The 2018/19 Albany Basketball Association season got underway this week at Albany Leisure and Aquatic Centre. Magpies’ Margie Jones faces Panthers’ tall timber in the opening Women’s A-grade match on Tuesday.

Chris Thomson
ALBANY, Denmark and Plantagenet are collaborating to secure a State bushfire centre of excellence for the Lower Great Southern amid hot competition and condemnation by Opposition MPs that the selection process is “shambolic” and biased toward Perth.

After hearing about a request for proposals process for the centre from Denmark CEO Bill Parker this week and in the organisation’s City of Albany and the Shire of Plantagenet had lined up.

He, Plantagenet CEO Rob Stewart and Albany’s development services director Paul Camins said they had no complaints about the State’s selection process.

But they all said the four weeks given by the Department of Fire and Emergency Services to lodge submissions was “short notice”.

After it was revealed here that a submission process had been activated (‘Fire centre boost’, 27 September), Nationals emergency services spokesman Colin de Grussa dubbed the process “shambolic”.

He lamented that local governments had just a month to prepare submissions and there had been no official statement.

South West Liberal MLC Steve Thomas, who has done more than any other MP to see the centre gets located in either the Great Southern or Southwest, was just as candid.

After The Weekender on October 10 alerted him to a formal statement issued by DFES that day, he asked Emergency Services Minister Fran Logan in Parliament if the Government had tried to minimise awareness to reduce the chances of regional areas applying.

In the shortest possible response, Mr Logan answered: “No”.

Before that, Mr Logan confirmed that no media statement had been released to signal the opening of the process.

He said all eligible local governments had been advised to tender to the WA Local Government Association, and advertisements placed in a metropolitan newspaper on September 29 and October 3.

WALGA President Lynne Craigie confirmed on September 29 that the CEO of all local governments in the South West Local Division.

Both Mr Stewart and Mr Camins said they had learned of the process from WALGA.

The Weekender asked Mr Logan’s office why DFES used WALGA as an intermediary, and was referred to Department media officials who failed to meet our deadline.

Mr Thomas said WALGA was an important group, but not a government organisation.

“To suggest that WALGA is the distribution point is a complete abrogation of government responsibility,” he said.

“In September when the process went up, that was a major Government policy and that should have been a major Government media statement followed up by a major DFES statement.

“This needs to be a truly open and competitive process.”

More on Page 2.
Centre process ‘shambling’

Moss in March

‘No plans for demolition’

‘Lights pull crowd’

Nats to run in Albany

KINGS PARK NEW RELEASE
Rare heritage grevillea

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ALBAN Y SENI OR HI GH SCHO...
Lake skilling endorsed

CHRIS THOMSON

TREATMENT of water skiing in Albany’s Lake Mulloolup remained in doubt yesterday as a zoning eye-witness, comment and consultation appeal deadline passed to be told pending further consultation.

For 35 years, until 2015 when the Lake stopped making a主流 eye-witness skiers glanced across the lake’s surface, as an Albany official acknowledged it was illegal.

The lake at Wattle Grove, is small and tranquil but has for this year has through 2018 opened several times for water skiing within the council’s walls of Albany’s council chambers.

The nine-councillor vote was influential, with Brookside Ward’s Ted Perry and his Wattle Grove colleague Anthony Mostyn voting against it.

A City document seen by The Weekender a year ago said the year had tens of thousands of skiers hoping to enjoy the lake, which is known as a “living fossil”.

Putting a degree in mechanical engineering, Mr Mostyn said the Busselton board would have run for 10 years, even to break the national population levels at Lake Mulloolup.

“The conditions of Lake Mulloolup continue to be used regularly by Noongar people for cultural and spiritual activities including the collection of bush-foods and medicinal plants, and for environmental teaching and conservation,” said the council report.

Mr Perry said the city’s attempt to progress with the opening of a new water-skiing training and education facility had been in the works for two years.

“Maybe they got it wrong,” Cr Robert Sutton, who was chairing the meeting, to widespread applause from several members of the council.

Mr Perry, the Greens W A MLC for South West, is expected to be one of the speakers supporting this week’s threat to change the lake’s approved, traditional use as a “living fossil, destroys, excavates, destroys and destroys, destroys and destroys”.

Lake Mulloolup, he said, was Noongar’s cultural and spiritual site and the council would be told to proceed with gazetting the area as an Aboriginal heritage site.

After council officials conceded this had not been done.

The figures were up from 343 to 379, to 387, to 397 and to 407 in the past five financial years.

Mr Naughton said building agreements were up to the point included the sale of health and non-clinical support services, a new state-of-the-art, emergency department and a new outpatient and primary care facility.

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‘Lost’ play returns

CHRIS THOMSON

A DREAMTERT Australian play has opened in Sydney in time for the play's creators to enjoy a ‘lost’ stage production of their last Australian play together.

Like late playwright David Williamson, Colmer shares some history with the year of Yarralumla.

“Being seemingly an in- dispensable playwright, the production probably gives that side of things, all the language and its influence on the community. In Sydney” she says.

“There’s only been a few times with the first production done in 1990 and it is based on the true story of one of Jack Davis’s characters. Uncle Boodjar is the first of the series of Uncle characters.”

“I think the story just needed to be told to allow the community to help with the process of a play.”

There’s a story that’s been passed on to the play but many other Indigenous soldiers who remained home from the war, so one of them needed to get out and talk to the Elders and get their stories.

“We had Amyth Ellis Woods and Uncle Herbie Paddome in, because that father was an elder.”

Colmer said Mike Woods, who is Uncle Boodjar, will never forget his ‘home’ and will be a part of the production.

“The play is great and is about Indigenous soldiers, there were many that went away to fight and came back, but some didn’t, that’s why it’s called this project,” she says.

“The play went on to tell the stories of how they came home, many had relationships with each other, and the play is really about the family, the relationships that were formed.”

Colmer says patrons are rapt to be playing their part in bringing back this ‘lost’ stage production of a major theatre production.

“There’s still a lot of work that needs to be done to educate the community on what’s been done and what needs to be done to get some of the stories out there.”

“More of the stories need to be told to be able to educate the community, and to share the stories of what’s been done.”

The event was organised by Member for O’Connor Rick Wilson and Member for Burt Matt Keogh.

Mr Wilson said the event is a strategic aim of the Parliamentary Friends of Aboriginal and Torres Strait Islander Affairs.

“Co-Chair of the Parliamentary Friends of Aboriginal and Torres Strait Islander Affairs, I believe we can play an important role in making sure our producers, tourism and business as- sociations are part of front of an international audience,” he said.

“The Parliament House chef has prepared WAMMCO Kangaroo lunch as an example of the benefits which could result from tourism.”

City of Albany Mayor Dennis Wellington and CEO Andrew Sayle also attended the event on behalf of Amazing South Coast.
Seasonal success

PROCEEDS raised from next month’s Torbay Market will contribute to a fresh lick of paint for the historic Torbay Hall to aid its preservation.

The November 4 market is the second of two annual markets held by the Torbay Agricultural Community Hall Committee and will run from 9am to 1pm at the Hunwick South Road location.

Committee President Rosemary King said the May market attracted just over 50 stalls and gave the committee the chance to fund five new windows for the 106-year-old hall.

She said she is expecting a similar turnout for next month’s event and funds raised will contribute to the $12,000 bill for the hall to be painted internally and externally by professional painters, as well as to erect a fence around the hall.

“We want to change the colour of the hall to make it more suited to the bushland,” Ms King said.

“So, it will be a more brown-grey colour from a bushland colour palette.”

Ms King said the November market will feature stalls of bric-a-brac, hand-made cards, plants, fruit and vegetables, toys, crafts and woodwork.

She said Devonshire teas will also be available and a barbecue will be fired up all day providing breakfast rolls, hot dogs and barbequed Torbay asparagus.

If you are interested in booking a stall, contact Sally Pell on 0419 091 049.

