Tennis hub plans in play

DAVID KAVANAGH

THE City of Albany could house a state of the art regional tennis venue if plans discussed as part of an ongoing feasibility study set to be completed in June come to fruition.

The Lower Great Southern Tennis Association, the Department of Local Government, Sporting and Cultural Industries, Tennis West, four local tennis clubs and the City have been in discussions as part of the study since a consultant was hired to conduct it in October.

City Manager of Recreation Services Samantha Stevens said the study would assess the feasibility of establishing a regional tennis centre in the Great Southern to encourage growth and greater participation in the sport locally.

She said the study would consider "the medium to long-term needs of the sport in the Great Southern and recommendations for infrastructure and suitable sites."

"Part of this process is also to consider a governance model that would work, and to measure both the economic and social value of pursuing a project like this," Ms Stevens said.

Currently, there are four tennis clubs in Albany – the Emu Point Sporting Club, Merrifield Park Tennis Club, Lawley Park Tennis Club and the South Coast Tennis Club.

Vice President of the Lower Great Southern Tennis Association Les Bairstow said the quest to see a single regional tennis venue built in Albany had been underway for about 40 years.

"I can remember my father back in 1980 and a few people were trying to get it off the ground," Mr Bairstow said. "It's been a huge amount of time for something that probably should have been built 30 years ago."

– More on Page 3.
‘Ace facility’ study

From page 1.

Mr Minter has been competing in winter Winds- surfing for around four years, and for the past three of those he has had the opportunity to wind surf internationally. The 2016 Winter Windsurfing Open was held in New Zealand, and Mr Minter competed in the Open division. This year, the competition was held in France.

Mr Minter said he was proud to be representing Australia in a sport that is relatively new to the country.

The Department of Transport has granted special permits to the Albany Boat Shed to hold regional surfing competitions, and Mr Minter said he was excited to be part of the first competition to be held in Albany.

Mr Minter also said he was looking forward to competing in the first regional surfing competition to be held in Albany, and he was excited to represent his state and country in a sport that is relatively new to the country.

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**Australian Federal Election 2019**

**NICK WILSON** – current member

- Albany / Liberal Party of Australia
- Road to Point Artes in Fitzgerald National Park sealed
- Fight to keep the live export industry open
- Further protect endowment of the Bawoer Marine Park to include the orca hotspot

**What's on at ST JOHN'S**

One of St John’s greatly appreciated activities is the weekly pop singer Mariposa Soup Kitchen serving around 350 cups each Monday, twenty years ago volunteers from the parish soft drinks, jam, cheese, three different hot soups every week for a donation. Twenty years ago it was a $5 tip to a cook up. Along with the soup, brasser bread and jam. Mariposa’s also serves tea and coffee, free only for the elderly and disabled. It is a social gathering for regular attendees and for many ex-pats who see the sign of the door Winch in every way by the side door of Mariposa is a high valued ongoing community service that draws to be better known.

**DEAN SMITH**

Perth / Pauline Hanson’s One Nation
- Implement low cost and reliable power through low emission coal fired power stations
- Remove Australia from the UN Refugee Convention and implement a travel ban to broken-external countries

**What's on in stock?**

- It's your Australia. Don't vote how you're told to vote, vote how you want the country to be.

---

**Power through Winter with STIHL.**

STIHL.

**The Weekender, May 16, 2019**

**Redmond Sawmll**

**SHELDY PAYNE**

- Experience / Australian Labor Party
- Address climate change and build a sustainable future
- Create better health services in regional areas
- Provide incentives for regional industries to develop

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**Nelson Blake Gilmour**

- Denmark / The Australian Greens
- Get corporate money out of Australian Government
- Address water security
- Address food security in conjunction with farmers

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STIHL.
An Albany university student was found guilty and sentenced in Albany Magistrates Court last week.

Magistrate Johnson said while she accepted the 18-year-old and youth would be considered in sentencing, the amount of drugs Mr Golding had in his possession was alarming.

Mr Golding had entered guilty pleas to the provision that this extended to his drug-related charges.

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Climate for change

IN my mind, and the minds of many other Australians, the most im- portant issue at the May 18 election is climate change.

No candidate or po- litical party can afford to appear out of step on this issue.

The most recent Inter- governmental Panel on Climate Change (IPCC) report states that keeping global warming to 1.5 degrees Celsius would require a massive and rapid reduction in greenhouse gas emissions, which would need to be completed by 2030.

The 1.5 degree scenario is the only one that would keep the temperature increase well below 2 degrees Celsius. However, even if global emissions were reduced to near zero by 2050, we would still have to rely on geoengineering to prevent some of the worst effects of climate change.

We need to keep working towards climate action, and there is a lot we can do to reduce our emissions right now. By doing so, we can help protect the environment, improve public health, and create jobs in the renewable energy sector.

Our government needs to do more to support this transition, and to ensure that all Australians benefit from the transition to a low-carbon economy.

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Street fest a vivid success

IT WAS blue skies and sunshine for last weekend’s Vancouver Street Festival celebrating all things vintage, upcycling and local talent.

From 11am to 4pm people trickled into the end section of Vancouver Street in Albany to enjoy gourmet food, singing, dancing and art in all forms. The Great Southern Art Award exhibition was on display inside the Vancouver Arts Centre and visitors could vote for their favourite artwork.

There were dress-ups galore for people who wanted to glam up their frocks and a wide selection of crafts to peruse.

- Jade Olmer, Isabella De Gaetanfata, Dixi Cush, Joanne Boyett and Ebony Anderson.
- Lynda, Phoebe and Jan Riggs.
- Liza Turnbull, Viv Matts and Penny Roberts from Felters in the Great Southern.
- Sue Freshwater and Lesa McLain.
- Sharon Nicholls and Phoebe Redlick.
- Fiona Daint, Jarred Inman and Imogen Goodwin.
- Darian Le Page, the mime.

Photos: Ashleigh Fielding

Lynda, Phoebe and Jan Riggs.

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- Darian Le Page, the mime.
Fairytale delights audience

THE second weekend of shows for Albany Light Opera and Theatre Company’s Beauty and the Beast saw a delighted audience cheering and clapping beyond the final curtain call.

Starring new and recurring talents to the company, the production kept to the original storyline, retelling a tale as old as time to an audience of fairytale and Disney lovers young and old.

Beauty and the Beast will play for two more weekends and as of early this week, there were only a handful of tickets left. Tickets are on sale online at Albany Light Opera and Theatre Company or from Periwrinkle Merchants.

2019 Bulk Green Waste Collection

Residents with a regular kerbside bin collection service can place up to two full trailer loads of green waste on the verge.

- Place your waste on the verge the weekend before your scheduled collection.
- All items must be out by 8am on the Monday of your scheduled week.
- Allow 50cm for collection.
- Green waste placed on the verge more than 3 days prior to your scheduled collection date, or after the truck has passed, may result in a fine being issued.
- Don’t place bulk green waste inside your property line. Any material placed on a path, on a nature strip, behind a fence, or on the kerb, will not be collected.
- Ensure that items do not obstruct walkways, essential services or line of sight for pedestrians, cyclists and vehicles.

- Collectors are zero-tolerance, so items DO NOT place your waste near to trees, power poles, walk, street lights, gutters or water meters (as these may be damaged).
- Residents who have a kerbside green service are expected to contact Garbutt on 9841 2587 for advice prior to the collection commencing in your area.

For more information phone Cleanaway Albany on 9841 2677 Monday to Friday, 8am to 4.30pm

The following items WILL be collected
- Dry and shred prunings up to 1m
- Dry brush
- Total length 2m
- Tree in a container
- Up to two trailer loads of green waste in a 4-bucker size, or two (2) cubic metre trailer loads. These items WILL NOT be collected.
- Bags of green waste will not be collected.
- Leaf beakers or Lawn Mower
- Wood and soft metal
- Scrap metal
- Keep green waste loose - DO NOT in 4-buckers

Waste should be no more than 200kg and no wider than 1m high.

Please place your bulk green waste on the verge by 8am on your scheduled collection date.

