Jack and Pat McSweeney will compete in this year’s Chevron City to Surf on Sunday, July 23.

ALBANY’S Pat McSweeney and his son Jack are putting in the hard yards preparing for this year’s Chevron City to Surf on Sunday, July 23. Twenty-six year-old Jack, who has Down Syndrome, has been training for the run on a trial-and-error basis over the past 12 months to work it,” he said.

He said the best part of the event was engaging with other families throughout the state. “It’s been fantastic for him to make these connections with others and to help raise funds for Activ.”

Regulations are now open for the Albany event at Middleton Beach, which offers 4km and 12km running and walking categories, as well as a 4km wheelchair event.
**Park rangers snowed under with traffic jam**

**History in a nutshell**

**Early Chinese presence in Albany**

**State backs down on council vehicle concessions**

**FRUIT TREES**

- **Cherries**... need a truly area to set tree
- **Apples**... crunch into them straight off the tree
- **Apricots**... sweet tasting
- **Nectarines**... juicer than from the shop
- **Peaches**... or Pecharines... sweet and juicy
- **Pomegranate**... easy to grow...

---

**Super department swallows GSDC**

**Exploring Aboriginal culture**

**The Weekender, July 6, 2017**
Middle school option explored for Katanning

The study will explore educational issues in the local area, examine the demand for a new non-government regional middle school campus in Katanning and Katanning East. The funder is set to be examined before the local government decides whether or not to continue with the project.

After the changes made by the Department of Education and Training to Year 7 in high schools, there has been criticism of the education system. The survey alone shows the need for a middle school campus.

Katanning. The government middle school in Katanning. There needs to be alternative choices for families who want to stay in the region and educate their children to attend high school.

Supt Wood encourages everyone to hand in any illegal firearms, ammunition or hand them to the police.

Supt Wood urges anyone with an illicit or unregistered firearm to take advantage of the amnesty and surrender the weapon to their local police station.

“We want these weapons to be in the right hands,” he said.

All firearms that are handed in will be destroyed. It’s not required to assist. We’ve had a number of issues with firearms being stolen from families, or even found in old sheds and crunch boxes,” he said.

“It may have been previously stolen, and we’ll look into that and see whether it needs to be returned or not.

Great Southern Police District Superintendent Dominic Wood with the firearms and ammunition that have been surrendered under the amnesty.

Mr Blair said the study would look at possible options for a school in regional areas with families who would traditionally send their children to boarding school in Albany.

Blair is a shift in regional areas with families who would traditionally send their children to boarding school in Albany.

Mr Blair said the study would look at possible options for a school in Katanning.

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Facelift for pharmacy

PACEMAKER

New family violence restraining orders come into effect

A NSW campy of restraining order inter-operations in Western Australia on Saturday, specific to family violence.

It is known as the Family Violence Restraining Order Act.

Under previous law, the Restraining Orders Act 1997 allowed a person to make a civil application to a court for a Violence Restraining Order or a Protection Order.

New amendments will allow the courts to make an FVRO, VPO or PPO.

FVROs will now be reserved for situations in which people are related to one another, such as a current or former partner or parent, child or sibling, or in situations where family members are related to each other.

The new FVRO is a new legal definition of family violence based on the Commonwealth Family Law Act 1975 and will support the new FVROs.

The new legal definition of family violence recognises that control and control are common factors in family violence, rather than just focusing on ‘acts of abuse’.

It also includes examples of cyber-stalking and the distribution of intimate images without consent, which recognises the prominence of technology featured in abuse.

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• Latest technology in hearing aids

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5/8 Toll Place, Albany WA (near train station) • Email: info@whales.com.au • Phone: 9892 9300, or Crime Stoppers on 1800 333 000

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• WA Grape Tomato Punnet 200g
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• Kelloggs Rice Bubbles
• Amo’s Family Associated Biscuits 500g

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Tired of asking others to repeat themselves? Do you find it hard to follow group conversations? Maybe it’s time for a hearing test?

Offer is only available on Tuesdays with this coupon. Please contact our office and mention this coupon when booking to fix a hearing test.

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5/8 Toll Place, Albany WA (near train station) • Email: info@whales.com.au • Phone: 9892 9300, or Crime Stoppers on 1800 333 000

ON THE BOX

We’ve reduced our prices on our range of premium products to match the major national supermarket chains.
**Donations for less fortunate**

DESPITE having their backs to the wall, a group of Albany potato farmers have still found the generosity to help those who are less fortunate.

With an oversupply of potatoes, due to trade restrictions by the interstate market, potato growers exemplified the generosity to help those who are less fortunate. Potato growers were left carrying potatoes, which causes zebral chip, a disease that causes zebra chip, which renders the vegetation useless for food.

Foodbank Albany branch manager Rod Pfeiffer said it was important to encourage people to support those in need.

Mr Pfeiffer said the generosity and assistance provided to Foodbank from local businesses and individuals has further demonstrated the spirit of Albany and the Albany community.

Foodbank Albany manager Rod Pfeiffer (centre) gratefully receive a truck-load of spuds from potato farmers Colin Ayres (left) and Trevor Barker (right). Foodbank's largest selection of Great Southern Wines in Western Australia

**The road less travelled**

IS your child constantly in trouble? Do they not do what they are told? Do their school reports say ‘I only try when I feel like’? Well, maybe they’re a future Nobel Prize winner.

Professor Barry Marshall gave an entertaining and interesting talk at the Albany Theatre last Tuesday night on ‘The path to the Nobel Prize.’

Professor Marshall and Dr Warren were so close to winning the Nobel Prize, but understood that the bacteria required another method – for his year 12 science project he built a medicine that could cure ulcers.

But what Marshall and Warren had was a cure. But Marshall and Warren had was a cure.

Doctors could diagnose them by endoscopy, which is a camera on a cable that would be inserted in the stomach.

When people saw what looked like bacteria in the stomach, they had it explained away as contaminants, or ignored it as something else.

But an endoscopy the next week revealed that he had symptoms caused by Helicobacter – and when he treated himself with antibiotics, he was cured.

The idea that doctors in Perth whom no-one had heard of could discover something the big universities in Sydney and Melbourne had missed was inconceivable.

But eventually, Marshall and Warren had their work published. And their work was published.

Surgery was dangerous, and the medication had serious side effects.

But what Marshall and Warren had was a cure. A result of specially selected antibiotics and the problem went away.

Marshall and Warren's work was not just fundamentally, it was also courageous, for the odds were against them.

And they were against them.

They raised the medical record of people who’d come in for endoscopies and found that close to one hundred percent of the people who had stomach ulcers had Helicobacter infection. What if you could cure them? There were many Nobel Prize winners.

And the type they were interited in only grew in people, so animal testing was out.

But an endoscopy the next week revealed that he had symptoms caused by Helicobacter – and when he treated himself with antibiotics, he was cured.

But Marshall and Warren thought it might be a future Nobel Prize winner.

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HILLIER BEACH TOPS SOUTH COAST FOR MICRO PLASTIC

GEORGE VIVIAN

MANY people would be surprised to learn that in out of the way south beach near Denmark is among the worse, with an array of plastics and other rubbish endangering human health.

A new scientific study shows Hillier Beach near Denmark to be among the worst in the state for microplastic levels in the sand. UWA's Albany academic Harriet Paterson said it ranked with Scarborough Beach, Grosvenor Beach and Geraldton foreshore as the worst in her study.

Dr Paterson said the began studying plastic pollution to better understand what was causing higher than usual microplastic levels in the sand.

It is down to tiny 10-15cm-long establishments, she said.

"It is down to about 10-15cm of what it was," she said.

"It’s climate change that affects the food supply, hence their catch from commercial fishing and their plastics."

"It’s trying to cut out which of those we have to spend more time fixing first to stop the feared decline of the marine beach."

Dr Paterson said plastic microfibres contained various poisonous chemicals that endangered the health of the timber creatures that ate them as well as the rest of the food chain.

They leach chemicals called phthalates, and those chemicals then end up in the bodies of the fish.

They also can end up in the bodies of the fish and in the great barrier reef."

Dr Paterson said microfibres did not only come from the breakdown of rope and packaging – washing clothes or a washing machine also created microplastics that often end up in the sea.

She said some of the fibres originated with letters that had been discarded a considerable distance from the coast, which had found their way to the beach and had been washed into the sea.

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HEAVY vehicle audits are necessary part of ensuring a transport business complies with state or locally-based company requirements. To ensure your vehicles are maintained to all the legal requirements, contact Bill Tiller at Albany Action Audits.

With over 40 years’ experience, Bill has all the accreditation and knowledge to consult through audits. He is well versed in the requirements of the company and will come to you to carry out the inspections. From businesses that have a simple prime mover to those with a full fleet, Bill will come to the business site at a time that suits you.

These audits are required annually, can be completed up to three months before the due date and come complete with a Main Roads’ Accreditation. Action Audit Albany can travel to you, taking in the area from the Great Southern, north to Esperance and surrounding areas.

