Martial law

AN ALBANY martial arts instructor was recently selected to teach and choreograph fight scenes for the upcoming ABC Me children’s television series Itch.

Mark Burridge, 6th Dan black belt and owner of Dragon Martial Arts, was approached by the directors of the production to teach local actor Melanie Wozniak, who plays Jack in Itch.

Mr Burridge said it wasn’t the first time he’d been asked to help out in a production and was keen to do it again.

More on Page 2.

Heartbreak over skiing

GRACE JONES

CONTROVERSIAL Aboriginal heritage listed Lake Mullacolla was formally gazetted for water skiing last week despite a range of issues raised against the proposal.

On Friday, the Department of Transport announced that following the request from the City of Albany, the department had approved the gazetted use of the lake under the provision of “special rules for its safe operation.”

Greene NLC and member for South West Maine Basin Winter Sport and Recreation Minister Malcolm Edwards had approved the gazetted use of Lake Mullacolla under the provision of “special rules for its safe operation.”

Mr Edwards, who was not available for comment at the weekend, accused the department of being “very naïve” in its decision-making.

“The local government consultation process was flawed and we hoped the Minister for Transport would take another look,” Mr Edwards said.

Mr Edwards also said the City of Albany had been “very naive” in its decision-making.

“Safety was an afterthought in the preparation of the gazetted use of this lake and the decision to approve the gazetted use of the lake was only made after the lake was closed at 30 metres from the shore. The decision to allow skiing within this area is a mistake.”

Mr Edwards said the City of Albany had been “very naive” in its decision-making.

“Safety was an afterthought in the preparation of the gazetted use of this lake and the decision to approve the gazetted use of the lake was only made after the lake was closed at 30 metres from the shore. The decision to allow skiing within this area is a mistake.”

Mr Edwards said the City of Albany had been “very naive” in its decision-making.

“A spokesperson from the City of Albany said there were currently no such facilities at the lake. “We will be assessing and monitoring use of the lake to determine if any facilities will be needed,” they said.

“Current use of the lake is minimal and users are respecting The Great Southern weekender

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Skiing gets nod.

From page 1.

Mr Evans said there were safety concerns for people wishing to ski on the lake for recreation and water skiing for the community, "The community that are heartbroken over the decision," she said.

"We won't go up," she said.

"Local government elections are in September, and I can't wait to see the results," she said.

Mr Wilson was pleased to announce the project, from Albany Highway to Princess Royal Roads on their trips to and from the port. He anticipated works would commence late next year.

"I couldn't be happier," he said.

"These activities include finalisation of the works, to accelerate design and pre-construction activities now that construction funding had been secured."

Mr Wilson said the Federal member for O'Connor, Rick Wilson, said his loyalty to working for and serving the community, "The idea is to be a part of the local government and to make the community better.""We've been very tardy," he said.

"They've been very tardy," he said.

"Health care is costing billions of dollars a year but the results are worry about their superannuation," he said. "I'm not going to be the guy who says 'I'm going to fix the health system'."

"If the City acknowledges the many years of hard work and the funding that has been secured, we will be able to get things moving," he said.

"To be honest, it's only $95 and we reckon you've earned the discount," he said.

"I'll fight like hell for you."
**Money matched**

MORE than $700 was given to Albany Community Homes on Monday thanks to the fundraising efforts of Albany Barron Racing Club.

Club President Peter Mook said the horse was one of two organisations that the club fundraised for regularly and was proud to donate to this season.

The cheque totalled $761.60.

**Ashleigh Fielding**

**Financial stability for Men’s Sheds**

ALBANY Menshed and similar organisations across the Great Southern region could soon see a boost to their coffers, after legislation change enabled the country to act faster.

As of July 1, 2020 Sheds and Women’s Sheds across the country will be able to claim a deduction for charitable donations.

It also means anyone who donates to any Shed Mensheds across Albany Mensheds will be able to claim an income tax deduction on that donation.

Albany Menshed life member Mike Taylor said the boost would make a difference to individuals and organisations struggling to keep sheds around the state going.

“We raised $500 for the farmers down west, that was in Albany,” he said.

If something else had been in place, the people who donated would have got a tax deduction and would have encouraged more donations.

He said any additional funds donated would be used to keep the Menshed open.

**David Karanagh**

**Fish license suspended**

AN ALBANY commercial fisherman has had his licence suspended for 12 months after he was found guilty of interfering with other people’s fishing licences.

Despite being fined more than $27,000 when he was caught part of the crime some three years ago, Michael Williamie had his commercial fishing licence taken off him this month.

Supervising Fisheries and Marine Officer for the Department of Primary Industries and Regional Development Peter Johnson said the department had not made any case to fines to be imposed.

“Michael Williamie has been in regular contact with the Department of Primary Industries and Regional Development. That contact led to a report being submitted to the Department of Justice,” he said.

The Department of Justice has decided on the licence breaches of section 257 of the Marine and Fisheries Act 1994.

The report recommended the licence breaches be dealt with by prosecution and imprisonment.

Mr Johnson said the decision to keep the person off the water was a big step forward.

He said any additional fines or charges would be put before a court where they would be decided.

**Ashleigh Fielding**

**Study stalled**

PROGRESS in developing potential sites for a transitional accommodation facility in Albany has stalled, nearly a year after a feasibility study identified ideal locations for such facilities.

The report was developed by ACT State Government Consultants comprised of 13 agencies working with at-risk populations.

It outlined a series of five sites that were最优 for such facilities.

Those were the Nowra Road, Old Albany Fire Station, in the Old Albany Fire Station, the obsolete St John’s School building and on the Albany High Road and adjacent to the pro-school community in the Old Albany Fire Station.

It built to the report’s findings could provide permanent accommodation for up to 10 people.

Although estimated costs vary significantly from project to project, the study found it would cost around $40-$50,000 to develop them all.

While short-term crisis accommodation facilities already exist in Albany, Mr De Jong said the report’s aim was to develop a type of housing aimed at the elderly or rural and indigenous people.

“As a ministry, we have a role in seeing our aged people and indigenous people,” he said.

Mr De Jong said the report was a step forward to help those in need.

**David Karanagh**

**AMNESTY ALBANY FORUM**

Amnesty supporters are invited to meet at the Albany Library at 1.15pm on April 11. The Agenda: To consider a motion for regular meetings to be held by the organization. Tax, Coffee and Biscuits on hand ALL WELCOME.

**Albany Harvey Race Club Secretary Adrian Marshall and President Phil Monnet presenting a cheque to Albany Community Hospices’ Jeannine Barbier and Stan Goodwin at the races track.**
### Foodie exchange

**DAVID KAVANAGH**

ALBANY, June 18th

Dear Steve,

Thank you for the invitation to the exchange program with the Royal Australasian College of Veterinary Surgeons. I look forward to sharing our local Paws Surgery services and discussing our experiences with veterinary surgeons from around the world.