PH: 9841 4200
13 Cockburn Rd
Albany (next to Amity Rose Funerals)

COME & JOIN US FOR
FREE MORNING TEA
9:30 – 11 AM Thursday 23rd May

16 Years in Albany
10 Years in our current Shop

Over 4000 Products!
- Local Shop, Local People
- Service & Repairs Workshop
- Trials & Demos available
- Friendly, Helpful Team
- Hire Option Available
**DENMARK SUPA IGA**

**MON. TUES. ONLY!**

These specials only available Monday 20/5/19 & Tuesday 21/5/19.

- **Boneless Skinless Chicken Thigh Fillets**
  - $8.99 kg

- **Pre-packed Tomatoes**
  - $2.49 kg

These 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.

**NORTH ROAD SUPA IGA**

**FRI. & SAT. ONLY!**

These specials only available Friday 17/5/19 & Saturday 18/5/19.

- **Viva Paper Towel 2 Pack**
  - $1.75 ea

- **Viva Multi-Use**
  - $1.48 per 100 sheets

**SUNDAY ONLY!**

These specials only available Sunday 19/5/19.

- **Dorragina Virginia Ham 400g**
  - $2.99 ea
  - $1.48 per 100 sheets

- **Scottish Scotch Fillet Portions**
  - $10.99 kg

- **Bunches of Broccoli**
  - $1.29 ea

**BBQ Bulk Sausages**

- **Master Foods Squeeze Sauce 500ml**
  - 29c per 100ml

- **Boneless Skinless Pre-packed Sausages**
  - 29c per 100ml

- **Bunches of Broccoli**
  - $1.29 ea

**REWARDS NORTH ROAD**

**MONDAY TUESDAY ONLY!**

- **For every $50 you spend in one transaction**

- **These specials only available Monday 20/5/19 & Tuesday 21/5/19.**

- **The IGA Rewards Albany Retravision Homewares 40% OFF HOMEWARES IS EXCLUSIVE to NORTH ROAD SUPA IGA REWARDS CARD HOLDERS & DENMARK SUPA IGA REWARDS CARD HOLDERS at Albany Retravision. See in-store for details. JOIN NOW IT’S FREE**

**DENMARK SUPA IGA**

**Open 7 Days - Monday thru Wednesday 7.30am - 7.00pm Thursday 7.30am - 8.30pm Friday thru Sunday 7.30am - 7.00pm**

**Cnr Strickland & North Sts**

**Ph 9848 3211 denimark.igaonline.com.au**

**BETTER THAN**

**DORRAGINA VIRGINIA HAM 400G**

**$2.99 EA**

**$1.48 PER 100 SHEETS**

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**THE IGA REWARDS ALBANY RETRAVISION HOMEWARES 40% OFF HOMEWARES IS EXCLUSIVE TO NORTH ROAD SUPA IGA REWARDS CARD HOLDERS & DENMARK SUPA IGA REWARDS CARD HOLDERS at ALBANY RETRAVISION. SEE IN-STORE FOR DETAILS. JOIN NOW IT’S FREE**

**NORTH ROAD SUPA IGA**

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**Cnr North Road & Albany Sts**

**Ph 9841 2444 northroad.igaonline.com.au**

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Solar friend and foe

I WROTE a column two weeks ago about sun protection — the ‘tude you wear, because it’s a tricky topic. Many of you wrote in lovely letters and emails about how you live your life in that regard, and I love the fact that so many are taking it seriously.

We’ve covered the topic of sun protection many times before, so let’s go over the basics:

One of the key things to remember when you’re out in the sun is to use sunscreen with a high SPF. The higher the SPF, the longer it will protect your skin.

One group of people who are especially vulnerable to sun damage are those with fair skin. If you’re one of these people, you need to be extra careful when out in the sun.

One of the most common mistakes people make is to assume that sunscreen is enough to protect them from the sun’s rays. But it’s not. Sunscreen only works for a limited amount of time, and you need to reapply it every few hours.

One of the main reasons for this is that sunscreen wears off. And even when you do apply sunscreen, it’s not always effective. Some sunscreens are not waterproof, so if you’re swimming or sweating, they may wash off your skin.

One of the most important things you can do to protect your skin from sun damage is to stay out of the sun during peak hours. This means avoiding the sun between 10 a.m. and 4 p.m., or at least trying to stay in the shade during those hours.

One of the main reasons people don’t wear sunscreen is because they think it’s too difficult to keep up with. But it’s not. Just take a few minutes each morning to apply sunscreen and you’ll be protecting your skin.

One of the things that makes it hard to wear sunscreen is that it’s often greasy and leaves a white cast. But there are now many sunscreen options that are both effective and comfortable to wear.

One of the most important things to remember when it comes to sun protection is that it’s not just a summer thing. Sun damage can happen year-round, so it’s important to wear sunscreen even on cold, cloudy days.

One of the things that makes sun protection so difficult is that it’s often not easy to find a sunscreen that suits your needs. But there are now many options available, so there’s something for everyone.

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Celebration of life for all involved

CRAIGCARE'S National Clinical Governance Manager Ryan Rodrigues has been named the winner of the Excellence in Aged Care Services Award for his role in improving living conditions for residents living with dementia through the implementation of his innovative End of Life Trajectory tool.

The End of Life Trajectory tool is designed to provide care for well beyond the clinical nursing needs and ensure a person can access a home-like environment for as long as possible. The tool assists nursing staff to prepare residents and their families and provide the much-needed emotional support and choice prior to death.

Nursing staff can often focus on improving clinical outcomes; however, this may not be the only goal of the palliative journey. CraigCare’s philosophy of care is to focus on the needs of the individual, maintaining comfort, controlling pain and also concentrating on providing spiritual and emotional support for residents and their families and carers.

CraigCare’s philosophy of care is to focus on the needs of the individual, maintaining comfort, controlling pain and also concentrating on providing spiritual and emotional support for residents and their families.

CraigCare’s residents Elizabeth Quinlan and Catherine Taylor with facility Manager Jo Forrest (center) and Poppy.

CRAIGCARE focuses on creating safe, caring, inclusive and purposeful home-like environments for those living with dementia.

Their approach to residents living with dementia is in accordance with CraigCare’s Dementia Model of Care I AM ME. This is based on a holistic approach which aligns with CraigCare’s values of respect, kindness, joy, relationships and community.

CraigCare’s outdoor spaces promote the individual while promoting quality of life.

This means their residents living with dementia make meaningful contributions to their new community and maintain as much independence as possible.

CraigCare’s I AM ME dementia program incorporates evidence-based practices from Montessori and Dementia Australia to minimise the impact of dementia. Their program acknowledges the individual’s needs, individuality, joy, relationships and events to motivate feelings of purpose.

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For residents living with dementia, CraigCare is proud to announce the launch of our comprehensive I AM ME dementia program that incorporates evidence-based practices from Montessori and Dementia Australia to minimise the impact of dementia.

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Contact us today to find out more
Jo Forrest, Facility Manager
Phone: 9844 5700
Email: jor@joforestcraigcare.com.au

Beaufort Road, Yakamia WA 6153

craigcare.com.au

Our residents are at the heart of everything we do.

At CraigCare Albany we have big hearts and prioritise quality care delivered by a local and consistent team who treat you and your loved ones like a family member.

We do everything possible to make sure our care community feels as close to home as possible through strong connections with family and friends, staff, and the local community.

For residents living with dementia, CraigCare is proud to announce the launch of our comprehensive I AM ME dementia program that incorporates evidence-based practices from Montessori and Dementia Australia to minimise the impact of dementia.

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Beaufort Road, Yakamia WA 6153

craigcare.com.au

Our residents are at the heart of everything we do.
You only live once.

**BUT IF YOU DO IT RIGHT, ONCE IS ENOUGH.**

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**COME AND TAKE A RELAXING WALK THROUGH OYSTER HARBOUR LIFESTYLE VILLAGE.**

Enjoy the perfect blend of city and serenity just a ten minute drive from Albany town centre and a moment’s walk from the shores of Oyster Harbour.