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To find out more about Action Audit Albany, including prices and availability, contact Bill on 0427 773 055 or action1@bigpond.com.au

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Yurlmun continues to gain recognition

ASHLEIGH FIELDING

The Yurlmun: Aboriginal Art exhibition continues to catch up with another award to its IPASA awards last week.

This exhibition, held in Albany, which showcased the shared history of Albany’s Miaingi people with early European settlers through historic objects, was awarded best practice in collaboration between government and non-government organisations.

Western Australian Museum CEO Alex Coles said collaboration had come to define the museum’s work.

“Yurlmun is an astonishing project that has forged new ground in relationships between collecting institutions and source communities,” Mr Coles said. “This exhibition is a significant step in reconnecting museum collections with people and place, and in reconnecting communities with their cultural heritage.”

“The loan of a whole collection of British Museum objects to their place of origin is unprecedented.”

The award was presented to the W A Museum and its partners for the exhibition, which was co-curated by the Albany Heritage Reference Group Aboriginal Corporation.

The Yurlmun exhibition first received national recognition at the Museums and Galleries National Awards in May when it was named in the best Indigenous Project category.

The exhibition is on display in the main gallery at the W A Museum until 6 December 2017.

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Kings Antiques & Restorations

GEFFY VIVAN

A LOCAL arts advocacy group is putting Albany Town Hall on the art gallery map. It would make a huge impact on the city’s cultural status.

Last month council voted to receive a $1.6 million Lotterywest grant, including $600,000 to be spent on Albany Town Hall and $511,000 for the Town Hall refurbishment. McArdle said they were putting their hands up to be a new art gallery that would become a major art gallery and museum space.

Mayor Williams said this would be subject to ratification by council when it passes the 2017-18 budget.

$15k for Airbnb

GEFFY VIVAN

A significant new rule is $15,000 being charged for the new venture.

Who would have thought this would happen so quickly. The plan is to lengthen the creek by diverting it into a meandering pattern. The creek flows through a piece of developable land on the southern outskirts of the town, where it joins the North Road Caltex service station.

The plan is to lengthen the creek into a meandering pattern through the bush, and planting native habitat and a quality recreational area, but the main reason was to make the Town Hall into an art gallery.

There is hope!

The Weekender, July 6, 2017 15

FINES UP TO $280,000 • UP TO 14 YEARS JAIL

Register or dispose of unregistered firearms.

If you have an unregistered firearm now's the time to act. The National Firearms Amendment is your opportunity to hand your firearm to a dealer, or register/dispose of unregistered firearms, without penalty. You may also be eligible to sell your firearm to a dealer. It's your chance to hand in a firearm that may have been making our communities less safe.

2017 ACCI Great Southern Business Awards

Nominations are now open for the 2017 ACCI Great Southern Business Awards.

Once you decide to enter the ACCI Great Southern Business Awards, you immediately begin to reap the rewards. Preparation of your submission gives you a fresh perspective and new insights into future strategies for the growth and development of your business. It also gives you a valuable opportunity to step back and reflect how far you’ve already come. The entry process has been deliberately designed to help you focus on key aspects of your business being: business overview, business planning, staff (if applicable) and business ethics.

Regardless of whether your business is a winner this year or in the future, entering the ACCI Great Southern Business Awards provides a valuable opportunity to benchmark your performance against other successful businesses.

Application Packs and Selection Criteria are available for download from www.albanycci.com.au

Nominations Close Friday 21 July 2017

CRUCIAL DATES: Submissions close 18 August

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Just moving around the corner to 39 Albert Street

Windows are the showpiece of your home or office and can be the most time-consuming task undertaken in cleaning. Why not call the experts for a quick, efficient service that can have your windows sparkling in no time?

CGS Quality Cleaning is a 100% Western Australian owned and operated business, ensuring your money stays here. Call the team at CGS Quality Cleaning and get your home or office a facelift. You’ll be thrilled with the difference.

WHETHER it’s a small job or a big job, CGS Quality Cleaning has it covered, with a range of services including commercial cleaning, office cleaning, carpet, stripping and sealing of vinyl flooring and vacuum cleaning, including outdoor cleaning, pergolas and lawns.

Also offering pressure cleaning, they can improve the look and safety of your property with the removal of mould, mildew, ingrained dirt and grime from driveways, pathways and hard surfaces.


GEORGE JOHAN


DURING in groups and organised exercises are two of the methods local training organisation Worklink have used to prepare 10 young people for the workforce. Trainer and assessor Justine Grey said the activities were designed to build confidence, teamwork skills and more.

“We use all sorts of physical activities, it sounds fantastic, we’re working on teamwork and when we’re too tired it just sounds like a disaster,” she said.

“It improves their listening skills as well, because they have to listen and pay attention to what everyone’s doing.”

Worklink runs the Certificale II in Business course for people who are under 18 years old and yet to find a job, and who are not attending school.

Karah-Lea Van Grootel said she had not had a job since leaving school two years ago, but the Worklink course had now given her a bit of useful knowledge.

“I’ve been learning business and retail skills like cash handling,” she said. “I’m thinking of doing something within the retail line.”

She said she would be visiting businesses and looking out copies of her resume soon.

Zin O’Flynn said he had only been to school for 12 per cent of the last semester.

“I was a bit of a problem child, but this course really put me on the right path and helped me develop people skills and a bit of other stuff,” he said.

“I’ve been developing my business skills and making myself more employable. It’s been a great unformalised 12 months and it’s made me think of something to anyone else. I’m actually thinking about heading back to school.”

The 10 trainees graduated with a Certificate II in Business on Friday.
Look at our federal politics! Everybody complained about Gillard and Rudd - now we have Turnbull and Abbott. Abbott’s made a huge deal about the instability of the whole show. Well, in my opinion, both should resign from Parliament and allow Chris Morrison take over and form a stable government. I believe we now have the first conservative circus in Canberra and our WA liberals are our worst offenders, just letting the show go on. Let’s hope the Governor General sacks the government and we get a fresh start. But then, its only a baked bean seller’s opinion baked bean seller Paul Lionetti.

Specials available Thursday 6/7/17 until Tuesday 11/7/17 while stocks last. Retail quantities only, no trade supplied. Pictures used for illustration purposes only.
A journey through art

GRACE JONES
Petchenor Gallery in Wapple is busy preparing for two exhibitions that will showcase a different range of works from local artists.

Due to be unveiled on Saturday, the first exhibition, Alfi e Byatt: No Such Thing as a Perfect Circle, is expected to offer an insight into periods of change and personal growth.

"Alfi e is a self-taught artist, who works in a variety of mediums such as ceramics, mosaics, encaustics, wax painting and printmaking," said Bianca Byatt, director of Petchenor Gallery.

The second exhibition, Artists Collective in Albany and is the co-founder of the Seasonal Creative with Nornalup, is an annual program that brings people together to share and grow their skills.

Alfi e Byatt for the past 14 years.

"It is a great opportunity for local artists to showcase their work in a gallery setting," said Bianca.

Included in the cost of Alfi e’s service are his pad, clearing bush and getting gravel in his truck to where it is needed.

Alfi e will also deliver soil, sand or gravel in his truck to where it is needed.

"Creating these huts is like a giant puzzle. We have to fit the collected sand branches to the floor and to the roof," said Aboriginal Community Liaison Officer for the Museum of the Great Southern, Abigail Noyes.

"We are noticing a continual flow of interest in indigenous culture, particularly language," said Abigail.

"Alfi e’s journey, along with the Menang people to get their story on show, will make us all very proud."

"It makes us all indigenous cultures worth while, as our children learn about their ancestors and more."

Community learns language

ASHLEIGH FIELDING
NADDOC Week celebrations commenced on Tuesday with an active program at the Museum in the Great Southern.

"The museum has been the hostess by teaching visitors the techniques of making a koornt, a traditional bush hut," said Alfi e Byatt.

"During the colder months, our ancestors would build koornts, but some of the men would have to stay behind on the coast to look after the country."

"These koornts were ideal as they provided an insulated, dry and waterproof area for our ancestors to avoid possible predators," said Abigail.

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Byatt Bobcat Services

KALEY STONE
22 Prior St, Albany
P: 9841 6688  F: 9842 5052
E: admin@kenstonemotortrimmers.com.au
W: www.kenstonemotortrimmers.com.au

TRADER IN PROFILE

TRADERS IN PROFILE

TRADER IN PROFILE

### Byatt Bobcat Services

- Vehicle Canopies
- Boat Canopies
- TARPS
- Tonneaus
- BANNERS
- CANVAS SEAT COVERS

"Quality Materials & Workmanship"

"Get yours now!"

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**A journey through art**

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Byatt Bobcat Services has been owned and operated by Albany locals Alfi e Byatt for the past 14 years.

Alfi e moved from Perth many, many years ago for the lifestyle of the Great Southern.

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Alfi e, owner & operator of Byatt Bobcat Services has been commencing on Tuesday with an active program at the Museum in the Great Southern.

