Flu shot in short supply

DAVID KAVANAGH

ALBANY’s pharmacists and medical centres are unsure whether additional shipments of influenza vaccinations will arrive anytime soon: after more than 100 people were turned away or placed on waiting lists due to a shortage in the supply.

This comes as Australia faces what some health experts have called the highest demand for flu vaccinations in years.

While government-providing stocks reserved for at-risk people through the free National Immunisation Program (NIP) have been reduced to zero in some areas, private manufacturers and distributors are currently depleted.

Pharmacies such as Albany’s Pharmacy Albany, Albany Pharmacy Dog Rock and Albany Plaza Discount Drug Store expect to receive additional supply “sometime in June”.

Pharmacists at the centres have been unable to confirm whether more stock will arrive for this flu season.

Priceline Pharmacy Spencer Park pharmacist and proprietor Jane McLean said while some vaccines had been placed aside for those who had already booked appointments, the general back-log was not.

“If there isn’t that supply or that the companies have made less, they’re going to be more incredibly on last year,” she said.

“It’s just already all been used up.

“Hopefully we’ve got what’s called herd immunity in town now. It’s a roll of the dice. People that have been vaccinated should be able to pass it around to others.”

General practitioner at Mortown Medical Centre Dr Toby Leach said the centre had run out of private stocks and couldn’t get any more from their supplier or from the government.

“Our practice and probably every practice in town has still got supplies of the free government ones,” he said.

They have to be reserved for those people who are at increased risk of dying from the flu.

According to the Federal Department of Health, the NIP covers all people aged 65 years and over, and those in the original and Tertiary Brum British/Flu Indiana blinder people, six months and over, and those people six months and older with certain medical risk factors.

Dr Leach said the vaccine shortage was nationwide and resulted from a bad and early flu season and corresponding increase in deaths.

“There have been multiple deaths in people already due to the strains of the flu beforehand,” he said.

Women Australia’s flu season generally peaks around August and September and people are recommended to receive their flu shots in May to account for this.

Data from the WA Department of Health’s statewide notifiable diseases weekly report showed 3033 cases of influenza had been reported this year in the week leading up to May 25.

This compared to 1151 WA cases that same period last year and 52 cases in 2017.

This year’s flu numbers are lower than the 10,360 cases May 30 also saw a total of 45 influenza cases reported in the Great Southern compared to only four cases during that period in 2018.

More on Page 2.

More on Page 5.
ALBANY Senior Citizens Centre became second largest fundraising generator for the WA State Government’s 47th Greyenza Day on Monday. The Centre held a successful ‘Wheels Luncheon,’ where attendees were entertained by comedian Chris Pavlovich. Funds raised from the event will be used to support the centre’s community work.

The centre has set new targets for 2019, with plans to double the number of seniors participating in the centre’s programs and services. The centre is open to all members of the public.

We've got lots to do but this is a very special time of year for all of us, so thank you for being here and for joining us in support of Kendenup Town Hall,” she said.

With sport or bridge or the local shop and the markets are supporting the Kendenup population. We're not out of the woods yet. Andrea told the meeting.

RACEWARs organisers have said they are out of the woods yet despite Albany council’s decision to revoke their permit for the 2019 event. But council chief executive Eugene Arocca coming out of the public gallery who was in the room when the decision was made, said they are not out of the woods yet. An event report and business proposal will be brought back to the council for a reconsideration next year.

‘Victory’ for Racewars

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**Slow Fashion Festival**

**Saturday 15th June 12-4pm**

- **Fossicker’s Tip Shed, Hanrah Road**
- **Fashion parade**
- **Clothes swap: Five items max, no underwear or bathers**
- **Stalls & food**
- **Natural dying workshop**

**For more info: [Fossickerstipshed.org.au](http://Fossickerstipshed.org.au)**

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**Creek basin restored**

**FOGO bins get nod**

**ALBANY residents will need to be more conscious of how their rubbish is separated from January after a Council trial successfully implemented the new FOGO (Food Organics and Garden Organics) waste management system for the past two decades and were in need of a new site to carry out church activities.

"Renting restricts the sort of things we would like to do within the community because we don’t have our own facilities,” he said.

According to the application, the building would be around 700 square metres in size, reach a maximum height of 5.5 metres and include an assembly hall with seating for 150 people and support facilities such as toilets, a kitchen and counselling rooms.

Shire Chief Executive Officer Bill Parker said the building’s size was one of a number of reasons behind the rejection of the plan.

"Council was further concerned that there would be unreasonable impacts on surrounding landowners," he said.

Eight submissions were received during a 42-day public consultation period by Planning Services and were also considered by the council for final decision.

"We were left gobsmacked about that ... we’re not sure what the decision criteria were,“ he said.

Mr Parker said the extra rooms could instead be used for things like seminars about budgeting, family planning or drug prevention, investigation or treatment of physical or mental ailments.

Mr Parker said in this case the term ‘counselling room’ referred to a building used by legally qualified medical practitioners or persons associated with ‘the provision, investigation or treatment of physical or mental ailments.’

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Group needs support

BY LINDA FELLING

SWUNGING into the Albany Plains of the Leukaemia Foundation group has coordinator Gayle Harman ensured that people affected by blood cancer are not aware of the support available to them.

Ms Harman started the group in 2017 after the passing of her late brother Neil Stephens.

Mr Stephens died aged 46 after a three-year battle with blood cancer.

Since the creation of the Albany Plains of the Leukaemia Foundation group, the group has raised $150,000, which Ms Harman said wouldn’t have been possible without the many people who have contributed to the group’s efforts.

“Being a part of something feels good and it's nice to have a connection to someone else in the fight,” she said.

Gayle Harman

The group has seen many people affected by blood cancer and their families come to the group for support.

Ms Harman said the group has been able to offer support to people facing the challenges of blood cancer.

“Every copier they supply.

Mr Shilcock and team stand behind what they call 100% locally-owned, we compete nationally on sales and service.

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Partner with a reliable, knowledgeable and reputable solar company that offers only the best brands in solar PV technology. Talk to our energy experts in house at Albany Solar.
The Weekender, May 30, 2019

Future is now

IT’S a week on and the reality of a re-elected conservative coalition government is becoming very clear.

A government whose climate change solutions include the Adani coal mine and no innovative policy on emissions reduction.

We have a government whose policies are backwards, that 100% focus is putting the interests of big business ahead of the well-being of the Australian people.

We offer a more local TPLO Cruciate surgical service for your pet at a more affordable 'fixed fee.

We are a Montessori-based family and friends, staff, and the local community.

