Angels get wings

DRESSED as the iconic Charlie’s Angels, Albany’s Marcelle Cannon alongside Jill Porter and Nicole Torre abseiled down Perth’s QV1 building last Sunday in an effort to raise money for Lifeline WA.

The three women have already surpassed their fundraising goal of $5,000, with the fundraising page currently sitting at more than $7,000.

See the full story on the Weekender’s website.

Border easing welcomed

WITH WA’s border tentatively opening up to the rest of the country by November 14, the state is set to enter the next phase of pandemic life.

As of 12.01am next Saturday, WA’s hard border is transitioning to what the McGowan Government is labeling a ‘controlled border’, where people from ‘very low risk’ and ‘low risk’ states and territories will be allowed in with certain conditions.

While many businesses in the Great Southern are busier than ever because of the hard border, labour shortages have forced some operators to limit their trading hours.

Denmark Chamber of Commerce CEO Sumer Addy said she hoped opening the borders would attract a number of workers from the east.

But she said finding local accommodation for these prospective employees was a big challenge.

“It’s not as simple as getting the workers in,” she said.

“It’s going to take everyone to come together and find a collective solution because there are so many pieces to the puzzle.”

DENNIS HOPPE

Business isn’t booming for every industry, however. Great Southern travel agents have suffered terribly since the pandemic began.

Albany Travel and Cruise Owner Lynne Meads said her business was down 99 per cent on the same time last year.

But she is hopeful opening up state borders will be a boost to her bottom line when people start booking trips to the likes of Tasmania and the Northern Territory.

The controlled border is also a small victory for tourism operators, with interstate visitors tending to spend more than intrastate tourists on tours and transport, according to Tourism Council WA.

“People from interstate want to have more cultural experiences and typically have more money to spend,” Kanin Mc’s Larry Blight said.

“When the pandemic hit, we missed out on $20,000 in potential work.

“But we’ve been more than making up for it in the past six to eight weeks.

“Opening up the borders will bring more tourists in and that can only be good for our economy.”

Albany Summer School

Art in a Safe and Creative Place

Plus last chance to book:

• Natural fibre basketry
• Painting the shoreline in pastel (morning and evening)
• Bees and Beekeeping (certificate) - get certified to keep bees at home.

All courses held at St Joseph’s College
More information at www.albanysummerschool.com.au or phone 0438 415 006

Open every Wednesday and Thursday from 10am to 2pm

Cost includes instructor, materials, and refreshments

Photo: WinkiPop Media
**WEEKEND FLICKS**

**AERIAL** (Nov 21-22) 

The aerial shots in this moving portrait of a family will blow you away! A mother and her daughter, who have been estranged for years, are forced to work together to support their young son. As they journey through breathtaking landscapes, they must confront their past and rekindle their bond. 4/5

**TAURUS** (Nov 21-22) 

A thrilling adventure film where a group of scientists must navigate a treacherous shipwreck in order to save the world. With unexpected twists and turns, this film will keep you on the edge of your seat. 5/5

**GEMINI** (Nov 22-23) 

A heartwarming drama about a young girl who overcomes incredible odds to fulfill her dreams. This film will inspire you to chase your aspirations and believe in yourself. 4/5

**LEO** (Nov 23-24) 

A wild rollercoaster ride through the life of a rock star. With high energy music and eye-popping special effects, this film will take you on a wild ride you won't soon forget. 5/5

**LIBRA** (Nov 24-25) 

A tense thriller about a family who must uncover the secrets of their new next-door neighbor. As they dig deeper, they find more secrets than they bargained for. 4/5

**SCORPIO** (Nov 25-26) 

A psychological horror film that will keep you up at night. With creepy music and eerie lighting, this film will have you questioning everything you thought you knew. 5/5
**Website:** www.anglicanchurchalbany.org.au

If you have any needs, please don’t hesitate to call:

- 7.00pm: Sunday compline
- Livestream Facebook: (Anglican Parish Albany Service Stream): 8:00am: Monday to Saturday Eucharist Services in the Church:
  - Sundays: 8.00am, 9.30am and 12.00pm.
  - Tuesdays: 12.30pm
  - Wednesdays: 12.30pm
  - Thursdays: 12.30pm

Photograph of your loved one.

Into the world. All are invited to come and share this time of reflection. If appropriate, bring your sadness and struggles, to acknowledge that at this time we remember the coming of light and hope. For some, Christmas is the hardest time of year. For those among us who are not always. For some, Christmas is the hardest time of year. For those among us who are

**WHAT’S ON AT ST JOHN’S**

Exhibition open Monday to Friday 10am–4pm

THAT’S not a chair; this is a chair.

Albury MenShed is back at it again delivering some extraordinary projects in the lead up to the Midwinter Beach Festival in January next year.

Commissioned to make a hilariously resonant chair, the Albany MenShed all-rounder Kieran Froehnelt, who has owned and run his own business for the past year while housing his son’s Marbelup chair being made at the MenShed.

“I’ve been at the Albany MenShed for 12 months now and they’re trying to get me to move downtown,” Mr Froehnelt said.

“I’m housing for my son who’s over in Scotland and I’m basically based in Cannington. We’ve got a job over there so we’re looking after his five acres while he’s stuck over there and I’m stuck here.