Menang man Alfi e Byatt be-

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Ashleigh Fielding

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Menang man Alfi e Byatt be-
SPECIAL INTRODUCTORY OFFER!

15 minute wash. 1400 programs, including motor (10 year parts warranty). EcoSilence brushless clean IQ silent drive hybrid. Hygienic steam drum. Detergent drawer, liquid detergent also available. Self-cleaning can add forgotten items, self-cleaning Reload function. NEW! Siemens IQ800 9kg washer with Sensofresh, plus 7.5KG FRONT LOADER Direct drive with gentle wash agitator. FISHER & PAYKEL Anti-mildew seal. FISHER & PAYKEL Condenser Dryer. Bosch 7kg condenser dryer uses air condensation technology VarioPerfect programming for reduced energy or reduced time washing. EcoSilence brushless motor (10 year parts warranty). Hygienic steam drum. Siemens that lets you wash odours out of clothes without water. Washer uses a detergent drawer, liquid detergent also available. Self-cleaning Reload function. Kate McLean.

Wash your clothes without water! You think we’re kidding? We’re not!

NEW! Siemens IQ800 9kg washer with Sensofresh, plus many other famous Siemens “wash better” features.

Perfect function to pause so you can add brightening power.

Detergent drawer, liquid detergent also available. Self-cleaning can add forgotten items, self-cleaning Reload function. Siemens IQ800 9kg washer with Sensofresh, plus many other famous Siemens “wash better” features.

How many times have you pulled a not-worn-often jacket or blouse out of the wardrobe and it’s a bit marked? Now you don’t have to. The Bosch 4kg washer with Sensofresh can be put on the Sensifresh cycle and in 30 minutes it will come out fresh and dry like the proverbial daisy. Or you’ve been in a crowd and you find your briefly worn garments have a smell of BOD or cigarette smoke.

One lucky buyer will fall head over heels in love with the location of this home. This home embodies relaxed family living, with a flexible floor plan. Generously proportioned and with a formal lounge are just a few of the wonderful features on offer. The east-west plan of configuration options to suit all individual needs, both now and in the future to come. Four bedrooms, open-plan living dining and a formal lounge are just a few of the wonderful features on offer. From the central kitchen and living areas, a set of stairs lead down to a double garage and workshop, plus an additional room that could be used as a studio, or for more storage op- portunities.

Siemens offer a range of German-made dishwashers with 5 year manufacturer warranties. 14 and 15 place setting options in white, stainless or-built-in.

Siemens offer a range of German-made dishwashers with 5 year manufacturer warranties. 14 and 15 place setting options in white, stainless or-built-in.

Siemens offer a range of German-made dishwashers with 5 year manufacturer warranties. 14 and 15 place setting options in white, stainless or-built-in.
Holiday in Bremer Bay

Beaut, neat & tidy, well-maintained duplex half with 2 beds, open-plan kit/din/living. Has gge, rear patio & is close to shopping, schools & transport. If you are just getting started, this property is ideal!

Brick 4 bed, 2 bath home. Open-plan with central kitchen. Would be great lock & leave with gge under home, deck/patio on top, easy-care gardens & solar panels. Nip to shops and back in 5 mins. Exclusive... investors! Great location.

This sunny brick home is sure to tick a lot of boxes, it has a king-sized main bedroom with BIR & a semi ensuite with 2nd WC. The living room is warmed by tile heat plus there is a lovely sun room for family dining or activities. Enjoy town lights, room for van, and direct entry into home from lock up gge.

This 640m² block is great value! Build yourself a comfy weekender for permanent family retreats. Great for long walks on the beach, and time to reconnect with loved ones. (ZOD536) View Sunday 1.00-1.30 Sale $245,000 Rick Jackson 0429 436 598 | 9841 0208

Immaculate brick & tile house

10b Sherwood Drive

Beaut, neat & tidy, well-maintained duplex half with 2 beds, open-plan kit/din/living. Has gge, rear patio & is close to shopping, schools & transport. If you are just getting started, this property is ideal!

View Saturday 11.00-11.30 & Sunday 4.00-4.30 Sale $595,000 Rita McLean 0427 423 200 | 9841 0207

12 Maxwell Place

Block 4 bed, 2 bath home. Open plan with central kitchen. Would be great lock & leave with gge under home, deck/patio on top, easy-care gardens & solar panels. Nip to shops and back in 5 mins. Exclusive... investors! Great location.

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

THE ORIGINAL & THE BEST – RAY WHITE ALBANY
Reduced

The Weekender, July 6, 2017

Property

Location, location, location

This unique lot of 620m2 is right in the heart of ideal location for the busy family, as it’s less than 150m to the local shopping complex. A fantastic family home of 3 bed, 2 bath, 2 WC’s and multiple living areas. All set on flat 870m2 cul-de-sac block.

View Saturday 12.00-12.30
Sale $259,000
Joe Trichilo (0429 270 675) | 9841 0210

Outstanding views

High 103m2 block with highway frontage. If it’s level, which makes an easy build block for your home and sheds. 5000m2.

Sale $159,000
Graham Webster 0415 433 265 | 9841 0209
Ray White Albany | 226 York Street Albany | T 08 641 2350 | W raywhitealbany.com.au

Ample parking

• 600m2 T/A
• 3 bed 2 bath with open-plan lifestyle
• Family room, new carpet & curtains
• 2 walled patios, driveway & garden shed

Sale $349,000
Rita McLean 0427 423 200 | 9841 0207

5 Milpara Way

This awesome level block is in the perfect location for the busy family home, as its less than 150m to the new shopping complex. A fantastic family home of 3 bed, 2 bath, 2 WC’s and multiple living areas. All set on 870m2 cul-de-sac block.

View Saturday 10.00-10.30
Sale $349,000
Joe Trichilo (0429 270 675) | 9841 0210

526 Lower King Road

Complementing this 510m2 block is an extensive outdoor undercover area complete with a sand pit. Detached sunroom/ teenage retreat than can also be used as a shed with workshop. Enclawed, front yard & Latin green gables – plenty of room for the kids to play.

View Sunday 3.00-3.30
Sale $335,000
Rita McLean (0427 423 200) | 9841 0207

Great value family home

• Family friendly home with extra large bedrooms
• 2 living areas, including theatre or rumpus room
• Modern build with two reverse cycle units
• Large patio area & two toilets (MK527)

Sale $415,000
Hollie Hummerston 0429 410 035 | 9841 0211

Can you believe this price!

Go shares with family or friends and purchase a property in this bustling suburb, just for the price of one share. 8.5m35.

Sale $75,000
Linda Knight 0439 336 554 | 9841 0210

Inner city development calling

• 630m2 from York Street on 633m2
• Build two homes on and prosper
• Walk to the shopping centres, coffee shops
• 3 titles available for sale, total of 1100m2 (ZC94)

Sale $196,000
Hollie Hummerston 0429 410 006 | 9841 0211

Hollie Hummerston

56 Parks Road

Located on the seaward edge of Quindalup, this secluded 4x4 home has outstanding views over the Porongurup Ranges & beaches beyond. This is your chance!

Sale $610,000
Graham Webster 0415 433 265 | 9841 0209

Cannibal Road

Level block on 468m2

This 850 metres from York Street on 632m2

Sale $139,000
Hollie Hummerston 0429 410 006 | 9841 0211

Joe Trichilo

Reduced

Sale

25 Kula Road

Impressive panoramic views

Fantastic location with impressive views is what Albany is all about. Offering excellent views of the surrounding landscape, this home has a good sized kitchen, 3 bath, Separate talleys plus spa, 2 title available for sale, total of 1100m2 (ZC94)

View Sunday 12.00-12.30
Sale $185,000
Hollie Hummerston 0429 410 006 | 9841 0211

490 Great Eastern Highway

Easy build

Great 101m2 block with highway frontage. It’s level, which makes an easy build block for your home and sheds.

Sale $130,000

Create your B&B retreat

• 2x1, 2x1 or large living, kitchen, wood fire, raked ceilings
• 3x1, 2x1 or large living, wood fire, raked ceilings
• 2x1, large living, kitchen, large conservatory
• 2x1, large living, kitchen, large conservatory
• Large underground studio/bedroom
• 3 xgarage with dual access (OSD19)

Sale $270,000
Linda Knight | 0439 336 554 | 9841 0210

Joe Trichilo

Sale

Outstanding views

6x separate views at this wonderful 650 home

Magnificent Bellevue property on 3.5m2

2x1 for the kids or visitors, 137,000 litres rainwater tanks & sheds plus much more.