Yours sincerely,

Steve

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**STEVE MCKINVEN**

ALTERATIONS, ADDITIONS & RENOVATIONS

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We source our beef from local farmers, ensuring the highest quality and taste. Our chefs will be full on opportunity for civilian officers Paul Graham, who is a former submarine chef and petty officer in the Royal Australian Navy.

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**PAWS SURGERY SERVICES**

Paws Surgery services

Paws Surgery services

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**FULL ON OPPORTUNITY**

full on opportunity for civilian officers Paul Graham, who is a former submarine chef and petty officer in the Royal Australian Navy.

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**PALMERS KITCHEN**

Palmers Kitchen

Palmers Kitchen

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**MASONRY BUILDINGS**

Masonry buildings which have no reinforcements are called heritage buildings. There are slim chances of an earthquake hitting Australia over some decades, but we do have a history of incidents. We need to be informed, prepared and aware about the science underlying these natural disasters.

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**GREAT SOUTHERN RESIDENTS**

GREAT SOUTHERN residents are encouraged to come forward with any knowledge or photos they have of Albany’s historic Lawley Park to help a civic-minded history group learn about the area to add to the re-creating it.

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Opportunity lost

ALBANY was “never in the hunt” for the Regional Centre of Excellence, according to Labor’s Peter Watson (Albany mayor 1991-1999). South is sacred, McWatson was never an advocate for the project or the Albany community.

The 8 permanent jobs linked to the Centre of Excellence will now be lost in the metropolitan region, another huge loss opportunity for Albany.

These jobs are so much closer to the Premier’s electronic Comment Mark McGowan, the Labor Party, and Peter Watson promised handfuls of jobs in the Carage project (Carpage twice contract dumped; 14 March 2019).

There are only 20 odd jobs that were created in the Centre of Excellence, and one in the U.K. Albany was never going to have the jobs. The Carage project is over and always was, a dud. What are all the “handfuls of jobs” the Labor Party promised in 2017? Albany stands still on the issue of jobs and always will, a dud.

The Carnegie project is, and always was, a dud. There are millions of guns in arms in the community that will always be combat a bad guy with a gun. These are inclusive events welcoming of all people.

They also claim permits from laws making it impossible for the second amendment to be legislated or a solution. Though laudable, will not be effective in preventing further crimes of this nature.

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Quiz night ticks

A huge turnout of about 500 people swarmed the tables at Gunslinger’s Quiz Night 2.0 at the Agricultural Society Pavilion on Cockburn Road on Saturday night.

Six-round general knowledge quiz and attached auction and raffle event were set up to raise funds for cancer research through the ‘Sh*t Box’ rally.

Amidst the buzz, the food vans ‘Gods of Food’ and ‘Kraken Fish and Chips’ were provided by Frankland Estate and Lange Estate.

The night ended with crowds dancing to tunes from local cover and tribute band Pinstripe.

Photos: David Kavanagh

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Photos: David Kavanagh

- Jo Forrest and Megan Bob.
- Phil and Caro Cocksayn with Sabrina Lockay and Brodie Mann.
- Roger Coffey and Hannah Cameron.
- Tammy and Noel Middle.
- Kelly Mareeck with Trish Hoare with Sarah and Gary Cross.
- Helen Burnett, Venetta Marshall, Dianne Wolfer, MLA Peter Watson, Jim Burnett and Sian Turner.

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Farmers get fresh

FRESH produce and good music were the highlights at Albany Farmers Market on Collie Street last Saturday, with local music group Bird on a Wire serenading attendants as they shopped.

With everything from honey and ice cream stalls, locally grown asparagus and crisp Denmark apples, the market had a little something for everyone.

Albany Farmers Market provided an opportunity for customers and residents alike to deal directly with producers, exchanging produce, tips, recipes and simple friendly conversation.

For the meat lovers, a range of organic beef and lamb and free-range pork and chicken were popular products supplied at the market, while those seeking to deck out their cheese boards could go for the fancy cow and goat cheeses.

Albany Farmers Market is held every Saturday from 8am to 12pm.

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Albany Farmers Market is held every Saturday from 8am to 12pm.
**DENMARK SUPA IGA**

**FRI. & SAT. ONLY!**

These specials only available Friday 5/4/19 & Saturday 6/4/19.

- **Pre-packed Tomatoes**
  - $2.99/kg

- **Pork Leg Roast**
  - $4.99/kg

- **Nestlé Blend 43 500g**
  - $12.99 ea

**SUNDAY ONLY!**

These specials only available Sunday 7/4/19.

- **Economy Grade Beef Scotch Fillet Portions**
  - $10.99/kg

- **Red Seedless Grapes**
  - $3.99/kg

- **Golden Eggs 12 Pack 60g**
  - $1.99 ea

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**NORTH ROAD SUPA IGA**

**MON. TUES. ONLY!**

These specials only available Monday 8/4/19 & Tuesday 9/4/19.

- **Chicken Drumsticks**
  - Bulk $1.25/kg min
  - $2.99/kg

- **Chicken**
  - 99¢/ea

- **Sweet Potatoes**
  - 99¢/ea

**FRI. & SAT. ONLY!**

- **Drumsticks**
  - Bulk 1.25kg min
  - $19.99/kg

- **Golden Eggs 12 Pack 60g**
  - 33¢ per 100g

- **Nestlé Blend 43 500g**
  - $2.60 per 100g

**SUNDAY ONLY!**

These specials only available Sunday 7/4/19.

- **Golden Eggs**
  - 12 Pack 60g
  - 33¢ per 100g

- **Scotch Finger Milk Arrowroot**
  - 400g
  - $12.99 ea

- **Nestlé Blend 43 500g**
  - 40 per 100g

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Specials only available at North Road or Denmark SUPA IGA while stocks last. Retail quantities only, no trade supplied. Pictures used for illustration purposes only.
Family fun day

DOZENS of Little Grove, Robinson and Big Grove residents converged on Little Grove Hall on Saturday afternoon to take part in the City of Albany’s Little Family Fun Day.

The event was a chance for locals to meet City councillors in a casual setting, with a sausage sizzle, afternoon tea and a fire truck display as part of the festivities.

Layla and Andrew Glennering; Gillian Adams and Glenys Hopkin; Gillian Adams and Glenys Hopkin; Joanne and Amity Wegner; Natalie Rudling; and Henry Sims.

Leslie Hansen with Lukas and Peyton Hansen, Daniel and Alicia Sims with Lila Michael McCaffrey and Rowan Hardey.