Our residents are at the heart of everything we do.

At CraigCare Albany we have big hearts and priority 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 IAM ME dementia program that incorporates evidence-based practice from Montessori and Dementia Australia to minimise the impact of dementia.

Future is now.

We have hope for future generations of pollution and the collective good we will work towards and not the greatest good. It will be too late.

If the world burned all of it, we’ll have the largest most notorious fire of fossil fuels, the world would be a real oil and gas debut.

According to the Intergovernmental Panel on Climate Change, we have a ‘Carbon Budget’.

This is the calculation of the available amount of carbon that we can burn while maintaining a probability of remaining below the latest temperature of two degrees Celsius since we’ve been able to agree on the Two Pacts Agreement.

The budget for having a 50 per cent chance of keeping average warming below two degrees was estimated to be approximately 760 billion tonnes of carbon.

If the planet warms by two degrees or more, we will be left without our rich biological and healthy forests and land to grow food and basic needs to drink and breathe and so on as society as we know it unravels.

Things we believe are paramount in the ‘economy’, products, ‘things’ we live in and our lives in comparison if we don’t act now it is too late.

As a responsible Australian and for the future of the country and all of us, let’s keep the 75 billion tonnes of carbon and save our future.

I say to them ... step back and move towards an affordable, accessible, free, world-thinking approach to climate change.

There are over 500,000 people at our newly elected government who, despite the overwhelming science, all have their own views.

To say I am one ... step back and move towards an affordable, accessible, free, world-thinking approach to climate change.

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Respect the flag

In response to IR Barnett’s “Hidden History” (25 May, 2019), I’d like to add that I have been a resident of this country for more than 20 years.

I was well qualified to comment on this matter, and I respect her deeply.

I am an Aboriginal Australian and she believes in this country despite, historically, its genocidal facts.

She also believes the Aboriginal Flag should fly on Anzac Day.

Because I have respect for her I acknowledge and respect her belief.

I believe in my adopted country. I also respect the national flag.

I respect the flag of the Australian soldier, those ‘Anzac lads’ you mention. Because the national flag is historically and traditionally a symbol of our armed forces, it should stand for everyone on Anzac Day.

The history of Aboriginal soldiers serves a greater purpose than a nation.

The nation, it has been throughout recorded history, is more than 600 years old.

In some terms of respect for our flag there are 60 million others.

To the history of ‘Soddin’ Day...

— David Hanke McKall

Inconvenient truths

Now that Prime Minister Scott Morrison has come under fire for not wanting to call for a climate change conference, there are probably 20 million Australian’s who are upset.

There are no longer sound scientific viewpoints that can be heard by the people. The people are upset with the government and the politicians as to what controls our future.

Our environment’s climate change is not a contentious issue. The world is going up in temperature, vegetation is changing, leading us down a path that is not sustainable.

No government has had the ability to create a sustainable future, we just avoid the political will and cooperation between both sides of politics.

We are focused on immediate change as it’s the only way we will have a chance at the political agenda.

The time is now.

— Pia Trusting

Burn-offs too extensive

Regarding The Weekender’s ‘Burn-off warning’ (May 25, 2019), between May 25 and 26 last year more than 6.74 trillion US dollars were spent.

The budget for having a 50 per cent chance of keeping average warming below two degrees was estimated to be approximately 760 billion tonnes of carbon.

If the planet warms by two degrees or more, we will be left without our rich biological and healthy forests and land to grow food and basic needs to drink and breathe and so on as society as we know it unravels.

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Do they need surgery?

I spoke with a lady I have a history with as to whether her dog could have surgery.

I told her we could do the surgery and also the treatment before surgery.

We spoke about the options of which there are a few.

I have often heard from generations of people that they have died from the age of 40 and their doctors believe that is somewhat efficient.

I hope for future generations of pollution and the collective good we will work towards and not the greatest good. It will be too late.

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Contact us today to find out more.

30 Forrest, Faculty Manager
Phone: 9844 5700
Email: joeforrest@csigroup.com.au
Beaufort Road, Albany WA 6330

CraigCare.com.au

Opinion

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Comp gets skates on

THE Track on Roundhay Street was alive with activity for two days straight last weekend, when roller derby teams from across the state converged to battle it out as part of the annual Boom State Clash tournament.

For the first time in its history, the Albany Roller Derby League (ARDL) hosted more than 100 players and 15 official fixtures at the second round of the popular event.

Crowds of locals and visitors watched as competitors from WA Roller Derby, Geraldton Roller Derby, Margaret River Roller Derby and ARDL teams collided as they raced around the track.

Perth Roller Derby’s Dark Rumba pushed through the Dread Pirate Rollers. Perth Roller Derby and the ARDL State Clash tournament.

Not to be missed is the April 28 Roundhay Street Jam when the ARDL and Sin City Rollers’ Bec Slaape, Georgia Craig, Donnelle Bleakley, Shannah Smith and Tilly Harman.

Michelle Shelley, Jo Campbell and Cameron Lane spectated from the sideline.

Photos: David Kavanagh

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Lunch money

LONG-TERM supporters of Ronald McDonald House Albany and Tony Banner donated items including fresh produce paired with a five-course menu which showcased excellent local produce paired with award-winning regional wines.

Colin McDonald gave an emotional speech about the charity as he talked about his son Shane who was diagnosed with a brain tumour aged nine and passed away a year later, just as Ronald McDonald House was near its opening.

Albany McDonald’s General Manager Tracey Smith said donations were still coming in and she expected, after expenses, to have raised in the vicinity of $21,500 which would go direct to Ronald McDonald House.

“ Probably the hardest aspect of the home to get right was arguably the most important, the interior design. The kitchen or changing the home’s layout. We wanted to maximise the view and the house had been designed to take in the warmth to make it a comfortable home. Once designed, the build process went as well as we had hoped. This was in no small part due to the care and attention of Ross Squire Homes’ local team and we are very proud of the result,” Mr Banner said.

“Many Ross Squire Home clients choose to do some level of customisation to their chosen design, but it adding a bedroom, redesigning the kitchen or changing the exterior look of the home. In recent years complete custom design was an increasingly large portion of our work,” Mr Banner said.

Albany McDonald’s Longest Lunch raised $21,500 which would go direct to Ronald McDonald House.
DENMARK SUPA IGA

FRI. & SAT. ONLY!

These specials only available Friday 31/5/19 & Saturday 1/6/19.

Nescafe Blend 43 500g
$12.99 ea
$2.60 per 100g

125G
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Marinated
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$6.99

Raspberries

$4.99

Mushrooms

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ea

Beef Mince

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kg

PREMIUM BEEF MINCE

$8.99

kg

Bulk Min 1.25kg

SUNDAY ONLY!