City of Albany Chief Co-ordinator Kev Sherlock said the project was pitched months ago and is aimed at providing opportunities for festivals.

“We are working on something extraordinary for our Midwinter Beach Festival which will run from January 23-26 this year.

“We’re just having the chair being made at the moment, but we might get a photograph on Saturday if it works out.

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The manager did some donations with his Nican Pallet RWL at a parking lot on Sanford Road in Albany and then immediately confronted the woman when he was spotted parking in front of the Greens candidate Albany seat. We’re just having the chair being made at the moment, but we might get a photograph on Saturday if it works out.

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Rachel jumps for joy

A MOUNT Barker girl has taken out the title of WA 2020 State Jumping Titles Champion for under 25s after travelling to Perth to place in the fierce competition.

Year 10 student Rachel Henderson and her mare Hylite Lodge won the 85cm Grand Prix amongst 20 other competitors.

Rachel’s passion for riding was nurtured from a young age, following in her mother’s footsteps who is also a competitive rider.

“I've loved horses ever since I could walk basically,” Rachel said.

“My mum’s always been very passionate about it, she’s also pursued equestrian, so I followed suit.”

Despite a fairly new partnership between Rachel and the young warmblood, assistance from the likes of Sonja Johnson through Rachel’s involvement in the Great Southern Eventing Squad allowed the bond to quickly develop over their 18 month together.

Rachel said she hoped to pursue equestrian into the future, with a goal of riding in the big ring next year.

“I love the team spirit around show jumping and the thrill you get from it,” she said.

“I’d just like to get up to the bigger heights.”

Rachel and Hylite Lodge can be seen competing throughout November at the Mount Barker Show, Albany Spring Fair and Yalambi Show Jumping Classic.

Pasta princess fails dessert test

RUBY Hughes’ Junior MasterChef journey is over after the Denmark-born cooking whizz was eliminated in episode nine of the reality TV show on Sunday night.

The bubbly 11-year old found herself competing in the first pressure test of the season, set by pastry chef extraordinaire Darren Purchese.

The young contestants had to recreate Purchese’s famous edible snow globe dessert, Snow, in just 90 minutes.

While Ruby’s sugar dome was crystal clear and the best of the day, there was not enough gelatine in her red glaze, making it so thin it soaked into her cake.

She was sent home along with popular contestant Ben.

Speaking to the Weekender, the Year 6 student Denmark Primary School said it was an emotional goodbye after making some close connections on the show.

“It was sad to go home, but I was there for a while anyway,” she said.

“It was such an amazing experience. The pasta princess was chosen from more than 2000 applicants from around Australia and had to travel over east to take part in filming.

Apart from continuing to cook up a storm at home, Ruby said she plans to one day open up her own business selling pastries and baked goodies.

– Michael Roberts

POTEROOS AND PYTHONs: FREE Event

Join Gilbert’s Potoroo Action Group and the Department of Biodiversity, Conservation and Attractions’ scientist Dr David Pearson for an afternoon talk entitled Curbing the impact of the appetite of Carpet Pythons for truffle-infused Gilbert’s Potoroos. Following by taste, for discussion, socialising and a truffle-themed afternoon tea catered by Ocean and Paddock with black truffle ingredients generously donated by the Truffle and Wine Company, Margaret River.

Saturday November 7 from 2.15 pm (for start of presentation at 2.30 pm). Finish by 4.00 pm.

GREAT SOUTHERN GRAMMAR

AT THE ALBANY SPRING FAIR

13 & 14 November 2020 | Centennial Park

business nbn™

Access to business fibre has changed, right across Australia.

*Regardless of the retail service you purchase, the actual wholesale speeds delivered by the business nbn™ Enterprise Ethernet product will be less than 1Gbps and no more than 95Mbps due to equipment and network limitations. Air and customer acceptance, including the traffic already achieved over the nbn™ network, depends on some factors outside our control (like their computer network). Your speed may be affected by congestion on the nbn™ network, particularly in busy periods. © 2020 nbn co Ltd, all business nbn™ and other nbn™ logos are trade marks of nbn co Ltd. ABN 66 154 333 345. Q business nbn™ fibre
**McDonald’s Orana Opening December**

Whether it’s a first job, a job before the dream job, or the job that turns into a career. See what we can do for you. To find out more and apply to join our team, apply.mcdonalds.com.au

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**Saucy business from virus crisis**

**Michael Roberts**

IN THE aftermath of the COVID-19 pandemic, we’ve all heard the term ‘farm to fork’. The concept of examining the food source as part of our broader eating habits has been increased.

Gods of Foods Che Cooper started a new hot sauce venture when his catering company was unable to operate during the COVID-19 pandemic. 

Cooper said he had a couple of sauces that were out of season and made the sauces in his home kitchen. He had never done this before but he was confident he could do it.

"Depending on your marketing, you can sell over 500 bottles a day, but we did about 200 a day," Mr Cooper said.

When the coronavirus hit, he had to make a decision. "I decided to sit down with the business and figure out how to make the most of the situation and how we could be innovative," he said.

Now, Cooper is running a small food business using what he learned from the catering industry. He has opened a truck to pay for and has been able to pay off.

"It’s been quite3 doing, because we had a lot of pots fixed up, but it wasn’t the only issue," Mr Cooper said.