At noon tea and fire truck display part of the festivities.

A bouncy castle run by local Albany Bouncing Castlesearching for.

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For further information please contact City of Albany Community Development team at community@albany.wa.gov.au or visit www.albany.wa.gov.au for a full list of events.

A Piece of Peronné in Albany

Upon a recent visit to the North of France, Mayor of Albany Dennis Wellington accepted an offer to bring the We Were Australian exhibition to Albany for Anzac Day 2019.

This bilingual French-English exhibition features objects from the museum’s collection such as trench art, and is based on photographs that supplement the testimonies of Australian soldiers and address all aspects of the conflict from the violence of war to daily life, relationship and emotions.

Presented by the National Anzac Centre, the exhibition will be displayed in the Wellness Quarter at Princess Royal Fortress Military Museum from the April 18 to November 17 this year.


For further information visit www.nationalanzaccentre.com.au/anzac-albany or phone 6820 3500.

Youth Week Nurtures the Now in 2019

Youth Week with an array of events involving and celebrating the young people of our city.

Youth Week runs from April 13 to April 20 and is an annual statewide event that celebrates the unique young people make to our community. This year’s theme is ‘The Now’, showcasing the importance of looking after ourselves, our communities and our planet with an emphasis on what we are currently conquering.

Multiple workshops, a movie night, gaming night, disco and a pool party are just some of the events that the City of Albany and partners have organised to create a full calendar of activities for the week.

Storm the Beach Festival presented by Act Balancing Control – the adventure will feature a range of activities on the Middleton Beach foreshore and includes live music performances, an obstacle course, oversized novelty beach games, stand-up paddle boarding, art and youth markets.

These events are inclusive of everyone, all abilities, race, cultural backgrounds and budgets. Most of the activities are no, or low cost.

The Amazing South Coast on social media!

#amazingsouthcoast

For further information please contact City of Albany Community Development team at community@albany.wa.gov.au or visit www.albany.wa.gov.au for a full list of events.

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Cadet meet up

GROUPS of army and navy cadets met in Albany last weekend to tour active Royal Australian Navy submarine HMAS Dechaineux which was in Albany as part of a community relations campaign.

The cadets were led through the submarine’s galley, kitchen, sleeping quarters, torpedo room, operational centre and elsewhere, learning from navy personnel about what they could expect if they pursued a career in that field.

Now they are running their own Albany-based business, artisanal bakery Bred Co. The micro-bakery is known for using native yeast and traditional methods to transform local produce, including bakery Bred Co. The micro-bakery is known for using native yeast and traditional methods to transform local produce, including

Just like a good dough, a small business needs the right ingredients and time to expand. Two years ago, Rhiannon Moon and her partner Sam Dawson were working from a borrowed restaurant kitchen making sourdough for sale.

According to Ms Moon, finding a commercial kitchen to use was one of their biggest challenges. They learned about the free Business Local services offered through Business Great Southern and decided to seek advice.

“We were baking one night a week from a restaurant, so we didn’t have a space,” said Ms Moon. “Business Local advisors put us in touch with an affordable workspace. We were then able to grow into a micro bakery producing bread and pastries.”

The Bred Co owners have found the free workshops and advisory service offered by Business Great Southern services to be insightful.

“The Business Local team has been an ongoing source of support. We have gone to them for advice on leases, marketing and other aspects of our business. The one-on-one advice sessions were really helpful and we’ve seen results from the advice we have applied.”

A LARGE RANGE OF:
• Poultry Feed & Accessories
• Minerals & Supplements
• Chaff & Hay
• Grain Bags and Bulka • Bird Seed
• Cat & Dog Food • Sheep & Cattle Feed
• Equine Feed • Wormers & Veterinary Supplies

OPEN:
Monday-Friday from 8.30am – 5.30pm
Saturday 8.30am – 1.00pm
496 Albany Highway, Albany (opposite Motel Le Grande)
Phone: 9841 5724
Find us on Facebook

There’s no business like dough business

If you would like free advice for your business, visit businessgs.com.au or call Business Great Southern on 9841 8809.

Free workshops and advice from Business Local

Business Local is an initiative of the Small Business Development Corporation, funded by the Government of Western Australia. Business Great Southern provides Business Local services across Albany, Denman, Katanning, Kojonup, Jerramungup, Woodanilling, Mount Barker, Kendenup, Gnowangerup, Cranbrook, Frankland, Broomhall, Tambellup, Pingrup and Nyabing.

“Our small business advisors live and work in our region, so we understand the needs and concerns of local businesses,” said advisor Tracey Bridges.

“We can help with developing business ideas, starting a business, expanding or diversifying an existing business, selling a business or general small business advice.”

If you would like free advice for your business, visit businessgs.com.au or call Business Great Southern on 9841 8809.
BEING PLANNED

TerryWhite Chemmart

129 Queen St Albany
WA 6330

TEL 0404 843 958

www.terrywhitechemmart.com.au

Diploma of Remedial Massage
Diploma of Reflexology
65 Aberdeen Street
0409 539 615

Massage: remedial, relaxation, hot stones and therapeutic reflexology
Health Fund rebates available

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112 Chester Pass Road

TEL 08 6342 0404

www.terrywhitechemmart.com.au

Naturopathy • Manual lymph drainage (Dr Vodder trained)

Lymphoedema management

Health & wellness

Join us for our Open Day Saturday 13 April 10am – 2pm

Ingenia Gardens Yakamia

209-213 Mawson Highway

Yakamia

TEL 0403 807 779

www.ingeniagardens.com.au

The best source for that is sunlight, we need to have adequate but at the same time a safe amount.

The Weekender, April 4, 2019
Boney up on online test

MORE THAN 50,000 people from all over the country have now used an online self-assessment tool, according to the institute that developed it.

The Know Your Bones online test was set up by orthopaedic surgeon Professor Andrew Yeoman and colleagues at the University of Western Australia.

The self-assessment only takes around 10 minutes to complete and users answer a series of questions to determine if they have osteoporosis or other bone conditions.

"This is a great opportunity for people to become familiar with their bone health," says Dr Yeoman, who is chief investigator of the study.

The free Know Your Bones online tool has been developed to help people assess their bone health and identify those who may benefit from bone density testing.

"No matter your age or gender, knowing your bone health can help you make important decisions about your health," Dr Yeoman says.

"The test is not diagnostic but can help you understand your bone density and identify those at risk of osteoporosis.

"With the test, you can identify potential risk factors, assess your bone density and see if further testing is needed.