– Ashleigh Fielding

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**Letters to the editor**

RE: Defence

EVERY Saturday, for almost a year, a small group of Alpine residents has held a one-hour vigil outside the Australian Federal Police building in Canberra, seeking reunions for asylum seekers who have been forcibly removed to Nauru and Manus Island.

Over the past year, this group has witnessed a number of disturbing developments in the asylum seeker crisis.

This Saturday, the group is planning to hold a vigil outside the Prime Minister’s office in Parliament House, seeking reunions for people who are stuck in detention centres on Nauru and Manus Island.

The vigil will coincide with the release of a report by the Australian Human Rights Commission, which finds that the government’s policies towards asylum seekers are likely to cause severe harm to their mental and physical health.

The group is also calling for an end to the government’s policy of providing funding to detention centres, which it says is causing people to suffer.

---

**Highway upgrade**

A TREACHEROUS 11-kilo- metre stretch of Albany High Way is to be resurfaced as part of a $3.5 million project.

A spokesperson for the Department of Transport said the upgrade was necessary to improve safety on the road, which has a history of accidents.

‘‘This section of the highway has been identified as having a high risk of accidents,’’ the spokesperson said.

The upgrade will include the installation of rumble strips, the construction of a new central reservation and the installation of traffic signals.

The project is expected to be completed by the end of the year.

---

**Message not lost on youth**

The Weekender in conjunction with Palmerston has been running a series of articles highlighting the effects of alcohol advertising on young people.

This week, Dr Matthew Coleman, Psychiatry Clinical associate of the Rural Clinical School of WA, continues his series with a look at the effects of alcohol advertising on our youth.

‘‘Alcohol advertising is a complex issue, and one that is often not given the attention it deserves,’’ Dr Coleman said.

‘‘It is important to remember that young people are particularly vulnerable to the effects of alcohol advertising, as it can influence their decisions about drinking and their perceptions of alcohol.’’

Dr Coleman advises parents and guardians to be aware of the effects of alcohol advertising on young people, and to talk to their children about the risks associated with drinking.

---

**Mt Barker Community Garden invites you to the Plastic-Free Pop-Up Party**

Saturday 20th October 11am – 4pm

Mt Barker Community College

Saturday 20th October 11am - 4pm

Details: Join us for a plastic-free pop-up event! We’ll be running workshops showing how you can upcycle old milk bottles and other recyclable plastics to make new items such as chopping boards and artworks, demonstrate plastic-free gardening and more.

FREE!

These workshops are suitable for all ages.

Contact: MBCG on 0400645232 for further details

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**Dr Coleman**

Psychiatry Clinical Association of the Rural Clinical School of WA

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Mt Barker Community College
Wedding planners’ paradise

COUPLES planning their perfect day and ladies dreaming of their ultimate white wedding strollled through the gardens of Elliot House on Sunday for the inaugural Wedding and Event Gala Day.

Vendors ranging from the all-important sweet treats to spray tanners and photographers displayed their wares for the day.

Among the favourite stands was the delectable spread of bite-sized cakes and pavlovas crafted by Kooka’s Catering.

Guests also took the opportunity to tour the facilities, the room and the bridal suite at Elliot House.

Zoe Masters with the wedding dress she hand-crocheted for more than 300 hours for her daughter’s wedding.

Kate Batchelor, Peta Batchelor, Janine Nicholson and Monique Nicholson.

Frankie Thompson (6) and Sarah Thompson.

Elliot House’s Imdah Mirdiyanto (5), Jess O’Dell, Harrison Delmas (10 months) and Ash Delmas.

Great Southern Limousines’ Terry Nostrini.

Zoe Masters with the wedding dress she hand-crocheted for more than 300 hours for her daughter’s wedding.

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Great Southern Limousines’ Terry Nostrini.
TRADER IN PROFILE

Acorn Trees & Stumps

Acorn Trees & Stumps has been operating in Albany and surrounding areas for the past nine years. It’s a family business, with Ron Taylor’s youngest son Mark (studying for his Certificate II in Arboriculture) getting ready to take over. Ron’s two other sons are also in the horticulture business, working at the Geraldton Surf Life Saving Service and Glen with South-west Tree Service in Augusta.

Acorn Trees & Stumps will do most jobs where trees are involved – removal, thinning, power-line clearance and stump-grinding. Acorn has just purchased a 1906 Bandit chipper with a 213hp motor to make the job more efficient.

They have excellent machines and equipment, and the necessary tickets and insurances to make the job run safely and smoothly. For a free quote ring Ron on 0428 417 393.

Dance from the depths

THE audience left the Albany Entertainment Centre on Saturday night rapturously to think about following the première performance of Kwongkan.

Dancers from Ochre Contemporary Dance Company and Daksha Sheth Dance combined traditional and contemporary Indigenous and Indian dance to explore the issue of pollution through the eyes of deities investigating how cultures can coexist.

Western Australian Noongar dance and actor Ian Wilkes and Indian siblings Freya Joy, Lachie McSevich and Molly Rutter.

All this to welcome and entertain. Chatting, singing and even dancing. They will mingle with the crowd, enjoying too with face painting, pony rides and craft activities. The Wattle and Banksia Fairies will also put in an appearance.

It will be an exciting finale to the Bloom Festival 2018 making it an experience to remember. Don’t bloomin’ miss it.

Bye bye bloomin’ bye bye!

THE 2018 Bloom Festival has surpassed all expectations with several hundred of events and visitor numbers through the region or far this year. There’s no doubt about it, it has been a bloomin’ success.

But as all good things come to an end, the Bloom Festival event is drawing to a close. Managed by the Shire of Albany, it is a celebration of the Great Southern, with support from the State of Western Australia. Nothing, it will be held in Sanderson Street, Pingrup on Saturday 20 October, starting at 11am.

Accounting for 100s of activities that all the family can enjoy includes plenty of entertainment, as well as plenty of exhibits, displays, which are just a street away and offer a wonderful background to the event. The stall holders will be based at the Pingrup Hall, and all other activities are involved – removal, trimming, power-line clearance and stump-grinding.

The spectacular painted Pingrup silos offer a wonderful background to the event.

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Car horn honk is safe

CHRIS THOMSON

A SOLICITOR has emerged from the pack to ask somebody to tone it down.

Mr Julian Schofield, 37, is a solicitor based in Denmark.

Mr Schofield has received his first complaint in 10 years about the loud honking of car horns.

Mr Schofield said his firm had received a complaint from a Denmark resident about a car horn in the area.

A recent documentary on car horn honking has led to increased awareness of the issue.

Mr Schofield said the horn honking incident was not uncommon in the area.

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Katanning Show

Sustainability a must for this street

The Katanning Show is aiming to improve environmental practices in the town. “It’s an opportunity for locals to come together and promote environmental awareness in a fun and engaging way,” said organizer Brenda Hawryluck.

Katanning Show

Parade of pets a family favourite

For the third year running, the Katanning Show has hosted a Parade of Pets, with the aim of promoting recycling and environmental awareness.

Katanning Show

Shearing event a highlight

The Katanning Show’s shearing event is a must-see for visitors. Spectators can watch as shearing artists demonstrate their skills, while others can take part in the event and learn about the process themselves.

Katanning Show

Dog jumps a crowd pleaser

Dog owners are invited to enter their furry friends in the Dog Jumps competition, which is sure to delight spectators and engage the audience.

Katanning Show

Upcycled fashion to inspire

The Upcycled Fashion category is back for the third year, offering a unique opportunity for participants to create sustainable fashion pieces using recycled materials.

Katanning Show

Dodge cars on big track

The Dodge Cars on Big Track event is a popular attraction at the Katanning Show. Spectators can watch as participants race their cars around the track, testing their skills and the cars’ capabilities.

Katanning Show

Parade of pets a family favourite

The Katanning Show’s Parade of Pets is a popular event, with participants bringing along their pets to showcase them and promote environmental awareness.

