarkett, Middleback Region,

**Promises, promises**

Colin Barnett and the Liberal

Party had a successful visit to

Albany, attracting publicity about

their new promises, such as $20

million for the development of

a new park and $10 million for a

new hospital.

**Dangerous driving**

The Liberal Party is concerned about the safety of road users on the 80kph stretch between Albany and Busselton. It has called for action to improve driver behaviour and reduce the number of accidents on this stretch.

**Community is naturally proud of the King River**

Geraldine Janicke collecting water bugs to show participants the diversity of life in the King River's waters.

**History, Critters and the Living River, Saturday, February 25**

By JUSTIN HARDY

**OLIN Barnett and the Liberal**

Party have been making a strong show of their policy promises, particularly in the area of education. They have announced new funding for schools and universities, including $1.7 million for a new education fund.

**PETER WATSON & WA LABOR WILL STOP THE SALE OF WESTERN POWER**

Albany is now conveniently located at the Albany Regional Airport.
Fires enjoy time in the sun

LOWER Kalgan’s Bridge Park became a temporary market on Sunday, when the Kalgan Volunteer Bushfire Brigade hosted the Kalgan Volunteer Bushfire Brigade’s open day last Sunday.

Adults and children enjoyed live music, a sausage sizzle, stalls featuring local crafts and a chance to look at all the newest firefighting equipment.

Fire control officer Graeme Poole said the brigade had been working on upgrading vehicles to the current minimum safety standard.

“These included two heavy-duty four-wheel drive tankers and a light four-wheel-drive tankers and a light four-wheel-drive,” he said.

“Since that fire we’ve been on a fast track to upgrade firefighting vehicles,” he said.

“We had our guys directing parkings also making tins for donations, we were trying to raise money through the Red Balloon Day promotions.”


— Geoff Vivian

Firies enjoy time in the sun
Time to nominate a volunteer

VOLUNTEERING WA seeks applications for the 2017 Western Australian Volunteer of the Year Awards, with nominations closing at 5pm on Friday, March 10.

The annual awards recognise the contribution volunteers make in the cultural, economic and environmental well being of WA by paying tribute to the spirit of volunteers through their achievements.

Volunteering WA CEO Tina Williams said volunteers were the backbone of every community, who contributed more to their communities than many major industries.

The awards acknowledge the contributions of outstanding volunteers who pay no gratuity of time, without seeking rewards, in order to make their communities a better place to live.

There are eight award categories, which include: WA Lifetime Contribution to Volunteering, WA Corporate Volunteer of the Year, Volunteer of the Year, and the WA People’s Choice ‘Spirit of Volunteering’ Award.

Nominations will be announced at a gala awards presentation dinner at the Perth Bank on Wednesday, May 10. For information and nomination forms go to https://awards.volunteeringwa.org.au or phone 9482 4333 for further information.

Harold Martin adds soil to his tree in Eyre Park.

Centenarian takes time for honour

This City of Albany marked the 100th birthday of Burma-Thailand railway survivor Harold Martin with a special function this week.

Mr Martin actually turned 100 on January 1 and a tree had already been planted in Eyre Park to honour the occasion.

He actually completed the job on Tuesday by spreading top dressing with a chrome-plated spade.

“It’s a lot better than the one I had on the line,” he joked, referring to the gridding labour he had to perform as a prisoner of war.

Mr Martin was awarded the OAM for his voluntary work in the Army, where he was captured at the fall of Singapore in 1942.

After two years forced labour on the Burma to Thailand railway the Japanese chose him to work in their cotton fields.

A US submarine sank the ship intended to take Harold and other Allied soldiers, and a large crowd recorded him.

He has since visited the submarine’s crew in America, the site of his three mates’ graves in Burma, and he attended Anzac Day services at Helten Point.

– Geoff Vytan

Propose

– Move in together

Figure out that she’s the one

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StocksForAlbany PO Box 687, Albany WA 6331 Greg.Stocks.com.au

Liberals say YES

– $3 million improve conditions at the Bald Head Walk Trail, Torndirrup National Park

– To mountain bike trails at the Porongurup National Park

– To $10m new facilities North Albany Senior High School

– To $10m new facilities to Albany Senior High School

– To the Artificial Fishing Reef

EFTPOS available
Celebrating the day it all began

SCOUTS and Girl Guides from Albany and surrounding communities met at Yorke Park last Sunday. Children and young people from as far away as Narrogin enjoyed sausage sizzle lunch and activities such as making dream catchers and planting trees seeds in origami pots for easy transplanting at home.

Scouts district commissioner Greg Henderson said Scouts called the date “Founders Day” while Guides called it “World Thinking Day”.

“Today we’re not only celebrating our founder’s birthday (Robert Baden-Powell) but also the wise Olave who was present in the same year,” Mr Henderson said. “It was Olave who instigated the guiding movement.”

Mr Henderson said “It’s a big celebration for all of us — we’ve got together every year and it’s a bit of a fellowship.”

“We like to get out and see some people that we’re still around and are still very much a part of the community.”

Mr Henderson said he hoped young people would want to join one of the organisations and that the movement was very much about developing a sense of community.

“Hopefully, as adults, they will be the valuable members of their community,” he said.

In 1910, Robert Baden-Powell called out to organise a boy scout movement as an anti-bougie brigade and cadets and all sorts of things.

Girl Guides came to girls from the age of five and Scouts from six years.

“Today we’re not only celebrating our founder’s birthday, but also the wise Olave who was present in the same year,” Mr Henderson said.

Mr Henderson said he hoped young people would want to join one of the organisations and that the movement was very much about developing a sense of community.

“We like to get out and see some people that we’re still around and are still very much a part of the community,”

Not just for seniors!

The Albany Senior Citizen Centre, located on York St in Albany, sits in a hub for all things social, catering and dining in, choir groups and more. People of all ages are welcome, with seniors rates available.

Members $5, Non members $7.50. Discount on all activities for members.

Great atmosphere, friendly staff and wonderful events. The Centre opened its doors, with the fantastic services provided.

Volunteers at the centre also encouraged – please call 9841 2168 for further information

Albany Senior Citizens Centre
95 LOWOOD ROAD, MT BARKER
OPEN 7 DAYS - 5AM TO 6PM
WORTH THE DRIVE

Come in wearing a checked or flannelette shirt and receive 5% OFF your shopping
(exclusive tobacco, phone credit and apost)

Volunteer Today!
Committee members sought for our Volunteer Management Committee
Please call 9841 2168 for further information
Volunteers at the centre also encouraged – Please call today!

The Weekender, March 2, 2017
9851 3333
14 Lowood Road, Mt Barker

The Dining Room at Albany Senior Citizens Centre
Great home made meals, Great value, Great price!
Open Monday – Friday 9.30am – 1pm. Lunch from 11.30am

Not just for seniors!

