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Photo: Ashleigh Fielding

■ Molly Schmidt won the Outstanding Journalism Student Award at the West Australian Media Awards.

Budding journo takes top prize

ASHLEIGH FIELDING

STORYTELLING has been a part of Albany-born Molly Schmidt's life since she could talk.

She recently graduated from Curtin University with a creative writing and journalism degree, and received the Outstanding Journalism Student Award at Saturday night's West Australian Media Awards.

The 22-year-old won the prestigious award for three pieces of original writing: her stories on the orphans of Shanghai, a sufferer of Lyme Disease, and a Perth soccer club.

Her humble nature and kind manner make her more than deserving of the accomplishment.

"I was really not expecting it. It's made me really happy," she said, during a visit to her hometown this week.

"It's been quite mind blowing. I'm super overwhelmed! I've had people approaching me about my work already, so this award is really helping me get my name out there and creating new contacts."

One of Ms Schmidt's university lecturers, Dr Bonita Mason, said the young graduate's work was always full of rich and investigative material.

"As a student, she was a dream," Dr Mason said. "She puts in a great deal of effort and thinks deeply. She is so bright."

Ms Schmidt's award-winning Shanghai orphan feature involved a 10-day trip to the overseas city with her fellow university scholars.

"I wanted to look into the one-child policy in China because I found out a lot of kids are abandoned.

More on page 2.

Shark myths busted

Research sorts fact from fiction on shark risk for ocean swimmers

CHRIS THOMSON

MYTHS about sharks formed by our exposure to movies such as *Jaws* are the target of a book released yesterday by an expert in shark neuroscience, ecology and reproduction.

Author Blake Chapman told *The Weekender* that shark bites do happen and fatalities do occur, but they don't happen all the time.

"We get told a lot of things about sharks through the media and through friends and peers, and it's not always accurate," she said.

"There are 10 to 20 bites on average per year in Australia and about two fatalities a year.

"While those two fatalities are very unfortunate, and I wish they weren't happening, in the grand scheme of things that's a very small number in terms of things that could kill you."

Dr Chapman said the theory that people should not go swimming around dawn or dusk had more to do with visibility through the water than with water temperature.

"They (white sharks) are one of the very few species that can regulate their body temperature," she said of the main shark of concern along the South Coast.

She said white sharks could maintain a body temperature more than 14 degrees Celsius higher than the water temperature, which allowed them to

span broad distances of the globe. "So, when we talk about temperature in relation to white sharks we're most often talking about the temperature of the prey that they're following," she said.

Dr Chapman said a more valid reason for not swimming at dawn or dusk was that a lot of sharks feed at those times.

"It also comes down to light," the University of Queensland adjunct research fellow said.

"We really want to give these animals an opportunity to sense us from as far away as possible and we want to be able to know that they're there."

She said she would not swim in murky, turbid or dirty water or when light was limited in the early morning or evening because she would want to see a shark coming.

"But I also want it to see me and be able to assess me as well as possible without coming any closer than it needs to," she said.

"If it can't see me then it's more likely to come in and try to sense me in other ways which may include touch, or even taste, which is what I don't want it to be doing."

Another myth busted by *Shark Attacks: Myths, Misunderstandings and Human Fear* is that fatal attacks are on the rise.

More on page 2.




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Book clears water on sharks

From page 1.

"It is acknowledged that shark bites are increasing in frequency globally, a trend that is due to a range of different factors," the book says.

"Arguably, the most relevant factor is the global increase in human recreational water usage.

"Yet shark attack fatalities have decreased dramatically over the last decade."

Dr Chapman said humans were now better prepared.

"We're responding quicker, knowing a bit better how to treat shark attack injuries, and emergency medicine is getting better," she said.

She said pro-surfer Mick Fanning's escape from a close encounter with a shark at Jeffreys Bay in 2015 was a textbook example of how to survive.

"Both Mick Fanning and the shark got away unscathed, which was great," she said.

"It would have been terrifying, but the shark did not actually bite him.

"He did what he could to get out of the water, so



■ Dr Blake Chapman.

Photo: Clint Chapman.

he took action – and that's everything you want to do."

Something that surprised Dr Chapman was that some people she'd spoken to who had survived attacks had been abused on social media.

She said ill-informed comment from people who did not know the facts of particular cases wrongly attributed blame, or a thirst for vengeance upon sharks, to the victim.

"Shark attacks are very isolating experiences," she said.

"A shark attack happens to an individual and there's a very few people in the world who can relate to that incident."

"Something we need to focus on is supporting these people a bit better."

According to Ash...

Life through the eyes of a twenty-something

Giving gifts of gold

FINDING the ultimate gift is a skill I have acquired over the years.

For those of you who don't know me, I am highly competitive.

Very, highly competitive.

As in, I will eat that extra bite of dessert despite feeling bloated and sick just to prove I ate more than someone else.

My competitive streak will get me into trouble one day.

Because of my competitive nature, finding the perfect gift for someone is a challenge I will never decline nor fail at.

(I think modesty is a gift I need to give to myself). Christmas is less than eight weeks away, so my soul-searching for gifts is well and truly underway.

Especially because online purchases can get delayed and in-store stock can get short during December, now is the time to put away the Christmas goodies early and avoid stress shopping later on.

My bedroom cupboard already has a few Christmas gifts tucked away under hats and dressing gowns.

I think I get my love of gift-giving from my mum. I get super excited when I watch someone open a gift from me, and I wait with wide, eager eyes to see their response.

Anyways, back to Mum.

My mum loves Christmas shopping on Christmas Eve.

She loves being amongst the 'atmosphere' of a buzzing shopping centre and finding last-minute stocking fillers.

My dad on the hand, hates last-minute shopping on Christmas Eve.

For him, there are too many people, too many massive queues at the check-out, and those annoying people who feed the need to let their children run around and bump into trolleys erk him.

Fair enough, I say!

“One of my favourite Christmas presents as a kid was my purple iPod shuffle.”

The tendency to avoid Christmas shopping like the plague (like my Dad) and run with the old 'my presence is your present' can be avoided if you just sit down and have a bit of a think about who you're buying for and what you want to get them, before facing the sometimes-daunting trip to the shops.

You don't have to be the most lavish present in the world, or try and beat everyone else's gift.

Instead, focus on something you think will really mean something to someone.

Even if it's simply a packet of pens for that person who always loses them before an exam, a cute water bottle for your gym junkie friend, or a beautiful bracelet you know your girlfriend has been secretly eyeing off for months; it's the fact you have put thought and effort behind your gift that counts.

I think one of the best feelings in the world is receiving a really well-thought-out gift, because you know the giver of that gift really cares about you.

One of my favourite Christmas presents as a kid was my purple iPod shuffle.

Yep, the little tiny square ones that could only hold music, back before the days of games and cameras on iPods.

Here's the thing: I was more excited about the big red bow on the iPod box, because I had specifically asked Santa for a purple iPod shuffle with a big red bow.

My mum has a photo of me from that morning, and I don't think my smile has grinned any bigger than that moment, because my purple iPod shuffle had a big red bow.

It's the little things that can count most when it comes to Christmas gifts.

So, my tip for Christmas shopping is this: don't leave it until the last minute.

This will put you under unnecessary pressure and take away the joy of giving.

Al fresco café for Lockyer

CHRIS THOMSON

A SPARKLING new indoor-outdoor café is set to start trading on the fringe of Lockyer as soon as an operator is found to run it.

The café space at the brand new Beryl Grant Community Centre is bright and airy with a large kitchen. The operator who takes it on will have the opportunity to throw cooking classes and catering into the café's mix of services.

Colleen Tombleson, who co-ordinates the centre, said the café would be open to the public and provide a "seamless flow" between the centre and the Lockyer community.

"It would be a really good business to tie all these features together," she said, looking out from the centre across to a stand of gum trees.

"There's quite a few elderly people who live out here, so there's probably quite a potential to sell ready-made meals as well."

Some tables and chairs are already installed, and a subsidised rent agreement may be offered to the operator.

The centre, which opened last week at Townsend Road, has had two potential café operators drop by for a peek.

A meeting room, office space, and function room with undulating cedar ceiling are



Photo: Chris Thomson.

■ Colleen Tombleson welcomes inspections from interested café vendors.

available for hire at the centre at what Mrs Tombleson says are "very affordable rates".

Beryl Grant is a former president of the Australian College of Nursing who was made an Officer of the Order of Australia for her nursing work and development of services for

children and families in regional Australia.

Anyone interested in running the café needs to lodge an expression of interest by November 17. An information pack is available from Mrs Tombleson on 9841 2055.



Photo: WA Police.

■ Wreckage from the fatal plane crash is strewn through thick bushland.

Plane wreckage removed

INVESTIGATORS working on last week's fatal plane crash near Redmond have begun removing wreckage from the site for further analysis in their efforts to determine the cause of the accident.

The crash claimed the life of 40-year-old water-bomber pilot Sam Ferns who was enroute to Bunbury from Albany when his Cessna 210 crashed in thick bushland in the Sheepwash area near Redmond.

"On Tuesday, Transport Safety Investigators from the Australian Transport Safety Bureau were still on site investigating the

accident of a Cessna 210 which crashed 30km north-west of Albany Airport," a spokesman from the ATSB said.

"The investigators are in the process of extracting several items from the wreckage for closer inspection as part of their investigation."

"Due to the remote location and heavily wooded terrain of the accident site, the Department of Parks and Wildlife have been working closely with Transport Safety Investigators to provide support in helping to remove these items."

The ATSB spokesperson revealed several witnesses have already contacted the ATSB in relation to the accident.

Witnesses who have yet to record their details with the ATSB are encouraged to do so immediately by calling 1800 020 616.

The ATSB will release a preliminary report within 30 days, which will include a summary of what was found as part of the on-site investigation.

From there, the investigators will be working towards producing a final report, which is expected to be released publicly within 12 months.

Nyabing fatal crash

A 46-YEAR-OLD Nyabing man was killed on Saturday after his ute failed to negotiate a bend in a 50kph speed zone in town and rolled down an embankment.

Police spokesman Adam Brouwer said the crash occurred when the man's Ford Falcon utility was travelling west on Nyabing-Pingrup Road, which becomes Richmond Street in the Nyabing townsite.

Mr Brouwer said that upon entering the 50kph zone in town, the man failed to negotiate a left hand bend. The ute left the road and rolled down an embankment.

At about 12:35am, a passer-by saw the ute and called emergency services.

CPR was administered until St John Ambulance arrived, but the man died at the scene.

Police want anyone who saw the crash, or the ute driving beforehand, to call Crime Stoppers on 1800 333 000.

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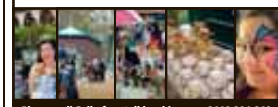
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ASHLEIGH FIELDING

LOWLANDS resident Brad Kneebone was diagnosed with advanced cancerous tumours in his prostate at just 65 years old.

Now 76 years old and having just finished a six-week run of radiation therapy on Tuesday, Mr Kneebone said if an early detection campaign had been active back in 2006, he certainly would have responded earlier to his homophobia and GP's suggestions of getting his elevated Prostate-Specific Antigen levels checked.

Find Cancer Early is a current media campaign by the Cancer Council aimed at promoting early cancer detection in regional people over the age of 40.

The campaign was first launched in 2011, and received \$1.6 million in additional funding from the Department of Health last month, in order to maintain the campaign until December 2020.

Find Cancer Early seeks to encourage regional people over 40 to alert their doctors of any unusual symptoms without delay, and will focus on bowel, lung, prostate, breast and skin cancer.

"There will be TV, radio, print and online advertising, social media activity, an upgraded website and education opportunities includ-



■ Health Minister Roger Cook with cancer patient Brad Kneebone.

ing presentations to local groups by Cancer Council WA," Cancer Council media manager Naitacha Hammond said of the revitalised campaign.

"As well as increasing symptom awareness, the campaign aims to break down some of the barriers and myths to seeking help."

People living in regional areas of WA are more likely to die within five years of a cancer diagnosis than people in metropolitan areas, according to Cancer Council CEO Ashley Reid.

"Your survival prospects following a cancer diagnosis should not be determined by your postcode," he said.

Find Cancer Early is all about addressing the disparity that exists between outcomes of regional and metropolitan cancer patients."

Current cancer patient Mr Kneebone believes the *Find Cancer Early* campaign's continuation will be highly advantageous to regional people, particularly for those who don't always prioritise their health. "Living in the country, I believe many of us, we men in particular,

are slow to look after our health," he said. "The *Find Cancer Early* campaign is intended to keep us more alert about our bodies and respond more actively when things don't seem right.

"Up to now, country folk generally have had poorer survival rates because of later detection and treatment."

"Where health is concerned, we need to think also about the families and people around us who will also suffer if we ignore our health."

"I have no doubt whatsoever that the *Find Cancer Early* campaign will prove to be hugely beneficial to country people in making us more aware of the need to be more proactive about our health."

In the 2016/2017 financial year, 600 guests in the Cancer Council's lodges in Perth were from the Great Southern. This represented about 20 per cent of the total number of guests from regional WA.

To get involved in the *Find Cancer Early* campaign, you can visit findcancerearly.com.au.

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Septic threat to Peaceful

CHRIS THOMSON

PLANS to sewer Peaceful Bay to head off a possible government takeover of the settlement have been put to the Shire of Denmark.

The 200-odd hut owners at the idyllic seaside resort lease their land from the State Government via an arrangement administered by the shire. Each year they pay roughly \$1500 in rates, and a leasehold fee of about \$1500.

About 14 years are left on the 21-year leases that all have clauses stating they could be terminated at any time.

Peaceful Bay Progress Association President Chantal Baxter said the government would need "a very good excuse" to terminate the leases, but official reports in 2013/14 when the shire pushed for a conversion to freehold confirmed groundwater contamination could provide a trigger.

"It's a prime piece of land and, if the government were able to move the existing leaseholders on, then the government could sell it to developers for quite a tidy sum," he said.

On August 22 the association wrote to the shire asking that a reserve fund be established to fund sewer works some time in the future. Mr Baxter said he was yet to receive a response.

Denmark shire CEO Bill Parker said the association's letter was considered as part of a draft community plan recently put out for consultation. He said he was not sure if the shire would have capacity to respond individually to every submission.

"In saying this, the request will be considered as we further develop the corporate business plan and 10-year financial plan," he said.

Mr Parker said the shire recently met with the Water Corporation to discuss "various issues associated with servicing the area".

He said the shire was keen to work with the association, but sewerage the settlement would need to be balanced against competing priorities and the shire's financial capacity.

The first lots at Peaceful Bay were let in the late 1950s. The resort attracts leaseholders mainly from Albany and the Shire of Manjimup. Some huts are owned by people from the Wheatbelt, Perth, elsewhere in the Great Southern, and even eastern Australia.

Mr Baxter feared a conversion to freehold could turn Peaceful Bay into a mini-Prevelly.

"Most of the people have a family connection and the dwelling's been in the family for multiple generations," he said.

"As soon as we get freehold blocks, the prices are going to double, people will be selling up and moving on and you'll have Perth people buying up."

He said the shire had about six monitoring bores at Peaceful Bay that were yet to record any groundwater problems.

Manus message in the mail

DENMARK human rights activist Ruth Halbert went beyond her usual ploy of putting pen to paper in her efforts to raise awareness for the closure of Manus Island detention centre.

Ms Halbert has been protesting the closure for the past week in support of the social media trend #IAmWatching created by Australian author Isabelle Carmody.

"Out of concern for the situation on Manus and Nauru, Isabelle started the trend where people took a photo of themselves in a public place holding a sign with #IAmWatching on it," Ms Halbert said.

"Everyone is supposed to peacefully protest for an hour at the same time as the men have been doing on Manus."

Ms Halbert said she was concerned with how the Australian government was treating refugees and asylum seekers long before the reopening of Australian international detention centres in 2007.

"I thought at the time that people would realise



■ Ruth Halbert

at any minute how dumb of an idea it was going to be," she said.

From her artistic method of repeatedly making pieces of art, Ms Halbert

decided to attempt to write a letter to the Prime Minister every day.

"As of this Tuesday I've written 460 letters on this issue," she said.

"He hasn't written back to me yet, which isn't great."

"I want to write a letter for every man, woman and child in a detention centre, which was about 2000 people when I first started."

"It worked out to be around five years' worth of daily letter writing, and I haven't given up yet."

Also part of Ms Halbert's strategy to raise awareness and give aid where she can has been to call politicians such as member for O'Connor Rick Wilson, Minister for Foreign Affairs Julie Bishop and Labor leader Bill Shorten.

Mr Wilson said Ms Halbert was respectful and mindful of the public while she was protesting outside his office on Tuesday.

"Ms Halbert is exercising her democratic right to express her views, which she is absolutely entitled to do," he said.

— Grace Jones

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Stay-at-home palliative care

CHRIS THOMSON

ALBANY will get a new 24/7 palliative care service delivered by nurses direct to patients' homes from January next year.

The *Weekender* can reveal the service will be outsourced, and the WA Country Health Service briefed four potential providers at Albany Health Campus on October 11.

WACHS regional director David Naughton said the new nursing service would benefit up to 60 patients a month.

"WACHS Great Southern supports all patients, including those in the final stages of life who require palliative care," Mr Naughton said.

The palliative care service, to be provided from January 9 next year, is funded for 24 months.

In 2016, WACHS-accepted providers deliv-

ered 3000 hours of community nursing services to palliative care patients in Albany. The services were delivered to about 50 patients a month.

The new in-home service will be available to patients diagnosed with what WACHS calls a "life limiting condition". Community nursing will be provided for both patients and their carers.

WACHS anticipates a registered nurse will visit each patient once a month to review their needs and treatment. The number of visits will increase as the patient's health declines or symptoms increase.

Where a patient is in a stable-but-deteriorating phase, care will be provided between Monday and Friday between 9am and 5pm. For patients in an unstable, terminal phase, after-hours visits and telephone support will be provided.

Garden facelift

ALBANY residents will have the chance to put their creative minds to work to help the City of Albany give Alison Hartman Garden a facelift. Recent council funding has been dedicated to transforming Alison Hartman Garden to complement recent developments in the city centre.

The City will be holding a series of community engagement and information sessions at part of plans to give the park a new look.

There will also be a progress update on the Albany Tourism and Information Hub and Albany Public Library projects.

Alison Hartman Garden is ideally placed to link students to the city centre, with student accommodation plans for the education precinct behind the garden.

The garden will connect students to the Albany Public Library, Visitor Centre, Town Hall and Town Square, creating a central hub for education, tourism, culture and information.

"Ever since the construction of the town square, the City has been on a journey to transform our city centre into a vibrant public space, and the enhancement of Alison Hartman Garden will certainly make this civic precinct blossom," City of Albany Chief Executive Officer Andrew Sharpe said.