Oyster Harbour Lifestyle Village is set on 44 acres and surrounded by stunning South Coast scenery and is a safe, quiet and pet friendly community.

With the spectacular Clubhouse nearing completion, you’ll soon be able to socialise and exercise in luxury everyday.

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**Seniors in focus**

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**The lowdown on land lease**

RACHUEL Lane, author, financial planner and seniors industry expert, recently spoke to an audience of potential downsizers at a seminar for National Lifestyle Villages. She explained the differences between retirement villages and land lease communities.

"In a retirement village your contract will likely be a leasehold or a bundle arrangement," she said. "Retirement villages don’t give you any ownership of the home or the land, just a lease for a fixed period."

"In a land lease community, you own the land and a house on that land and that creates a very unique ownership model from a social security point of view. If you’ve got a pension, that allows you to receive rent assistance, something that you may struggle to get support for if moving into a land lease community."

Commonwealth rent assistance is available to National Lifestyle Village home owners who are on a pension.

"In my opinion rent assistance is the most generous of government payments. If your rent exceeds the threshold, rent assistance will come into effect," she said. "If you haven’t had prior to moving into a land lease community, it’s coming in many different forms now."

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**Cultural focus funding**

THE Australian Government has committed more than $50.000 over the four years of the National Lifestyle Village Land Lease Communities Initiative, which will result in more than 900 essential aged care services continuing to be delivered under the program.

This commitment includes more than $100.000 to expand the program as part of the More Choices for Older Life initiative, which will result in more than 500 older Aboriginal and Torres Strait Islander people making use of the services.

The Nexit PACF Program funds organisations to provide culturally appropriate aged care to older Aboriginal and Torres Strait Islander people.

There are currently 30 organisations funded under the Nexit PACF Program that deliver care to older First Nations people through 33 services nationally. A spokesperson said the Government was committed to providing safe, quality aged care to regional, rural and remote Australia, which at times were faced with specific challenges.

Ensuring that high quality aged care services were delivered in a culturally appropriate way is a key to caring for First Nations elders.

Staying connected to your culture, and being cared for by someone who understands your background, can make all the difference to a happier, healthier and more fulfilling life.

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**Albany Podiatry**


direction feature

Liam McCarthy

Member Aust. Pod. Assoc. WA

Registered Podiatrist

Dept. of Veteran’s Affairs

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**Payment plans available**

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**NEW AND PRE-LOVED ITEMS**

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**Seniors in focus**

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**Transition care program to expedite independence**

MORE senior Western Australians will be able to regain their independence faster after leaving hospital, thanks to a $33.75 million Australian Government funding package to support the Transition Care Program (TCP) places across Perth.

This vital pilot Australian has shown the aged care sector can help older people regain their independence, with studies showing those in TCP are more likely to remain in their own homes for longer.

The 130 extra transition care places are also a crucial way to reduce pressure on public hospitals and in the aged care sector, while helping older people to live in their own homes for longer.

Transition care is a residential care program up to 13 weeks in length, helping older Australians regain their functional capacity after hospital stay. It can be delivered either in a person’s home or in a residential care setting.

Transition care places are jointly funded by the Government and State/Territory Governments. In recent years there has been an undersupply of operational residential aged care places in Australia – a flow-on effect from the low demand represented by providers for residential care places in the Aged Care Assessment Pocket Protocol (ACAPP) between people in hospital and residential aged care.

The average time needed to provide residential care is 4.3 years.

Demand for places has picked up significantly in the last four ACARs (2014, 2015, 2016, 17 and 2018-19), which has seen a total of 7,910 new residential aged care places allocated to WA.

This has led to more than 1200 new residential aged care places being developed into operation in WA over the past two years.

In the 2018-19 ACAR, a record 13,200 new residential aged care places, 775 short-term transitional care places and up to 1000 home Care Packages were funded. Overall funding was more than $140 million.

The program targets more senior Australian’s to receive aged care and support as so they can stay in their own homes or communities, surrounded by family, friends and neighbours.
DENMARK nurse Elizabeth Churchill was named WA Country Nurse of the Year last week.

Ms Churchill is a registered nurse and a 21-year staff member of Denmark Health Service and a 31-year member of the Volunteer Bush Fire Brigade.

"I am working at Denmark Health Service and I have done a lot of different things," Ms Churchill said.

"I have been working for the past three years as a nurse and I have worked in the emergency department, on the wards, in residential care and in long-term care.

"My job is to make sure that patients are treated as they should be, and that their needs are met, and that they have the opportunity to come to Denmark Health Service for their care.

"I have been working in the emergency department for several years, and I have been very successful in that role.

"I have worked on the wards for several years, and I have been very successful in that role.

"I have worked in residential care and long-term care for several years, and I have been very successful in that role.

"I have been very successful in my job, and I am very proud of that."
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.

Choices Flooring by Albany Interiors
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9841 5555
choicesflooring.com.au

SELDOM do opportunities arise to acquire such a distinctive and potential-packed property in the heart of Albany’s central business district. This property has not been offered for sale for some nine years. Enjoy fabulous views of the harbour, city, entertainment centre and New Year’s Eve fireworks from the comfort of home, or walk to all the action in a matter of minutes. It is only 300 metres from downtown York Street and opposite historic tourist attractions.

The two-storey split-level dwelling set on an easy-care 349sqm lot presents a great lifestyle opportunity, B&B potential and other possibilities worth exploring. It is also in the same street as government offices, retail and hospitality outlets and private homes.

The building has been well-maintained and previously updated in various areas and still has loads of untapped potential. The main wing reveals an imposing open plan living and dining area with a high ceiling, glorious original wide ornate cornices and modern vinyl timber flooring. Step up to a modern separate kitchen or take the attractive staircase to the bathroom and a wonderful big harbour view bedroom with timber floor and built-in storage.

The second wing can be accessed from the living area but also has its own separate front entry, making it potentially ideal for holiday or B&B accommodation, or other possible uses with approval from the City of Albany. It also has a front sitting room, central bedroom rear kitchen and laundry combo and patio. Rent this lifestyle or consider other options for this special parcel of real estate.

Call Kathleen now to find out more 0439 421 059.

Water view Stirling townhouse

Good interior decorating starts from the floor up at Choices Flooring by Albany Interiors

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

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While Neville is away the team will play

434 Albany Highway, Albany
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SAT & SUN 8am-5pm

Nevilles

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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.

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As Albany's oldest established Real Estate Settlement Agency, we are dedicated, professional and can help you complete your property transaction. Albany's only Certified Practising Conveyancer.

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Branch Office: 236 York Street, Albany

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EXCLUSIVE LIFESTYLE SHOWPIECE
52 Triggerplant Loop, Hay
Embrace living in display home luxury on a sunny aspect lifestyle lot in one of our state's most beautiful regions. Only 3kms from scenic Denmark and less than 50kms from historic Albany, this property presents an outstanding opportunity for families to lifestyle.