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DENMARK SUPA IGA
OPEN 7 DAYS
Cnr Strickland & North Sts Ph 9848 3211
denmark.igaonline.com.au
Monday thru Wednesday 7.30am - 7.00pm
Thursday 7.30am - 8.30pm Friday thru Sunday 7.30am - 7.00pm

WA FRESH
$7.99 kg
West Australian Lamb Shoulder Roast

FRI. & SAT. ONLY!

WA FRESH
$1.99 kg
West Australian Pre-packed Tomatoes

WA FRESH
99¢ ea
West Australian Rockmelons

$3.99 ea
Nutri-Grain 805g
50¢ per 100g

DENMARK SUPA IGA
OPEN 7 DAYS
Cnr Strickland & North Sts Ph 9848 3211
denmark.igaonline.com.au
Monday thru Wednesday 7.30am - 7.00pm
Thursday 7.30am - 8.30pm Friday thru Sunday 7.30am - 7.00pm

NORTH ROAD SUPA IGA
OPEN 7 DAYS
North Road, Albany Ph: 9841 2444
northroad.igaonline.com.au
Monday thru Wednesday 7.00am - 7.00pm
Thursday 7.00am - 8.30pm Friday thru Sunday 7.00am - 7.00pm

WA FRESH
$7.99 ea
West Australian Beef Economy Whole Rump

FUEL DISCOUNT OFFER
REWARDS CARD OFFER

SUN. MON. & TUES. ONLY!

WA FRESH
99¢ ea
ETA 5 Star Table Spread
20¢ per 100g

WA FRESH
$7.99 ea
West Australian Rockmelons

Specials available Sunday 5/3/17 until Tues. 7/3/17. Only at North Road or Denmark SUPA IGA while stocks last. Retail quantities only, no trade supplied. Pictures used for illustration purposes only.

Specials available until Friday 3/3/17 and Saturday 4/3/17. Only at North Road or Denmark SUPA IGA while stocks last. Retail quantities only, no trade supplied. Pictures used for illustration purposes only.

West Australian Beef
Lamb Shoulder Roast

You slice you save!

See in stores for terms and conditions.

Bike Week 2017
Join the celebration of bike riding for transport and fun from March 17 to March 26 with Cycle City Living Albany. A number of events will be held for this Bike Week including:

**Sunday 19th March**

**Festive Day**
Friday 17th March.
Check with your school for details.

**Cycle City Living Albany at the Sustainable Living Expo & Expo**
Saturday 25th March.
Albany Town Square
6:00pm - 9:00pm

Pedal to the Expo for a free refreshment voucher (1st 50 to arrive by bike). Take on the City Bike Challenge and the Bike Skills Circuit. Slide into your Albany's ‘Bike Friendly’ Expo from there you can learn about what to get for your kids, how to build your bike, and while you’re there meet some of our local riders and try out our BYO bike repair stations and enjoy the blend from the Smoothie Bike.

**Bike Week Participation Challenge**
Sunday 26th March 8:00am - 10:00am.
Challenge yourself, your friends or your family on the famous Jeanneke-Pis road loop, from your own, in a relay or in a team together over a set distance.

**Peter Morris**

For more information see www.facebook.com/CycleCityLivingAlbany

The City of Albany is drawing close to the opening of the new Albany Public Library and Friends of the Library are excited.

**Taste festival meets Great Southern**

The City of Albany is drawing close to the opening of the new Albany Public Library and Friends of the Library are excited.

**Construction to commence soon**

The City of Albany is drawing close to the opening of the new Albany Public Library. The Development and Friends of the Library are excited.

**Foster caring... it's not just the child's life that changes**

Do you enjoy looking after kids?
Do you want to make a difference in a child's life?
Are you available for weekends and short and long periods of time?

If so, you may want to consider foster care. The Department for Child Protection and Family Support's (DCPS) Foster Carer Support Team encourages you to have a chat with one of their team members to explore the fostering pathway.

To find out more by attending one of the following fostering information sessions:

- Thursday, 16 March 2017
  
  2pm - 4pm
  
  Albany Town Square

- Friday, 17 March 2017
  
  8am - 10am
  
  Albany Public Library

Contact Stephanie March at the Department’s Albany Office on (08) 6814 6777 to register your interest in attending a session.

**If you’re interested in being a foster carer**

IF YOU’RE interested in being a foster carer, please contact one of our foster care information officers in Albany or come along to one of the information sessions above.

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FOOD FOR THOUGHT

It’s exciting to see state housing is going to work on Spencer Park. With this in mind I will start a revamp: better and more parking and paint the building and make it very inviting. On the election - God only knows. It’s a very interesting election full of minor parties who could hold the balance of power and hold the major parties to ransom with a few votes.

Paul Lionetti

PART-TIME BUTCHER REQUIRED for immediate start at York Street store. Please see Kyle or Paul.

While stocks last

Beef Brisket 500g $11.99

Baked Bean Seller - Paul Lionetti

NEW SUMMER MENU

Everyday low price

Berkshire Pork Ribs $4.19 ea

Whisky $29.99

Frozen Bananas $1.79 ea

Malters $2.99 kg

Cooked Chicken $6.99 ea

BIRTHDAY CELEBRATIONS COMING SOON!

BOSTON BREWERY PRODUCTS NOW IN BOTTLE SHOP

Largest selection of Great Southern Wines in Western Australia

Specials on mixed cartons of 6 & 12

Cerveza Aguila $12.99 six pack $40 carton

Veras French Lager $10 six pack $30 carton

BEER SPECIAL

Hahn Super Dry $8 Pints $6 Schooners

LIVE MUSIC – Sunday – Joe Fowler

LIMITED STOCK ONLY

While stocks last

Capricorn Tired Tomatoes 400g $59 ea

York Street

2 Hardie Road. Phone: 9841 1155.
Open 7am - 7pm daily

Spencer Park

2 Hardie Road. Phone: 9841 1165.
Open 7am - 7pm daily

Spencer Park

Cnr York Street & Stirling Terrace. Phone: 9842 1020.
Open 5am - 10pm daily

Wyndham

Cnr York Street & Stirling Terrace. Phone: 9842 1020.
Open 5am - 10pm daily

Birkdale

2 Hardie Road. Phone: 9841 1155.
Open 7am - 7pm daily

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Wyndham

Cnr York Street & Stirling Terrace. Phone: 9842 1020.
Open 5am - 10pm daily

The Weekender, March 2, 2017

23
A new miracle cure

If you watch the commercial sunscreen channels, you’ve probably heard about an amazing new cure for sunburn, but it hasn’t checked out lately, but there’s a myth that blue and green light can help with minor burns. This is a dangerous misconception.

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There’s a...
Here’s to health!