Residents can attend the following information sessions at the shipping container in the Albany Town Square: noon to 2pm and 3 to 5pm on November 2 and 3, and 9am to noon on November 4. Enhancement works at Alison Hartman Garden will begin next year.



■ Amy Stanley, Ben Bunny, Jennifer Wellstead, Garry Wellstead and Clay Varley will participate in the drive, and Foodbank's Rod Pfeiffer will be at the food collection point.

Charity dive for Foodbank drive

DIVERS of Albany will gather for an underwater venture next fortnight in an effort to increase the supply of food and groceries to Albany's Foodbank branch.

The South Coast Diving Supplies crew has teamed up with Foodbank Albany to send two boat loads of people out to the south side of King George Sound, near Seal Island, for a dive on November 12.

The entry fee into the

dive is a donation of between \$75 and \$110 worth of food to Foodbank, which will be collected from the South Coast Diving Supplies shop on the morning of the dive.

"We were looking for something different to do and contributing to Foodbank came up in discussion, and it progressed from there," South Coast Diving Supplies owner Garry Wellstead said.

"Foodbank is an im-

portant and necessary resource, but it is often overlooked."

Mr Wellstead said interest in the charity dive had been overwhelming, with a long waiting list should any of the participants opt-out.

Foodbank Albany's branch manager Rod Pfeiffer said he was amazed at the community support for the charity organisation.

"It just shows what a business can do when

they get behind an idea," he said.

"South Coast Diving Supplies floated the idea and it took off."

"We are hoping for around \$1200 to \$1500 worth of food to be coming in from this dive, so the influx of food variety will be a massive donation."

The interest in the event has led Mr Wellstead and Mr Pfeiffer to consider running the fund-raising dive annually.

End-of-life comments in

CHRIS THOMSON

HUNDREDS of submissions have been lodged to a parliamentary inquiry into the need for laws allowing Western Australians to make informed decisions about how their lives end.

Soon after the close of public comments last week, committee chair Amber-Jade Sanderson said submissions had come in "thick and fast".

"This is an issue that regional people feel quite strongly about," the Labor MLA for Morley told *The Weekender*.

"Our terms of reference are around what practices are currently being used when people are trying to exercise their end-of-life decisions, including palliative care."

"I think access to palliative care in the regions is an issue that comes up."

Ms Sanderson said the venue and timing of public hearings to be held early next year would be advertised in coming months, with regional hearings on the cards.

"It's highly relevant in those communities where there are greater numbers of ageing people that this is a bigger issue," she said when asked about the inquiry's specific relevance to Albany.

"We are living longer but we're also experiencing more terminal and chronic illness."

Ms Sanderson said "hundreds" of submissions had been received.

An eight-page submission by the self-described architect of Australia's first voluntary euthanasia law said the need for law reform is "beyond question".

"Modern medicine and improved living standards have resulted in an ageing population dying predomi-

nantly of degenerative disease," former Northern Territory Chief Minister Marshall Perron wrote.

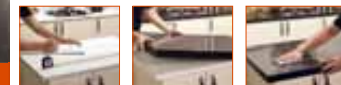
"A few of those ailments result in protracted, unbearable suffering that can be relieved only by the death of the person."

Mr Perron, who lived in Perth for a while as a young man, submitted that "laws permitting a competent adult the option of access to the means to a peaceful death would minimise unbearable suffering and reduce violent, lonely, premature suicide".

A 35-page submission by Richard Egan of a group called "Defend Human Life!" concludes that: "Facilitating suicide by legal prescription of a lethal dose of drugs for self-administration, possibly alone, cannot guarantee a swift, peaceful death".

The committee is due to report in August next year.

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Letters to the editor

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Fishy business

IF *The Western Australian Fishing Industry Council* CEO John Harrison is so convinced that the South Coast purse seine fishery was not responsible for the recent mass drowning of more than 80 fleshy-footed shearwaters off the Albany coastline (Fishing nets blamed for water bird deaths, *The Weekender*, October 26, 2017), then he should be absolutely incensed at the act of environmental piracy which caused these deaths, and should pour his resources into helping the authorities to catch the culprits.

As a wildlife rehabilitator who has regularly worked for hours just to save one of these extraordinary, elegant birds, I am stunned that he only finds the carnage to be "concerning". Perhaps he should read up on the staggering feats of navigation in which these birds engage year by year, in order to put the fishing industry's profiteering into perspective.

I saw the corpses on our beaches before they were collected for necropsy,

and frankly, if I had not given up eating fish already, the sight would have compelled me to do so. It is about time we stopped seeing our oceans as a "resource" open to endless "harvesting", and treated them with the awe and respect they deserve.

— Dr Giles Watson,
Little Grove

Belt-up

I WOULD like to make a public statement about the seatbelt laws that apply to Western Australian drivers. An unfortunate episode experienced by one of my granddaughters recently has sparked my interest in these regulations.

The law as it stands in WA makes it clear that the driver is responsible to ensure that all passengers under their jurisdiction must wear a seatbelt at all times.

If a passenger is unrestrained the driver will be fined \$550.00. This penalty applies even in the case where the driver and all other passengers are wearing their belts, but one passenger for whatever reason removes theirs while the

vehicle is underway. In the case in question, my granddaughter was driving with two restrained passengers and was approaching a busy intersection in Perth when one passenger removed their belt, allegedly to pick something up off the floor. The offending passenger was observed by a police officer while unrestrained, who issued an infringement notice.

There was no way she could have avoided this situation and was fined \$550.00 for infringement of this regulation. She and the other passenger were properly restrained.

It is interesting to note that had she not been wearing her own belt as well, her personal fine would only have increased by \$50.00. The offending passenger of course was fined \$550.00 as well. It seems to me that a magistrate has a problem here in that if he accepts my granddaughter's explanation it would set a precedent that all drivers could use to avoid being penalised for a passenger being unrestrained. In some other Australian states passengers over the

age of 16 are responsible for their own compliance with the law rather than the driver being totally responsible as applying in Western Australia. The prosecution Statement of Material Facts claimed my granddaughter permitted a passenger to be unrestrained, which was clearly not the case. Perhaps in the interest of justice, this area of legislation might benefit from some careful review.

— Dennis Tranter,
Spencer Park

Planning scheme

PEOPLE in Goode Beach are concerned that the developers of Lot 660 are making improper use of the Structure Plan process.

Lot 660 is currently classified under the City of Albany Local Planning Scheme 1 (Scheme) as a Special Use Zone (SU1), with two mandatory stipulations:

1. Development is restricted to low key clustered holiday accommodation of up to 10 chalets/cottages, and;
2. Before such a development can commence, a Development Guide Plan must be prepared for endorsement by the City of Albany.

Under the decree provisions of the new Planning Regulations the words "Structure Plan" are substituted for the words "Development Guide Plan" in SU1. The only consequence of this is that a structure plan is required to be endorsed by the Planning Commission and not by the City of Albany.

The mandatory Scheme provisions for SU1 are not otherwise affected. The developers' Proposed Structure Plan for Lot 660 proposes a development of 51 holiday units, a function centre and a café/restaurant, and it foreshadows a Scheme Amendment to make this lawful. The developers understand, therefore, that their proposed development is not permitted by the Scheme.

What is not clearly understood is that the preparation of a structure plan for an unauthorised purpose is not permitted by the Planning Regulations and cannot be endorsed by the

Planning Commission. The City of Albany and the Department of Planning should not have accepted the Proposed Structure Plan. By misinterpreting the Regulations and their application to the Scheme provisions for Lot 660, they have clothed the Planning Commission with a jurisdiction that it does not have.

The developers' proper course is to request the City to amend the Scheme and provide good reasons why it should change a zoning that is based on exhaustive research, environmental assessments and land capability appraisals by local and State planning agencies over a period of 25 years.

— Roley Paver,
Goode Beach

Cap in hand
ATTENDING a fund-raising event at the Albany Golf Club in support of Warrick Proudlove was refreshing when all those in support of the event had no hesitation in putting their hands in their pockets in support of Warrick and his family.

Our State Government decided to create a new insurance, using Warrick as an example as to why the new tax needs to be introduced. It has us all paying an extra hundred dollars a year on our licence, creating a many-million dollar pool for the future. Yet, the Proudlove family are in a situation of no financial support apart from the generosity of those who show compassion.

It's time to remind our State Government, when the Liberal Government created the new insurance, the opposition of the day and those interested in their political future recommended retrospective consideration concerning Warrick. In other words, Warrick should be the first recipient of the new insurance scheme.

— John Robertson,
Albany



■ Peter Hough and Graham Maitland from the Esperance Light Horse with their horses Ladybug and K.O.

Walers in town for parade

ASHLEIGH FIELDING

THE courage and stamina of Australian war horses and soldiers during the first world war was commemorated on Saturday with a horse parade down York Street.

The procession celebrated 100 years since the Battle of Beersheba on October 31, 1917, when the Australian 4th Light Horse Brigade stormed through Turkish defences and seized Beersheba in Israel, allowing British forces to break the Ottoman line and successfully advance into Palestine during WW1.

The wells at Beersheba were vital to the welfare of the Australian Desert Mounted Corps' horses, of which some had not received water for days.

The parade on Saturday included horses and troops from the Albany, Esperance and Bunbury Light Horse, with some people travelling from as far as Yallingup and Donnybrook for the event.

Jane van Halen from the Bunbury Light Horse said her horse, Akubra, was an Australian Warler.

Walers, originally dubbed the New South Walers, were horses commonly recruited for war.

They were imported from Britain on the First Fleet and were bred in Australia's Hunter Valley.

For Australia's WW1 efforts, 136,000 Walers were sent from Australia, with only one returning.

"Akubra was wild for the first three years of her life," Ms van Halen said.

"She was originally from South Australia, until I brought her over here."

"We've done Anzac ceremonies in Greenbushes and Bridgetown, so it's great to be a part of the Albany parade."

Shire meetings mooted for Nornalup

A PUSH to return Denmark council meetings to the shire's western fringe after a hiatus caused by IT problems is gathering steam.

At the first meeting of the new Denmark council last week, Scotsdale/Shadforth councillor Mark Allen asked Shire CEO Bill Parker if the town of Nornalup could once again hold shire meetings.

"We shouldn't be expecting Nornalup people to drive 40, 50km," Cr Allen later told *The Weekender*.

"They're out there and they don't get much of a voice."

Located more than 50km east of Denmark, the shire's main centre, Nornalup, is only a hop, skip and a jump from the Shire of Manjimup border.

Mr Parker said that until a few years ago the shire did hold meetings in Nornalup and nearby Peaceful Bay, but access to telecommunications and IT equipment caused problems. He said council representatives still attended progress association meetings in both locations.

"In terms of future meetings, I will need to liaise with the technical staff to see if improved mobile

phone coverage addresses the concerns expressed previously," he said.

Cr Allen said returning a meeting or two a year to the shire's western fringe was "super important".

"We can't use the excuse that we can't get IT," he added.

"In the old days we didn't need it."

Nornalup resident and Ratepayers Association President Gail Guthrie said Cr Allen's idea was a goodie.

"We expect to have a new Telstra phone tower in before Christmas," she said.

"After that, with modern communications, we'd appreciate having the extra awareness it would create among councillors of the western part of the shire."

Last week, Cr Allen's late arrival delayed the council meeting by 10 minutes. He has since confirmed this was because he had a statutory obligation to finish a mail run, and he'd told shire officers he'd be delayed. He said the meeting's start was the first he'd missed in his 18 months as a councillor.

— Chris Thomson

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Doing it for the kids



■ Batman and Supergirl made an appearance at the Children's Week Party.



■ Shelby, Tim and Xavier Burns got in to the superhero spirit.

ASHLEIGH FIELDING

SUPER boys and girls flew in on Saturday's strong winds for the Children's Week Party at the Museum of the Great Southern.

The free event drew a large crowd of kids, parents and superheroes for a morning of fun-filled activities, dancing and play.

A flash mob from Albany Academy of Dance students was an enjoyable surprise, and displays from Albany Gymnastics, Zumba Kids and Happy Feet kept everyone on their toes.

The superhero party celebrated Children's Week, an annual Australian event recognising children's rights, talents and the importance of childhood.

The national week is held in conjunction with Universal Children's Day, a United Nations event advocating and promoting children's rights, as well as highlighting the organisation's dedication to improving children's welfare across the globe.

Schools, playgroups, libraries and community groups across the country celebrate Children's Week with a variety of fun days and activities.



■ Isla-May, Lilli and Florence Lee.



■ Albany Academy of Dance students were all smiles after their flash mob.

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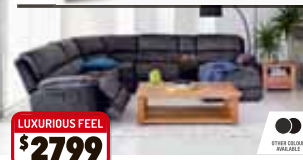
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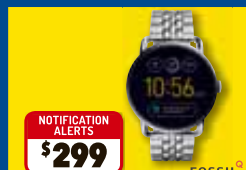
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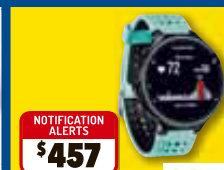
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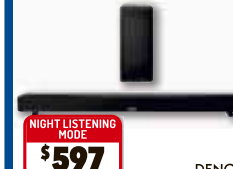
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Moving nurses memorial

ASHLEIGH FIELDING

AUSTRALIAN nurses from times of war and peace were remembered on Sunday with a memorial service at the Stirling Club.

The strong winds over the weekend prevented the service from being held at the usual Proudlove Parade memorial garden location, so some quick reorganisation allowed attendees to shelter in the RSL rooms of the Stirling Club for an intimate ceremony.

The familiar tones of Laurie Fraser MBE OAM opened and closed the service, and Rachel Wilsheer-Saa from the Museum of the Great Southern led the ceremony.

Mt Lockyer Primary School choir students sang the heart-felt *Green Fields of Albany*, a song about the men bound for Gallipoli and an unknown fate in 1914, originally commissioned by the WA Primary Schools' Massed Choir Festival in 2014.

Reverend Audrey Payne gave the prayer and benediction, and Anne Carey told the "story of dignified courage" about the Australian Army nurses caught in the crossfire of the 1942 Bangka Island massacre.

Mt Lockyer Primary choir students laid 21 flowers in remembrance of the 21 nurses who died in the massacre.

The sole nurse survivor, Vivian Bullwinkel, was remembered for her courage as a Japanese prisoner of war and her humanitarian achievements after the war.



■ Albany RSL member Laurie Fraser MBE OAM opened and closed the service.

■ A cadet from the 705 City of Albany Squadron AAFC read the ode.



■ Mt Lockyer Primary School choir sang *Green Fields of Albany*.



■ The Nurses Memorial Service was held in the RSL rooms at the Stirling Club.

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history

Candyup school connections to popular Kalgan tearooms



■ Hopson's Jetty and Tearooms, 1911.

Photo: courtesy Albany Historical Society.

ANNE SIMPSON

HOPSON'S Jetty and Tearooms were very much a part of the local landscape on the Kalgan River in the early 1900s.

Memories of early school days at Candyup by Edith Webb include special mention of the original Silver Star steamer leaving the Albany Town Jetty on a regular basis during the summer to deliver tourists to Hopson's popular tearooms just below the bridge.

However, while the visitors were enjoying elegant refreshments and the riverside ambience at Hopson's, the Candyup school pupils' attention was focused on the steamer.

When a telescopic funnel was installed to allow the Silver Star to fit under the bridge span and continue up-river, the sight of this engineering marvel provided great interest to the youngsters, who did their best to gain a glimpse of the funnel rising up once more.

Candyup was a typical one-room one-teacher school just up the river, on the west side, from the Lower Kalgan Bridge

behind where the Albany Rowing Club shed now stands. It provided a diverse education to the children of the early settlers in the district, including the chance to paddle in the river or sail little homemade boats on hot summer days. It was also the third and largest of the Candyup schools and was later moved to Spencer Park.

Alfred John Hopson and his wife's contribution to the growth of their community extended beyond

the riverside café and jetty. They lived in the Lower Kalgan district for more than 30 years and had four sons and a daughter, who would probably have attended the local Candyup school.

Alfred Hopson carried out considerable development in the Lower Kalgan, which was one of the state's earliest farming districts. He managed the Candyup Estate and was also chiefly instrumental in obtaining a telephone extension for

the area. In latter years he and his wife operated the popular Hopson's Jetty and Tearooms, pictured in 1911.

Hopson died at the age of 52, in April 1934 after "a fairly long illness".

His untimely death was described in the local press as "a great loss to the district" and that he would be greatly missed by his neighbours and friends.

Primary Ref: *Dinosaurs on the Page, Candyup School* by Edith Webb.

Elephant garden party



THREE stampeding elephants are not a usual occurrence in the sleepy suburbs of Albany - unless two adults and a baby pull up their stakes and go for a mission of search and destroy in a nearby garden.

According to Eileen Hodgson's anecdote in "Dinosaurs on the Page," in 1930 the circus came to town and the escapee pachyderms decided to throw their weight around in a garden in Cuthbert Street.

There was plenty of other noise from

the nearby circus during the night, but in the morning there was a scene of utter devastation.

Fruit trees had been uprooted, the brick toilet demolished and huge footprints had reduced the garden to chaos. The fence between the house and the neighbours had been smashed, and a shed destroyed. It was certainly a night to remember!

A man from the circus arrived to apologise for the chaos and provide compensation for the damage. Two free circus tickets in the best seats in the tent were an added bonus.

Ref: *Elephants in the Yard* by Eileen Hodgson, *Dinosaurs on the Page*, edited by D. Wolfer.



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National Recycling week – 13th to the 19th of November 2017

NATIONAL Recycling Week is the annual event to focus the nation's attention on the benefits of recycling and how individuals, communities, schools and businesses can improve their recycling efforts.

The City of Albany is supporting National Recycling Week by running the 2nd annual Green Fair on the Square on Saturday the 4th of November 2017 in the town square, and will feature workshops about upcycling, composting, kids activities and much more. Cleanaway's Recycle Education Officer will also be available at the fair to answer all your how to questions about your curbside recycle collection service.

To ensure you maximize your recycling efforts and assist the team at Cleanaway Albany's Materials Recovery Facility, maximize what is sorted and recovered from your recycle wheelee bin. Please remember to do the following:

- Remove plastic bottle tops and lids from plastic containers as the air trapped inside the container affects the baling process. Place the lids inside a plastic container like a 2lt milk container as it allows the lids to be sorted and set to be recycled.
- Place all recycling in loose, not in plastic bags or inside cardboard boxes.

