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More bees, please

CHRIS THOMSON

CITY officials have recommended councillors overturn a ban on beekeeping in the suburbs of Albany after a Gledhow apiarist secured more than 890 signatures from customers of cafes and food stores to challenge it. Albany's Animals Local Law prohibits beekeeping in town sites and residential areas outright, and in special rural areas without city approval.

Late last year, after a petition was circulated by beekeeper Kim Lewis, a City spokesperson said the local law would be reviewed and lifting the ban could be considered if supported by elected officials ('Buzz over beekeeping ban', 30 November, 2017).

Now, true to the spokesperson's word, City governance and risk manager Stuart Jamieson has recommended that a new provision to allow the keeping of bees be incorporated into the by-law.

Mr Jamieson's recommendation will be considered by a City committee on September 11 ahead of a vote by a future meeting of the full council.

When *The Weekender* told Ms Lewis of the recommendation, she said it was "lovely to hear" the petitioners had been listened to.

"There's a lot of little voices on that petition," she said. "There'll be 900 happy people!"

Visiting Albany this week, Greens (WA) MLC Diane Evers said she was "really pleased" that beekeeping was now on the City's agenda.

"It's fantastic!" Ms Evers enthused.

"People love bees."

"I think it's an appreciation for what bees do."

She said she did not want to underplay the serious issue of people who suffer severe reactions to stings.

"But we do need bees, and if people are prepared to look after their hives properly, then why not?" she posed.

"I think it's becoming an emotional issue with a lot of people that we must have bees – and we love honey."

Ms Lewis circulated the petition at several of Albany's signature businesses, including Solomon Merchants, The Health Nut, Paperbark Merchants, Mount Melville Fresh Organics, Goodlife, AVEG, Great Southern Stockfeeds and McKail's General Store.

Among the petition's signatories are author Dianne Wolfer and former parliamentarian Matt Benson-Lidholm.

On the petition, Anita Parry of McKail says: 'Long live the bees!' Merv Pegler of Yakamia requests: "More bees, please," while Rhys Downell of Orana urges local policy-makers to "bee-have!"

Shontay Rebbeck, formerly of Lange, signed the petition twice.



Winning over Winton

■ Jhani Margio with author Tim Winton at Subiaco Library.

YEAR five Denmark student Jhani Margio of Spirit of Play Community School has impressed the judges in the 2018 Tim Winton Award for Young Writers.

Jhani claimed third prize in the upper primary category with his story *The Keeper of Seasons*, a tale about a being called Perich whose mission is to end winter and welcome in spring.

The Tim Winton Award for Young Writers is an annual statewide creative writing award presented by the City of Subiaco.

Entrants from Denmark and Albany tied with 1250 others to land top prize.

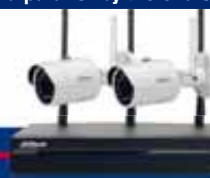
Onetime Albany local Tim Winton lauded Jhani and 15 other finalists at the ceremony held at Subiaco Library in Perth on August 27.

Winton emphasised the importance that story telling has among young people in a digital age where social media and mobile devices affect the way school children communicate.

He said story telling was an important way for kids to express themselves, connecting with friends, and in turn creating a stronger community.

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Fire prep lauded

ASHLEIGH FIELDING

CRANBROOK residents will find out tonight whether their Shire's Family Fire Safety 'Get Prepared' Project has won gold at the Resilient Australia Awards.

The Resilient Australia Awards recognises and promotes initiatives that strengthen community disaster resilience, and aims to showcase innovation and exemplary resilience practice across Australia.

The finalist listing recognises the Shire's efforts of door-knocking every household to inform people of the Shire's fire safety approach, attending playgroups and schools to teach kids about fire preparedness, and enforcing the Green Bags Project – this included giving out a green bag to each household containing a USB for storage of important documents, a fridge magnet of emergency numbers, and the bag itself.

for residents to place on their front gate post to signify whether they have evacuated in an emergency.

Emergency Services and Recreation Officer for the Shire, Toni Melia said their "multi-faceted" approach to bush fire preparedness had received "overwhelmingly positive" feedback from the community and said she was quite excited to learn the Shire had been listed as a finalist for their efforts.

"It's been fantastic," she said.

"We had lots of volunteers helping us with the door knocking, who wanted to help improve our preparedness, and had very positive response from teenagers who attended our mock zombie apocalyptic night to test their learned skills.

"It's good to know we are being recognised for our preparedness efforts."

The awards ceremony is taking place tonight at Perth Convention Centre.

Visit from ensemble



■ Ensemble Offspring will play at AEC on September 15.

SYDNEY-BASED classical group Ensemble Offspring is visiting Albany next week for a concert and musical workshop at Albany Entertainment Centre.

Artistic director and percussionist Claire Edwards, pianist Zubin Kanga, clarinetist Jason Noble and flautist Lamona Nightingale will perform on September 15 from 5pm at the theatre and showcase the ensemble's "open-minded music-making in all its forms".

The concert will feature a world premiere by long-time collaborator Netherlands-based Australian sensation Kate Moore, and a first-time performance of *Orizonte*, a piano solo by Composer-in-Residence for the Chicago Symphony,

Missy Mazoli.

The ensemble will then lead a free performance workshop from 10am on September 16 and give budding musicians the opportunity to create experimental music and work alongside the nationally-acclaimed group.

All instrumentalists and vocalists are welcome to attend, regardless of their level of experience and expertise, and can register their interest at eventbrite.com.au.

Tickets for the September 15 concert can be purchased by visiting the AEC Box Office or the Albany Entertainment Centre webpage via ptt.wa.gov.au.

— Ashleigh Fielding

WHAT'S ON this weekend

Fight back

Young women aged 14 to 25 can learn self-defence on Saturday at Albany PCYC from 3pm. The four-week course costs \$15 per person and includes learning self-awareness, personal safety and deterrence skills. You can book a spot by calling 6820 3023 or emailing commdev@albany.wa.gov.au.

The gig list

Blues is coming back to Albany on Saturday night with Lightnin' Jack performing at Six Degrees for the Albany Blues Club from 8pm.

Myles Mitchell is playing at Three Anchors on Sunday and from 4pm.

Bret Mosley will continue the chilled Sunday vibe at Six Degrees from 8pm.

Monkey Rock is at King River Tavern from 7pm on Sunday night.

Cappuccino for one

Elliot House in Bayonet Head is hosting another High Coffee Soiree this Sunday at 10.30am and at 2.30pm. A seat costs \$35 and can be booked by calling 9844 9420.

Run, Forrest, run

Albany Athletics Club is holding a registration day for its forthcoming season on Saturday at Albany Leisure and Aquatic Centre from 11am to 4pm.

Let's go to market

The fourth Kenderup Town Hall market day is on Saturday and will commence at 9am. There will be music, a sausage sizzle, fresh produce, soaps, cakes, plants and crafts available for purchase.

Say yes to the dress

The Wedding Dress Exhibition at Katanning Library and Gallery is open for the next week until September 12. Pop in and explore the 30-strong dress collection and step back in time with designs ranging from the early 1900s to now.

Facts aid out on 13m fax



THE hallowed halls of the Albany Senior High School came to life as students celebrated Book Week and dressed up as their favourite characters, including Captain Hook, Tigger and Rugrats.

The inaugural event was organised to raise money for the school's magazine, *Boronra*.

The front page of *The Weekender* (September 3, 1998) also featured an article titled "Canadians help in fight to stop tyre dump" at Kalgar River. The perils of burying old tyres were comprehensively documented in a 13m-long fax that arrived from the Canadian Ministry of the Environment, providing anti-tyre dump protester Sandy Davis with some extremely useful ammunition.

Negotiations were also underway to find a temporary site for a UWA Albany Campus, despite a lack of substantial government funding at the time.

ALAC staff donned their bathers for a marathon swim to raise money for communities recently destroyed in massive tidal waves in Papua New Guinea, while Albany Hospice fundraising stalwarts Joan Wright and Merle Sandells handed over their responsibilities after eight years of hard work.

WIN TV announced it would broadcast the State's second commercial television station in March 1999 using the Optus satellite, and Albany Apex Club voted to remain an all-male club for another year.

The Denmark Village Theatre's new production *Music Hall* heralded some "bawdy entertainment" with ample opportunity for audience participation. The Denmark community was also poised to welcome in the new millennium in 2000, with a lofty titled "Appreciative Inquiry" into a future vision for the town.

— Anne Simpson

Sacred swamp listed

CHRIS THOMSON

LISTING of Lake Mullacup as the latest of 41 registered Aboriginal sites in Albany will have no impact on whether water skiing, now banned on the pristine waters of the near Green Range, will again be permitted.

Following an application by Traditional Custodian Carol Petersen ("City clears muddy waters", May 10), the lake was on August 14 registered as an Aboriginal site.

A spokesperson for the State Department of Planning, Lands and Heritage said skiing could still occur without approval under the Aboriginal Heritage Act.

"For example, the Swan River is recognised as an Aboriginal site and there are a range of activities, such as boating and water skiing, which do not require approval under the Act," the spokesperson told *The Weekender*.

An anthropologist's report commissioned by the City after City Councillor Ray Hammond described

"If any Aboriginal site is to be altered, destroyed or damaged, the department will review the proposal to ensure there is no breach of the Act and provide advice to the relevant parties.

"Consent from the minister may be required."

For 35 years, until the City of Albany stopped turning a blind eye, skiers skimmed across the lake's surface, a practice city officials now acknowledge was illegal.

Skiing is now banned.

But a report by the City's reserves manager Jacqui Freeman ahead of a council meeting in May said a report on whether to seek Department of Transport gazettal of the lake for skiing would be drafted once the outcome of the lake's heritage registration was known.

Ms Evers said she would take the matter up with Minister for Transport, Planning and Lands Rita

Saffioti.

In response to a letter from Mrs Petersen to Ms Saffioti, departmental policy officer David McFerran on December 11 acknowledged comments by the Noongar Elder about the potential impact of skiing on the cultural and conservation values of the area.

"I encourage you to work with the City in seeking appropriate management arrangements which can limit the impact on those values while enabling the ongoing use and enjoyment of the reserve by the community," Mr McFerran wrote.

Mrs Petersen, whose mother was born at the lake 100 years ago, said she was happy with the heritage listing but was aware it would have no impact on whether skiing would again be allowed.

She and fellow Elder Eugene Eades will launch a documentary by Frank Rijavec on the lake at

Albany Public Library at 5.30pm on September 13.

"We're wanting as many people to understand how important this place is," she said.

"It is the only place that we Noongar people can access that has fresh water, and the stories and the abundance of cultural resources there to be able to pass on this knowledge to our children."

"All the other fresh water places we've had access to, and fresh water places are so important to Aboriginal people, have been disturbed and gone saline thanks to agriculture and other activities."

"This one is still lovely and there are quokkas nearby – I think my mother used to say 'kwarkas', or something like that."

Bookings to see the documentary 'Sacred swamps' can be made at <https://albany.spydus.com/Events>

Rockabilly rebels return

DUST off your blue suede shoes and start practising your pin curls because the 1950s are coming back to Albany in a big way.

The inaugural Let's Rock Albany festival will take over the Albany Agricultural Society western pavilion on October 27 from 10am to midnight for an all day, all night retro extravaganza.

Organisers Catherine Kinsella and Ilona Diessner are excited for their love of rock and roll dance, rockabilly and all things retro to exude into the community and are looking forward to it so much, they have set a date for next year's festival already.

Ms Diessner said the day time program will include dance lessons, food, market stalls, classic car displays, fashion parades, competitions for the best Elvis impersonator, competitions for the best 1950s girl and guy outfits, hair and makeup booths and live music – all keeping with the retro theme.

The evening will be a chance for adults to dress up and get their dance on, and listen to Miss Veronica Lily, King Fiez and Rough House Imperials live.

"I went to the Ballarat Rockabilly Festival a few years ago and

I thought it was brilliant," Ms Diessner said.

"And I thought, 'we can build on this'."

Ms Kinsella agreed, and thought it would be a great idea to give Albany retro buffs the chance to don their 1950s gear closer to home.

"We were fed up with people going away, we wanted to bring people here!" she said, regarding similar retro Bunbury and Perth events.

"Plus, we thought we could do much better."

"I'm going to be so stoked seeing all these people enjoying themselves."

The day time event is open to all ages and costs just \$5 at the door.

The evening is a ticketed event for adults only and costs \$35 pre-purchase or \$40 at the door; this includes day time entry too.

If you want to book an appointment to get your retro hair and makeup done at the festival, or want to find out more about the day in general, message Ms Kinsella and Ms Diessner via the Albany Events Co Facebook page.

— Ashleigh Fielding



Photo: Ashleigh Fielding

■ Event organisers Ilona Diessner and Catherine Kinsella.

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Hello, is Allison there?

ASHLEIGH FIELDING

YOUTH seeking advice on their sexual health can simply 'ask for Allison' when calling up Headspace Albany from tomorrow as part of a new initiative aimed at increasing young people's awareness about sexually transmitted infections.

Headspace Albany manager Andrew Wenzel said 'Sexy Fridays' with Nurse Allison will take place every second Friday from 2.30pm to 4.30pm and will 'fill a need for easy and confidential prevention, testing and treating' in young people.

He said it will also help reduce the stigma around getting tested for STIs.

"Young people often worry about getting a blood test or having someone poke and prod them, but it's really easy; you just wee in a jar," Mr Wenzel said.

He said there had been more than 70,000 new cases of chlamydia diagnosed in 2016 nationwide and three quarters of these were in young people aged 15 to 29.

Mr Wenzel also said the rates of gonorrhoea infection in young people from rural and remote areas, and Aboriginal and Torres Strait Islander people, were higher than youth from the city.

"While we know that mental health issues are the most common health problem experienced by young people, the increasing rates of STIs such as chlamydia and gonorrhoea are growing at an alarming rate, for conditions that are easily and completely preventable," he said.

"Although lots of young people are aware of the importance of contraception, there seems to be a bit of disconnect when it comes to STIs and how to prevent them."

Nurse Allison Key said a generation ago, people could have unprotected sex with four or five different partners before being at risk of contracting an STI.

Now, she says, people are at risk after having unprotected sex just once.

"We recommend people get screened yearly, and



Photo: Ashleigh Fielding

■ Nurse Allison Key has 6000 condoms to give away.

when they have a change of sexual partner," Ms Key said.

"Around 80 per cent of people with chlamydia don't know they have it, as there are no symptoms, and if it's left untreated, it can cause infertility in both men and women."

The 'Sexy Fridays' service will be via appointment or walk-in and will be free or billed through Medicare – this means no out-of-pocket expenses.

All youth aged 12 to 25 are welcome to utilise the service and can talk about respectful relationships, sex education and contraception as well as STI screenings with Nurse Allison.

To book a session, call Headspace Albany on 9842 9871 and ask to see Allison.

"My eyesight has deteriorated to be able to count fingers in my left eye and having big holes in my vision in my right eye," he said.

"I have problems with my distances and can't see details very well."

With his eyesight deteriorating, Mr Wilson decided to start the process of applying for assistance in the form of a guide dog.

"It took me around three and a half years to get Obie," he said.

"The dog is matched to the person so if there isn't a dog out there that suits you, you don't get one."

Not in Kansas now

ASHLEIGH FIELDING

CLEAN-UP efforts are nearly complete in the Shire of Plantagenet following a purported "mini tornado" that struck Mount Barker, Kendenup and the outskirts of Cranbrook last week.

Manager of Works and Services for the shire, David Lynch said wind hit mid-afternoon on August 28 and travelled in an almost straight, south-easterly direction from Nunjup Road.

It tore down trees and fences along Mantagallup, Boyup, Gough, Beattie, Hobbs and Jutland Roads, creating a trail of destruction Mr Lynch approximated at being 40km long.

He said it would have been "an absolute disaster" if any houses had been in the path.

"In some areas, the trail is about 200m to 500m wide," Mr Lynch told *The Weekender* on Tuesday.

"Mantagallup was in such a mess, there were six farmers already helping to clean up by the time we got there."

"Beattie Road was completely covered in trees so we had to use a bulldozer to clear the road."

"I've had about 10 to 14 guys out there working for the past seven days and I reckon we're about 90 per cent finished cleaning up now, but over the next two weeks we will probably still be picking up stuff off the roads."

Plantagenet Shire CEO Robert Stewart was in disbelief about how much demolition the wind had caused.

"It really did a lot of a damage," he said.

"It chopped some trees in half, it's quite amazing."

Manager of Works for Cranbrook Shire Jeff Alderton said the town was very fortunate to have missed the brunt of the weather event, receiving only a couple of reports of fallen trees during the course of that afternoon.

"We had a couple of call-outs to north of Tentertup to Tunnyne with people using the Snap Send

Solve app, which was fantastic, because a big tree to one person is a small tree to someone else, and that helped us with organising the clean up," he said.

A spokesperson from the Bureau of Meteorology told *The Weekender* that their observations showed a maximum wind speed of 35kph in Mt Barker on that day, which was "by no means excessive".

The spokesperson also said that despite public perception, there is "no such thing" as a mini tornado. "It's not an area where the Bureau of Meteorology has extensive weather recording equipment – most of the observations in that area come from DPIRD," the spokesperson said, regarding the Shire of Plantagenet.

"There were no wind warnings issued for the region on the day in question, despite a low-pressure system moving through."

"Having said that, small extreme wind events can occur undetected in areas without weather monitoring equipment."

Guide dog graduates

HAVING the freedom and independence to stroll to the shops isn't as simple as it seems for vision-impaired people.

While it may seem like an everyday chore for most, for the vision-impaired stepping out their front door raises serious safety concerns.

For Albany local Glenn Wilson, the reality of slowly losing his sight due to a form of macular dystrophy was made apparent in his 30s, but wasn't diagnosed by an optometrist until his 40s.

"My eyesight has deteriorated to be able to count fingers in my left eye and having big holes in my vision in my right eye," he said.

"I have problems with my distances and can't see details very well."

With his eyesight deteriorating, Mr Wilson decided to start the process of applying for assistance in the form of a guide dog.

"It took me around three and a half years to get Obie," he said.

"The dog is matched to the person so if there isn't a dog out there that suits you, you don't get one."

After the many weeks spent training Obie through a guide dog trainer and further training with Mr Wilson, the Labrador was finally put in her harness and put to work.

"It changed things that's for sure," he said.

"I'm used to having dogs as pets, but there definitely was an adjustment to having Obie with me at all times and everywhere I go."

Mr Wilson said getting around town had become safer since having Obie by his side.

"You can't rely on her 100 per cent of the time because she is a dog and can get distracted," he said.

"What we do though is encourage intelligent disobedience which is where she knows to stop when a car is coming."

"It doesn't always work when drivers try to let me cross. But I wave them on so Obie isn't confused."

Mr Wilson said that he hadn't been confronted negatively by any shop owners or establishments since having Obie but had instances where people have tried to pet her.



Photo: Grace Jones

■ Glenn Wilson and his guide dog Obie will head to Perth for the Guide Dogs WA graduation ceremony this month.

"You absolutely can't assume that you can pet a working dog while she's in her harness," he said.

"It distracts her from looking out for me and gets her in to the habit of seeking attention when she should be concentrating on me."

"It's okay to come and ask me to pet her, I'll still say no but I'll also explain why."

Obie and Mr Wilson will head to Perth in a couple of weeks to attend the Guide Dogs WA graduation ceremony.

Guide Dogs WA Deputy Chief Executive Officer Debra Barnes said the graduation of a guide dog was a special occasion.

"It's a landmark event to celebrate the loyal and devoted friendship between the dog and their owner," she said.

– Grace Jones

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GS reps on nanny state probe

CHRIS THOMSON

THREE of five politicians on a new parliamentary committee charged with reporting on so-called 'nanny state' laws have seats that together span the entire Great Southern region.

On the Select Committee on Personal Choice and Community Safety are Labor MLC Sally Talbot and Liberal MLC Steve Thomas whose South West electoral region takes in the Great

Southern municipalities of Albany, Denmark, Plantagenet and Jerramungup.