Dr Darcy Smith, Dr Paul Gibson, Dr Charles Prasad, Dr Richard Miller, Dr Gemma Yardley and Dr Caitlin Gowan welcome

Dr Jared Cooney – MBBS
Dr Cooney has a special interest in all aspects of family medicine, including dermatology and emergency medicine.

Bookings available online at www.hillsdep.com.au or phone 9841 6711.

Helping you manage arthritis

IT is estimated that by 2050, 7 million Australians will suffer from some form of arthritis. Its effects include pain and difficulty移动 range of motion, muscle weakness, poor balance and fatigue. This can affect your ability to work, exercise, shop, etc. All arthritis can be caused by worn-down cartilage as well as inflammation and affects of tendon, ligaments and muscles.

Although arthritis is not curable, it can be managed, and there is a lot of options other than waiting for a joint replacement. The key to managing arthritis is to make a change to your lifestyle which can result in symptoms reducing, pain improvements and symptom free.

The amount of arthritis on X-rays and scans does not necessarily reflect the severity of symptoms; an anybody can develop arthritis that results to pain that ranges from mild to severe and can be caused by strengthening exercises and postures, reduced height and improved nutrition.

Research has shown that people with arthritis can safely participate in strength training and cardio exercises.

Exercise can help reduce pain and improve function. Exercise can also provide symptomatic relief of arthritis, improve mood, strength and mobility, improve body image, mobility, function, quality of life, and prevent further damage. Enriching a diet that encourages healthy body weight can also help reduce inflammation, promote healing and improve function.

At South Coast Sports Medicine, our team of experienced professionals including sports doctors, exercise physiologists and physiotherapists work together to screen your arthritis and general health and create a lifestyle plan to improve your quality of life.

Our personal trainers have university qualifications and specialise in biokinetics, biomechanics and falls prevention, including sports doctors, exercise physiologists and physiotherapists expertise.

You can participate in one-on-one or group exercise programs, such as strength, Essentrics, or Pilates lose weight, improve mobility and prevent falls for the elderly.

A high-quality qualified nutritionist can provide you with dietary advice and an individualised plan. Our doctors are qualified in sports, occupational, nutrition and lifestyle medicine.

You must not refer to see your GP first. Ask your GP about Sports Medicine.

South Coast Sports Medicine

How anti-inflammatory drugs can reduce pain

THE role of a pharmacist in the treatment of arthritis is fundamental. This year is to help manage, inflammation of the joints. The two most common types of arthritis are osteoarthritis and rheumatoid arthritis and there are many different causes of arthritis.

We are here, at Terry White Chemists, to help manage arthritis pain.

Come in to the pharmacy and speak to your local pharmacist about the treatments available for arthritis. These include:

• Nourex Professional Arthritis cream – this has been scientifically formulated to provide temporary relief from arthritis pain by increasing joint mobility and function.
• Nourex Professional Triple Strength Clogne Stretch – this combination of ingredients can help reduce pain and inflammation and improve mobility.
• Non-pharmaceutical treatments – massage, wheat packs, manual therapy, shock absorbing shoes, transcutaneous electric nerve stimulation and hip, knee and ankle supports.

Ask your pharmacist or a pharmacist about the above treatments and services. Mention anything you’re having work and if they support changes, ask them to talk with your doctor.

Here’s another strength that Terry White Chemists have: a key strength that Terry White Chemists have with a doctor who can help you.

Cancer support

Terry White Chemists will start at the Albany Health Complex next month.

This free service is available to women who have been through breast cancer and helps survivors manage mobility, strength and feel comfortable.

Women who have undergone breast cancer are also usually referred to the breast cancer support group at the Albany Health Complex, which meets every week for a week.

Participants do an assessment at the beginning and an assessment after the program. The purpose of this is to bridge a gap in the delivery of the program.

The breast cancer support group is currently involved in a feasibility design. Arthritis in this popular suburbs, you can discuss the quality of the neighbouring homes with convenient access to both South Coast Highway and

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Amity Settlements

REAL ESTATE SETTLEMENT AGENTS

Become one of our many satisfied clients and allow us to take care of your settlement needs for any property in WA. Enjoy friendly, personalised service for any of the following:

- 4 HOUSE
- 4 LAND
- 4 FARM
- 4 SUBDIVISION
- 4 FAMILY OR RELATED PARTY TRANSFERS

Contact us now to see how we can help YOU!

IT’S YOUR CHOICE OF SETTLEMENT AGENT!

Real Estate Settlement Agent for 47 Aberdeen Street, Albany

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

Perway Pty Ltd as trustee for the Vancouver Unit Trust t/a Amity Settlements (ACN 069769900)

COMMITTED TO SUPPORTING THE LOCAL COMMUNITY

$455,000
McRae
Ray White Albany

House

3 Griffiths Street

$455,000

McRae
Ray White Albany

11 Lamont Grange

Ray White

Ultimate Hideaway

Sought-after suburb

Ray White Albany

Amity Settlements

As Albany's oldest established Real Estate Settlement Agency, our dedicated, professional team can help you efficiently your property transaction.

The Weekender, March 2, 2017
**Ray White**

**41 Hillman Street**

Prime presentation, sunny village/loft lights, renovated bath & kitchen/laundry, large lounge with tile, timber floor, spacious living, 3 beds (master has B/R), lovely front patio & entrance hall. A light & bright inner-city home that’s a must-see property.

View: Saturday 11.00-11.30
Sale: $335,000
Rita McLean
0427 423 200 | 9841 0207

**3 Earl Lane**

Easy build

Huge 1,139m2 block with highway frontage. Being level, it makes an easy build block for your home and several sheds.

Sale: $158,000
Graham Walker
0427 423 200 | 9841 0207

**Great investment property**

5 bed in a quiet street on a huge 1,100m2 block with tenants in place paying $280 per week. Start your property portfolio today. (03/53)

Sale: $120,000
John Hetherington
0429 436 598 | 9841 0208

**51 Douglas Drive**

Breathe in that country air & be amongst like-minded owners.

Rural residential property of 2ha with very well presented 4 bed, 2 bath home with verandahs all round, large patio, garage & more. On school bus route & easy commute to town. (M710)

Sale: $479,000
Graham Walker
0427 423 200 | 9841 0207

**Market from Middleton**

28m2 block zoned R30 that’s a short stroll to café, restaurant, park & beach club. 3 mins drive to golf club & Emu Point and a stone’s throw to Middleton Beach. (MM810)

Sale: $300,000
Graham Walker
0424 422 265 | 9841 0220

**Great location, large block**

Priced just right & ready for the extended family with 4 good-sized rooms & plenty of space outside for the kids to run on. 833m2 block. Great location with good potential to expand on this lovely home. (BT78)

Sale: $375,000
Jackie Cowley
0418 427 336 | 9841 0213

**Escape to the countryside**

Are you wanting to launch your local business from your property?