- Fold or squash cardboard boxes down. This makes room in your bin and makes the sorting process easier. Scrape melted cheese from pizza boxes.
- Scrape food from containers and lightly rinse in the grey water in your kitchen sink.
- If in doubt about what you can place in your recycle bin, refer to the recycle instructions sticker on the lid of your recycle bin. Instructions stickers are available from the City of Albany administration building on North Road, Fossicker's Tip Shop or Cleanaway's office at 12 Allerton St.

National Recycle Week is also a good time to look at what other options are available around picking up new information and helpful tips for being green and sustainable.

able to recycle in our community, and if you haven't been to Fossicker's Tip Shop recently, you're in for a big surprise, as it has been upgraded and transformed into a one-stop recycling and upcycling centre.

Fossicker's Tip Shop, located at the Hanrahan Rd landfill site, includes additional recycling options for printer cartridges, mobile phones, household batteries, fluorescent tubes and E-Waste.

If you have items in good condition suitable for reuse such as furniture, books, DVDs, bric-a-brac, sporting equipment, electrical goods and even clothing, drop them off where they can be purchased by residents at very reasonable prices. You can also deposit your excess recycling in the wheelee bins provided at the tip shop.



• New public recycle bins located at Middleton Beach

Depositing recycling or reusable items at the tip shop is free of charge to Albany residents. Don't forget to recycle

when you are about in Albany and seek out the many public recycling bins provided by the City of Albany, located at Middleton Beach, Emu Point,

York St, Stirling Toe and the Town Square. For more information on National Recycling week visit www.recyclingweek.planetark.org.

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Green Fair on the Square

THE city centre will again become a hive of green activity when Green Fair on the Square takes over Town Square on Saturday, November 4.

From 9am to 1pm, residents will be able to check out the Artisan Upcycled Marketplace and Fossicker's Tip Shop display and discounts while kids create recycled artworks and participate in interactive workshops at the Green Sprouts Kids Corner.

Enjoy live music from Adam Grok Trio, Myles Mitchell, Barefoot Bandits and the Albany Shanty Men while wandering around picking up new information and helpful tips for being green and sustainable.

Visit the Make and Recreate Marquee where you can try your hand at easy green creations, and pop in to the compost clinic and find out how to purchase a compost bin at a discount price.

The event will also feature delicious local treats including wood fired pizzas, street food vendors, juices, hot coffee and cakes, sweets and little treats.

Once you finish your coffee, take your cup to

reuse for a pot to carry a free native plant seedling.

The Green Fair on the Square will promote all things recycled, upcycled, green and sustainable.

The entire event aims to be waste wise and will promote a wide range of locally made goods.

Green Fair on the Square is proudly sponsored by Green Skills Inc., Cleanaway, Fossicker's Tip Shop and the Waste Authority.

For more information visit our website www.albany.wa.gov.au.



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THIS year's Albany Show will feature many exciting new and returning exhibits for all ages to enjoy. The popular event will take over Centennial Oval and surrounds on November 10 and 11, from 9am to 9pm on Friday and 9am to 5pm on Saturday.

Sideshow alley, working dogs, miniature ponies and live entertainment will bring the city centre to life for a weekend of fun and interesting activities.

The annual fireworks will commence at 8pm on Friday night and will be launched from Centennial Oval.

Early bird tickets can be purchased from the Albany Agricultural Society website and entry tickets will also be available at the gate.

Ambulance crew on show



■ Heidi Mostert, Joel Colgate, Kimberly Liu and Bridget Eckersley.

THE team from St John Ambulance Great Southern will be at this year's Albany Agricultural Show to discuss the role of an ambulance volunteer.

The St John Ambulance stall will be open on both show days, and will be an opportunity for people to come along and learn more about the volunteer service, as well as to sign up to become a St John volunteer.

"We will also be having first aid kit show specials, CPR practice set-ups, demonstrations from our first aid instructors about how to deal with issues such as snake bites, and opportunities for people to book first aid courses," St John Ambulance Great Southern training and development coordinator Joel Colgate said.

St John Ambulance Great Southern will also be hosting a coffee

and chat morning on November 25, at the Albany Town Square.

The event will run from 9am to 12.30pm, and will be another chance for people to learn about volunteering and to sign up.

"We find demand is always increasing and look forward to welcoming more volunteers in the future," Mr Colgate said.

TAFE careers all the talk

CALL in to the South Regional TAFE stand at the Albany Show and get all the information you need to train for a job, a promotion or a new direction.

Talk to the friendly staff about your training options for 2018 and find a course to suit you.

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The college also offers a wide scope of short courses in areas as diverse as high-risk licensing, work health and safety, computing and office skills, earthmoving and lifestyle.

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Applications for full-time study in 2018 are open now, so visit the website southregionaltafe.wa.edu.au or phone 9892 8888, and remember to check out the stand at the show.



■ Carpentry apprentice James Patton works on a structure at South Regional TAFE's Albany campus.



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New home for Albany Show



■ President of the Albany Agricultural Society Rob Wright, Member for O'Connor Rick Wilson and Chair of RDA Great Southern Greg Stocks.

THE Albany Agricultural Show is an exciting occasion for the Great Southern region.

It brings the community together to celebrate primary industries and the contribution they make to WA.

The Show has grown to become the largest annual event in the Great Southern, attracting 19,000 people every year, with nearly a quarter of those visitors coming from outside the region.

Last year, Rick Wilson's office announced the Albany Agricultural Society would receive \$950,000 through the Federal Government's National Stronger Regions Fund.

This grant helped pay for the construction of three

new pavilions at the showgrounds, which will cement the Show's presence at Centennial Park for many years to come.

"We'll endeavour to build on our record as a good government for our agricultural sector, and I'll continue to be a strong voice for regional WA in my role as the Member for O'Connor," Mr Wilson said.

"It's wonderful to see these pavilions in use for the first time this year, and no doubt they will ensure the Show soars to new heights."

The facilities will be available to the wider community for the rest of the year, and will prevent future events from being hampered by Albany's inclement weather.



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This gives you the opportunity to continue running a restaurant within this facility, or lease it out as a separate income stream.

A shop/function room was built to complement the existing restaurant and is ideally suited as a function room for the adjoining restaurant, or as a gallery or retail outlet.

The existing bed and breakfast offers seven ensuite rooms and three twin share rooms.

Four of these rooms interconnect and can accommodate family groups, and all rooms have access to an internal corridor, leading to the guest lounge.

The private home has four bedrooms, three bathrooms plus an

office, a lavish 100sqm lounge, large feature windows, a 5m jarrah bar and independent gas water heaters.

The grounds are home to a stocked dam, filled with koonacs and koi carp, a large feature gazebo perfect for weddings, and a raised vegetable garden.

An inspection is recommended to grasp the quality investment and lifestyle opportunity that is on offer.

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- Short stay self-catering accommodation.
- Well run, well presented & very profitable.
- Cnr Albany Hwy & Lion St - huge passing traffic.
- Comprising four x 2 bed, 2 bath (with spa); two x 2 bed, 1 bath (with spa), one x 1 bed, 1 bath apartments.

SPOA

MAD MARTEYS

- SURF WEAR AND ACCESSORIES
- Established 1991 with current owner since 2009
- Well-presented shop with excellent location on York Street
- Stock all major surf brands and accessories
- Long term lease in place
- Would work well as a family business

IDEAL STORAGE \$1,245,000 WIWO

NEW LISTING

Self-storage units

- 112 separate self-storage units in mixture of unit types.
- CCTV and security alarmed.
- Located 2.5km from Albany CBD.
- Sound investment opportunity.
- Strata Titled / Zoning Light Industry.
- Information brochure and financial information available on request.

Tim Simon 0457 926 005 tim.s@albanyelite.com.au

COMMERCIAL FOR LEASE

Tim Simon 0457 926 005 tim.s@albanyelite.com.au

From \$9,120pa + GST + o/g's

27 Hercules Crescent

- SECURE STORAGE FACILITY - INDUSTRIAL UNITS
- Priced from \$9,120 - \$20,520 + GST + o/g's
- Secure complex with remote operated security tagged gate; sizes range from 80 sqm to 180 sqm.
- Power, water and phone in each unit.
- 42m high door clearance roller doors.
- Central common hardstand area for ease of access.

\$36,000 pa + GST + o/g's

168 Stirling Terrace, Albany

- OFFICE/SHOPFRONT IN HISTORIC STIRLING TERRACE
- Approx 210sqm lettable area. Excellent window frontage.
- Overlooks Albany's waterfront.
- Exclusive parking available at rear.
- Spacious office layout with reception desk.
- Alarmed and air conditioned.
- Can be re-configured as a shop or converted into a restaurant.

\$42,800 pa + GST + o/g's

Unit 12/70-74 Frederick Street

- EXECUTIVE OFFICES IN FREDERICK STREET
- 214m2 total area.
- Reverse-cycle air-conditioning.
- 5 exclusive parking bays (ind 2 under cover).
- Harbour glimpses from this 1st floor tenancy.
- In Albany's premier professional office precinct.
- Has private entry/exit into car park.

\$19,800pa + GST + o/g's

Suite 3/77 Lockyer Avenue

- SMALL OFFICE - PASSING TRAFFIC EXPOSURE - EASY ACCESS
- 110 sqm office with corner location, good window frontage
- Reception, 3 offices and rear storage
- Air conditioned, alarmed
- 2 exclusive parking bays at rear and council parking at front, front, side and rear access
- Available mid November 2017



Huge Sale on Blocks
2.5 acre blocks
From \$199,000
10% off Selected Blocks

Power, water, telstra services provided

Titles issued and blocks selling fast

No building envelope

No time constraints in which to build

200m2 shed allowed subject to council approval

House and Land Packages available through local builders

Directions: Take South Coast Highway turnoff at big roundabout towards Denmark (4.7km) turn right into Link Road, Stay on Link Road until you see Ajana Drive! You have arrived!

Prime

For more information on blocks available and prices please contact Nicci from Prime Realty on 0427 802 277
348 Middleton Loop Albany, 08 9892 6000

More information available from www.marbelupridge.com



Prime



Greg Loxton
Residential Sales
Specialist
0427 649 183
(08) 98 92 6000
348 Middleton Loop
primerealtyalbanya.com.au

Price Reduction



400m² 5 2 Offers over \$1m

The Castlereigh Boutique Villa | Unit 13

Entire ground floor unit, located on Middleton Beach. Two separate living areas. 5 bedrooms and 3 bathrooms makes this the perfect sea change in the best location in Albany!

Exclusive | Nicci Daniele 0427 802 277

Price Reduction



935m² 4 2 2 \$369 000

42 Premier Circle | Spencer Park

Elevated position with rural views, 669m² Theatre plus family room. Double car/shed Large ensuite & walk-in robe. Built in 1996

Exclusive | Nicci Daniele 0427 802 277

Price Reduction



578m² 4 2 1 \$339 000

118 Parry Street | Denmark

Two storey home, wood fire, modern kitchen and laundry. Upstairs has a separate entrance and is self-contained with an ensuite bedroom.

Exclusive | Nicci Daniele 0427 802 277



544m² 3 2 2 \$390 000

4 Lamont Grange | Bayonet Head

Open kitchen, electric oven, reverse cycle a/c. BIC in all bedrooms. Enclosed backyard, chook pen and small shed. 35m² enclosed patio.

Exclusive | Nicci Daniele 0427 802 277



12.6ha 4 1 2 \$565 000

396 Thompson Road | Youngs Siding

Renovated farmhouse on 12.6ha (30 acres) 7 paddocks, water tanks - more than 100,000 litres 2 toilets & a semi-ens, queen-size bedrooms

Exclusive | Nicci Daniele 0427 802 277



5934m² 2 1 \$450 000

51 Newton Street | Robinson

Commercial shed and caretakers residence Zoned: (General Industry) 3 phase power 2 bedrooms, living area, kitchen, large shed attached

Exclusive | Nicci Daniele 0427 802 277



819m² 3 1 1 \$339 000

3 Elm Walk | McKail

King-size bedrooms, large lock-up 69m² shed Rear access for boats and caravan, large yard Large open-plan lounge onto dining and kitchen

Exclusive | Nicci Daniele 0427 802 277



832m² 4 2 2 \$495 000

16 Eclipse Drive | Collingwood Heights

Large double brick, deck with views, a/c, tile fire, wine cellar, granite benchtops, ducted vac, sheds, solar panels, w/tanks plumbed in, two road access, solar H/W/S, retic.

Exclusive | Greg Loxton 0427 649 183

Price Reduction



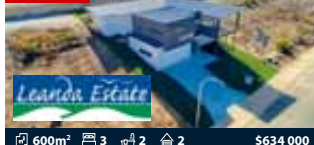
669m² 3 1 \$675 000

98 Rainbows End | Big Grove

• 8.0937ha of coastal land, with large c/bond shed.
• Established house pad, house plans available on request.
• Harbour views, approx. 15km from the CBD.

Exclusive | Greg Loxton 0427 649 183

Price Reduction



600m² 3 2 2 \$634 000

36 Bandicoot Drive | Lange

This is an opportunity to own a brand new home for a realistic price! This brand-new build by Schlager Homes clearly illustrates that building on an elevated, steep block is achievable at an affordable price! This 3 bedroom designer home has maximized the 600m². The main bedroom offers a generous size walk-in robe and ensuite bathroom.



Modern Designer Home with 180 degree views over King George Sound (Leanda Estate)

Features: fitted dishwasher, gas stove and plenty of storage and bench tops, soft close finishes, powder room, linen press, computer nook, space for caravan or boat, remote garage, walk-in robe, decked patio overlooking water plus separate laundry.
For those who would prefer to buy a block and build.

House and Land Packages available
Lot 246, 247, 248, 249, 251, 252: \$179,000 ea
Lot 255 For Sale \$164,000 (one left)

Exclusive | Nicci Daniele 0427 802 277



Prime



Nicci Daniele
Principal/Licensee
Sales Specialist
0427 802 277
(08) 98 92 6000
348 Middleton Loop
primerealtyalbanya.com.au

New to Market



698m² 3 1 1 \$358 000

31 Bohemia | Yakamia

Built in 1984, this spacious home has large living areas with big enclosed backyard & plenty of parking & side access. Rural views from the elevated position - flat block.

Exclusive | Nicci Daniele 0427 802 277

New to Market



2197m² 5 2 2 \$620 000

128 Bay View Drive | Little Grove

70s designed 5 bed home offers the full package - a 1 bed granny flat, outdoor studio, double garage, double carport, gazebo, orchard and an immaculate garden. Space for caravan/boat.

Exclusive | Nicci Daniele 0427 802 277

New to Market



743m² 3 1 2 \$315 000

12 Beaufort Road | Yakamia

Centrally located near North Road Shopping Precinct. Large lounge room, wood fire, open-plan kitchen and living area. Good-sized bedrooms. Enclosed backyard, patio and carport. Immaculate.

Exclusive | Nicci Daniele 0427 802 277

New to Market



321m² 3 2 2 \$379 000

Unit 12/165 Middleton Road | "The Gums"

These townhouses were built in 1995 and offer a great location in Mount Clarence. Ideal for young professionals or retirees.

Exclusive | Nicci Daniele 0427 802 277

Price Reduction



809m² 3 1 2 \$349 000

46 Bayonet Head Road | Bayonet Head

Built 1995, brick veneer and iron roof Separate formal lounge plus living room Large double garage/shed plus 2 tandem park

Exclusive | Nicci Daniele 0427 802 277

HOME OPEN
Sat 11.30-12



731m² 3 1 2 Offers over \$299,000

30 McGonnel Road | McKail

Two living areas, family room and lounge. Two road frontage, access to shed at rear of block. Queen-size bedrooms. Double garage plus enclosed yard. Undercover patio.

Exclusive | Nicci Daniele 0427 802 277

Price Reduction



503m² 3 1 3 \$349 000

69 McKail Street | Orana

Owners want offers. Near new 3x1 home on 603sqm of land. LED lighting, patio, open living. 6x4 shed with power, established yards, fenced.

Exclusive | Greg Loxton 0427 649 183

HOME OPEN
Sat 1-1.30

Price Reduction



535m² 3 2 2 \$405 000

21 Flynn Way | Bayonet Head

Double rose shower in main bedroom ensuite Open-plan kitchen overlooking dining area and family room Separate theatre room or formal lounge

Exclusive | Nicci Daniele 0427 802 277

Price Reduction



10.1034ha 3 1 2 From \$439 000

50708 South Coast Highway | Youngs Siding

10.1034ha (24.9 acres) lifestyle property
• Large c/bond shed, jarrah kitchen, solar panels, open living.
20,000 gallons water tanks. Wi-Fi connected

Exclusive | Nicci Daniele 0427 802 277

New to Market



1.35ha 14 13 4 \$985 000

Rayanne Homestead 101 Outlands Rd | Mount Barker

Located on the Porongunup turnoff, this bed and breakfast offers a private residence of a 4x3 and a guest house of 10 rooms plus an outbuilding comprising a restaurant and shop.

Exclusive | Nicci Daniele 0427 802 277

New to Market



357m² 3 1 2 \$329 000

372 Serpentine Road | Mount Melville

Neat brick veneer with tin roof and double car port. 2 toilets and semi-ensuite bathroom. Open-plan lounge, dining and kitchen. Large size bedrooms, central location

Exclusive | Nicci Daniele 0427 802 277



808m² 4 2 2 \$444,000

5 Bramwell Road | Robinson

• Spacious 4x2 brick & tile home, office, air con, tile fire.
• Large c/bond shed, jarrah kitchen, solar panels, open living.
• 100m from waters edge of Albany City Harbour, close to CBD.