The outlook was grim, but rather than sit around waiting for things to return to normal, Mr Cooper decided to do something about his predicament.

To be a business out of hot water, the local focus is on a spicy proposition: starting a new sauce company.

"I took a risk with the limited capital we had to grow the business and buy the equipment and machinery, as well as a paddock for the participants to train on.

The Broadacre Harvest Operations South Regional TAFE’s Albany campus is working closely with the agriculture industry and with local people for work during harvest time.

The Broadacre Harvest Operations South is being run on a truck and is working closely with the farmers to help with the harvest. The participants of the short course will be assisted to secure jobs in harvest headers, tractors, augers and chaser bins.

The course upskills harvest workers.

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**Probate applications and small estates - do you even need to apply for a grant?**

**Anna Haynes**

A GRANT of Probate can be defined as ‘the official proving of a will’. Applying for a grant of probate to the Supreme Court is often necessary when a deceased person has left a valid will.

To apply for a grant of probate, you must establish the assets and liabilities, prepare an affidavit, and ensure all supporting documents are ready for the Supreme Court to view.

After probate has been granted, the executor must administer the estate, pay the liabilities and distribute the net assets to the beneficiaries.

If you are applying for probate, you need to annex to the application a statement of assets and liabilities, showing the amount of any asset and liability owned by the deceased at the date of death.

Probate is almost always necessary for the estate’s affairs but the cost depends on the amount of money involved and whether or not the estate is being handled by a professional.

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**Legalize Lawyers**

Legalize Lawyers fees for applying for probate and administering an estate on behalf of the executor are payable from the estate and ensure that the process is completed efficiently and correctly.

Please feel free to contact our office on 0841 1122 to speak with our experienced solicitors if the contents of this article are relevant to you and you would like further information on how to assist with an estate.

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Enjoy the relaxing, connected lifestyle at Bayview Heights.

- Construction now underway
- Only 11 blocks remaining, ranging in size from 372-426m²
- 1km to Tidbinbilla Nature Reserve
- 2km to Yass River
- Enjoy a quiet location, nestled next to Oyster Harbour Contact Steve Walker on 0400 993 878 or email steve.walker@realestateagency.com.au

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March calls for action

MICHAEL ROBERTS

ALBANY’S CBD turned a deep shade of purple last Friday evening as the Great Southern community fought for an end to family and domestic violence.

Traffic came to a standstill as hundreds of vocal locals marched up and down York Street with banners and placards demanding action for global event Reclaim the Night.

The theme of this year’s March focused on bystander action, with community members urged to report violent crimes to police.

Figures from the Australian Bureau of Statistics show 16 per cent of women and 5.9 per cent of men have experienced physical violence from a partner since they were 15. WA has the highest rate of family domestic violence cases in Australia.

Before leading the walk, Great Southern Police Family Violence Coordinator Sergeant Shannon McGeown spoke to the crowd gathered at Albany Town Square.

“If you suspect family violence is taking place, do something,” he said.

“Call the police when it is taking place, do not fall into a ‘someone else will do something’ mentality,” he said.

“Have those conversations with your friends or relatives experiencing it. Give them the support and help they need to reach out for professional help.”

After the march, singer-songwriter Simone Keane performed her new single, “Just Fine”, which details her experiences as a domestic violence survivor.

atWork Australia helps Australians living with disability, injury or health condition to find work.

Come and meet the atWork Australia Albany team and get prepped for employment at the atWork Australia Albany Jobs Fair.

- Learn about free education courses to upskill
- Meet employers face-to-face
- Connect with community organisations
- Hear from our Disability Employment Services ambassador Paralympian, Shaun Pianta

Light refreshments will be provided.

THE DETAILS

WHEN: 18th November

THREE SESSIONS:
- 9:00 - 11:30am
- 1:00 - 2:30pm
- 3:30 - 5:00pm

WHERE: Albany Entertainment Centre

REGISTER TO ATTEND

REGISTER VIA: atworkaustralia.eventbrite.com.au
OR BY CALLING: 1300 080 856

This event will be a COVID-safe event.
To meet state COVID-19 requirements, we require all attendees to register for one of three sessions via Eventbrite.
Sherratt: complex yet tragic figure

By September 15, Sherratt had already acquired several ships and he was the owner of four vessels on the corner of Stirling Terrace and York Street, and he set up the Sherratt Family Inn, Albany's very first, located at the foot of York Street, adjacent to the wharf.

A deeply religious man, he also owned a timekeeping station in which he owned, this time on the corner of Duke and Parade Streets.

Sherratt decided that, as he was no longer a whaling captain, he needed to diversify his activities. He would need the input and expertise of the people who would know of the world of trade which declared, ‘Woe to him, who giveth his gift to his neighbour in the time of his need…’

Sherratt also occupied the position of Albany's Postmaster and a professional apothecary, but by 1902, he had been asked from this role as residents objected to going into his shop, where he sold wines, liquors, tobacco, matches, and a variety of other tobacco products.

He had a large family of nine children with his long-suffering wife, Amelia, who died young at the age of 35. By this time, his behaviour became more erratic, and as a result of his financial independence, he began to lose touch with reality. He was not a man of humility.