You can add 10 or 15 people on site for your business. Fishing or worker staying if you wish it can be a lifestyle. Nothing like being close to nature. (JK74)

Sale: $770,000

**Inner-city living**

• 3 beds, 2 bath
• All beds have BIR
• Open-plan living
• VIC air-conditioning, patio

Sale: $420,000
Graham Walker
0418 422 266 | 9841 0220

**Nothing missing here**

This is an exceptional family home in the heart of town on a 1,200m2 block. 3 stories. A good sized block. 2 bath rooms all on one level & a totally sep 2 bed unit downstairs plus a s/c free-standing garage. (MM406)

Sale: $325,000
Jackie Cowley
0418 427 336 | 9841 0213

**458 Lower King Road**

• Double storey 3x1
• Views over Oyster Harbour
• Vege patch & greenhouse
• Double veranda enclosed carport
• Double lock-up shed
• Enclosed front & rear yard
• Close in public transport

Huge 833m2 block

View: Saturday 2.30-3.00
Sale: $350,000
Craig Nathan
0407 776 584 | 9841 0224
Amber Nathan
0427 262 375 | 9841 0231

**Settle and stay**

It’s one of those properties that you will not find hard to leave. Character 3 bed home that’s full of memories, charm & has been constantly improved & renovated. Great sheds on 1,220m2 block that’s just perfect for a boat, canoe, vegie, pets & yard games. A good all-rounder. (0772)

Sale: $139,000
Jackie Cowley
0418 427 336 | 9841 0213

**The Weekender, March 2, 2017**

41 Hillman Street

Primed presentation, sunny village/loft lights, renovated bath & kitchen/laundry, large lounge with tile, timber floor, spacious living, 3 beds (master has B/R), lovely front patio & entrance hall. A light & bright inner-city home that’s a must-see property.

View: Saturday 11.00-11.30
Sale: $335,000
Rita McLean
0427 423 200 | 9841 0207

**Ray White**

**New Listing**

Ray White Albany | 226 York Street Albany | T 0418 2235 | W raywhitealbany.com.au
FRIDAY
12.00-12.30
3 Earl Lane
Albany
$479,000
3x1
853m²
Ray White
Rita

SATURDAY
9.30-10.00
1 Hugel Place
Spencer Park
$329,000
3x1
866m²
Craig/Amber

10.00-10.30
31 Lorenzo Way
McKail
$315,000
4x1
798m²
Rita

9.10-9.30
15 Scorpio Drive
McKail
$455,000
4x2
760m²
Joe

10.30-11.00
75 Woollahra Street
Milpara
$555,000
4x2
203m²
Craig/Amber

11.00-11.30
18 Lindfield Crescent
Spencer Park
$520,000
3x1
612m²
Joe

11.30-12.00
2/32 Mira Mar Road
Mira Mar
$795,000
3x2
482m²
Rita

12.00-12.30
36 Golf Links Road
Middleton
$899,500
3x2
1012m²
Rita

12.30-13.00
1 Griffits Street
Colbywood Park
$975,000
4x3
615m²
Rita

13.00-13.30
18 Lindfield Crescent
Spencer Park
$899,500
3x2
1012m²
Rita

13.30-2.00
6/171 Middleton Road
Mount Clarence
$289,000
2x1
- j oe

1.45-2.15
3 Steels Way
Spencer Park
$345,000
4x2
920m²
Rita

2.00-2.30
4 Greenwood Drive
Willyung
$745,000
5x2+studio
776m²
Rita

2.15-2.45
11 Lamont Grange
Bayonet Head
$399,000
3x2
576m²
Craig/Amber

2.30-3.00
15 Scorpio Drive
McKail
$455,000
4x2
760m²
j oe

3.15-3.45
4 Manton Way
Kalpion
$710,000
4x2
566m²
Craig/Amber

3.30-4.00
91 Douglas Drive
McKail
$649,000
4x2
2ha
Rita

4.00-4.30
24 Brook Street
Eleker
$520,000
3x1
1.2ha (3ac)
Rita

37 Brook Street
Orana
$339,000
3x1
560m²
Craig/Amber

522a Nananup Road
Kalpion
$729,000
4x2+1
2.54ha (6.3ac)
Rita

SUNDAY
10.00-10.30
1 Griffits Street
Colbywood Park
$975,000
4x2
615m²
Rita

11.00-11.30
4 Greenwood Drive
Willyung
$725,000
3x2+studio
776m²
Rita

Ray White Albany
226 York Street Albany
| T 9841 2255 | W raywhitealbany.com.au

Everybody happy here

Views, 2.02ha (5ac) home, location to toew – sounds impossible! Well it’s not. In Robertson, perched high with outlook over the harbour & sea behind it. The 3x2 home has ample living & functional floor plan, recently renovated ensuite & only mins to town. It’s one to consider seriously. [RE118]

Sale $675,000
Jackie Crowley
0409 421 504 | 9841 0203

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| T 9841 2255 | W raywhitealbany.com.au

24 Brook Street
Willyung
$329,000
3x1
866m²
Craig/Amber

18 Lindfield Crescent
Spencer Park
$315,000
4x1
798m²
Rita

10.45-11.15
61 Pegasus Boulevard
McKail
$515,000
4x2
648m²
Craig/Amber

12.00-12.30
3 Kitcher Parade
McKail
$475,000
3x1
886m²
Rick

1.00-1.30
1 Hugel Place
Spencer Park
$420,000
3x2
900m²
Craig/Amber

1.30-2.00
69 Grenfell Drive
Bayonet Head
$427,000
3x2
559m²
Craig/Amber

1.45-2.15
3 Steels Way
Spencer Park
$345,000
4x2
920m²
Rick

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2.54ha (6.3ac)
Rita

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Waterfront opportunity

Two adjoining lots that can be bought as a whole or separately. Total area approx 2.56ha or Lot 94 approx 1.27ha and Lot 95 approx 1.29ha. Residential development potential. Frontage to Oyster Harbour. Ideal lifestyle, development block... perhaps both! (ZLK291 & ZLK336)

Sale $875,000

Ray White

Woolahra Street

2033m2 block with a comfortable 2 storey, 4 bed, 2 bath home with all the extras plus the room to change with the family. Huge patio, gym, TVR plus a functional 12m x 6m GP shed that has a 4.5m high door. 2 road access, this property provides the life your family will need.