"By taking the test, you can determine if you are at risk of osteoporosis and learn more about your bone health, which can help you make informed decisions about your health."
A SELECT few lifestyle properties exist along the main route from Middleton Beach to Emu Point, especially one in this affordable price bracket. Now is your chance to live close to beach attractions without the million dollar-plus price tag. This 2,061sqm property has so much potential and offers a prominent location backing onto Lake Seppings bush reserve and set opposite the Albany Golf Club course. It is just a short cycle or drive to the local marina, stunning swimming beaches and popular eateries, bars and family parks. Enjoy the soothing sounds of the ocean in the early hours or hop on your bike and see the sunrise as you traverse the nearby magnificent ocean-front cycleway. This property offers a solid original 3x1 home with plenty of potential to revamp. The design includes two separate spacious living zones and an open plan kitchen and meals area, patio, presentable bedrooms and laundry, hall storage and an updated bathroom. The property features a dual access front driveway, rear vehicle access potential, two-bay carport, single garage and a shed, fruit trees and untapped backyard. Reach for the phone now to find out more. To arrange an inspection or for more details please contact Darren Leslie on 0414 888 244 or Rhett Bull on 0408 264 309.
real estate

Wellington & Reeves
Albany Real Estate Since 1948

NEW STAGE 7 SELLING NOW

3 1 2
173 Golf Links Road,
Collingwood Park
$470,000 - $490,000
Rep: Darren Leslie or Rhett Bull
Wellington and Reeves
0414 888 244 or 0408 264 309

Phone: 9841 1455
Main Office: 197 York Street, Albany
Branch Office: 236 York Street, Albany
albanyproperty.biz

705x553
The Weekender, April 4, 2019

26

26
WE CAN:

• Work with you to find a home that suits your requirements
• Take you through any agency’s listing
• Guarantee we will be with you every step of the way

Contact us today for a genuine, professional, kind and positive real estate experience!
**NEW LISTING**

**NEW PRICE**

**MASTER OF DISGUISE**

20 Jeffries Street, Mount Melville

Whether you are a family into entertaining, have extended family needing a home, or keen to establish a B&B or run a business from home, this unique property 950ms from Albany’s CBD offers the space, location, home design & potential to make it happen.

**NEW LISTING**

**FIXED DATE SALE – OFFERS CLOSE 13/4/19 – IF NOT SOLD PRIOR**

**HOME OPEN SUNDAY 1.45PM**

20 Jeffries Street, Mount Melville

Brendon / Lindy

Offers Above $499,000

**NEW LISTING**

**FIXED DATE SALE – OFFERS CLOSE 13/4/19 – IF NOT SOLD PRIOR**

**HOME OPEN SATURDAY 10.30AM**

1 Grifffiths Street, Collingwood Park

Brendon / Lindy

Offers Above $799,000
If you’re a home body, LOOK no further. This 1975m² (1/2 acre) block that provides a comfortable 3 bedroom 1993 built open plan home, with 2 living areas and office, garaging, patio, chook pens and vegie patch, as well as a huge 14.6 x 9.1m workshop – original trading as “Old Potato Trading Post” that’s an amazing hobby/workshop area.

Jackie Cowley
0408 427 554
raywhiteruralalbany.com.au

Sale
80 Hannan Way, Narrikup
Ray White Albany
1975m² (1/2 acre)
3 Bedroom
2 Living Areas
Office
Garaging
Patio
Chook Pens
Vegie Patch
Workshop

Sale
7 Cullinan Terrace, Bayonet Head
Ray White Albany
2016 built 3 bedroom, 2 bathroom
Perfectly designed, professionally styled and with tasteful quality fittings this 2016 built 3 bedroom, 2 bedroom home offers more than expected. For an uncomplicated lifestyle, a delightfully appealing home with room for guests and entertaining, but a manageable sized home that offers patio, garaging and elevated views of Bayonet Head

Jackie Cowley
0408 427 554
raywhiteruralalbany.com.au
Exclusive new listings from the Ray White “York Street” office

8/20 Adelaide Crescent
A very short walk to Molyneux’s main beach. Surrounded by shops, cafes, restaurants & laundries, this 2 bed villa comes complete with furniture, right down to the pots & pans. (W3936)
View: Saturday 12.45-1.15
Sale: $395,000
Joe Trichilo 0409 370 676 / 9841 0227

26 Parmelia Way
Spectacular 3 bed/2 bath or 4 bed, 2 bath residence on 2430sqm in a great neighbourhood and only minutes to town. Lots of space inside & out for all the family. 236 gge, huge rear deck & privacy to suit.
View: Saturday 11.45-12
Sale: $400,000
Rick Jackson 0409 456 596 / 9841 0203

The Weekender, April 4, 2019
Secure, convenient & affordable!
- Dining, sun & close to local facilities
- Sunny patio area on a secure 400m2 block
- Block & the 1980s build
- Comes with a newly painted interior &
- An ideal location for the young family
- 36 Rockview Drive

New Price
Sale: $360,000
Rita McLean 0427 423 200 / 9491 0027

39 Lake Sepings Drive
- 3 beds, 2 car parks, rear lawn, & a great location
- A solid 1980s build with many updates
- A bit more extra room for the family
- 39 Lake Sepings Drive

New Price
Sale: $269,000-$299,000
Rita McLean 0427 423 200 / 9491 0027

14 Grandis Way
- Family friendly, home in sought after Yarabah, this home
- Comprises a modern kitchen, large lounge & dining, &
- A single level to Middlebird Beach schools. It is a winner.
- Sale: Saturday 11.30-1.00

Sale: $255,000
Rita Knott 0427 423 584 / 9491 0027

Spacious home in a great location
- Family & friends will love the opportunities
- With large bedrooms & a well-equipped kitchen, this home is
- A great place to raise a family.
- Sale: $259,000
Rita McLean 0427 423 200 / 9491 0027

An upmarket beach house
- What better way to spend your holiday? Own your own
- Beach house by purchasing the perfect property, with stunning
- Ocean views, this is to be seen to be truly appreciated.
- 10 Barfleur Place

Sale: $450,000
Joe Tricciola 0439 370 676 / 9491 0027

10 Camfield Street
- Across the road, that nice little plot in Atlantis Place & Daylesford.
- What could be better! Bealt 2010 built 4 bed, 2 bath residence with
- A well-maintained garden & quiet, peaceful location.
- Sale: Saturday 11.00-11.45

Sale: From $365,000
Rick Jackson 0439 435 586 / 9491 0028

Torriff block – ready, set, go!
- New dual level house, recently renovated &
- Featuring 4 beds, 2 baths, & an easy-care block.
- 32 Flemington Street

Sale: $389,000
Greg Loxton 0427 370 676 / 9491 0027

3 Cooper Way
- If you have a large family & they all appreciate their own space,
- This house has large living rooms. It is a solid 1980s build with
- High ceilings, double-aspect views & a spacious living area.
- Sale: Offers above $465,000
Greg Loxton 0427 423 200 / 9491 0027