Exclusive | Greg Loxton 0427 649 183

ALL SOUTH REALTY

149 Albany Highway, Mount Melville
9842 1030
admin@allsouthrealty.com.au



HOME OPEN SATURDAY 12.00-1.15PM



124 Lalthwood Circuit, Marbelup
Outstanding lifestyle property

- Amazing 4 x 2 home on 2.25ha
- Fire, dishwasher, high ceilings, chook pen, veggie garden and more!
- The rear has complete covered deck area

\$850,000
Deb La Rosa 0408 236 094

HOME OPEN SATURDAY 1.30-2.00PM



16 Greenshields Street, Mira Mar
Well sought-after street

- 4 x 2 family home on 1014sqm block
- Patio for the BBQ and entertaining
- Lovely modern kitchen, high ceilings

\$655,000
Rob Humfrey 0428 447 226
Deb La Rosa 0408 236 094

HOME OPEN SATURDAY 2.15-2.45PM



11 Reidy Drive, Spencer Park
Neat package

- 3 x 1 fibro and tile home
- Low maintenance, close to school
- On a 728sqm block

OFFERS FROM \$245,000
Rob Humfrey 0428 447 226

HOME OPEN SATURDAY 3.00-3.30PM



57 Wansbrough St, Spencer Park
Pristine condition

- 4 bed, 2 bath with built in robes in 3 bedrooms, on 728sqm block
- A north-facing sun verandah
- Near-new air-conditioning unit

From \$349,000
Rob Humfrey 0428 447 226



9 Williams Street, Little Grove
Blue ribbon home

- 4 bed, 2 bath, 2 car garage
- Well-appointed large home on 506sqm block
- Walking distance to Princess Royal Yacht Club
- Double garage and room for a caravan or boat

\$495,000 to \$550,000
Rob Humfrey 0428 447 226



821 Frenchmans Bay Road, Big Grove
Hideaway home at Big Grove

- 3 bed, 1 bath, 1 car garage
- Double brick home on 2.45 hectares
- Wood fire, verandahs and carport
- Zoned future urban

\$499,000
Rob Humfrey 0428 447 226



4 Checkers Walk, Middleton Beach
Diamond views

- Stunning views of Middleton Beach & all the way across to Emu Point
- 451sqm block on exclusive street
- Walking distance to coffee shops & restaurants

\$595,000 to \$625,000
Rob Humfrey 0428 447 226



836 Newdegate Road, Kendenup
One of a kind

- 5 x 2 and granny flat
- 3 self contained cottages
- Stunning views of the Stirling Ranges

Offers
Frances Edwards 0478 215 071



Lot 804 Verazzi Court, Porongurup
The best of 2 views

- Views of both Porongurup and Stirling Ranges
- 90sqm, perfect for a 'hands on project'
- Slightly elevated with a gentle slope, 24kms from Mt Barker.

\$205,000
Frances Edwards 0478 215 071



16 Melaleuca Court, Bremer Bay
Enjoy a relaxed lifestyle!

- 3 x 1 house is well presented and low maintenance
- Make it your holiday home to enjoy Bremer Bay
- Potential as a holiday home rental

\$360,000
Deb La Rosa 0408 236 094



776 Freeman Drive, Bremer Bay
Large quality built home

- 4 x 2 x 3 with large open-plan living
- 180 sqm powered shed, 2.023ha of land
- Total house area \$20.85 sqm

\$850,000
Deb La Rosa 0408 236 094



2 Roderick St, Bremer Bay
Neat, sweet and complete

- 3 x 1, low maintenance
- Wide driveway for shed access
- Extra smaller shed for office or games room

\$300,000
Deb La Rosa 0408 236 094



41 Muir Street, Mount Barker
Diamond in the rough

- 2 bed, 1 bath plus sleepout
- 90sqm, perfect for a 'hands on project'
- Walking distance to town amenities
- Wooden garden shed

\$150,000
Frances Edwards 0478 215 071



Frenchy's Restaurant and Tea Rooms
Business only

- Outstanding location and great ambience
- 124 seating capacity
- Functional kitchen

\$75,000
Rob Humfrey 0428 447 226



50 Bottle Brush Road, Gledhow
Big block in Gledhow

- 1.86 hectares
- Two sheds, and a water tank on the property
- Yearly land rate of \$1058 approx

\$350,000
Rob Humfrey 0428 447 226



595 Board Road, Kordabup
Private hideaway retreat

- 2 bed, 1 bath and loft
- Electric water system
- Tile fins and reverse cycle air conditioning
- Dishwasher and satellite TV

\$650,000
Rob Humfrey 0428 447 226



Deb La Rosa
Licensee/Principal/Sale
deb@allsouthrealty.com.au
0408 236 094



Rob Humfrey
Albany Sales
rob@allsouthrealty.com.au
0428 447 226



Frances Edwards
Mount Barker and Kendenup Sales
frances@allsouthrealty.com.au
0478 215 071



Tahlie La Rosa
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Wolfgang Nebel
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SEE OUR WEBSITE FOR FULL RANGE OF PROPERTIES AVAILABLE – www.allsouthrealty.com.au

ALL SOUTH REALTY

149 Albany Highway, Mount Melville
9842 1030
admin@allsouthrealty.com.au



BUSINESS & COMMERCIAL FOR SALE



Eco Tree Service
Denmark

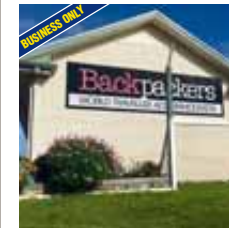
Business in Denmark

- Quality tree care & management
- Very high ROI, lease workshop
- Extensive inventory of vehicles and machinery

\$385,000



Rob Humfrey 0428 447 226
rob@allsouthrealty.com.au



1849 Backpackers
Albany

45 Peels Place, Albany

Business only

- Star rated business in the lonely planet guides
- 27 rooms and holds up to 100 guests
- Recipient of the certificate of excellence award from TripAdvisor 5 years running!

\$395,000



Rob Humfrey 0428 447 226
rob@allsouthrealty.com.au



Denmark Hire

25 Industrial Road, Denmark

- Can be sold with or without the business
- \$475,000 business
- 2393sqm block with corner road access site
- 1182.79sqm total building area

\$650,000



Rob Humfrey 0428 447 226
rob@allsouthrealty.com.au



Young Siding General Store

17-19 Station Street, Youngs Siding

- Fuel & gas, Liquor Store License
- The shop has kitchen, ice machine & r/c a/c
- The home has large 4 x 2 layout & 20,000 gallon w/tank & 2-car gge/workshop

\$595,000 PSAV Freehold



Rob Humfrey 0428 447 226
rob@allsouthrealty.com.au



Nornalup Riverside Chalets

4 Riverside Road, Nornalup

- Right on the Frankland River**
- 8 chalets & 2 bedroom, 1 bath manager's chalet
 - Many future bookings, estab clientele, good return
 - A truly unique relaxed lifestyle business

\$1,295,000



Rob Humfrey 0428 447 226
rob@allsouthrealty.com.au



Albany Drive In Mart

152 Albany Highway, Albany

Warehouse/Showrooms

- Great location, 9 parking bays
- Block size 757sqm, shop size 511.39 sqm
- Business can be bought separately

\$750,000



Rob Humfrey 0428 447 226
rob@allsouthrealty.com.au



Mt Melville Fresh Organic Produce

153 Albany Highway, Mt Melville

- Organic retail deli/lunch bar selling bread, milk, veggies, lunches and coffee
- Strong turnover, great family business
- A 2 x 1 home at rear of shop

\$69,000 WI/VO



Rob Humfrey 0428 447 226
rob@allsouthrealty.com.au



Rob Humfrey
Albany Sales
rob@allsouthrealty.com.au
0428 447 226

Call Rob Humfrey
for your

**Confidential
FREE
Business
Appraisal**

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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)



**NEW
STAGE 1B RELEASE 4
NOW SELLING**



Phone: 9841 1455
197 York Street, Albany

Darren Leslie 0414 888 244
Jane Pollard 0410 181 249

albanyproperty.biz



**Wellington &
Reeves Albany**

Phone: 9841 1455
197 York Street, Albany

Register Your Interest For These Exciting Properties...

**COMING
SOON**

**COMING
SOON**

**MOUNT
MELVILLE**



\$350,000

**COMING
SOON**

LOWER KING



\$369,000

**COMING
SOON**

LOWER KING



\$380,000

**COMING
SOON**

**BAYONET
HEAD**



\$399,000

**COMING
SOON**

MCKAIL



\$479,000

**COMING
SOON**

MCKAIL



\$495,000

**COMING
SOON**

**BAYONET
HEAD**



\$579,000

**COMING
SOON**

KALGAN



\$995,000

- Vacant Land -

658 Lower King Road, Lower King 2,254sqm 'Offers Above \$219,000'	Lot B 50 Sydney Street, Yakamia 703sqm approx \$190,000
Call Brendon Nowotny on 0432 998 035	Call Darren Leslie on 0414 888 244
10 McWhae Drive, Spencer Park 578sqm \$135,000	8 Franklin Court, Bayonet Head 814sqm \$199,000
Call Kathleen Mier on 0439 421 059	Call Darren Leslie on 0414 888 244
23 Chauncy Way, Spencer Park 450sqm \$139,000	Lot 830 Greenwood Drive, Willyung 4,012sqm \$228,000
Call Brendon Nowotny on 0432 998 035	Call Barry Panizza on 0418 945 487 or Kathleen Mier on 0439 421 059
539 Albany Highway, McKail 1,139sqm \$158,000	Lot 919 Oyster Heights, Bayonet Head 1,380sqm \$230,000
Call Lindy Burton on 0416 079 031	Call Suzie Mier on 0400 280 645
28 Orion Avenue, McKail 702sqm \$160,000	Lot 831 Greenwood Drive, Willyung 4,010sqm \$238,000
Call Kathleen Mier on 0439 421 059	Call Barry Panizza on 0418 945 487 or Kathleen Mier on 0439 421 059
83 Chester Pass Road, Orana 1,677sqm \$169,000	Lot 202 Charles Street, Gledhow 1.23ha \$275,000
Call Darren Leslie on 0414 888 244	Call Barry Panizza on 0418 945 487
10 Boundary Street, McKail 1,115sqm \$169,000	154 Middleton Road, Mira Mar 2,216sqm... 'Offers Over \$449,000'
Call Suzie Mier on 0400 280 645	Call Darren Leslie on 0414 888 244

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Albany's #1 Performing Team

Darren & Jane



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& Reeves**

More Property Sales...
More Property Negotiations...
More Happy Buyers & Sellers...



Darren Leslie 0414 888 244
Jane Pollard 0410 181 249



**Wellington &
Reeves Albany**

Phone: 9841 1455
197 York Street, Albany

Albany Real Estate since 1948

NEW LISTING



KALGAN COUNTRY CHARM

91 Prideaux Road, Kalgan

With boating, fishing, beaches, schools, shops & Albany's CBD within easy reach, this family to farmer 1.15ha parkland cleared property presents an enviable lifestyle opportunity in a beautiful area of the south coast. Impressive 2012 three-living area 4/5x2 home with alfresco & three-bay carport plus 20m x 10m shed, scheme water and soak

HOME OPEN SATURDAY 1.00PM



Darren 0414 888 244

\$790,000

NEW LISTING



RENOVATION/DEVELOPMENT PROJECT

9 Alfred Street, McKail

VIEWING BY APPOINTMENT

- Near shops & education & short drive to amenities
- Great first home buyer, investor to developer value
- Level rear access lot with subdivision potential
- Solid original 4x2 home with lounge, sunroom & patio



Darren 0414 888 244

From \$349,000

NEW LISTING



ONE OF A KIND ESTATE

63 Randell Crescent, Warrenup

VIEWING BY APPOINTMENT

- Customised 700sqm 5x2.5 family home
- Manicured 5,202sqm lifestyle lot
- Heated b/g pool, b/g spa & gym
- Premium indoor/outdoor living, shed



Brendon 0432 998 035

Offers Above \$1,190,000



Kathleen Mier
Director
0439 421 059
kathleen@albanyproperty.biz



Barry Panizza
Director
0418 945 487
barry@albanyproperty.biz



Suzie Mier
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Brendon Nowotny
Sales Consultant
0432 998 035
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Molly Gibbons
Sales Consultant
0455 999 229
molly@albanyproperty.biz

albanyproperty.biz

FOR SALE

9 Alfred Street, McKail

Wellington & Reeves



TOP RENOVATION OR DEVELOPMENT PROJECT From \$349,000 VIEWING BY APPOINTMENT

- Solid original family home with multiple living, sunroom and patio
- Settle in and update, rent out or look at a new development project
- Central subdivision potential rear access 1,381sqm property
- Two-bar carport, double carport and garage/workshop



1,381

**Darren Leslie**

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



RAY WHITE ALBANY the 1st



THE ORIGINAL AND THE BEST



Graham Walker
9841 0220
0418 422 266



Hollie Hummerston
9841 2011
0428 410 006



Rita McLean
9841 0207
0427 423 200



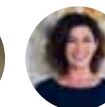
Rick Jackson
9841 0208
0429 436 598



Joe Trichilo
9841 0227
0409 370 676



Linda Knight
9841 0210
0409 126 554



Lisa Taylor
9841 0205
0427 044 457



Kiralee Guyton
9841 0203
0499 257 592

Exclusive new listings from the ORIGINAL RAY WHITE office

**86 Kooyong Avenue**

Spacious kitchen/dining and games room with large, separate lounge with tile fire. Dble brick, 4 bed, 2 bath on 4725m². Enclosed outdoor entertaining area. Massive shed, huge open high bay shed & dble gge.

View Saturday 1.30-2.00

Sale \$659,000

Lisa Taylor 0427 044 457 | 9841 0205

**52 Minor Road**

An ideal entry point for a first home buyer or investor. This home is set on a large 963m² block with access to the rear. Large bedrooms & spacious living areas. Lots of trees gives this home a bit of a rural feel.

View Saturday 12.45-1.15

Sale \$299,000

Joe Trichilo 0409 370 676 | 9841 0227

**7 Bourke Street**

3 bed, 1 bath with so much potential. Kitchen/dining spills out to the sunny deck. Timber floors throughout with spacious studio underneath. Elevated with gorgeous views.

View Saturday 12.00-12.30

Sale \$345,000

Lisa Taylor 0427 044 457 | 9841 0205

**City & harbour views**

- Renovated in 2007, 3 bed, 2 bath, 3 WC, surround sound, dishwasher
- Dbl fridge recess, mostly wood floors, dble gge UMR plus large l/up caravan gge
- 2 exposed aggregate d/ways & rainwater tank, 811m² block. (LG467)

Sale \$395,000

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



Start in the investment market

- Built in 1965, 3x1, kitchen & dining/lounge, 1143m² block
- Single bay gge, patio, space for veg garden & chooks
- Currently tenanted, returning rent of \$240 p/w (L293)

Sale \$185,000

Hollie Hummerston 0428 410 006 | 9841 0211



9/23 Anuaka Road

So, leave the car in the garage, buy a shopping cart, walk to the shopping centre, meet up with your friends over a coffee and stroll back to your roomy 2 bed brick & tile unit with your groceries. It is freshly painted and has new floor coverings.

View Saturday 4.00-4.30

Sale \$235,000

Rita McLean 0427 423 200 | 9841 0207



70 Drome Road

Just listed is this architecturally designed & beautifully presented solar passive 3x2 home with high ceilings, robes in all beds, dble gge, patio & gas HWS. 630m² block adjoining park.

View Saturday 11.45-12.15

Sale \$445,000

Graham Walker 0418 422 266 | 9841 0220



What an investment!

- Neatly renovated 1 bedroom unit
- New kitchen, bathroom + more
- Returns \$250 per week
- Close to Middleton Beach! (MTC266)

Sale \$195,000

Hollie Hummerston 0428 410 006 | 9841 0211



Serenity & space

This charming 4x2 home features large living spaces for family get togethers, 964m² block with lush gardens, a dbl gge plus extra studio/w/shop + access to rear, lovely water views, and a friendly neighbourhood. Open your eyes in the morning, the calm waters invite you to a beach walk to start your new day. (LG466)

Sale \$609,000

Rita McLean

0427 423 200 | 9841 0207



Location, location, location

- Located in the heart of Albany
- A stone's throw away from shops
- Build/ or develop this 632m² block
- Purchase this great CBD and prosper (ZC94)

Sale \$179,000

Hollie Hummerston 0428 410 006 | 9841 0211



Terrific country outlook

On 2.57ha (6ac), 4x2 home with full wall of windows that lets the view inside. Practical and pretty kitchen with nooks & features. Solid polished miami bench top. Large bedrooms, tile fire, large family room, separate lounge. 3 bay garage, rain water tank, paddocks for stock, soak/dam. (ZC2116)

Sale \$650,000

Rita McLean 0427 423 200 | 9841 0207



Albany's cheapest block

This block is screaming for someone to build a first home or speckle. 400m², fully serviced & close to shops & schools. An ideal way to start your property portfolio. (Z0252)

Sale \$75,000

Joe Trichilo 0409 370 676 | 9841 0227



Can you believe this price!

Go shares with family or friends and purchase a property in Bremer Bay, beautiful beaches, no traffic congestion, just peace and quiet. You could actually own part of this. (Z0D536)

Sale \$75,000

Linda Knight 0409 126 554 | 9841 0210

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



View Friday 2.00-2.30, Wednesday 2.00-2.30

Sale \$165,000

Rick Jackson

0429 436 598 | 9841 0208



All offers considered

- All offers considered
- All offers considered
- All offers considered (ZBH644)

Sale \$195,000

Joe Trichilo 0409 370 676 | 9841 0227



Stunning water views

Terrific Mira Mar location looking directly at the water with tree tops below, perfect for a pole design. This block of 555m² is tucked away, secure & offers the best of both worlds. There are plans available also. Don't hesitate to arrange a look here. Exclusive to Rita. (ZMM206)

Sale \$229,000

Rita McLean 0427 423 200 | 9841 0207



Looking for a project?

Here's one! Older style 3 bed home on 703m² block with 30m frontage that's ripe for a renovation. Extensive water & range views. Close to Middleton Beach. Sewer connected. Zoned R25. (MB099)

Sale \$445,000

Graham Walker 0418 422 266 | 9841 0220



21 Anderson Place

- Tastefully renovated 4x2 home + study
- Huge entertaining area with easy-care yard
- Two huge living areas, plus kitchen & dining
- Quiet cul-de-sac in a top area

View Saturday 12.00-12.30

Sale Offers over \$499,000

Hollie Hummerston

0428 410 006 | 9841 0211



Nature at its best

- Adjoins national park, 8.422ha
- Huge views to Southern Ocean & city
- Elevated building sites
- 7 mins to CBD (ZLG174)

Sale \$640,000

Graham Walker 0418 422 266 | 9841 0220



Holiday in Bremer Bay!

This 619m² block is great value! Build yourself a comfy weekender for permanent family retreats. Enjoy long walks on the beach, and time to reconnect with loved ones. (Z0D535)

Sale \$75,000

Linda Knight 0409 126 554 | 9841 0210



116 Brunswick Road

The home is 2 storey with super large open living areas on both levels. Very neat, well-kept 4x2. This is licensed as a B&B if you want to bring some extra cash.