Sale $116,000
Hollie Hummerston 0429 410 006 | 9841 0211

Drummond Road

Doing it the fun way

620m2, 2 bed, 2 bath, 2 WC, 2 living areas, 1061m2 block

Sale $210,000
Rita McLean 0427 423 200 | 9841 0207

Rick Jackson

Sale

THE ORIGINAL & THE BEST – RAY WHITE ALBANY

THE ORIGINAL & THE BEST – RAY WHITE ALBANY
Home Open Guide

**SUNDAY**

**11.00-11.30**

160 Grey Street West

Albany

Offers over $1m

2x2 547m²

Rita McLean

0427 423 200 | 9841 0207

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

**12.00-12.30**

215 Grey Street West

Albany

$439,000

2x1 91m²

Joe Trichilo

0409 126 554 | 9841 0210

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

**1.00-1.30**

120 Sherwood Drive

McKail

$245,000

3x1 475m²

Linda Knight

0428 410 006 | 9841 0211

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

**3.00-3.30**

536 Lower King Road

Lower King

$325,000

3x1 824m²

Rita McLean

0427 423 200 | 9841 0207

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

**4.00-4.30**

Greenwood Road

Willyung

From $699,000

5x2 studio 799m²

Rita McLean

0427 423 200 | 9841 0207

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

**NEW RESIDENTIAL ESTATE - STAGE 2**

Moss Ridge Estate

Rufus Street, Milpara, Albany

**TITLES ISSUED**

- 41 LOTS
- 2007m² – 7396m²

**Sale**

$185,000 to $245,000

Graham Walker

0418 422 266 | 9841 0220

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

**Metres from Middleton**

360m [house setback] risk only when stroll to cafe, restaurant, park & foreshore clubs. 5 min drive to golf club & Emu Point and a stones throw to Middleton Beach. (20/6007)

View Saturday 4:00-4:30

Sale $555,000

Graham Walker

0418 422 266 | 9841 0220

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

**332 Frenchman Bay Road**

1 home with harbour views and potential of 2. There are limited properties as picturesque as this, with 3.7m road frontage, private road and easy for school!

View Saturday 10.00-10.30

Sale Offers above $1m

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

**160 Grey Street West**

Perched Royal Harbour, modernised custom friendly rip quality kitchen & bath, verandah, high ceilings, central air, stylish stained glass features, marble pieces, timber floors. 1250m² at rear, enclosed pool & landscaped gardens.

View Saturday 10.00-10.30

Sale Offers above $1m

Rita McLean

0427 423 200 | 9841 0207

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

**Oppportunity is calling you**

3 bed brick home plus an enclosed back verandah, which offers a large flat back yard. Large with double locks of 1012m². There is a double garage plus a second shed which has been fitted out for a man cave to listen to music. (IC76)

Sale $390,000

Rita McLean

0427 423 200 | 9841 0207

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

**Easy to love**

- A home that’s been loved & cared for
- Private outlook only, your own 4012m² block
- Large rear yard with drive through access
- Close to schools, shops & airport (RC115)

Sale $275,000

Hollie Hummerston

0428 410 006 | 9841 0211

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

**Benefit block**

Joining reserve. Lovely block, slightly elevated with ample room for big sheds & a smart large home. Start designing the home & lifestyle for your family. Almost an acre (4007m²). Wonemepa is a popular area with a short drive into city. (ZRC072)

Sale $229,000

Rita McLean

0427 423 200 | 9841 0207

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

**Central city**

- Industrial access
- Smart, passive industry
- Prime development block
- $1.1ha (CC0610)

Sale $250,000

Graham Walker

0418 422 266 | 9841 0220

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

**THE ORIGINAL & THE BEST – RAY WHITE ALBANY**

**50 Campbell Road**

Mira Mar

$185,000

2x2 62m²

Rita McLean

0427 423 200 | 9841 0207

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

**5 Mitropa Way**

Yakamia

$409,000

2x1 87m²

Joe Trichilo

0409 126 554 | 9841 0210

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

- Beautiful equestrian block
- Situated close to the race course, with garden shed, stable shelter, and likeminded neighbours.

For Sale: $339,000
Ray White Albany
0427 423 200 | 9841 0207

13 Hiam Street

- A brand new stylish home with stylish red & burwood interior
- Open-plan living with r/c air-con
- Dbl remote gge and patio

For Sale: $1,700,000
Joe Trichilo
0438 570 979 | 9841 0223

4/15 Shorts Place

- Modern 6 star energy rated, award winning Schlager-built townhouse
- 3 beds, 2 baths, separate study and office

For Sale: $420,000
Graham Walker
0418 422 286 | 9841 0224

307 Campbell Road

- Just listed & sure to attract interest at this price, this dbl brick 2 level unit is perfectly located to town & shops. The kitchen, gas above & timber bench tops is about 12mths old. Fresh coat of paint & new carpet the same time the kitchen was put in. Rear porch. Currently rented to $435pw.

For Sale: $525,000
Rita McLean
0417 423 200 | 9841 0207

23 Gerdes Way

- Light, bright & airy property with open-plan family/living/kitchen area
- Tiling in the main areas, and carpet to add warmth in the Hearts & heads. Presently set aside for entertaining. A well-maintained garden and lawns with great rear access makes this a very easy-care home.

For Sale: $440,000
Joe Trichilo
0438 570 979 | 9841 0223

321 York Street West

- Walk to the shops & cafes, or look out of your window at Princess Royal Harbour & the lake. Tryst County Council is on your doorstep & the lake is just around the corner. This is a very easy-care home.

For Sale: $495,000
Rita McLean
0417 423 200 | 9841 0207

24 Ocean Street

- Beautiful beach bedroom for your family or as a private study
- lovely views of the lake

For Sale: $460,000
Holle Humberston
0418 422 286 | 9841 0211

1/7 Shorts Place

- Modern 6 star energy rated, award winning Schlager-built townhouse
- 3 beds, 2 baths, separate study and office

For Sale: $439,000
Saturday & Sunday
Rita McLean
0417 423 200 | 9841 0207
Right for you!

Because becoming a Ray White client means you have a fantastic lifestyle, where location matters & lifestyle opportunities abound. Build your dream home out on a lovely vacant block, in a tranquil, premium location. Enjoy the views over natural bushland & listen to the sounds of native buntings. (ZMTC21)

Sale $295,000
Rita McLean 0427 423 200 | 9841 0207

30th Wooderson View

Sitting on the Breaksea Estate Hill, this 4-bed, 2-bath home has a shared yard, was built 1993 & has been beautifully maintained & constantly improved or updated. This home is on a private parallel street with spacious monocule & Wifi. This home has a private patio, carport & garage.

View Saturday 2-3-30
Sale $560,000
Linda Krugel 0419 126 054 | 9841 0239

Sick of all the extras?

Buy one of these solid concrete storage units on its own title with a common toilet block. Behind solid automatic gates, move your extra furniture, precious items or vehicles in, or rent it out. Phone & water connected. (COM248)

Sale $200,000 + GST
Rita McLean 0427 423 200 | 9841 0207

Right for you! 30b Wooderson View

Buy one of these solid concrete storage units on its own title with a common toilet block. Behind solid automatic gates, move your extra furniture, precious items or vehicles in, or rent it out. Phone & water connected. (COM249)

Sale $200,000 + GST
Rita McLean 0427 423 200 | 9841 0207

Sick of all the extras?

Buy one of these solid concrete storage units on its own title with a common toilet block. Behind solid automatic gates, move your extra furniture, precious items or vehicles in, or rent it out. Phone & water connected. (COM249)

Sale $200,000 + GST
Rita McLean 0427 423 200 | 9841 0207

The Weekender, July 6, 2017

Ray White Albany | 226 York Street Albany | T 9841 2335 | W raywhitealbany.com.au

THE ORIGINAL & THE BEST – RAY WHITE ALBANY
Ready To Sell Your Property?

Why not engage Albany’s #1 performing sales agency...

- #1 Total Number of Properties Sold
- #1 Top Assisted Sales – Darren Leslie & Jane Pollard
- #1 Top Individual Sales – Kathleen Mier
- #1 Lowest Average Days on Market – 74 Days

Wellington & Reeves Albany

Phone: 9841 1455

albanyproperty.biz

We’ll take care of your property...
While you take care of you!

Have your property appraised with Wellington & Reeves before 31st August, 2017 to go in the draw to win a night on us at the Beach House at Bayside*

WIN A CHANCE TO RELAX. UNWIND. RETREAT.