8 Wooderson View
- Situated in the popular Rockview Estate, this low-maintenance home
- Ideal for lock & leave. Quality built, it has direct entry into the home from the garage, &
- Features a spacious living area, 3 bedrooms, & a separate study or home office.
- Sale: Offers over $275,000
Graham Walker 0418 422 266 / 9491 0027

7 Curramup Road
- This lovely family home is not to be overlooked, it has a large
- Block, with ocean views, & is fully fenced & gated.
- Sale: Saturday 11.30-1.00

Sale: $348,000
Rita Knott 0427 423 584 / 9491 0027

4/165 Middleton Road
- This lovely 3 bedroom townhouse is in a great complex, has water views, 2 level, 2 bath, &
- Offers a great outdoor area and is easy-care.
- Sale: Offers over $500,000
Rita McLean 0427 423 200 / 9491 0020

2/127 Middleton Road
- Located in a small complex, no strata company.
- This is one of the few in the complex that is available to rent.
- Sale: Saturday 12.00-12.30

Sale: $420,000
Graham Walker 0418 422 266 / 9491 0027

9/125 Middleton Road
- Fully renovated, recently updated &
- Features an open-plan living area, a star kitchen, &
- A great outdoor area with a fully landscaped garden.
- Sale: Saturday 11.00-11.45

Sale: $505,000
Rick Jackson 0427 410 006 / 9491 0028

The Weekender, April 4, 2019

Ray White Albany | 225 York Street Albany | T 9491 2250 | W raywhitealbany.com.au

THE ORIGINAL & THE BEST – RAY WHITE ALBANY
Double income, double the love
All on one title with 2 units separated by solid brick wall. Each unit has lovely high ceilings and, given the age, see in good condition. New 24 sq m extended kitchen, each has 2 beds, 2 baths, 2 living areas, 2 carports and even a separate workshop. Includes 2 separate laundry areas, all units own outdoor setting and 922m² in elevated position.

Sale: $465,000
Rita McLean 0429 436 598 / 9841 0208

Future development approval
- DET 2 beds with undercover parking
- Huge kitchen, large main bathroom
- 30x15m with 3.25m clearance
- 100,000m² reserve land, 6 rooms. Zoned close to CBD (X607)
Sale: $1,250,000
Graham Walker 0419 422 290 / 9841 0200

Good little rentall
It’s a go ahead street, and a price that is affordable, why not let a tenant pay off your mortgage? This home presents ready, has a good kitchen with modern appliances and good bench space on a big block with small room on side. (X63)

Sale: $264,000
Edith McLean 0419 443 177 / 9841 0200

Family home with access plus shed
- Stunning 4 bed designed perfectly
- Drive through access powered shed!
- Block 2 long space, former dairy + verandah
- 930m² block with secure garden + big patio (R414)

Sale: Offers over $499,000
Hollie Hummerston 0427 423 260 / 9841 0207

Not a care in the world
Well maintained 3 bedroom granny flat on 1 acre. This solid low maintenance 3x1 home is an absolute bargain! Take the kids to lock & leave in a great location close to the supermarket, cinema and schools (5000)

Sale: $399,000
Linda Knight 0439 535 654 / 9841 0210

Shed of your dreams
- Larger than life! Not on street
- Expansive living area, 2 bed & deck
- Rural views, massive deck area

Sale: $350,000
Hollie Hummerston 0419 410 006 / 9841 0211

16/20 Alison Parade
Located at the end of a cul-de-sac, this 2 bed, double carport village home near Daisy Hill Reserve. Approx. 15m front to the city centre & easy access to shopping. Excellent buying.

View Saturday 10:30-10:30
Sale: $249,999
Rick Jackson 0439 436 598 / 9841 0208

Robinson subdivision opportunity
A great opportunity to own one of these properties in the very sought after suburb of Robinson. With subdivision approval pending by 1st December, the property consists of 5 lots. As the subdivision is keep the lot! Cleared, watered, access to the city centre & easy access to shopping. Excellent buying.

Sale: $350,000-$500,000
Joe Titchka 0439 370 676 / 9841 0207

50-54 Gill Street
Yes, a full acre of land at 54 Gill St in Milpara with a B&T home of a five, 2 bathrooms, a formal dining room, 2 living rooms & a updated kitchen with new trumps, stove & dishwasher & pantry. Brick, powered dot gate with washing + an additional caretaker. Fully fenced. Close by to main access from 3 get streets. View: Saturday 11:00-11:30
Sale: $308,000
Rita McLean 0427 423 260 / 9841 0207

PARADISE has been found
- 4 bed, 3 bath on expensive lot & kitchen area
- Private dog outdoor building or views
- 3,000 olive trees, fruit trees & veg gardens
- 21 D40 utility 7000 Kg of Albany (ZCA20)

Sale: $499,999
Gary Walker 0419 632 286 / 9841 0220

WANTED!!
I have pre-approved clients wanting to purchase Lifestyle properties in the Porongurups. Various requirements & prices are sought after. So, if you’re thinking of selling your property in this region, please call me to discuss what your property may be worth.

Greg Loxton 0427 649 183 / 9841 0205

331 Lowanna Drive
This 4.95 acres is a beautifully designed to catch the true character & charm of old with all the mod cons - a classic kitchen with solid timber bench, modern bathrooms, solar panels & large sheds with zip lock protection. Decent sized powered shed, 2 bed, laundry & generous Perth 450 size. Just 4.3 hectares. View: Sunday 2:00-2:30
Sale: $650,000
Rita McLean 0427 423 200 / 9841 0207

7 Bramwell Road
Every bush home is ready for its new owners. Nothing is left to do. It’s a large, modern, elegant, spacious & clean! Could be called exceptional! It comes with the best quality when you look. Tiled, gym, a super tall massive fully lined powered shed, & a fire pit. The property is 5.25ha, ready on to a reserve. (X507)

Sale: Offers over $599,999
Rita McLean 0427 435 200 / 9841 0207

15 Owen Court
If you’re a large family or like to entertain, this home is perfect as all the rooms are super large. You could fit 4 king sized beds in the largest bedroom! Colour scheme with white down & black trench & a subtle powder in the en-suite. It’s got 3 box, 4 beds, 3 living areas, all which comes to a terrific screened outdoor area.