The Agricultural Region represented by Shooters, Fishers and Farmers Party MLC Rick Mazza, a third member of the committee, covers the Great Southern shires of Katanning, Kojonup, Cranbrook, Gnowangerup, Woodanilling, Broomhill-Tambellup and Kent.

None of the three parliamentarians is yet permitted to speak publicly

about the inquiry that was only convened last week, but committee chair Aaron Stonehouse, the MLC for South Metropolitan, is.

"Speaking as a member of parliament and not as the chair of the committee, I'm a member of the Liberal Democrats, which is a party of small government, low tax and personal choice," said Rockingham-based Mr Stonehouse, who lobbied hard for the inquiry to be initiated.

"Fighting against the nanny state and against paternalistic regulation is a big part of what the Liberal Democrats stand for, not because any individual regulation or law is a nuisance but because, taken collectively, it is a question about who is in charge of our lives.

"It's my view and the Liberal Democrat philosophy that individuals should be making their own choices and free to live their lives, perhaps do silly things like ride their bike without a helmet, so long as they're not hurting anybody else."

On an issue of key concern to Dr Talbot and Mr Thomas' South Coast constituents, and to Mr

Mazza's fishing backers – that of Premier Mark McGowan's recently mooted mandating of life jackets for rock fishers at dangerous spots, Mr Stonehouse said the government should tread cautiously.

"In some cases you should be wearing a life jacket, but again the idea of a blanket approach here, I'm quite cautious of, because not everyone's fishing from rocks and free to live their lives, perhaps do silly things like ride their bike without a helmet, so long as they're not hurting anybody else."

On an issue of key concern to Dr Talbot and Mr Thomas' South Coast constituents, and to Mr

Mazza's fishing backers – that of Premier Mark McGowan's recently mooted mandating of life jackets for rock fishers at dangerous spots, Mr Stonehouse said the government should tread cautiously.

"I would rather people have their choice, but if we are going to have some kind of mandate, having it at least targeted is my preferred option."

Mr Stonehouse's committee will look specifically into laws that regulate the use of things including e-cigarettes, bicycle helmets and life jackets for kayakers.

Broadening the scope of the inquiry potentially to any number of laws is a term of reference that states "any other measures introduced to restrict personal choice for individuals as a means of preventing harm to themselves".

The public can have its say on the inquiry until Friday, October 5, and Mr Stonehouse said he hoped submissions would flood in.

"My electorate office has been inundated with complaints about nanny state laws and regulations since I announced that we would be establishing this committee," he said.

The committee is yet to decide if hearings will be held in regional Western Australia.

The Liberal Democratic Party was founded in Canberra in 2001. Mr Stonehouse is the party's only representative in the WA Parliament.

Ferngrove sticks to guns



Chief winemaker Craig Grafton.

FERNGROVE Wines has taken the cake twice in the past two months, winning gold for their 2016 Ferngrove Black Label Malbec and 2017 Killeberry K Shiraz.

Chief winemaker Craig Grafton attended both the Royal Queensland and Royal Hobart Wine shows recently to collect the two prizes for best Shiraz and best varietal red wine, and said it was a "great achievement" for the team.

He said the Killeberry K Shiraz is an "excellent example of a

cooler climate Shiraz with its vibrant fruit, colour and lifted pepper and spice", and that the Black Label Malbec "highlights the hard work undertaken by our vineyard and winemaking teams in producing wines that are world class".

"These wins are incredibly exciting for our winemaking team," he said.

"The result demonstrates the wisdom in staying true to who we are and what we do best in the Great Southern region."

Whisky wins again



Great Southern Distilling Company founder Cameron Syme checking the latest batch of Limeburners whisky.

THE accolades continue to pour in for Albany's Great Southern Distilling Company after they were named Australian Distiller of the Year for a second time at the Whisky Magazine's Icons of World Whisky awards.

The Icons of Whisky is an annual industry award organised by UK-based Whisky Magazine that recognises the very best in the global whisky business.

Great Southern Distilling Company was founded by Cameron Syme in 2004 and is renowned for producing some of the best whisky and gin in the world.

Mr Syme said for the company to have been consistently recognised by international industry peers was incredibly rewarding.

"In the past couple of years we've been receiving so much recognition for our product," he said.

"From Champion Australian Whisky to gaining a Whisky Bible Title and now Distillery of the Year. It really makes the hard yards worthwhile.

"It reassures us that our method of distilling and bottling is the best way to consistently release premium world-class whisky.

"That's been our ethos since the beginning and is certainly paying off now."

The company's latest creation, the 2018 Darkest Winter, was also named Best Whisky in the southern hemisphere by industry icon Jim Murray's Whisky Bible.



Photos: Ashleigh Fielding

Jay de Vries from Parklands School participated in Small Voices Louder.

Shout out to the world

SCHOOL kids got the chance to scream out to the world without getting told off last week when they participated in *Small Voices Louder* at Albany Entertainment Centre.

The interactive performance encouraged students from Parklands School, Mount Lockyer Primary and Little Grove Primary to reflect on 'big' life questions while exploring the installation, complete with tepees and colourful displays.

Their answers to the questions were recorded and installation artist

Alex Desebrock will now collate them into an audio presentation, which will be played back to adult ears in mid-October.

Small Voices Louder aims to give children a voice in the world and inspire adults to consider children's thoughts when making big decisions.

"I've realised that children often tell me exactly what I need to hear," Ms Desebrock told *The Weekender* when she was preparing for her trip to Albany.

"They are funny and kind, and they are brutally honest.

"If you're not around kids much, you don't get to listen to their crazy, blunt, inspiring, honest, hopeful, and guilt-inducing words, and really, we need to be thinking more about future generations."

The installation is in Esperance today and will continue on to Carnamah, Geraldton and Mullewa over the next two weeks.

— Ashleigh Fielding

Speed limit sticks

CHRIS THOMSON

A REQUEST by Councillor Paul Terry that dropping inner Albany's speed limit from 50kph to 40kph be investigated by City officials has been kicked to the kerb by six of his colleagues.

At last week's City council meeting, Cr Terry asked that council CEO Andrew Sharpe look at the pros and cons of dropping the limit by

10kph on York Street, Aberdeen Street, Collie Street, all cross streets between those streets, Stirling Terrace and part of Lockyer Avenue and Albany Highway.

"We already have two 40km/h zones in Albany at Middleton Beach and Emu Point," Cr Terry reasoned.

"This is because there are many tourists and young children in these areas.

"There are many tourists and young children in the CBD area as well, along with many of our elderly residents, who would appreciate traffic moving slightly slower, especially going down Aberdeen & Collie Streets."

Cr Terry added that he raised the matter of reduced speed limits at the July meeting of the Albany Roadwise Committee, which was "fully supportive of investigat-

ing the implementation of a 40km/h speed limit in the CBD".

However, Crs Greg Stocks, Emma Dougherty, Robert Sutton, John Shanahan, Tracy Sleeman and Sandie Smith were not supportive.

Those six councillors narrowly sunk Cr Terry's plan, which was supported by him and Crs Alison Goode, Ray Hammond, Bill Hollingworth and Anthony Moir.

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Telehealth puts doctors on the spot

ASHLEIGH FIELDING

A TELEHEALTH unit at Albany Health Campus helped Mount Barker woman Anne Bayldon receive specialist advice for her double-stroke recently despite being 400km away.

Upon presenting her symptoms to hospital staff, Ms Bayldon was put before stroke specialist Tapuwa Musuka via video call to work out the best mode of treatment for her.

Dr Musuka said the technology, which includes a medical grade camera with zoom functionality, proved lifesaving.

"Ms Bayldon presented to Albany Health Campus with a suspected stroke," he said.

"Albany doctors were able to use the new videoconferencing telecart to let me assess the patient and determine the appropriate course of treatment.

"Once I'd dialled in, it was obvious that Ms Bayldon had developed left-sided weakness, indicating a second stroke was starting."

Given Ms Bayldon's acute condition, Albany medical staff arranged a Royal Flying Doctor Service flight to take her to Perth for emergency surgery, within a timeframe of four to six hours from her initial consult.

After a short stay in Perth where she underwent full assessment for any stroke impacts, Ms Bayldon was allowed to return directly from Perth to her home in Mt Barker within eight days and without needing any rehabilitation.

Ms Bayldon said she could see great benefits in having telehealth equipment in country hospitals.

"It must be less stressful for local doctors to have the help they need from stroke experts and know that they are not alone in that patient's outcome," she said.



Photo: Courtesy WA Country Health Service

■ Anne Bayldon benefited from telehealth.

Mermaids surface to join whales

MERMAIDS will be in Albany next year thanks to a grant won by Albany's Historic Whaling Station.

Funding amounting

to just over \$3500 was awarded to the station via the Keep Australia Beautiful WA Community Litter Grant to pay for Perth-based Soulesea Mer-

maids to attend the 2019 Welcoming the Whales Festival on June 1.

The grant will also fund 400 environmentally friendly, stainless steel water bottles which will be available at the festival.

The mermaids will help push anti-waste messages and promote the importance of eliminating litter such as single-use plastic water bottles.

General manager of the whaling station Elise van Gorp said she believes it will be the first time any mermaid performance artists have appeared in the Albany community.

"The environmental message to reconsider your use of single-use plastic water bottles will be strengthened by the fact it is delivered by realistic mermaids," she said.

"By combining the anti-litter education with engaging characters and the



■ Soulesea Mermaids are coming to Albany.

Photo: Courtesy Albany's Historic Whaling Station

provision of sustainable alternative bottles, we hope it will create lasting change in our community."

"This touch of magic makes for a truly memorable experience for children attending."

"By combining the anti-litter education with engaging characters and the

Rabbits in shire's scope

GRACE JONES

THE Shire of Kojonup will weigh up its options for pest control over the coming weeks following an increase in rabbit numbers in the township.

In a recent report made to the Shire, Landcare officer Jane Kowald said the rabbit population had been steadily increasing over the past few months.

"A number of complaints have been made about their numbers," she stated.

Ms Kowald's recommendation to control the rabbit situation was to release a vial of the Schedule 4 restricted chemical RHDV1 K5, a variant of the calicivirus.

According to the Australian government Pest Smart website, RHDV1 is "one of the more humane methods of controlling wild rabbits."

Shire CEO Rick Mitchell-Collins said it was all well and good to get rid of the problems caused by high populations of the rascally rabbits, but the far-reaching consequences of releasing the virus would need to be considered.

"There is a flow-on effect if we get rid of the rabbits," he said.

"Without the availability of rabbits as a food source, predators such as foxes, feral cats and feral dogs are known to go after lambs during lambing season."

"Such is the dilemma of dealing with one nuisance but transferring the problem elsewhere."

Mr Mitchell-Collins said consideration would need to be made for domesticated pets due to the highly contagious and effective characteristics of the virus.

"Before we need to make a decision on whether or not we release the virus we need to look at all of the effects it could have," he said.

"We need to know how many pet rabbits are in the township and find a way to make sure those pets are inoculated."

"We can't look at the issue in isolation. We don't know the extent of the issue or the extent of the implications yet."

Mr Mitchell-Collins said the Shire would seek community feedback on the nature, type and number of rabbit-related problems in the town site.

"We'll speak with farmers to hear what they think about the numbers of rabbits and number of lamb deaths caused by foxes," he said.

"We don't want to be in the same situation as Queensland with the cane toads and we don't want to see pet rabbits dying due to the virus."

"It will take around six weeks to do all of the research and we'll probably bring it back up for discussion in October."



■ Emily McCloy from the Denmark Public Library, which will participate in this year's trail by selling books, DVDs and jigsaw puzzles.

Shire prepares for sale trail

HOUSEHOLDS, schools and community groups within the Shire of Denmark are set to join more than 400,000 people across Australia on Saturday and Sunday October 20 and 21 as part of the eighth annual garage sale trail.

A multi award-winning happening, the trail is powered by more than 140 local councils.

Denmark Shire President Ceinwen Gearon said the trail was a fun and social way to make people think about the waste they generate.

In Denmark, last year's trail featured 26 garage sales with almost 1500 items sold.

Household sales made an average of \$424 on the day, and sellers pitched their wares to about 63 people each.

Registrations are free and now open for households, schools and communities at www.garagesaletrail.com.au.

Sunday trading trial

DENMARK'S Kwoorabup Community Market will now trade two days a week due to popular demand.

Market coordinator Karen Trom-Wright said the regular Friday afternoon soiree would trial Sundays for eight weeks, allowing both weekday and weekend traffic to stop by and pick up their weekly produce.

She said the market would continue to be held at Golden Hill Steiner School Hall and begin Sunday trading on September 23, keeping the hours of 10am to 2pm.

"I think people will like having the market as a great place to socialise," Ms Trom-Wright said.

"So we thought we'd give it a whirl." This is the second time the market

has changed its trading routine due to popular demand since its inception six years ago.

"It was every second Friday but after two years, it became so popular, we went to weekly," Ms Trom-Wright said.

The market runs during school term and includes local growers with fresh produce as well as handmade craft stalls.

Ms Trom-Wright said she is always looking for more stallholders, particularly a stallholder making children's toys.

If you are interested in joining the market, you can reach Ms Trom-Wright on 0421 784 147.

— Ashleigh Fielding



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 Six Degrees
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 Salon Express Albany
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 Schlager Homes
 Wilsons Brewery Company
 Worklink WA
 GSP Workforce
 Hazel Blake Photography
 Colettes Curtains and Blinds
 Centennial Stadium

Customer Service Finalists

Cindy Bennett (Horse world)
 Spencer Park Post Office
 Albany Carpet Court
 Great Southern Stockfeeds
 Zara Leusciatti (Espresso one)
 Luke Cameron (Albany District Insurance Brokers)
 Tammie's House of Hair and Beauty
 Hacienda Pharmacy
 Rustlers Steak House
 Warren and Kira Mead (Gold Mx)
 City Farmers Albany
 Frangipani Floral Studio
 Carol Allen (Professionals Albany)
 Graeme Whittaker (Frontline Auctions)

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 Friday 14 September, 7pm. Albany Entertainment Centre.
 Tickets available from <https://2018accibusinessawards.eventbrite.com.au>

Letters to the editor

Winning the war

AFTER watching the excellent series War on Waste from the ABC on our screens for the past number of weeks, I was inspired to check out our progress and commitment here in Albany and the Lower Great Southern.

It would appear that we are very well served by Cleanaway, who service the city of Albany and districts, plus the parking bays along the highways.

Along with our general rubbish pick up, Cleanaway employs a recycling educator, located at the Hanrahan Road site, who is happy to work with primary, secondary schools and community groups, where he gives free lectures and advice to some very keen and interested students and adults alike.

This dedicated guy is also available to give presentations at our local schools and in the wider community.

The facility at Hanrahan Road makes for an interesting outing, which also includes a tour of the Cleanaway Materials Recovery Facility, where our recycling is baled, ready to be sent off to the recycler.

We also have a local tip shop where some amaz-

ing pre-loved bargains can be found. There is truth in the old saying "one man's trash is another man's treasure".

One of the most reward-

ing aspects of all this is seeing our discarded rubbish get a new lease of life as a useful item once more.

All this reminds me how

fortunate we are to live in our wonderful town, where so many good and positive things are happening, not only in plain sight but behind the

scenes as well. Congratulations to Cleanaway and the City of Albany for a job well done.

— K Turner,
Yakamia

Silent treatment

I LOVE living in Albany and a big thanks to the Al-

bany council for helping to make Albany a heritage olde worlde town!

Traffic is Skph in York St, vehicle fumes are free and reduced parking spots keep outsiders out!

Clever planning in putting the visitors centre in the middle of the CBD will ensure greater safety as more congestion occurs and it will be safe once again to use the penny farthing or horse and cart.

We probably need 10 more shopping centres, and six more hotels, as well as zillions of subdivisions to help increase our rates further in paying for the service cost, not to mention the staff!

A real treat would be some fresh paint in York St for those of us lacking excitement. We could get our jollies watching it dry while contemplating this year's council rates.

I believe brilliant governance and management would actually lead to a 24 per cent rate reduction.

When is the mayor organising the slide night of his last overseas trip that we paid for and giving us the explanation of the fix up for all that money we lost on Cull Rd?

Deactivate the Cone of Silence.

— Don Phillips,
Albany

Please email your letters to: editor@gweekender.com.au. Every letter intended for publication must include the writer's full name and address plus daytime telephone number should verification be required. Letters longer than 300 words may be cut. The deadline for submission is noon Monday. Letters do not reflect the views of The Weekender.



Strength program gets legs



■ Denmark Recreation Centre instructor Michael Berry with participants Leslie Glasser and Brian Mee.

FREE leg strengthening sessions to help prevent falls in men aged 65 or over are being offered by the Shire of Denmark.

Slips, trips and falls are an increasing concern among older people, with 3.5 times as many falls occurring in people aged over 65.

Men are the highest risk group for falls.

Shire Director of Community Services Cary Green said the free Strengthen Your Legs program would provide an opportunity for older men to "age well and stay well in our town".

This raises awareness

of the importance of strengthening legs as a strategy to reduce falls among older adults and encourage confidence in independent living.

This circuit style program will focus on developing muscle strength, improved balance and posture, and improved gait and mobility.

Other benefits include a pre and post program health screen, falls prevention education, bus pick-up and drop-off to and from town for participants and light refreshments after each session.

The program is slated to start on Monday, October 8 at the Denmark Recreation Centre. It will run on

Mondays and Wednesdays from 2pm.

Places are limited and registrations need to be finalised by September 21.

More information can be gleaned from Shire of Denmark Community Development Officer Claudia Simpson on 9848 0300.

Clink link for chief justice

CHRIS THOMSON

WESTERN AUSTRALIA'S new chief justice has convict blood.

In a welcome speech for recently appointed Chief Justice Peter Quinlan on August 20, his Supreme Court colleague Justice Rene Le Miere recalled his new boss was a fifth-generation Western Australian.

"It seems that our new chief justice is the great, great grandson of a convict," Justice Le Miere recounted.

"There's certain irony in the fact that this state's most senior judicial officer is related to a sheep

stealer who was transported to Western Australia in 1853.

"From a convict ancestor to a chief justice, I'm sure [that] Daniel Connor, your great, great grandfather would be proud of you."

At a special sitting of the Full Bench of the Supreme Court, Albany cracked a passing mention when Traditional Custodian Barry McGuire observed that Noongar people from around the south west of the continent, including Albany, on occasion used to gather nearby.

When his time to speak came, Chief Justice Quinlan, no stran-

ger to prisons albeit from the more respectable side of the Securemax mesh, rose to supplement Justice Le Miere's version of his pedigree.

"Justice Le Miere commenced his remarks with a reference to my convict ancestor Daniel Connor who arrived here eight years before the appointment of the first chief justice," said Chief Justice Quinlan, who in 2005 was counsel assisting on the inquiry into the management of offenders in custody that among other goals probed the workings of Albany Prison.

"Connor died in 1898 and by that time he had become a suc-

cessful business owner in the colony.

"His funeral was officiated by Bishop Matthew Gibney who concluded with the following words, which I ask you all to keep in mind in the coming years:

"Be to his virtues ever kind, And to his faults a trifle blind."

Before Justice Le Miere adjourned proceedings, Chief Justice Quinlan, 48, thanked his Supreme Court colleagues – and other onlookers including his wife Lucette, five children and Attorney General John Quigley – for their attendance.



Photo: Steve Hancock Photography

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Albany Community Hospice is seeking volunteers to join the newly established

Community Partnerships & Marketing Committee

The Community Partnerships & Marketing Committee has been established to enable the Hospice to meet its strategic goals developed as part of the 2018-2021 'Flourishing Together' Strategic Plan, which can be found on our website.

Key tasks of the Committee will be to develop a communications and marketing strategy, continued development of the Hospice's online brand, and to develop community connections and partnerships with other organisations and the community.

If you would like to be part of this exciting and innovative committee and have experience in either communications and marketing, branding, networking, developing community partnerships or sponsorship we would love to hear from you.

To register your interest, please send a brief cover letter outlining your skills and experience to admin@albanyhospice.org.au or call 9892 2457 for more information.