Elevated position

This vacant block with a 25m frontage & 4.9m depth in Mount Barker is an ideal location close to town, corner paddocks & a high school a short drive away. Just on the border of beautiful wineries & attractions of the Porongurups. (ZOD348)

Sale $79,000

Ray White

Kalgan block

Fantastic location within Smins shoe to Grammar School & close to Parliament House, Golf Park and Nannup Beach. Build your dream home on this 1.01 ha block, gentle slope and great position with power and water available. (201054)

Sale $125,000

Ray White

Almost water's edge

A smaller manageable version of nautical Isle. The 4500m2 block, given you space & supportivity to grow veggies, and have chicken or pigs. GP shed plus water & electric. Plenty of options for placement of house. Very close to Emu Point. Flood properties surrounding. (20324)

Sale $99,000

Ray White

Farms: 36 Golf Links Road

Ray White Albany

Reduced

Sale $125,000

Ray White Albany

Kerrillea Ryde

Sale $675,000

Ray White

Ray White

Popular estate

With like-minded neighbours & executive homes surrounding, design your own home & build on this level 613m2 block in quiet cul-de-sac location, 700m to Middleton Beach, this unit will wow you! Totally retro original features with the ability to modernise. 2 bed, large private yard, double carport, back patio & single shed to the rear of the property. Great starter or investment at this price. (LK487)

Sale $515,000

Ray White

Popular estate

Almost water's edge

Very competitive priced, level, seaweed. 20m2 block of land, just a 5min stroll from the white sands of Middleton Beach. With like-minded neighbours & executive homes surrounding, this home development planned nearby, don't delay! (201053)

Sale $120,000

Ray White

Incredible opulence

Huge 6 bed, 5 bath home that exudes opulence. 6 car garage, huge laundry replacement cost. Situated close to Albany on the 2.734m of lush pastures, this northfacing build must be seen to be appreciated. Huge entertaining areas, country pads, several pools & lane. (201053)

Sale $895,000

Ray White

$5-$5.5 well spent

On a block of 888m2, this 4 bed home has loads of scope. Room for home office, hobbies or teenage retreat plus ample outdoor entertaining. Only mins to York St, schools, shops & 5min beach. It's a home to suit all members of the family. (ZMK753)

Sale $795,000

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Rick & Jo Allen 0429 406 506 | 9841 0208

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Sale $120,000

Rick & Jo Allen 0429 406 506 | 9841 0208

Ray White
Perfect presentation

Immaculate 3x2 home with large open plan living to the sunny rear with pool & patio. 468m2 block. 5 spacious bedrooms, central a/c, huge family room & separate study. This home is made for entertaining & perfect for a large family. Offers over $599,000.

Sale

0408 127 212

Ray White Albany

69 Grenfell Drive

You can see it’s an up-and-coming well built modern home from the street, but it’s what’s inside that will cement the deal. This 3 bed, 2 bath home has large rooms, 2 good sized living areas & quality, style & appeal you only hoped for. 550m2 block with side access for a caravan or boat. View Saturday 1-3pm & Sunday 1-3pm

Sale

0408 227 212

Ray White Albany

Land under your feet

1402m2 block with 3 bed & 2 baths. Bring your builders & plan your dream home here. Offers? (BH710)

Sale

0408 427 212

Ray White Albany

Don’t be the last

What a stand out home! High ceilings, open spaces, north aspect windows. Beautiful well-maintained easy dock exterior, 4 bed, 2 bath & 2 living areas. Perfect for a family – each bedroom has its own ensuite! Power & water connected & sewer available. Great opportunity to be creative. (ZMM207-214)

Sale

0408 427 212

Ray White Albany

NEW RESIDENTIAL ESTATE - STAGE 2

Moss Ridge Estate

Rufus Street, Milpara, Albany

• 41 LOTS
• 200m2 – 799m2

Sale $185,000 to $245,000

Graham Walker 0418 422 266 | 9841 0220

Ray White Albany

Land under your feet

3292m2 block with 3 bed & 2 baths. Bring your builders & plan your dream home here. Offers? (BH710)

Sale

0408 427 212

Ray White Albany

Location winner!

• Accessed kitchen + laundry, originally polished timber floors
• Brick NW rear 1ST bed + 2nd WC, it’s on axis
• Location + location
• To be had – it’s so close
• Great ponytail area enclosed perg (C194)

Sale

0405 000

Ray White Albany

1262m2 block with 3 bed & 2 baths. Bring your builders & plan your dream home here. Offers? (BH710)

Sale

0408 427 212

Ray White Albany

Big boys’ building block

The 2300m2 corner block is ideal for the person looking for a small development or simply wanting a large block of land for a home. Power, Gas, water connected & owner available. Comes with a large shed. (20214)

Sale

0408 422 212 | 9841 0220

Ray White Albany

For the growing family

• Built 2015 of cladding & Colorbond
• 3 large bedrooms, all with B/R
• Semi-ensuite, open-plan living
• Vinyl/plexi flooring, infinity gas Q/R
• Gas hot plate, electric oven, pantry
• 520m2 block, 3hm frontage

Sale

$390,000

Graham Walker

Ray White Albany

6 Greenwood Drive

If you are creative, this has a level & planned studio in the 15x8m shed to indulge your passions. Immaculate home with open plan kitchen, 2 say 700mm range, study & a large open plus living space with the Fabo, inclusions: gardens, 3 Bhv (Oz 450)

View Saturday 2-3.30 & Sunday 1:00-3:30

Sale

Rita McLean 0472 422 210 | 9841 0217

Ray White Albany

New home

• Location winner!
• Renovated kitchen & bathroom, lovely polished timber floors
• Location winner!
• Renovated kitchen & bathroom, lovely polished timber floors
• Location winner!

Sale

0408 427 554 | 9841 0217

Ray White Albany

Ahhh! This is relaxing

Therapeutic Peaceful raise off the main bed, the alfresco zone in the fully fenced with pool & gardens, modern high ceilings, dining & living access. Property spans from one room to the lovely deck with pond & gardens, modern kit, dining, separate wing for secondary bedrooms, study nook. Immaculate backyard with lush lawns. (BH719)

Sale

Rita McLean 0472 422 200 | 9841 0217

Ray White Albany

 don’t sell

Development project

An opportunity for a boutique development in the heart of CBD. You could build 6 unique, desirable inner city units/villas/townhouses – U decide! With high demand for properties with modern living, parking & access, this is an opportunity to be creative. (ALB199)

Sale

Jackie Cowley 0408 427 554 | 9841 0217

Ray White Albany

A great opportunity

For an opportunity to own one of 8 blocks in such a prestigious area. Enjoy a casual walk along Lake Sapphires, a stroll walk to Middleton cafe only. Lake Park is the world renowned Middleton Beach. Darlington Few (DWN207-214)

Sale

Fore 220k

Craige Nation 0408 776 396 | 9841 0224

Ray White Albany

New home

• Newly established area
• Short drive to CBD
• 2034m2, corner block
• Big boys’ building block

Sale

0408 427 212 | 9841 0220

Ray White Albany

A new lifestyle & add your...
Did you know you can recycle plastic bottle tops?