VIEWING BY APPOINTMENT
Darren 0414 888 244 / Shayne 0428 481 315

NEW LISTING

ENJOY THE LIFESTYLE WITH AMENITIES
16 Patricia Close, McKail

VIEWING BY APPOINTMENT
- Fantastic property, just 10 mins drive to Albany CBD
- Nicely renovated, federation style 4 x 1 home
- Jarrah floors, wide verandahs & outdoor entertaining
- The home is in a sunny position, overlooking paddocks

Brendon 0432 996 035 Offers Above $599,000

Lindy 0416 079 031 Offers Over $649,000

TRULY TRANQUIL LIFESTYLE PROPERTY
25 Bindaree Road, Cuthbert

VIEWING BY APPOINTMENT
- Tree views from this farmlet, just 13 mins drive to CBD
- Custom built stone residence, 4 big bedrooms & 2 baths
- Jarrah floors, solar panels, wide sweeping verandahs
- The home is in elevated position, overlooking paddocks

Lindy 0416 079 031 Offers Over $649,000

NEW LISTING

EXCLUSIVE LIFESTYLE SHOWPIECE
$690,000

DISCOVER THE LIFESTYLE NEAR INLET, RIVER, BEACHES AND DENMARK TOWN
- Upscale, customised innovative Rural Building Co display home with study
- Superior free form living, dining, galley kitchen, scullery and more
- Theatre, alfresco, deck to plush master suite all on large landscaped lifestyle lot

VIEWING BY APPOINTMENT

Darren Leslie 0414 888 244 / Shayne Russell 0428 481 315

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Great opportunity for a rural lifestyle with extra income
33ha, 1 paddock, good pasture & fertiliser history
North facing property 25min from Albany CBD
Close to great beaches for swimming, surfing
The hard work is done, now time to prosper
Approved subdivision North side of the range
50ac – Collingwood Park

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Phone: 9841 1455 albanyproperty.biz

W&R

RURAL SALES & LIFESTYLE LAND SALES

Barry Panizza
0418 945 487
barry@albanyproperty.biz

Licensee/Director
Barry Panizza
0418 945 487

Barry Expressions of Interest

Phone: 9841 1455
Main Office: 197 York St, Albany
Branch Office: 236 York St, Albany

RURAL SALES & LIFESTYLE LAND SALES

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0418 945 487
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Licensee/Director
Barry Panizza
0418 945 487

Barry Expressions of Interest

Prime Yakamia Subdivision

 Only 1 lots in private subdivision
 Fully serviced, main street frontage
 A easy income
 Elevated, titles are issued & ready to build on

50A Sydney Street, Yakamia 800sqm $169,000
50B Sydney Street, Yakamia 1,030sqm $195,000
56 Sydney Street, Yakamia 703sqm $195,000

Call Darren Leslie 0414 888 244 or Rhett Bull 0408 264 309

Allmore Park

4 UNDULATING PART WOODED LOTS

 Only 3 lots in unique subdivision
 Serviced lots, in bayside lifestyle estate
 Close to beaches, shops and school

Lot 3 1,001sqm $399,000
Lot 4 2,058sqm $399,000

Call Darren Leslie 0414 888 244 or Rhett Bull on 0408 264 309

Shell Bay Dreaming

Shell Bay Road, Lower King

Blocks From $299,000

Only 3 lots in unique subdivision
 Serviced lots, in bayside lifestyle estate
 Close to beaches, shops and school

Lot 2 3,107sqm $299,000
Lot 4 2,058sqm $399,000

Lot 3 3,011sqm $399,000

Call Darren Leslie 0414 888 244 or Rhett Bull on 0408 264 309

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THE KOOMBAKA BAY $256,900

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Contemporary
Hamptons

Your choice of 3 elevation styles and the floorplan to suit your lifestyle

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

Exclusive new listings from the Ray White “York Street” office

Rural property with three dwellings
- Located approx 20 km west of Albany, 80 acres, 29% arable land, 35% pasture, dam & bore.
- Shops, cool room, meat room, canned pigs, cattle, cattle yard, well maintained electric fence & farm shed.
- 3 sleeping quarters, renovated one bedroom cottage & timber framed shed (2231 HR)
Sale: $175,000
Greg Loxton 0427 649 193 / 9841 0205

What a fabulous idea
- Delightful 3 bedroom free standing unit in a great position. Very neat, very tidy and easy-care garden area needing your finishing touch. Not far to shopping, bus nearby and only minutes from the centre of Albany. (M299)
Sale: $169,000
Rick Jackson 0429 436 598 / 9841 0208

Farmland for the future
- MOUNTAIN VIEWS
  - 5 acre flat level block with sensational mountain & rural views
  - Fully fenced, located on the foot of the Knob Hill Ranges
  - Located close to caravan park, world renowned walk trails, wineries
  - Power available, quiet living, motivated sellers want SOLD. (ZOD559)
Price: $700,000
Max Spiccia 0418 945 491 / 9841 0206

Next step?
- Delightful 2 bed 1 bath park home, amongst like-minded neighbours, close to shopping and with an easy care garden. The perfect lock and leave. ($580K)
Sale: $180,000
Greg Loxton 0427 649 183 / 9841 0205

What a property!
- Delightful views, open plan living with an extra living space on the second floor and a double garage with drive thru access. What more could you want in a home? This beautiful 3.5 brick and tile property will be sure to cover your every want and need. ($795K)
Sale: $385,000
Graham Walker 0418 422 266 / 9841 0220

Farmland for the future
- 200.9 ha mixed farming situated 32kms from the Albany GPO. The property shares a 1.6km boundary with the 420ha “Sleeman Greek Nature Reserve”. The block has a very neat character 3 bedroom, 2 bathroom cottage, veggie patch, wood stove and lots of sheds, water tanks and garages.
Sale: $1,800,000
Greg Loxton 0427 649 193 / 9841 0205

What more could you want in a home? This beautiful 3.5 brick and tile property will be sure to cover your every want and need. ($795K)
Max Spiccia 0418 945 491 / 9841 0206

Price: $700,000

Exclusive new listings from the Ray White “York Street” office

The Weekender, May 16, 2019

THE ORIGINAL & THE BEST – RAY WHITE ALBANY

Ray White Albany | 226 York Street Albany | T 9841 2255 | W raywhitealbany.com.au
Simply the best
Top quality contemporary home with 5 huge beds, 2 baths, an amazing kitchen, integrated fridge/freezer, renewables, shutter & sheer blinds. 294m2, huge, high, dual height concrete inner-city home on 347m2 with big back yard. On 4742m2 & no covenants. (RC113)
Sale: Offers $999,999
Rita McLean 0427 423 200 / 9841 0207

Freehold carpark
A chance business opportunity in a beautiful location.
- 50 powered sites, 15 unpowered sites, a cabin, 2 toilets
- Large walled block, all R&B, fully fenced, drive through access
- 150m from residential area
- 4k, 32km from foot of Porongurup Range. (FS902)
Sale: $688,000
Gary Lussen 0427 649 183 / 9841 0305

Home, the shed, the land
- Expansive 3 bed home + study
- 750m2 block + 2 road access
- Workshop, shed, barnyard
- Impressive patio, split level + more. (GK027)
Sale: $735,650
Holly Humphreys 0458 410 000 / 9841 0211

Charming character
- 3 bed 2 bath + study / 1 acre blk
- Polished Timber floors
- Dbl kitchen / studen's pantry
- North facing
- Double auto garage / rear room
Price: Offers above $405,000
Net Wett 0451 924 000 / 9841 0208

Inspection highly recommended
- 8 beds, 4 baths & 4 WC
- 2 kitchens & 2 living area
- Dbl gge UMR + large carpark
- Calm de-loc area near shops & schools (RC106)
Sale: $865,000
Joe Trichilo 0458 370 675 / 9841 0207

Nature at its best
- Aboriginal park
- 6.5ha
- Bordering to Southern Ocean & city
- Nature at its best
- 7 mins to CBD (30,006)
Sale: Offers above $5,000,000
Graham Walker 0418 422 266 / 9841 0220

Floors upper in Spencer Park
Motivated vendor indicates genuine offer. This 513m2 block is in a great central location. Close to shops, hospital and just over 2kms to Middleton Beach. (SP965)
Sale: Offers $150,000
Linda Knight 0408 135 554 / 644 0101

Robinson subdivision opportunity
A great opportunity to purchase this property in the very sought after suburb of Robinson. With subdivision approval pending 2 lots, the property consists of 5.8ac. (COM253)
Sale: $529,000
Rick Jackson 0418 435 589 / 9841 0268

On duplex size block
Get off the rental treadmill with this ideal starter. 2 bed home with lounge, dining, carport & patios. But with 1895m2 for you to extend, built a shed or grow your own veges. (0566)
Sale: Offers over $679,000
Joe Trichilo 0458 370 675 / 9841 0207

Ripe for development
Corner block 2 blocks on one title with a total of 259m2. Excellent EDD zoning & great potential. Buy now & develop later. (ZM703)
Sale: $335,000
Rick Jackson 0418 435 589 / 9841 0268