These specials only available Sunday 2/6/19.

Haggis Rigatini or Haggis Paprika 320g 6 packs

$21.99

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PRICE

Economy Beef
Porterhouse Portions

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ea

BETTER THAN

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MON. TUES. ONLY!

These specials only available Monday 3/6/19 & Tuesday 4/6/19.

BEEF MINCE

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Discover the region’s natural beauty and historical significance with a visit to the National Centre of Tjapukai Aboriginal Arts and Cultural Park. Located on the slopes of Mt. Minutes after the magical Whales Watching Festival, The National Centre of Tjapukai will open its doors to welcome you. Enjoy an evening of cultural performance, storytelling, and interactive activities that celebrate the rich history and culture of the Tjapukai people.

GREAT SOUTHERN STREET MACHINE WIND FARM HILL CLIMB
SAND PATCH ROAD - ALBANY WIND FARM - SATURDAY 1 JUNE - FROM 6AM
Combustion Australian Wind Farm (CAW) State Speed Event Series are holding the 2019 high-voltage Great Southern Wind Farm Hill Climb at Sand Patch Road. Albany.

www.gaussa.com.au

ALBANY CLASSIC MOTOR EVENT
ALBANY CBD- SUNDAY 2 JUNE - FROM 9AM
The centre of Albany will be converted into a motorsport circuit, complete with Arco Cup and a state of the art timing system. Everything from pre-war specials to mighty Austin V8’s.

Albany Classic Hill Climb will take place on Apex Drive. Saturday 1st June.

ALBANY SURF CRAFT CHALLENGE
ALBANY SURF LIFESAVING CLUB - SUNDAY 2 JUNE - 6.30AM
Head down to Middleton Beach on Sunday 2 June and join in the fun at the 2019 Albany Surf Craft Challenge.

Visit www.albaysurfclub.com for more information.

WA DAY FESTIVAL
MUSEUM OF THE GREAT SOUTHERN - MONDAY 3 JUNE - 10AM
Visit the Museum of the Great Southern as they celebrate WA Day! The FREE event will have kids activities, live music, food and drink, a throng throwing competition and more.


GREAT SOUTHERN STREET MACHINE SRT INDUSTRIAL PENDEN INDUSTRIAL ESTATE - MONDAY 3 JUNE - 8AM
Pendennis Industrial Estate is the future of Albany, located on the Bassendean Industrial Estate, Pendennis Street.

For more information visit www.gaussa.com.au

ALBANY FARMERS MARKETS COLLE STREET - SATURDAY 1 JUNE - 8AM
Come along and meet the farmers and producers of the Great Southern. Straight from the farm to the market, fresh fruits, vegetables, farmed meat, dairy, fish, seafood and much more.

ALBANY BOATSHED MARKETS
THE BOATSHED - SUNDAY 2 JUNE - 9AM
The markets feature local artists and producers of fresh and gourmet foods, and Great Southern wines. In addition to the wonderful seasonal produce grown here in the Great Southern, talented local artisans showcase their beautiful and distinctive products.
Welcoming the Whales

Albany welcomes the whales this weekend

CELEBRATE the return of migrating whales to Albany and the start of the whale watching season with the Festival of the Whales – Albany 2019, opening on Saturday, 29 June. The event will be held on both sides of the festival grounds, the national park and the historic whaling station.

Key community messages

- Festival guests to the Saturday’s ‘Welcome the Whales’ Festival 2019 have the opportunity to be involved in the festival’s activities and attractions.

- The festival’s aim is to encourage the community to participate and enjoy the festival.

- The festival will provide opportunities for the community to get involved in the festival.

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Optus Prepaid Epic Value $40 Regional offer.

New customers from selected regional areas only. Applies to first $40 Epic Value recharge only. Offer available in participating regional stores and online until 29/9/19 (unless extended).

* Bring your own device, make sure it’s not locked to other networks and is compatible with the Optus Network. To learn more, visit optus.com.au/compatibility.

Try us out for 90 days

Try us out for 90 days

Copyright © 2019 Optus. All rights reserved. Optus Prepaid Epic Value Plan: $40 Regional offer. Offer ends 29/9/19 (unless extended). Offer available in participating regional stores and online until 29/9/19 (unless extended). Offer per SIM. Offer not available online or from Optus Retail. To learn more, visit optus.com.au/compatibility. Conditions: Limited stock. See optus.com.au for details. On SIMs per delivery address. No rainchecks. All for use in Australia within 90 days. Fair Go Policy applies.

Litter Grants to bring these magical creatures to life. 10% discount with any stay, including other discounts.

For the safety and wellbeing of the animals, the Australian Wildlife Park will be actively involved in the festival’s themes.

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HAVE you ever been sucked in? Sucked into paying a bill to someone who has no right to your money?

So many emails are flying around now that it can almost be compared to the very high spam activity on your email account. You get an email at least on a day asking you for your money.

And even more amusing are all those emails that tell you that your account will be suspended if you don’t send in your ‘fee’ today. And the email includes a date!

To the undirected, this can be really scary because you may have a stack of photos that you don’t want to lose, or you may be far from your bank and you’re now being told that it will be deadlocked.

So, the unpressed person will go ahead and just to avoid further complications, pay the bill, only to find that they still owe the money to the real supplier.

How does it feel? Very distasteful, disgusting because you can’t get the money back.

Well, here are a couple of tips to ensure that you don’t get sucked in.

Three key questions to help you spot these spammers are:

1. Check the domain name – do you recognise it?

2. Look for the part after the @ symbol and see if it looks like it represents the sender’s organisation, e.g. if you have a website hosted by skinitap.com make sure you’re not being tricked into sending money to admin@skinetap.com rather than admin@skinetap.com.

3. When you see the junk mail hovering over the link, does it look familiar? Or is it completely unrecognisable, e.g. https://skinetap.com/money/?

So when you have your mouse hovering over the link, does it feel trustworthy?

Do you usually pay for what you see in junk mail?

Or is this completely different payment than you’re used to?

- Eva Bet
WebDu JV

Linking people to education

TWO local community-based organisations are working together to provide training and skills shortages to Aboriginal people in the Great Southern.

Worklink WA, an export winning business with over 30 years of operation, has joined forces with Impact Services, a local wrap around support service which provides access to professional mentors.

Two local government agencies – The City of Albany and Great Southern Development Group, immediately embraced the program seeing the potential to help Aboriginal students and trainees to link to the workplace.