ACROSS Australia, including in Albany plastic bottle tops need to be removed from the bottle before going into your recycle bin. Taps cannot stay on the bottle because of the baling process which involves the bottle being pressed together under extreme force into a solid bale. If the tops remain on the bottle, the air trapped in the bottle makes it impossible for the bale to be pressed together correctly, which results in bales falling apart and the taps extra stress on the machinery.

Removing the tops also allows the contents of the bottle to dry properly, which prevents contamination during the sorting process. The tops on their own are too small to be manually sorted by gloved hands at Cleanaway’s Albany Materials Recovery Facility (MRF), but there is a solution. Remove the plastic top and place it inside the bottle or keep one plastic bottle and collect all your tops in one container. When this container is full simply put it in your recycle bin.

Metal twist bottle tops from beer bottles can be collected in a small tin can. When the tin is half full, squeeze the top of the can closed and put it in your recycling bin. This will allow the magnetic sorting machine at the MRF to sort and bale the can, ready to be sent off to recyclers.
Just some of the festival's events

**Mini Film Festival**
Wednesday, March 8, 6.15pm

SCREENING of ‘The Eagle Huntress’, a spellbinding documentary about a young Mongolian girl fighting to become the first female eagle hunter in Mongolia. The film follows the life of the girl as she trains to become the first female eagle hunter in Mongolia.

**Eco-House Tour**
Sunday, March 19, 10am-noon

A guided tour of the Knapenberg Eco-House. See how an ordinary family is reducing their environmental impact through sustainable building and living. Featuring a straw-bale home of kit-ster, passive design including thermal mass walls, panelized roof and floor, 100 per cent off-grid power using solar and wind, recycled materials, vegetable garden, hybrid electric car and waste minimisation strategies. All tickets are free.

**Guided Bird Walks**
Every Box, Wed, Thur from 5pm - 6am

The Great Southern is a beautiful place for bird watching. Join our experienced guides on a guided bird walk to discover the diversity of birds in the region.

**Backyard Best**
March 11 - 31

A celebration of the sustainable lifestyle. This year a mini-film festival has been introduced. The festival is a sustainable opportunity for Great Southern film and photography enthusiasts and the popular Knapenberg Eco-House. See how an ordinary family is reducing their environmental impact through sustainable building and living. Featuring a straw-bale home of kit-ster, passive design, including thermal mass walls, panelized roof and floor, 100 per cent off-grid power using solar and wind, recycled materials, vegetable garden, hybrid electric car and waste minimisation strategies. All tickets are free.

**Hudson Sewage Services**
Wastewater recycling

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

- Saves $26 weekly in water bills
- Less wear on toilet cisterns
- Less water use in washing machine

**Wilson Wrecking**
Wrecker and sales of new, used & salvaged parts

The ultimate in recycling – from tractor parts to garden art

**The Weekender, March 2, 2017**
WHEN Mary Jane (MJ) Gibbs began developing a sustainability food-wrapping product at home a year ago, she had no idea that within 12 months she would be working full-time on her creation after being approached by the state government’s New Enterprise Incentive Scheme. Playing around in the kitchen with natural ingredients resulted in a blend that could be infused into 100 per cent cotton fabric, making a highly versatile, reusable and washable food wrap. Waxiwraps™ is now a trademarked brand and MJ’s blend of local business, Australian products and sustainable thinking is seeing results. Waxiwraps™ is a closely guarded secret within the Waxiwraps™ workshop. “It’s a really social effort on production days in the workshop,” MJ said.

“My eldest son Jason and I are the only ones who know how to make the blend and additionally this has been designed a machine which will be able to automate the image presentation process of production. We are excited that a local enterprise firm is currently examining the potential for this project to continue and grow in the Albany region. MJ is looking forward to showing visitors to The Sustainable Living Festival her food wraps and demonstrating how to wrap food and wash Waxiwraps™ as well. “People are amazed that this product can be washed and used over and over again.” Waxiwraps™ last at least 12 months with gentle washing, and are helping reduce plastic waste every day, reducing the size of plastic wrap going into landfill which never, ever breaks down,” MJ said.

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MJ said statistics on plastic waste are frightening. It is estimated that by 2025 we will be putting enough plastic in the ocean to cover five per cent of the Earth’s entire surface in plastic. “With many households producing more than 2kg of plastic waste every day, reducing the use of plastic wrap is a great way to encourage sustainability in the home,” MJ said.

“My business tag is Looking after the Earth, our household. “I do believe we can all contribute to reducing plastic pollution, by adopting simple sustainable living strategies in our homes. Waxiwraps™ help reduce plastic pollution beautifully.”

Check out the green screen

COMMUNICATION is key to informing people about the need for sustainable living habits.

With the world becoming more interconnected, media such as film, print, internet and television are reaching a global audience and are being used as effective methods of education and raising awareness about the shocking truth of environmental damage. It is estimated that by 2025, we will be putting enough plastic in the ocean to cover five per cent of the Earth’s entire surface in plastic. Many households produce more than 2kg of plastic waste every day, reducing the use of plastic wrap is a great way to encourage sustainability in the home. A business tag of Looking after the Earth, our household. "I do believe we can all contribute to reducing plastic pollution, by adopting simple sustainable living strategies in our homes. Waxiwraps™ help reduce plastic pollution beautifully."

An innovative, healthy way of storing food

WHEN Mary Jane (MJ) Gibbs began developing a sustainability food-wrapping product at home a year ago, she had no idea that within 12 months she would be working full-time on her creation after being approached by the state government’s New Enterprise Incentive Scheme. Playing around in the kitchen with natural ingredients resulted in a blend that could be infused into 100 per cent cotton fabric, making a highly versatile, reusable and washable food wrap. Waxiwraps™ is now a trademarked brand and MJ’s blend of local business, Australian products and sustainable thinking is seeing results. Waxiwraps™ is a closely guarded secret within the Waxiwraps™ workshop. “It’s a really social effort on production days in the workshop,” MJ said.

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An innovative, healthy way of storing food

WHEN Mary Jane (MJ) Gibbs began developing a sustainability food-wrapping product at home a year ago, she had no idea that within 12 months she would be working full-time on her creation after being approached by the state government’s New Enterprise Incentive Scheme. Playing around in the kitchen with natural ingredients resulted in a blend that could be infused into 100 per cent cotton fabric, making a highly versatile, reusable and washable food wrap. Waxiwraps™ is now a trademarked brand and MJ’s blend of local business, Australian products and sustainable thinking is seeing results. Waxiwraps™ is a closely guarded secret within the Waxiwraps™ workshop. “It’s a really social effort on production days in the workshop,” MJ said.

“My eldest son Jason and I are the only ones who know how to make the blend and additionally this has been designed a machine which will be able to automate the image presentation process of production. We are excited that a local enterprise firm is currently examining the potential for this project to continue and grow in the Albany region. MJ is looking forward to showing visitors to The Sustainable Living Festival her food wraps and demonstrating how to wrap food and wash Waxiwraps™ as well. “People are amazed that this product can be washed and used over and over again.” Waxiwraps™ last at least 12 months with gentle washing, and are helping reduce plastic waste every day, reducing the size of plastic wrap going into landfill which never, ever breaks down,” MJ said.