Sale: $760,000
Rita McLean 0427 435 200 / 9841 0207

Central city
- 3 mins walk to train
- Smart, passive industry
- Prime development block
- 1ST FLOOR (COM20)

Sale: $289,000
Graham Walker 0419 403 396 / 9841 0200

5-54 Gill Street
Yes, a full acre of land at 54 Gill St in Milpara with a B&T home of a five, 2 bathrooms, a formal dining room, 2 living rooms & a updated kitchen with new trumps, stove & dishwasher & pantry. Brick, powered dot gate with washing + an additional caretaker. Fully fenced. Close by to main access from 3 get streets. View: Saturday 11:00-11:30
Sale: $308,000
Rita McLean 0427 423 260 / 9841 0207

101 Dalorama Drive
Beautiful 4 bed, 2 bath 500m² home on 4500m² in very popular Warramup. Loads of space, easy large rear patio overlooking the below ground pool, veg garden & shed plus more from the centre of Albany & easy access to shopping.

View: Saturday 11:00-11:30
Sale: $308,000
Rick Jackson 0439 436 598 / 9841 0208

19 Robert Street
Oh, check this out! The water views of Middleton Beach can be seen from the kitchen, dining, lounge & even the master bed with large BIRs. 3 beds, 2 baths, polished timber floor & 2 separate living areas, with one opening out to the very large, rear patio that is level & covered for your garden. A home like no other with 3 beds. (OD50)

Sale: $750,000
Rita McLean 0427 423 200 / 9841 0207

THE ORIGINAL & THE BEST – RAY WHITE ALBANY

THE ORIGINAL & THE BEST – RAY WHITE ALBANY

Ray White Albany | 225 York Street Albany | T: 9841 2255 | W: raywhitealbany.com.au

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THE ORIGINAL & THE BEST – RAY WHITE ALBANY

Ray White Albany | 225 York Street Albany | T: 9841 2255 | W: raywhitealbany.com.au
Ray White, 226 York St, Albany's BRAND NEW Rental Department is OPEN FOR BUSINESS

Hollie Hummerston
Rita McLean
Sale: $190,000
Sale: $259,000
• Chook pen, security system & more (BH739)
• Large patio, gge to yard access
• Open-plan design, activity room
• 3x2 home plus theatre

Start the home ownership dream
• Get Home your way
• Open-plan design, activity room
• Large patio, gge to yard access
• Chook pen, security system & more (BH739)

Floor upper in Spencer Park
Motivated vendor invites genuine offers! This 3br on a big elevated block is in a great central location, close to schools, hospital and just over 2km to Middleton Beach. (SP90)

Nature at its best
• adjoining national park
• 4 Acre
• huge views to Southern Ocean & city
• Created building sites
• 7 mins to CBD (G325)

Country feel close to town
Motivated vendor invites genuine offers! On 4257m2 just over 5km to town, a lovely home with a veggie patch with both rain and scheme water. (G320)

Easy as 1, 2, 3
• Developer's dream in a central city. Close live out the environment & enjoy access to civic strip, shops, restaurants & city entertainment.
• All tumblers included in included. Tenanted until April (maybe longer if you want an investment). Could be set up as Apartments or your city pad when you are in for farm break. (ALB220)

First Home Open Sunday at 1.00pm
Blair Scott 0459 024 026
Web ID 20529202
Listing
Narrikup 112 Settlement Road
Blair Scott 0459 024 026
Web ID 20529202
Listing

Ray White Albany
| 226 York Street Albany | T 08 9841 0309 | W raywhitealbany.com.au

THE ORIGINAL & THE BEST – RAY WHITE ALBANY
Big Grove

15 & 54 Quaranup Road

Frontline Frontage and Incredible River Views

- Incredibly rare, private bush lots running to Foremore reserve
- Exceptional views of river and ocean, easy access to beaches
- Peaceful, private, pristine natural environment 33 minutes to Yorck St

Blair Scott 0459 024 026
Web ID 19001728
$730,000 to $790,000

Lowlands

40 Ryan Road

Bush on Granite Hill, with Pasture

- A rare large block
- Unique views, amongst granite outcrops
- Some pasture and good water

Neels Delport 0450 651 601
Web ID 19177661
$250,000

Denmark 12 Christina Crescent

Old School Quality

- Ideal location for retirees that just want an easy living home
- With plenty sheds in the backyard
- Or a local that just need space around them
- Please call Blair for a private appointment

Mckail

116 Beadon Road

Family Home on Acreage Right in Town

- Great, spacious home ideal for families
- Northerly aspect, lovely rural outlook
- sheds, round shed, fantastic workshop

Home Open Saturday at 11.00am

Neels Delport 0450 651 401
Web ID 201022233
$255,000

Mount Melville

78 Frosting Street

Turn-of-Century Charm

- Graceful 1900s home, mint condition
- Lovely gardens, level access to home
- Super location, views over harbour

Home Open Saturday at 10.00am

Blair Scott 0459 024 026
Web ID 19163543
$500,000 to $590,000

Mckail

116 Beadon Road

Family Home on Acreage Right in Town

- Great, spacious home ideal for families
- Northerly aspect, lovely rural outlook
- sheds, round shed, fantastic workshop

Home Open Saturday at 11.00am

Neels Delport 0450 651 401
Web ID 201022233
$255,000

Mount Clarence

26 Mount Street

Ravished Living Amongst the Twonships

- Magnificent home in bush setting
- Expansive, stylish modern living areas
- Central location with amazing features

Home Open Saturday at 2.00pm

Blair Scott 0459 024 026
Web ID 191880002
$276,000 to $370,000

Family Fun in the Country

57 Awhina Court

- 1014sqm
- 3 bedroom
- 2 bathroom
- 2 carport

57 Awhina Court

Millbrook

4 Willow Pump Road

Horticulture Prospects

- Plenty of water & unspoiled land
- Charming timber lodge in bush setting
- Roomy kitchen, bedrooms, living rooms

Neels Delport 0450 651 401
Web ID 19108741
$570,000 to $630,000

Offers above $470,000

Youngs Siding

36 Onrust Road

- Peaceful
- fiance
- new price

Blair Scott 0459 024 026
Web ID 19177737
$255,000

Mount Barker

151 Starline Road

Home Loan Renovate

- 2 bedroom
- 2 bathroom
- 2 carport

Blair Scott 0459 024 026
Web ID 19120783
$471,000

Offers above $375,000

Elders Albany, 189 Chester Pass Road, Albany WA 6330

ph 08 9842 7900

Elders Albany, 189 Chester Pass Road, Albany WA 6330

ph 08 9842 7900
Story gets lost in jungle scenery

Film Review by Grace Jones

Netflix Original Triple Frontier

Adios, a charming and endearing offering in the recent string of crime capers on Netflix, says it as the brother.

When you click on the film’s page, you will see a list of favourite movies, thanks to my equally as passionate compatriot.

But when I was小狗ing through Hell on a lazy Saturday, I saw something that made me feel like I had just found a new, unexpected friend. Triple Frontier popped my interest.