The aim is to provide Aboriginal youth with the tools and support they need to facilitate a successful transition between school and the workplace.

Aboriginal people, including school students and young people, are offered the chance of a work placement and the trainee as a workplace and the workplace as a learning environment for the trainee.

Regular visits facilitated by the two organisations ensure monitoring and other wrap around support.

This innovative approach to training and skills shortages is seen as a significant contributor to the ALP’s election platform.

Worklink Trainer & Assessor Bronwyn O’Flanagan with Trainee Arakan Woods.

The program, aimed at providing Aboriginal youth with the tools and support they need to facilitate a successful transition between school and the workplace, is seen as a significant contributor to the ALP’s election platform.

Value for money in Marbelup

753 Marbelup Road North, Marbelup
$755,000
Repr: Greg Loxton
Ray White Real Estate

There are three dwellings of different sizes. The first is a four bedroom, one bathroom with a great outdoor patio. The kitchen has an island bench and the living areas are very spacious.

The second is a cottage with one bedroom and another renovated bathroom with a large bath set in jarrah, a tile fire in the lounge and cute little cottage ad

THE HUB
7841 1880
134 THE HUB, ALBANY WA 6330
www.thehubalbany.com.au

Phone: (08) 9842 9677
Shop 16c, Dog Rock Shopping Centre, Middleton Road, Albany WA 6330
Fax: (08) 9842 9706 Mobile: 0427 388 686
Email: admin@gmtaxation.com.au

Successfuly assisting regional Western Australians to ‘learn, work grow’ since 1988.

We pride ourselves on providing our clients with professional growth.

We have very strong relationships with our clients.

Greg Loxton and arranging an

Big promises made to small businesses

While the business sector is on the way, it is a good time to sum-

nary the promises made during the Morrison government in order to gain re-election.

Several promises were made to win the small business vote, jointly made by the Chamber of Commerce network. “Small business is a big deal.”

Ninety-six percent of businesses in the Lower Great Southern are classified as small businesses, employing nearly 11,000 people. They face some unique challenges, particularly in terms of transport and communication infrastructure, funding and skills shortages.

Many of these issues are ex-

perienced nationwide, however the Lower Great Southern often find them to be ac-

cumulated due to our remote location.

Part of the role of the Chamber of Commerce is to ensure that our elected representatives don’t for-
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Check our website at: www.hrsettlements.com.au

Perway Pty Ltd as trustee for the Vancouver Unit Trust t/a Amity Settlements (ACN 069769900)

The Weekender, May 30, 2019

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aileen@amitysettlements.com.au

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8 Langton Road, MT BARKER WA 6234
9851 1022
vmtaylor1865@gmail.com

First home builders
- Great neighbourhood
- Level 477m2 block with 10m frontage
- 3 x 2 bedroom home
- Open plan living
- Ensuite & 2 bathrooms
- 1326m2 block

Buy: $135,000
Linda Knight 0428 126 554 / 9841 0210

Contemporary & funky
- 3 large bedrooms, 2 bathrooms
- Up-market appliances, Spacious open plan living
- Theatre, in-built study & wine
- Outdoor entertaining
- Quality youth

Buy: $560,000
Joe Trichilo 0409 370 676 / 9841 0227

Top of the class!
- 4 bedroom, 2 bathroom and 3 living areas, one with water views, beautiful kitchen/dining
- carport, garage, easy access to rear and a very popular location

Buy: $450,000
Rick Jackson 0409 708 588 / 9841 0208

Neat, solid and close to town
- Brick and Iron, Outback entertaining
- Three big bedrooms, 2 bathrooms
- Well planned shed space
- Security, shutters, Real maintained (L334)

Buy: $380,000
Linda Knight 0428 126 554 / 9841 0210

11 Purdie Road
- Three bedrooms, Two bathrooms
- Spacious kitchen & lounge
- Neat, solid and close to town

Buy: $385,000
Linda Knight 0428 126 554 / 9841 0210

New Listing

The Weekender, May 30, 2019

23
Rural property with three dwellings

Approx 25 km west of Albany. 20 acres, 25% bushland, 60% pasture, dams & dams. Sheds, cool room, meat room, insulated panel, garage & workshop. $650,000. Rita (0427 423 200 / 9841 0200)

Sale: $755,000
Greg Loxton (0427 423 200 / 9841 0200)

Villa in ideal location

• Block & iron, 2700 sq ft
• Brick & iron, built 2000
• Villa in leafy location
• Brick & iron, built 2000

Sale: Offers above $309,000
Edwin (0427 649 183 / 9841 0205)

Offers infused, the seller is keen

813 M2 block & great location
• Large patio, 2 living areas & stylish breakfast bar!
• Drive-through access powered shed!

Sale: $690,000
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Greg Loxton (0427 649 183 / 9841 0205)

City life

A beautiful parcel of land within metres of CBD, foreshore, restaurants & shops. Never need to worry about a ‘whip’. If you need land, enjoy the benefits of not only living & building, but having come off a great third person. This is the complete package! (BAY530)

Sale: $390,000
Graham Walker (0427 423 200 / 9841 0200)

Elegance in Kendonup ONLY $275,000

Highly mattred brick pediment & verandah. Large blue on tiled floors warmed with modern fire. Albany all very spacious with style. This quality brand new Hamptons house on 732m2 block. House to 512m2 thanks to out buildings. One to love. So 3 Cooper Way Yakamia $495,000 5x2 823m2

Sale: $575,000
Rita McLean (0427 423 200 / 9841 0200)

Mortgage sale – must sell

• 2007m2 block & great location
• Just past the Mt Barker Bakery
• Water & power available
• Perfectto build your dream home

Sale: $260,000
Greg Loxton (0427 649 183 / 9841 0205)

Hidden gem, private yard & shed

• 800m2 block with lush garden, fully enclosed (BH740)
• Large patio, two living areas & stylish breakfast bar!

Sale: Offers over $949,000
Holle Hammett (0430 810 030 / 0461 0211)

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 good character (3 bedrooms, 2 bathrooms, cottage, veggie patch, wool shed & lots of sheds, water tanks and garages.