Wellington & Reeves welcomes Lea Clarke to our team...

albanyproperty.biz

Wellington & Reeves

Lea Clarke 0429 455 452 lea@albanyproperty.biz
LEADING LIFESTYLE CHOICE
1/220 Middleton Road, Mira Mar
With the beach & Albany's CBD within a 2km range & offering customised features & potential for a B&B, this 466sqm strata property presents an exciting prospect for a wide buyer range. Quiet residential complex, exclusively-designed 3x2 home unit, commercial-grade galley kitchen with scullery, two living areas, decks & more.
Lea 0429 455 452 Offers Above $499,000

CHERISH THE LIFESTYLE
5 Drake Bend, Bayonet Head
HOME OPEN SATURDAY 1.30PM-2.00PM
- Great outlook & location in small, quiet offshoot street
- Ideal for small family, empty nesters, retirees or investors
- Outstanding turn key opportunity with nothing left to finish
- Trending home with spacious alfresco, living & galley kitchen
Darren 0414 888 244

WIDE OPEN SPACE IN THE SUBURBS
100 Rufus Street, Milpara
VIEWING BY APPOINTMENT
- Massive back-to-back street frontage 2,433sqm lot
- Rare opportunity for trades, families, first home buyers
- Workshop/man cave linked to spacious split level
- Character 2x1 extendable home with mezzanine loft
Darran 0414 888 244 Kathleen 0439 421 059 $360,000 $370,000

STAGE 6B ALMOST GONE
STAGE 7 NOW SELLING
 Phone: 9841 1455
Darren Leslie 0414 888 244
Jane Pollard 0410 181 249
albanyproperty.biz

NEW LISTING
NEW LISTING
NEW LISTING
NEW LISTING
Wellington & Reeves
Albany Real Estate Since 1948

NEW STAGE RELEASE
NOW SELLING

IF YOU’RE LOOKING FOR AFFORDABLE LAND IN ALBANY, YOU’LL FIND CLYDESDALE PARK ESTATE HAS EVERYTHING YOU WANT AND MORE. THIS EXCITING CONTEMPORARY DEVELOPMENT OFFERS YOU RELAXED LIVING AND A CHOICE OF LOT SIZES. GENEROUS LANDSCAPING AND FENCING INCENTIVES APPLY.

NEW LOTS PRICED FROM $108,000
(AVERAGE $115,000)

Phone: 9841 1455
197 York Street, Albany
albanyproperty.biz

Darren Leslie 0414 888 244
Jane Pollard 0410 181 249

FOR SALE
17 Anchorage Vista, Bayonet Head

LUXE EXECUTIVE DESIGN
VIEWING BY APPOINTMENT

- Premier harbour view setting near nature trails
- MBA award-winning architect-designed family home
- Luxe two-storey three-living area plan with premium deck
- Superbly-landscaped and separate side access family lot

From $800,000

E: darren@albanyproperty.biz
M: 0414 888 244
T: 9841 1455
albanyproperty.biz

Darren Leslie
**Residential**

Albany A7 Lower Denvend Rd
Ideal Storage, Ideal Investment
- Tremendous return on investment of around 9%, Low risk, fixed business
- Over 5,000sqm of shed with 112 separate storage units for lease
- Quality not returns and easy expansion with dependable year on year earnings
- Currently managed by reputable property management firm
- Suitable for low maintenance structure and property, lot and forget!

Brendon Nowotny 0432 998 035
Web Id 17519816
$2,150,000

**Residential**

Albany
Web id 9672101
Brendon Nowotny 0432 998 035
Web Id 19756385
$1,900,000

Centennial Park
Hercules Crescent Secure Storage
Business Need Space, or Just Want Secure Storage Option?
- Brand new storage units from 500sqm.
- Low maintenance, great design, water and power.
- Secure facility, recorded remote entry. Ample parking & turning space, shared WC.
- Brilliant central option for commercial storage, archives, vehicles, boats, caravans

Blair Scott 0459 026 026
Web Id 16629305
$210,000 + GST

**Residential**

Redmond West
3210 Redmond Bay River Road
Tree, Bush Lifestyle Block
- Great lifestyle block for families. Great views.
- Potential 300m2 to build.

Neels Delport 0450 651 401
Web Id 12089377
$325,000

**Residential**

Lower King
93 Elizabeth Street
A Rare Opportunity
- Large, 1 ac property close to river
- Easy subdivision into two, 0.5 ac lots

Jane Bird 0419 531 016
Web Id 10077697
$355,000

**Residential**

Tilba Tilba
4159 Bridge Rd
- Unique property with 12.5 ac
- 25km to town

Jane Bird 0419 531 016
Web Id 12032212
$340,000 to $379,000

**Residential**

Millbrook
127 Douglas Drive
Great Family Home
- Beautiful family backing river reserve.
- Ext. gardens room and relaxing warehouses
- Variety of sheds, veg, fruit, good water

Blair Scott 0469 024 026
Web Id 11297326
$585,000

**Residential**

Kalgoorlie
4550 South Coast Highway
Town Property
- Perfect family home, Spacious, near all amenities.
- Easy drive into Albany central, schools

Jane Bird 0419 531 016
Web Id 16628997
$599,000

**Residential**

Bayonet Head
13 Anchorage Place
Harbour Views and Bush Walks
- Fantastic location, Quiet, Friendly, Leafy
- Easy care property with water views
- Large home, 3 separate living areas

Brendon Nowotny 0432 998 035
Web Id 12089377
$379,000

**Residential**

Redmond West
1500 Redmond Bay River Road
Future Pasture to Get Into.
- Approx. 75ha of blue gums
- Potential return of up to 5.5%.
- Creek running trough property

Brendon Nowotny 0432 998 035
Web Id 12089377
$469,000

**Residential**

Redmond West
2000 Redmond Bay River Road
“Ringwood” Horse Stud
- Round pond, grassed areas
- Sheep paddocks, shearing shed
- Titles issued, one sold already

Brendon Nowotny 0432 998 035
Web Id 12089377
$699,000

**Residential**

Yakamia
36 Davd Road
Amazing Acreage Right in Town with Substantial Bush
- Fantastic central lifestyle property
- Home, grainy flat, sheds, good water
- Subdivision potential for over 100 lots

Blair Scott 0469 024 026
Web Id 15463466
$665,000 to $730,000

**Residential**

Albany
149 Serpentine Road
It’s All in the Detail
- Beautiful entry and decorative flower beds
- Custom designed and built family home
- Study, second living or fourth bedroom

Jane Bird 0419 531 016
Web Id 12032212
$750,000

**Residential**

Gairdner
Dual Income Property 45ha / 1075ac
- Big income from shearing
- Includes all necessary pigeon factory and equipment all in very good condition
- Home, offices, machinery, grain storage & shearing sheds, stable, shearing yards
- Quality medium soil types, strong fertilizer & lime history, well fenced & watered

David Treuwy 0427 468 756
Web Id 17021993
$1,280,000

**Residential**

South Coast Production Unit 1193ha
Ideal Stud Property 127ha / 314ac
- Highly attractive with great outlook

David Treuwy 0427 468 756
Web Id 17021993
$875,000

**Residential**

Boxwood Hill
“Cornwood” 389ha / 1010ac
- Great Family Home
- Perfect Family home, Spacious, near all amenities.

Blair Scott 0469 024 026
Web Id 11297326
$2,150,000

**Residential**

Lowlands
Three Fantastic Blinds 17ha to 23ha
- Lot 257/1 Lake Side Rd Youngs Sliding 13.9ha – Manned Gate, Grazing, water
- Lot 258/2 Redmond Rd 21ha – Gorgeous Outlook, pasture, good water
- Lot 257/3 Brim Rd 17.4ha – Pasture, pegging grounds, shed, water

David Treuwy 0427 468 756
Web Id 15463466
$355,000 each

**Residential**

Gairdner
Wood Farming 225ha / 562ac
- Suit small and medium businesses
- Suit small and medium businesses
- Suit small and medium businesses

David Treuwy 0427 468 756
Web Id 15463466
$985,000

**Residential**

Gairdner
South Coast Producing Unit 1139ha
- Highly suited to grazing or livestock
- Nade 1139ha
- Nade 1139ha

David Treuwy 0427 468 756
Web Id 15463466
$1,985,000

**Residential**

Mount Barker
140 Wood Rd
Sitting Range View Hobby Farm
- 12km to mt Barker
- Close to Mt Barker

Neels Delport 0450 651 401
Web Id 19756385
$245,000

**Residential**

Yakamia
36 Borella Rd
- Great Family Home
- Good Size Home

Brendon Nowotny 0432 998 035
Web Id 16629305
$450,000

**Residential**

Yakamia
36 Borella Rd
- Great Family Home
- Good Size Home

Brendon Nowotny 0432 998 035
Web Id 16629305
$450,000

**Residential**

Lowlands
- 3 Home
- 1 Home

David Treuwy 0427 468 756
Web Id 15463466
$2,250,000

**Residential**

Gairdner
Wood Farming 225ha / 562ac
- Suit small and medium businesses
- Suit small and medium businesses
- Suit small and medium businesses

David Treuwy 0427 468 756
Web Id 15463466
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**Residential**

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South Coast Producing Unit 1139ha
- Highly suited to grazing or livestock
- Nade 1139ha
- Nade 1139ha

David Treuwy 0427 468 756
Web Id 15463466
$1,985,000
We’re coming to Albany

Our Mercedes-Benz and Freightliner Truck Salesman Peter Tuohey and Fuso Salesman Josh Haggerty will be travelling around Albany from the 18th to the 21st of July.

Call Peter on 0407 479 545 or Josh on 0438 268 578 and they will come to you!

Want to know what your truck is worth? Call for an appraisal!

QUALITY USED TRUCKS!