Free Event

For Torbay Catchment Group Members, non members welcome, event cost \$5

1080 Accreditation Workshop
Saturday 22nd Sept 2018, Torbay Hall

9am to noon, morning tea provided

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This 1080 Baiting Workshop Includes:

- DPIRD Biosecurity Officer-assisted 1080 training and accreditation
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- Property details provided by Wed 19th Sept to assess property suitability
- A map of your property (hand drawn is ok)



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■ Samuel Wescott (11), Callum Reeves (11), Laura Featherstone-Dawes (13) and Hamish Walmsley (11).

Bikes roll up for tri-series

A COLLECTION of quad-bikes and dirt bikes descended on the Albany Motorcycle Club's track in Napier on Sunday for the final leg in the Tri-Series motocross event.

Riders ranging from the younger whippets to their 50-85cc mini bikes to the 125-250cc dirt bikes ripped around the track throughout the day.

The team spirit was out in force with everyone cheering on the juniors during their laps and ogling at the jumps made during the seniors' races.

While the AMCC canteen

ladies provided a hot lunch for spectators and racers, more than a few dads were on the scene enjoying their Father's Day.



■ Samuel Cox (14) and Jarvis Wisewold (13).



■ Caroline Walmsley, Sue Smith, Siobhan Hepworth and Casey Reeves taking the times for the Albany Tri-Series competition.



■ Samuel Westcott and Hamish Walmsley.



■ Declan Hepworth, Kieron Walmsley, Kylan Black and Hayden Kinnear.

Advertisement

Go wild for flowers this spring

THE Ravensthorpe Wildflower Show & Spring Festival is ready to crank up and it's jam-packed this year with many activities, exhibitions and events.

The Regional Herbarium will be open for guided tours, and all the experts are here for people to ask questions. There are more than 3000 species in the ever-growing collection, and up to 600 species in flower.

Art exhibitions and photographic displays are abundant this year – there are six in total set up in both Ravensthorpe and Hopeston.

Margaret River artist Megan Hodgson will be holding watercolour workshops.



New this year:
• Photographic display highlighting the latest Australian native bee to be identified, the Shaggy Spined Bee. It is unique in that it is

only active while a certain species of eucalyptus in the Ravensthorpe Range is in flower, and has only been found in this area.

• Geological display highlighting the correlation between plants, minerals and rocks.

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Share your photos by hashtagging #amazingouthcoast
How stunning is this image of Princess Royal Harbour by Albany Aerial Imaging!

Public notice: CBD Parking

The City of Albany would like to remind residents to take notice of parking signs within the CBD.

A number of changes have been made to time limits in certain areas, in particular the Stirling Terrace (Drivers) carpark and parking spaces between York Street and Aberdeen Street.

As the weather warms up, it is a timely reminder to grab your bike or walking shoes and avoid the traffic. The City of Albany's TravelSmart Officer is available to help you plan the best way to ride or walk to work. For more information on CBD parking, or on TravelSmart options, please visit our website.

UPCOMING EVENTS

ALBANY CONVOY 4 KIDS
SUNDAY, SEPTEMBER 9 - FROM 7.00AM - ALBANY AIRPORT



Albany Convoy 4 Kids raises money for the children's ward of the Albany Hospital. There will be a sausage sizzle, truckies breakfast, coffee vans, bouncy castle, truck display and a band. For further information please call 0407 421 270

2018 SOUTHERN ART & CRAFT TRAIL
15 SEPTEMBER - 30 SEPTEMBER - VARIOUS LOCATIONS



The Southern Art and Craft Trail is a free event held annually and promotes local galleries and artists. There are 93 venues and open studios to view.

For a full list of venues visit www.arttwothwa.com.au



COMMUNITY INFORMATION

SEPTEMBER



Volunteers needed for Field of Light installation

Over 16,000 stemmed glass spheres will be planted along the Avenue of Honour, turning the notion of memorial into an emotional experience. But as they say, many hands make light work and the Field of Light: Avenue of Honour will require the collaboration of many to become realised. This is why we need you!

If you're a local, have an Anzac in your family or roots in the regions rich history and want to be involved in the Field of Light: Avenue of Honour, register to become a volunteer.

For more information and to apply, visit www.fieldoflightalban.com.au

Comment invited on dog exercise areas

Dogs and their owners are happier and healthier when they exercise regularly, but uncontrolled dogs can also be a nuisance and take away the enjoyment of other people using City reserves and open space.

To help ensure both dog owners and other community members can enjoy themselves when out for a walk, the City of Albany is reviewing its dog exercise areas and, as part of the process, wants to hear from you.

If you would like to provide comment on the proposed policy, please visit www.albany.wa.gov.au

Goodbye Graffiti campaign

The City of Albany has secured an \$11,246 grant from the WA Police State Graffiti Funding Program to upgrade the City's graffiti reporting software and increase community awareness.

The Goodbye Graffiti Campaign will run over a 12-month period and provide information to property owners advising them on how to report, remove and make their property less attractive to vandals.

The campaign will also provide information and instructions on what to do if you have been a victim of graffiti.

If you have been a victim of graffiti we encourage you to report it to Goodbye Graffiti www.goodbyegraffiti.wa.gov.au

ARE WE LOUD & CLEAR?

We want to hear from you.

Complete our survey to help us understand how we can better communicate and engage with you.

<https://painteddogresearch.com/albanysurvey>

Don't have access to the internet or a computer? Visit Albany Public Library and one of our friendly staff will be more than happy to assist you.

NEXT COUNCIL MEETING
25 SEPTEMBER 2018: 6PM
PUBLIC COMMITTEE MEETING DATES AT
WWW.ALBANY.WA.GOV.AU



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Bitumen Road Maintenance
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Terry White Chemmart Chester Pass named Pharmacy of the year



TERRY White Chemmart Chester Pass Albany has been awarded the prestigious state title 2018 Terry White Chemmart Pharmacy of the Year for Western Australia.

Announcing the pharmacy's win at the group's national conference in Sydney last week, Terry White Chemmart CEO Anthony White said the Chester Pass team's ability to engage the community through creative initiatives stood them apart as worthy recipients of the state award.

"With so many wonderful pharmacies in our network doing such innovative things, it's never easy to single out just one winner from each state," Mr White said.

"Brad and his team at Chester Pass just stood out to us as having had an excellent year with some brilliant health programs and we couldn't go past them as the state winner for Western Australia."

Brad Smithson, owner at Terry White Chemmart Chester Pass Albany, said that winning was a credit to the entire pharmacy's team and reflected the trust the local community had in them as a health destination.

"I am proud of our local focus on improving the health of our community through our Heart Foundation Walking Groups, our inaugural Great Southern Health and Wellbeing Expo and our Pain Seminars, that we held in conjunction with other health profes-

sionals," Mr Smithson said.

"Community has always been a strong focus of everything we do and, with our health promotion strategy, we are connecting to our community through more than the traditional retail channel."

"Our passionate team is a blend of local people of a wide range of ages, backgrounds and experiences who care about themselves, each other, our customers and our community, which shows in the services we provide."

The team was also awarded the 2018 Pharmacy Innovation Award for pioneering their MUMadvice and daDADvice program.



■ Jordy Morcom warms up the crowd.



■ Tim, Linda, Arna and James Franklin.



■ Maree, Cheyenne and Beau Caley.

St Joes snow show

PROUD families crammed into the Albany Port Theatre on Saturday night to watch students from St Joseph's College perform their rendition of the Hans Christian Andersen classic *The Snow Queen*.

"To get the crowd warmed up students from the Certificate II music class jumped on to the mic and drums for a set before the big performance."

The students killed it on the keys and plucked their hearts out on the bass as Georgia Jones belted out the lyrics.

After the set was done, the lights were dimmed and the audience was transported to the magical world where the battle against the Snow Queen ensues.



■ Liz Shearley, Audrey Leighton, Eoin Bull and Kevin Bull.



■ Alyssa, Darren and Sarah Lowry.



■ Dianna Nicholas and Kelly Parker.

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Trophy/Gold medal winner – 2016 Ferngrove Black Label Malbec

THE 2016 Ferngrove Black Label Malbec has won the trophy for the "Best Varietal Red Wine of the Show" at the 2018 Royal Hobart Wine Show. The trophy was awarded to Ferngrove for the Best Varietal Red Wine selected from classes 19, 30, 31, 32, which totalled more than 90 entries.

Chief Winemaker Craig Grafton said, "This is a great achievement for

the team at Ferngrove. I have always felt that the Great Southern region, and particularly Frankland River, produce some of the best Malbecs in the country. This is also further highlighted by our 2017 King Malbec being awarded a gold medal at the same show. The Black Label Malbec highlights the hard work undertaken by our vineyard and winemaking teams in producing wines that

are world class."

"The result demonstrates the wisdom in staying true to who we are and what we do best in the Great Southern region, making Malbec in a style that is dedicated to the region and delicious to drink," he said.

The gold medal winning wine from Ferngrove's vineyard in Frankland River originates from some of the first plantings

of Malbec on the property back in 1998. Visit our website for further updates www.fernagrove.com.au.

Ferngrove's others success at 2018 Royal Hobart Wine Show include: 3 x Gold Medals;

2017 Ferngrove Orchid King Malbec: 2017 Ferngrove Orchid Diamond Chardonnay: 2016 Ferngrove Black Label Malbec.

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Open day success

PARENTS, teachers and students braved the drizzly weather on Saturday for the Denmark College of Agriculture's annual open day.

College students demonstrated the skills they have been developing with displays ranging from shearing displays to beekeeping and cattle parading.

When the cold and damp started to get too much, visitors ducked into the dining area for a hot cuppa and delectable coconut slice.

The bus tours proved to be particularly popular for parents debating on whether to enroll their kids for next year.

The display of wines made on campus had a steady stream of visitors throughout the day, with wine connoisseurs stopping by for a quick sip and leaving with a bottle.

To close off the celebrations, students brought out their finest bulls and machinery for the grand parade through the campus.



■ Graham Paget from the Denmark Forge Group.



■ Giovanni Gianetti, Deborah McNamara, Donna Baker and Alex Bentink.



■ Riaan, Alwyn and Hanneke Coetzee.



■ Connor, Mikayla and Troy Constable.



■ Hamish, Troy, Kabe and Chantelle Mostert.



■ The Denmark College of Agriculture resident alpacas were up for a scratch at the petting zoo during the open day.



■ Clare Johnson and Lindsay Johnson.



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A BEAUTIFUL, solid piece of furniture is not only a thing of great beauty but also an asset and potential heirloom.

Antique furniture is highly prized and creates an impressive statement in any home.

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With more than 34 years' experience in both the UK and Australia, Steve and Gloria King are the local experts in antique furniture restoration.

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As well as their furniture business, the Kings also restore and service antique clocks and can even re-silver old mirrors.

With the motto "We are here to help", Steve and Gloria are also more than happy to offer advice regarding your antique furniture. You can contact Steve or Gloria King on 0403 895 406, or email: kings.restorations@gmail.com or www.kingsrestorations.com.au

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You can chew your nails but lay off the snails

BEFORE I start this column, a public service announcement.

As part of my job, I get regular emails from the Department of Public Health with valuable information about diseases.

Some of these I find useful – alerts about flu season, measles exposures in our region, that kind of thing.

Some of them slightly less useful – an alert about a virus in some bats in Bali, for example. The virus is pretty bad, but most of my patients haven't just emerged from a cave in Indonesia.

But if the Department of Public Health tells me to do something, I do it, so here is today's public health message.

Stop. Eating. Snails. Calm down! I know it sounds harsh, but there's a reason.

Several people in the US and Australia have come down with a particularly unpleasant infection, and it turns out you get it from eating raw snails (or slugs).

The disease is called "rat lung-worm disease", and that probably tells you all you need to know about it.

But the main thing is some people have got it from eating snails and it is my duty to urge you to stop eating snails or slugs.

If you can't stop, try to cut down, and if you can't even cut down, you've got problems that I can't fix. See a doctor for some medication – and maybe some snail pellets.

Anyhow – allergies. When I was a child, I



spent a lot of the summer alone in my room, weeping.

This wasn't only because I had no girlfriend and I sucked at cricket, it was because of my allergies.

I was chubby and wheezy and on sports days my eyes ran and my legs didn't and to cap it off I was allergic to shellfish (not that the school lunches contained a lot of lobster, but even so).

I eventually got tested and it turned out I had hay fever, asthma, and lots of allergies. Luckily, I grew them – some people do – and nowadays I have pretty much no trouble.

What causes allergies? We don't really know.

We know what they are – they're the result of a paranoid immune system that instead of just fighting viruses and bacteria attacks pollen, dust mites and seafood.

But why does some people

get them and others don't?

It's possible – and this sounds weird – that it's got something to do with being clean.

The "hygiene hypothesis" says that maybe the rising tide of asthma, food allergies and hay fever is caused by... being too clean.

The idea is if your kid's immune system encounters lots of stuff then their immune system will be less likely to have a meltdown when it encounters something harmless like a bit of pollen.

This might explain why immigrants from poorer countries have fewer allergies, and kids who grow up on farms have fewer than city kids.

And it might be why kids who have exposure to peanuts early in life get fewer and milder allergies than kids who are kept from them.

That would also explain

why more antibiotics (at an early age) means more allergies.

And also, why washing dishes by hand (sorry, kids), playing outside, having pets from an early age and eating food from farms instead of rubberised noodles from packets also helps.

But before you take your kids out of childcare and drop them off at the tip – everything I've said is about preventing allergies.

Once someone's got them, it's different.

They need a way to manage them.

There are treatments and maybe cures.

Ask a doctor. But the snails?

Off the menu, permanently.

Sorry.

— Doc Brendan

DR BRENDAN Carver is a registered medical practitioner (BSc BM BS 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.

THINK

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Here's to health!



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Underlying triggers

AFTER a few months of Albany's best weather, we are all looking forward to some sunshine and outdoor activities as spring approaches.

For at least 15 per cent of the population, however, spring means constant sneezing, itching, red eyes and sometimes worse.

Hay fever might seem like a mild problem but at its worst it can cause severe symptoms, time off work and time away from doing things that you love.

Seasonal allergies are not as simple as they sound, and they may not be inevitable. There is a growing body of evidence suggesting that allergies can be triggered or worsened by underlying issues including stress,

diet, food sensitivities, exposure to chemicals or other irritants, imbalances in the microbiome and nutrient deficiencies.

There may be options for treatment other than just taking medication and sleeping it off, particularly if you have severe symptoms or other associated illnesses.

If you would like to think outside the box and discuss your options for further testing and treatment for your hay fever, asthma, food sensitivity or other allergic illness, see your nutritional doctor or nutritionist. Alternatively, you can call South Coast Sports Medicine to find out how our nutritional medicine team, consisting of Nicole and Dr Jen, can help you.

Don't put up with sniffles

ALLERGIC rhinitis (commonly known as hay fever), affects around one in five people in Australia. Despite its common name, allergic rhinitis is not caused by hay and does not result in fever.

It is caused by the nose and/or eyes coming into contact with environmental allergens, such as pollens, dust mite, moulds and animal hair.

People who are sensitive to these allergens may then experience one or more of the following symptoms:

- Immediate signs or symptoms
- Runny nose

- Rubbing of the nose
- Itchy nose
- Sneezing
- Itchy, watery eyes
- Obstructive signs or symptoms
- Congested nose
- Sneezing

Allergy management requires a profound understanding of the patient, their family history and environmental factors, not just the presenting symptoms.

At Hacienda Pharmacy, all the pharmacists are ASCA (Australasian Society of Clinical Immunology and Allergy) accredited,

which allows them to recommend management based on the most recent clinical evidence ranging from the use of intranasal and decongestant sprays, antihistamines and eye drops.

This is then tailored based on the severity and duration of your symptoms.

For more severe symptoms, the pharmacists can also provide appropriate advice around allergen immunotherapy and provide direct referral to other health practitioners.

Consult with one of the pharmacists to see how they can assist you.

Know what's in your grub

POISONING your guests is not ideal when hosting a dinner party, so here's a few tips from Allergy and Anaphylaxis Australia to make sure everyone is fed safely.

Know the 9: It isn't widely known, but when it comes to food allergies, 90 per cent of reactions are caused by only nine foods. So, take the time to know what foods are the ones most likely to cause a reaction, and try to avoid them where possible,

or let your guests know if any of these foods are present in a dish. The nine foods to be aware of are milk, egg, peanut, tree nuts (e.g. cashew, almond, walnut), fish, shellfish (e.g. prawn, crab, lobster) soy, wheat and sesame.

Less is more: Keep recipes simple. Don't add extra sauces, dips or marinades where possible, and make sure you know exactly what makes up each dish. If you plan

to BBQ, remember that ready marinated meats may contain allergens.

Fresh is best: By buying fresh ingredients, you know exactly what it is you are getting. Processed foods often contain many ingredients sourced from several suppliers. Although all packaged foods must be labelled there is less room for accidents if using fresh ingredients. Simple to prepare, fresh foods are often safest for those with

food allergies.

Read the label: This one is as simple as it sounds, and although it may be a little time consuming, it is worth the investment. Read the label so that you know what you are getting. Look for labels that include each and every time you purchase a packaged food. If there is no label, ask the person serving the food about allergen content and safety during preparation. This way, you can have the most confidence about the contents of what you buy. By remembering to always read or ask about food content every time, you can avoid any unpleasant surprises. For instance, did you know that ham from the deli is often glazed with egg?

The guest knows best: Check with your guests to see if they are allergic to anything. They'll be happy you asked, and if you do have a guest with food allergy, find out what products they trust and then keep all labels so they can read them too.

Preparedness essential

IF YOU or someone close to you has been newly diagnosed with an allergy the adjustment of remembering to bring your emergency medical kit with you can be difficult.

Since the severity of reactions is often unpredictable it's essential that you have an individualised action plan for anaphylaxis developed with and signed by your doctor.

Learn to quickly recognised early warning signs and always have your kit with you that contains your action

plan, adrenaline or epinephrine autoinjector (EpiPen) and any other medications recommended by your doctor.

Tell your family, friends, teachers, child-care staff and work colleagues where they can access your emergency medical kit and how to use your EpiPen in case of an emergency.

Remember to lay the person flat if they are suffering a reaction, give them their adrenaline injection and phone 000.

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freedom for busy buyers, who have better things to do than mow lawns, weed or renovate on weekends. Instead...you can be out and about enjoying life to the full.

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Secure this rare opportunity to live an easycare lifestyle and save yourself thousands in the process.

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3 2 2

Lot 211 – 215 Engleheart Drive, McKail

Lot 211 - \$339,900
Lot 212 – 215 - \$335,500

Rep: Darren Leslie
Wellington and Reeves
0414 888 244



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1948 - 2018

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Main Office: 197 York Street, Albany
Branch Office: 236 York Street, Albany

Phone: 9841 1455



LOTS CAN BE SOLD SEPARATELY

11 Lockheed Road, Lange

Embrace the farmlet lifestyle now, knowing your property is subdivision approved & has major future redevelopment prospects. This 6.7785ha property features a main huge 4x2 farmhouse set on 4ha Lot A & a 2/3x1 home with GP shed on Future Urban zoned 5,147sqm Lot B & a Future Urban zoned 2.342ha Lot C suitable for 34 residential lots.