MJ said statistics on plastic waste are frightening. It is estimated that by 2025 we will be putting enough plastic in the ocean to cover five per cent of the Earth’s entire surface in plastic. “With many households producing more than 2kg of plastic waste every day, reducing the use of plastic wrap is a great way to encourage sustainability in the home,” MJ said.

“My business tag is Looking after the Earth, our household. “I do believe we can all contribute to reducing plastic pollution, by adopting simple sustainable living strategies in our homes. Waxiwraps™ help reduce plastic pollution beautifully.”

Check out the green screen

COMMUNICATION is key to informing people about the need for sustainable living habits.

With the world becoming more interconnected, media such as film, print, internet and television are reaching a global audience and are being used as effective methods of education and raising awareness about the shocking truth of environmental damage. It is estimated that by 2025, we will be putting enough plastic in the ocean to cover five per cent of the Earth’s entire surface in plastic. Many households produce more than 2kg of plastic waste every day, reducing the use of plastic wrap is a great way to encourage sustainability in the home. A business tag of Looking after the Earth, our household. "I do believe we can all contribute to reducing plastic pollution, by adopting simple sustainable living strategies in our homes. Waxiwraps™ help reduce plastic pollution beautifully."
Improving motor skills

Cleo works primarily with children with a range of difficulties, including writing, handwriting, perceptual problems and developmental delays. As a registered provider of services for children and adults with Autism spectrum disorder (Helping Children with Autism and Better Start), Cleo has experience in providing programs for children with complex needs.

Cleo works out of the Endowed OT clinic at Amity Health for two days a week.

**Cleo**

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**Endowed OT clinic**

Cleo works out of the Endowed OT clinic at Amity Health for two days a week.

**Why outdoor play is so important**

Spending time outdoors might lower your child’s chances of being obese-agreed — and it’s not just because kids burn more calories and eat less when exposed to natural sunlight. A new study suggests that even small amounts of sunlight exposure can help boost vitamin D levels.

**OUTDOOR play is a big part of healthy growth, learning, development and wellbeing for your child.**

Playing outside gives your child the chance to explore the natural environment and have adventures.

They can play their favourite games, burn off their physical energy, express themselves and build their self-confidence.

**Physical activities like these are good for health, fitness and psychological development.**

**For those important events**

**MAKE sure your next event is a night to remember with Southcoast Ceremonies and Albany Event Hire.**

Cleo works with many local and state wide businesses to ensure a fantastic restaurant, quality food and service experience to everyone.

**For more information please contact our occupational therapist, Cleo at 0408 798 100 or cefo@amityhealth.com.au.**

**At the end of each session, parents will receive feedback and handouts where appropriate to help guide them on how to further engage their children through fun activities.**

If you think your child may benefit from attending the Happy Hands skills program or you would like to give them a head start in school, please contact us for more information.

**Happy Hands is a group program that aims to improve children’s hand skills for the commencement of handwriting and through engagement in functional play tasks.**

It is well understood how important the early years are in a child’s development.

Fine motor skills involve the use of the smaller muscles of the hands as seen when cutting with scissors, using a pencil, dressing buttons, tying shoelaces, using cutlery and cleaning teeth, with studies using cutlery and clean-up tasks.

Along with speech and language delays, developmental issues, pre-gramers, writing, handwriting difficulties, including pre-gramers.

Several groups are providing occupational therapy (OT) services via individual and group programs.

Cleo works predominantly with children with a range of difficulties, including pre-gramers, writing, handwriting, perceptual problems and developmental delays.

Cleo works out of the Endowed OT clinic at Amity Health for two days a week.

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Along with speech and language delays, developmental issues, pre-gramers, writing, handwriting difficulties, including pre-gramers.
That's the big advantage. On stage, if you want to see, you don't see his eyes. On the street, you can. But doing other stuff as well, like giving interviews, and making sure you're on TV, and then you're back to being a mate.

Having witnessed Albany's music scene evolve since the mid-90s, Mackenzie says it was a natural step to move to the capital.

"If you do realise that you don't have a job, you can be pushy and try to get work," he said.

"But doing that other stuff as well, the media work and so on, is a hard job. Not to be dismissive of it, but you can't keep your job.

"We knew that we had a good band and we knew what we wanted to do, and we had the opportunity to do it."
Anne Davidson puts The Sound of Music cast through its paces.

Company prepares for musical classic

The popular musical sees some new talent hit the stage, with the lead role of Maria being played by Mary Poppins.

"I love The Sound of Music. It's one of my favourites," she said. "Director makes you realize how much work goes into it. Hopefully I can put my slant on it.

Ticket sales have already exceeded expectations, with more than 400 tickets sold in the first four weeks out from the opening night.

Davidson said they had decided to put on an extra show as many people missed out on seeing the show to life," he said. "The roles and it really brings the community aspect of being involved with the production.

She said she was excited about the role and looked forward to working with the cast and crew, the role and it really brings the community aspect of being involved with the production.

"The popular musical sees some new talent hit the stage, with the lead role of Maria being played by Mary Poppins," Davidson said.

"I love The Sound of Music. I'm just enjoying the process," he said. "It's a great show to bring to Albany for a gap year and the cast and crew are amazing, but the people who are playing the roles and it really brings the community aspect of being involved with the production."
FOR SALE
EMPLOYMENT
CLASSIFIEDS ADVERTISING
ADVERTISING
Display & Lineage 5pm TUESDAYS. UNTIL Sold rebooking - 4pm TUESDAY. UNTIL Sold rebooking unless paid. ALL ADS END THURSDAYS.UTHURSDAU.

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Announce your new arrival
CELEBRANTS
DIRECTORS
HAPPY
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Each additional 25 characters (or part thereof) ............$2.50
Discount rates available for employment display ads.
First 75 characters (or part thereof), including spaces ....$12

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Albany, Western Australia

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Koster’s Outdoor Pty Ltd
Albany, Western Australia

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Do you have experience in outdoor environments?

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Do you have experience in outdoor environments?