Katanning Show

Shearing event a highlight

Participants at the Katanning Show’s shearing event can experience the art of shearing while learning about the history and culture of the wool industry.

Katanning Show

Dog jumps a crowd pleaser

The Dog Jumps competition at the Katanning Show is a must-see for dog lovers, with participants competing to see who can jump the highest.

Katanning Show

Upcycled fashion to inspire

The Upcycled Fashion category at the Katanning Show provides a platform for participants to showcase their creativity and skills in creating sustainable fashion pieces.

Katanning Show

Dodge cars on big track

Speculators can test their skills and the cars’ capabilities at the Dodge Cars on Big Track event, which is a popular attraction at the Katanning Show.

Katanning Show
**Building community spirit**

**Kojonup Show**

There will be no shortage of events to see and enter this year at the 117th Kojonup Agricultural Show, which is on this Saturday.

The organisers have a wonderful plan to ensure that there is something for everyone and interesting activities for all ages. As a result, the Kojonup Show has more events with prize totals than in the past.

For those getting up early, start the day at the shearing shed before heading over to the machinery display and the judging trails. Always a beautiful sight to see is the shepherds stomping in the horse race, which starts at 8am, and those with prizes totalising $500.

For a small fee, children can enjoy the fun and silly games round of kids out of the shed. All children are encouraged to take part in the dancing and bagpiping. There will be more displays and activities for all ages, starting with the baby display. There will be a program of events that will allow you to participate and support these wonderful activities.

Elders Kojonup have come in with a unique idea and are running a competition to see the most innovative use of 1200 Frem RBC (Red Blood Cell) bags. If you see an event that you think deserves a prize, be sure to grab a program of events. You can plan your day from beginning to end by ensuring you don’t miss your area of interest.

Participants and spectators who were once again enjoying the wonderful Kojonup Show are further equestrian activities. There are hundreds of animals being shown and all are being judged. There is also a program of events that will allow you to participate and support these wonderful activities.

There will be an announcement at the event on the main bandstand, and if you want to be part of it, you will be looking at all the animals being shown and all are being judged. There is also a program of events that will allow you to participate and support these wonderful activities.

A program of events that will allow you to participate and support these wonderful activities.

**Working side-by-side**

RICK Wilson has been the Member for O’Connor in Federal Parliament since 2013. He grew up just a stone’s throw from here and has been living in Katanning, since 1867.

He has been at the show in Kojonup for almost 25 years, where he began to understand the challenges of running a regional business.

If you consider yourself one of the fastest shearers, you too can be one of the fastest in the Kojonup Show. This event offers a first prize of $5000 and second prize of $1500.

For those that take a more traditional approach to shearing, the Apco Shearing Competition has a range of classes including novice, intermediate, senior, and open.

Ajax Shearing Competition coordinator Kent Stone is expecting up to 100 entrants for both competitions. Stone said the event usually attracts 150-160 entrants and is one of the most competitive events at the Act Belong Commit Kojonup Agricultural Show.

The competition is open to men and women of all ages. The event offers the chance to make it all possible.

**Cash prizes for shearing champions**

ONE of the most competitive events at the Act Belong Commit Kojonup Agricultural Show this year will be the shearing contests with thousands of dollars worth of prizes.

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**Carving out a cockatoo**

AN original artist will be back to entertain the crowd at the Kojonup Show this weekend. Artist Darrel Radcliffe will be carving out a cockatoo for the 2018 Kojonup Show. The Kojonup Show has a history of featuring local artists.

If you’re thinking of bringing a black cockatoo, which is about 28 inches tall, you need to be familiar with it first. Then you will have to see if the cockatoo is too big for the auction area for the cockatoo.

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**Support the sponsors**

When you see the names listed on posters and around the show, be sure to let them know you are grateful for their support. Thank you to all our wonderful sponsors for making it all possible.

SIMPLY put, there can be no show without the support from the community, local businesses, and the community. We appreciate being able to support the show and make it all possible.

All this year’s events were under the theme Champions of our Community, Champions of Our Region. There are local heroes, legends, and champions as well as diverse groups. As well as diverse groups.

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SOME of the key points that immediately spring to mind with this outstanding Albany property are the splendid harbour, windfarm, city and range views, elevated position opposite a reserve, the location, just 300m from downtown York Street, and the flexible floorplan ideal for a B&B or big or extended family.

It offers a fabulous lifestyle and potential to earn a supplementary income from the many tourists and corporate travellers who frequent our beautiful city.

Smart planning has resulted in a customised two-level contemporary six bedroom, two bathroom home with self-contained living, cantilevered decks and dramatic vistas on both levels, and the chance of a great glimpse of the New Year’s Eve fireworks on the foreshore.

Enjoy the relaxed ambience downstairs with front foyer to a separate spacious open plan living, dining and kitchen zone with jarrah floors and high ceilings. This level also has two quality bedrooms, stairwell storage and a trendy bathroom, open laundry, ample general storage, big double, lined garage with workshop space, two toilets and vestibule or activity zone to the enclosable alfresco and landscaped low-upkeep 444sqm lot.

Upstairs are four good-sized bedrooms, including one extra-spacious north-facing, which would make a superb home business office, activity zone or teenage retreat.

Beyond are a powder room, main in-vogue bathroom and light open lounge, kitchen, dining and kitchen zone with deck access.

Other features include underfloor heating in the bathroom, sound proofing qualities, aggregate driveway and pathways, sheds and rainwater tank.

A fantastic lifestyle choice well worth exploring.

For more information please contact Lindy Burton on 0416 079 031 or attend the home open on Sunday, October 21 at 12.30pm.

Sun Princess
Southeast Asia
Grand Adventure
Fremantle to Fremantle
26 Day cruise

From $4,239.00pp*
Incl. $75 On-board credit per cabin

Book this from
423,900* Membership Reward Points
* Conditions Apply

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As one of our many satisfied clients and allow us to take care of your settlement needs for any property in WA.

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

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Jess Adams 0410 631 335  JessAdams@atrealty.com.au

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* Quicker Results
* Brilliant Service
* Free Appraisals
* Ultimate Market Exposure
* State-of-the-art digital technology
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Call us now

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Nominate Davynka & Melissa at Moss Conveyancing as your Settlement Agent

f: 9841 3533  |  e: dgm@mossconveyancing.com.au  |  t: 9841 2144

27 Sanford Road   Opposite Post Office

For all sales enquiries please contact

Phone: 9841 1455  Darren Leslie 0414 888 244
Main Office: 197 York Street, Albany  Branch Office: 236 York Street, Albany

albanyproperty.biz

For a limited time only, purchase any new release block in Clydesdale Park Estate and receive a BONUS $3000 of Visa gift cards at settlement.*

*CONDITIONS APPLY

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*CONDITIONS APPLY
The future lies at Bayonet Head - one of Albany’s fastest growing residential areas. Join Woolworths, BWS Liquor, Terry White Chemmart, newsXpress and Chee Chee salon in a modern closed mall centre with fabulous facilities and parking.

Relocation and first start-up businesses are welcome - generous terms available. We are looking for a Bakery, Cafe, Pizza, Kebab, Fish and Chips, Beautician, Hairdresser, Medical Consultancy and Health Services.