View Saturday 3.00-3.30

Sale \$575,000

Rita McLean 0427 423 200 | 9841 0207



Nullaki Peninsula

Amazing views overlooking rolling waves at Ocean Beach or a peaceful outlook of Wilsons Inlet. Pure Aussie natural bushland with 2 home sites. 35ha

Sale \$675,000

Rita McLean 0427 423 200 | 9841 0207



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, or perhaps both! (ZLK291 & ZLK336)

Sale \$675,000ea

Graham Walker

0418 422 266 | 9841 0220



22 Edward Street

- Literally a hop, skip & jump to school!
- This 3x1 home sits on a 666m² block
- Fireplace, shed & much more

View Saturday 10.45-11.15

Sale \$317,000

Hollie Hummerston 0428 410 006 | 9841 0211

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

Home Open Guide

RayWhite

FRIDAY

2.00-2.30 81/22 Wellington Street Centennial Park \$165,000 2x1 Park home Rick
(Call at shop for gate entry)

SATURDAY

10.00-10.30	12 Maskill Place	Albany	\$585,000	4x2	644m2	Rita
	241 Collingwood Road	Collingwood Heights	\$285,000	Land	4558m2	Linda
10.45-11.15	22 Edward Street	Yakamia	\$317,000	3x1	666m2	Linda
11.00-11.30	10 Camfield Street	Mt Melville	\$475,000	4x2	693m2	Rick
	215 Grey Street West	Albany	\$429,000	3x1	914m2	Rita
11.30-12.00	3b Salvado Road	Orana	\$325,000	3x1	406m2	Linda
11.45-12.15	70 Drome Road	McKail	\$445,000	3x2	630m2	Kirralee
12.00-12.30	181 Grey Street West	Albany	\$359,000-\$379,000	2x1	6 apartments	Rita
	7 Bourke Street	Mt Melville	\$345,000	3x1	583m2	Lisa
	21 Anderson Place	Mira Mar	\$499,000	4x2	707m2	Kirralee
12.15-12.45	51 Orion Avenue	McKail	\$469,000	4x2	690m2	Linda
12.45-1.15	52 Minor Road	Orana	\$299,000	3x1	963m2	Lisa
	45 Wansborough Street	Spencer Park	\$315,000	3x1	511m2	Kirralee
1.00-1.30	4 Greenwood Drive	Willyung	From \$695,000	5x2+studio	7776m2	Rita
	332 Frenchman Bay Road	Robinson	\$399,000	Land	1.13ha	Linda
1.30-2.00	86 Kooyong Avenue	Warrenup	\$659,000	4x2	4725m2	Lisa
1.45-2.15	35 Kula Road	Kalgan	\$849,000	3x2	8753m2	Kirralee
2.00-2.30	4 Broughton Street	Orana	\$299,000	3x1	1012m2	Rita
2.15-2.45	116 Bayonet Head Road	Bayonet Head	\$349,000	3x1	809m2	Lisa
3.00-3.30	116 Brunswick Road	Albany	\$575,000	4x2	961m2	Rita
	22 Albatross Drive	Bayonet Head	Offers over \$439,000	4x2	655m2	Lisa
4.00-4.30	9/23 Anuaka Road	Yakamia	\$235,000	2x1	80m2	Rita

WEDNESDAY

2.00-2.30 81/22 Wellington Street Centennial Park \$165,000 2x1 Park home Rick
(Call at shop for gate entry)



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 raywhitealbanys.com.au

THE ORIGINAL & THE BEST – RAY WHITE ALBANY

RayWhite



Brilliant block

Adjoining reserve this lovely block is slightly elevated with ample room for big sheds & a smart large home. Start designing the home & lifestyle for your family. Almost an acre (4007m2). Warrenup is a popular area with a short drive into city. (ZHC072)

Sale \$229,000

Rita McLean 0427 423 200 | 9841 0207



Ripe for development

Corner site, 2 blocks on one title with a total of 2934m2. Excellent R30 zoning & great potential. Buy now & develop later. (ZMK753)

Sale \$370,000

Rick Jackson 0429 436 598 | 9841 0208



35 Kula Road

Located on the waters' edge of Oyster Harbour, this secluded solar passive home is ideal for anyone looking for a quiet & private lifestyle. Solar panels, water tanks & sheds plus much, much more.

View Saturday 1.45-2.15

Sale \$849,000

Joe Trichilo 0409 370 676 | 9841 0227



4 Greenwood Drive

Large & secluded outside living spaces, immaculate 4 bed home plus study, large family room, a sep lounge plus a theatre room. New & spacious kitchen, wide bench spaces & d/washer. Huge shed for him, a studio (artist/teens retreat/ visitors), large & secluded patio, retic + solar panels & HWS. Over road to school bus on almost 8000m2!



View Saturday 1.00-1.30

Sale Offers above \$695,000

Rita McLean 0427 423 200 | 9841 0207



22 Albatross Drive

- One of a kind 4x2 home with study
- Open-plan area + theatre & deck
- Great size block with drive-through access

View Saturday 3.00-3.30

Sale Offers over \$439,000

Hollie Hummerston 0428 410 006 | 9841 0211



Terrific opportunity

1.187ha (approx 3ac) rural property, power, water, septic, big shed, shower & washing facilities, a WC, a large lined shed with a tile fire & r/c air-con. It has scheme water & is relatively level in a quiet part on the boundary between Warrenup & Willyung. Design your home in comfort. (RC116)

Sale \$389,000

Rita McLean 0427 423 200 | 9841 0207



City life

A beautiful parcel of land within metres of CBD, foreshore, restaurants & bars. Never need to worry about a "skipper" if you lived here. Enjoy the benefits of inner city living & build your own home on this level 414m2 parcel. (ZALB023)

Sale \$300,000

Graham Walker 0418 422 266 | 9841 0220



116 Bayonet Head Road

Friendly, spacious, popular all come to mind after viewing this beautifully kept home. Built 1975 on 809m2 with rear access, this 3 bed is generously priced to accommodate first home buyer or investors.



View Saturday 2.15-2.45

Sale \$349,000

Joe Trichilo 0409 370 676 | 9841 0227

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

THE ORIGINAL & THE BEST – RAY WHITE ALBANY



Offers wanted – already cheap home

Yes, it's cheap! Top location, walk to shops, school, sports ovals, brick & tile. stop paying rent, knuckle down and enjoy your own home or rent it out. Options - 3x1 with 2 living areas or 4x1+. Gge area. It's in Yakamia, so let's start your future today. (Y661)

Sale \$299,000
Rita McLean 0427 423 200 | 9841 0207



51 Orion Avenue

This stunning 4x2 family home on 690m2 must be seen – it's tastefully finished with quality throughout, has 2 generous living areas, copious storage space & a deck on two sides to maximise comfort.

View Saturday 12.45-1.15
Sale \$469,000
Hollie Hummerston 0428 410 006 | 9841 0211



45 Wansborough Street

This double brick & tile home is close to all the important things – schools, shops, doctors & hospital. But, above all, it's directly opposite a park. 3 large bed, 1 bath on a low maintenance 511m2 block.

View Saturday 12.45-1.15
Sale \$315,000
Joe Trichilo 0409 370 676 | 9841 0227



Dress circle location

- Rear block
- Elevated position
- 945m2
- Spectacular ocean views (ZMTC39)

Sale \$400,000
Graham Walker 0418 422 266 | 9841 0220



It could be you!

Delightful rural residential property of 2ha with a very comfortable 4 bed 2 bath home, verandahs, patio, garaging & more. An easy commute to the city centre but far enough away so you can enjoy the peace & quiet. (K210)

Sale \$629,000
Rick Jackson 0429 436 598 | 9841 0208



Zoned R20

Close to beaches & golf course. Where can you buy acreage this close to city centre? 1.072ha

Sale \$175,000
Graham Walker
0418 422 266 | 9841 0220



Easy build

Huge 1139m2 block with highway frontage. Being built, it makes it an easy build block for your home and several sheds. (ZMK680)

Sale \$158,000
Graham Walker 0418 422 266 | 9841 0220



Sick of all the extras?

Why not 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 plus GST
Rita McLean 0427 423 200 | 9841 0207



Why wouldn't you

Private location with great neighbours & a pleasant outlook. Lock-up gge & room for van or boat. King sized master bed, semi-ensuite, BIRs, large sunroom plus amazing, fresh modern kitchen, all only 6 yrs old. (SP951)

Sale \$385,000
Rita McLean 0427 423 200 | 9841 0207

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

THE ORIGINAL & THE BEST – RAY WHITE ALBANY



Reduced

12 Maskill Place

Great buying! CBD with water glimpses, lovely large rooms, big kitchen, sep lounge, r/c air-con, BIRs, solar panels + deck to entertain & enjoy twinkling lights. Enclosed yard, dlb gge & carport. Side access for van & boat. 769m2 block.

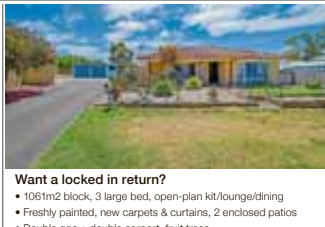
View Saturday 10.00-10.30
Sale \$585,000
Rita McLean
0427 423 200 | 9841 0207



3B Salvado Road

- 3 bedrooms, one good size bathroom
- Sunny patio area on a secure 406m2 block
- Brick & tile 1996 build

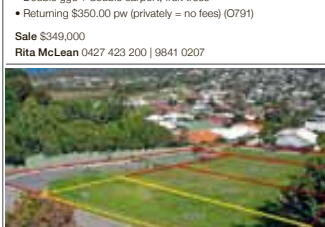
View Saturday 11.30-12.00
Sale \$325,000
Hollie Hummerston 0428 410 006 | 9841 0211



Want a locked in return?

- 1061m2 block, 3 large bed, open-plan kit/lounge/dining
- Freshly painted, new carpets & curtains, 2 enclosed patios
- Double gge + double carport, fruit trees
- Returning \$350.00 pw (privately = no fees) (O791)

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



An everyday holiday

- 4 bed, 3 bath – MSTR bed like a private retreat
- Large back alfresco area with views
- 21.5ha, close to pristine beaches
- Open-plan living & dining areas (ZZA110)

Sale \$950,000
Graham Walker
0418 422 266 | 9841 0220

Location, location, location

This Mira Mar block is priced to sell and has the best position. Talk to your builder about the opportunity for stunning views and great construction direct from road. Overlooking Mt Clarence lights and Middleton Beach area. (ZMM216)

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



New Price

215 Grey Street West

- Privately located, stunning views over Princess Royal Harbour
- On 914m2 block ripe for development (zoned R30)
- Comfortable 3 bed, 1 bath, sunroom, tile fire
- Add a granny flat? Or subdivide
- Only 800m to CBD, side access to backyard



View Saturday 11.00-11.30
Sale \$429,000
Rita McLean 0427 423 200 | 9841 0207

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

THE ORIGINAL & THE BEST – RAY WHITE ALBANY



Nature lovers or hermits only

Just 25 mins from Albany, this 16.187ha property offers seclusion with pristine native bushland surrounding it, an orchard, cattle yards & 2 large GP sheds. 2 bed transportable home in need of some TLC. Sep paddocks for stock. Soak/dam. (ZZB129)

Sale \$525,000

Rita McLean 0427 423 200 | 9841 0207



Reduced

241 Collingwood Road

Short drive to work, yet you are living in a rural setting. All that is needed is to design your dream home. Not just a vacant 4558m2 block - there are already 2 powered sheds, so make an offer before you miss out.

View Saturday 10.00-10.30

Sale \$285,000

Linda Knight 0409 126 554 | 9841 0210



One for the blended family

This superbly renovated funky home is ideal for the extra large family on a budget. Boasting 6 bed, 2 bath, this home has undergone renovations and an inspection is highly recommended. On 615m2 block with rear access. (MK531)

Sale \$419,000

Joe Trichilo 0409 370 676 | 9841 0227



Reduced

332 Frenchman Bay Road

1.1ha with harbour views and masses of potential. There are limited properties as picturesque as this, 37m road frontage, scheme water and ready for action!

View Saturday 1.00-1.30

Sale \$399,000

Linda Knight 0409 126 554 | 9841 0210



10 Camfield St

Around the corner, down the hill to Albany Plaza & Dog Rock Boulevard. How close is that? Beaut 2010 built 4 bed, 2 bath residence with carport plus gge on 693m2 block awaits new owners.

View Saturday 11.00-11.30

Sale \$475,000

Rick Jackson

0429 436 598 | 9841 0208



New Price

Sparkling water views

Polished Sheoak features, great storage & kitchen. 2 large entertaining decks + 2 sep living areas. Every room has water views. 3 dbl beds, 2 bath. Level entry from dbl gge to living area secures living - ideal lock & leave. Behind automatic gates.

Sale \$675,000

Rita McLean

0427 423 200 | 9841 0207



Reduced

A home to impress

- Charming 4x2 home that will appeal to most
- Immaculately presented with 2 living areas
- Fantastic, private outlook over green paddocks
- 4012m2 block with access & large w/shop (RC115)

Sale \$725,000

Graham Walker 0418 422 266 | 9841 0220



Reduced

Peace and quiet

Now you can afford to live in Robinson, a popular area known for its space and close proximity to town. A comfortable 4x2 family home with 2 living areas & separate dining, solar HWS & large rainwater tank. All on 2.023ha. (RE122)

Sale \$565,000

Linda Knight

0409 126 554 | 9841 0210



Reduced

4 Broughton Street

Brick veneer 3 bed brick home plus an enclosed back verandah. Large sub-dividable block of 1012m2. There is a dbl lock-up gge plus a second shed that has been lined out for a man cave/ teens retreat.

View Saturday 2.00-2.30

Sale \$299,000

Rita McLean 0427 423 200 | 9841 0207

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

THE ORIGINAL & THE BEST - RAY WHITE ALBANY

Residential albany.eldersrealestate.com.au



Walmsley 382 Chester Pass Rd Pick of the Strawberries

3 1 5
37ac

After many fruitful years growing high quality strawberries on a commercial scale for predominantly Western Australian consumers, the owners of the Freshpict Strawberry Farm in Albany, have decided to hang up their work boots, retire and enjoy spending more time with their family and grand kids. Now is the time to give someone else the opportunity to take this business to the next level.

- Strategically located successful commercial strawberry farm, supplying Australian retail markets
- Various by-products sold locally including jams, sorbets, chutneys and strawberry from the farm and markets
- General Agriculture zoned ideal for horticulture or viticulture ventures



Neels Delpert 0450 451 401
Web Id 18000159



Blair Scott
Residential
Sales
0459 024 026



Neels Delpert
Residential
Sales
0450 451 401



Jane Bird
Residential
Sales
0419 531 016



David Treeby
Rural
Sales
0427 448 756



Jeni Dawson
Residential Sales
Bremer Bay
0447 790 129

Expressions of Interest

Elders Albany, 189 Chester Pass Road, Albany WA 6330

ph 08 9842 7900

Residential

albany.eldersrealestate.com.au

Elders



Easy Auction 25th November at 1pm

Bayonet Head 56 Allwood Parade

Something Completely Different, with Value Hard to Match

ELDERS EASY AUCTION - BIDS STARTING AT 350K. Auction novice? Don't be scared! Come and see how it works. Making auctions accessible to all buyers.

Whether you love entertaining or the quiet life, this outstanding property is tailor-made for comfortable family living, with tremendous indoor and outdoor living zones, tonnes of parking, and ample yard space for kids and pets to play in. Close to schools and shops, and in a great neighbourhood, this is a must-see.

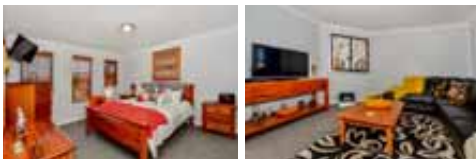
- Fab floorplan with three-living areas including bonus upstairs lounge with water view
- Big bedrooms all with BIR, spacious kitchen, games room, and awesome alfresco. Drive-through access to large high span shed
- Feature packed with cassette air-con, wood fire, private courtyard, upstairs deck, and more!



Home Open Saturday at 12.00pm
Blair Scott 0459 024 026
Web Id 18068141

4 2 2
808sqm

Elders Easy Auction - Bids Starting at \$350,000



Mckail 3 Stoddart Corner

A Cut Above the Rest, with Universal Appeal

Forget the building dilemma, this established property is as fashionable and relevant as the day it was completed and ideally suited to families to investors. It is extremely low-maintenance and presents beautifully throughout. Great spot just a short stroll to parks.

- Spacious, smartly-designed home in quiet modern neighbourhood
- Fabulous kitchen and alfresco, large bedrooms, great wet areas
- Drive-through d/b garage to parking, roller door shed & roomy family backyard

Home Open Saturday at 11.00am

Blair Scott 0459 024 026

Web Id 17823710

\$410,000 to \$455,000



Milpara Milpara Industrial Estate Stage 2B

Up-And-Coming Industrial Precinct

If you are looking to relocate your business to the ideal premises, or have a keen eye on investment, this swag of properties have recently had great price reductions & there is bound to be one that suits your needs. Give yourself great exposure in an up-and-coming industrial precinct with growing traffic, that is already home to a range of successful businesses.

- Choice of 8 lots zoned 'Light Industry', from 1,298sqm to 4,138sqm with frontages up to 52m
- One of the best serviced light industrial areas with 9m roads, deep sewer, power, water, & phone
- Very close to Chester Pass Road with good access to Albany Highway.