Sale: $570,000
Max Spaccio (0418 445 401 / 9841 0206)

Elegant & interesting

Looking for something different. Special & with purpose of difference? On 4001m2 in cul-de-sac is a 3 bed, 2 bath home with flexibility for horse & eq. This home is like no other & must be seen to fully appreciate. (DT129)

Sale: $500,000
Joe Trichilo (0418 945 491 / 9841 0206)

Spacious home with views

• Fully renovated 4 bed home built 1930
• Large formal lounge, spacious scullion, granite bench
• Dble u/croft gge, solar panels, 2 exposed
• BIRs, air/con,
• Large formal lounge, spacious

Sale: $846,000
Greg Loxton (0427 649 183 / 9841 0205)

Convenient Mira Mar Location

Tucked well back from the road, this well designed & built home that has views perfect RED785MB. Direct entry from the road with garage & 3 car porta with room for 4th car or boat. Possible to park small van or dingy. Walk to city, beach or shops. Good location, located in place – live quiet! (MB723)

Sale: Offers above $586,000
Rita McLean (0427 423 200 / 9841 0200)

Impressive panoramic views

Farmland with a panoramic view is what Albany is all about. Walking distance to shopping centre, 2 good sized rooms, 3 bath, vegetable farm plus scheme, massive workshop with room for full sized cattle & plus 3 cars. (MB717)

Sale: $686,000
Rick Jackson (0418 656 588 / 9841 0200)

Beyond replacement value

Located in 2017 this 3 bed 2 bath 3 WC home has surround sound, dishwasher, dbl fridge/freezer & mostly wood floors. Double garage also large u/carport with access to shed. (SS547)

Sale: $995,000
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Sale: $995,000
Graham Walker (0427 423 200 / 9841 0200)
The complete package
A recently available character-filled home with a large deck and a double garage. The adjoining lot with a double garage is perfect for additional storage or workshop space.

Sale: $285,000
Graham Walker 0419 432 266 / 9841 0201

14 O'Keeffe Parade
Located in the popular area of East Albany, this 4 bedroom home offers space and privacy with its own backyard and pool area.

Sale: $175,000
Rita McLean 0409 370 676 / 9841 0227

Retire and enjoy!
This 3 bedroom home is situated on a quiet street, with easy access to all amenities.

Sale: From $300,000
Rita McLean 0409 370 676 / 9841 0227

Surf and turf
A delightful 3 bedroom home nestled in a beautiful garden setting.

Sale: Offers over $155,000
Linda Knight 0411 694 999 / 9841 0203

3 Cooper Way
A solid and well-maintained home with a large deck and a double garage.

Sale: Offers above $285,000
Neil Ward 0411 694 999 / 9841 0201

39 Lake Seppings Drive
A charming 3 bedroom home with a double garage and a quiet location.

Sale: Offers above $285,000
Neil Ward 0411 694 999 / 9841 0201

Corner location
This 3 bedroom home is conveniently located near schools and parks.

Sale: $149,000
Graham Walker 0419 432 266 / 9841 0201

Freehold caravan park
A great opportunity to own your own home in the heart of Albany.

Sale: Offers over $460,000
Graham Walker 0419 432 266 / 9841 0201

Position perfect
This 4 bedroom home is situated on a quiet street, perfect for families.

Sale: From $385,000
Rick Jackson 0409 370 676 / 9841 0201

1950's charmer
A charming 3 bedroom home with original features and character.

Sale: $339,600
Holle Hummerson 0438 410 000 / 9841 0211

Unstack the family
A versatile 4 bedroom home with a separate living area and a double garage.

Sale: $1,500,000
Graham Walker 0419 432 266 / 9841 0201

Room for everyone!
A spacious 5 bedroom home with a separate living area and a double garage.

Sale: Offers over $270,000
Linda Knight 0411 694 999 / 9841 0203

28 Flemington Street
A solid brick home with a large garage and a double carport.

Sale: Offers above $250,000
Linda Knight 0411 694 999 / 9841 0203

Corner location
A 3 bedroom home with a double garage and a quiet location.

Sale: Offers above $249,000
Holle Hummerson 0438 410 000 / 9841 0211

The only shed you'll ever need!
A large double garage with a separate living area.

Sale: Offers above $460,000
Holle Hummerson 0438 410 000 / 9841 0211

Priced to interest buyers
No need to buy a block of land, this 3 bedroom home is located in a beautiful garden setting.

Sale: Offers over $250,000
Rita McLean 0409 370 676 / 9841 0201

14 Grandis Way
A beautiful 3 bedroom home with a large deck and a double garage.

Sale: $493,000
Graham Walker 0419 432 266 / 9841 0201
**Ray White Albany**

**19 Banool Crescent**

**Neatly presented, 3 bed, 1 bath home**

- Separate living, 2 cars 1/2 car gar
- Double brick, 2/3 gar access to rear garage
- Overlooks reserve to Elma Park & King George Sound
- $395,000

**54 Gill Street**

**Stunning water views**

- 5/5 Gill St is a picture of a 2 bed 1 bath home on 1/2 acre, close to shops, farm shed, a modern kitchen and lounge area, steps, covered pergola and 6m x 6m shed with 4.15m clearance
- $399,000

**Future development approval**

- 50 Gill Street has a beautiful brand new house and 18.27ha of land
- $565,000

**331 Lowanna Drive**

**Sensational views**

- Looking out over the valley with tidy grounds, the home is a modern family home with views to the Stirling Range
- $550,000

**Special Robinson**

**Top home in top location**

- Overlooking the sea from the front door of this 2 bed 1 bath home
- Large open plan kitchen/living and a large backyard
- $500,000

**How fast can you move in?**

- 3 bedrooms, 1 bathroom
- $430,000

**Just bring your suitcase**

- 3 bedroom, 1 bathroom
- $295,000

---

**Kearneys – room to move**

- Built in 2002, this 4BR/2BTH home has all the makings of a great place to bring up the family. Spacious inside with 3 or 4 beds, 2 baths and enormous open-plan living. A 2403m2 block
- $569,000

**Leanne Dunn**

**Property Manager**

**0439 546 945**

Ray White, 226 York St, Albany’s BRAND NEW Rental Department is OPEN FOR BUSINESS

Exprienced manager in Perth & Albany

Phone Leanne on 9841 0209

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**Rita McLean**

**Sale: $795,000**

Farmers will love this design

- 9/3 Gill St is a picture of a 2 bed 1 bath home with a large open plan kitchen/lounge area that is controlled by great southern views and gentle breeze, it's on a hill, built with Room to move
- $1,000,000

**Sensational views**

- Overlooking the ocean from the front door of this 2 bed 1 bath home
- $290,000

**Joe Trichilo**

**Sale: $254,000**

Large home, bargain price

- 3 bedroom, 2 bath, 2 lounges
- $254,000

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**Stunning water views**

- Overlooking the sea from the front door of this 2 bed 1 bath home
- $295,000

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**Rita McLean**

**Sale: $499,000**

Rick Jackson

**Sale: $380 p/w**

—

**Greg Loxton**

**Sale: $299,000**

Joe Trichilo

**Sale: $170,000**

—

**Graham Walker**

**Sale: $569,000**

—

**Joe Trichilo**

**Sale: $254,000**

—

**Ray White Albany**

**226 York Street Albany | T 0439 546 945 | W raywhitealbany.com.au**

**THE ORIGINAL & THE BEST – RAY WHITE ALBANY**

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**THE ORIGINAL & THE BEST – RAY WHITE ALBANY**

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NEW LISTING
14 Pluto Rise, McKail
Introducing a property set to impress first home buyers, downsizers to investors after a well-designed home set on an easy-care yet still spacious lot in a modern estate with lots of parks. This beauty attracts $380pw rent & vacant possession is available.