For all enquiries please contact:

Tim Simon: 0457 926 005
Wellington & Reeves Albany
E: tim@albanyproperty.biz

Bruce Porter: 9470 9700
Porter Commercial
E: bporter@portercommercial.com.au

albanyproperty.biz
**Wellington & Reeves**

**RURAL SALES & LIFESTYLE LAND SALES**

<table>
<thead>
<tr>
<th>Property Details</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>152 Mountain Road, Barrooga</td>
<td></td>
</tr>
<tr>
<td>HIDDEN TREASURE</td>
<td></td>
</tr>
<tr>
<td>- Two bedroom delightful cottage</td>
<td></td>
</tr>
<tr>
<td>- Beautifully renovated throughout</td>
<td></td>
</tr>
<tr>
<td>- Situated two hours' drive from the city centre</td>
<td></td>
</tr>
<tr>
<td>- Close to beaches, fishing, surfing and the river.</td>
<td></td>
</tr>
<tr>
<td>Shayan 0439 401 515</td>
<td>$250,000</td>
</tr>
</tbody>
</table>

<table>
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<tr>
<th>Property Details</th>
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</tr>
</thead>
<tbody>
<tr>
<td>254 Tidywup Road, Narrikup</td>
<td></td>
</tr>
<tr>
<td>“WILLOW MANOR”</td>
<td></td>
</tr>
<tr>
<td>- Acreage Lot of 5 acres, 100m frontage</td>
<td></td>
</tr>
<tr>
<td>- Fully renovated, modern home with spa</td>
<td></td>
</tr>
<tr>
<td>- Situated two hours’ drive from the city centre</td>
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**New Listing**

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<tbody>
<tr>
<td>5 Sydney Street, Yarloop</td>
<td></td>
</tr>
<tr>
<td>PRIME YAKIMA</td>
<td></td>
</tr>
<tr>
<td>- Flat 3 lots in private subdivision</td>
<td></td>
</tr>
<tr>
<td>- Fully serviced, main street frontage &amp; garage</td>
<td></td>
</tr>
<tr>
<td>- Elevated, titles are issued &amp; ready to build on</td>
<td></td>
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<td>30A Sydney Street, Yarloop</td>
<td></td>
</tr>
<tr>
<td>SHELL BAY DREAMING</td>
<td></td>
</tr>
<tr>
<td>- Only 3 lots in unique subdivision</td>
<td></td>
</tr>
<tr>
<td>- Serviced lots, in bayside lifestyle estate</td>
<td></td>
</tr>
<tr>
<td>- Close to beaches, shops and school</td>
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<td></td>
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</tr>
</tbody>
</table>
Exclusive new listings from the Ray White “York Street” office

28 Flemington Street
- 3-4 bed home on 414m2 with big kitchen and separate dining
- Large deck, big views
- Tingirahe
- View: Saturday 10.00-10.30
- Sale: $359,000
- Rita McLean 0427 423 200 / 9841 0207

28 Deloraine Drive
- New family home is a certainty one that ticks all the boxes - solar panels, huge living spaces, study area, live life 4 beds, all with BIRs, a study, high cathedral ceilings in the living area, a lot of natural light, all this on over 2000m2 in Warrenup.
- View: Saturday and Sunday 12.30-1.00
- Sale: $420,000
- Rita McLean 0418 422 266 / 9841 0208

30 909m2 block. There’s potential here! (SP962)
- 5 bed, 2 bath home with 2 lounges & 2 kitchens. Modern, spacious design with modern décor. 2wp living areas. Plenty of options for living with parents or teens.
- View: Saturday 12.00-12.30
- Sale: $355,000
- Rita McLean 0409 883 177 / 9841 0207

2.00-2.30 12 Whidby Street Orana From $359,000 4x2 1298m2 Rita McLean 0427 423 200 / 9841 0207

21 Ethereal Drive McKail
- New one with a built-in Miele coffee machine, an integrated fridge freezer, a built-in convection microwave, a vacuum outlet to upkeep it! No expense has been spared in this new build, from the patios or steel gardening on the 10x15m lot. (OD536)
- Sale: $329,000
- Rita McLean 0409 225 500 / 9841 0208

58 Mueller Street
- This well located block is ready to build on & is an exciting option for those who wish to live in a lovely community, relax on the patio or start gardening on this 912m2 lot. (DB506)
- View: Saturday 10.00-10.30
- Sale: $325,000
- Rita McLean 0409 883 177 / 9841 0207

98 Mueller Street
- As-new condition with a lovely design to suit a family in confidently, the master bed is big enough for a king sized bed, the kitchen will keep any cook happy with lots over widths & 6 over and built in oven & large fridge.
- View: Saturday 2.00-2.30
- Sale: $329,000
- Rita McLean 0409 225 500 / 9841 0208

2.00-2.30 3 Gifford Street Lockyer $315,000 3x1 603m2 Rita McLean 0427 423 200 / 9841 0207

487 Lower King Road
- Big brick, with fully fenced, split system
- Easy care native gardens providing privacy
- Semi-ensuite, second toilet
- Hues, huge garage / mezz / 30sqm block
- View: Saturday 11.00-11.30
- Sale: $475,000
- Linda Knight 0409 106 064 / 9841 0211

909m2 block. There’s potential here! (SP962)
- 5 bed, 2 bath home with 2 lounges & 2 kitchens. Modern, spacious design with modern décor. 2wp living areas. Plenty of options for living with parents or teens.
- View: Saturday 12.00-12.30
- Sale: $355,000
- Rita McLean 0409 883 177 / 9841 0207

9.00-9.30 242 226 York Street Albany 5340 $499,000 4x2 792m2 Linda Knight 0427 423 200 / 9841 0207

THE ORIGINAL & THE BEST – RAY WHITE ALBANY

THE WEEKENDER
Reduced
New Listing

94 Middling Road
Sitting on 1,020m² just a short walk to Middling Beach, this 4+2 home offers options to run downstairs unit to share with family or rent it out as a large guest/family entertaining area. Upper level has 4 large bedrooms, main bedroom is a retreat & a cook’s delight. Price: $1,050,000 ($995,000)

View: Saturday 2.30-3.30
Sale: $950,000
Rita McLean (0427 422 266 / 9841 0220)

55 Scorpio Drive
Hot with gorgeous rooms, theatre, open plan living with quality kitchen & luxurious outdoor living area. The covered pool area was recently renovated. Price: $620,000

View: Saturday 10.30-11.30
Sale: Offers above $529,000
Rita McLean (0427 422 266 / 9841 0220)

Pristine investment
Stunning, neat & level, the practical home has options. Currently set out as 2 beds, with a formal sitting & 2 long areas that could easily convert to a 3 bed home. Studio/home room. Designer kitchen, quality new appliances, new tiled floors, dishwasher, makeup vanity, spacious living & a 6m x 2.6m pergola. Price: $670,000 ($650,000)

Sale: $650,000
Graham Walker (0427 423 200 / 9841 0211)

Rita McLean
Sale: $589,000

351m² block. Be the first to live here! (CP050)

Hear the crashing of the waves 14 Berliner Street
160 Grey Street West
Popular, quiet location
• Quality 2006 built 5 bed home & garden
• Five plus high ceilings, quality old age
• 2/2 road access, established yards, quiet location
• Powerpoint TV, solar power, close to schools, TAFE & shops & doctors (M044)

Sale: Offers from $775,000
Greg Lustoe (0477 649 193 / 9841 0205)

1 Hugel Place
• 5 good sized bedrooms with built ins
• Large semi-enclosed/pool for outdoor living
• 892m² block close to schools, shops and more
• Large games room for the kids

View: Saturday 11.45-12.15
Sale: Offers above $329,000
Rita McLean (0427 422 266 / 9841 0220)

Secure, convenient & affordable!
• 3 bedrooms, one good size bathroom
• Sunny patio area on a secure 530m² block
• Brick & tile 1960 build
• Close to shops, schools & TAFE (T070)

Sale: $350,000 - $389,000
Holly Harrington (0410 410 006 / 9841 0211)

48 Seymour Street
• Lovely roomy open-plan with 3rd long Sears
• All beds are generous in size with BIRs
• Separate TV/lounge area/ wide entrance
• 3 beds and 1 bath/rooms, easy-cos, dible garage

View: Saturday 4.10-4.30
Sale: $334,000
Joe Trichilo (0429 370 670 / 9841 0227)

Very popular complex
Currently this is the only unit available for sale in this very popular, gated complex, within walking distance to CBD, 3 bedrooms, 1 large bathroom & 2 toilets (M007)

Sale: $386,000
Joe Trichilo (0429 370 670 / 9841 0227)

150 Grey Street West
All the charm of yesteryear – lead lights, picture rails, decorative cornices, high ceilings & polished timber floors plus under floor heating. Spacious halls, large bedrooms, wonderful, landscaped gardens & easy rear lane access to garage.