Let the tenants pay the mortgage
On a 600m2 block, and a prize that is affordable, why not let a tenant pay off your mortgage? This home presents neatly, has a good kitchen with modern appliances and good bench space. Set with large deck at the rear, great entertaining and relaxing space, big block with ample room for kids to run around. (LSD868)
Sale: $320,000
Graham Walker 0409 883 177 / 9841 0204

Great family home – quiet location
- Old Style with three main levels on 155m2 block
- Spectacular front lounge, large back windows
- Spot with other office or shops in 2 storeys
- Nonwooden wood heater, enclosed patio
- Huge shed divided into 2 – workshop & tennis area (NS95)
Sale: Offers over $655,000
Graham Walker 0418 422 266 / 9841 0220

14 Granda Way
- Large north face
- Study, Theatre
- Quality timber
- Split system, fire, wood fire
- Driveway wide, Includes garage
View: Sundays 1:10-1:30
Sale: $500,000
Linda Knight 0409 09 354 / 644 0101

City & harbour views
- Swanbourne 2021: 2 beds, 1 bath / 1 WC
- Surround sound, dishwasher
- Double garage, mostly wood floors
- City Gloucester in the Dress Circle. (GF907)
Sale: $995,000
Graham Walker 0418 422 266 / 9841 0220

THE ORIGINAL & THE BEST – RAY WHITE ALBANY

Home Open Guide

SATURDAY

10.30-11.00 338 Sarponente Road
Montville $499,000 4x2 876m2 Max
11.30-11.30 28 Rerrington Street
Dranra From $300,000 4x2 800m2 Linda
11.30-12.00 2/4 Barry Court
Collingwood Park $580,000 3x2 351m2 Max
12.00-12.15 12 Saville Way
Lockyer $290,000 3x1 611m2 Linda
12.30-1.00 6 Banks Street
Spencer Park $299,000 3x2 454m2 Linda
1.15-1.45 1 Angrove Road
Bayswater East $240,000 3x1 508m2 Linda
2.00-2.30 11 Purdie Road
Bayswater East $325,000 4x2 828m2 Linda

SUNDAY

10.00-10.30 48 Seymour Street
Mira Mar $499,000 4x2 443m2 Rita
11.00-11.30 39 Lake Seppings Drive
Mira Mar $579,000 4x2 473m2 Rita
12.00-12.30 3 Cooper Way
Yokarna $480,000 3x2 823m2 Max
1.00-1.30 14 Grands Way
Yokarna $505,000 4x2 700m2 Linda
1.45-2.15 21 Kitchar Parade
Mokall $430,000 4x2 723m2 Joe
2.00-2.30 3 Munyat Place
King River $650,000 3x1.5 935m2 Linda
3.15-3.45 Lownawa Drive
Margate $699,000 3x2 1ha Joe
2.30-3.00 13 Lurline Street
Dranra $299,000 3x1 1326m2 Joe
3.00-3.30 1 Engleheart Drive
Mokall Offers above $319,000 3x2 313m2 Rita
5.00-5.30 6 Engleheart Drive
Mokall Offers above $309,000 3x2 280m2 Rita
7.00-7.30 7 Engleheart Drive
Mokall Offers above $309,000 3x2 280m2 Rita
9.00-9.30 9 Engleheart Drive
Mokall Offers above $309,000 3x2 280m2 Rita
4.00-4.30 3/40 Wallington Street
Continental Park $210,000 2x1 Park Home Rita

Ray White Albany – 225 York Street Albany | T 0418 2250 | W raywhitealbany.com.au

THE ORIGINAL & THE BEST – RAY WHITE ALBANY

THE WEEKENDER, MAY 16, 2019

Rita McLean 0427 423 200 / 9841 0207

Linda Knight 0409 09 354 / 644 0101

Graham Walker 0418 422 266 / 9841 0220

Ray White Albany – 225 York Street Albany | T 0418 2250 | W raywhitealbany.com.au
Prime land in Katgum
- 140m x 190m with solar power
- Middleton, Enosh P/L, Bridgetown, 3 km from Albany
- 2 x 20,000 gallon water tanks & air-conditioning
- Spacious open plan living, high ceilings & every floor (2/2)2/3

Sale: $2,400,000
Graham Walker (0418 422 266 / 9401 0210)

28 Fleming Street
- 3 x 2 homes on 1,600m2
- Big bay area, big open plan kitchen
- Three split systems, solar HWS
- Huge garage, separate living

Sale: $330,000
Linda Knight (0409 554 694 / 9411 0216)

The biggest shed in McKail?
- Huge 10m x 10m shed with high span
- DLS driveway with 5+6 access
- Kool home, theatre & pool
- Huge master bedroom, Tecoma, (MK159)

Sale: Offers over $490,000
Ray Hume (0493 543 260 / 9411 0201)

Waterfront opportunity
This property could not be bought as a whole or separately. Total area approx 3.39ha or Lot 55 approx 1.27ha and Lot 65 approx 1.12ha. Residential development potential. Mostert to Oyster Harbour. Ideal lifestyle/ development block... perhaps both?(2J401 & 2J556)

Sale: $365,000
Greg Loxton (0479 449 163 / 9401 0205)

3 Manyat Place
- 3.55ha with 100m - 200m water frontage
- Middleton, Enosh P/L, Bridgetown, 3 km from Albany
- 2 x 20,000 gallon water tanks & air-conditioning
- Spacious open plan living, high ceilings & every floor (2/2)2/3

Sale: $430,000
Graham Walker (0418 422 266 / 9401 0210)

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- 3 x 2 homes on 1,600m2
- Big bay area, big open plan kitchen
- Three split systems, solar HWS
- Huge garage, separate living

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- 2 x 20,000 gallon water tanks & air-conditioning
- Spacious open plan living, high ceilings & every floor (2/2)2/3

Sale: $430,000
Graham Walker (0418 422 266 / 9401 0210)
Walk, swim, drink, eat
What the Flinders is in Albany’s Middle Beach with all this at its doorstep. A lovely afternoon walk on the beach followed by a swim, then a trip topped with a burger or visa! An ideal getaway villa for the savvy investor, ideal Atlantic! (MM101)
Sale: $339,000
Jan Thomsen 0409 370 870 / 0419 0027

Sought after Robinson
Modern, serene offering, close to town and so close to the water, a new look, ambitious chance to live in your home. Four beds, bath, sun in reality, 3 bathrooms. It just needs your touch! (MK66)
Sale: $575,000
Linda Knight 0410 136 534 / 9841 0110

48 Seymour Street
Kewen estate, 48 Seymour St. Terrific block (LOC & LEAVE) great location. Modern, quality, a bedroom if bathrooms, open plan living + theatre room. Easy care-paved double garage. Min Mar location water views.
View: Sunday 10.00-10.30
Sale: $900,000
Rita McLean 0407 420 200 / 0411 0007

3/40 Wellington Street
Motivated vendor offers a great location! Enjoy views to the Stirling Range on both sides of the block. High ceilings, modern bathroom, spacious open plan living, 3 or 4 beds, large family room with feature brick fireplace, ceiling, double garage with access to the lock-up shed. Great chance to secure a forever home! (OS001)
Sale: $375,000
Linda Knight 0410 136 534 / 9841 0110

Privacy & space minutes from town
Motivated vendor offering a 3 bed, 2 bath, 4 room cottage on 5 acres. The house has high ceilings, a very large kitchen, spacious for cooking. Plenty of living space outside with covered Alfresco area, the large wrap-around deck has views to the water and pool. Plenty of space for vehicle and boat parking! (MM200)
Sale: $375,000
Linda Knight 0410 136 534 / 9841 0110

• 2 two road access, established yards, quiet location
• Fire place, high ceilings, spacious dbl gge
• Kitchen/dining, of
• Quality 2006 built 3x2 home brick & galvanise

Popular, quiet location
• Close to schools and shops
• Front verandah and rear access
• Combined kitchen/dining area

Room for all your toys
1307ha. Very rare chance to get so much land so close to the beach and golf course. (CP050)
Sale: $550,000
Ray White Albany 0418 422 266 / 9841 0220