VIEWING BY APPOINTMENT



Rob 0428 447 226
\$1,300,000



NEW LISTING

EXCITING CITY CENTRAL OPPORTUNITY

32 Serpentine Road, Albany

HOME OPEN SATURDAY 2.00PM

- Beautiful harbour, city, hill & range vistas
- Walk to eateries, bars, shops & street events
- B&B potential opposite reserve in CBD boundary
- Customised two-level 6x2 home on 444sqm lot



Lindy 0416 079 031

From \$649,000



NEW LISTING

RURAL ESCAPE - 2 HOMES

38 Kempton Close, Marbelup

HOME OPEN SATURDAY 11.00AM

- Serene & scenic property just 9km from CBD
- Delightful 5x1 + family day care approved 2x1
- Well-fenced house & stock paddocks + bore & tanks
- Ideal family, tradie, ex-farmer to lifestyle choice



Donna 0404 057 634

\$649,000



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Wellington & Reeves

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Shayne Russell
 Sales & Rural Consultant & Auctioneer
 0428 481 315
 shayne@albanyproperty.biz

RURAL SALES & LIFESTYLE LAND SALES



Barry Panizza
 Director
 0418 945 487
 barry@albanyproperty.biz



NEW LISTING
 346 Lake Barnes Road, Narrikup
LIVE THE DREAM - 90 ACRES
 ■ Quality S/F shed w/ 2 beds, approved accom
 ■ Northern views over property & Porongurup's
 ■ Approx half pasture suitable, good soil type
 ■ Make a fantastic lifestyle change
 Shayne 0428 481 315 **\$398,000**



10 Lake Sadie Road, Youngs Siding
CLOSE TO STORE - 9AC
 ■ Bitumen road frontage
 ■ Well pastured cattle country
 ■ Popular beaches and Denmark not too far
 ■ Boundary fenced
 Barry 0418 945 487 **\$248,000**



Lot 504 Collingwood Road, Collingwood Park
5AC - COLLINGWOOD PARK
 ■ Pastured and fenced lot on edge of town
 ■ Short walk to beach, golf and fishing
 ■ Close to all amenities suit horses & ready to build
 ■ No through road but sealed & scheme water
 Barry 0418 945 487 **\$360,000**



Yungup Road-Lakeview, Napier
"LAKEVIEW" NAPIER - 37AC
 ■ Picturesque with "Big Tree" surrounds
 ■ Nissan hut - basic camp
 ■ Lake and dam including turkey nest
 ■ 22kms to city centre, shopping closer
 Barry 0418 945 487 **\$390,000**



Stoney Creek, Porongurup
SUBDIVIDE IN THE PORONGURUPS - 21HA
 ■ Approved subdivision North side of the range
 ■ 11 lots from 1ha to 4.7ha
 ■ Wooded & cleared lots at Stoney Creek
 ■ The hard work is done, now time to prosper
 Barry 0418 945 487 **\$449,000**



78 Woods Road, Napier
FARMLET INCOME POTENTIAL
 ■ Scenic & private 32.4ha property
 ■ Running 300 sheep spring & summer
 ■ Includes timber plantation & bush
 ■ Fabulous 3/4c2 home & big GP shed
 Rob 0428 447 226 **Offers From \$799,000**



Lot 6642 Humwick Road, Redmond
REDMOND GRAZING 132HA
 ■ 328ac of undulating kike based grazing
 ■ Ideally located between Albany and Denmark
 ■ 60' x 40' hay shed, 60'x30' lock-up shed & 40'x22' lean-to
 ■ Excellent cattle yards and power connected
 Barry **Expressions of interest**



47917 South Coast Highway, Marbelup
LANDBANK OR LIFESTYLE
 ■ 82ha, private, elevated, scenic, productive
 ■ Large 3x2 B&T house, industrial sheds
 ■ Adj. Lowana & Albany Green developments
 ■ Attractive terms available, future potential
 Barry 0418 945 487 **POA**

Greenwood Estate

GET IN QUICK!

Lot 705... 5,705sqm... **\$220,000**
 Lot 806... 5,151 sqm... **\$360,000**
 Lot 808... 8,370sqm... **\$395,000**
 Lot 828... 1.9363ha... **\$265,000**

Call Barry Panizza 0418 945 487
 or Kathleen Mier 0439 421 059

Greenwood - Willyung

• Scheme water & underground power
 • Bitumen road frontage
 • Rural but only 6km to shopping centre
 Lot 830... 4,012sqm... **\$228,000**
 Lot 831... 4,010sqm... **\$238,000**
 Lot 832... 4,026sqm... **SOLD**

Call Barry Panizza 0418 945 487 or
 Kathleen Mier 0439 421 059



Allmore Park

4 UNDULATING PART WOODED LOTS

• 4 new lots, only 7km to City Centre
 • Underground power and scheme water
 • Close to everything equestrian!
 Lot 203... 2ha... **SOLD**
 Lot 204... 2ha... **\$295,000**
 Lot 205... 2ha... **SOLD**
 Lot 206... 2.3ha... **\$330,000**

Call Barry Panizza 0418 945 487
 or Kathleen Mier 0439 421 059



Shell Bay Dreaming

Shell Bay Road, Lower King

BLOCKS FROM \$345,000
 • Only 3 lots in unique subdivision
 • Serviced lots, in byside lifestyle estate
 • Close to beaches, shops and school
 Lot 2... 3,107sqm... **\$345,000** Lot 4... 2,058sqm... **\$445,000**
 Lot 3... 2,001sqm... **\$435,000**

Call Darren Leslie on 0414 888 244 or Jane Pollard on 0410 181 249

albanyproperty.biz

FOR SALE

Lot 211 - 215 Engleheart Drive, McKail

Wellington & Reeves



**\$8,000 INCENTIVE APPLIES WHEN
PURCHASED PRIOR TO COMPLETION**



BRAND NEW CONTEMPORARY HOMES

HOME OPEN SATURDAY 12.00PM (LOT 211 & 212)

Lot 211 - \$339,900
Lot 212 - 215 - \$335,500

- Exciting and affordable turn-key homes near parks and amenities
- Light and warm open plan living, dining and kitchen to alfresco courtyard
- Essastone kitchen benchtops, quality soft furnishings, fittings, fixtures
- Rear lane double garaging, fully fenced, landscaped & retic lots



From 280sqm



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



Darren Leslie



Wellington & Reeves

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*CONDITIONS APPLY



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Graham Walker 9841 0220 0418 422 266
Hollie Hummerston 9841 0211 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
Edwin McLean 9841 0204 0409 883 177
Rhett Bull 9841 0206 0408 264 309
Greg Loxton 9841 0205 0427 649 183

Exclusive new listings from the Ray White "York Street" office



On the hill

- Sought after Mt Melville location. Views of Stirling Ranges out to The Sound
- 4 bed, 2 bath, BfRs, front verandah. Back patio & huge balcony to admire views
- Solar panels, gas, air-con, ample storage. Single gge with direct access into kitchen
- Drive-thru access, dbl shed, fully fenced yard (MTM421)

Sale: \$559,000

Graham Walker 0418 422 266 / 9841 0220



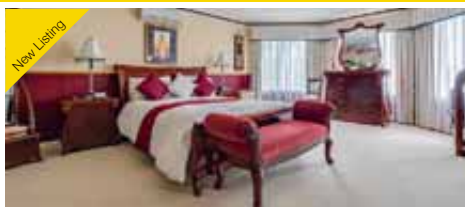
Lot 175 Gladville Road

- Zoned Special Residential
- 5222m2 (over an acre). Fenced
- Power and water go past

View: Sunday 10.00-10.30

Sale: \$225,000

Rita McLean 0427 423 200 / 9841 0207



Sophistication & quality

- This spacious and beautiful home will impress as soon as you enter
- Huge main bedroom with double shower in ensuite
- Walk-in linen cupboard. Three living spaces
- Expansive enclosed patio with spa (Y666)

Sale: \$569,000

Rhett Bull 0408 264 309 / 9841 0206



46 Centaurus Terrace

- 2015 Ryde built home on 660m2. High quality 3x2 with theatre and office
- 8x3 powered shed and drive-thru access. Large bedrooms with built in storage
- Solar panels, 3 air-con units & fans throughout

View: Saturday 1.30-2.00

Sale: \$420,000

Rhett Bull 0408 264 309 / 9841 0206



15 Evans Road

Love to work in the shed out the back? Have a boat, or caravan? Like to fish? Want the kids to have room to play? Have pets? Don't like power bills? It is immaculate & should be inspected if you are in the market now.

View: Sunday 2.00-2.30

Sale: \$399,000

Rita McLean 0427 423 200 / 9841 0207



Affordable slice of luxury

A stunning home in Yakamia that cuts it with the best. Built 2010 by prominent award-winning Caramia Homes for a large family. Large living areas, 4 bed, 2 bath & 3 WCs, study, theatre, spa, alarm, ducted air-con, water softener & large chef's kitchen with 1200mm live oven. (Y666)

Sale: \$579,000

Joe Trichilo 0409 370 676 / 9841 0227

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

THE ORIGINAL & THE BEST – RAY WHITE ALBANY

RayWhite



How special is this location

Perfect for those who love a peaceful walk along the water's edge. Less than 1min from the boat jetty on The Esplanade. Wide frontage of 23m, just perfect for access to sheds etc. The relatively level 971m2 has power, scheme water & sewer. Build a home to capture the water views. Act now! (ZBH649)

Sale: \$250,000

Rita McLean 0427 423 200 / 9841 0207



Future development approval

- B&T 4 bed with undercover patio
- Huge kitchen, large main bathroom
- 12m x 8m shed with 3.42m clearance
- 18m x 12m shed with 4.15m clearance
- 130,000l rainwater tank + bore. 10ha close to CBD (Y667)

Sale: \$1,350,000

Graham Walker 0418 422 266 / 9841 0220



First impressions

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 buyers or investors. (BH724)

Sale: \$325,000

Joe Trichilo 0409 370 676 / 9841 0227



Stunning ocean views

- Brick & tile 2 storey home. 4 bed, 2 bath, 3 WCs, air-con
- Alfresco kitchen, family/dining
- Gas HWS + solar HWS with booster
- Gas & wood fire heating. On a private 1302m2 rear block
- Garaging for 3 vehicles (MM725)

Sale: \$950,000

Graham Walker 0418 422 266 / 9841 0220



Rare earth in Little Grove

This is a fantastic opportunity to own a good-sized chunk of land in this ever-popular & sought-after suburb. 3646m2 - build your two storey dream home to capture the views. Walk the kids to school. What more could you ask for? (ZLG186)

Sale: Offers from \$349,000

Linda Knight 0409 126 554 / 9841 0210



Great family home – quiet location

- Dbl carport with drive-thru access
- Norseman wood heater, enclosed patio
- 5x2 with either WfRs or BfRs. 1758m2 block
- Huge shed divided into 2 – w/shop & teens area (M296)

Sale: \$499,000

Graham Walker 0418 422 266 / 9841 0220

Home Open Guide

SATURDAY

10.45-11.15	2 O'Keefe Parade	McKail	\$399,000	4x2	602m2	Rick
11.00-11.30	15 Windermere Road	Lower King	\$410,000	3x2	711m2	Rhett
11.30-12.00	81/22 Wellington Street	Centennial	\$150,000	2x1	Park home	Rick
(See shop for gate entry)						
11.45-12.15	1 Hugel Place	Spencer Park	From \$299,000	3x1	886m2	Rhett
12.30-1.00	6 Lakeside Drive	McKail	\$449,000	4x2	710m2	Joe
12.45-1.15	97 Le Grande Avenue	Orana	\$315,000	3x1	697m2	Rhett
1.00-1.30	4/266 Middleton Road	Mira Mar	\$389,000	3x1	421m2	Linda
1.15-1.45	173 Hare Street	Mt Clarence	From \$599,000	3x1	1621m2	Joe
1.30-2.00	46 Centaurus Terrace	McKail	\$420,000	3x2	660m2	Rhett
2.00-2.30	11 Monroe Court	Robinson	\$545,000	4x2	2ha	Linda
3.30-4.00	22 Lower King Road	Collingwood Heights	\$299,000	3x1	810m2	Joe

SUNDAY

10.00-10.30	26 Coogee Street	Milpara	\$329,000	3x1	1846m2	Rita
	Lot 175 Gladville Road	McKail	\$225,000	Land	5222m2	Edwin
11.00-11.30	4 Banks Street	Lockyer	\$259,000	2x1	834m2	Rita
	181 Grey Street West	Albany	\$359,000-369,000 each	2x1	4 apartments	Edwin
12.00-12.30	11 Verdi Street	Mt Melville	\$449,000	3x2	954m2	Rita
	21 Ethereal Drive	McKail	\$448,000	4x2	724m2	Edwin
1.00-1.30	45 Wylie Crescent	Mira Mar	\$799,000	4x2	716m2	Rita
	50-54 Gill Street	Milpara	\$499,000	4x2	4047m2	Edwin
2.00-2.45	15 Evans Road	Bayonet Head	\$339,000	4x2	809m2	Rita
	12 Whidby Street	Orana	Offers Above \$359,000	4x2	1298m2	Edwin
3.00-3.30	48 Seymour Street	Mira Mar	\$529,000	4x2	443m2	Edwin
3.30-4.00	9a Nelson Street	Mira Mar	\$620,000	4x2	1980m2	Rita

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

THE ORIGINAL & THE BEST – RAY WHITE ALBANY



Warrenup wonder
Formation Homes 2004 built, this 4 bed, 2 bath has robes in all beds, air-con, WI pantry, office and garaging for 3 cars. Situated on 4012m² with Special Residential zoning, there is a 7mx14m shed, large verandah plus patio. (RC123)

Sale: \$590,000
Graham Walker 0418 422 266 / 9841 0220



4 Banks Street
Great value & so very neat! It's so versatile – it can be set up as either a 2 or 3 beds. The master is lovely & large with BIRs and the kitchen is ultra-modern with Bosch d/washer. There are sheds, studios, ponds, pizza ovens & mature fruit trees galore.

View: Sunday 11.00-11.30
Sale: \$259,000
Rita McLean 0427 423 200 / 9841 0207



Peace & quiet
• 4 bedrooms, 2 bathrooms – brick & tile home
• Sheds, bore, water tanks, electric fences & fruit trees
• Approx 5ha, zoned General Agriculture
• Close to the Tavern
• Short drive to Albany's prestige coastline (OD525)

Sale: Offers from \$549,000
Greg Loxton 0427 649 183 / 9841 0205



6 Lakeside Drive
Just listed! The ultimate 4 x 2 family property with functional kitchen for Mum, an enclosed patio for pets, a shed for Dad and opp park for the kids to play was built 2005 sits on 710m² corner block opposite the park.

View: Saturday 12.30-1.00
Sale: \$449,000
Joe Trichilo 0409 370 676 / 9841 0227



1 Hugel Place
This would be an ideal first home, located just a short walk to shops, schools & close to town – this 3x1 has large beds, a huge semi-enclosed patio & games room. Not only is the house a good size, it comes on an 886m² block & has a dbl lock/up gge aswell.

View: Saturday 11.45-12.15
Sale: Offers above \$299,000
Rhett Bull 0408 264 309 / 9841 0206



97 Le Grande Ave
• Well presented 3x1 B&T home built 1984
• 697m², enclosed carport, established yards & fruit trees
• Open-plan kit/dining, formal lounge & sunroom
• Short walk to s/centre, cinema, TAFE & recreation grounds

View: Saturday 12.45-1.15
Sale: \$315,000
Greg Loxton 0427 649 183 / 9841 0205



Buy & hold
Corner development site of 2934m², 2 blocks on one title. Buy now at the right price and hold till ready to develop. (ZMK753)

Sale: \$370,000
Rick Jackson 0429 436 598 / 9841 0208



Take in the views
• Uninterrupted views of the boat pens & more!
• Expansive wrap-around glass sunroom
• Two garage spaces + large main bedroom
• 920m² block with water views (BH726)

Sale: \$440,000
Hollie Hummerston 0428 410 006 / 9841 0211



Stunning period home in CBD
Terrific Princess Royal Harbour views & location are only 2 of the stunning features that make this property one worthy of your inspection. Landscaped gardens, access to dbl gge at rear plus stylish charm & character with polished jarrah floors, high ceilings, leadlight & modernised kitchen & bathrooms. (ALB219)

Sale: Offers above \$999,000
Rita McLean 0427 423 200 / 9841 0207



Live the life
Build your dream home here! Stunning location in CBD with amazing harbour views. Walk to all amenities. Just one street off cappuccino strip. (ZALB16-17)

Sale: \$420,000ea
Graham Walker 0418 422 266 / 9841 0220



Ready, set, build!
• Level 577m² house block, great neighbourhood
• ASHS school zone, close to shops
• Fencing close to complete
• All services conveniently located (ZBH468)

Sale: \$160,000
Linda Knight 0409 126 554 / 9841 0210



Amazing views, amazing house
• End of quiet cul-de-sac, 4.94ha of land
• 3 car gge, 2 rainwater tanks, reticulated gardens
• Solar heated swimming pool, outdoor rainwater shower
• Underfloor heating, high ceilings
• Huge master bed with ensuite, WIR & study (OD526)

Sale: \$1,250,000
Graham Walker 0418 422 266 / 9841 0220



Refined residence
• Renovated, historic cottage
• Secondary home
• Quality fittings throughout
• Harbour views, well designed gardens
• 1598m² (MTM420)

Sale: Offers over \$899,000
Linda Knight 0409 126 554 / 9841 0210



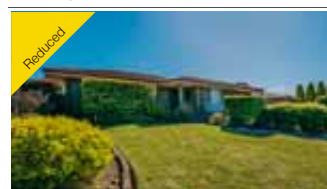
Unbelievable!
• 2 storey - 4 large beds, 3 baths (2 with sep WCs)
• 2 living areas, huge downstairs studio space/teens retreat
• 4 single car gges (3 UMR), work shed, ample storage
• Huge solar panels, electric heating & HWS, 1223m³ block
• Located between Middleton & city centre (MM720)

Sale: \$960,000
Graham Walker 0418 422 266 / 9841 0220



45 Wylie Crescent
If you love that beachy feel, that relaxing country look & want the BEST views in town, then this one has to command your attention. It's a 4 bed, 2 bath home with level parking at the rear for entry with shopping etc. Seller is keen to look at offers.

View: Sunday 1.00-1.30
Sale: \$799,000
Rita McLean 0427 423 200 / 9841 0207



97 Le Grande Ave
• Well presented 3x1 B&T home built 1984
• 697m², enclosed carport, established yards & fruit trees
• Open-plan kit/dining, formal lounge & sunroom
• Short walk to s/centre, cinema, TAFE & recreation grounds

View: Saturday 12.45-1.15
Sale: \$315,000
Greg Loxton 0427 649 183 / 9841 0205



9a Nelson Street
Consider the location, the water views, the lot size & the large 4x2 two storey home, with a large games room ideal for a pool table & bar. Large dbl gge tucked privately at the end of the wide driveway, 1251m² in popular Mira Mar.

View: Sunday 3.30-4.00
Sale: \$620,000
Rita McLean 0427 423 200 / 9841 0207



Wow factor patio
With a stunning, decked patio, it's going to be BBQs every weekend as your friends won't want to leave! It's massive & enjoys a great rural outlook. 3 bed, 2 bath home, built in 2014, won't disappoint with instant appeal as you first pull up – this will make you want to inspect. (BH731)

Sale: \$374,000
Joe Trichilo 0409 370 676 / 9841 0227



2 O'Keefe Parade
Delightful 4 bed, 2 bath residence, level 602m² block with ample room for that caravan or boat. Shopping centre, park & schools a short walk away. And just look at the price!

View: Saturday 10.45-11.15
Sale: \$399,000
Rick Jackson 0429 436 598 / 9841 0208



11 Verdi Street
• Approval to be subdivided into 3.
• Furnished renovated home. 1758m² block
• Enjoy instant income from the Air BnB bookings
• 3x2 brick home tastefully renovated with great views

View: Sunday 12.00-12.30
Sale: \$449,000
Rita McLean 0427 423 200 / 9841 0207



Only 1 upstairs unit left
New with water views. Walk to CBD. Deck. Solar panels, individual parking & storage areas, heat pump HWS. Large BIRs, r/c a/c & LED lighting. Buy now, rent out for income or live in.

Sale: From 369,000
Graham Walker 0418 422 266 / 9841 0220



12 Whidby Street
The home is super large with 4 beds, 2 bath, modern kitchen with ample bench space & 3 living areas. 1298m² with sewer connected. Nice gardens, sheds, patios, and room for extra vehicles.