View: Saturday 10.30-11.30
Sale: Offers above $660,000
Rita McLean (0427 422 266 / 9841 0220)

11 Verdi Street
• All outside that can be subdivided for future (approved)
• Car can be rented as short term $180 Comms finished & ready
• Character features with large beds & inbuilt bath
• And renovated kitchen area – 629m² in Albany

View: Sunday 1.00-1.30
Sale: $475,000
Deb La Rosa (0419 206 949 / 9841 0205)

Stunning ocean views
• Brick & tile 3 bedroom, on a private 1323m² rear block
• 4 beds, 2 bath, 3 WCs, air-con
• Alfresco kitchen, family dining
• Gas HWS & solar HWS with booster
• Garage for 4 vehicles (M005)

Sale: $550,000
Graham Walker (0427 423 200 / 9841 0211)

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• Gas HWS & solar HWS with booster
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Sale: From $329,000
Holly Harrington (0410 410 006 / 9841 0211)

Ray White Albany | 225 York Street Albany | T 9841 2323 | W raywhitealbany.com.au

THE ORIGINAL & THE BEST – RAY WHITE ALBANY

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The Weekender, October 18, 2018

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• Gas HWS & solar HWS with booster
• Garage for 4 vehicles (M005)

Sale: From $329,000
Holly Harrington (0410 410 006 / 9841 0211)
26 Coogee Street

Reduced

Ray White Albany

Saturday 11.30-12.00

0408 264 309 / 9841 0206

The Weekender, October 18, 2018

Opportunity is calling you

Huge house on 2ha

Sale: $449,000

Greg Loxton

9841 2255

raywhitealbany.com.au

Future development approval

Sale: $1,050,000

Graham Warner

0402 422 286 / 9441 0201

11 Monroe Court

Opportunity to get the ideal property you have always

Future development approval

View: Sunday 1:00-3:30

S sehr: $450,000

Kim McCann

0402 455 200 / 9441 0207

THE ORIGINAL & THE BEST – RAY WHITE ALBANY

THE ORIGINAL & THE BEST – RAY WHITE ALBANY

S sehr: $320,000

Ray McCann

0402 422 200 / 9441 0207

Opportunity to get the ideal property you have always

1012m2. There is a dbl lock-up gge plus a

Opportunity to get the ideal property you have always

View: Sunday 1:00-3:30

S sehr: $450,000

Kim McCann

0402 455 200 / 9441 0207

Opportunity to get the ideal property you have always

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Opportunity to get the ideal property you have always

View: Sunday 1:00-3:30

S sehr: $450,000

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S sehr: $450,000

Kim McCann

0402 455 200 / 9441 0207
Linda Knight  
Sale: Offers from $349,000  
• Double block of 2230m² (OD537)  
• Alfresco entertaining area  
• Open-plan, spacious living areas  
• 3 bedroom, 1 bathroom  
Neat & tidy renovated cottage near shopping, schools, park & more. Ample gated, paved parking. Residents' tennis court.

Rick Jackson  
Sale: $290,000  
• 3 bedroom, 1 bathroom  
• Great side access to the block  
• No so many different options – view by agent only (OD986)  
• So many different options – view by agent only (OD986)

Deb La Rosa  
Sale: $498,000  
• Verandahs & patio, 3 bay shed, established orchard  
• Stunning 4 bed, 2 bath home with dbl gge  
• Massive scope for the tourism industry (COM251)  
• Planning completed for 20 holiday accom units  
• Established restaurant/café  
• 122yr old historic old telegraph station (1896)

Joe Trichilo  
Sale: $450,000  
• 3x2 main house + 3x1 granny flat  
• Huge 2983m² block  
• So many different options – view by agent only (G288)  
• Great side access to the block  
• Great side access to the block  
• Great side access to the block

Rita McLean  
Sale: Expressions of Interest  
• 3x2 home plus an additional carport. Close to city and ideal access to the boat jetty on The Esplanade. Wide frontage of 23m, perfect for access to sheds etc. The relatively flat land is ideal for a home or business. The zoned light industry, an opportunity exists to relocate your business! Start a new business!  
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Graham  
Sale: From $549,000  
• 4x2 5.94ha  
• 1.97ha Land  
• 4x3 21ha  
• 280,000 Land

Jackie Cowley  
Sale: $715,000  
• 3x1½ 1x1

Ray White Albany  
Sale: $575,000  
• View: Saturday 11.30-12.00 & Sunday 12.00-1.30

Ray White Rural Albany  
Auction  
In Room (If Not Sold Prior)  
26 October 2018 at 2.00pm at Ray White Rural Albany 96 Lockyer Avenue, Albany 6330  
Ray White Rural Albany  
View: Friday 1.30-2.00pm & Saturday 12.30-1.00pm

THE ORIGINAL & THE BEST – RAY WHITE ALBANY

2 O’Keefe Parade  
Privately set, spacious block. 2 bath open-plan living plus residence near shopping, schools, park & more. Ample gated, paved parking. Beautiful surrounding.  
View: Saturday 11.45-12.15 & Sunday 12.00-12.30  
Sale: $330,000

Neat & tidy renovated cottage  
• Double block of 2200m²  
Sale: $390,000  
Deb La Rosa (0409 236 094 | 9841 0209)

Rural / Lifestyle Properties

Upmarket beach home  
The best life is in the backyard! Own your own beach home by purchasing this unique property, with stunning ocean views, that's to be seen to be fully appreciated. A home away from Albany – you can feel like you’re in Broome, but better!  
Sale: $493,000  
Jackie Cowley (0408 370 676 | 9841 0227)

Just a great property!  
The best life is in the backyard! Own your own beach home by purchasing this unique property, with stunning ocean views, that's to be seen to be fully appreciated. A home away from Albany – you can feel like you’re in Broome, but better!  
Sale: $485,000  
Rita McLean (0407 433 200 | 9841 0207)

Change of scenery  
• Selling is the best way home with old gge  
• 2x2 home with 2 air-cons plus fans  
• Country-style kitchen, big bay windows  
• View: 9th June 2018  
Sale: $485,000  
Deb La Rosa (0409 236 094 | 9841 0209)

Bremer Bay Telegraph Station  
3x2 home with fantastic ocean views.  
Sale: $1,250,000  
3x2 8.7ha

Sea, Surf & Sand  
It’s a very comfortable 2 bedroom, 1 ½ bathroom home in sought-after Middleton Beach with not only panoramic views, but so close it’s an easy walk to the beach. This home has been upgraded and offers bonus games room, garage and workshop on lower level. Don’t be left wondering.

1.27ha & 1.29ha Graham  
Sale: $675,000ea

3x1½ x1

58 Wylie Crescent, Middleton Beach  
Sale

3x1½ x1

Sea, Surf & Sand  
It’s a very comfortable 2 bedroom, 1 ½ bathroom home in sought-after Middleton Beach with not only panoramic views, but so close it’s an easy walk to the beach. This home has been upgraded and offers bonus games room, garage and workshop on lower level. Don’t be left wondering.

Auction

3x1½ x1

58 Wylie Crescent, Middleton Beach  
Sale

3x1½ x1
SMARter DESIGN begins with us.

LUXAFLEX® Window Fashions Galleries offer the largest selection of quality blinds, awnings and shutters available. Constructed from the highest quality materials and to the most stringent standards, they’re designed to keep on performing. Our experienced team are on hand to provide personalised product and design advice to provide a solution that suits your needs. Visit our showroom and experience the full range on display, the stunning array of fabrics, finishes, colours, styles and operating systems available. We also offer an in-home consultation to finalise your selection.