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**Event Timeline**

**FIRDAY, MARCH 3 – Albany Airport**

- Gates Open & Sign On + Pre Pass Vehicle Inspections
- ¼ Mile Roll on Drag Racing (Trap speeds recorded)
- ½ Mile Roll on Drag Racing (Trap speeds recorded)
- Event Close

**SATURDAY MARCH 4 & SUNDAY, MARCH 5 – Albany Airport**

- Gates Open & Sign On + Pre Pass Vehicle Inspections
- ¼ Mile Roll on Drag Racing (Trap speeds recorded)
- ½ Mile Roll on Drag Racing (Trap speeds recorded)
- Gates Open & Sign On + Pre Pass Vehicle Inspections
- ¼ Mile Roll on Drag Racing (Trap speeds recorded)
- ½ Mile Roll on Drag Racing (Trap speeds recorded)
- Event Close

**Event Close. (All competitors and vendors to bump out by 18:00)**

**Motul Racewars Special Event**

- “Cash Days” Knock Out 1/8th Mile Drag Racing + Grudge Racing
- “Cash Days” Driver Briefing & Sign Up’s
- “Cash Days” Knock Out 1/8th Mile Drag Racing + Grudge Racing
- “Cash Days” Driver Briefing & Sign Up’s

**Event Close. (All competitors and vendors to bump out by 18:00)**

**No entries. No exceptions.**

- No gate passes or no wristbands = No entry

- Children under 12yr’s free when accompanied by an adult.

- Passenger Passes & Official Merchandise is available for purchase trackside.

- No gate passes or no wristbands = No entry. No exceptions.

**Spectator Ticket Pricing**

- Spectator Day Pass – Saturday $10 Per Person
- Spectator Day Pass – Sunday $10 Per Person
- Spectator Weekend Pass (Sat / Sun) – $15 Per Person
- Spectator Group Weekend Pass (Sat – Sun) – $65 (5 People)

**Motul Racewars**

**Buzz around town as Racewars looms**

**Racewars edition**

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**RACEWARS’ HOT REVOLUTIONARY ARMS – Your Special Car, Your Needs!**

**Racewars co-founder and event-director Jonathan Murray said it was overwhelming to the level of support for his little event having received by the shear level of support our last event had received so since we moved to Albany, he said.**

**Graham Whitelhurst and Colin Hirtt.**

**Graham Whitelhurst looks over his HK Holden with Steve and Ray Panizza at Auto One Albany.**

**Event Close. (All competitors and vendors to bump out by 18:00)**

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Europe lures an old angler

COLUMN COURTESY OF

THIS WILL be Alby sen-
ing in Europe for a few
months. I am sure he will
enjoy the writing of someone
young.

He will be chasing fish such as this 20.12 lb (9.13 kg) beauty while
fishing in Europe. This is a
concern after all the re-
fishing that our current
local angler has done.

I heard plenty of fish
fishing from Thursday on has
been very tough with one
particular family that was
on board having a very
difficult time.

The offshore fishing
from Thursday on has
been very tough with one
particular family that was
on board having a very
difficult time.

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difficult time.

Sun and take times on the South Coast are as follows:

Albany – 15nm 12m 7.73m, 15nm 12m 7.77m, 15nm 12m
8.43m, 15nm 12m 7.89m, 15nm 12m 7.74m.

Wanted: Walpole – 15nm 12m 8.45m, 15nm 12m
8.52m, 15nm 12m 8.46m.

This is for the whole
month of March.

Email your best fishing photos for a chance to WIN A $50 VOUCHER from Albany Rods & Tackle

Entries to: journo@gsweekender.com.au

visitors take out Denmark Classic

WINNER of Denmark Golf Classic, Caroline Valdivieso, winner of the Ladies’ Prize. She was runner-up to Sherry Smidt in the spoils of war.

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The latest in car wash technology from the USA.
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Just the best car wash products money can buy.
That’s our promise!

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Ditch the car and enjoy the sunshine!
Get an E-BIKE!

Trek / Kalkhoff / Focus

9842 1387

97 Lockyer Ave, Albany

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You and your metabolism

By AMBER CERRIVACE

Metabolism changes depending on our activity demands. But most of our daily metabolic needs come from doing absolutely nothing. Your resting metabolic rate is the amount of energy used if you were to lie on your back in a warm room, and it makes up around 60 percent of your total daily energy expenditure. And doing nothing is as demanding because simply staying alive is an energy-intensive process. Where has your metabolism to slow down or speed up?

Metabolism can go too fast at times when you eat or drink: several hours after eating, your metabolic rate increases by around 10 percent. If you eat around and don’t exercise, the total metabolic demand might be only 10 percent of the day’s energy use. Metabolism slows down by ageing, but only very gradually. So, how much of our day-to-day activity is influenced by a gradual decline in resting metabolic rate. The gradual loss of muscle mass is in most common the reason behind this.

Where do diet and exercise come into this?

There are many claims for metabolic boosting foods and exercise. While many foods and protein-enriched drinks have a short-term (and small) effect on increasing metabolic rate, the evidence for long-term benefits is lacking. Exercise improves metabolic syndrome by improving blood pressure and lowering the risk of cognitive decline. Beginning and maintaining an exercise regime that targets these areas and power is the best strategy for giving your metabolism a boost.

Railways on top again

Railways will finish on top of the Adelaide Cricket Association ladder for the first time since 2011 following a solid 60-run win over Maryparks at Prospect Oval on Sunday. The Tigers’ superior performance over Maryparks with nine runs to go, secured a place in the grand final.

Two runs were plated on the weekend part of the ACA T20. Maryparks won the toss and elected to bat in Sunday’s round 17 fixture and looked set to build on the platform set up by opener in from spinner Ryan Kin-

lic and Simon Forman. But the top-order crum-

bled with the loss of three quick wickets, before the middle-order batsman began the salvage operation. Bryce Diercke dug in with a top score of 45 and was assisted by his captain Simon Forman, who scored 39 in a fine 114-run stand.

In the other round 16 match on Saturday, be-

ginning the risk of cognitive decline. Function and has many additional benefits. While spicy foods and protein-rich dinners have a short-term (and small) effect on increasing metabolic rate, the evidence for long-term benefits is lacking.

The last round 17 fixture saw Collinswood Park and Denmark was tal-

ented. The brother to the main man, in the opening fixture of the day, put the match out of Park’s reach. Masters finished with 61 out of 10 overs. Dane Mackay, who was a hard-hitter in his final over to finish with 96. Masters was the pick of the bowlers for Railways, claiming three wickets for 45 runs.

Cape Marypark and Marypark also entered the match with the uncertainties that twin in the knee for months. Mr. Bradfield said rolling was seen as an early contact sport with each player wearing a roller tag as a safety feature.

As they skate around a circuit, the queen has no tags and the three pawns have tags on each top heart with two pawns each. Each round and the team being tagged “is needed”. The king may choose to enter the ring, whereas the placer takes his place.

“Because it’s for any level of skaters, what happens quite often is that someone will be out there and they’re just rolling their fifth or sixth time and they’re quite exhausted,” Ms. Swaddling said.

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The Albany Cooperative Society building on the corner of Frederick and Spencer streets taken in 1879. The building was constructed in 1870 by J.U. Green and originally included a shop which took up three-quarters of the ground floor.

Photo: Courtesy Albany Historical Society

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