View: Sunday 2.00-2.30
Sale: Offers above \$359,000
Rita McLean 0427 423 200 / 9841 0207



Level block, great location
• Last block available in "Pines Estate".
• 2034m². Short drive to CBD
• Corner block
• Newly established area
• Room for all your needs (ZMK684)

Sale: \$270,000
Graham Walker 0418 422 266 / 9841 0220



81/22 Wellington Street
Easy-care 2 bed, 1 bath park home in gated community amongst like-minded neighbours. Near medical facilities, shopping centre & just a short walk to the town centre. Easy-care garden area and the perfect "lock n leave" situation.
View: Saturday 11.30-12.00
Sale: \$150,000
Rick Jackson 0429 436 598 / 9841 0208



Corner location
Find this beautiful 3 bed, 2 bath BV&T home with stunning harbour & town views, robes in all beds, 3 x linen, air-con, dishwasher, huge patio & solar panels that offset power use. (LG469)
Sale: \$675,000
Graham Walker 0418 422 266 / 9841 0220



4/266 Middleton Road
Living within a short walk to the CBD. Situated in a gated, friendly complex, this 3 bed villa is ideal for someone who just wants to enjoy life without worrying about maintaining their home.
View: Saturday 1.00-1.30
Sale: \$389,000
Joe Trichilo 0409 370 676 / 9841 0227



26 Coogee Street
This value packed property sits on 1846m2 in popular Milpara & has heaps on offer as far as sheds. One is a huge dbl sliding door with workshop space and the other is a dbl gge, with remote doors, & carport.
View: Sunday 10.00-10.30
Sale: \$329,000
Rita McLean 0427 423 200 / 9841 0207



11 Monroe Court
An opportunity to get the lifestyle property you have always wanted. Very private with horse friendly fencing, on the Stidwell Bridle Trail and across the road from pony club, this 4x2 family home is basic but has plenty of space for additions. 2ha.
View: Saturday 2.00-2.30
Sale: \$545,000
Linda Knight 0409 126 554 / 9841 0210



Central city

- Industrial block
- Smart, passive industry
- Prime development block
- 1317m2 (COM231)

Sale: \$260,000
Graham Walker 0418 422 266 / 9841 0220



Drive-thru access + powered shed

- Renovated and appealing 3x1 home
- Large 898m2 level block with access
- Shed/games room with power
- Expansive decked patio + more! (L295)

Sale: Offers over \$239,000
Hollie Hummerston 0428 410 006 / 9841 0211



Don't retire, live it up

- Three large bedrooms with built-in robes
- Modern kitchen with plenty of storage
- Become part of a like-minded community
- Affordable, safe and secure
- Close to town and Pioneer Medical Centre (C238)

Sale: \$210,000
Rhett Bull 0408 264 309 / 9841 0206



48 Seymour Street
As you open your eyes in the morning, there it is – lovely Middleton Beach views. This brick home is modern, well located, has 4 bed, 2 bath, open-plan kitchen/din/family living, separate lounge room, BIRs and a dbl gge.
View: Sunday 3.00-3.30
Sale: \$529,000
Rita McLean 0427 423 200 / 9841 0207



Beyond replacement value
Renovated in 2007, this 3 bed, 2 bath, 3 WC home has surround sound, dishwasher, dbl fridge recess & mostly wood floors. Dbl gge UMR plus large l/up caravan gge, 2 exposed aggregate driveways and rainwater tank. 811m2 block. (LG467)
Sale: \$995,000
Graham Walker 0418 422 266 / 9841 0220



21 Ethereal Drive

- Modern 4 bed, 2 bath brick home
- Main bed with huge Wl robe and spa
- Double garage & double workshop
- 724m2 block with drive-through access

View: Sunday 12.00-12.30
Sale: \$448,000
Rita McLean 0427 423 200 / 9841 0207



Buy 1 house, get 2 blocks free
What an incredible opportunity to capitalise on this enormous block. The 1227m2 block has the potential to be subdivided into 3 – what a great kick start for your real estate portfolio! (O802)
Sale: \$329,000
Joe Trichilo 0409 370 676 / 9841 0227



Land under your feet
1012m2 block with brick veneer 3 bed brick home plus an enclosed back verandah which offers additional living space. There is a dbl lock-up gge plus a second shed that has been lined out for a man cave/ teens retreat. Invest or nest. (J770)
Sale: \$275,000
Rita McLean 0427 423 200 / 9841 0207



Great street, great opportunity
1329m2 level building block in ever popular McKail. Without all those restrictions, you too can get in a new subdivision. (ZMK778)
Sale: \$177,000
Linda Knight 0409 126 554 / 9841 0210



181 Grey Street West
Harbour views, a short stroll to city centre. Brand new, well equipped kitchens. Upstairs units have decks with views, downstairs have courtyards. Live in or rent out. Good returns.
View: Sunday 11.00-11.30
Sale: 1 upstairs unit – From \$369,000.
3 downstairs units - At \$359,000ea
Graham Walker 0418 422 266 / 9841 0220



Room for all your toys
1.97ha. Very rare chance to get so much land so close to the beach and golf course. (ZCP028)
Sale: \$750,000
Graham Walker 0418 422 266 / 9841 0220



Build your dream home
Over 900m2! Lovely location with level starting area & possible water views on a super large block with 2 street frontage. In the sought-after suburb of Mira Mar, it's in a nice high, dry location. Don't miss this duplex sized property (ZMM204)
Sale: \$419,000
Rita McLean 0427 423 200 / 9841 0207



15 Windermere Road

- Spacious 3 bed, 2 bath home built 1998
- Powered 6x6 C/bond shed with 2 car access
- Open living area, high ceilings, fans, 4 aircons
- 2 two road access, established yards, quiet location
- WIR or BIR & ensuite in master & 2nd beds

View: Saturday 11.00-11.30
Sale: \$410,000
Greg Loxton 0427 649 183 / 9841 0205



Invest in your future block
Consider building a nice new home here. Block value with a rental return in a prime location. Middleton Beach views possible & a rent return till you build Prime Mount Clarence location, good views & a great starter to build for your future. (MTC265)
Sale: \$365,000
Rita McLean 0427 423 200 / 9841 0207



Popular, quiet location

- Quality 2006 built 3x2 home brick & galvanise
- Kitchen/dining, office & formal lounge
- Fire place, high ceilings, spacious dbl gge
- 2 two road access, established yards, quiet location
- Powered 8x15 shed, water tank (M294)

Sale: Offers from \$575,000
Greg Loxton 0427 649 183 / 9841 0205



Eagle's eye views
Overlooking Princess Royal Harbour, amongst nature & and close to CBD, this 738m2 vacant block is just calling out to savvy buyers. Call your architect: get the plans ready for a most exciting home that allows nature at your doorstep and CBD just a walk away. A must-see! (ZALB031)
Sale: \$320,000
Rita McLean 0427 423 200 / 9841 0207



Ideal starter
Currently returning \$290pw, this 2 bedroom home is an ideal stepping stone in the real estate market. Features lounge, dining, air-con & patio. All this on a duplex size 1985m2 block. (O804)
Sale: \$290,000
Graham Walker 0418 422 266 / 9841 0220



Price
reviewed

Expansive rural views

- Delightful sunny living space. Huge open-plan kit/ living
- Sunny games room & roomy separate lounge
- Large master bed with WIR & ensuite
- All 4 bedrooms with BIRs. Spacious dog gge, access into home
- Backyard with undercover patio (SP960)

Sale: \$530,000

Rita McLean 0427 423 200 / 9841 0207



Secure, convenient & affordable!

- 3 bedrooms, one good size bathroom
- Sunny patio area on a secure 406m2 block
- Brick & tile 1996 build
- Close to shops, schools & TAFE (O797)

Sale: \$299,000

Hollie Hummerston 0428 410 006 / 9841 0211



Level living

- Choice of 3 downstairs units. Solar panels save on power bills.
- Great lock & leave. Licenced as short term holiday rentals in centre of Albany. Beds with large BIRs, induction cook tops, LED lights, economical HWS, courtyard, storage room & parking. Move in or rent out.

Sale: \$359,000ea

Graham Walker 0418 422 266 / 9841 0200



Rare earth

- 524m2 with all services available
- 2x1 beach shack leased for \$250 p/w
- Only 200m to Middleton Beach
- Restaurants & golf course close by
- Motivated seller will look at all offers (MB100)

Sale: \$699,000

Greg Loxton 0427 649 183 / 9841 0205



Be quick, grab a builder

- This block is nice and level, has a double garage at the rear of the lot, and it is 812m2 (that is a good sized block). It's convenient to shops and transport and is priced to sell. Call Rita McLean now to arrange a good look at this block (ZY284)

Sale: \$99,000

Rita McLean 0427 423 200 / 9841 0207



Vogue magazine home

- 4x2 BV&CB, fully enclosed 520m2
- BIR/WIR in all beds, spa bath. Under floor heating in baths
- Store room, cellar, ample storage
- BBQ area, artificial lawn, water softener
- Fully reticulated front lawns & gardens (MB082)

Sale: \$1,700,000

Graham Walker 0418 422 266 / 9841 0220

Rural / Lifestyle Properties



Breathe in that country air

- Just a short commute to the city central! Spacious, country-style 4 bed, 2 bath home, verandahs on all sides overlooking your 2ha property. Ample tank water, soak & clean, country air (K210)

Sale: \$629,000

Rick Jackson 0429 436 598 / 9841 0208



Room for everyone

- Built in approx. 1960s, this large, comfortable home of 4 bedrooms is located on future re-development block of 64.7ha (160ac). With frontage to both Lancaster & Link Rds, it has that country feel within the city limits. (MK390)

Sale: \$2,000,000

Graham Walker 0418 422 266 / 9841 0220



50-54 Gill Street

- DBL B&T home on 4047m2 of level land close to city. Immaculately presented with entrance hall, formal lounge & dining (or an office), a 2nd family sitting room, 4 large beds, 2 bath, BIRs. Drive-thru garage and access from 3 roads.

View: Sunday 1.00-1.30

Sale: \$499,000

Rita McLean 0427 423 200 / 9841 0207



All eyes on this amazing property

- Private and secluded home - 4 bed, 3 bath
- Large open liv/dining & kitchen spaces
- 21.5ha - Kalgan River sits on the boundary
- Large shed w/ 2 bed, bath, kitchen + storage (ZZA120)

Sale: \$950,000

Graham Walker 0418 422 266 / 9841 0220



7 Boolgana Cr, Little Grove
\$620,000 Land 6.422ha Graham

54 Prideaux Rd, Lower King
\$449,000 3x1 1.39ha Greg

215 Emu Point Dve, Collingwood Park
\$750,000 Land 1.97ha Graham

Lot 10 Baxteri Road, Cheynes Beach
\$479,000 3x1 1000m2 Joe

485 Rocky Crossing Rd, Willyung
\$1,250,000 3x2 8.7ha Graham

139 Deloraine Dve, Warrenup
\$598,000 4x2 4741m2 Rick

78 Neilson Rd, Willyung
\$520,000 3x1 1ha Rita



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



9 MINNA STREET, ALBANY | 9841 6171
www.albanyecohouse.com.au

Residential albany.eldersrealestate.com.au

Elders



Lower King 55 Andrew Street

Superb Home, Wonderful Large Block, Fab Position

For Sale by Open Negotiation, closing 19th Sept. One Qualified Bidder, current bid \$450,000.

Exceptional in many ways, this property offers a BIG home that has been renovated to provide stylish and luxurious living. On a fantastic 3/4 acre block nestled between the harbor and the river, this is a wonderful lifestyle option for families, professionals, and retirees. This is excellent value and our Sellers are realistic. Don't miss out, get qualified now.

- Large home with five generous bedrooms plus study. Tastefully renovated. Master with spa ensuite and WIR
- Fantastic light and bright living spaces with high ceilings and great outlook to gardens and beyond
- Superb private and peaceful 3/4ac, great gardens for kids, high door garaging, side access, room for large shed

5 2 2 3,205sqm



Home Open Saturday at 11.00am
Blair Scott 0459 024 026
Web Id 19501019

Current Bid \$450,000



Blair Scott
Residential
Sales
0459 024 026



Neels Delpert
Residential
Sales
0450 451 401



David Treeby
Rural
Sales
0427 448 756



Jeni Dawson
Rural
Sales
0447 790 129

Elders Albany, 189 Chester Pass Road, Albany WA 6330

ph 08 9842 7900

Residential albany.eldersrealestate.com.au

Elders



Torbay 124 Norton Road

The Life of Riley on 50ac Bush Escape

This gorgeous rustic cottage on a 50ac bush block will get your romantic bones attingling while fulfilling your dreams of living amongst nature, in exquisite privacy. Sublimely peaceful, with good shedding, good water, and all the infrastructure in place, this is the haven you have been looking for.

- Simple but effective two bed home with mezzanine room and study nook
- Lovely verandah with superb outlook, chook runs, veggie beds, orchard
- Magical block, beautiful to walk around with tall timber and tea-tree, great water supply from dam and soak, creekline

2 1 4 49ac



Blair Scott 0459 024 026
Web Id 19429592

\$460,00 to \$510,000



Kronkup 53 Migo Place

What a Fantastic Place to Bring up the Kids (or Grand-kids!)

If you are looking for a sensational place to bring up the kids, or somewhere fantastic to retire, go no further than this very special property high on Torbay Hill. With a lovely home surrounded by lawns and gardens set amid 10.8ac of bush and pasture, all taking in spectacular ocean views, this is the best of Natures' playground.

- Four bedroom home, brilliant kitchen, renovated bathroom, wonderful outlook from bedrooms. Additional self-contained 1-bed annexe
- Beautiful property, great for kids and grandkids! Incredible panoramic views from Tor Bay to the Stirlings
- Superb lifestyle location with pristine beaches, forests, walking and riding trails, 4WD, great fishing and surfing... and more!

5 2 2 10.8ac



First Home Open Saturday at 2.00pm
Blair Scott 0459 024 026
Web Id 19573789

\$820,000 to \$880,000

Elders Albany, 189 Chester Pass Road, Albany WA 6330

ph 08 9842 7900

Residential

albany.eldersrealestate.com.au

Elders



UNDER CONTRACT

Torbay 30 Puls Road
 Wonderful Lifestyle Opportunity Close to Beaches
 • Impressive acreage next to world-class beaches & parks
 • Ultimate 180sqm shed with mezzanine floor & workshop
 • Energy efficient, plentiful water supply, dam & cattle yard

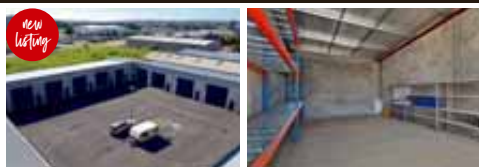
Blair Scott 0459 024 026
 Web Id 8014864 **\$490,000 to \$540,000**



new price

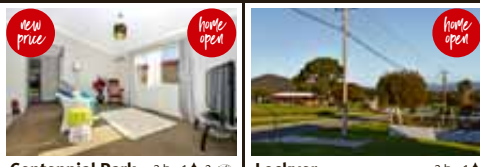
Mount Melville 70 Festing St
 Turn-of-the-Century Charmer
 • Gorgeous 1905 character home, beautifully extended for modern living
 • Very close to café, walk to town, and enjoy views over the harbour
 • Garage with level access to home, beautiful private garden, workshop

Blair Scott 0459 024 026
 Web Id 19263463 **Contact Agent**



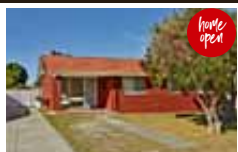
Centennial Park 27 Hercules Crescent
 State-of-the-Art Secure Storage in Central Albany - NEW PRICING STRUCTURE
 • Brand-new modern storage units. Very low maintenance, low ongoing costs
 • Secure facility, coded entry. Huge turning space suitable for large vehicles, trailers etc
 • Brilliant central option for commercial storage, archives, vehicles, boats, caravans

Blair Scott 0459 024 026
 Web Id 16857628 **From \$175,000 + GST**

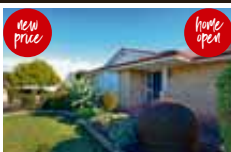


Centennial Park 78/22 Wellington Street
 Stylish 3x1 Park Home
 • Easy living close to town and shops
 • Low upkeep and stylishly presented
 • Really is no comparison for this price
Home Open Saturday at 11:00am
 Neels Delpoit 0450 451 401
 Web Id 19236191 **\$130,000**

Lockyer 13 Humphreys Street
 Development Potential
 • Easy access to main roads in area
 • Not easily built out, with school in front
 • Corner dual access, R25 zoning
Home Open Saturday at 12:00pm
 Neels Delpoit 0450 451 401
 Web Id 19023306 **\$165,000**



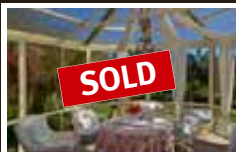
Spencer Park 56 Hardie Road
 Explore The Potential
 • Easy access from the main road
 • Opposite Aged Care facility
 • Big enough for a shed, kids, chook pen
Home Open Saturday at 2:00pm
 Neels Delpoit 0450 451 401
 Web Id 19124463 **\$240,000 to \$270,000**



Yakamia 37 Kampong Road
 Capitalise Long-Term
 • Attract superior quality tenants
 • Impeccably-maintained property
 • Corner lot near many amenities
Home Open Saturday at 1:00pm
 Neels Delpoit 0450 451 401
 Web Id 19055310 **Offers Above \$420,000**



Little Grove 4 Wilson Street
 Sensational Harbour Outlook
 • Location location location close to water
 • Fabulous views across harbor to city
 • Big home, additional rooms, subdiv. pot.
Home Open Saturday at 12:30pm
 Blair Scott 0459 024 026
 Web Id 19212437 **\$500,000 to \$550,000**



Hay 503 South Coast Highway
 A Different House in Denmark
 • Close proximity to famous brewery
 • Dual road access
 • 4.24ha, mostly pasture
 Neels Delpoit 0450 451 401
 Web Id 19478741 **\$575,000**



Mckail 138 Lancaster Road
 Unique Luxury Home Ticks ALL Boxes
 • Architect designed solar-passive home
 • Landscaped gardens, large shed, studio
 • Private bush setting close to town

Blair Scott 0459 024 026
 Web Id 7767431 **\$800,000 to \$900,000**



Tenterden Lot 40 Albany Highway
 Terrific Block in Tenterden
 • Two dams and fully fenced
 • Good pasture and wooded area
 • Great views of the Stirlings

Neels Delpoit 0450 451 401
 Web Id 19371220 **\$146,000**



Torndirrup Lot 7 Boolgana Court
 Absolute Privacy and Outstanding Views
 • 20 ac bush escape close to Albany CBD
 • Private and tranquil, great building sites
 • Inspirational views of harbor and city

Blair Scott 0459 024 026
 Web Id 19607849 **\$620,000**



Nornalup Lot 7 Boolgana Court
 Nornalup Riverside Chalets
 • Riverfront access and convenience
 • World famous tourist attractions nearby
 • Residence with income potential

Neels Delpoit 0450 451 401
 Web Id 18717138 **\$1,199,000**

Elders Albany, 189 Chester Pass Road, Albany WA 6330

ph 08 9842 7900

Residential

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Elders



Mckail 138 Lancaster Road
 Exquisite Architect Designed Lifestyle Right in Town

This sublime property offers an incredible architect designed home surrounded by landscaped gardens, set privately amidst 2ac of native bush. With a unique and inspiring design, the home has a wonderful floorplan, great flow, and with high ceilings and expansive glazing, is filled with amazing light to create a relaxing, yet sophisticated atmosphere.

- Unbelievable kitchen and living flowing to enormous entertainers deck. Magical spaces to share, with great outlook
- Luxurious master with indoor and outdoor ensuites & access to spa. Three additional generous bedrooms with BIR
- 148sqm boat & van-friendly shed with 89sqm workshop, studio/art area and bathroom facilities



Blair Scott 0459 024 026
 Web Id 7767431

\$800,000 to \$900,000

Rural

albany.eldersrealestate.com.au

Elders

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Contact David Treeby on 0427 448 756
or (08) 9842 7932
Email: david.treeby@elders.com.au
or visit albany.eldersrealestate.com.au

**Frankland River**

Highly Versatile Reliable Farming 920 Ha / 2273 Ac
 • Strong soil types, reliable rainfall, top water supplies
 • Runs sheep & cattle, large areas suits cropping, near new fencing
 • 4 bed home, GP sheds & 4 stand shearing shed, sheep & cattle yards
 • On two titles, could be sold separately subject to conditions

David Treeby 0427 448 756
 Web Id 19396165 **\$2,900,000**

**Cranbrook**

"TERLINGA" 1395ha / 3447ac
 • Unique with multiple income sources. Farming, Chicken Sheds, Sand & Gravel
 • Substantial passive income from 5 modern free range chicken sheds
 • Large supplies of commercial sand and gravel supplies.
 • 3x1 home, 5 stand shearing shed, NEW sheep yard, GP sheds.