Visit our Luxaflex Gallery today, and experience why smarter design begins with us!

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Call 98 422 611
albany.luxaflex.com.au

ALBANY
CURTAIN CENTRE

I'M TOO SCARED

I'M TOO YOUNG

I'M TOO BROKE

A POSITIVE TEST DOESN'T NEED TO BE A NEGATIVE.

Did you know that around half of all pregnancies are unplanned?
You're not alone. We're here when you need support and encouragement.
Plus, all our services are free.

Visit pregnancymatters.org.au

Pregnancy Matters

Call: 9842 1572 | Text: 0437 211 717
292 Middleton Road, Albany, WA, 6330

ALBANY'S Custom Home Specialist
Custom Homes at an Affordable Price

Before you decide on a builder, please consider taking the time to have an obligation-free chat with us about your home ideas!

Our in-house designer Steve McCarthy will be there all weekend to answer any questions you may have.

20 Ballindean Avenue, Oyster Harbour Estate
Display Home Opening Times
Sat & Sun 1pm – 5pm
Mon & Wed 1pm – 4pm
(or anytime by appointment)

OPEN THIS WEEKEND

(with a little help from us)

"For a home as unique as you" - Matt Pocock
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www.pocockbuilding.com.au

P: 0413 106 403
Office: 08 9841 2562
Fax: 08 9842 2590
Unit F/42 Sanford Rd, Albany
Mount Barker 340 Ward Road
Owner Says SELL - Don’t Miss Out
For Sale by Open Negotiation, closing 23rd October.
If you are looking for a lifestyle property at exceptional value, look no further. This owner is seriously motivated - contact Blair today to inspect. This peaceful twelve acres has Stirling Range views and a quality Ross Squire-built home completed in 2015 and only temporarily lived in since. Everything is pretty much new, leaving you free to get out and enjoy your glorious surrounds.

Torbay 468 Hunwick South Road
Incredible Value Lifestyle Option Close to Beach
Close to amazing beaches and backing on to a creekline and the Munda Biddi trail, this beauty is perfect for families with room for a few animals if desired. Kids will love the space, private woodlands, and adventures on offer on the beach and Torbay Inlet.

Kronkup 53 Migo Place
Glorious 10ac with Jaw-Dropping Views
An incredible home and acreage to bring up the kids, retire, or just enjoy the best life has to offer. Set high on Torbay Hill, this lovely home surrounded by lawns and gardens is set amid 10.8ac of bush and pasture, all taking in spectacular ocean views.

Good Interior Decorating Starts from the Floor Up at Choices Flooring by Albany Interiors
With the latest designs in carpet, timber, bamboo, laminate, luxury vinyl and rugs, we have the perfect flooring solution for every home and budget. Visit our showroom and let us help you find the floor you’ve been searching for.

Grief Support Group
Help and encouragement after the death of a spouse, child, family member, or friend. GriefShare is a special weekly seminar and support group designed to help you rebuild your life after losing a loved one. Our group is led by caring people who have experienced grief and want to help you through the difficult days ahead.

Contact Us Today
Tuesdays 7:30-9.30pm | August 28 - November 27 | Free Reformed Church, Albany
Contact: Kristen p: 9847 4217 | kkottelenberg@hotmail.com

The Weekender, October 18, 2018
## Residential

**albany.eldersrealestate.com.au**

<table>
<thead>
<tr>
<th>Location</th>
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<tbody>
<tr>
<td>Torbay</td>
<td>Lot 41 Albany Highway. Terrific Block In Torbay. Two dams and fully fenced. Good pasture and wooded area. Great views of the Strinings. Blair Scott 0459 024 026</td>
</tr>
<tr>
<td>Big Grove</td>
<td>Lot 3 Rainbow Blvd. Unique Bush Lifestyle Lot. Special attention to detail. Unobstructed views. Towns to get away. Approximately 10 mins to Albany CBD. Neels Delport 0450 451 401</td>
</tr>
<tr>
<td>Mount Melville</td>
<td>Lot 20 Feasting Street. Turn-of-the-Century Spectacular. Generous 1905 home. Retain condition. Lovely gardens, level access to home. Superb location, views over harbour. Blair Scott 0459 024 026</td>
</tr>
<tr>
<td>Lower King</td>
<td>55 Anchor Street. Everything You Could Want For Families. Sensational large house with barn and shed. Side access, room for big shed. Lovely, unique home, five beds &amp; big study. Very spacious but comp, great atmosphere. Wonderful location very close to Oyster Harbour and King River. Blair Scott 0459 024 026</td>
</tr>
<tr>
<td>Albany</td>
<td>143 Lotique Avenue. Avenue Lighting. Flourishing business w regular custom. In Home Centre for more foot traffic. Recent financials now available. Neels Delport 0450 451 401</td>
</tr>
<tr>
<td>Milpara</td>
<td>Milpara Industrial Estate Stage 2B. Choice of 7 Light Industrial Lots. Sizes from 1,294m² to 3,294m². Full Service, top of the range. Great location, fully serviced. Expressions of Interest. Blair Scott 0459 024 026</td>
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<td>Tenterden</td>
<td>Lot 90 Albany Highway. Terrific Block In Tenterden. Two dams and fully fenced. Good pasture and wooded area. Great views of the Strinings. Blair Scott 0459 024 026</td>
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<tr>
<td>Frankland River</td>
<td>Highly Versatile Residential Farming 930 Ha / 2337 Ac. Strong soil types, reliable rainfall, top water supplies. Runs sheep &amp; cattle, large areas sown cropping, near new fencing. 4 bed home, GF sheds &amp; 3 stand shearing shed, sheep &amp; cattle pens. On the market, could be sold separately subject to conditions. Blair Scott 0459 024 026</td>
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<td>Bow Bridge</td>
<td>Summer Food Block. 90ha / 220ac. High rainfall &amp; long growing seasons. Majority crossbred production summer flats. Pan sterilised grazing into the summer. Ideal add on or stand-alone black. Asking $475,000. David Troy 0427 466 756</td>
</tr>
<tr>
<td>Cranbrook</td>
<td>Ideal Add On or Starter. 123ha / 306ac. Situated close to Cranbrook. Mainly suited to grazing with some crop. Win of night temperatures. Priced to sell. David Troy 0427 466 756</td>
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## Rural

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## Elders Albany, 189 Chester Pass Road, Albany WA 6330

phone 08 9842 7900
Folk connection

SEBASTIAN COMMONS

For more than three decades, dynamic duo Chris Norman and David Greenberg have been fostering the beauty of folk tradition across the globe through their collaborative efforts.

The Weekender had the opportunity to speak with the motley crew from the folk and traditional music duo and find out how they have been able to explore their shared love of early music.

Chris Norman and David Greenberg are both originally from Canada. Norman grew up in Nova Scotia while Greenberg grew up in New York. Their shared love of early music connected them and a few months later released their first collaborative album "Beauty of The North".

"I just want them to let things out of their system," said Chris. "And you can feel that they're playing to the energy. And I think fully most people are ready to enjoy the music."

"From there, we had the opportunity to work together a group of sorts," Trevino explained. "We had the chance to work with people from other countries and other cultures."
**A hippy ending**

By Helen Keillor

Helen Keillor with a copy of her book on how to be a hippy.

ALBANY’S Helen Keillor never thought a simple question she asked while on holiday would result in the publication of her first book and ignite a heady hippy adventure.

When the good people of the Great Southern asked Helen how to be a hippy, she wasn’t budging until she was overwhelmed by the people. She said she would write a hippy guide already in her head. She was overwhelmed by the people.

The book, How to be a Hippy, is available for purchase at any Albany book store.

**WAMFest shines light on talent**

A HAIRY, of talented artists from the Great Southern will have the chance to promote their sound at the Albany leg of WAMFest’s regional showcases.