2013 MERCEDES-BENZ 2660 ACTROS 6X4
2010 FREIGHTLINER CORONADO 6X4 TRAY TOP
2007 WESTERN STAR 4800
2013 FREIGHTLINER 8X4 ARGOSY
2012 FREIGHTLINER 6X4 CORONADO
2009 FUSO CANTER TIPPER
2010 FUSO FIGHTER TRAY TOP
2007 FUSO FIGHTER 8X4 TIPPER
2007 ISUZU FXM 1400 TRAY
2006 MITSUBISHI CANTER TRAY TOP

$37,000*
$38,000*
$39,000*
$45,000*
$48,000*
$50,000*
$55,000*
$57,000*
$69,000*
$85,000*
$140,000*
$180,000*

*All prices include GST and remainder of registration but exclude govt stamp duty.

After Hours: Andrew Farano 0417 938 345
In-house finance available

PH: 08 6555 7582
Fax: 08 9311 7461
4 Ulm Place, PERTH AIRPORT WA, 6105
www.daimlertrucksperth.com.au

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We can supply and/or erect:
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www.albanytruckandcarhire.com.au
email: albanytruckhire@westnet.com.au
Phone: 9841 3669
9841 8150 0427 54 Cockburn Road later this year.

PUBLIC NOTICE:
We will be moving to
54 Cockburn Road near this year.

blocks 376 Albany Highway, Albany

PH: 08 6555 7582
Fax: 08 9311 7461
4 Ulm Place, PERTH AIRPORT WA, 6105
www.daimlertrucksperth.com.au

WHY BUY IT, WHEN YOU CAN HIRE IT?

KIDS RENT FREE!
Rent any Weekly Movie from the BBKids or Family sections for FREE! One offer per membership per day only. Not to be used in conjunction with any other offer. Normal membership and rental conditions apply. Not valid on public holidays.

QURENT FREE!
Rent any BB KIDS Weekly Series for FREE!

Need it now and can’t afford the high cost of purchasing?
Coping with pain

Managing pain can range from being a simple, isolating, and private experience to a systemic one that impacts a whole family. It can be a particularly brutal and challenging time for children with a diagnosed neurological condition, as well as for their families. Often, the experience can be overwhelming and may leave you feeling helpless and stuck.

If you have any concerns, talk to your GP or key contact person and if you are unsure of the source of pain or if it is lasting for a few days, a check-up is important.

Acute pain is the sort of pain you get from a cut or a bruise, and it usually lasts for a short time.

Chronic pain is different. It is pain that lasts for a longer period of time, and it affects your daily activities.

There are lots of ways of managing pain. The usual approaches to acute pain are physical activity and over-the-counter medicines, such as paracetamol and ibuprofen.

Managing pain

There are lots of ways of managing pain. The usual approaches to acute pain are physical activity and over-the-counter medicines, such as paracetamol and ibuprofen.

1. Acute pain can be managed effectively by self-help strategies such as applying heat or ice, taking paracetamol, or doing exercises to strengthen muscles.

2. Chronic pain requires a long-term approach that may involve medication, physiotherapy, and other forms of pain management.

3. Chronic pain is highly individual and may require a combination of different strategies to find what works best for you.

4. Physical activity can help to reduce pain and improve mobility.

5. Over-the-counter medicines, such as paracetamol and ibuprofen, can be effective in managing pain.

6. Pain management should be seen as a long-term process and may involve a combination of different strategies.

7. It is important to talk to your doctor about pain management options, as some medications may have side effects that can be harmful.

8. Chronic pain can be managed by using a multidisciplinary approach that involves a team of healthcare professionals, such as a pain management specialist, physiotherapist, and psychologist.

9. Pain management can be expensive, and it is important to talk to your doctor about the costs of different strategies.

10. Pain management is a process, and it is important to be patient and to continue to try different strategies until you find what works best for you.

Physical activity to ease pain

Physical activity is an important part of pain management. It can help to reduce pain, improve mobility, and improve mood. Physical activity can be as simple as walking, swimming, or yoga, or it can be more intense, such as running or weightlifting.

Pharmacological management

Prescription medications or analgesics can be an effective part of pain management. These medications can be used to help reduce pain and improve function.

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Daycare kids enjoy dancing and damper
dancing with the children and we also made damper
inside. “We opened the program on Satur-
the environment.

Children get tired and can
vomiting. When a child is

When you see that your

They’re very much like

What is overstimula-

3.30 TO 4.30PM

DANCE CLASSES

The Weekender, July 6, 2017

For further information contact Anyes on 0428 129 672 or visit

www.twilightdreams.com.au

Children’s Yoga Course

Ages 5 to 12 y olds
Start during July School Holidays on THURS
4:15-5.00pm $16 / $90 x 6 classes
Fully equipped studio

For the full article, head to raisingchildren.net

On Thursday, the Centre

MAGICAL and mythical creatures

On Thursday, the Centre

Magical and mythical creatures rise from the deep

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Ages 5 to 12 y olds
Start during July School Holidays on THURS
4:15-5.00pm $16 / $90 x 6 classes
Fully equipped studio

Films for her staff.

centre had benefi tted from

Damien Yarran came to

and director Jane Zheng

said they had events

MAGICAL and mythical creatures

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For the full article, head to raisingchildren.net

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MAGICAL and mythical creatures rise from the deep
ALBANY WASTE AND RECYCLING EDUCATION

Plastic Free July challenge

Has your wheelie bin got the blues?

Plastic Free July, to signup and to access the free resources, visit the website at www.plasticfreejuly.org.

As Plastic Free July kicks off, New South Wales residents are being encouraged to rethink their plastic usage and to consider alternatives.

FOR MORE INFORMATION ABOUT PLASTIC FREE JULY, VISIT THEIR WEBSITE AT www.plasticfreejuly.org.

Plastic Free July, to signup and to access the free resources, visit the website at www.plasticfreejuly.org.

TAX time can be a daunting thought.

Barwon Accounting Services, your taxation returns can be organised and sorted in no time.

Operating in Albany since September 2004, Barwon Accounting Services can help clients with their taxation needs, business management, succession planning, self-managed superannuation, business services, start-ups and trading or selling a business.

Principal Ian O’Donnell said that all clients could take advantage of Barwon’s services any time of the year.

“The returns should be completed by the end of October and we still get a substantial amount of returns for a bit behind,” Mr O’Donnell said.

For more information about Plastic Free July, to signup and to access the free resources, visit the website at www.plasticfreejuly.org.

Timely accounting advice

TAX time can be a real nightmare for most people. The mountains of paperwork to plough through, loads of complicated legislation to comply with, and complex procedures to be adhered to.

This can be a very stressful time of year.

Fortunately, the team of professional tax advisors at GM Taxation & Accounting are on hand to take all the stress and pain out of the process.

Mr Wood said as well as providing regular personal taxation reviews and advice, the team at GM Taxation & Accounting provides a wide range of services including taxation planning, business planning, self-managed superannuation, cloud accounting, property communist, financial planning, business budgeting, and to help you.

If you find yourself less than thrilled with the accounting services you have received before, or feel you are not receiving the right advice you or your business needs, the team at GM Taxation & Accounting invite you in for an initial consultation to review your needs as a client, free of charge.

“It is important to build trust between a client and what services a client well be and advice is valuable,” Mr Wood said.

“From that beginning, you can continue to trust the advice our team at GM Taxation & Accounting will give you, and our professional yet approachable and friendly manner is something that we believe is well appreciated by our clients.”

Mr Wood said that the company had won an award-winning campaign designed to encourage the general public to reduce their use of single-use plastic in the form of plastic straws in restaurants.

“Businesses are getting on board too, encouraging customers to bring reusable coffee cups or takeaway, saying no to plastic straws in households and bars, and removing plastic cutlery,” Mr Wood said.

If you’d like to do something in support of Plastic Free July but don’t know where to start, the Plastic Free July website has a number of ideas to help you get started.

With downloadable logo and templates posters, through to inspiring stories and detailed case studies, and ideas for the focused events you could hold, the website is a great tool to help you.

You will always deal directly with a principal, Tae Wood, Mike Norman or Steele Harken.

Call 9842 3122 or visit barbican.com.au to make an appointment.

Albany’s war on waste – Where does our waste and recycling go?

HAYE you ever wondered what happens to your rubbish and recycling once it is collected from your kerbside or chute? It all goes to Albany’s Waste and Recycling Education Centre in Albany in a tour of the Hanrahan Waste Management Facility.

The tour is conducted by Cleanaway’s education officer, and commences at the Albany Waste and Recycling Education Centre, located on Hanrahan Road, where the problems created by buying our waste in landfills are explored.

Some of the solutions to these problems that are proving successful in the Albany area are explored, and how these initiatives can be performed are demonstrated based on the three R’s philosophy: Reduce, Reuse and Recycle.

The tour then visits Cleanaway’s farrn facility, where the waste and recycling is sorted and baled ready to be sent to recyclers.

This is a unique opportunity to get up close and personal with what happens to our household waste.

The tour finishes with a visit to the recently upgraded Fascinated Tip Shop.