David Treeby 0427 448 756
 Web Id 18284893 **Expressions of Interest**

**Cranbrook**

Ideal Add On or Starter 123ha / 306ac
 • Situated close to Cranbrook
 • Mainly suited to grazing with some crop
 • Mix of soil types
 • Priced to sell

David Treeby 0427 448 756
 Web Id 19190307 **\$290,000**

**Napier**

"CHECKERS" Napier 72.8ha / 180ac
 • Early selection for prime soil types
 • Water Supplies & Kalgan River frontage
 • Has the advantage of two titles
 • Nice 4x1 home set in attractive garden
 • Shearing, machinery & lock up sheds

David Treeby 0427 448 756
 Web Id 18990552 **\$1,200,000**

Elders Albany, 189 Chester Pass Road, Albany WA 6330

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Weekender **Life**

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Kids
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Home is where the heart is

Caravana Sun talk touring and silver linings **Page 42**



ALBANY ENTERTAINMENT CENTRE

Innovative New Music
ENSEMBLE OFFSPRING
Saturday 15 Sept

Based around the conflicted reality of Jean-Luc Godard's 1962 French New Wave classic film *Vivre Sa Vie* and featuring some of Australia's most innovative and virtuosic performers, Sydney's Ensemble Offspring will be at the Entertainment Centre for one night only. Featuring a world premiere by Netherlands-based Australian sensation Kate Moore and a first-time performance of a piano solo by Composer-in-Residence for the Chicago Symphony, Missy Mazzoli. Ensemble Offspring is adventurous new music.

Saturday 15 September 8pm. Tickets AEC Box Office 9844 5005 or online at albanyentertainment.com.au

September at the VAC

ARMISTICE EXHIBITION
Paul Moncrieff - B-A-R-
5 October - 2 November

At the conclusion of hostilities at the end of WW1, and the resultant Armistice between the conflicting sides, all Australian troops were issued with the 3 Gang Medal Ribbon Bar (and Medals) denoting their inclusion and attendance in the major theatres of the war. This exhibition marks the 100 years of the Armistice with a large scale panel/replica of this ribbon.

Artist talk & closing event
2 November 3pm

ARTIST IN RESIDENCE - Jean-Michel Maujean
Albany Birdsong - Community Concert
27 September 6pm \$10

The primary artistic aim of Jean-Michel Maujean's visit will be to make music derived from the song of the Noisy Scrubwren. The concert showcases the music and the instruments made in a series of birdsong workshops in September. Local bird song recordings will be played, and act as a 'melody', with members of the community encouraged to respond on their chosen instruments. Musicians are invited to attend the 3D printed flute workshops, or arrange informal rehearsal and collaboration sessions, with opportunities for mutual sharing of music skills.

Albany Birdsong Workshops - 6 Sep 1pm
Play 3D Printed Flute in a Group - 13 Sep 1pm \$25
Make Your Own 3D Printed Flute - 20 Sep 1pm \$10

2018 SOUTHERN ART + CRAFT TRAIL at the VAC
15 - 30 September
Albany Botanical Art Group, Terri Pikora, Albany Weavers

85 Vancouver Street, Albany
6820 3740 • arts@albany.wa.gov.au
Mon - Fri 9am - 4pm, Sat 10am - 3pm
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Motel Le Grande
offers you a superb, attractively priced alternative to traditional accommodation in Albany.

Motel Le Grande's luxuriously spacious rooms boast versatility to suit single, double and family style accommodation. Their well appointed guest rooms offer one, two, and three bedroom units. Queen size beds are standard in all guest rooms.

Restaurant LeGrande's fine dining a la carte restaurant is open Monday to Sunday from 6.00pm, or room service is available.

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SATURDAY 15 SEPT - SUNDAY 30 SEPT

93 exhibitions + open studios

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Weekender Arts & Entertainment **Life**



■ Caravana Sun will kick off their national tour at the Denmark Civic Centre on September 14.

Indie rockers find home on the road

ASHLEIGH FIELDING

IT SEEMS home is never far from the collective mind of Sydney indie-rock group Caravana Sun, even when they're on the other side of the world.

The four-piece band will return to their south west roots next week to kick-start their Silver Linings Australian tour, despite having just completed a 21-date European tour last month.

Restaurant LeGrande's fine dining a la carte restaurant is open Monday to Sunday from 6.00pm, or room service is available.

Beard said this new

"It was an incredible experience."

Beard said between going to different shows and attractions across Europe, one highlight was a quirky coincidental discovery in the lobby of a German hotel that took his thoughts straight back home.

"You know how hotel lobbies often have pictures of exotic places?" he asked.

"Well, we were walking through a German hotel lobby and I saw this picture, and I said to Luke [guitarist], 'woah, that's a piece of Greens Pool!'"

such a spin-out."

It was a curious coincidence, as Beard had been thinking about visiting Greens Pool and Elephant Rock when the group would be in Denmark during their tour and how the south west of WA was important to the group, being one of the main reasons they got together in the first place.

It's also been a location for many Caravana Sun gigs, including the Denmark Arts Market and Boston Brewery.

"We all went to school together, but we were different ages," he said.

"Luke was performing around for a bit and went over to Margaret River, and he came back and said, 'wow man, we should play here' and so we did and it's led to now."

Beard said this new

"We went surfing with a uni mate in Indonesia and he lost his life while surfing... the song is about his family and his community, and having his essence in it."

"There's something special about capturing a feeling in a song."

"It was looking forward to performing the new EP live across the

country and said he will be taking the opportunity to catch up with old friends between shows.

"It'll be great to get back out on the road," he said.

"We are a grassroots band, so a lot of our music is written for live shows and written while we're out on the road."

"It'll be great to reconnect with friends and family too; we have lots scattered around Australia."

Tickets to Caravana Sun's Denmark Civic Centre performance on September 14 are available to all ages and because of this, Beard encourages the community to bring their families out for the show.

You can purchase tickets by visiting caravanasun.com/tour and following the prompts to Orxiz.

Weekender Arts & Entertainment **Life**

Say yes to the dress

WEDDING dresses spanning a century are currently on display in Katanning and the exhibition has already put ideas of matrimony into a few locals' heads.

The Wedding Dress Exhibition has one week to go at the Katanning Library and Gallery and gallery coordinator James Wood said it had attracted "plenty of foot traffic" over the past two weeks.

"We had great attendance on our opening night and have had a lot of people come through during the day," he said.

"We've even had one suggestion from a visitor that they might bring their partner back here to propose."

Mr Wood said the idea for the exhibition stemmed from a committee meeting and has involved the whole community.

"We put out the call and had about 30 dresses put forward," he said.

"The oldest is over 100 years old."

Mr Wood said the collection includes dresses from a variety of cultures, including Malaysian and Afghan, which has created a colourful array of embroidery and beads.

"I think I used about every mannequin in town to display all the dresses!" he said.

"It's a beautiful exhibition."

"We've got the brand-



Photos: Courtesy James Wood

■ A modern beaded gown with a train.

new lighting system and people get to walk through an arch."

A wedding cake auction will celebrate the end of the exhibition on September 13.

"We have a decorated, two-tiered fruit cake on

display in a glass case up for grabs," Mr Wood said.

"It's very colourful."

"I'm looking in the form box now and it looks like we've got about two dozen entry bids in here,"

— Ashleigh Fielding



■ It's back to the 80s with this beauty.

■ The fruit cake up for grabs.



■ There are about 30 dresses in the whole collection.

AEC WHAT'S ON

Always... Pat & Chine

FRIDAY 16 NOVEMBER

BASED ON A TRUE STORY

COMMUNITY FILM

KINGFISHER CONCERT (in celebration of the 100th anniversary of the Kingfisher brand)

MAHLER'S RESURRECTION

WHAT'S NEW AND ON SALE

Alex Williamson

ACWE FAMILY CHRISTMAS CONCERT

25 March 2019

Kings Antiques & Restorations



A BEAUTIFUL, solid piece of furniture is not only a thing of great beauty but also an asset and potential heirloom.

Antique furniture is highly prized and creates an impressive statement in any home.

But what do you do with the perfect piece you found or inherited which needs a bit of work done on it?

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Weekender Arts & Entertainment

Harvest in full swing



■ *C'est La Vie!* will screen on September 26.

THE September line-up for Film Harvest Great Southern will deliver some powerhouse movies sure to knock viewers' socks off.

BlackKlansman will screen at Orana Cinemas on September 12 and is based on a true story about an infiltration of the Ku Klux Klan.

Starring John David Washington and Adam Driver, the film retells the tale of the first black detective in the Colorado Springs Police Department in the 1970s who leads an

undercover investigation to expose the extremist white supremacy movement.

Aussie sport comedy *The Merger* will play on September 19.

The film tells of an ex-AFL superstar, now an unpopular grassroots activist, who tries to bring his small town's footy spirit back to life by saving the local club from merging with their rivals by recruiting local refugees.

The final movie of the month

will be *C'est La Vie!* screening on September 26.

Protagonist Max has enjoyed a long and successful career as an event organiser, but one wedding in a 17th century French chateau will test all of his staff and his perfectionist attitude.

All movies commence at 6.15pm on their respective Wednesdays and tickets can be purchased online at oranacinemas.com.au or at the Orana Cinemas box office.

Final call for shutterbugs

BUDDING photographers have one more week to submit their work into the annual Mount Barker Wildflower and Nature Photo Competition and be in the running for a cash prize.

Final entries into the competition must be submitted by next Friday, September 14 by no later than 6pm, and a \$2.50 print entry fee applies.

The photo sections include WA wildflower - single bloom only, WA wildflower - multiple blooms, Australian nature, Australian landscape or wilderness, and the 'special' section, for entrants who have not placed first, second or third in any section in the past three years.

The winners of each section will score \$200 for first place, \$100 for second place, \$50 for third place and

\$200 for the overall winner.

A maximum of four entries per section, per entrant is permitted and each entry can only consist of one print.

Entries must be titled for eligibility and be mounted on suitable cardboard or foam board.

The maximum size of each entry is 40.6cm x 50.8cm on photographic paper.

The submitted photographs will be displayed in the Frost Oval Pavilion on McDonald Avenue daily 10am to 4pm from October 19 to 28.

To find out more about the photo competition and how to submit your work, contact David Aldred on 9851 1653.

great southern
gig guide
Thurs September 6 - Sun September 9

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Saturday.....Thunderwave
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Sunday.....Jam Session/ Open Mic

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Email: 1009fm@westnet.com.au

Week commencing Friday 7th September 2018

Friday
6-9am Brekkie with Bob, 9-12 Liz, 12-3 Raylee, 3-6 Boy Blue, 6-7 John, 7-9 Dutch Program, 9-11 Katherine.

Saturday
6-9am Adrian, 9-12 Hutch & Josh on Saturday, 12-1 Talking Newspapers, 1-2 Gardening & Wellbeing, 2-5 Dave, 5-6-6-5 RPM, 6-10 Adams Selection.

Sunday
6-9am Christian Breakfast with John S, 9-11-30 Raylee, 11-30-12 Bahai, 12-3 Celtic & Other Folk with Gordon, 3-5 Classics with Heather, 5-7 Brownyn, 7-10 Katherine.

Monday
6-9am Porridge with Pete, 9-12 Yvonne, 12-3 Ray, 3-5 Raylee, 5-7 Drive Time with Kim, 7-10 12 Bars and Guitars with Patrick.

Tuesday
6-9am Brekkie with Bob, 9-12 Dave, 12-3 Raylee, 3-6 Makin' Tracks with Gordon, 6-7 Comedy Hour, 7-10 Brendon.

Wednesday
6-9am Brekkie with Bob, 9-12 The Scot that Rocks, 12-3 Raylee, 3-5 Yvonne, 5-7 Mystery Mix with Hutch, 7-10 Donna.

Thursday
6-9am Brekkie with Bob, 9-12 Dave, 12-3 Bakelite Radio with John S, 3-6 Boy Blue, 6-10 Aboriginal Legal Service, 6-30-7 Cinemascope, 7-10 A's Grooves.

Roster correct at time of going to print

view
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Weekender Dining

Sticky Chinese pork belly with Asian veggies

From JT

PORK belly is one of those proteins that continues to surprise with the different ways it can be prepared. There's a bit of loving and time needed for this recipe, but it's guaranteed to fill tummies and warm hearts.

Ingredients

(Serves four to six)
Slow-cooked pork
1kg of rindless pork belly sliced to the thickness of three or four fingers' width (get the butcher to take the rind off and slice if you're a bit nervous)
1 litre chicken or vegetable stock (homemade is best)
1 thumb-sized knob of ginger, peeled and cut into thick slices
3 cloves of garlic, peeled and bruised
1 tsp rice wine (I use Shaoxing wine)
1 tsp caster sugar
2 whole star anise
3 whole cloves

The glaze

2 tsp vegetable oil (canola oil or grape seed oil are fine too)
Pinch of salt and pepper
1 thumb-sized knob of ginger, peeled and minced finely
1 red chili, chopped finely (add to taste)
2 tsp honey
2 tsp brown sugar
3 tsp dark soy sauce
1 tsp lemongrass paste

The veggies

1/2 thumb-sized knob of ginger, peeled and minced finely
1-2 cloves of garlic, peeled and minced
Your choice of Asian greens (I use bok choy, spring onions and spinach chopped into long chunks).
Splash of Shaoxing wine (be as liberal or as sparing as you like)

Method

Add all of the slow-cooked pork ingredients in a large pot and bring to the boil. Turn down to a simmer and cook for two hours, checking on the pork every 30 minutes or so. Turn the pork and top up with stock



if liquid is low.

Drain off the pork and reserve the liquid; it makes for a great soup stock. Chop the pork into bite-sized chunks. Use a sharp knife or the pork will fall apart.

Heat the oil in a pan or wok and add the pork chunks, salt and pepper and fry on a high heat until the pork gets nice and golden brown.

While the pork cooks, mix together the remaining glaze ingredients in a bowl and pour over the pork when it's dark

enough. Continue to cook the pork until the glaze is dark and sticky.

Finally, fry your remaining garlic and ginger in a hot pan until fragrant and add your greens. Stir-fry until the veggies start to wilt then season with the Shaoxing wine. Cover the pan and let the veggies cook until they're a vibrant green and have lost their rawness.

Serve the pork and veggies over your favourite variety of rice and enjoy!

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■ A convoy of 4WDs using their UHF's to safely navigate the sand dunes.

Communication keeps airwaves clear

COMMUNICATION is the biggest key to success.

It is a phrase that many of us will hear multiple times during our working lives. It holds true in many situations and especially true when it comes to four-wheel driving.

The humble UHF has over the years saved countless boggings and even lives.

Being able to communicate with others and being able to relay messages about track conditions to the rest of the convoy is a great way to make your time out there better for all.

So, what is a UHF CB? The Ultra High Frequency Citizen Band is a radio system operating in the 477 MHz bandwidth for civilians to use for communication in Australia, New Zealand and Malaysia.

UHF's have access to 80 channels with 61, 62 and 63 currently reserved, but all others are open for use. Certain channels are also designated, with the important ones being channel 40, which is the road safety channel, channel 18, which is the caravans and camper convoy channel

and channel 10, which is the 4WD clubs and national parks channel.

A few other channels with designated uses are channel 5 and 35, which are emergency repeater input channels, as well as channels 22 and 23, which are telemetry and tel-command only with no voice or data transfer.

This information is important to know when you are using a UHF to ensure that you are not on a channel that is needed by others.

I have a channel that I like to use when out four wheel driving so that anybody I am out with can communicate without interrupting anybody else using the main channels.

When cruising on the highway with a convoy I have my UHF set to priority scan. This allows me to set a priority channel – the channel we are all using to communicate on – as well as scan channel 40, 10 and 35, but if anybody talks on the priority channel it will revert to that channel.

This allows me to keep an ear out for any important information that is broadcast

while still being a part of the conversation.

When we are off the highway and on the tracks, I will leave priority scan on, but only for channels 10 and 35, as 40 is no longer needed and is often the busiest channel.

Many people use their UHF's differently when out four-wheel-driving and I am sure there are some things I could do to make my usage more effective, but here are some of things that I do which I believe all of us should be doing.

Firstly, the lead vehicle in the convoy should be relaying information back to the rest of the convoy. Be that a bad rut on the left, a tree root poking up out of the ground or a soft patch of sand on the beach, all this information can help out the rest of the convoy.

Another useful habit to get into when using the UHF is to get the convoy to stop behind you when you are tackling a bigger obstacle. This is good for two reasons. The first is that if you are unable to make it on your first attempt then nobody needs to go back to allow you to tackle it again,

and secondly, if another car is coming the other way you react without the risk of somebody behind you not seeing the situation and causing an accident.

The last good habit to get into when on the tracks is telling the rest of the convoy how many cars are in any convoys you find coming the other way, so everybody can make sure that you allow them past safely.

A final tip is to purchase a handheld UHF to go with the one built into your car. This second UHF is incredibly helpful if you need somebody to help spot or if you tackle a big obstacle or if one of the vehicles in the convoy does not have a UHF. I hope that this column has been helpful and that you can take away some knowledge from it.

—Low-Larry



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A little maintenance goes a mile

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WHEN the colder weather arrives, many boaters will put the cover over their boat and forget about it until summer returns.

Before you take your boat out this spring consider carrying out some basic maintenance so that you can maximise your time on the water come summer.

The first thing to do is make up a list of things that broke, came loose, stopped working or caused issues over the summer. 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 jog your memory.

The next step is to call your service centre and see what items on the list they can do for you and when they can do it. Boat mechanics get fairly busy over summer so now is a good time to get your boat serviced to avoid the summer rush. If you leave it until later, the chances are it will be summer before you even think about it again and you will probably have to wait a few weeks to get in for a service.

All you have to do now is finish off all the jobs you can do yourself.

Storing batteries out of the boat and in the shed over long lay-up periods



■ With your boat serviced and ready to go you can take advantage of stellar days like this.

and charging up every other month will prevent irreversible damage.

Come the beginning of the fishing season, put the batteries back in and that's one less thing that you will have to worry about.

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 is ready to go when you are.

Another thing to check is 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 is 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, repack and keep it in a place close to your batteries so you do not forget to put them back in the boat on the first trip out next season.

While you may have a long list of things that need attention, boating provides so much enjoyment it makes the preventative and regular maintenance worthwhile.

Putting time and effort into looking after your boat might seem tedious but remember, every time you go out you are putting your life and the lives of others at risk if things are not working properly. If enough people get into this program of winter upkeep and servicing, then it will make your boating experience that much better.

—Alby Jnr

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, September 7: Sunrise: 6.20am, Sunset: 5.54pm. Tides: 2.50am 0.68m, 9.30am 1.15m, 5.12pm 0.25m, 11.41pm 0.72m.

Saturday, September 8: Sunrise: 6.18am, Sunset: 5.54pm. Tides: 3.34am 0.61m, 10.15am 1.16m, 5.39pm 0.28m, 11.48pm 0.72m.

Sunday, September 9: Sunrise: 6.17am, Sunset: 5.55pm. Tides: 4.15am 0.55m, 10.57am 1.13m, 6.00pm 0.34m.

Monday, September 10: Sunrise: 6.15am, Sunset: 5.56pm. Tides: 12.05am 0.75m, 4.53pm 0.52m, 11.35am 1.05m, 6.14pm 0.42m.

Tuesday, September 11: Sunrise: 6.14am, Sunset: 5.56pm. Tides: 12.21am 0.75m, 5.31am 0.51m, 12.05pm 0.93m, 6.24pm 0.50m.

Wednesday, September 12: Sunrise: 6.13am, Sunset: 5.57pm. Tides: 12.17am 0.77m, 6.11am 0.53m, 12.18pm 0.80m, 6.19pm 0.56m.