Joseph Gallach, an American whaler who sailed at Albany around 1840, hit the nail on the head when he observed that Sherratt was not a man of mean disposition, but a man who had been born with a sense of hypocrisy with a vengeful heart. He might have possible regard for the calling of his trade, but he also despised people who had any inclination or position. He would not remain silent until late on the Saturday night, charging most outrageous prices for the produce he handled, and on one occasion, he caused a riot among the passengers.

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Sherratt was responsible for the first vessel built in Albany, at Turbot, which he named the Clavell. A contemporary dispatch from Stirling Terrace confirmed that the vessel was a 30-ton schooner purchased from Mary's Island in King George Sound.

The second ship, named the Emma Sherratt after his second wife, was purchased from Mary's Island in King George Sound.

Ultimately his children were forced to keep him under their protection for his own good.

Perhaps his chief concern was his other whaling industry. Sherratt and others could see that whaling brought a great deal of wealth to the town and that the city was not going to fade away. His name remains synonymous with the town, and it was a man who looked to the future and to the prosperity of the town in its early years.

He was born in Guildford in Surrey, England in 1798 and came to the province of the new colony of Western Australia and was husband to the probate of convict land. He was the owner of a large house at the corner of York and Stirling Streets, and his care saw passengers on the 1843 voyage from London on the Javelin.

The other three vessels were generally ignored. Sherratt also occupied the position of Albany's Postmaster and a professional apothecary, but by 1902, he had been asked from this role as residents objected to going into his shop, where he sold wines, liquors, tobacco, matches, and a variety of other tobacco products.

He was a man of great complexity and his efforts to found a company off the south coast were generally ignored. His second ship, named the Emma Sherratt after his second wife, was purchased from Mary's Island in King George Sound.

He attempted an early version of crowdfunding but to little avail. He did adopt a whaling company, but his efforts to found a company off the south coast were generally ignored. His second ship, named the Emma Sherratt after his second wife, was purchased from Mary's Island in King George Sound.

Perhaps his chief concern was his other whaling industry. Sherratt and others could see that whaling brought a great deal of wealth to the town and that the city was not going to fade away. His name remains synonymous with the town, and it was a man who looked to the future and to the prosperity of the town in its early years.
### ON SALE FRI 6TH - SUN 8TH NOV

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-packed Blueberries</td>
<td>$2.99</td>
</tr>
<tr>
<td>Boneless Skinned Chicken Breast</td>
<td>$6.49</td>
</tr>
<tr>
<td>Pork Striploin Portions</td>
<td>$9.99</td>
</tr>
<tr>
<td>Dorsogna Middle Bacon Rasher</td>
<td>$9.49</td>
</tr>
<tr>
<td>Mrs Mac’s Beef Pie Pack 1.8kg Sel Var</td>
<td>$2.99</td>
</tr>
<tr>
<td>Kellogg’s LCM’s Bars 150-164g Sel Var</td>
<td>$1.99</td>
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<tr>
<td>Mundie’s Greek Yoghurt 2kg Sel Var</td>
<td>$7.99</td>
</tr>
<tr>
<td>Ybarra Olive Oil 4L</td>
<td>$17.99</td>
</tr>
<tr>
<td>Tip Top Hamburger Rolls</td>
<td>$6.99</td>
</tr>
<tr>
<td>Mundie’s Greek Beef Pie 1.8kg Sel Var</td>
<td>$9.99</td>
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<tr>
<td>Thermo QL’s Double 400ml Sel Var</td>
<td>$4.99</td>
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<td>Dorsogna Middle Bacon Rasher</td>
<td>$9.49</td>
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<tr>
<td>Mrs Mac’s Famous Beef Pie</td>
<td>$5.49</td>
</tr>
<tr>
<td>Mrs Mac’s Famous Beef Pie</td>
<td>$9.99</td>
</tr>
<tr>
<td>Mrs Mac’s Famous Beef Pie</td>
<td>$29.99</td>
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### ON SALE MON 9TH & TUES 10TH NOV

<table>
<thead>
<tr>
<th>Item Description</th>
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<tbody>
<tr>
<td>Bulla Crunch, Splits or Choc Bars 6-High Sel Var</td>
<td>$1.29</td>
</tr>
<tr>
<td>Sorbert Facial Tissues 275’s</td>
<td>$1.49</td>
</tr>
<tr>
<td>Sorbert Facial Tissues 275’s</td>
<td>$2.99</td>
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<td>Sorbert Facial Tissues 275’s</td>
<td>$7.99</td>
</tr>
<tr>
<td>Sorbert Facial Tissues 275’s</td>
<td>$14.99</td>
</tr>
<tr>
<td>Bully Crunch, Splits or Choc Bars 6-High Sel Var</td>
<td>$2.99</td>
</tr>
</tbody>
</table>

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

If you are after a glimpse into the future, TonyWhite Chemmart’s new look Chester Pass store needs to be seen to be believed.

Fitting the chemist with computerised technology, TonyWhite Chemmart staff use an AI-based robot that will select your medication when it needs dispensing.

Looking after your health can get more and more complicated as the years add up, but not to worry. TonyWhite will be there in hand to help sort out all the confusion.

We have at least two or three medication checks in most times and we offer medication-check services, dose administration aide, pain medication services, personalized medication with our compounding service, weight loss services, vaccination services and more," he said.

“We also stock the newest support stock-ings range and can measure and fit these under a single membership.”