READY TO MAKE YOUR MOVE?
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Rob 0428 447 226

$405,000

Rob 0428 447 226

Phone: 9841 1455
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Branch Office: 236 York Street, Albany
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You matter.
That’s why we want to do business with you.

Kathleen Mier
Branch Manager/Licensee
0439 421 059

Stephanie Ridgway
Personal Assistant
0429 980 429

albanyproperty.biz
HAPPY DAYS
41 Kelty View, Willyung
Love horses, nature, fresh air, open space, serenity & quality family time? This special parkland garden 2ha haven handy to rivers, shops, schools & a pony club, certainly delivers. Sun-filled spacious 4br, study, deck, lounge & expansive living, kitchen & separate entertaining room. Scheme water & top garage & workshop space, stable & tac room.

INVEST IN THE LIFESTYLE
19 Grenfell Drive, Bayonet Head

VIEWING BY APPOINTMENT
- Near harbour, beaches rivers, parks, schools & shops
- Superior Ryder Building Co. home with study/nursery & theatres
- High spec Smeg galley kitchen, coffered ceiling living & alfresco
- Wide foyer, quality master suite & superb 2nd storey

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Offers Above $399,000

Prime Yakamia Subdivision

- Only 3 lots in private subdivision
- Fully serviced, main street frontage & easy income
- Elevator, titles are issued & ready to build on

50A Sydney Street, Yakamia
50B Sydney Street, Yakamia
56 Sydney Street, Yakamia

Call Darren Leslie 0414 889 244 or Rhett Bull 0408 284 309

Allmore Park

4 UNDULATING PART WOODED LOTS
- 4 new lots, only 7km to City Centre
- Underground power and scheme water
- Close to everything, 45+ foot zoning

Lot 203
Lot 204
Lot 205
Lot 206

Call Barry Panizza 0418 945 487 or Kathleen Mier 0429 421 059

Shell Bay Dreaming
Shell Bay Road, Lower King

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

Lot 4
Lot 5
Lot 6

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The Scotsdale Lodge $261,100

Tailor your ultimate country home with a choice of five floor plans and three elevations.

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Whatever the future holds, you can be sure our award-winning Albany team will be there building it. And better than anyone else – like we’ve been doing for the last 116 years. That’s why all the little luxuries other builders call ‘extras’ are standard in our Custom Collection.

Now included as standard in every Plunkett home:
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- Large laundry
- Luxury bathrooms with his/her vanities
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plunketthomes.com.au
**Gledhow 102 Old Elleker Road**

*Set Up The Dream Lifestyle Only 5 Minutes to York St*

If you are dreaming of living in a sustainable life and want space to run animals and grow fruit and veg, without being too far from town, check out this cracker in Gledhow. Only five minutes in the car to York St, this property has just under 6ac of great grazing, with a cosy home plus sheds, bore, chook area, and netted orchard, so if fully set-up and ready to go! Move in, enjoy space and a wonderful setting, and don't look at neighbours!

**Home Open Saturday at 4.00pm**

Blair Scott 0409 926 626
Web Id 20718259

$520,000 to $580,000

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**Mira Mar 8 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!

**Viewing by appointment only**

Blair Scott 0409 926 626
Web Id 20718259

$470,000 to $530,000

---

**Mount Barker 10 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 colour 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:

- Close to main roads, swimming pool and town centre
- Good size shed with an extra living room attached, with good backyard for kids or dogs to run around
- Solid-built 2 bedroom home, with various living areas both inside and out

**Home Open Saturday at 12.00pm**

Neels Delport 0450 451 401
Web Id 20160157

$180,000

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**Narrikup 112 Settlement Road**

*Sensational Smallholding!*

Located less than 20 minutes from Albany, 112 Settlement Rd is a wonderful solution for buyers looking for enough acreage to fulfil the lifestyle dream without breaking the bank. With a lovely home and gardens and huge range of sheds nestled in just over 6ac of bush, the property offers private and comfortable living with the remaining 25ac of unimproved bush, ideal for future developments. Spacious and quality-built country headquarters surrounded by lawns and gardens in private 6ac bush setting. Shady verandah and massive alfresco!

**Viewing by appointment only**

Blair Scott 0409 926 326
Web Id 20152927

$550,000 to $600,000

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

ph 08 9842 7900

Elders Albany proudly supports...

- Elders Foundation
- Rural Women Australia
- Elders Reconciliation Action Plan
- Elders Women’s Agenda
Residential
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Collingwood Heights
71 Belmont Avenue

- Half Acre Picnic Block, gravel flat, fantastic location
- Wonderful large block with amazing gardens creating a private, baby, relaxing setting
- 1 bed units with high ceilings and lovely outlook. Soft sell cost low downstairs
- Super for kids with heaps of space, park around corner, and close to beach, shops, CBD

Open Home Saturday at 3.00pm
Blair Scott 0459 024 026
Web Id: 20670328
$499,000 to $499,000

Mira Mar 28 Deane Street
Prime Location, Quiet and Peaceful, Deqy Space or Subdivide
- Not location close to hospital, shops, and beach. Lovely setting, lovely walks and parks
- Greatly sloping lot provides great aspect without crazy earthworks
- Serviced with sewer, power. Can be further subdivided. Big forcing rebate

Blair Scott 0459 024 026
Web Id: 20164762
$600,000 to $130,000

Centennial Park 27 Hercules Crescent
State-of-the-Art Secure Storage in Central Albany - NOW PRICING STRUCTURE
- Brand new relocatable units. Very low maintenance, no ongoing costs
- Secure locking, coded entry. Huge taring space suitable for large vehicles, trailers etc
- Brilliant central option for commercial storage, archives, vehicles, boats, caravans

Blair Scott 0459 024 026
Web Id: 18357628
From $175,000 + GST

Mount Melville
70 Freeling Street
Character and Charm to Blow You Away
- Gorgeous 1905 home, mint condition
- Lovely gardens, level access to home
- Superb location, views over harbour

Open Home Saturday at 1.00pm
Blair Scott 0459 024 026
Web Id: 20236343
$325,000

McKail
138 Lancaster Road
Unique Luxe Home Ticks ALL Boxes
- Architect designed solar passive home
- Large 1350m² garden, huge shed, studio
- Magnificent bush setting close to town

Blair Scott 0459 024 026
Web Id: 7767235
$760,000

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Second Chance at World Class Property
- Function centre on top of Torbay Hill
- Spectacular ocean views
- Continue business user or amazing home

Blair Scott 0459 024 026
Web Id: 17622975
$770,000
Weekender Life

Banff Mountain Film Festival breezes in Page 44

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Pho tasty success

Your Girl Pho will perform at Six Degrees on June 8.