Thursday, September 13: Sunrise: 6.11am, Sunset: 5.58pm. Tides: 12.11am 0.82m, 6.51am 0.57m, 11.53am 0.69m, 5.23pm 0.56m.

GIVE these times a try this weekend.
Saturday, 9.31am - 9.51am, 9.41am, major solunar, rating fair. Minor solunar 3.41pm.

Sunday, 10.00pm - 10.20pm, 10.10pm, major solunar, rating fair. Minor solunar 4.10am.

Sunday, 10.28am - 10.48am, 10.38am, major solunar, rating fair. Minor solunar 4.38pm.

Sunday, 10.56pm - 11.16pm, 11.06pm, major solunar, rating fair. Minor solunar 5.06am.

Show us your catch!



■ Chris Berger caught this lovely looking queen snapper on an offshore trip last week. Great catch Chris!

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Woodbury Boston Students in their outdoor classroom.

School by the sea

WOODBURY Boston Primary School is a small independent primary school halfway between Albany and Denmark.

Established in 1980, the school caters for boys and girls from kindergarten to year six. Their aim is to deliver quality education with respect and kindness.

Adventure is an important aspect of the Woodbury Boston philosophy, to experience fun every day.

The children get to experience surfing, learn to sail on small catamarans, and camp around the south coast.

They also practice identifying sights and sounds while bushwalking along the scenic coastal tracks, learning about local frogs and fungi, spotting ant nests, beehives and animal tracks, and getting involved in the 'Take 3 for the Sea' program by picking up at least three pieces of rubbish to

help reduce pollution.

Prospective parents and interested persons are welcome to visit anytime, although due to off-campus activities, it is a good idea to arrange an appointment first.

Contact Woodbury Boston Primary School on 9845 1185, or via email admin@woodburyboston.wa.edu.au, or visit their website http://woodburyboston.wa.edu.au/ for more information.

Nurturing young minds

PROVIDING a sense of belonging in a safe, secure and supportive environment where your child is encouraged to be a confident and knowledgeable lifelong learner is the primary philosophy for the team at Kingdom Kare Child Care Centre.

The recent additions to the spacious indoor and outdoor play areas, including a Noongar mima and native plants in the new nature space with a mud kitchen, mean more active learning in a natural space for your child.



All staff at Kingdom Kare have received training and experience in areas of early childhood education to ensure a high standard and commitment to providing developmental and educational programs for each group of children.

To help fill hungry tummies Kingdom Kare prepares healthy meals on site every day and can cater for vegetarian, lactose intolerant and

gluten-free diets.

A pick-up and drop-off service to Mount Lockyer Kindergarten and Primary School is also available for busy parents.

Kingdom Kare Child Care Centre is open from 7am to 6pm on weekdays to better provide before and after school care for children aged up to 12 years old. To find out more information about Kingdom Kare Child Care Centre you can contact them on 9842 5616.

Filling gaps in knowledge

WHILE it may look like regular tutoring, the team at Academic Clinics for Exceptional Students (Inc.) are changing the way professionals in education go about helping students with learning disorders.

The model used at the not-for-profit organisation is a type of 'educational intervention' and works by delivering specific, individualised action to fill the gaps in a student's knowledge and skills for mathematics or literacy by seeing a specially trained tutor one hour per week.

The tuition is one-to-one, and, with figures suggesting up to 20 per cent of students either have specific learning disorders or simply have a tough time at school, the need for this sort of long term clinical intervention is becoming more apparent.

ACES founder and executive director Dr. Eugene Kestel, who recently completed her PhD in effective intervention for students with maths learning difficulties, says effective remediation requires a very specific skill set outside of mainstream teaching.

"The tutoring at ACES is in fact a discipline in itself," she said.

"We work effectively in collaboration with classroom teachers to revisit earlier concepts underpinning class work."

The tutors at ACES undergo intensive, specialist training with the goal to give students the ability to access the regular school curriculum.

Dr Kestel says that research suggests programs



NASHS student Mikayla Owen.

for educational intervention should always be individually designed and based on robust findings.

"Research shows if deficits in earlier knowledge and skills aren't addressed, the gap between the performances in these kids and their peers will continue to widen," she said.

The Albany clinic has been open for enrolments since term one this year, led by regional coordinator Lizzie Ayers.

If you would like to get in touch with Ms Ayers, head to their website at www.aceseducation.org.au/tutor-albany.



Give your kids the best chance

Smoking and your children

SECOND-HAND smoke is the smoke you breathe in from other people's cigarettes, cigars or pipes. It can cause serious health problems for your child. Breathing in second-hand smoke is sometimes known as passive smoking.

Second-hand smoke

Second-hand smoke is made up of 'mainstream' smoke, which the smoker breathes out, and 'sidestream' smoke, which drifts from the end of a burning cigarette.

Children most commonly come into contact with second-hand smoke when their parents, family and friends smoke.

Breathing in second-hand smoke is sometimes known as passive smoking.

Third-hand smoke

Third-hand smoke is the smoking residue that lands and stays on nearly every surface in the area where someone has been smoking, including on skin, hair, clothing, furniture and floors.

This means babies and children are still exposed to the harmful chemicals in cigarettes even after adults have finished their cigarettes.

You can't get rid of third-hand smoke by airing out rooms, opening windows, using fans or air conditioners, or by confining smoking to certain areas of a home.

Why second-hand smoke and third-hand smoke are dangerous for children

Second-hand smoke and third-hand smoke are especially dangerous for babies and children.

This is because babies and children have smaller airways and less mature immune systems than grown-ups.

Babies and children also spend a lot of time on or near the floor and often put their hands and



toys into their mouths. This means they might swallow or breathe in toxins from third-hand smoke.

Health risks linked with passive smoking

Children exposed to second-hand smoke are at an increased risk of premature death and disease.

Second-hand smoke can impair a baby's breathing and heart rate, which can put the baby at a higher risk of sudden unexpected death in infancy (SUDI) including sudden infant death syndrome (SIDS) and fatal sleeping accidents.

If parents smoke during pregnancy and after their baby is born, their baby's SUDI risk increases. The more second-hand smoke a baby is exposed to, the higher the risk of SUDI.

If children are exposed to second-hand smoke, they can have swelling and irritation in their airways. They're also more likely than other children to develop a range of lung and other health problems. These problems include:

- asthma
- bronchitis
- childhood cancers, including leukaemia
- croup
- ear infections
- meningococcal disease, including meningitis and septicaemia

pneumonia

tonsillitis.

Exposure to second-hand smoke and third-hand smoke can affect a child's developing brain because the brain is very sensitive to even very small amounts of toxins.

If children live in a household where one or more adults smoke, they're exposed to greater health risks. They need to go to the doctor more often. The chance that they'll take up smoking in adolescence doubles.

Protecting your child from second-hand smoke and third-hand smoke

The most important way to protect your child from second-hand smoke is to quit smoking.

This reduces your child's exposure to second-hand and third-hand

smoke. It also gives your child a positive non-smoking role model.

If you're not quite ready to quit, or if someone else in your home smokes, there are still things you can do to reduce your child's exposure to the smoke.

One of the most important things you can do is to make sure no-one smokes near your child in your house or car.

This means you'll have to smoke away from your child, and that you'll need to ask other family members, friends, carers and visitors to do the same. Also make sure no-one ever smokes in an enclosed area near your child.

You might need to explain to friends and family that simply blowing smoke away from your child doesn't protect your child from the harmful effects of smoke.

When visiting friends or leaving children in the care of someone else, try to make sure the environment is free of smoke.

Never smoke in a car that carries children. Opening the car window isn't enough to stop smoke affecting children. In most Australian states, it's illegal to smoke in a car that carries a child under the age of 18 years. You'll be fined if you're caught smoking in a car that carries children.

The only way to protect children from third-hand smoke is to have a smoke-free home and car.

Make a commitment that your home and car will be free of smoke at all times. Insist that no-one smokes around your child. Every child has the right to grow up in a smoke-free environment.

Getting help to quit smoking

If you need more advice about quitting smoking or the effects that smoking has on your child, there are services, support and resources available. You can start by talking to your GP or another health professional, or by calling Outline on 137 646.

This article was sourced from Raising Children Network http://raisingchildren.net.au/articles/passive_smoking.html context/646

Newsletter

To subscribe to Amity Health's useful and informative Communities for Children newsletter and to find out what activities are 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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Once collected from your kerbside, your recycling is delivered to Cleanaway Albany's Materials Recovery Facility (MRF) to be separated and sorted by hand into the various container types. Containers that contain food waste or liquids won't be sorted and will head straight to landfill. To clean your

containers simply rinse them in the greywater in your kitchen sink just before you pull the plug after washing the dishes. If you have a dishwasher, place your recyclable containers in with a normal load.

Remove lids from containers and place them inside a plastic milk bottle or similar. When the milk bottle is full place it in the recycle bin and it will be sorted with the mixed plastic containers at the MRF.



■ Place lids in a milk bottle and when full place it in your recycle bin.



■ Recycling being sorted by hand at the Cleanaway Albany's MRF.



■ Dirty containers and bottles won't be sorted, and will go to landfill instead.



■ Wash containers in the greywater after you do the dishes.

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First 75 characters, or part thereof including space. \$12 - 1st 75 characters, or part thereof including space. PLUS a photo for 2 weeks and the advertiser only thereafter. \$44. Each additional 25 characters, or part thereof \$2.75. All ads must be pre-paid. Ads are restricted to private advertisements, and will be run for two consecutive weeks. If your item does not sell within that two week period you MUST REBOOK prior to the booking deadline of 4:00pm Tuesday. These ads must be reconfirmed each week including space. If more than one week lapses the item will be deemed sold, and the ad cannot be reposted unless paid for. Once published the ONLY thing to change will be the PRICE. Not included in the offer are any business ads, rental hire, employment etc for the purpose of ongoing profit. Any real estate or garage sales are also published as are references to internet sites or businesses. ONLY ONE ITEM PER UNTIL SOLD AD.

BIRTHS

Announce your new arrival
in the Weekender

First 3 lines FREE

BIRTHDAYS



My little girl, now a
beautiful young lady of
whom I am so very proud.
Happy Birthday, Dad

HAPPY BIRTHDAY messages
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Weekender. Call 9842 2787.

CELEBRANTS

GLORIA Gurney marriage
celebrant. Ceremonies for all.
9842 1308 or 0417 992 807.

MEGAN Tuttle JP. CMC. Life
and love. 0427 297 712. www.
celebrantgreatsouthern.com.au

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We are here for you

9842 3443

Bili: 0418 901 683

Sherrie: 0428 193 009

biltoth@albanyfunerals.com.au

77-81 GREY Street

Albany MONUMENTAL MASONRY
9841 1017
10 Minna St Albany
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Everlasting Granite &
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PUBLIC NOTICES

Spectrum Theatre Presents
The Compleat Wrks of WLLM SHKSPR
 (Abridged)
 Information Night 10.09.2018
 Auditions 11.09.2018

Venue: Spectrum Theatre Time: 7pm
 If you have an interest in being involved in the following production, in any capacity, on-stage or back-stage, you should attend both evenings. It is going to be enormous fun!

CHEYNES BEACH WHALING COMPANY PAST EMPLOYEES

Make sure to update your contact details with Albany's Historic Whaling Station for the 40th Anniversary in November.

Call 9844 4021 or email reception@discoverybay.com.au



Great Southern Women SEPTEMBER LUNCHEON

Meet like-minded women in business over lunch.

Tuesday, September 11, 2018, 12:30pm
 Mean Fiddler, 132 York Street, Albany

RSVP: Not required.
 Just turn up and look for the reserved table.

Notice of the AGM of the Torbay Catchment Group Inc.

Date: Thursday, 11th October, 2018

Location: Oranje Tractor Winery, Marleup

For further details, email - treasurer@torbaycatchment.org.au

Weekender Tides Information

The Bureau of Meteorology gives no warranty of any kind whether express, implied, statutory or otherwise in respect to the availability, accuracy, currency, completeness, quality or reliability of the information or that the information will be of any particular purpose or will not infringe any third party intellectual property rights.

The Bureau's liability for any loss, damage, cost or expense resulting from use of, or reliance on, the information is entirely excluded.

ACCOMMODATION AVAILABLE

STUDYING in Perth 2018/19? Room available ASPH in Bentley close to Curtin. Sharing with 2nd year a clean and welcoming space. All utilities and internet included, single bed provided. \$150 per wk. Contact Annika 0419 905 201.

REAL ESTATE FOR LEASE

COMMERCIAL shed approx 75sqm, \$8,500 inc GST & outgoings. Centennial Park, 0417 174 313.

community notices

Wednesday Holiday Art Group at the VAC

The group meets every Wednesday, 9am to 12.30pm at the Vancouver Arts Centre art room, whenever there are no formal art lessons being conducted. The next sessions are from September 5 to October 10 for five weeks. Room hire fee of \$5 paid at the front desk upon arrival is the only cost. BYO art materials. New budding and better artists welcome. For more information, contact VAC on 0620 3740 or Robbie on 9841 3708 after hours.

Albany Ostomy Support Group

The next meeting will be held on September 7 at Albany Hospice at 9.30am. All ostomates and family are invited, as well as anyone who has been advised to have a stoma or colostomy surgery in the future. Morning tea will be served at the conclusion of the meeting. For any queries, contact Jim Edwards on 0427 888 281.

St Vincent de Paul Society

St Vincent de Paul urgently need donations of the following items in good condition: dining tables and chairs, wardrobes, chests of drawers, bedside cupboards, lounges and armchairs, pots and pans. Please phone SVDP on 9841 6326 to arrange collection of goods. Your support is greatly appreciated.

Albany Breast Cancer Group

Old and new members are invited to our luncheon on Monday, September 10 at the Bridge Club, Mill Street, Albany from noon. Please bring along a small plate of savoury or sweet finger food to share. There will be a \$2 raffle. If you have any queries, please contact Veronica on 9844 1412 or Glensy on 9844 2283.

Healthy, Wealthy and Wise Seminar in Albany

Please join us to hear speaker Paul Trainor discuss "Estate Planning and Why it is Essential to have a Will" and occupational therapist Darcy Ward discuss "An OT's Perspective of Arthritis and other Like Conditions" at Middleton Beach Bowling Club, corner of Maiden Street and Hyman Street. Guest speakers each month. On the following Saturday, we go for a walk, leaving the Club at 9am. All are welcome. Contact 9844 1120.

Great Southern Bingo

Wednesday bingos at the Stirling Club, 14 Stirling Terrace, Albany, for ages 12 and over. Doors open 7.30pm, games down at 7pm. For enquiries, contact 0438 841 663.

Spencer Park Market

Sunday weekly market at Spencer Park Shopping Centre from 7am. Books, baby wear, knitwear, plants, bric-a-brac, etc.

Dressmaking and General Sewing

Albany Cutting Edge sewing group welcomes new members. The group meets fortnightly on Thursday from 10am to 3pm at the RSL Hall (ground floor of Stirling Club) on Stirling Terrace. Dates for the next three meetings are September 13 and 27 and October 11. Drop in and have a chat or contact Carol 9842 1810 or Anne 0407 929 542.

Meditation

Evening meditation (40 minutes) every Tuesday at 6pm (seated by 5.55pm) at Albany Body Mind & Health on 95 Lockyer Ave, Albany. Bring a cushion. \$4. Info phone 0401 086 862.

CWA Albany

The CWA Hall on Serpentine Rd, Albany is now available for community hire. For details, see Facebook @cwaalby, email: albanycwa@yahoo.com.au or phone Anne at 0412 937 641.

Strawberry Hill volunteers needed

Are you interested in Albany's history and heritage and enjoy discussing it with like-minded people? Do you enjoy meeting and welcoming visitors from around the world? Becoming a volunteer at Old Farm Strawberry Hill, Middleton Road could be just for you. Contact Judy Williams on 0466 984 468 if you are interested in a volunteer position to either meet and greet people, or for garden maintenance and landscape work.

Association of Independent Retirees

The next meeting of the Albany branch will be held at Middleton Beach Bowling Club on September 17 at 2pm. This will be a very important last meeting to discuss the future of operations of the Albany Branch. Contact Athena on 9848 1061 for further information. An informal afternoon tea follows the close of the meeting.

Musical Curatorial

Malcolm Traill will present A Decade in an Hour: 1900-1910 in Albany at 10.30am on September 11 at the Museum of the Great Southern. Entry by gold coin.

Albany Sinfonia

Albany Sinfonia invites new and returning members to join us for an exciting program in 2018 including Mahler's 2nd Symphony in late September. Rehearsals are on Wednesday nights at 7pm in Lancaster Hall, Lancaster Road. Please contact musical director Neville Talbot on nevtalbot@gmail.com

Albany Art Group

AAG meets Mondays at Vancouver Art Centre: 10am to noon for Life Drawing or Workshops, noon to 3pm for Pottery. All are welcome to attend activities and workshops are on Saturdays. Exhibitions throughout the year. For details, see Facebook @AAGWA, email: albanyartgroup@yahoo.com or phone Suzanne 0400 591 916 or Abigail 0403 783 669.

Albany Writers' Group

The Albany branch meets on the third Tuesday of each month at 7.30pm at the Herbarium, on the corner of Maiden Street and Hyman Street. Guest speakers each month. On the following Saturday, we go for a walk, leaving the Club at 9am. All are welcome. Contact 9844 1120.

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Community Herb Garden

Albany Body and Mind Health is donating a portion of their road verge garden space for a community garden. Volunteers are required to remove weeds, turn over soil, mulch, supply and plant a variety of herbs and spices. Expressions of interest can be emailed to admin@albanybodyandmindhealth.com.au or ring 0428 287 037.

Cycling

Belles on Bikes is a social riding group for women of all ages, offering short and long ride options. They meet every Wednesday at 9am. Contact 0429 983 610.

The over 50s cycling group

will meet on September 12 at 9am at Eyre Park, or Frenchy's at 9.20am, for the Goode Beach Ride, 60 km or 42 km. Coffee at Bay Merchants. Contact Mike on 0418 647 897 for information.

Walking

The over 50s walking group will meet on September 8 at 9am at the Bay View Drive car park for a walk on the Bibbulmun Track. Please bring your own chair and morning tea. For more information, contact Allan on 9844 8356 after 6pm.

The over 50s easy pace walkers

will meet on September 8 at 9am at Beaufort Road, walking to the end. Walk commences at 9.30am. BYO morning tea and a chair please. For further information, please contact Betty on 9847 4462 or Eileen on 9844 1460.

Albany Prostate Cancer Support Group

We meet every third Wednesday of the month at the Presbyterian Church, corner of Maiden Street and David St, 7pm. Contact: Colin Mundy 0409 377 683.

Port Probos Ladies Club

Meetings are held on the third Tuesday of the month at 9.30am in the Guide Hall on Parker Street. After a short meeting, we have morning tea and a guest speaker who is always most informative. All welcome. Ring 9841 1538 or 9844 8316.

The Probos Club of Albany

The Probos Club of Albany Central is a non-sectarian, non-political club for retired professional or businessmen. We meet at the Middleton Beach Bowling Club on the second Tuesday of the month for fun and friendship. We have a guest speaker each month to talk on various subjects. We also have social evenings for members.

Combined Probus Club of Albany

Retirees and semi-retirees meet for fellowship, friendship and fun at the Combined Probus Club of Albany. We are a mixed gender club that welcomes singles and couples to enjoy life after retirement. We have many interest groups so you will find like-minded people in a stimulating gathering that is focused on companionship and laughter. Probus is a worldwide organisation with representation throughout Australia. Contact us on 0488 946 388 or email: combinedprobusalby@gmail.com.

MyTime

Do you have a child with a disability, a developmental delay or chronic medical condition? Would you like to meet with other parents in similar circumstances? Do you want to get out about available community support services that you can access? MyTime is a FREE service that is available to advise, support and refer you to services for all parents and carers that wish the above criteria. Meetings are held each Wednesday during school hours at the Albany Senior Centre, 111 Stirling Street. Contact Prior Street, 08 9843 0077 or email: alby@wanslea.asn.au for more. Crecheplay helper provided.