WAMFest, which is now in its 25th year, is a state-wide festival run by the music industry and aims to champion local artists. This year’s Albany showcase will run at two venues.

Coordinator Mark Neal explained the event has been significant for the state.

“We decided to expand the event this year because Albany has such a strong and passionate music scene,” Mr Neal said.

pecial thanks are due to the people of Albany who have been so supportive of this event.

**Scrumptious salmon with soba noodles and zucchini**

From JT

What I absolutely love about salmon is its versatility. Fish pie? Check. Fish burger? Check. Salmon salad? Check. But my favourite salmon dish of all time is this one. The combination of the cold noodles, the dressing, the crispy skin and of course the salmon is an absolute winner at my place. So pull up a paw and prepare yourself for a delectable dish.

**Ingredients**

(Serves 4)

2 tsp finely grated ginger
1 step sesame oil
1/4 cup soy sauce
1 clove of garlic, crushed
1/4 min (Japanese rice vermicelli, available at all supermarkets)
Packet of soba noodles
4 200g Tasmanian salmon fillets
Vegetable oil
4 zucchinis, shredded
1/2 cup of kimchi (optional and available at Asian groceries and some supermarkets)

**Method**

Put the ginger, garlic, sesame oil, soy sauce and min in a small bowl and mix together.

Place salmon fillets in a separate bowl and spoon two tablespoons of the dressing over it. Give the fillets a quick massage and set aside.

In the kitchen, drain and slice soba noodles, skimming off any excess. Soak for at least 10 minutes.

In a large bowl, mix together remaining dressing, soba noodles and zucchini.

“Just a bonus that they’re right next to each other so we can have a nice little buzz across town,” Mr Neal said.

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Yrak on York Restaurant and Shisha Bar

Modern Australian Cuisine

Open daily 5pm - late

BYO & No Corkage

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**BYO**

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**Spice it up**

For bookings or takeaway call Ph: 9842 3456

OPEN FOR DINNER TUES-SUN 5pm-9pm

Dine in & take away

Fully licensed • BYO (corkage applies)

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**Method**

Put the ginger, garlic, sesame oil, soy sauce and min in a small bowl and mix together.

Place salmon fillets in a separate bowl and spoon two tablespoons of the dressing over it. Give the fillets a quick massage and set aside for at least 10 minutes.

Instead of a non-stick frying pan, over a medium heat, brush the salmon with some vegetable oil and fry with the skin side down for less than three minutes.

Repeat on each side. While the salmon cooks, cook your soba noodles in salted boiling water for two minutes or until tender.

Drain then run under a cold tap to stop them from cooking too much. Serve your noodles and zucchini with the salmon on top and drizzle with remaining dressing.

Serve as is or with some kimchi on the side. Enjoy!
Built for burnouts

Over the next little while, we’ll take a look at some of our favourite classic cars from the past few years. Here’s one from June 15, 2017.


So we couldn’t help but

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We might just need to upgrade

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While he won’t be hitting

While he won’t be hitting

There are many more names

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It’s all about your cooling

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The two main points

5% and tide times on the South Coast are

We are happy to help you

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**Seniors in focus**

**Balancing important for seniors**

**STRENGTH and flexibility** are areas that everyone should focus on, with that being even more true for seniors. Pilates and Yoga Studio Albany owner Ingrid King has many seniors in her classes and her confident yoga offers valuable benefits.

> “It keeps the body supple. As you get older, bones degenerate. With Pilates and yoga, you can keep your balance and coordination and it can help reduce the chances of fractures,” Ms King said.

If you are a bit nervous about starting yoga, coming to the introductory yoga class on Sunday will help you ease into the practice. You will learn and practice other benefits such as the mental, emotional and social engagements yoga offers. Find a friend to come with you so you can feel supported.

> “Abundant is Mrs King’s classes and can be tailored to the needs and physical nature of the Pilates and yoga students,” Ms King said.

The studio offers a seniors discount and you pay per class. Ms King is registered with Yoga Australia and understands and caters to the needs and physical nature of the Pilates and yoga students.

> “We have a morning tea every Wednesday so people can come over for coffee and cake,” Ms King said.

The studio also has a registered nutritionist who also has provided a platform for people to seek support and help each other out when life throws you a curve.

**Developed for the senior body**

Pilates and Yoga Studio Albany is a welcoming and professional space for all ages.

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**Bodycare Health**

Bethany Funeral Home is a full service offering fully running a range of classes, specifically designed for the senior body with a local group of people. Our first class will be on Tuesday, February 13th. Active and Healthy is a well-attended class that starts with a group warm-up and each participant understands their own ability, taking the time to suit their abilities and to target the areas they need to work on. A great way to begin to understand what you are capable of.

> “Healthy and Active trainer Teney币 Home loves being involved with the group,” the group leader said.

The class finishes with a stretch and cool-down where the atmosphere is light and fun. Participants new about coming to class and keep them fit. It’s good for their brains. They form friendships in the group and it helps them feel happy.

Another class available is a weights-based class, using barbells and weights that you work and take home. It’s a way of including a new level of commitment and fitness for your own health.

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** Residents loving social hub**

**BORONIA Gardens Village residents are reaping the social opportunities on offer at their new community centre. The Moony Mathew Community Centre, opened after a family member of resident Dina Mathew, was completed in May this year.**

> “Designed and constructed to boast amenities and services that are unique to the Shellharbour area, the Moony Mathew Community Centre has provided a platform for activities, which is a significant step-up from the small, demoralising that the facility previously offered,” Ms Sugg said.

The centre is open Monday to Friday, 9am to 9pm, and has also provided a platform for residents and visitors to work and support each other out when life throws you a curve.

> “We’re running a fortnightly ‘kill-athon’ which has a great turnout, and we’ll also host our Christmas lunch here. It’s a really popular space, and our residents are always bringing friends across whenever we have something on. I don’t think we ever managed to fill it,” Ms Sugg said.

For more information on how you can be a part of the fun at Boronia Gardens Village, contact Lee-Anne Sugg on 0429 417 234.

**Seniors in focus**

**Show your support on facebook.com/BuyAlbanyBuyLocal**

**The Weekender, October 18, 2018**
Enrolments invited for 2019

Pre-Kindergarten and Kindergarten, Pre-Primary to Year 6
Small, friendly and affordable

“Come and see for yourself why our students are happy to come to school every day!”

For more information and application pack: Phone 9841 1879
32 Drummoyne Road, Albany WA 6331
office manager@parklands.wa.edu.au • www.parklands.wa.edu.au

Bright futures

Art from all ages on display

SPENCER Park Primary School

Enrolments invited for 2019

Programs, Pre-Kindy and Kindergarten, Pre-Primary to Year 6 Small, friendly and affordable

“Come and see for yourself why our students are happy to come to school every day!”

For more information and application pack: Phone 9841 1879
32 Drummoyne Road, Albany WA 6331
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Exploring natural history

An engaging theme developed from the students’ interaction with nature provides an opportunity for students to appreciate the rich natural and cultural diversity of Western Australia.

The inclusion of nature as a treatment within the classroom environment allows for a rich and diverse range of activities to be engaged in. This provides an opportunity for students to develop new skills and knowledge in a practical and engaging way.

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Explore Australia’s amazing biodiversity and how it impacts our lives.

A variety of workshops and activities are available to engage students in exploring Australia’s biodiversity.

Enrolments invited for 2019

Programs, Pre-Kindy and Kindergarten, Pre-Primary to Year 6 Small, friendly and affordable

“Come and see for yourself why our students are happy to come to school every day!”

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Study opportunities at UWA Albany

UWA Albany Summer School

Prep for university

If you don’t meet university entry requirements, then our UWA Smerit Start university preparation program will help you meet entry for a UWA Albany degree course. More information at albany.uwa.edu.au/courses/prep

Applications now open!