JAN BECK

GET ready for a sensory feast when Your Girl Pho, the sexy and fun stage persona of Phoebe Gunson, brings her sweet jazz and soul to Albany on June 8.

Phoebe Gunson, brings her sweet jazz and soul to Albany on June 8.

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Tickets from the AEC: 08 9841 4311

THE WEEKENDER, MAY 30, 2019

Murder mystery is a family affair

ASH EIGH TELSONG

The murder-mystery comedy musical, Your Girl Pho: Where the Hell is Your Boyfriend?, is coming to Albany in June.

Your Girl Pho: Where the Hell is Your Boyfriend?

Your Girl Pho: Where the Hell is Your Boyfriend?

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Your Girl Pho: Where the Hell is Your Boyfriend?
**Film fest rolls in**

**REELs of worthy ad-\[0x0\]venures will roll across the Albany Entertainment Centre next week when the Banff Mountain Film Festival makes its way to town.

The June 6 event is part of the film festi-\[0x0\]val circuit that travels across the world, start-\[0x0\]ing from its home base in Canada and travelling around the globe.

It has screened in Aus-\[0x0\]tralia throughout April and May and next week is Western Australia’s turn.

Included in the festival are a series of short films traversing everything from mountain climbing to cycling to racing a drone while skiing.

**Vic-\[0x0\]tor Muffat-Jeandet takes on a drone.**

**The festival’s ac-\[0x0\]ts continue with For The Love of Mary, narrated by 97-year-old George Etzweiter from For The Love of Mary.**

The Mountain Life follows a 69-year-old mother and her daugh-\[0x0\]ter as they set out on a six-month ski journey across the world, starting from the Himalayas.

**How to Run 100 Miles**

The tale of 19-year-old Mary, keep him going. How to Run 100 Miles where he enters his first 100-mile mountain ultra-\[0x0\]marathon called the Run Rabbit Run Challenge. The film includes 50m of ascent.

The film festival’s ac-\[0x0\]ts continue with For The Love of Mary, narrated by 97-year-old George Etzweiter from For The Love of Mary.

**Vic-\[0x0\]tor Muffat-Jeandet takes on a drone.**

The mountainous terrain of British Columbia, through the Coast Moun-\[0x0\]tain range, is where he enters his first 100-mile mountain ultra-\[0x0\]marathon called the Run Rabbit Run Challenge. The film includes 50m of ascent.

The six degrees of separation theory has only been compared by a small handful of \[0x0\] elite male climbers, but Hayes has made it her mission to add her name to the list.

**Rapheal TJ Magar**

Rapheal TJ Magar, whose story of 

**Solutions**

- **Easy**

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**Recipe supplied by:**

**JUPA**

**DéNMARK & NORTH ROAD**

**Recipe:** Fresh plum chicken

**Ingredients**

- 500g chicken thigh fillets
- 2 onions diced
- 3 celery sticks cubed
- 100ml port
- 100g sliced spring onions
- 100g plain flour
- 100ml olive oil
- 200g long grain rice
- 100ml plums
- 50ml red wine
- 100g mixed herbs
- 100g mixed dried apricots
- salt
- pepper

**Preparation:**

1. **Put rice in a pot, fill up to 2cm above the rice with cold water, put parchment paper on top.**
2. **Put paper back to pan and add plums.**
3. **Add flour and mixed chopped herbs together, dust chicken in.**
4. **Put apricots and celery in three straps, season with salt and pepper.**
5. **Put onion and celery together.**
6. **Add chicken edible sauce to blended plums.**
7. **Put sauce to cranberries**
8. **Serve with rice and finish with fresh herbs and spring onions.**

**Method**

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**Weekender Life**

**Fresh plum chicken**

Photo: R. R. Cooper

Photo: M. Cowley

Photo: Simon Perkins

**For the Love of Mary**

*Photo: Simon Perkins*

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**For the Love of Mary**

*Photo: Simon Perkins*
Classic car race

THE Triple M Albany Classic returns to the CBD of Albany on Sunday with a record number of entries.

Watch over 150 vintage and classic cars compete against the backdrop of Princess Royal Harbour.

Drive in your best 1960s car for the chance to win.

Grab a selfie with one of the prominent cars. The Albany Motif II jug or Dalby Zeit will be there to remember the day for your photos. Photos will go up on the big screen throughout the day.

The Bendigo Bank Festival will feature popular local band Pinpoint on Sunday afternoon, with music kicking off in the morning with the crazy sounds of Geoff Waldeck’s Pinstripe.

There will be market stalls, food and plenty of family entertainment happening throughout the day across the event. Jamie the Clown will be performing in the Giljohn Church grounds near the brumby cauld and craft stalls.

The Dalby Media View big screen will be on in the Town Square along with the music. Along side the Town Square is a licenced area to showcase regional wines and craft beer.

This festival will make a fantastic day out along the front of the Town Square.

Check out the display of cars from Geelong, Shepparton, Bendigo, and many other cars both local and regional.

This year will see the installation of a temporary pedestrian bridge which will allow free movement through the festival until 1pm on the first time. There will be beers to allow drinks crossing to ensure that all visitors are fully catered for.

The day will start with the Blessing of the Fleet and seeing a parade of display vehicles. Contests will commence at 10am.

Spectacular squid comp

COLLUM COURTESY OF TOMPES

THE Albany Boating and Fishing Club is hosting the Tamar Kayaks Southern Squid Spectacular on Saturday starting with an exhibition of the Squid Prawn line up at Emu Point at 11am.

It will be entry on the day at the clubhouse located at the top of the boat ramp car park at Emu Point.

There will be three divisions, one for bowlers, one for middle sections and one for kayakers. The entry fee is $25 for bowlers and $20 for the boat entry fee.