Addiction Support Group

The support group is a self-management and recovery group for recovering or recovered individuals from any form of addiction. Please call 9892 2100 for more information.

Tae Kwon Do

Tae Kwon Do training will be held at the Senior Citizens Centre, 122 Grey St West on Mondays and Wednesdays, 6-7pm. All people aged five and above are welcome. Call 0429 467 532 533 for more information.

Fishing

Fishability invites people with disabilities to participate in regular monthly fishing days on the Albany area. Rods, bait and tackle are provided. Call 0413 296 606 or info.albany@fisherswithdisabilities.org.au

Badminton

Albany Badminton Club meets every Tuesday and Thursday at 8pm at PCYC. Enquiries to Shaun on 0498 441 390.

Taoist Tai Chi

Classes are held at the Scout Hall, corner of Maiden Street and David St, 7pm. Call 1800 108 801 or visit: taoist.org.au for more information.

Exercise to Music

The over 50s time to exercise to music is held at 9am every Monday and Wednesday at the Scots Hall York St and at PCYC on Sanford Rd on Fridays at 9am. Contact Diane 0428 161 630 (Mon), Win 9842 9884 (Wed), or Jean 0408 095 481 (Fri).

Dancing

Irish/Highland Dance classes now available at the Scots Hall, Albany. All enquiries - Lucy 0404 126 014.

The over 50s line dancing

is held at 9.30am every Tuesday, Thursday and Friday at Scots Hall, York St. Contact Jennifer 9844 1199.

The over 50s social dancing

is held on Thursdays at 1.00pm to 4.00pm at the Scots Hall, on the corner of North and Sanford Roads. Contact Monica on 0427 374 144.

R/C Yachts

If you are interested in sailing and racing international-class radio controlled model yachts, the Albany Radio Sailing Club Inc sails on Wednesday and Sunday mornings every week from 9am-noon (weather permitting). Ph: Phil 9842 8087 or Ian 0148 936 177.

Toys

Railbox Coast Toy Library (behind PCYC, Sanford Road) is available Saturdays 10am to noon during school term. Enquiries to 0415 555 783 or rcetoylibrary@hotmail.com.

Photography

The Albany Photography Society meets on the 3rd Wednesday of every month at 7.30pm in the RSL club room, Stirling Terrace. The club organises experienced guest presenters, demonstrations, competitions, social outings and the opportunity to mix with other photographers. Visitors welcome. Enquiries 0428 413 986 or 9844 1203.

GOLF

A Campbell 3015 1740, 4 J Beer 3041 1730, 5 Clangslow 3151 1750.

TABLE TENNIS

Albany Table Tennis Club
 August 28, handicap points leaders. Ladies: S Smith 65, R Lafores 61, D Marshall 59, S Griston 57, S Vandey 56, G Doublin 36, M Hovson 36, B Gorr 35, F Green 35, G Cook 34, J King 34.

Thursday, August 30, Ladies

Stableford: J Williams 33, G Waugh 33, K Pental 32, M Sker 31, J Barrett 30, G Macmillan 31, M Kinton 31, S Page 31, H Pears 14, T Tindle 14.

Saturday, August 1, Men: Nett

R Hornsby 65, D Burkett 75, H Wallis 75, R Barnes 76, S Lloyd 76, A Fazio 77, D Williams 77, S Griston 78, R Munday 78, M Warwick 78, G Cook 78, Nett: M Mason 78, T Tindle 79, I Moran 79, R Sobey 79.

Narapang Golf Club

Saturday, September 1, Men: Championships - Round 1: R Thistle 80/72, R Pearce 57/72, Albany vs Mount Barker 100/75, K Frost 50/77, NTP #8: B Pearce - Bendigo Bank Trophy, LP #18: B Pearce.

Sunday, September 2, Men

Championships - Round 2: M Thistle 80/73, R Barrett 103/72, M Griston 110/74, B Pearce 95/76, N Hill 107/76, NTP #8: R Thistle - Ray White Trophy, NTP #15: M Skinner, NTP #16: M Skinner - Bendigo Bank Trophy, LP #18: B Pearce.

CROSS COUNTRY

Albany Athletics Club
 Sunday, September 3, Cross country - Terry Road, 2K (25.15), 1 T McMahon 10.09, 1MU14, 2 B Hick 14.28, 1MU18, 3 R Elliot 13.28, 1MU19, 4 E Toomey 13.38, 2MU18, 5 L Thomson 13.48, 1FU10, 6 M Hicks 14.17, 1MU50, 7 B McMahon 14.56, 1MU40, 8 Benson 16.31, 1MU17, 9 R Wheeler 16.34, 1FU10, 10 G Holmes 16.57, 2MU18, 11 A Thomson 22.57, 1FU6, 12 G Elmes 22.59, 1MU70, 4K (42.22 km): 1 Toomey 17.46, 1MU40, 2 O Hicks 18.42, 1MU15, 3 E Barker 18.45, 1FU12, 4 J Campbell 18.45, 1FU12, 5 H Campbell 19.13, 1MU13, 6 A Thomson 21.26, 1MU17, 7 C Benson 21.44, 1MU18, 8 P Scarra 21.48, 1FU11, 9 G Whitelaw 22.30, 1FU10, 10 J Dickson 22.32, 1MU18, 11 M Hicks 26.10, 1FU10, 12 C Benson 26.10, 1FU15, 13 S Hicks 26.30, 1FU50, 14 A Langslow 28.19, 1FU15, 15 E Shiel 34.49, 1FU40, 16 J Kidman 34.53, 1FU50, 6K (6.52 km): 1 A Scullard 29.39, 1MU30, 2 N Ferreira 30.07, 2MU30, 3

A Campbell 3015 1740, 4 J Beer 3041 1730, 5 Clangslow 3151 1750.

TABLE TENNIS

Albany Table Tennis Club
 August 28, handicap points leaders. Ladies: S Smith 65, R Lafores 61, D Marshall 59, S Griston 57, S Vandey 56, G Doublin 36, M Hovson 36, B Gorr 35, F Green 35, G Cook 34, J King 34.

Thursday, August 30, Ladies

Stableford: J Williams 33, G Waugh 33, K Pental 32, M Sker 31, J Barrett 30, G Macmillan 31, M Kinton 31, S Page 31, H Pears 14, T Tindle 14.

Saturday, August 1, Men: Nett

R Hornsby 65, D Burkett 75, H Wallis 75, R Barnes 76, S Lloyd 76, A Fazio 77, D Williams 77, S Griston 78, R Munday 78, M Warwick 78, G Cook 78, Nett: M Mason 78, T Tindle 79, I Moran 79, R Sobey 79.

Narapang Golf Club

Saturday, September 1, Men: Championships - Round 1: R Thistle 80/72, R Pearce 57/72, Albany vs Mount Barker 100/75, K Frost 50/77, NTP #8: B Pearce - Bendigo Bank Trophy, LP #18: B Pearce.

Sunday, September 2, Men

Championships - Round 2: M Thistle 80/73, R Barrett 103/72, M Griston 110/74, B Pearce 95/76, N Hill 107/76, NTP #8: R Thistle - Ray White Trophy, NTP #15: M Skinner, NTP #16: M Skinner - Bendigo Bank Trophy, LP #18: B Pearce.

CROSS COUNTRY

Albany Athletics Club
 Sunday, September 3, Cross country - Terry Road, 2K (25.15), 1 T McMahon 10.09, 1MU14, 2 B Hick 14.28, 1MU18, 3 R Elliot 13.28, 1MU19, 4 E Toomey 13.38, 2MU18, 5 L Thomson 13.48, 1FU10, 6 M Hicks 14.17, 1MU50, 7 B McMahon 14.56, 1MU40, 8 Benson 16.31, 1MU17, 9 R Wheeler 16.34, 1FU10, 10 G Holmes 16.57, 2MU18, 11 A Thomson 22.57, 1FU6, 12 G Elmes 22.59, 1MU70, 4K (42.22 km): 1 Toomey 17.46, 1MU40, 2 O Hicks 18.42, 1MU15, 3 E Barker 18.45, 1FU12, 4 J Campbell 18.45, 1FU12, 5 H Campbell 19.13, 1MU13, 6 A Thomson 21.26, 1MU17, 7 C Benson 21.44, 1MU18, 8 P Scarra 21.48, 1FU11, 9 G Whitelaw 22.30, 1FU10, 10 J Dickson 22.32, 1MU18, 11 M Hicks 26.10, 1FU10, 12 C Benson 26.10, 1FU15, 13 S Hicks 26.30, 1FU50, 14 A Langslow 28.19, 1FU15, 15 E Shiel 34.49, 1FU40, 16 J Kidman 34.53, 1FU50, 6K (6.52 km): 1 A Scullard 29.39, 1MU30, 2 N Ferreira 30.07, 2MU30, 3

A Campbell 3015 1740, 4 J Beer 3041 1730, 5 Clangslow 3151 1750.

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ALBANY BASKETBALL ASSOCIATION

Albany Basketball Association registration nights will be held on **Wednesday the 12th and Thursday the 13th of September between 5.30-7.30pm at ALAC.**

Please view the ABA website for further information.

Aussie Hoops registrations for the 2018/19 season are now live.

Please view the ABA website for further information on how to register.

Expressions of interest for Referees for the 2018/19 season.

If you have already been a referee or are interested in becoming a referee please email aba.ref@gmail.com



facebook.com/AlbanyBasketball

ABA

3 tips for getting back into training after injury

By AMBER CEKEREVAC
Owner BodyCare Health Club

IT could be a few agonising weeks or months before you're back working out after your health and fitness goals are derailed by an injury. And on top of that, you're probably feeling the flow-on effects of not exercising regularly.

It's likely that you're less focused at work, your energy levels have dipped, or that you even find yourself eating less healthy meals.

Getting back into fitness after an injury doesn't have to be difficult. A well-thought-out plan and a positive attitude to recovery are all you need.

Get some help
Seek treatment from a physiotherapist, exercise physiologist or another health professional – your body is well worth the investment. Carefully listen to their advice. This seems like a no-brainer, but people often have their own thoughts about their recovery time. Whether it's strengthening exercises, stretches or rest – follow your rehab plan and do your stretches or exercises habitually.

Ease back into your training
Don't let the excitement of getting back to the gym cause any further injury. We all enjoy the feeling after a great workout. But it's better not to come into your first session guns blazing. Remember that your fitness has probably declined, and those muscle fibres have

probably shrunk so you will need to ease your way back into training. Listen to your body as you begin to workout because our bodies are great feedback mechanisms.

Once you have the all clear, take it easy to begin with. As an example, you might want to reduce your efforts by 30% to begin with, choose movements that are less challenging or limit the weight and range of motion of the exercises you do. See how you feel after the workout and change it up next time you're at the gym.

Remember that the program that you were on pre-injury might not cut it post-injury. This is also a great time to focus on your weaknesses by strengthening other areas of your body.

Stay motivated and focused
Consider having a training buddy; it'll keep both of you accountable and focused. Think of this time as an opportunity to reconsider your fitness goals and regime, try a new routine or start a gym program with friend at a similar fitness level to you.

When it comes to your health, fitness and lifestyle, it's important to heed any expert advice you receive. Recovering from any injury becomes a little easier after you've had professional treatment, planned ahead and jumped (slowly) back into it.

sport

Kitty split among clubs

CHRIS THOMSON

AVOIDING another fractured skull at Albany Little Athletics Club by replacing a long-jump run-up was one of four sports infrastructure projects approved for funding at a City council meeting last week.

Ahead of the August 28 meeting of Albany council, Little Athletics Club President Jorja Camp wrote to seek \$6958.60.

"The funding will enable the club to commission a fully accredited set-up for four jump pits, which will bring our run-ups to the same standard that is available in other regional and metropolitan areas," Ms Camp advised City community services

director Susan Kay. "We feel that the run-ups we currently have are not to a good safety standard for our members, as there have been injuries on these run-ups including a fractured skull."

At the council meeting, West Ward councillor Sandie Smith moved that funding be provided for this and three other projects for which cash was sought.

"It was good to see some terrific proposals put forward by local clubs that can ... be of benefit to the local community," Cr Smith enthused.

"I urge everyone to support this motion."

Vancouver Ward councillor Tracy Sleenman said

what she liked about the four applications was that "they all know how to co-share their facilities".

Carried 11 councillors to nil was a resolution that Little Athletics receive their \$6958.60, Emu Point Sporting Club get \$20,854 toward a disability and special needs toilet, the Sporting Shooters Association of Australia (Chester Pass Branch) pocket \$7586.33 toward a larger firing line shelter, and Albany Bowling Club snaffle \$28,319.50 toward replacing an artificial green.

All clubs got the amount they asked for, or slightly more, except the bowls club that had sought \$56,639 but was ranked fourth among the appli-

cations.

Bowls club Acting Secretary Peter Galante had advised Ms Kay that the existing green's surface was "past its lifetime" and the club had received "complaints from a number of bowlers".

"The club annually hosts three major two-day events, which attract bowlers to the City of Albany," Mr Galante argued.

"They travel from as far south as Esperance, Augusta in the west, Lake Grace in the east and Perth in the north."

"Many of these bowlers stay at motels, and some stay at caravan parks and some bring their spouses."

sport



Photos: Grace Jones

■ Grammar's goal attack Maya Isobel Anning being fed the ball by centre Sophie Shearer.

GF berth beckons

THE heat was turned up a notch over the weekend as B1 teams from the Albany Netball Association battled to secure their place in the preliminary finals this weekend.

The clash between B1's Grammar 7 and Royals Saints 8 had the added sweetener of the winner being catapulted straight to the grand final, and both teams felt the pressure.

From the starting whistle the ball regularly hit the net with the margin never straying beyond four goals during the first half.

Coaches Belinda Edwards and Richelle Warren both made changes during the main break which enabled Royals to take the lead by eight points at three quarter time.

Royals' goal shooter Daisy Stewart-Morgan didn't miss a shot and was assisted well by their goal attack Charlotte Edwards.

Whenever the Grammar shooters had their hands on the ball, Royals' goal defense Georgia Edwards and goal keeper Ivy Parsons worked tirelessly to shut down Grammar's shooters.

Royals maintained a high work rate and stuck to their game plan and were able to maintain the lead until full time and secure their place in the final, 49 to 43.

Across the court, Kangas 13 and Denmark Magpies 4 played for a position in the preliminary finals with the loser bowing out.

Magpies worked hard in attack and defense and managed to pip Kangas and cement their place in the next round, 32 to 30.

This Saturday will see Grammar 7 face off against Denmark Magpies 4 with the winner battling it out in the finals against Royals Saints 8 next week.

— Grace Jones



■ Grammar's centre Sophie Shearer feeling the pressure from Royals' opponent Khamela Coyne.

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2013 FORD TERRITORY TX VALUE \$18,990 <small>V6 turbo diesel SUV wagon with 111,000km, very clean with history. Turbo diesel AWD.</small>	2015 HOLDEN TRAX LT VALUE \$18,990 <small>Late model SUV AWD with only 40,000km travelled. Service history and well presented.</small>	2012 HOLDEN COLORADO LT VALUE \$17,690 <small>Turbo diesel auto high rider with tint, tow bar, tonneau cover, 3.5 tone towing, good history, timing belts done 3.5 tone towing 165,000km.</small>
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2012 MITSUBISHI L5 4X4 OUTLANDER VALUE \$15,990 <small>One owner with full service record. 4cyl economy, auto trans, tint, factory alloys, rear sensors etc! Nice! Mid size 4x4 SUV.</small>	2011 HYUNDAI IX35 SUV VALUE \$15,990 <small>One owner with full service record, auto trans, air, steer, cruise etc! Popular make and model.</small>	2013 HOLDEN VE II OMEGA VALUE \$15,990 <small>V6 auto, 1 owner sedan with only 65,000km, smart bar, tow bar, tint, cruise etc! Getting harder to find.</small>
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2013 HYUNDAI I20 HATCH VALUE \$12,990 <small>Full economy, one owner with auto trans, air, steer, has only clocked 63,000 km with all the history. Ex Govt department.</small>	2012 HYUNDAI I30 VALUE \$12,990 <small>Lovely low km 4 door hatchback, auto trans, air, steer, 2.1 motor, ex Govt department. Only travelled 34,000km.</small>	2010 SUBARU IMPREZA RS VALUE \$10,990 <small>Very popular Impreza sedan with only 97,000km travelled, 2.0 litre AWD with rear spoiler, alloys etc! Low km, service history.</small>
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2008 SSANGYONG REXTON RX270 VALUE \$11,880 <small>Soyl merc turbo diesel automatic 7 seater with bull bar, tow bar & leather trim, 3 tonne towing capacity, 7 seater turbo diesel with service history.</small>	3 TONNE TOWING DIESELS	2013 MITSUBISHI 4X4 TRITON DUAL CAB VALUE \$22,990 \$20,880 <small>One owner, 4x4 diesel, travelled 81,000km, 5 speed manual diesel, 3 tonne towing</small>
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2010 VW POLO COMFORTLINE VALUE \$8,990 <small>1.6 turbo diesel 4cyl manual, with good service history. 5 speed manual</small>	2008 TOYOTA AURION AT-X VALUE \$7,690 <small>V6 auto luxury sedan.</small>	2011 KIA RIO HATCH VALUE \$7,690 \$6,550 <small>One owner, 4 door hatch with only 35,000km travelled, 5 speed manual trans, air and steer. Value here. Manual transmission.</small>	2005 HOLDEN VZ COMMODORE S VALUE \$5,990 <small>6cyl auto, tow bar, hard cover, full reckoned, serviced, timing chains etc</small>
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2006 HYUNDAI TIBURON VALUE \$4,990 <small>V6 auto coupe, sporty. New paint.</small>	2003 SUBARU FORRESTER X VALUE \$3,990 <small>5 speed manual 4WD wagon.</small>	2001 TOYOTA HIAE VALUE \$3,350 <small>4cyl petrol Hiac manual, cheap.</small>
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Riders fly high in tri-series

GRACE JONES

THE roar of dirt bikes ripping around the Albany Motorcycle Club track at a private farm in Napier has finished for another season and the club is looking for a new home.

The club was relying on the generosity of local farmers Rebecca and Geoff Blyth who offered the use of the land for club days; however, AMCC club member Kim Kinnear said it was time to move on.

"We've been relying on the kindness of Rebecca and Geoff," she said.

"They're hoping to sell the property in the near future but we're welcome to stay in the meantime.

"After that we don't have anywhere else to go.

"We need to find a permanent place to stay."

Kinnear said the best option was the proposed Great Southern Motorplex that has been slated to be built on Down Road with facilities catering to motocross, drag racing, four-wheel drive training and a multi-use racing track.

"Our proposed new home at the motorplex is now at the feasibility stage," she said.

"We will be the first of many motorsport clubs to relocate to the facility.

"The result of the feasibility study and funding from state and local government is all dependent on whether this facility becomes a reality."

The AMCC spent its final club day for the season with competitors ripping around the track for the second leg of the Tri-Series

Motocross event.

More than 50 competitors from Albany, Cranbrook and Jerramungup spent the Sunday tearing around the track on their quad-bikes and dirt bikes for the chance to win some cash or a goodie bag.

Kinnear said the club enjoyed a successful day at the track.

"It was a great Father's Day event and a great day for racing," she said.

"Everyone had a great day."

For the main event Albany two-wheeler champ Kylan Black took out first place with fellow local Kieron Walmsley in second and Cranbrook rider Jarrod Smith in third.

For the quad-bike competition Zane Gregory placed first with Connor Owen in second and Daniel Lay in third.

Kinnear said the Tri-Series was the perfect way for riders to practice their skills without the added pressure of larger scale competitions.

"The series isn't held as a scored event and is a fun way to allow riders to experience a racing environment," she said.

Kinnear said the showing of junior riders during the competition was great to see.

"About half of the competitors were juniors on Sunday," she said.

The Albany Motorcycle Club Junior of the Year was also awarded during the event, with Carson Flowers taking the title.

"His increase in ability and consistent riding throughout the year was the deciding factor," Kinnear said.



Photo: Grace Jones

Hayden Kinnear and Dylan Thomas coming off from a jump at the Albany Motorcycle Club's Tri Series event on Sunday.



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