Blair Scott 0459 024 026

Web Id 17774043

From \$220,000 + GST

Elders Albany, 189 Chester Pass Road, Albany WA 6330

ph 08 9842 7900

Residential

albany.eldersrealestate.com.au

Elders



Yakamia

36 Marconi Road

Rare Listing in Quiet Area

- Smart first home buy in terrific area
- Sound b/t home on dual access lot
- Separate spacious lounge, mod kitchen

Home Open Saturday at 11:00am

Neels Delpoit 0450 451 401

Web Id 9870461 \$299,000 to \$339,000



Collingwood Hts

11 Eclipse Drive

Great Starter, Heaps Of Potential

- Fantastic location mins to beach & town
- Quiet area ideal for families or couples
- Bonus downstairs studios and 2nd WC

Home Open Saturday at 1.00pm

Blair Scott 0459 024 026

Web Id 9336772

\$299,000



Mount Clarence

10/165 Middleton Road

Top Spot for Investors

- Private location in quality complex
- Elevated position offers water views
- New kitchen, floor coverings and more

Home Open Saturday at 2.00pm

Blair Scott 0459 024 026

Web Id 11201043

\$430,000



Hay

184 Sheoak Drive

Great Outdoor Living Property

- Paddocks to run horse and sheep
- Comfortable, solid home with sheds
- Great outdoor entertainment area

Neels Delpoit 0450 451 401

Web Id 17917032 \$670,000 to \$750,000



Little Grove

103 Symers Street

Decked Out to Inspire

- Tranquility & privacy near golf course
- Ample living spaces inside and out
- Quality, crafted home with tennis court

Home Open Saturday at 10:00am

Jane Bird 0419 531 016

Web Id 17927029 \$645,000 to \$735,000



Kalgan

29 Moonlight Road

Premium Water View Farmlet

- Original home with established gardens
- So much potential to value add
- Sheds, r/w/t & scheme available

Jane Bird 0419 531 016

Web Id 17810760 \$770,000 to \$860,000



Kronkup

1 Shelley Beach Road

Business Venture or Amazing Home

- Function centre on top of Torbay Hill
- Spectacular ocean views
- Continue business use or amazing home

Blair Scott 0459 024 026

Web Id 17672075

\$770,000



Middleton Beach

44 Wylie Crescent

Select Coastal Lifestyle

- Dress circle coastal hillside position
- Stunning water views & 2-level home
- Splendid courtyard & easy-care grounds

Home Open Saturday at 12.00

Jane Bird 0419 531 016

Web Id 17839212 \$795,000 to \$880,000

Rural

albany.eldersrealestate.com.au

Elders



Gairdner

Diverse Mixed Farming 2225ha / 5499ac

- Sound property well suited to a mixed cropping livestock enterprise and 3x1 house
- Large GP / grain storage shed, workshop, 5 stand shearing shed, 2 sheep yards
- 500 tonne silo plus 5 others, flexi N tank
- 22 paddocks, good fencing & central laneway - well watered with 3 soaks & 17 dams

David Treeby 0427 448 756

Web Id 10380512

\$3,250,000



Kendenup

Meticulous Operation 127ha / 314ac

- Substantial 4x2 home recently renovated with quality fixtures incl. modern kitchen
- Alfresco areas and attractive gardens - panoramic views to the Stirling Ranges
- 14 paddocks with central laneways back to sheep yards - very good water
- Large GP shed w/ concrete floor & 3 Phase power, 2nd enclosed shed for stud equipment

David Treeby 0427 448 756

Web Id 17403354

\$895,000



Gnowellen

Pallinup River Frontage 301ha / 745ac

- Attractive block with earning capacity
- Suits grazing with some crop
- Two sheds
- Two titles
- Definite value here

David Treeby 0427 448 756

Web Id 13140184

\$400,000



Walpole

"Long Valley" 226ha / 558 ac

- High rainfall cattle country
- Productive pasture
- Good home, sheds and cattle yards
- Perm creeks, large dams, irrig potential
- Majestic stands of karri forest

David Treeby 0427 448 756

Web Id 10618192

\$1,490,000



Lowlands

Three Fantastic Blocks 17ha to 23ha

- Lot 2563 Lake Saide Rd Youngs Siding 18.48ha - elevated bush, grazing, water
- Lot 2566 Ryan Rd Lowlands 23.07ha - Granite outcrops, pasture, good water
- Lot 2573 Ryan Rd Lowlands 17.47ha - Pasture, peppermint groves, shed, water

David Treeby 0427 448 756

Web Id 441588

\$375,000 each



Narrikup

Tidy set up here 86ha / 213ac

- Character home with garden and views
- 100 head steel cattle yards
- Working race and cattle crush
- Well watered with dams soaks and bore
- GP shed with concrete floor

David Treeby 0427 448 756

Web Id 9446604

Elders Albany, 189 Chester Pass Road, Albany WA 6330

ph 08 9842 7900

— OVER — \$30k WORTH OF BONUS INCLUSIONS

Choose from over 50 of Domain's single storey home designs starting from just \$187,400* and for a limited time you'll also get over \$30,000 worth of bonus inclusions.

PLUS

A CHANCE TO WIN
\$30,000^A CASH!



Cambridge



Vibe



Empire

The Domain Homes \$30,000 Spring Bonus.^A For a limited time.



Quality SMEG appliances.

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Not feeling right? Then reach out

WITH around 100,000 Australian families affected by perinatal anxiety and depression every year, this is a common illness as well as a serious one.

Perinatal Depression and Anxiety Awareness Week is therefore a crucial time to reach out to communities all across the country and raise awareness of the condition along with details for those affected.

Events will be happening across the Great Southern and are a great opportunity to share information about the illness so people can know what is happening to them, and can seek help early and recover more quickly.

We know that one of the key reasons many expecting and new parents struggling with perinatal anxiety or depression don't seek help is because they don't know what's happening to them.

Even though it's an illness that affects up to one in five expecting or new mums, and one in ten dads, many people still don't know its signs and symptoms.

And many still don't know where to go to seek help.

It's absolutely critical that more people know about perinatal anxiety

and depression so mums and dads can seek help and recover more quickly.

The Communities for Children team at Amity Health will be looking to fund up to six events across the region, so be sure to follow our website and Facebook page for details.

In the meantime, there are a number of fantastic websites and community resources that are here to help – here's a few to get you started.

PANDA - <https://www.panda.org.au/> (National helpline (Mon to Fri, 9am - 7.30pm AEST) Call 1300 726 306

Beyond Blue - <https://healthylfamilies.beyondblue.org.au/pregnancy-and-new-parents/maternal-mental-health-and-wellbeing/depression> Helpline: 1300 22 4636 (online chat also available)

Reach Out - <https://au.reachout.com/articles/perinatal-depression> (Urgent help available)

It's also good to remember that if going online is not your thing, you can access support and help through your local child health nurse.

You're not alone and everything is completely confidential – you got this!



Newsletter

To subscribe to Amity Health's useful and informative Communities for Children newsletter and to find out what activities are on in your area, please check out the Amity Health website or contact us to subscribe to the Communities for Children Newsletter.

www.amityhealth.com.au
Phone 9842 2797
cforc@amityhealth.com

Alternatively, call into the Amity Health office at 136 Lockyer Avenue, Albany and pick up a copy.



Amity Health is a not for profit organisation providing Speech Pathology, Occupational Therapy and Child Mental Health services for children.

Amity Health Services for Children

If you have concerns about your child's development or wellbeing **contact us** to book an appointment.

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Here's to health!**Passing the taste test**

WANT to save money going to the doctors?

I mean besides the obvious way, where you live healthy so you don't end up getting sick? Well – here's a way to save a bundle – do your own diabetes tests.

It's true. Despite what doctors tell you about "blood tests", there's a way you can diagnose yourself – completely safe, utterly free, and in the privacy of your own home.

And best of all, it's completely natural. All you have to do is taste your pee, first thing in the morning, and if it tastes –

Hello? Hello? Anyone still reading?

The thing is, back in the day, this was how it was done.

If someone noticed they were peeing too much and drinking too much they would go to the doctor.

The doctor would probably do something with leeches and probably also taste their urine. Then they could diagnose either "diabetes insipidus" – urine that tasted watery – or "diabetes mellitus" – urine that was strongly flavoured and sweet.

The patient would feel a strong sense of – pity? revulsion? gratitude that they weren't a doctor? – and go home.

Medicine had no remedy for diabetes – powdered mice were sometimes prescribed, as was the bite of a poisonous snake.

But before we had insulin, diabetes was one of the most feared of diseases.

More on that in my next column. But for now – what is diabetes?

People usually mean one of two main types – type one and type two. There's others, including pregnancy diabetes, but I'll only talk

about one and two.

They are very different diseases, but they're all caused by problems with insulin.

Insulin is a hormone – sort of a chemic message – that your body uses to send signals from one part to another.

Adrenaline and testosterone are hormones.

Insulin's made by your pancreas, a squishy, knobby, rather unattractively shaped organ that hides in a guilty manner somewhere behind your stomach.

The pancreas, like most of your body, multitasks, but as far as we're concerned, it makes insulin in a special cellular factory.

What insulin does is tell your cells to let sugar out of your blood and into the rest of your body.

What that means is if you've got diabetes, lots of things start to go wrong.

In type one diabetes, your immune system basically gets paranoid and you attack your own pancreas.

The insulin factory is destroyed, and while the immune system is high-living itself, you discover you've got diabetes.

For the rest of your life (although change is coming) you get insulin via a needle.

Type one diabetes is one of the most significant diagnoses we make.

Often, it's diagnosed in children, and it's weirdly dependent on geography – it's 40 times more common in Finland than in China.

In type two, your body still makes insulin, but your body becomes insensitive.

For a while your pancreas can

cope – it just makes more and more – but eventually the factory collapses from overwork.

We can treat type two with delaying tactics – try to increase your sensitivity – but they aren't the best solutions.

A diagnosis of type two diabetes means either you exercise, and eat better, and lose weight, or it settles in.

And that's not good for anyone. It's skin and nerve damage, and eye problems, and pain, and it ends up with insulin too.

So, what can you do? Well, snakebite might stop you dying of diabetes, but it's better to see your doctor.

There's diet and exercise and weight loss, and maybe even a blood test.

But it's better than trusting the taste test.



— Doc Brendan

DR BRENDAN Carson is a registered medical practitioner (BSc BMBS, FRACGP) who works as a hospitalist/ senior medical practitioner at the Albany Health Campus. This column is provided for general information purposes only and should not be relied upon as specific medical advice. You should consult your own doctor for any concerns about your health.

Here's to health!**Diet and exercise to delay disease**

AROUND 280 Australians are diagnosed with Type 2 diabetes every day.

Diabetes causes a myriad of health problems that can affect the heart, kidneys and nerves, to name a few.

Risk factors for developing Type 2 diabetes include having a family history of Type 2 diabetes, increasing age, being above the healthy weight range, having an inactive lifestyle and being of certain ethnic origins.

This may sound like doom and gloom; however, there are some simple steps that can be taken to delay or even prevent the onset of Type 2 diabetes.

Get active – it's recommended we get at least 30

minutes of moderate intensity exercise on most days of the week, but if this is not yet manageable for you, start small and build up. Ten minutes three times a day has been found to have much the same benefits.

Include more fruit & vegetables in your diet – decrease your processed (packaged) food intake and get creative in the kitchen with a diet full of vibrant colours made up from our whole foods – fruit, vegetables, wholegrains, dairy and lean meats.

Check in with your health – Type 2 diabetes can't be seen. If you have one or more of the above risk factors, getting an annual check-up with your GP could help prevent you from developing Type 2 diabetes.

What does diabetes mean for you?

TYPE 2 Diabetes (T2DM) is a progressive condition characterised by the body's resistance to the effects of insulin. Insulin is a hormone that allows your body to utilise or store the sugars that you consume, helping to maintain blood sugar levels from being too high (hyperglycaemic) or too low (hypoglycaemic).

If you have been diagnosed with T2DM, there are a few important steps you should take to help monitor your health:

Regular check-ups with your GP, as they will monitor blood glucose levels and other complications related to diabetes.

Regular check-ups with your podiatrist, as they will conduct neurological exams to establish your foot health risk.

Someone at higher risk of amputation will have less sensation due to poor blood flow or nerve damage and may end up with skin damage, ulcers and infections.

Healthy eating is important in diabetes management. Nutritionists and dietitians can help ensure you are getting the adequate nutrients for your body. Some tips for eating



■ Susan Toomey keeps active.

regularly, limiting foods high in sugar or fats and reducing portion sizes by using a smaller plate or bowl.

Regular physical activity has been shown to help blood glucose regulation by improving insulin uptake in the working muscles.

This can reduce the risk or delay the onset of some associated com-

plications. Accredited exercise physiologists (AEPs) can provide you with an individualised exercise program to aid in diabetes management, taking into account other medical conditions or injuries present.

The guidelines for physical activity include aerobic exercise (e.g. walking, cycling, swimming) for 30 minutes at a moderate intensity, 3-7 days per

week, and strength training (e.g. with weights or therabands) at a moderate to high intensity, 2-3 days per week.

South Coast Sports Medicine has nutritional medicine, podiatry and AEP services to aid in the multidisciplinary management of your diabetes.

Natalie Bennison, Accredited Exercise Physiologist.

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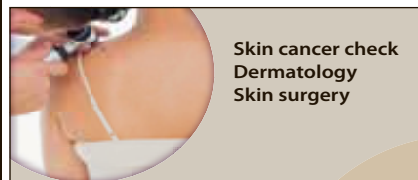


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Take a closer look at your skin**What is involved?**

A skin cancer check-up involves a thorough history of factors relevant to your risks of skin cancers and a systematic skin examination to identify any suspicious skin spots.

Recommendations may include follow-up of some suspicious areas with digital dermoscopic photos, biopsy of some areas or definitive surgical treatment of clear skin cancers.

How is the skin examination performed?

A systematic examination of the skin is the key part of a skin cancer check-up. This is performed with good lighting and the use of a dermatoscope. A dermatoscope is a device applied to the skin, which allows 10X magnification and analysis of structures below the skin surface layer. Careful

examination with dermoscopy increases the detection of early and subtle skin cancers which allows for improved treatment outcomes.

Examination is routinely performed down to underwear. Examination with the use of a hand mirror at home is worthwhile ahead of your appointment so that you can point out any spots of concern at the time of your appointment. Modesty sheets are available and a chaperone can attend the consult with you if requested.

Follow-up

Each patient will be issued with a summary of any abnormality detected during examination and if further management is required this will be included in the recommendations. Patients can then follow up with their local doctor or return to the skin clinic for

treatment.

Skin Surgery

The Albany Skin Clinic has a fully equipped procedure room where our doctors can perform a range of skin biopsies and surgical procedures. Albany Skin Clinic doctors have expertise in skin surgery and regular surgical lists; however, they may recommend referral to plastic surgeons or to specialised MOHS clinics for particular skin cancers.

What can be found from skin checks?

- Melanoma
- Basal cell carcinomas
- Squamous cell carcinomas
- Actinic keratosis (pre-cancerous skin damage)
- Eczema
- Psoriasis
- Inflammatory skin diseases



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2013 TOYOTA LANDCRUISER GX 4.5 LTR V8 DIESEL WAGON
1GHR183 **\$59,990**

- Fully loaded • 18" alloy wheels • Swing away wheel carrier • Electric brakes • caravan • Twin turbo diesel
- Towbar • Roofrack • One owner

2016 TOYOTA LANDCRUISER PRADO GXL 4X4 TURBO DIESEL
1EZE973 **\$59,990**

- New vehicle warranty until 2019 • 20" light bar • Only just traded over 18,000kms • Seven seats
- Automatic trans • Reversing camera

2017 TOYOTA HILUX SR5
1GFR003 **\$52,990**

- Turbo diesel • Manual 4x4 spec cab • Rear fireproof hand cover • Light force lightbar • Tinted windows • Sat nav • 6 speed manual • 18 inch alloy wheels • Vehicle warranty February 2020

2010 TOYOTA LANDCRUISER 200 SERIES VX
1GTF616 **\$49,990**

- Twin turbo diesel wagon • Luxury VX • Full leather trim • Reverse camera • 18 inch alloy wheels • 7 seater
- Remote keyless entry & start

2016 TOYOTA KLUGER ZWD V6 GXL AUTO WAGON
1ETH683 **\$49,990**

- New car warranty • Low kms • Rev camera
- 7 seats • 8 spd auto

CAR OF THE WEEK

2013 TOYOTA HILUX SR5

- One owner from new
- 3.0 Turbo Diesel power and economy
- Auto Trans
- Diesel 4x4
- Dual Cabs
- Polished alloy bullbar
- Polished alloy towball
- Hard Tray cover
- Tubeline
- Roof racks
- Toyota reliability
- 4 tyres newly fitted



\$39,990

1ER 278

ONE OF THE BEST RANGES OF 4X4s OUTSIDE THE METRO AREA

2016 TOYOTA FORTUNER GXL AUTO 4X4 WAGON
1EZH751 **\$49,990**

- New car warranty • Low kms • 7 seats • Rev camera
- Keyless entry & start

2007 TOYOTA LANDCRUISER 200 SERIES 4.5 LTR V8 DIESEL WAGON
1GHR858 **\$46,990**

- Mint condition • Reverse camera • Sat nav
- Goldrush metallic paint • Electric brake unit
- 7 seater • Alloy steps

2016 TOYOTA RAV 4 AWD AUTO CRUISER WAGON
1EVE494 **\$44,990**

- New car warranty until 2019 • Under 20,000kms
- 2.2 litre turbo diesel • Save thousands on new

2015 TOYOTA FORTUNER GX
1GDV 667 **\$41,990**

- 2.8 turbo diesel • 4x4 wagon • 6 speed auto • Rear vision camera • Multi-function control screen • Front & rear 2.8 tonne towing • ABS brake • Sway control

2011 TOYOTA LANDCRUISER WORKMATE 76 SERIES
1DUQ744 **\$43,990**

- 4x4 wagon • Capable all terrain tyre • Big bore exhaust • Long range fuel tanks • 5 speed manual

2013 TOYOTA LANDCRUISER PRADO GLX
1E23300 **\$43,990**

- Turbo diesel • 4x4 • Long range fuel tanks
- 5 speed auto • Climate control air con

2007 TOYOTA LANDCRUISER 200 SERIES GXL AUTO V8 WAGON
1EFV713 **\$42,990**

- 4.5L twin turbo diesel • Polished bullbar • 7 seater
- Large screen GPS • 6 speed auto • near new tyres
- Well presented vehicle

2008 TOYOTA LANDCRUISER WORKMATE 76 SERIES
1DWE619 **\$38,990**

- V8 turbo diesel • 4x4 wagon • Low kms • Wide wheels and snorkel • Good honest vehicle
- Test drive today

2012 TOYOTA LANDCRUISER GXL
1GFR909 **\$36,990**

- Turbo diesel • Turbo • Keyless entry • Hill descent
- Great safe family wagon



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2015 HOLDEN COLORADO LS 4X4 AUTO TRAYBACK
1GERD23 **\$32,990**

- New car warranty until June 2018 • Under 26,000kms
- 3.5 tonne towing capacity • 2.8 litre diesel motor with 500 newton metres of torque

2014 MAZDA CX-5 MAXX SPORT X E SERIES
1EXE 786 **\$30,990**

- Auto AWD • Twin turbo 2.5 door hatchback
- 6 speed Skyactiv auto trans • 6 speaker Bluetooth sound system • Cruise control • Reversing camera

2014 ISUZU MU-X LS-U WAGON
1EXH753 **\$29,990**

- 4x4 • 7 seater • 3L turbo diesel • 5 speed auto transmission • Alloy wheels

2013 FORD TERRITORY TURBO DIESEL TITANIUM WAGON
1EGY936 **\$29,990**

- Sat nav • 7 speaker Bluetooth sound system • 140 kilowatt rear drive wagon • 18 inch alloy wheels
- Reverse camera

2012 MAZDA CX-9 LUXURY SEVEN SEATER V6 WAGON
1EDR270 **\$29,990**

- Leather trim • Climate control and air con • Sunroof
- Cruise control • Satellite navigation

2014 FORD RANGER XL PLUS 4X4 AUTO CAB CHASSI TRAYBACK
1GHE086 **\$29,990**

- One owner from new • Full service history • Dual batteries • Low kilometres • Power windows
- Custom alloy canopy

2013 FORD RANGER XL 4X4 MANUAL DUAL CAB CHASSIS
1KDB988 **\$28,990**

- 6 speed manual • 3.2 litre 5 cylinder diesel • Heavy duty steel tray • Power steering