When you click on the film’s page, you will see a list of favourite movies, thanks to my equally as passionate compatriot.

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Adios, a charming and endearing offering in the recent string of crime capers on Netflix, says it as the brother.
Sheba will debut on April 20 in Denmark.

The name of the music group originates from the South West wild orchid, The Queen of the South West wild orchid, Keane doesn’t always get something familiar about it. “You can’t go wrong with jazzy blues; it’s timeless and there’s something about it and how it flows,” Keane said.

“I had a very long six-month teaching, so now, it’s time to reconnect with jazzy blues; it’s quite amazing how it flows,” Keane explained. “I’d always wanted to perform with a pianist and do kind of jazzy blues music, so I contacted my producer and he connected me with Gemma.”

Keane said her soon-to-be co-star was excited and said the pair “naturally gelled.” “It was exactly what I’d imagined; it’s so enjoyable,” she said. “It’s quite amazing actually; it’s so enjoyable, music because it goes simply playing by yourself.”

“We really liked the logo and on artwork,” Keane said. “We thought the flower would look lovely as a logo and thought the name and logo and on artwork, ‘The Queen of the South West wild orchid, The Queen of Albany Band.’

The name of the City of Albany Band’s first concert of the year. The program promises everything from 1930s American hits to the soundtrack of Star Wars. Return of the band

The City of Albany Band: A troupe of dancers, including professional dancers Rita Bush, Talitha Maslin and Cayleigh Davies, will recreate the experiences of the wool mill. The show will feature a mix of songs from a variety of genres and periods. The ticket price includes a program and refreshments. This is the first time the City of Albany Band has performed at the Presbyterian church, as well as the first time performing with a band of new members.

Returns to the band

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THE feedback from the recipes being profiled from the Granny Gritmeal Cook Book has been larger than a massive swell hitting Wamea Bay.

Today we continue with what is to be a sure hit and has had our staff scrabbling to the kitchen to test it out themselves.

Ingredients:
- 125g unsalted butter, melted
- 2 cups potato chips lightly crushed
- 1 cup plain flour
- 200g cheese (100g parmesan, 100g lady)
- Pinch of mustard
- Pinch of cayenne pepper

Method: Combine all ingredients.

Add melted butter. Press into balls and press down lightly. Bake in a moderate oven for 15-20 minutes.

Photo: Anastasia & Zaidyn Lee

Trish’s cheese biscuits

Woven wool tale

“The weaving of the wool came from the idea of teaching,” said three anchors. “We want to appeal to a wider audience.” The show will be held on April 12, 13 and 14 at a secret showing shed near Albany. The program promises everything from 1930s American hits to the soundtrack of Star Wars. Return of the band.

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Tractor sled has pull

Former Tracmach Great Southern branch President David McIntosh with the tractor pull sled.

Morris Wilkinson with a good-sized deep water south coast skippy.

I THOUGHT this week we shouldn’t have a look at the good old skippy or silver trevally. You just build it as you go. The mix gets a bit odd for those that are used to pulling the old Plough, but they were probably the hard-luck fishing I had come across and one that just always seemed to get away.

Various trevally are not always easy to identify positively, but skippy don’t have to compete with many other species and are in temperate south-ern waters. Colouration tends to vary from bright silver to grey. Sometimes a skippy back may be pale brown or even brown-green, and smaller skippies may have brown bands in the silver phase.

The Experience area produces skippies up to 9kg from the shore but some wobblers come in to the water out of Albany.

As with most species which are mainly diurnal, loss of habitat through overfishing is a major threat. Silver trevally are probably the main food source for total catch of this great recreational species. With that in mind, it’s worth remembering the minimum state limit is 60cm and the daily bag limit is eight.

What is the best way to target them? For smaller fish, 6/0-7/0 is a good size to use. I prefer to use 5/0-6/0 with a small ‘clip’ in the leader. There are many species that respond well to burley – just lift the rod tip and you don’t need to do anything else. Skippy often respond positively to a bright silver trevally sinker sensation. A solid thump will tell you that the that the current is too strong. Skippy often respond positively to a bright silver trevally sinker sensation. A solid thump will tell you that the that the current is too strong.

When conditions dictate, I will add a small spoon sinker rig. I have found in deeper water around 60-70 metres I have found in deeper water around 60-70 metres and smaller scales on the 8/0 is a good size. I will add a small spoons of your bait and you don’t need to do anything else. Skippy often respond positively to a bright silver trevally sinker sensation. A solid thump will tell you that the that the current is too strong.

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Contentious questions to answer, but 8kg is huge in WA, so it is important to target them? For smaller fish, 6/0-7/0 is a good size to use. I prefer to use 5/0-6/0 with a small ‘clip’ in the leader. There are many species that respond well to burley – just lift the rod tip and you don’t need to do anything else. Skippy often respond positively to a bright silver trevally sinker sensation. A solid thump will tell you that the that the current is too strong.

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Southern Ocean Spectacular
Saturday, April 13, 2019

Comp for all anglers

The Albany Southern Ocean Spectacular has attracted record numbers of boat-based fishers for years, with its big cash prizes.

Some Easter holiday period is also popular with land-based fishers as they venture out into the Great Southern for the weekend.

The inside waters are relatively calm, especially past the islands during April and May, the ocean was often at its best between your toes when you are going onto the rocks for any purpose at Salmon Holes.

The club welcomes everyone to enrol for this season and encourages all to enter the inside-outside event, with tickets being sold on Friday and Saturday.

The club promotes the importance of proper personal safety and precautionary measures that are required by law to wear life jackets.

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Does your wheelie bin need some TLC?

1. Loose pin ready to fall out of the bin lid.
2. Fuzzy seals cause the wheels to fall off.

THE blue 140L general waste bin owned by many Albany residents has a 26-year-old hinge pin that has failed. The pin is 20 years old and the dark green 240L recycle bin is even older. It might be time to give your bins a check. A broken hinge pin is one of the many unsolved bin problems reported by Albany residents. Each pin holding the bin lid have not worked loose. If one pin has worked loose, the remaining hinge pins are likely to strip out when loosened by the key.

To prevent this happening, tap the loose pin back in with a hammer. If the pin has fallen out, replacement pins are available at no cost from Cleanaway’s depot. A special rib on the centre of the handle was designed to prevent the pin from rotating against the hole, reducing the risk of pin slipping. This rib does stop the noise, but unfortunately it puts extra stress on the hinge on the lid and can cause the pin to strip. You can remove this centre rib to extend the life of your bin lid. To do this, cut the rib off with a hacksaw at a 45-degree angle as shown in the photos. Note that however, the pin will still need to be replaced and don’t need these modifications.