To book, contact the Albany Community Environment Centre by email: albany@cleanaway.com.au.

If you would like to know more about the Albany Community Environment Centre, follow us on Facebook https://www.facebook.com/AlbanyCommunityEnvironmentCentre or visit in person to book a tour, which is usually held on the first Tuesday of each month starting at 5pm.

GM Taxation & Accounting is a fully registered tax agent with a special interest in the needs of small to medium-sized businesses.

GM Taxation & Accounting is located at Shop 102, Dog Rock Shopping Centre (upper level) and the team welcomes opportunities to meet you and discuss your tax needs.

For more information or to book an appointment you can contact them by calling 9842 8977 to make an appointment.

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Myles Mitchell and The Hot Mama Band will release their latest single for Albany fans at Vancouver Arts Centre on Saturday night.

Mitchell and The Hot Mama’s

THE Albany launch of the latest single from Myles Mitchell and The Hot Mama Band will feature at the inaugural LA TV event at Vancouver Arts Centre on Saturday night.

Mitchell will bring his compelling alternative route for an up-tempo set at the event, which promotes live local music and transforms Vancouver Arts Centre into a late-night music club.

The launch of the single ‘Together Like This’ is a packed house at the Denmark Tavern recently, and thought it was only fair to share the excitement with his Albany fans.

The success of the Denmark launch saw the single crack the top 10 of Triple J’s Unearthed Roots category.

“We were really stoked about that, so we’re looking forward to another great launch at Vancouver Arts Centre,” Mitchell said.

LA TV is the brainchild of Kim Johnson of Vibe Sound Collective and has gained support from the City of Albany.

Johnson aims to provide an experience where music lovers can enjoy a range of live music styles in a supportive environment and to provide opportunities for bands that might not be best suited to the pub circuit.

– Anthony Probert

McDonald’s Albany
90-106 Albany Hwy
Proudly supporting Clean Up Australia Day

Come see our friendly barista Aireen today

Photography Competition

 Calling all the region’s amateur photographers... Capture “Amazing Albany” as you see it and YOU COULD WIN A Mavic Pro
 Features for the Mavic Pro are: 4k camera with 3-axis gimbal, 5 separate cameras, GPS, 27 minute flight time, and up to 40km/h follow mode.

PLUS...
The winning photo will feature on the cover of the 2018 ACCI Directory

Total prize package worth almost $2000, supplied by Retravision

 arts and entertainment

For an entry form plus terms and conditions, email rus.cooper@goldmx.com.au or sales@albanycci.com.au. Entries close July 28, 2017.
Across space and art

**Tangled web of love, mercy and justice**

**ASHLEIGH FLOODING**

**COMPETING narratives and new voices of the past and present**

Grace and Later's second exhibition at the Vancouver Art Centre opened yesterday.

*Spaced 2: Future Recall* features readers to discover regional Western Australian themes from exhibits at the 1942. This new exhibition has been curated to

**Stories from the AEC box office**

Books are drawn from rural and remote, and the second international event of the day. The exhibition invites works by New Zealand and Australian artists to focus on themes of the second edition of Spaced, a recurring international exhibit which showcases the artistic, cultural and social outcomes of the Spaced project. For bookings or takeaway call 6820 3740.}

**Creating the Deep**

An immersive exhibit for kids aged 3-12.

Three weeks of the year and drawn up some magical and mythical creatures that lurk in its depths. Bring them to life in 2D or 3D with recycled materials and join in creating a large installation in the Wedgefield Gallery. Created by Leanne White, this creative play project is made up of series one created 3D model of the world. In the exhibition, the artist explores the ancient practice of permanent artists explores and new visions of the world.

**The Weekender, July 6, 2017**

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

**Fully licensed • BYO (corkage applies)**

**Out Now...**

If you happen to mention the 2014 digital print on archival paper.

**Shylock and Australian contem-**

Shylock and Australian therefore is a great way to spend a rainy day this summer. Parents can play the spaced 2 exhibition and kids will love the exhibition. A great way to spend a rainy day this summer.

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**The Weekender, July 6, 2017**

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

**Fully licensed • BYO (corkage applies)**

**Out Now...**

If you happen to mention the 2014 digital print on archival paper.

**Shylock and Australian contem-**

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To enquire about our affordable display rates Phone 9842 2787

NEWSPAPER DISTRIBUTOR IMEDIATE START

The Great Southern Weekender requires a distributor for Mounts Bay (Lake Macquarie area), commencing from July 20th. Please apply by June 22nd. Working 5 days week, starting at 7am. This job is ideal for retired or pensioner who wants to work a few hours a week, say 1 or 2 days a week. This can be done as you want. Please contact Gayle on 0408 579 288 or Weekender, Ph: 02 4984 6099.

NOW RECRUITING IN THE GREAT SOUTHERN

Ph: 02 4984 0377

KATNANNING DISTRIBUTORS

The Great Southern Weekender requires up to 3 distributors in Katanning for immediate recruitment. This is an experienced, casual role that requires distributors to be available to work Monday to Saturday inclusive, with a minimum of 3 days delivery a week, starting as soon as possible. (This can be done as you want). If you are looking for work, please contact Gayle on 0408 579 288 or email gayle@gsweekender.com.au to apply.

To view our latest classifieds online, log on to www.gsweekender.com.au

COMMUNITY DIRECTORY

Please refer to our online directory for the latest business and community information.
Have you received some excellent customer service?

We want to hear all about it...

Entries are now open for the Great Southern Weekender Best Customer Service Award. Write to us and tell us all about your great customer service experiences in the Great Southern. Nominations close at 5pm on Friday, August 18. The top four finalists will be profiled in the Weekender from Thursday, August 24.

Email your nomination to: tara.cooper@goldfields.com.au

EOFY TAX SAVINGS HERE AT BOS

ERGONOMIC PERCH STOOL
• Rounded base
• Stable
• Don’t sit stand - perch

ERGONOMIC ACTIVSTOOL
• Rounded base
• Perfect for meetings or classrooms

SIT STAND DESK
• Sit your back
• Variety of configurations

REFURBISHED A3 MACHINES
• Colour A3
• New condition
• Wide range of options and prices
• Short lead times available
• All serviced by BOS from new

FUJI KEROX CM225FW
• Colour laser
• Print, copy, scan, fax
• 16” from Sanford Rd
• 15” from Box Hill

FUJI KEROX M545DF
• Mono laser
• Print, copy, scan, fax
• VERY LOW running costs
• Fast performer

ARCHERY
Rainbow Coast Archers now open on Saturdays, with a 12:30pm master and 5pm start at Haven Road, with free coaching. Contact 9644 1014.

CYCLING
Rides on the way as a social riding group for women of all ages, drifting short and long ride options. They meet every Wednesday 7am at Haven Road, cycle to Eyre Park or Parklands at 7:30 am, for Eyre Park Coffee at Bay Meadows Village, 9601 8577 for information. The 50+ easy riders will meet at 9am on Wednesday July 12. More info to Easy Rider Corner Cafe for coffee and cycle info. Contact Shane 0429 455. The easy pace takes most Wednesday at Sun, Lake Promenade, Albany for details. 9633 9586.

Civilian widows
Civilian widows meet every month Thursday at 1:30pm at the White Horse Pub, Albany. Phone 9841 8332.

Walking
The 50+ walking group will meet on Saturdays, July 8, 8:30am at the Old Tarcoola Car Park at the Great Beach, Vancouver Rd. 9AM morning walk starting following our Contact Al- bany mobile phone 9444 4630, Sat & Sun.
The 50+ easy pace group will meet at 7:30 am at the old Finkers Parade car park for a walk to Griff in BBQ at 11AM/langas after walking. The group meet on first Tuesday of each month at Rainbow Coast Neighborhood Centre (RCNC).

Alzheimer’s
Alzheimer’s House, now at 160 Stirling St, Albany. Phone 9642 7777 for information. Our Community Creative Group will meet in the afternoon on Wednesdays. Contact 9644 0460.

Girl Guides
On tour looking for former members, for personal help and interested women from the First Monday of every month at the CBA Hall, Wellington.

Neighbourhood Centre
The Rainbow Coast Neighborhood Centre has programs for parents or caregivers of children aged 0-5, including playgroup, storytime sessions and craft. Phone 9641 7036.

Elseﬁ
Elseﬁ meets first at the West Coast Bowling Club on York St, on the second Saturday of each month. Details on 9641 7133.

Seniors
Senior fares for ferries is held regularly at Warnbro, on Wednesday October 18 at 10am (9641 7541).

Badminton
Albany Tennis Club meets, every Tuesday at 7:30am, from 9841 5544.

Tai Chi
Taole Tai Chi Classes are held at the Rose Hall, car park on Albury North Rd. Contact 9644 3010 or visit www.taoletaichi.com.au

Exercise to Music
The 50+ time on exercise is in every held Monday, Wednesday and Wednesday at the Sun, Bow Yeh Yeh and at RCVC on Saturday on Brunswick, Contact Lydia 9444 5904 (Wes), Jean 9644 8605 (Fri).