2014 TOYOTA RAV 4 GXL
1GTF584 **\$26,990**

- Auto AWD • One owner • Service History • 17" alloy wheels • Cruise control • LED lightbar • Multifunction control screen • Reversing camera

CAR OF THE WEEK

2010 TOYOTA LANDCRUISER 200 SERIES

- V8 twin turbo diesel wagon
- Graphite grey
- Trundle roof rack
- HID spotlights
- Alloy nudge bar
- Heavy duty towbar
- Electric brake unit
- Reverse camera
- Anderson plug fitted
- One owner from new
- Full service history
- Seating for 7
- 4 new tyres



\$45,990

1GT102

ONE OF THE BEST RANGES OF 4X4s OUTSIDE THE METRO AREA

2013 HOLDEN COMMODORE VF SV6 WAGON
1GDU720 **\$24,990**

- 18 inch alloy wheels • Auto trans • Front and rear parking sensors • Sports suspension • Cruise control
- Bluetooth sound system

2014 NISSAN XTERRA ST 4X2 WAGON
1GMB373 **\$22,990**

- One owner from new • Full service history available
- 2.5L petrol engine • Keyless entry • Keyless press button start

2011 HOLDEN ISUZU D-MAX
1DQC 278 **\$20,990**

- 4x4 • Manual trans • Man cab chassis • Heavy duty steel tray top • 3L turbo diesel motor

2013 HOLDEN CAPTIVA CX 4X4 TURBO DIESEL WAGON
1GHE197 **\$19,990**

- 7 seater • Very low kilometres • Keyless entry
- Towbar • 2 zone climate control • Multi function control screen

2007 TOYOTA LANDCRUISER GXL PRADO 4X4 TURBO DIESEL
1CKQ286 **\$18,990**

- Auto trans • 1800 litre range fuel tank • Seven seats
- Air con • Cruise control

2009 TOYOTA CAMRY ALTISE AUTO SEDAN
1KA24070 **\$10,990**

- Low kms • 2.4L motor • Alloy wheels • ABS brakes

2011 KIA SPORTAGE SI WAGON
1DVL 137 **\$10,990**

- 5 speed manual trans • Six airbags
- ABS brakes • Stability control • Cruise control

2008 TOYOTA AURION X6S SPORTIVO V6 SEDAN
1GHE212 **\$9,990**

- Metallic paint • Leather trim • ABS brakes • Keyless start • Full body kit • Alloy wheels • Multi-function control screen

2007 TOYOTA AURION X6S SPORTIVO V6 SEDAN
1CCQV60 **\$9,990**

- Low kms • 2000k engine • Full body kit • Sports suspension • 6 speed auto • 6 stacker CD • Remote keyless entry • Great looking vehicle

2008 HOLDEN COMMODORE OMEGA 60TH ANNIVERSARY SEDAN
1GTF595 **\$9,990**

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sudoku

Difficulty: Easy

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

Difficulty: Tough!

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

solutions

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

arts and entertainment

Echoes of prog rock



■ *Echoes of Pink Floyd* will bring their tribute act to AEC on November 11.

AUSTRALIA'S largest scale Pink Floyd tribute band *Echoes of Pink Floyd* will bring its national tour to Albany on November 11 at the Albany Entertainment Centre.

Celebrating 35 years since Pink Floyd last toured *The Wall*, *Echoes of Pink Floyd* will perform tracks from the band's iconic 1979 album and will engage local schools to provide *The Brick in the Wall* choir. The tour also celebrates 50 years since Pink Floyd released their first album and will include a selection of Pink Floyd's greatest hits, spanning the band's momentous career.

Echoes of Pink Floyd comprises a six-piece band, featuring Daniel Hunter on lead guitar, Jason Miller

on drums, Mark Dole on bass, Paul Bindig on keyboards and synthesizers, Mark MacNab on rhythm and acoustic guitar, and Matt Goodluck on lead vocals.

Their aim is to authentically replicate the brilliant sights and sounds of one of the world's greatest progressive rock bands of all time.

The Adelaide tribute has been garnering attention since they formed in 2009, with audiences describing the show as "one of the best" and "a musical and visual journey that never disappoints", whilst also likening them to "the original band".

Tickets to the November 11 concert can be purchased at the AEC Box Office or online via Ticketek.

Look to the east

TRANSATLANTIC Celtic folk power trio The East Pointers will star in a unique and intimate event at the Kalyenup Studio at the Albany Entertainment Centre. The musicians will entertain audiences on December 16 against the backdrop of a cabaret bar with food service.

Fiddler Tim Chaisson, banjoist Koady Chaisson and Ontario guitarist Jake Charron's instrumental tunes infuse their lyric-driven songs with poignancy. Their *What We Leave Behind* tour reflects on the traditions of East Coast Canadian Celtic music, but also takes giant strides in new directions. The East Pointers reach out with open arms to a wide range of listeners, inviting them to discover a love for a new style of music.

The East Pointers continue to blur the lines between traditional and popular music and have developed a devoted fan base around the globe. Tickets to the exclusive December 16 event can be purchased from the AEC Box Office or online via Ticketek.

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arts and entertainment



■ St Joseph's College choir delighted the audience.

Watoto choirs restore faith

A COUPLE of choirs performing in a church on a cold and blustery Saturday night - you'd be forgiven for lap-rugging in front of re-runs of *Belter Homes and Gardens* with a cuppa and a Tim Tam instead.

But if bums on seats were any indication, there's plenty of folk who are already onto the benefits of getting off the couch to see the talent-laden About FACE Choir.

The 20-plus strong group of 20-somethings headlined a successful fundraiser for Ugandan orphans in their annual Sing for Watoto program at the Free Reformed Church on Saturday night. They were joined

by the St Joseph's College Primary School Choir in a double bill that delivered beyond measure for the full house.

Both choirs are under the control of uber-time-keeper Sue Findlay, who has gone above and beyond her job description by weaving in entertainment value among pitch-perfect vocal instruction and arrangement.

While most parents would sheepishly admit to struggling to get their kids out the door without bilfo and toothpaste stains on a good day, somehow Findlay has 50-odd primary school kids standing up straight, smiling and singing the sweetest three-part harmonies - not a toothpaste stain to be seen.

— Anthony Probert

WAM bam thank-you fans

THE region's diverse musical talent was celebrated at West Australian Music's regional showcase, WAMFest at the White Star Hotel on Sunday night.

The program featured Alison Parade, Joseph Goldsmith Music, Kris Nelson, Mary Jayne & The Smoke Detectors, Blue Stuka and Short Lived Ministry and was billed as a regional preview for WAMFest's metro events.

The enthusiastic crowd was taken on a ride from laid-back acoustic to blues-rock before the hardcore killer blow of Short Lived Ministry.

The incongruity of a re-laxed Sunday night and

■ Short Lived Ministry

post-teen angst metal was easy enough to overlook, as the lingering fans put the chairs away and offered their faces up to be melted by the Marshall stacks that

barely fit the stage. The act will take their wares to Perth for the opportunity to play in front of live audiences throughout the metro area.

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CUTLERY set boxed, popular kings pattern, six setting plus 2 serving spoons, pristine con. \$350. 9846 4286.

ELECTRIC bed incl mattress & bedside cupboard, \$1200. 0447 671 618.

FASCINATORS, assorted colours for Melbourne Cup lunch, locally made. 9841 3630.

FIREWOOD truck load of mill-ends \$200. Please call Wally 9844 1619.

FIREWOOD dry split jarrah, good quality, large loads more generous. 0459 079 049.

HAY conditioned windridge oats, suit horses, 21 bale packs, small squares \$200 del, 5x4 rolls \$70, ex paddock. 9864 9049, 0408 517 223.

HIGH-LINE pullets, 18wks old, \$24ea. 9841 7469, 0429 027 805.

HOMEBREW supplies, beer, wine, spirits, Great Southern Supplies, Chester Pass Mail, Albany. 9841 5700.

HUSOVARNA ride-on mower, fabricated deck, 48 inch cut, little use, cost \$5,000, sell \$4000. 0427 137 866.

LOG splitters, 28 tonne, 6.5hp Kohler, horizontal/vertical split, NEW \$2,495 inc GST. 9892 7700.

SEAT COVERS Automotive & ATV

Manufacturer & Retail Canvas/Denim

ORBANYS
1800 613 536
13 Ashford Street, Albany

FOR SALE

PEA straw garden mulch, excellent quality, compact easy-to-handle bales, 30 a bale del to Albany, or pick-up on farm, \$9 a bale. Supplying Albany & surrounds for 20 years. Web: bipseastraw.com.au 9851 4069.

PEA straw, no weeds, \$170 per 21 bale pack del. 9864 9049 or 0428 447 967.

PIG mulch, organic, weed-free, 8m3 load delivered to Mt Barker \$270, Albany \$310, Denmark \$370. 9851 1050.

Fresh, Local, Seasonal FRUIT & VEGIES

Available at:
Rainbow Coast Produce
76 Bay View Drive, Little Grove
EVERY DAY
Oyster Harbour Store Market
2-6pm every Wednesday
Boothed Markets
10-1 every Sunday

RANGE cooker, Belling Richmond, 1100mm, induction, black. \$1,500 ono. 0488 895 515.

SELECTA 200L elect diesel fuel tank, good cond. \$500. Stihl FS85 straight's whipper snipper, 1 plastic, 2 metal cutters, exc cond. \$180. Voltch portable fold-out solar panels, new B&W, \$120. 0419 923 104.

SHOP display counter, wood/glass, 2 drawers, 2 shelves w/ light. \$200. 9842 3576.

SOLID mung bean strainers \$15ea, XY1100 mufflers, as new \$200, dress m/cycle boots \$11 & \$80, brand new heater, Harley wear, exc cond. \$180. 0428 132 199.

SHOPS display counter, wood/glass, 2 drawers, 2 shelves w/ light. \$200. 9842 3576.

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WANTED

WANTED
Wind-up 400 day anniversary dome clocks for collector

Any condition, working or not.

9851 2306

WTB: N64, Dream Cast, SNES, Atari 2600, consoles and games cash paid \$\$\$ 0428 186 022.

GARAGE SALE

LISTEN TO WEEKENDER GARAGE SALES

every Friday 10 - 10.30am
repeated Saturday & Sunday between 7.30 - 8.30am

SAT 10-2, CWA seaside flats, Finders Parade. Combined sale, furniture, hhold, clothes, bric-a-brac, etc. 0403 783 669.

SAT/SUN 8-3, Angove Rd. Toys, gardening, plants & collectables.

SATSUN 9-1, 34 Gordon St. Little Grove. Patchworks, fabrics, dyes, art supplies.

SUN 9-3, Cooper Way, Yarkam. Downsizing, lots of items, all must go.

SUN 10-2, Yarkam. Primary School. Paint, tools, garden, Spring Festival & carboot sale. Entry by gold coin. Enquiries 0407 423 105 or 0417 917 457.

WEEKENDER

garage sale notices

GARDENING

PEA straw \$9, per bale, weed-free, delivered, excellent quality. 0428 376 055.

GARAGE SALE

The Pig Poo LADY

Does your garden need some tender-loving compost? **PURE AGED PIGGY POO** (with straw) Bags and/or 6x6 trailers

0428 552 247
thepigpoo.com.au
Narrawe, New South Wales

WEEKENDER

garage sale notices

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LIVESTOCK

QUIET Angus bulls. If you have Theliera in your herd, it is safer to buy in bulk from a Theliera positive herd. 9844 3065.

MACHINERY

BANDSAW by Carba-tec, 1.5hp electric motor, near new, \$725. 0418 200 992.

CABINET making machinery - panel saw, 3.9m, \$6,500. Ermo edgebander industrial, \$8,500. 600 thicknesser, \$2,500. 400 surface, \$1,000. Combination machine, stroke sander, jarrah & manit slabs, sheok, shelving, pallet racking plus more. 0448 873 634.

HAY mower, krone 5-disc, suit 40hp tractor. 0407 993 613.

**HIMAC**

**STICK RAKES**

**PALLET FORKS**

**HAY FORKS**

Attachments for
Ag Loaders, Telehandlers
Skid Steer Loaders & more

• himac.com.au
• 1800 888 114

**TRACTOR** Deutz, 90hp T.P.L.
P.T.O., full cab, Tyres 45%, wide
wheel front & back, foot brakes
need att. \$5,500. 0407 411 104.

**BOATS**

15FT Westerberg plate alu-
minium boat with 50hp Mercury
& 2 fuel tanks, fully serviced by
Rusby Marine, on brand new
trailer. Comes equipped with
4 life jackets, sounder, UHF
marine radio, lights, flares &
quity location device. \$7,000.
0400 093 115

KAYAK Hobie Pro Angler, 14ft on
trailer, \$3,250. 0448 446 333.

SKIPPER'S Ticket, Albany & Gt
Sthn. Boat supplied free, on 1
A group, 7 days a week. Mark,
0428 429 911.

**WEEKENDER
CLASSIFIEDS**

'Until Sold'
deals available
Phone 9842 2787

**CAMPERS**

ALBANY camper, 1987, basic
model, canvas & zips in good
cond. \$2,000 ono. 0466 449 223
or 9844 9223.

**CARAVANS**

1991 Roadstar pop-top, 19.6, 4
berth, good cond. \$8,700 ono.
0428 449 465.

2004 Jayco Freedom pop-top,
single axle, sleeps 2, A/C, P/O
awning, always garaged, exc
cond. \$17,000. 0407 777 623.

2005 Coromal Excel 541 pop-
top, dual wheels, A/C, VGC, near
new, h/duty annex. \$17,000.
0488 062 079.

2006 Jayco Stirling caravan, 20
foot, dbl bed, shower & toilet, air
con, very good condition. \$29,500
ono. 0488 907 816.

2008 16ft semi off-road, single
axle, island bed, fridge, TV, stove,
A/C, licensed, VGC. \$25,000 ono.
0447 394 125 Kendenup.

2011 Family Flair, triple bunk, full
annexe, BBQ, w/mach, exc cond,
\$48,500. 0427 414 562.

AVAN Ronald 16ft, 2002, full
annexe, lic. 0917, \$13,000 ono.
9844 8381 or 0447 671 618.

COROMAL Seka 505 Pioneer XC
2003, off-road pop-top, DB, solar,
awning, full annexe. \$22,750.
0427 416 667.

JAYCO Silverline Outback 2015,
21ft, immac, fully optioned,
\$64,900. 9845 1295.

**CARS**

FORD Falcon XLS 2000/2 AU
fibreglass lockable canopy,
metallic blue, \$402 415
546.

LANDCRUISER 105, VGC,
brand new tyres, heaps of extra.
\$16,000 ono. 0437 916 886.

NISSAN Patrol roof rack,
trailer, full cab style, 2.2m
ally, good cond, \$700 ono. 0488
411 163.

NISSAN Patrol tyres & rims,
black 17 steel w/Bridgestone
Dueler D687 tyres x5, good cond,
\$700 ono. 0488 411 163.

RODEO dual cab ute, 2002 V6
auto, 268,000 km, good cond,
regularly serviced, rego til March
2018. \$4,000 ono. 0417 453 046.

SUBARU 1993 wagon, white,
5sp man, 172,000 km, good tyres
& body. \$2,200 ono. 0427 219
488.

**CARS**

COLLECTOR cars- 1972 Monaro
and 1978 Charger 770, \$65,000
ea plus Jensen, MGB, XY, Jags,
9844 7862.

DISABILITY transport trans-
port, great country transport, lots
of room, clip-in seats, hydraulic
lift at rear, solid with wheelchair
& large shop rider with twin
battery, solid tyres. Can be sold
separately, exc cond. \$15,500
ono. 9851 4305.

FJ Holden front bench seat, exc
cond. \$200. 0419 914 913.

**BOATS**

SUZUKI SX4 2010, manual,
4x4, petrol, new tyres last 6
mths, \$5,300 ono. 0488 553
737.

TOYOTA Camry 2013, auto,
60,500 km, window tint, great
cond. \$14,500. 0438 426 861.

VOLVO 440, 2008, 2.5L 5 cyl
turbo, auto, all wheel drive, cruise
control, air con dual, bluetooth,
electric memory seats heated,
near new tyres, Jan license, 6
stack CD, built-in child seats.
Reducing to one car, \$12,500.
0429 084 619 or 9841 3206.

**MOTORCYCLES**

1994 BMW R1100RS, 2nd
owner, new front tyre, rego VGC.
\$4,200. Ph Mark 9846 4173.

2008 Triumph speedmaster,
34,000 km, rego Nov 17, exc
cond, many extras. \$7,500 ono.
0417 453 046.

2011 Honda VT750V, 11,000 km
as new, \$5,500. 0419 016 875.

ALB Vinyl/Classic MC: Sun 5th
Nov, display bikes at foreshore,
9:30am onwards.

BMW F650 GS, new Michelin
tyres, only 28,000 km, many
extras, as new cond. \$6,500.
9844 7627.

YAMAHA FZ1000, 2009, 12,000
km, just serviced, new front disc
pads. \$5,500. 0450 405 418.

**WEEKENDER
CLASSIFIEDS**

'Until Sold'
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Phone 9842 2787

**EMPLOYMENT**

WANTED running or not, Toyota
HiLux/Landcruisers & vans.
Small truck of all makes, Cash
paid, will pick up. 0415 717 979.

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34,000 km, rego Nov 17, exc
cond, many extras. \$7,500 ono.
0417 453 046.

2011 Honda VT750V, 11,000 km
as new, \$5,500. 0419 016 875.

ALB Vinyl/Classic MC: Sun 5th
Nov, display bikes at foreshore,
9:30am onwards.

BMW F650 GS, new Michelin
tyres, only 28,000 km, many
extras, as new cond. \$6,500.
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Time for summer lovin'

COLUMN COURTESY OF
TRAILBLAZERS

IT HAS been a long and wet winter, and with the promise of summer just around the corner, now is the perfect time to get your boat in order for the holiday period.

First thing to do is make up a list of things that broke, came loose, stopped working or caused issues during winter.

Divide this list into things that you can do yourself and things that will require professional attention. Include on this list anything to do with the boat and trailer.

Often the best list will be

made while you actually sit on the boat, so if you come to a mental blank, spend a bit of time on the boat to help jog your memory.

After this, call your local accredited service centre and see what items on the list they can do for you and when they can do it. If you leave it until later, chances are it will be summer before you know it and you will probably have to wait a few weeks to get your pride and joy in for a service.

Once all the major things are done, you are almost ready for summer. All you have to do now is finish off all the jobs you can do yourself.

Storing batteries out in the shed

over long lay-up periods and charging up every other month will prevent irreversible damage.