Tony White Chemmart Chester Pass is a located in Chester Park and is open Monday to Friday, 8am to 6pm, and is open Saturday 9am to 5pm and 8am to 4pm on Saturdays.

“Nuna offers a deep understanding of patient care and treats each individual for their unique concerns.”

“Senior and pension card holders receive 10 per cent off all compounding and for a short time only mention this feature to receive an additional 10 per cent off with Nuna Naturopathy Priscinne Pharmacy Spencer Park.”

Priscinne Pharmacy Spencer Park

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Priscinne Pharmacy Spencer Park

Bring in this advert to receive 10% OFF your first consultation! Tuesday to Friday.

Personalised tips for ageing

AGENG is a natural process.

Many factors can affect this process, therefore it can be accelerated or impeded depending on lifestyle factors, nutrition and weight management.

A few prevalent conditions that are high risk for seniors include cardiovascular risk, bone and joint health and cognitive health.

As we age, our health needs change.

At Priscinne Pharmacy Spencer Park, Nuna the naturopath will help you to enjoy healthy ageing tips to help you: make the right choices about food and nutrition, exercise, weight management, and privacy factors, nutrition and weight management.

Natural and alternative medicine may be the best way to support the natural ageing process and assist with the progression of disease, helping to cut down on health care costs later in life.

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Priscinne Pharmacy Spencer Park

Health & Well Being - Your Wellbeing

• Cardiovascular Health - Coronary health optimisation.
• Fatty Liver Health - Disease, genetic and environmental considerations.
• Reproductive Health - Female/male hormone, Endocrine of life, combating age related diseases.
• Longevity - More time with you, the customer.
• Mental Health - Depression, anxiety,
• Joint Health - Tick tape bowls and tennis.
• Social Sport Master Games are also offered every Saturday.
• How to improve your lifestyle with the Long Live You program designed for seniors.
• Personalised tips for ageing with natural and alternative medicine to suit your needs.
• Vaccination Services and weight loss services, additional powder range and can insist on your health.
• Book a Village Tour: Contact Geoffrey, your local Village Sales Coordinator. Albany: 0408 793 173 or visit amaroovillage.com.au

Features:

• Unique floor plan with third bedroom which can be converted into a study
• Master bedroom features large walk-in robe
• Double garage with remote controlled panel door and brick look
c• Shopper’s entry via garage
• Outdoor areas to reduce electricity consumption
• Spacious batrooms with handrails
• Additional powder room
• Undercover Alfresco and private fenced back garden

Amaroo Village Albany
63 Pioneer Rd
Village Open Sat 10am - 12pm tours available by appointment
www.amaroovillage.com.au

DECIDING to downsize from the family home to a retirement village can be a daunting task. For many, this means losing your independence and your active lifestyle.

Offering over 100+ the chance to experience high-quality, comfortable and consistent living in their later years, Amaroo Village Albany is a successful and thriving retirement village.

Amaroo Village CEO David Fen- sson says Amaroo offers the best of both worlds.

‘Residents can maintain a social and independent lifestyle, connected to family, friends and the wider community, while enjoying the facilities and the peace of mind that comes with 24 hour security.’ he said.

‘You can have people come and stay, or lock up and leave away on holidays knowing your neighbours are there to look out for your home.’

‘Plus, with all their home mainte- nance taken care of, our residents are free to live the lifestyle they’ve always wanted.’

Amaroo Village Albany currently has a range of one, two and three bedroom villas available ranging from $255,000 to $355,000.

The Village has open hours on Saturdays 10am to 12pm, or tours are available by appointment. To book a tour or visit Amaroo Village, call Geoffrey on 0408793773 or visit amaroovillage.com.au.

Amaroo offers best of both worlds

Come home to… AMAROO VILLAGE ALBANY!

• PEACEFUL OVER 55'S COMMUNITY • NO MAINTENANCE WORRIES • NO STAMP DUTY • VILLAGE CLUBHOUSE & FACILITIES

$290,000

PRICE DROPPED! WAS $325,000

BOOK A VILLAGE TOUR
Contact Geoffrey, your local Village Sales Coordinator. Albany: 0408 793 173

Amaroo Village Albany
63 Pioneer Rd
Village Open Sat 10am - 12pm tours available by appointment
www.amaroovillage.com.au
Elderly exercise essential

OPTEN retirement from a busy work life can lead to a reduction in daily physical activity levels, despite old age having an increased need for such activity. This increases the risk of all health conditions at every time you need to be strong, improving balance and maintaining physical function for as long as possible. It is important to maintain physical activity to keep your body at its best function.

Research shows that strength training leads to improved functionality and even increases some of the physical effects of aging, and can reduce or prevent lifestyle-related diseases. Strength training can reduce the symptoms of osteoarthritis and many people delays or cancellations post-replacement surgery after a period of supervised strength training. One in three Australians over the age of 65 falls every year and it is said to be the highest rate of injury-related death. Physical activity increases muscle strength and improves balance, which is the risk of falling.

As we age it is important to maintain skiing bones. Bone turnover density is present in second few in every three women between the age of 60. Regular individualised strength and impact training can improve bone density and all the physical benefits of doing functionality. Regular exercise reduces pain in maintaining independence and total life. At South Coast Sport and Fitness Centre, their team aims to rapidly progress clients to independence in their own exercise programmes – be it at home, in the water, in a gym or as part of supervised exercise sessions.