How fast can you move in?
• Brand new 4 bedroom 2 bath
• Large family room with feature fireplace
• Stunning kitchen features
• Family kitchen with dining room
• Ensuite and lockup garage

Hear the crashing of the waves
Adore Middle Beach views, you can walk to the beach for your early morning walk in quite location. This contemporary designed house is 3 beds, 2 bath, the huge old gym, an outdoor area, lots of outbuildings built on. 20x20m block. The first to live here! (CP052)
Sale: $355,000
Joe Thompson 0409 370 870 / 0419 0027

Walk to the coffee strip
• Character 3 x home
• Lease 10/21 years
• Dual access, subdivision site
• Entertaining deck & workshop (C241)
Sale: $339,000
Ricky Horrigan 0409 126 554 / 9841 0210

Keywords – room to move
• 21.5ha only 38kms NE of Albany
• 3,000 olive trees, fruit trees & kitchen area
• 4 bed, 3 bath w/ expansive living & formal lounge

311 Lunawanna Drive
Looking for the valley with tidy grounds, the home is in a modern country style home with a great, open plan lifestyle, entertainment and large views to the part and its close to the view beyond. Huge shed. This is close to town living with the quiet country views. 2.8ha. (CS74)
Sale: $692,000
Rita McLean 0407 420 200 / 0411 0007

Unlock the family
Modern home which boasts outstanding views to King George Sound & Oyster Harbour. 3 levels on 2500m2 block. 5 large bedrooms, 3 bathrooms, large living areas, 3 air con units, slushed vacuum, dumb waiter, Tasmanian oak floor, oil-gge with views to best of boats (MM50)
Sale: $600,000
Joe Trochta 0409 370 676 / 0419 0027

Large Family Home
• Double storey, 3 bed, 2 bath, 2 car
• Combined living and dining area
• Close to schools and shops
Price: $370 p/w
Leanne Dunn 0407 549 945 / 0411 0009

The Weekender, May 16, 2019

Rental Properties

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Choices Flooring
The floor you’ve been searching for

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

Mount Barker 30 Deane Street
Location Does Mean Extra Value
This is just the property you’ve been waiting for, all ready to unearth the potential of this house. All cleaned up and ready to start your next renovation job, sand back the jarrah floors, paint it in your own personal color scheme, make use of all the living areas on offer in the house. This is the size that will appeal to many a buyer, with the established house, backyard and the super-size shed.

Mount Barker 30 Deane Street
Size 1,287sqm
Price $180,000

Mira Mar # Hanson Street
Wonderful Family Property Walking Distance to Beach
On a large 1,280sqm lot and oozing original character, this unique property offers so much to families and professionals seeking a real homely home in a top location.
The circa 1950 home has been lovingly renovated and extended, and with a range of classic features exudes that magical charm that makes you feel warm, cosy, and home. The block has heaps of space to play, explore, or relax, and with a park and beach within easy reach this property is brilliant for kids and adults alike!

Mira Mar # Hanson Street
Size 1,280sqm
Price $470,000 to $530,000

Goode Beach 49 La Perouse Road

Beautiful Home, Sensational View

With an exceptionally impressive full renovation, this glorious Goode Beach home offers absolutely impeccable living inside and out, as well as an exquisite panoramic ocean view stretching from Dali Road to Albany.

- Spacious open-plan living and large entertainers deck with incredible ocean panoramas
- Large home, quality brick construction, gorgeous views from all rooms.
- Big block with native vegetation, great powered shed at street level (approx 21 x 41)

Home Open Saturday at 3.00pm

Blair Scott 0459 655 602
Web Id 205850326

$650,000 to $750,000

$625,000 to $700,000

$575,000

$640,000 to $690,000

$490,000 to $540,000

$599,000 to $650,000

$585,000

$469,000 to $519,000

$460,000 to $510,000

$490,000 to $540,000

$599,000 to $650,000

$585,000
**Rural**

albany.eldersrealestate.com.au

---

**Frankland River**

"Millside" 619ha / 1530ac
- Excellent property with an outstanding opportunity for buyer
- Highly productive attractive country with superb strong endulating soil types
- Higher reliable rainfall district ideally suited for high production cropping or grazing
- Large & small shearing shed, sheep yards, good fencing and water supplies.

David Treoby 0427 648 756
Web ID 20727/115
$2,800,000

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**Narrikup**

"PEMANA" 47ha / 114ac
- Spacious 6 bedroom home, ideal location with easy frontage just 25km from Albany
- Large OP shed with concrete floor, fertiliser bay, workshop area, machinery storage.
- 2 stand shearing shed, sheep and cattle yards
- Good fencing, pastures, and water supplies including dams, tank, and scheme.

David Treoby 0427 648 756
Web ID 20679/288
$915,000

---

**Bow Bridge**

Summer Feed Block 90ha / 222ac
- Enjoy the security of high rainfall, long growing seasons
- Majority cleared with highly productive summer flats throughout
- One extended grazing well into the summer, substantial water supplies
- Ideal finishing or sown to clover to block to compliment your existing holding or stand-alone block.

David Treoby 0427 648 756
Web ID 20652/266
$755,000

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**Green Range**

"Regent" Green Range 873ha / 2152ac
- High carrying capacity farm set up for sheep or cattle
- Large set of circular easy working cattle yards with under cover crush & working area
- 2 stand shearing shed and large set up of sheep yards, numerous OP sheds
- Very good brick & tile home with commanding views.

David Treoby 0427 648 756
Web ID 20679/382
$4,270,000

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**Mount Barker**

Undulating Rural Midcountry 48ha / 120ac
- Fertile loamy soils on original jarrah and Red Gum country
- Quiet no through road location approx 200m from Mt Barker
- Great water from 3 dams + winter creek
- Great add on block or lifestyle property.

Simon Thomas 0407 380 365
Web ID 201562/114
$299,000

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**Porongurup**

Lifestyle Acreage, Breath taking views 16.4ha / 41ac
- Tranquil location with spectacular views
- Large watered and fully enclosed OP shed
- Well drained gravelly soil
- Ultimate lifestyle property

Simon Thomas 0407 380 365
Web ID 201221/89
$490,000

---

**Youngs Siding**

Karrans Heights Estate 136 HA
- An outstanding property with a combination of summer flats and high Karri country
- Lovely home with self contained flat that is elevated and takes in spectacular views
- Extensive outbuildings and infrastructure including good fencing and new cattle yards
- An abundance of water from exceptional resources in this reliable high rainfall location.

Simon Thomas 0407 380 365
Web ID 204416/19
$1,685,000

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**Manypeaks**

Your Perfect Escape from the City 67.97ha / 167.95ac
- Less than 50km from the Albany CBD and a short drive from Manypeaks
- Prime and quiet location, a massive 62.37 HA with unlimited potential
- Modern 7yr old homestead, large powered OP shed and water galore
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Simon Thomas 0407 380 365
Web ID 206439/02
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**Elders Albany, 189 Chester Pass Road, Albany WA 6330**

ph 08 9842 7900
**Closet update**

**ASHLEIGH FIELDING**

People looking for winter wardrobe inspiration may find just what they are looking for at an upcoming Albany fashion parade.

Past Present & Future: Winter 2019 will be held at the exhibition pavilion on Cockburn Street on June 1 at 10am. The parade, which is expected to be a ‘red carpet’ type of event and proceeds will be donated to Albany Community Hospice.

廿-one-year-old Elise van Gorp, Manager of Featherstonehaugh Boutique, said the parade would show off the collections of local shops.

“People looking for winter wardrobe inspiration may find just what they are looking for at an upcoming Albany fashion parade.”

The event will feature designers, local models and future models from Albany-based Trish Past Present & Future.

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**Sinfonia utopia**

**ASHLEIGH FIELDING**

Adding to the musical array of events across the upcoming June long weekend will be Albany Sinfonia’s A Night of Song concert.

The performance will feature an array of international voices, including the basso buffo of Barry Shadlow. A festival-based opera stars James Clifton and Mark Anderson, Albany Senior High School’s Musical Theatre Class and members of the Albany Regional Choir will also be part of the line-up for this year’s Denmark Festival of Voice.