To register your interest contact 9842 0888 or email albany centres@uwa.edu.au

UWA Albany Summer School

Want to accelerate your learning? Then why not consider studying a unit or two intensively over summer, December 2018. To apply, call 9842 0888 or email albany centres@uwa.edu.au

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CARS

MITSUBISHI Triton 2017 model, 2.4 litre diesel 4x4, 130,000km. Recent rego, 12 months warranty, 12 months free service. $29,990 or offer. 0408 169 821.

HOLDEN Colorado, 2016 model, 4x4, very low kms, immaculate condition. 0428 685 040.

DOMESTIC RATES

A grand total of $12.99 for 4 issues. 0429 378 841.

CARS

HOLDEN Statesman, 2003 model, 3 litre petrol, 4x4, Auto, 170,000km. 0428 176 376.

WANTED

WANTED TO BUY HINO 917, 110, 112 and other models. 0417 632 918.

Motorbikes

Suzuki GSX 1100, 60,000km. $2,000. 0428 126 269.

BRAND NEW 2018 Kawasaki Ninja 400, 24,000km. 0428 554 784.

MOTORCYCLES

WEATHERIC

CARS

TRIUMPH

Kawasaki GPZ 900R, 1991 model. 0428 672 813.

TRIUMPH

Kawasaki KZ 650, lic runs well. $1,900 paid $$ 0428 186 022.

TRIUMPH

Honda CB 1300 Super Tourer, rego till Jan 2019, 170,000km, 1,200cc. 0429 149 079.

Kawasaki Z750, lic runs well. $1,900.

Motorbikes

HONDA

TRIUMPH

Kawasaki KZ 650, lic runs well. $1,900.

TRIUMPH

Suzuki GSX 1100, 60,000km. $2,000. 0428 126 269.

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Kawasaki Z750, lic runs well. $1,900.

TRIUMPH

HOLDEN

KENWOOD radio & speakers. 0428 483 976.

TRIUMPH

HOLDEN

2017 Ford Falcon XLT sedan, 5.0 litre petrol, Auto, 73,000km. Very good condition. 0428 319 589.

TRIUMPH

HOLDEN

2013 Ford Falcon FG UT. 5.0 litre petrol, auto, RWC & rego, 72,000km. $12,990. 0428 536 956.

TRIUMPH

HOLDEN

2011 Ford Falcon FG sedan, 5.0 litre petrol, auto, RWC & rego, 112,000km. $12,990. 0428 536 956.

TRIUMPH

HOLDEN

2004 Ford Falcon AU sedan, 5.0 litre petrol, Auto, 72,000km. Very good condition. 0429 668 052.

TRIUMPH

HOLDEN

2002 Ford Falcon AU2 sedan, 5.0 litre petrol, Auto, RWC & rego, 95,000km. $12,990. 0428 536 956.

TRIUMPH

HOLDEN

2001 Ford Falcon AU2 sedan, 5.0 litre petrol, Auto, 72,000km. Very good condition. 0429 668 052.

TRIUMPH

HOLDEN

1998 Holden Commodore, Auto, 1,775,000km. $1,999. 0429 329 601.

TRIUMPH

HOLDEN

1997 Holden Commodore, Auto, 1,775,000km. $1,999. 0429 329 601.

TRIUMPH

HOLDEN

1996 Holden Commodore, Auto, 1,775,000km. $1,999. 0429 329 601.

TRIUMPH

HOLDEN

1993 Ford Falcon Bf model, 5.0 litre petrol, Auto, RWC & rego, 95,000km. $12,990. 0428 536 956.

TRIUMPH

HOLDEN

1991 Honda Accord, Auto, 1,775,000km. $1,999. 0429 329 601.

TRIUMPH

HOLDEN

HSF 354 1991 model, Auto, 1,775,000km. $1,999. 0429 329 601.

TRIUMPH

HOLDEN

HOLDEN Statesman, 2003 model, 3 litre petrol, 4x4, Auto, 170,000km. 0428 176 376.

TRIUMPH

HOLDEN

HOLDEN Statesman, 2003 model, 3 litre petrol, 4x4, Auto, 170,000km. 0428 176 376.
Whether you need a routine checkup or you’ve been meaning to have...

Wednesday 26 December 2018 ................................................................. 10am to 5pm
Wednesday 19 December 2018 .............................................................. 6pm to 9pm
Sunday 30 December 2018 ................................................................. 10am to 5pm
Tuesday 4 December 2018 ................................................................. 6pm to 9pm
Monday 3 December 2018 ................................................................. 6pm to 9pm
Monday 14 January 2019 ................................................................. 6pm to 9pm
Friday 18 January 2019 ................................................................. 6pm to 9pm
Monday 21 January 2019 ................................................................. 6pm to 9pm
PUBLIC NOTICE
AND NEW YEAR PERIOD
TEMPORARY
CARE FACILITY
IN TOWNSEND
DORSET RD, ALBANY,
OR POSTED TO PO BOX
102 NORTH RD, ALBANY,
ALBANY WEBSITE www.albany.wa.gov.

ARTISTS
TENDER
BE OPENED BY
DI EILEEN AT 9844 1460.

 ok 415 697 975 if you require
additional information, please contact
Gayle on 0408 904 817 or email gayle63@bigpond.com.

AUSTRALIA'S LARGEST PORT - SOUTH WEST
THE ESSENTIAL GUIDE TO TOWNSEND
www.mytownsend.com.au

THINGS TO DO...

“Banknotes: Windows on the Wild” is being presented by the Department of Fisheries & Marine Resources, Albany’s Wildlife Service, on Thursday, October 19 when Ian Davis by 23/10/18 on

The Centre will be holding an information session on the effects of the amendments to the AQCS Act, presented by John Dwyer from AQCS. The session will be held on Tuesday, 27 September at 10am at the Scots Hall, cnr Sanford Road and Stirling Street, Lockyer.

The over 50s easy riders cycling group will meet on October 27, 9am to noon. This week’s entry is by Graham Page. The over 50s easy riders cycling group will meet on October 27, 9am to noon. This week’s entry is by Graham Page.

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Imports arrive

ALBANY CAR & BOAT WASH
OPEN 24/7

The latest in car wash technology from the USA

Just the best car wash products money can buy.

That’s our promise!

45 Prior Street, Albany

Tie for first meet

The latest in car wash technology from the USA

Runners hit Albany Alps

The latest in car wash technology from the USA

Garage Door Openers

ALBANY CAR & BOAT WASH
OPEN 24/7

The latest in car wash technology from the USA

Just the best car wash products money can buy.

That’s our promise!

45 Prior Street, Albany
5 ways to boost your metabolism

1. Move more

The average American person burns around 2,500 calories per minute. Walking just 10 minutes per minute for 10 hours increases metabolism.

2. Build muscle

Every kilogram of muscle on your body burns around 10 calories per day. If you want to lose weight, burn fat and gain muscle, you need to build muscle.

3. Eat more protein

Protein is high quality energy, so more protein will allow you to burn more calories. A high protein diet will increase muscle mass.

4. Eat enough calories

Avoid calorie deprivation. Don't try to lose fat without eating enough. This doesn't mean you should eat a lot more than you need, just eat enough.

5. Consume chilled water

Your body expends energy to increase the water temperature when you drink it cold. Drinking around 500mL of cold water could boost your metabolism 10-fold an average of 8 to 10 calories per minute running around 8 to 10 calories per minute and you’ll burn fat loss and knowing the factors that can increase your metabolism can lead you to a leaner and fitter you.

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LAST Thursday, The Weekender revealed Albany’s historic Royal George Hotel, now Six Degrees, had received a $100,000 grant to reinstate its long-gone balcony, a post of which was once knocked over by a runaway circus elephant. In a back-to-the-future blast from the past, here’s what Albany can look forward to when the $200,000 reinstatement project is complete.

Six Degrees owner Anton Davey says he wants to license the upper verandah so patrons can enjoy a brew or two with a harbour view.