Check that the axle on your wheelie bins are not badly rusted, particularly on older, all-dark-green, recycle bin. If the flange at the end of the axle is badly rusted, particularly in older, all-dark-green, recycle bins may fall off. You can slow the rusting of the wheel by applying a rust inhibitor spray. If a wheel has fallen off your bin, you don’t have to buy a new bin, new spares are available for purchase. Complete bins and spare parts are available at reasonable prices for bins, lid pins, axles and wheels from Cleanaway. Call 9842 3923 for a quote.

For all your recycling and waste solutions:

- Commingled recycling
- Cardboard recycling
- General and green waste collection
- Construction, demolition and industrial waste collection

Ph: 9842 2467
www.cleanaway.com.au
Statewide youth celebration

ALBANY PCYC will be running its weekly SafeSPACE Strike II program over the school holidays, to keep young people entertained every Friday night.

Supported by the City of Albany and local health and diversity programs, the program has been run by Albany PCYC in some form since 2005, and has been planned in between the ages of 10 and 17.

While the program works to keep kids off the street and discourages anti-social behaviour, PCYC Albany Manager Terry Eaton said the youth it’s more about hanging out and having fun.

“It’s more about meeting with their mates and meeting with people,” Mr Eaton said. “The kids aren’t wandering around, they’re playing hide-and-seek.

Mr Eaton said the program continues to be popular, with an average of about 70 kids showing up each week.

“This provides basically a program of activities”, Mr Eaton said. “What do we do when they come in? We put some food out for them and then they break out and party where they’re comfortable.”

“We find that the youth that attend have an attention span of about seven to eight minutes,” Mr Eaton said. “If you can keep that minute, table tennis the next minute, a game of pool.”

He said although some young people might wish to play hardball, others could spend their evening watching movies.

While the program officially runs from 7.30-10pm every Friday, some eager kids show up as early as midday.

Albany PCYC provides free transport home for those whose parents cannot collect them.

“Albany PCYC provides free transport home for those whose parents cannot collect them.”

NATIONAL Youth Week will be celebrated in Denmark this year, with the 2019 Denmark Youth Festival set to run from April 12 weekend.

Developed by the Shire of Denmark, in conjunction with students from Denmark Senior High School (DSHS), the weekend-long event is a celebration of youth culture and will feature a number of musical acts and activities.

The event will see local youth help run workshops for younger children on the school holidays, and will feature a number of musical acts and activities.

The event is alcohol, drug and smoke free. Tickets can be booked on Friday April 12 at the door or online.

Family Day Care

Child & Parent Centre

MyTime

Foster Care

Parenting Services

Early Learning & Care

Communities for Children

Foster Care

MyTime

Foster Carer Support

Youth Week 2019

Almost 40 young Western Australians will be celebrated for their higher education and training achievements as part of the 20th annual Asher Award Awards.

The Asha Awards are presented to a number of people between the ages of 15 and 25, while at some point in their life they have been in the care of the Department of Communities.

A two-year-old Rosie Ogier took home a Regis Training Awards Award, with projects including a roofing, $1,500 in dabbling in sustainability studies and a day trip to the Lawrence Dock Adventure.

Mr Ogier, who has lived independently since helping the Department of Communities, ages 18, described the moment as an amazing event.

“I was completely amazed and I didn’t have housing, any finances — I had to do it on my own,” Mr Ogier said.

In addition, he said, “I had a lot of housing, they helped me better my education by getting me into TAFE, they taught me a lot of independence and how to manage money.”

Mr Ogier also said, “I’ve been studying health services assistance in running acute care, hoping to fill her dreams of one day working as a registered nurse and mental health nursing.”

“I’ve had a lot of experience with mental health personally myself — just that understanding of it and want to help other young people,” she said.

It was her support that Ms Ogier, who has been nominated for the award.

Mr Ogier said “It’s been amazing, I just need to be a guide for young people. I need to be a guide for young people.”

Mr Ogier said “We’re really proud of the kids and how they’ve come on board to help design and drive their own event for their peers and within our community.”

The event is alcohol, drug and smoke free. Tickets can be booked on Friday April 12 at the door or online.
Gigantic entertainment

If you’re looking to learn how to surf, there’s no one more experienced than respected local surfer Tony Harrison who has been catching waves for 57 years. He has won numerous surfing awards, winning state and national titles and in 2016, was named the Western Australian 2016 Surfing Legend and Professional Surfer of the Year.

Water sports are fantastic for fitness, coordination and of course the pure enjoyment of being in the ocean.

Jaluna Albany’s Hayley Ganney-Grant, who formed the Day 1999 and has had widespread media attention over the past 20 years, Tony has taught and coached people at all stages of the surfing and ocean awareness.

The coastal community knowledge is evidenced by the story of and respect the coastal environment.

This autumn, Due South Surfing Academy will be offering surfing lessons for families, groups of all ages and abilities. To book, call Tony 0411 269 433.

Endless summer of surf

Kicking your way to fitness

MIDDLETON BEACH SURF CLUB (south side of Surf Club)
17th, 18th & 19th April – 1pm-3pm
Lessons run for 2 hours each day – all equipment supplied.
BOOKINGS REQUIRED – PHONE TONY HARRISON ON 0411 269 433 or 0411 269 433
Cost $115 per person including race entries & upwards
Accredited course, certificate and notes supplied.
Check us out on albanykayakhire.com.au
Tony Harrison.
Eight easy ways to maintain your healthy routine when travelling

By AMBER CRECEREA
Owner/Body Care Health’s Club

1. Choose accommodation with access to fitness facilities or make use of the hotel gym. You’ll feel ready to hit the pool or step into the gym the moment you step out of the hotel. The more you move, the better your mood and productivity.

2. Staying in routine when travelling is easier than ever. Never before have we known where you’re going before you set foot on the plane or hop in the car.

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4. Take steps to help you on your journey:
   a. Locate the closest supermarket to where you’re staying. You’ll find access to fresh fruit and veg, plus ingredients to keep you well nourished.
   b. Stock up on fresh produce and ready-to-eat snacks.
   c. Before you travel, pack snacks that can be eaten on-the-go.
   d. Choose accommodation with a kitchen, where you’ll have access to fresh produce and the ability to prepare healthy meals.

5. Enjoy the local culture, but don’t be afraid to ask questions or try new things.

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12. Enjoy the local culture, but don’t be afraid to ask questions or try new things.
The final year that mail was transported from Albany to Perth via mail coach was in 1888. Depicted here is the final mail coach departing the Albany Post Office on Stirling Terrace, which is now home to the University of Western Australia’s Albany campus. The mail coach was rendered obsolete when the railway opened in 1889. Mail was then sent via train instead.