“Sinfonia has developed a reputation for excellent and enjoyable performances and ‘just good old-fashioned fun’,” he said.

The concerts will be held at the Albany Arts Centre on June 1 and 2.

Tickets for the June 1 show at the AEC can be purchased online via www.denmarkfestivalofvoice.com.au and tickets can also be purchased through the AEC’s box office or by calling the AEC on 9841 5900.

**Festival in fine voice**

**ASHLEIGH FIELDING**

Voice offers a deeply resonant program that transcends established expectations about what a voice does, sounds or feels like. More than just music, words, or language, it is a fresh, resonant fabric and the thread that brings together the experience of sound.

This year’s festival will include a range of events, workshops, performances and community singing, with the Albany Orchestra Choral to the Maxmen, Singing Project to the Merry Dm 7 and interactive events for children.

The 3rd Denmark Festival of Voice 2019 can be viewed online at www.denmarkfestivalofvoice.com.au and tickets can be purchased through the AEC box office on 9841 5900, or online via www.denmarkfestivalofvoice.com.au.

**Get your gutters cleaned before winter**

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For anyone unaware of his crimes, Bundy, known for brutally murdering 30 women in the 1970s across a number of states, is terrifyingly recessive in real life. He was intelligent, well-spoken, and seemed like someone who people would want to have a drink with. It's hard to believe Bundy was a gruesome serial killer, Ted Bundy.

When I heard that Zac Efron was playing Bundy, I was intrigued. Efron was playing Bundy in Extremely Wicked, Shockingly Evil and Vile, a film about his long-term relationship and his kind of face and the eye on the ladies. Specifically since he's more of a heartthrob, I was intrigued.

The Weekender, May 16, 2019

Slow cooked lamb shanks with creamy polenta

Recipe supplied by:

Serves 4

Lamb shanks
4 lamb shanks
2 onions diced
2 carrots, roughly chopped
1 fennel bulb diced
2 stoke clove diced
1 tsp fennel seeds
1 cup water
1 lb brown lentils
3 tbsp dried mint
Salt and pepper

Polenta
1 1/2 cups milk
1 1/2 cups chicken stock
1 cup polenta
1/2 cup semolina
30g grated cheese
30g diced butter
Salt and pepper

Lamb Shank Method
Preheat oven to 200 degrees and place oven-proof pan on top of the stove on high heat.

Diced veggies and whole lamb shanks are placed in the pan. Add tomatoes and onions.

Polenta Method
Place stock and milk onto the stove and season with salt and pepper.

Once vegetables are semi-cooked add tomatoes and lentils in the pan.

Place stock and milk onto the stove and season with salt and pepper. Once vegetables are semi-cooked add tomatoes and lentils in the pan.

Fill empty tomato can with water and add to pan then add lentils and vegetables.

Bring to simmer, cover with foil and place into oven for 30 minutes.

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Unleash the beast

IF I was the center of this 2012 Holden SSV Redline sedan, the foot pool would be my direct link to Infringement Management and Operations. This powerful 5.0-liter V8 responds incredibly to the slightest downward pressure, like an enthusiastic puppy only wanting to please. This Aussie icon muscle car is now a rare beast as many people were raising their voice about the closure of huge tracks of ocean along Goode Beach KGs. We have a viable aquaculture lease so that we cannot be pushed out of there. If you are not a bit stoked as many people were raising their concerns, I was just letting things flow along at the meeting to see what had been changed and I suppose why these changes had been made. When the map came out of the meeting, it revealed that the area that had held the most concern in the past had not been changed. The yachting community seemed pretty happy with the compromises that had been made to the areas around the fishing areas to allow for the use on a weekly basis.

The general fishing community was happy that the proposed closure of Goode Beach KGs was not a bit stoked as many people were raising their concerns.

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2/205 Chester Pass Road, Albany
Ph: 9841 8677  Email: rustysmarine@bigpond.com

The Weekender, May 16, 2019

Leases raise concerns

LAST Thursday I was invited to a meeting in Albany representing Rockingham by review of the proposed new leases planned for Albany. I gladly took up the invitation as both an angler and commercial fisherman, I come to the meeting. For those that don’t know about the plan, it has been developed by the Department of Primary Industries and Regional Development (DPIRD) at the request of Minister Dave Kelly to expand aquaculture in the state.

The meeting in the plan is to have a bit of public input and its goal is to grow aquaculture with public support. On the original paper that was released, there were concerns that the lease had not been acrossed and was used by Albany people for many things from yacht racing to fishing, as well as some of the commercial side being planned to become aquaculture leases. Refer to the survey https://soutwestwesternaustralia.de-

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The latest in car wash technology from the USA NOW OPEN!

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43 Prior Street, Albany
Sharks give their blood

A SQUAD of Albany women’s football players braved the needle last month when they decided to volunteer and donate blood together. Eight players from the Albany Sharks Women’s Football team joined their coach Cameron Bergsma when they took part in the April 23 donation effort.

“This opportunity for us to give back to the community that supports us and allows us to do community that supports us and allows us to give back to the community when they took part in the 2019 Welcome the Whale Festival at Discovery Bay in June, Mr Bergsma said they were so sheltered with a number of other groups in need of support.

“We want to make it a sustainable and commit- ted effort so that we can benefit our team for a long time,” he said.

Eight players from the Albany Sharks Women’s Football team joined their coach Cameron Bergsma when they decided to volunteer and donate blood together.

Mr Bergsma said the plan was for the donation to become a (momentarily) annual event and allow players to register their own teams and members for similar initiatives.

He said a good culture was the key to any team’s long-term and ongoing volunteering efforts strengthened that culture.

“Being part of a truly team is so much more than just the actual kicking of the ball,” he said.

“It’s about camaraderie, supporting each other being part of the bigger picture, mental and physi- cal health and being part of a community,” he said.

The Albany Sharks team said the volunteering at the Albany Sharks Women’s Football team joined their coach Cameron Bergsma when they decided to volunteer and donate blood together.

It also strengthens our culture,” he said. "This is ... an opportunity for us to give back to the community that supports us and allows us to give back to the community when they took part in the 2019 Welcome the Whale Festival at Discovery Bay in June, Mr Bergsma said they were so sheltered with a number of other groups in need of support.

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Barbecues Galore has everything you need to keep your family wathching sports and enjoying chilly winter evenings. With an ever-growing range of heaters that burn cleaner, are easier to maintain and provide an even heat distribution throughout your home, Barbecues Galore has stylish and efficient heating solutions to suit your needs. For brands such as Madheat, Norseman, Auswood and Saxon, there will be no doubt that your home will be the real icing place for a social gathering this winter after purchasing a wood-fired heater.

For more information on their products and for general advice, call in to their showroom today at 126 Lockyer Avenue, or call 9841 8804.

Heat options galore

Heat options galore

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Cleanest and greenest

Cleanest and greenest

At Albany Eco House you can find a wide range of heating solutions to keep you warm this winter.

The knowledgeable team can help you find the perfect heater for your older homes, as well as upgrading existing fire-places.

Albany Eco House offers peace of mind supply and install with their complete range of electric and wood heaters.

From 2012, Kent Wood Heating has just released a new model the Cobalt, the Austral-ian designed complete heatwave heating package.

So, if you are building, for insulation, updating existing fire-places, or replacing your old heaters, for more information on their products visit their website at www.albanyecohouse.com.au

Healtech

Healtech

WITH winter fast approaching, now is a better time than ever to prepare yourself and your home for cooler weather. Heatseal Double Glazing are the experts in providing high quality, double glazed windows and doors for residential, new build and commercial buildings in Western Australia. With more than 40 years experience, Heatseal Double Glazing is one of the leading and most trusted double-glazing providers in the area. They are a super, locally manufactured and high quality products and services.

Their top of the market energy efficient UPVC double-glazing products are guar-anteed to keep you warmer in the winter and cooler in the summer. Not only that, their products are high secure, maintenance free and other exceptional noise reduction, ensuring a cozy, secure and comfortable living environment.