Call 9841 7363 or visit 29 Barker Road, Albany to make an appointment.

Lincolns navigate aged care

Lincolns can help with the financial demands that old age brings. Phillip Mortimer has the expertise you need to tackle the financial planning considerations required as you grow old.

He can walk you and the family through the numbers and options that are sometimes loggely and confusing. Phillip can help with all aspects of aged care, including:
- Understanding retirement and aged care matters
- Moving to a granny flat or retirement village
- Planning to enter retirement and aged care accommodation
- Estate planning
- Maximising Centrelink entitlements
- Home visits – we can come to you.
- If any of these concerns are playing on your or your family’s mind, Phillip will lend a hand to explain the best outcome for you.
- They have created a simple checklist as a starting point for you to begin the process through aged care.

Email Phillip Mortimer at philm@lincolns.com.au or call Lincolns on 9841 1200 before November 30 to receive your free checklist and arrange for a discounted consultation to assist and navigate your way through aged care.

ALBANY people are getting ready to soak up a diverse range of activities and speakers at the region’s Seniors Expo on Saturday, November 21 from 10am to 3pm.

The Seniors Expo will provide local seniors with the opportunity to connect with one another and discover a range of local services to help them navigate their way through retirement. There will be a full program of expert speakers, demonstrations and displays, including a laughter yoga demonstration, line dancing exhibition, Ezy Tech, Albany Lions Club, Soothing Touch Massage, Albany Community Legal Centre, Silver Chain, Cycling Without Age initiative and many others.

General Manager Residential Communities Nicole Leaper said the Expo will be a great way for seniors to connect and experience a wide range of products and support services as well as learning strategies to remain fit and active throughout their retirement.

“Visitors are encouraged to come and explore a wide range of information for free, or to learn more about how they can live well and enjoy the best of all ages.”

If any of these concerns are playing on your or your family’s mind, Phillip will lend a hand to explain the best outcome for you.

Email Phillip Mortimer at philm@lincolns.com.au or call Lincolns on 9841 1200 before November 30 to receive your free checklist and arrange for a discounted consultation to assist and navigate your way through aged care.

Come along to our FREE event with informative displays, presentations and product demonstrations.

Be entertained with live music, a laughter yoga demonstration and a toe tapping line dancing exhibition. Lunch and barista coffee on us.

Enjoy a great day out at the Seniors Expo Albany 2020

Exhibiters include:
- Ezy Tech
- Albany Community Legal Centre
- Soothing Touch Massage
- Albany Lions Club
- Silver Chain
- Carers WA
- Cycling Without Age
- Calibre Care
- Alzheimer’s WA
- Connect Hearing
- Probos
- Plus more

Prizes to be won throughout the day
PLUS free goodie bag.

For more information on this FREE event, call Ingenia Gardens Yakamia, Community Manager Jennifer on 9544 6510.

10 BARNESBY DR, YAKAMIA
ingeniagardens.com.au
**Seniors Expo 2020**

*Seniors Expo 2020*

**17 years in ALBANY**

**& Rec Centre Services | Anglicare and more**

**Baptist Care | Carers WA | Plantagenet Village Homes | Albany**

**Alzheimer Australia | St John Mt Barker Community Transport**

**EPS SENIORS HUB @ THE LESSER HALL**

10AM - 12 NOON

including FREE morning tea

The Weekender, November 5, 2020

*Annual membership runs from 1 July 2020 to 30 June 2021*

Senior Citizens Centre

Albany

albanymeals@chorus.org.au

08 9841 2168

contact us

• Pilates • Exercise to music • Introductory yoga • Bingo

• Dining room • Choir • Hairdresser • Carpet bowls

• Friday yoga with Jen • Wu Tao • Zumba

• Hire Option Available

• Service & Repairs Workshop

• Local Shop, Local People

PH: 9841 4200

13 Cockburn Rd

500m past roundabout, on your right.

**The Outlook is wine and cheese**

**SUNDAY 8TH NOVEMBER**

Join us for our Wine & Cheese Tasting Event at The Outlook at Albany Lifestyle Village for over 50s. Attend this special free event to sample beautiful local wines and cheeses, walk through our gorgeous new display homes and meet local Outlook homeowners.

**SESSIONS AVAILABLE 12PM & 2.30PM**

**RESERVE YOUR FREE TICKETS TODAY**

Call 08 9844 0000 or visit www.outlookatalbany.com.au

THE WINE, CHEESE & LIFESTYLE EXPERIENCE

Albany Senior Citizens Centre Membership

Members receive discounts on heaps of activities, services and nutritious homemade meals.

Code: $30 for residents of the City of Albany

*Annual membership runs from 1 July 2020 to 30 June 2021*

**CHORUS is a fresh approach to community services.**

At Albany Senior Citizens Centre, the team is there to help you keep active and enjoy life.

Their focus is to provide a great experience where everyone feels respected and included.

This team offers a range of fun social activities with opportunities to meet new people and try something interesting.

Unique classes like laughter yoga will enhance your physical, mental, and emotional wellbeing, while Wu Tai stretch and Relax with Catherine will leave you feeling energised, balanced and peaceful.

**Receive high calibre care**

CALL in a Calibre Care if you’re looking for a new set of wheels to get around town, need some assistance for a few weeks, or have chronic daily or weekly needs.