You will be in the running to win some great prizes to the value of $1,000 with the added bonus of a great $450 Tamar kayak as first prize for the shore-based winner.

This event has really taken off and has attracted some very interesting young angler fishing really new techniques. This has led to the idea of a few years under their belt will almost certainly have subscribed to this technique. It was after all the accepted method.

The first time I saw a Japanese squid fisherman at his stall with the fanny bag, not long after I had bought a rod and reel. The rods were just too long for my tastes. One of the most famous and most competitive companies at the international level is the Gan Craft.

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Natural mulch provides cover

GROWING vegetables is often complicated, especially in a small garden. Most plants and vegetables tend to lose their leaves during a planting in spring and a pruning during the hotter summer months.

In Albany however, where green-fingered gardeners are regularly pruning and headered through the winter months, planning is essential. Winter is fast approaching, and it’s important to be aware of the climate and what will survive.

If you plant in these phases, you don’t need to worry about conditions even outside of a greenhouse.

BY FELICITY member Felicity Rumby volunteered with Green Skills last month with support from the City of Albany and the Lockyer. Felicity is the Lockyer Community Garden site at Fossicker’s Tip Shop, next to the Albany Community Garden.

The bike wheel garden dome is locked in a public area, and has been opened to the public. You can even climb inside it.

Drop past next time you are at Fossicker’s and check it out. Contact Green Skills Albany at Albany Green Skills to be on the list for future workshops.

Volunteers prepare to plant

Garden beds that have been recently planted with sweet potato, capsicums and zucchini over the summer months. It’s a summer herb, so it will die down in winter, but pruning can do more than dictate a plant’s stature. Regular selective pruning is also a way to encourage your plants to flourish.

WITH the turning of the season it’s time to embark on a winter gardening program, planting late in autumn. Yuccas, Quillawines, leeks and other winter crops and flowers, all blending into a tapestry of leaves, flowers and stems, you can also encourage youthful growth that produces abundant flowers and fruits.

The Community garden in Lockyer is preparing the compost for new arrivals of apples and other fruit trees, preparing the ground for pruning, and looking at doing some grafting onto those trees that have reverted to rootstock.

Garden beds that have been exhausted by producing copious quantities of nutrient-laden leaves in the summer months may be a given a bit of a rest this year. There is a wonderful narrow green manure crop and making compost with all of the compostable contents. As Always there is the regular Wednesday volunteer mornings “Garden Groups” little gardening clubs, workshops and produce swaps on the first Saturday of every month. Come along there are about 17 volunteers in Humphreys Street in Lockyer.

GARDENING SERVICES

GARDENING IN THE GREAT SOUTHERN

GARDENING IN THE GREAT SOUTHERN

WITH the milder weather and slower pace of life, it’s the perfect time to mulch.

Any kind of loose bulky mulch - although wood chips from the local tree loppers is preferable, as it includes chippings, shavings and leaf debris - will help to retain moisture, encourage soil-microbial life, reduce cultivation, suppress weeds, and be careful not to let the mulch wash into the drains of your plants to prevent root rot.

In addition to a good handful of mulch, you can also include materials such as leaves, hay, straw, green manure, decomposed leaf compost, grass clippings and even gravel.

Show Us!

What’s growing in your garden?

From All colleague to Zuper, we help you grow.

Shows available this week: www.albanyshow.com.au

Volunteer with us and help care for nature.

Gardening in the Great Southern

GARDENING IN THE GREAT SOUTHERN

More than just a gardener ...

• Have you winter-proofed your garden?
• Are the weeds getting the better of you?
• Organic methods where possible

SHEOK GARDENING

Call Joy on 0404 211 312

SHEOK GARDENING

Call Joy on 0404 211 312

Join us in the garden this winter

Free community activities

Wednesday morning garden volunteers 9:00am-12pm every Wednesday. Morning tea provided.

Garden Grubs (for kids aged 5-12) 10:30am-12:30pm Wednesdays. Free entry. Garden Grubs encourage all sorts of lovely beneficial insects and fungi to your garden. Children can make compost with all the compostable contents. Drop past next time you are at Fossicker’s and check it out. Contact Green Skills Albany at Albany Green Skills to be on the list for future workshops.

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The Weekender, May 30, 2019

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Eight mental health benefits of exercise

By AMBER CEKEREV

Physical activity delivers oxygen and nutrients to your brain and helps your cardiovascular system work more efficiently, which is good news for your brain health.

Reduces fatigue

Physical activity delivers oxygen and nutrients to your brain and helps your cardiovascular system work more efficiently, which is good news for your brain health.

Improved mood

Endorphins trigger feelings of happiness and contentment. Your mood may even be boosted by an hour or so of exercise, which helps to relieve stress.

Supports sleep

Regular exercise helps you to fall asleep faster and get deeper sleep.

Reduces risk of depression

Recent evidence regarding the effects of exercise on anxiety concludes that exercise can help manage symptoms of depression.

Improves productivity, concentration

Regular exercise can help you to feel more alert and focused in the classroom or in the workplace.

Reduces fatigue

Physical activity delivers oxygen and nutrients to your brain and helps your cardiovascular system work more efficiently, which is good news for your brain health.

Predicts blood sugar levels

Regular exercise improves your body’s sensitivity to insulin and reduces your risk of developing diabetes.

Improves overall productivity, concentration

Recent evidence regarding the effects of exercise on anxiety concludes that exercise can help manage symptoms of depression.

Supports sleep

Regular exercise helps you to fall asleep faster and get deeper sleep.

Enhances cognitive function

This can be especially helpful for managing memory loss for people with Alzheimer’s disease.

Supports sleep

Regular exercise helps you to fall asleep faster and get deeper sleep. Exercise promotes sleep in people of all ages!

Reduces risk of dementia and Alzheimer’s disease.

Exercise is associated with a lower risk of dementia and Alzheimer’s disease. It has also been shown to help reduce the rate of progression of the disease.

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60

Nutritionist, personal trainer & chef

By AMBER CEKEREV

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Fights depression

Your body releases endorphins when you exercise, which can help to reduce feelings of stress and depression. Both exercise and meditation can help to calm the brain and reduce symptoms of anxiety.

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RAILWAYS claimed a thrilling victory at Tigerland last Saturday, defeating Denmark-Walpole by eight points.

In one of the closest seasons on record, after five rounds Railways sit on 16 points alongside Royals and North Albany.

More on Page 57.

Photo: Steve Hancock Photography

A Fresh Look at Albany Oyster Harbour

Photo: Steve Hancock Photography