Heatseal Double Glazing has a new showroom opening in conjunction with Air-Weather Building Products at 206 Albany Highway – they are also giving a 30 per cent discount for anyone offering their home as a showroom.

For more information or a free quote on installations, give the friendly and professional Heatseal team a call on 9847 2750.

You can also visit their website at www.heatseal.com.au

For a wide range of timber, with picturesque views, visit their website at www.albanyecohouse.com.au

Danish Hire for fire

Danish Hire for fire

DENMARK HIRE on 25 Industrial Road has been a stalwart of the Denmark community for about 22 years. The dedicated and affordable general hire service is the go-to for all your temporary needs: tools, computers, stereos, re-scape scaffolding, non-scaffolding and more.

And for the past decade, Den-mark Hire has been providing something equally essential – wood heater hire. If you are building or renovating you need a reliable supply of Jarrah wood each year.

Delivering as far as Walpole and Denmark, Hire can come to you to ensure you and your family are safe, cozy and comfort-able this season. With the cooler weather rolling in quickly, now is a good time as any to think ahead and prepare.

For more information, give the friendly Danish Hire team a ring on 0487 151 714.
Fast facts
BUYING a first car can be a daunting experience. That’s why some owners say that driving schools and driving instructors, like Dave and Juice Smith, understand better than others.

Not only has Mr Smith provided a dedicated local auto repair service for the Albany region since 1994, but the family-owned company also recently bought the daughter of her very first car.

“We’ve been teaching her to do the right thing and keep it safe and go, it’s really important that your kids are taught the right way to drive from a young age,” Mr Smith said.

Your car, your rules and how to get your licenses in six, I’d say six... if you’re going to buy a car, then that’s basically what we do,” Ms Atkins said.

The dedicated mechanics at De Jonge Mechanical offer free advice to car owners and would-be buyers, as well as pre-purchase inspections.

When it comes to pre-purchase inspections, the team is happy to meet the customer at the car dealer or wherever it is and offer a thorough service.

“Safety checks, servicing, repairs, aircon, wheel alignments, basically we d’id it,” Ms Atkins said.

To get in touch, contact the friendly staff at 52 Cockburn Road in Mira Mar.

FEW THINGS are more valuable than your time. That’s something Nick De Jonge, a co-director of the shop, believes is the key to looking after customers.

A mobile mechanic service that caters to a variety of customer needs and offers an added convenience at the shop.

Whether at your home or at the office, CAZNICK AUTO can come to you when you need it and provide a service that caters to a variety of different makes and models.

Some of the vehicle’s that are out there are less reliable than others.

That’s why it is important that you check your safety, brakes, tyres, all of the above.”

Mr Johnson said.

Drives, even the small light trucks,” Mr Johnson said.

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Confused about what to feed your horse?

Join us at Albany Stockfeeds for a nutrition day with Equine Nutrition Advisor, Michelle Meijer.

Call Tracey to register and book your diet session - 9841 5724

Albany Stockfeeds, 496 Albany Highway
Wednesday 29th May, 12pm - 2pm. Nibbles provided.

Wednesday 29 May 2019
Centennial Stadium
156 Lockyer Ave
6pm-8pm
**Lions enjoy purrfect season**

*By Tony O'Sullivan*

**MPC**

The Tigers had some scoring opportunities in the final but could not kick straight and Royals took the game 2-14 (50) to Railways 0-13 (31).

The Lions lost two play-off games at the weekend, going down to Port Lincoln 9.8 (58) to 12.5 (77) on Saturday and to Strathalbyn 9.13 (67) to 13.12 (86) on Sunday.

**Flashback**

The Albany Vikings hosted the Manjimup Kangaroos at Wood Park for the last time on Sunday.

Vikings President Sean Maguire said not since the amateurs played had Wood Park hosted such a large crowd and at half-time everyone in the crowd was on their feet.

The Vikings were ahead 9.5 (59) to 2.2 (14) at half-time, but Maguire said Manjimup kicked well in the second half and deservedly won.

The Vikings and Kangaroos had drawn two games in the regular season, so Maguire said it was a great game and it would be a great outcome for Manjimup.

**1,400 fans come out**

The Vikings have broken an attendance record with 1,400 spectators at their last game at Wood Park.

Vikings President Sean Maguire said the effect on the players was incredible and they were all looking forward to a full house at Wood Park for the final game against North Albany.

Vikings star Donn Woods will be back for the final game and Maguire said the crowds were crucial for the Vikings and they were keen to pack the place.

**Local girls out to make it nine**

Royals’ Kylie Douglas tries to outrun a determined Ginny Lannigan.

Kylie Douglas kicked a major role after the long break and Royals turned home 2-14 (50) to Railways 0-13 (31).

The over 50s cards and games social group meets on Thursday and Friday for 65 years at 39 Gomm Park. The City of Albany now seeks public comment on this proposal.

**SPC**

The SPC is seeking public comment on the proposal.

**Business**

The SPC is seeking public comment on the proposal.

**Health**

The SPC is seeking public comment on the proposal.

**Council**

The SPC is seeking public comment on the proposal.

**Education**

The SPC is seeking public comment on the proposal.

**Community**

The SPC is seeking public comment on the proposal.

**Sports**

The SPC is seeking public comment on the proposal.

**Finance**

The SPC is seeking public comment on the proposal.

**Tourism**

The SPC is seeking public comment on the proposal.
**How much water should I drink?**

By AMBER CESEKIRAC

**Nutritional, personal trainer &chef**

**Even though the weather is soupy it’s all important to stay hydrated, especially before, during and after exercise, to avoid dehydration. During exercise, the body’s core temperature rises, blood flow to the skin increases and the body attempts to cool off by sweating.**

Dehydration is the excessive loss of water and salts from the body. Water is essential for the body to maintain blood volume, regulate body temperature and allow muscles to function properly. Along with water the body also needs electrolytes, which are salts normally found in blood, other fluids, and body cells to stay healthy. Some people think that thirst is the first sign of dehydration. However, by the time thirst sets in, as much as ten per cent of your body’s water is already lost. This amount is equal to the simplest indication of the body’s level of hydration. It’s the feel of lightly sunburnt, which is the body’s hydration levels are normal. If it’s dark yellow, the body is dehydrated or has consumed a large amount of vitamin B and/or C.

There are no set fluid guidelines on how much fluid you should drink to effectively rehydrate. It is important to monitor your own fluid loss after exercise, and the simplest way to do this is by measuring your body weight before and after exercise, with the difference being a good indication of how much fluid you have lost. Generally, one kilogram of body weight equates to one litre of fluid, so aim to replace one and a half times the fluid lost as soon as possible after you have finished exercising.

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**Netting hoops**

*Bethel 7’s Ruth More to look to Simone Labushagne*

ROUND two of the Albany Northstall Association DI grade kicked off over the weekend with Narrikup 9 taking out their rival from Royalla 2.6, 14.1, 11.4 to win the season under defending Bethel 7 by 47 points in round one Narrikup 9 gained off strong with a 30 to 2 win over Kanon 11, 24 to 2. In comparison Bethel 7 look to be a developing team in round one to make a strong presence on the court and fall to Royals 11, 24 to 2. Narrikup 9 use a very deep squad that will be hard to beat all year and Bethel 7’s momentum. Bethel 7 never stopped moving the ball around at the end of the game. During their clash over the weekend, Narrikup 9 had outstanding court players who were moving the ball with skill and speed. Bethel 7 never stopped moving the ball around at the end of the game. Bethel 7’s momentum. Bethel 7 never stopped moving the ball around at the end of the game.
Albany’s Historic Whaling Station will host its annual Welcoming the Whales Festival in a couple of weeks to encourage people to learn more about whales and promote environmental awareness. This photo of the whaling station was taken in 1957, 21 years before The Cheynes Beach Whaling Company ceased operations. The Welcoming the Whales Festival will take place from 10am to 2pm on June 1.

Photo: Albany Historical Society

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8 EX-SHIRE TRAILBLAZERS

- All LTZ
- All auto
- All sat nav
- All leather seats
- Some with tow bars
- 2017 & 2018 built vehicles

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