The friendly team at Calibre Care pride themselves on their ability to provide a range of innovative high-quality products to their customers at affordable prices.

Each item sold, hired or serviced at Calibre Care has a 100 per cent guaranteed warranty, courtesy and delivery service for your convenience.

If you’re trying something new in your home to make life more comfortable, the team at Calibre Care offers a 48-hour complimentary home demonstration to try before you buy.

For people that struggle to enjoy the simple pleasures of a hot chocolate or a relaxing bath, Calibre Care offers a shower seat and a wheelchair that is tailor-made for you.

For people who are caring for their mobility-challenged loved ones, Calibre Care has the right product, the right price and the right delivery service.

At Calibre Care, if you’re worried about coming to a brand new piece of equipment straight away then you can try it out and see what you want in a week and an $11 cleaning fee.

Calibre Care also offers a very affordable mineral and electrical safety delivery service for your convenience.

This is not just for small parcels but covers the full range of equipment up to an electric bed.

Join us at the Calibre Care team at Calibre Care at 13 Cockburn Road, Albany (short end) or call them on 9841 4200 for more information on their wide range of products.
The Weekender, November 5, 2020

Albany Spring Fair

Some horsing around

EASTERN plains and southern Australia are set to be captured this year, with the 115th Albany Spring Fair

Saturday afternoon will see horse and riders participate in the fun and activity ring, with participants to be dressed in period costumes showing the public what the Australian Army used at the front, along with their horses.

The Albany Spring Fair side-show will give you the chance to be part of the fun, with thrilling rides and entertainment for the whole family.

WITH bracing rides and entertainment the whole family can enjoy, the Albany Spring Fair will provide a big and bracing show to give you the adrenaline rush of the year.

With a wide variety of rides for thrill-seeking kids and adults to test their nerves, the Albany Spring Fair weekend is an unmissable event.

Come to the side-show to ride the thrilling adrenaline-churning Hurricane, the electrifying Lightning Express and the hair-raising Kinks, just to name a few.

Fuel up on your favourite food, drinks, ice-creams and showbags and try your luck at the various game stalls, or take an off-road adventure with the quad bikes.

The Albany Spring Fair weekend will be invigorated with the demonstration and launch of the Albany Central Markets. To show the public what the Central Markets have in store for them, the Spring Fair will involve a charge whilst showcasing varied local produce and artisan talents.

Spectacular sideshow main event for some

The Albany Spring Fair side-show will be open from 9:30am to 10pm Saturday and Sunday in a large undercover pavilion to ensure people stay warm.

Spectacular rides 9am - 10pm

Free entry

For more information - www.albanyshow.org.au or like us on Facebook #albanyshow

Your Regional Liberal Team

RICK WILSON MP

FEDERAL MEMBER FOR O’CONNOR

Pop in for a chat at the 2020 Albany Fair

The Albany Spring Fair

Open at 9am

Saturday 9-5 & Sunday 9-1
Remembrance Day

**Poppy Day family affair**

Deborah Masson and Cliff Whittingstall will be selling poppies around town tomorrow.

IF YOU haven’t been to Princess Royal Fortress in the past six months, then there is no time like the present.

Step through time from 1893 to present day in your own time. Enjoy the journey through training and embarking, life on the convoys of the Great War.

South Coast residents can then take advantage of $10 off entry to the National Anzac Centre. Assume the identity of an actual soldier or woman, and witness their experiences of the war.

Visit previously unseen photographs and artefacts from the Princess Royal Fortress archive, and see how the men and women who lived and worked at Albany’s Princess Royal Fortress

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No time like the present to look back at Albany

Pregnancy is a wonderful and life-changing experience for women and men. It can also be very challenging for them, their families and friends.

As a man, there might be a lot of things you don’t know about preparing for fatherhood. But you are not alone. You don’t have to be alone.

We believe that someone’s pain is everyone’s pain. Help us make a difference to your partner who is experiencing the symptoms of antenatal or postnatal depression.

Small things can make a big difference to your partner and can help reduce their symptoms. Read more about how to care for a partner who has antenatal or postnatal depression.

This article was sourced from the Raising Children Network Website. For full advice, help and support, your partner should talk to a health professional, who will identify your partner's symptoms and help them plan a treatment plan.

Antenatal and postnatal depression have the same symptoms and are treated in the same way.

Portia Millard and Cliff Whittingstall.

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Recycling can now earn you a refund

NATIONAL Recycling Week runs from November 9 to 15. It is a great opportunity to brush up on our knowledge and explore ways to recycle some of the waste we generate at home and work. Here in Albany, in addition to the kerbside recycle service, Fossicker’s Tip Shop at the Hanrahan Road Waste Facility provides additional recycling options for a wide range of items.

Eligible drink containers will earn you a 10c refund

CASH IN YOUR CONTAINERS

On October 1 this year, the Containers for Change container deposit scheme launched in WA. This scheme gives West Australians the chance to cash in their eligible containers for 10c each.

1. To earn your refund, collect eligible drink containers including most aluminum, glass, plastic and paperboard.
   - drink containers between 150ml and 3L displaying the 10c refund branding.