Next winter when you are putting your boat into hibernation, you should remove your batteries and keep them in the shed in a cool dry location, and every couple of months put the charger on them and keep them topped up.

The biggest killer of batteries is being charged or drained and being allowed to sit in a discharged condition for any period of time.

We all know how expensive marine batteries are to replace so any little effort over the winter months that could save your batteries is well worth it.

Don't forget about the trailer! Change the wheel bearings, ensuring the plug is not corroded, and give them a squirt with a water displacing spray like CRC or WD40 to hold back the corrosion.

Fix any lights, replace worn or cracked rollers, and basically give the trailer a bit of love so that it's ready to go when you are.

Make sure you are using marine-grade grease when you are replacing your wheel bearings to

get as much life out of them as possible.

Another area of the trailer that may also be worth checking is your winch.

Making sure that it is in good working order and the rope or cable is in good condition can save you heartbreak at the ramp.

Other things to check are flares and other safety gear. Make sure everything is dry, and check the expiry dates of extinguishers and flares.

While you are at it, punch the expiry dates into your mobile phone calendar and set an alert to notify you when their time is up.

Also check if your life jackets are due for a service. While most manufacturers allow you to service your life jackets yourself, some do not, so you may need to get this done professionally. Life jackets should be serviced once a year, so if you cannot remember the last time you serviced yours, it's best to do it now.

It is not a bad idea to take all of your safety gear out of the boat over

a winter lay up as well. Clean and re-pack and keep in a place close to your batteries so you don't forget to put them

back in the boat on the first trip out next season. All of this may seem like a lot of work, but if you tackle it now rather

than the days before a big fishing trip over summer, you will be thankful that you did!

—Albyr Jr.



■ The Western Angler and Rusty's Marine Westberg project boat being launched with boat and trailer in top condition.

What's biting?

Onshore: Plenty of salmon around the Denmark area with schools of 3kg to 6kg fish turning up at Ocean Beach and Pury Beach. Salmon have also been caught occasionally at Shelleys Beach too. Herring and skipper have been turning up at Bluff Creek in good numbers.

Inshore: Whiting have been biting well around Casey's, Gull Rock and the Michaelmas Island area with both King George and again whiting being landed. Squid again have been in the clean water around Frenchman Bay and Lime-stone Head.

Offshore: Snapper and dhufish have been caught around the Passage Reef area while ok numbers of nanngai have been coming from the coral grounds. At the shelf good schools of hapuka have been caught, with the odd blue eye trevalla for those venturing out deeper.

Tides & Tips

SUN and tide times on the South Coast are as follows. Tide times are printed for Albany. Add 15 minutes for Bremer Bay, subtract 15 minutes for Walpole.

Friday, November 3: Sunrise: 5:03am, Sunset: 6:40pm. Tides: 4.1am 0.38m, 10:44am 0.8m, 4:04pm 0.47m, 10:30pm 1.03m.

Saturday, November 4: Sunrise: 5:03am, Sunset: 6:41pm. Tides: 5:24am 0.32m, 11:30am 0.73m, 4:13pm 0.51m, 10:56pm 1.07m.

Sunday, November 5: Sunrise: 5:02am, Sunset: 6:42pm. Tides: 6:11am 0.29m, 12:23pm 0.63m, 4:11pm 0.54m, 11:22pm 1.09m.

Monday, November 6: Sunrise: 5:01am, Sunset: 6:43pm. Tides: 7:03am 0.3m, 11:49pm 1.08m.

Tuesday, November 7: Sunrise: 5:01am, Sunset: 6:44pm. Tides: 8:15am 0.33m.

Wednesday, November 8: Sunrise: 5am, Sunset: 6:45pm. Tides: 12:12am 1.04m, 12:07pm 0.32m.

Thursday, November 9: Sunrise: 4:59am, Sunset: 6:46pm. Tides: 12:05am 0.98m, 1:52pm 0.29m, 11:52pm 0.92m.

GIVE these times a try this weekend.

Saturday: 11:11pm – 11:31pm, 11:21pm major solar, rating good. Minor solar 5:21am.

Sunday: 11:40am – 12:04pm, 11:50am major solar, rating best. Minor solar 5:50am.

sport

Region on show for bike ride

BIKE riders from as far as the Netherlands will descend on Albany over the next few days ahead of the annual Amazing Albany Bike Ride on Sunday.

Albany Cycle Club President Tammy Stone said the club was excited to participate again this year.

"The AABR is such a showcase for the region," she said.

"This race is important to grow the sport and increase awareness of cycling."

"Australia is a relatively young country in most sports, especially cycling."

"We're used to driving and open spaces, so cycling isn't as popular as it is in Europe."

The Amazing Albany



■ Albany Cycle Club president Tammy Stone, Jacquie Grieve, Rod Grieve, Carl Beck, Paul Terry, Andy Fitzgerald, Martin Anderson and Riley Heslop are gearing up for the 82km bike ride on Sunday.

Bike Ride covers up to 82km of local tourist attractions and has been labelled as not only the largest road race but also the only cycling professional-amateur competition in Australia.

Furthering the attraction of local and statewide cyclists is the attendance of 13-time world champion

and Olympic gold medalist Marianne Vos.

"It's absolutely fantastic having Marianne back this year," Stone said.

"She's the best female cyclist of our time, and it's not everyday you get a rider of her calibre in Albany."

"She's also bringing her WM3 Pro Cycling team

down with her, and will be giving our club juniors a one-on-one on Saturday."

"I hope the organisers can continue bringing her to Albany for the event."

Registrations for the event will open at 7am on November 5 at the National ANZAC Centre at Mount Clarence.

—Grace Jones

sports results

GOLF

Albany Golf Club

Saturday, October 28 Men – Par: Nett J Palandri +2, T Savich, B Thompson, F Wood, R Hisset, R Fagents, D Wilmer, E Dui +1, J Skalko, P Larard, D Jones sq. GROSS: S Griekens -5.

Women – Par: Nett H Ericson -2, K Penton, J Fagents -3.

Women – stableford J Austin 43, A Leighton 37, N Filpowski, C Welshman, P Goodman 35, Holes P Green 17, S Heberle 16.

Tuesday scroungers: M Tindale 22, I Lewis, W Snowball, G Scott.

Katanning Golf Club

Stableford: A Leckie 41, F Gaudin 41, L Garstone 41, D Ramon 38, T Fluge 35, S Hawkins 35, J Forrest 34, F McCarley 32, L McCarley 32, R Kowald 32, B Ketteringham 32, H McCarley 32, J Fluge 31, L O'Brien 22.

ATHLETICS

Albany Athletics Club

October 21
1500m: MU30 C.Dowell 0:04:39.27, MU35 C.Heslop 0:05:09.93, MU55 C.Langslow 0:06:34.17, MU70 D.Smith 0:06:12.15, MU40 J.Heslop 0:08:10.06, MU70 C.Dickason 0:07:34.42.

BOWLS

400m: MU35 C.Heslop 0:01:03.53, MU55 C.Langslow 0:01:18.22, MU70 D.Smith 0:01:21.28, MU40 J.Heslop 0:01:33.35, MU70 C.Dickason 0:01:49.10.

100m: MU20 C.Taylor, P.Lockyer 0:00:13.35, MU35 C.Heslop 0:00:14.35, MU35 C.Robson 0:00:15.05, MU70 D.Smith 0:00:18.32, MU80 P.Muller 0:00:20.32, MU18 S.McDonald 0:00:14.15, MU35 C.Erenshaw 0:00:43.88, MU40 J.Heslop 0:00:17.43, MU60 L.Taylor 0:00:30.40, MU70 C.Dickason 0:00:21.58, MU75 B.Painter 0:00:19.57.

Javelin: MU20 C.Taylor 33.43, MU35 C.Heslop 24.79, MU35 C.Robson 32.50, MU70 D.Smith 15.57, MU18 S.McDonald 22.88, MU35 C.Erenshaw 4.06, MU40 J.Heslop 11.35, MU60 L.Taylor 9.06, MU70 C.Dickason 12.69, MU75 B.Painter 12.76.

Long Jump: MU20 C.Taylor 4.89, MU20 P.Lockyer 3.99, MU35 C.Heslop 3.92, MU35 C.Robson 3.72, MU70 D.Smith 3.52, MU18 S.McDonald 4.54, MU40 J.Heslop 2.93, MU70 C.Dickason 2.57, MU75 B.Painter 2.14.

Triple Jump: MU20 P.Lockyer 9.27, MU70 D.Smith 7.71, MU18 S.McDonald 10.11, MU70 C.Dickason 5.69, MU40 J.Heslop 6.45, MU75 B.Painter 5.54.

3000m: MU40 M.Hills 0:13:20.01, MU40 R.Ravenhill 0:18:24.54, MU65 J.Kidman 0:15:47.79, MU70 C.Dickason 0:16:52.85.

Bowls
LGS Women's Pennants
1st Div: Mid Beach 4 v Emu Point 0, Albany Green 4 v Albany Gold 0, Denmark 3.5 v Mt Barker 5, Mid Beach White 3 v Golf 1.

2nd Div: Cranbrook 4 v Frankland 0, Mid Beach Red 3.5 v Emu Point 5, Denmark 3 v Albany 1, Progressive points: 1st Div: Denmark 7.5, Mid Beach White 7, Mid Beach Green 7, Albany Green 5, Emu Point 3, Golf 1, Albany Gold 1, Mt Barker 5.

2nd Div: Cranbrook 5, Mid Beach Red 4, Frankland 4, Albany 4, Walpole 3.5, Denmark 3, Emu Point 5.

BRIDGE

Albany Bridge Club
Thursday, October 26. Merit and Handicap: Alison Guntton and Vivienne Davis.
Friday, October 27. Merit and Handicap: Alison Mettman and Rosalind Trend.
Saturday, October 28. Merit and Handicap: Margaret Birch and Pam Bazley.

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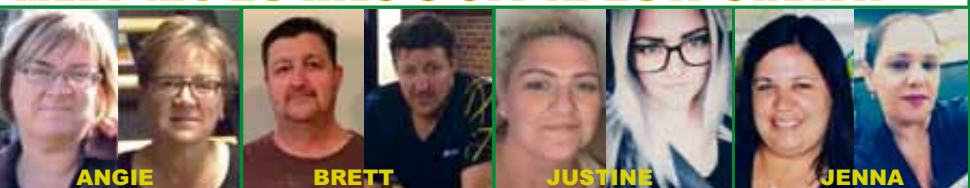
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Setting fitness goals that are right for you

By AMBER CEKEREVAC
Nutritionist, Personal Trainer & Chef

SETTING specific fitness goals isn't always successful. So how do we balance our aspirations with realistic expectations?

Many people believe that setting challenging fitness goals – such as running a specific distance or lifting a certain weight – is the secret to exercise success. But is jumping into a fitness regime with the aim of mastering particular workout challenges the recipe for long-term results?

Not if the research is to be believed. Some studies show this kind of goal setting can deliver nothing but disappointment.

The reason could be that people are put off by specific goals that seem unrealistic. Added to that, feeling like a failure is undoubtedly demotivating. The result is often thinking, "I'm never going to achieve that", and ending up back on the couch.

A better approach could be to replace specific goals with the more general aim of seeing how active you can be.

This approach doesn't mean scrapping a structured approach to fitness altogether. The formula is to start slowly, build gradually, and mix things up.

If you follow this plan, it's a good idea to set some goals, but keep them achievable. A goal of 150 minutes of physical activity a week is a good place to start – 150 minutes a week is what your body needs to start enjoying the health benefits of exercise. Keep in mind that exercise comes in all sorts of forms: group fitness workouts, walking, cycling or even just choosing to be more active throughout your daily activities.

If you keep your goals realistic and make sure you're not too hard on yourself, success will come. And as you reach each of your goals, re-evaluate how much time you spend exercising and what you are trying to achieve.



■ Justin Benson drives to the bucket for Owls.

Owls brave Thunder

A HALF-COURT prayer on the buzzer wasn't enough to hand Kinjarling Thunder a win over Barking Owls in their Albany Basketball Association Men's A grade encounter on Tuesday night.

With a four-point margin in the dying seconds, the game was in the bag for the Owls, but Thunder guard Cohen Taylor nailed the long-range bomb to at least let the Thunder at bay before Taylor landed his long bomb.

The Thunder had overcome a 16-point half-time deficit (29-13) with an impenetrable defence and patient approach in attack to work their way into the game.

They found themselves just two points down with five minutes left to play as the tempo increased.

The experienced Owls side held their nerve and did just enough to keep the Thunder at bay before Taylor landed his long bomb.

In other A grade matches, Knights had a comfortable 11-point win over Ambassadors (63-52).

Caleb Carman hit a game high 22 points for Ambassadors, while Matthew Leary scored 21 points for Knights.

Denmark/Albany Spartans beat Crabs 35-16 in one of two A-grade

matches that featured scoreboards that were easily outdone by any number of junior games.

In the other match, the young Pelicans outfit got up over Tigers 26-20.

Top scorers in both matches were in single

digits. Next week's A grade games see Knights take on Kinjarling Thunder, Pelicans versus Denmark/Albany Spartans, Raiders versus Crabs and Tigers versus Barking Owls. Ambassadors have the bye.



■ Thunder's Michael Simpson covers Owls' Brody Hickey.

Touch rugby back on park



■ Victorious Suicide Squad captain Callum Kennedy with the games umpire Nick Long and Hydraulic's captain Mackey Davis.

GRACE JONES

TOUCH rugby players braved the mosquitoes last week for their preliminary grading rounds at the Collingwood Park ahead of the forthcoming summer season.

Of the 14 teams playing for the evening, eight teams were sorted into A grade and six teams fell into B grade, ready for the first game of the season on Wednesday night.

Returning A grade premiers Suicide Squad proved they're still a team to contend with during their grading match, scoring 11 tries to Hydraulic's four.

Last year's B grade premiers Loose Screws

had made the jump to A grade this season after ploughing through X's with a comfortable 10-try victory.

While the A grade runners-up for last season, Invincible Orange Tractors, narrowly lost their game against the Originals by one try, both teams have returned to A grade for the season.

Albany Touch Football Association's Lauren Stubbings said the competition for this season will be close.

"Everyone is looking pretty strong this season," she said.

"We've got lots of returning teams and a few new teams that current players have made."

"We're happy with the turnout for this season, but we're still open for any late additions of players and teams if anyone wants to join."

This season's fixtures started on Wednesday night for both A grade and B grade.



I don't have a solution, but I do admire the problem.

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 6-9am Brian R, 9-12 Liz, 12-3 Rayne, 3-4 Geoff C, 4-5 Rapid Gang, 5-7 Drive Time with Iona, 7-9 Dutch Program, 9-11 Full Noise Friday with Anthony.

Saturday
 6-9am Geoff C, 9-12 Open, 12-1 Talking News, 1-3 Sounds of the 60's with Gordon, 3-5 Saturday Selection with Mollie, 5-8 Saturday Night Variety with Doug & Ivis, 8-10 Party with Anthony.

Sunday
 6-9am Christian Breakfast with John S, 9-11 30 Rayne, 11-30-12 Bethel, 12-1 RSL Hour, 1-3 Celtic and Other Folk with Gordon, 3-5 Classics, 5-7 Sunday Selection with Dorn and Kellan, 7-9 Adams Requests.

Monday
 6-9am Breakfast with Dave.

Tuesday
 6-9am Geoff C, 9-11 Jean, 11-12 Don Lala with Sylvie, 12-2 Bob, 2-4 Ivis, 4-6 Lynn C, 6-8 Open, 8-10 Jazz Mosaic with Tony N.

Wednesday
 6-9am Peter's Morning Mix, 9-12 Easy Listening Music with Joan, 12-2 Westside's Country Lunch with Coby, 2-4 Noone, 4-5 Lara, 5-7 Mystery Mix with Hutch, 7-9 Don.

Thursday
 6-9am Adrian, 9-11 Brenda, 11-12 Step Back in Time with Lee, 12-2 John S, 2-4 Wendy, 4-6 Ivis, 6-8 Bethel's Magic Mix, 8-10 Late with Doug.

Roster correct at time of going to print

Railways romp home in grand final rematch

ANTHONY PROBERT

THE memory of last year's grand final defeat failed to inspire North County in their Albany Cricket Association A grade rematch against Railways on Saturday.

The Tigers romped the match in with an easy 8-wicket win that was played on a hard-deck after matches were moved from the turf wickets due to the weather conditions.

A remarkably different looking County outfit from the one that lined up against Tigers in last season's decider stacked their top order with the remaining experience in the hope of building a total that would put Railways to task.

Openers Brendon Dovey and Craig Tonkin adapted to the windy conditions before Tonkin scooped one up from the bowling of Tigers seamer Ryan Tindale on 18.

Dovey kept on with the task while Nathan Benson got his eye in. Benson added 13 runs before swinging one too many times, with Tindale claiming his second wicket on the way to taking 3/27 from nine overs.

The wickets continued to fall for County and their hopes of posting a defendable total faded.

Despite seeing out their 45 overs, they managed to post 120.

Zane Marwick was the pick of the bowlers claiming 4/18 from nine overs and was supported by Tindale.

Tigers opener Mitch Green held up his end of the bargain for his new club with a solid half-century (55).

Matt Walters (19) and Alan Pietersen (23 not out) mopped up the rest of runs in just 20 overs, helping Railways pick up a bonus point for reaching their target inside 25 overs.

North County seamer Aaron Williams picked up 2/24 from five overs and offered the only real resistance from the Bulldogs, who will be looking forward to the return of the Ferreira troops



■ Railways' Zane Marwick took 4/18 against North County on Saturday.

and Graeme Weinert. They will have to be more patient with the return of Gary McGlade, who is out with a long-term ankle injury.

Royals broke through for an early-season win over Collingwood Park, after their first match back in the A grade competition last week.

Collingwood Park won the toss and elected to bat first.

While six of their batsmen made it to double-

figures, no one got on with the job, and they were left floundering with only 143 runs to defend after 36.2 overs.

Royals' run chase looked like it was going to fall short, before captain Jack Hastie came to the crease at number four and steadied the ship with 37 runs.

They were awarded a bonus point, chasing down the total with 13 overs to spare.

Mount Barker and Denmark were offered equal points for their rained-out clash on Saturday. The Bulls posted an imposing 235 at the hands of Alec Haskins, who notched up 83 runs.

But the Magpies chase was cut short and the match abandoned after rain halted the match.

This week's fixtures see all matches played in Albany, with Manypeaks vs Denmark, North County vs Royals, and Mt Barker vs Collingwood Park.



Photo: Steve Hancock

A Fresh Look at Albany Middleton Beach Birds Eye View

Wellington & Reeves