Dancing
Late beginners, and dancers every Friday night at Albart Hall on Fifth St. New starting times as from Friday 27 June beginners 6:30 7:30pm, intermediate 7:30-8:30pm. Contact Gary and Elizabeth 9641 9855. Follow us on Facebook ‘Dancing Over 50s Club Albany.’ Contact Altrincham 9641 9855 or contact Kezzie 0417 518 441.

Signiﬁ
A session of the Polly sign class is on duty at the Albany Church every Wednesday, from 9:30am-11:30am. Classes free and open to public.

Bocce
The Bocce ball 50+ world meet at Eyre Park each Wednesday. For details about rinks and tickets, phone 9641 7158.

Flashing
PickAbility is open to people with disabilities to participate in Douglas Road, Langley Park, Albany. Phone 9644 3525.

Flashing
Hot under the collar, it’s just so right.

Car sale
The over 50s line dancing is held on Thursdays at the Rainbow Coast Neighbourhood Centre, for 1.00pm please. Contact Diane 9641 5185 or Julie – 9844 9284.

Walking
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The lure of landing a good sambo

**COLUMN COURTESY OF THE ALBANY SWIM CLUB**

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**Polonia pushed in woolly weather**

By AMBER CEKEREV

DAILY Meds and Fitness Club

24 things to do in the school holidays

By AMBER CEKEREV

DAILY Meds and Fitness Club

**Aviation**

By AMBER CEKEREV

DAILY Meds and Fitness Club

THE weekend's woolly weather dominated the minds of the teams playing the only fixtures on Saturday afternoon, with a number of games being cancelled. Despite the heavy rain, the players held up and the match continued as fixtures.

As half-time it was anyone’s game, with the match tied 1-1. Polonia had taken the lead in the second half to win the game in the final minutes of the match. It was a strongly contested match with the Old Boys coming out on top.

At half-time the game was still 1-1 in reach for Vets with a score of 3-2. However, Vets allowed the Caldonians to get the upper hand and score an additional five goals, ending the game with a score of 6-3.

The game to watch this week was Polonia Rangers versus Cross Keys United, with both teams finding it tough to get ahead. With the round-up of recent games, the match was very much a copy of the previous season, with several teams winning by large margins.

Rayoups played the Old Boys, and the game came out stronger with some impressive goal scoring attempts.

One well-placed kick from the halfway line narrowly missed the goal. It hit the crossbar, and there was no further action.

Rovers faced Breamwater, with Breamwater scoring the only goal of the match. Rovers played Breamwater in the second half of the match. Rovers played Breamwater in the final minutes of the match.

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ASHS Country Week spirit

An exhilarating week of sports saw Albany Senior High School take second place overall in the 2017 Senior High Schools Country Week in Perth last week.

A mere four points separated autonomous rivals Bunbury Senior High School and ASHS for first place. GIS placed third, 31 points behind ASHS.

Coordinated by School Sport WA, Great Southern secondary students from ASHS, NASHS, Great Southern Grammar, Mount Barker Community College, Katanning High School and Albany Senior High School joined regional students from across Western Australia at Country Week.

Students participated in basketball, dance, football, hockey, netball, soccer, speech and debating, touch rugby and volleyball.

ASHS Principal Jenny Firth said she was proud of her school's achievements overall.

“Our strengths definitely lie in utilizing community coaches whose skills and experience have allowed our students to develop great techniques,” Ms Firth said.

“We are very appreciative of the Albany community.”

Ms Firth said that ASHS students again proved they were not a team of champions, but a champion team.

“A dramatic final from the girls AFL and impressive performances from our dance team were some of the highlights of the week,” she said.

West Albany Senior High School included boys and girls AFL, boys soccer, mixed touch rugby, girls basketball and boys volleyball.

Boys soccer captain Scott Fielding said students proved their worth with persistence and stamina.

“Everyone gave 100 percent every day and everyone was enjoying themselves,” Scott said.

They embraced the ASHS Country Week spirit and pushed through the fatigue and pain to do our school proud.”

Results from other Great Southern teams included medals for North Albany Senior High School across sports, with gold in boys B division soccer, girls C division soccer, girls C division basketball and silver in boys D division basketball.

GSG brought home medals in boys B division soccer, girls A division basketball and were the champions for speech and debating.

Mount Barker Community College was represented by a small squad in boys D division soccer and third in boys D division soccer.
Leather Ottoman
Available in White, Black or Chocolate (pictured)

Chaise Storage Ottoman
Available in Black & Ivory

Staple Sale
Save $200

Incredible Price – Great Quality

Oxford Package

1 x Queen Bed $1099
1 x bedside $199
1 x Tallboy $299

NORMALLY $1097
STOCKTAKE SALE
SAVE $1000

Incredible Price – Good Quality

Nikki Package

1 x Single Bed $199
1 x bedside $159
1 x Tallboy $499

NORMALLY $857
STOCKTAKE SALE
SAVE $360

Reduced to Clear

Haviana 2 + 3 Seater Sofa Bed Suite

2 Seater: 2140W x 860D x 820H
3 Seater: 2140W x 860D x 820H
Ottoman: 1500W x 550D x 450H

$1097
NORMALLY $1097
STOCKTAKE SALE
SAVE $500

Featuring 2 x Click Clack Sofa Beds

Farmhouse Collection

Buffet $499
with the purchase of the Farmhouse 7 piece Dining Suite

NORMALLY $1299
STOCKTAKE SALE
SAVE $800

Coffee Table
1370W x 730D x 430H

NORMALLY $399
STOCKTAKE SALE
SAVE $300

2130 TV Unit
2130W x 480D x 660H

NORMALLY $599
STOCKTAKE SALE
SAVE $500

Lamp Table
750W x 750D x 430H

NORMALLY $139
STOCKTAKE SALE
SAVE $100

SAVE $300

With the purchase of any of these Queen Beds*

Owen
$299
NORMALLY $599
STOCKTAKE SALE
SAVE $300

Cosmic
Available in Citrus, Neutral & Steel
$299
NORMALLY $699
STOCKTAKE SALE
SAVE $400

Aston
$399
NORMALLY $799
STOCKTAKE SALE
SAVE $400

Queen Innerspring Mattress

Free Matching Ottoman
Valued at $99

With the purchase of the 2130 TV Unit and Coffee Table

Buffet
$499
NORMALLY $1299
STOCKTAKE SALE
SAVE $800

SAVE $70

FREE LAMP TABLE included with the purchase of the Farmhouse 7 piece Dining Suite

FREE Lamp Table
Valued at $299

Also available: 7 Piece Dining: $999 SAVE $124

FREE LAMP TABLE with the purchase of the Oxfod Package

FREE LAMP TABLE with the purchase of the 2130 TV Unit and Coffee Table

Also available: 7 Piece Dining: $999 SAVE $124

SAVE $100

Farmhouse Buffet
$499
NORMALLY $699
STOCKTAKE SALE
SAVE $200

Also available: 7 Piece Dining: $999 SAVE $124

SAVE $100

Haviana 2 + 3 Seater Sofa Bed Suite

2 Seater: 2140W x 860D x 820H
3 Seater: 2140W x 860D x 820H
Ottoman: 1500W x 550D x 450H

$597
NORMALLY $597
STOCKTAKE SALE
SAVE $500

Featuring 2 x Click Clack Sofa Beds

*Terms and conditions apply. Strict limit of 2 per household. Normal price includes tax (GST).
ARGON MODULAR LOUNGE SUITE

$1999

- 3 x RECLINERS
- UPHOLSTERED IN LEATHER AIR FABRIC
- STORAGE CONSOLE WITH 2 X CUP HOLDERS
- 5 YEAR STRUCTURAL WARRANTY
- 3 YEAR SEATING WARRANTY

TIVOLI LOUNGE SUITE

$699

3 SEATER

Available in Light Grey and Slate

FREE 2 SEATER

(Valued at $399) with the purchase of 3 seater

HIGHLANDER 7 PIECE DINING

$999 (SAVE $600)

NORMALLY $1299

STOCKTAKE SALE

SAVE $600

HIGHLANDER BUFFET

1600W x 450D x 860H

$299

*$399 if purchased individually (normally $699)

BUFFET

$299

with the purchase of the highlander 7 piece dining

ALBANY

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*Interest free finance is applied only to promotional transactions for the specified period. Balances outstanding at the end of the promotional period will form part of the normal account balances and will accrue interest at the cash advance rate current as of the date (currently 23.99% as of 30/6/2017) and subject to change. See in store for details. Monthly repayments are required and calculated at 3% of the outstanding balance or $20, whichever is higher. Lending criteria, terms and conditions, fees and charges apply and are available on application.

Offer dates 27th June 2017 to 18th July 2017. Minimum purchase $1,000. Credit provided by HSBC Bank Australia Limited ABN 48 006 434 162. Australia Credit Licence 232955.