2. Then simply take the containers you have collected to one of Albany’s Refund Points:
   - Containers for Cash
     - 93 Stead Road, Centennial Park, Albany
   - Staff at the Refund Point will count your containers and refund you 10c per container, or you can opt to donate your refund to a participating charity, school, or sporting club.

For more information or to sign up for a scheme ID go to https://www.containersforchange.com.au/wa/

Aluminium cans collected at one of Albany's Refund Points.

Recycling Education Tour

Have you ever wondered what happens to your rubbish and recycling once it is collected from your kerbside wheelie bins? The City of Albany and Cleanaway invite you on a tour of the Hanrahan Road Waste Facility during National Recycling Week on Wednesday, November 11. Booking a spot is essential.

Led by Cleanaway’s Education Officer, the tour starts at the Albany Waste and Recycling Education Centre. You’ll learn about the problems created by burying waste, and explore ways individuals and communities can reduce, reuse and recycle. You’ll then visit Cleanaway’s Material Recovery Facility, to see where recyclables are sorted and baled ready to be sent on to recyclers. The tour finishes with a visit to Fossicker’s Tip Shop.

This is a unique opportunity to get up close and personal with what happens to our household waste. Booking a spot on the tour is essential as numbers are limited. Book online at https://www.trybooking.com/BMLBP or phone Cleanaway Albany on 6801 7500.

Recycle, Reuse and Recycle. You’ll then visit Cleanaway’s Material Recovery Facility to see where recyclables are sorted and baled ready to be sent on to recyclers. The tour finishes with a visit to Fossicker’s Tip Shop.

For more information or to sign up for a scheme ID go to https://www.containersforchange.com.au/wa/

Eligible drink containers will earn you a 10c refund.

Your local waste and recycling partner

For all your recycling and waste solutions:
- Commingled recycling
- Cardboard recycling
- General and green waste collection
- Construction, demolition and industrial waste collection

9841 2467
www.cleanaway.com.au

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Led by Cleanaway’s Education Officer, the tour starts at the Albany Waste and Recycling Education Centre. You’ll learn about the problems created by burying waste, and explore ways individuals and communities can reduce, reuse and recycle. You’ll then visit Cleanaway’s Material Recovery Facility, to see where recyclables are sorted and baled ready to be sent on to recyclers. The tour finishes with a visit to Fossicker’s Tip Shop.

This is a unique opportunity to get up close and personal with what happens to our household waste. Booking a spot on the tour is essential as numbers are limited. Book online at https://www.trybooking.com/BMLBP or phone Cleanaway Albany on 6801 7500.

Recycle, Reuse and Recycle. You’ll then visit Cleanaway’s Material Recovery Facility to see where recyclables are sorted and baled ready to be sent on to recyclers. The tour finishes with a visit to Fossicker’s Tip Shop.

For more information or to sign up for a scheme ID go to https://www.containersforchange.com.au/wa/

Eligible drink containers will earn you a 10c refund.

Your local waste and recycling partner

For all your recycling and waste solutions:
- Commingled recycling
- Cardboard recycling
- General and green waste collection
- Construction, demolition and industrial waste collection

9841 2467
www.cleanaway.com.au
Suite’s masterful water views

IF YOU deserve a real masterpiece with genuine water views - not gimmicks - then make sure you come to see this house and what it offers.

Starting with the best part of the property, the second-storey is perfect as a parents’ retreat. It’s a whole level just for you. It has a balcony big enough as outdoor entertaining and a study as well. The bottom level has a carport but there is plenty of scope for a three-car garage.

The house both.

In the lounge and walk-in robe will leave you in awe. The master bedroom has sliding doors and a beautiful views. The remaining bedrooms are single size and there is a study as well.

To the other side is a room that is accessed via the laundry. It is a suitable size for a children’s room, or a home office. The laundry that it could produce.

At the end of the hall is the double car garage. To the back of the property there is a perfect but there is plenty of scope for alterations, with ample space.

The kitchen is in the heart of the home, and boasts all new cabinetry and a great free-standing gas cooktop and oven. It has a very spacious breakfast area as well as outdoor entertaining space.

One of the remaining bedrooms is queen size and a walk-in robe will leave you in awe. The remaining bedrooms are single size and there is a study as well.

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TRANQUIL LIFESTYLE AWAITS

- Totally-renovated upscale home with study & big dbl garage
- Stunning superior appliance galley kitchen with W/I pantry
- Wine cellar, activity zone, luxe master & superb family wing
- Beautiful landscaped lifestyle lot, with high-span shed
- Alfresco, decks, patio & updated bay view s/c cottage
- Reserve and jetty access & quiet cul-de-sac locale

Sale $850,000 - $875,000
View Saturday 11:00-11:30am

Darren Leslie
0414 888 244

raywhitealbany.com.au

43 Shell Bay Road, Lower King
6 3 5 3,980sqm

7 Etchinson Link, McKail

HASSELE-FREE LIVING OR INVESTING

- Short stroll to parks & shops & drive to amenities
- Manageable & modern level access home & lot
- Separate media room & light open r/k & meals
- Spacious alfresco deck & well-designed kitchen
- Bedroom, laundry & meals BRs, allow to master suite
- Drive-thru-ensuite, separate side access & garden shed

Sale Offers Above $350,000
NEW LISTING

View Saturday 2:00 - 2:30pm

Linda Knight
0409 126 554

raywhitealbany.com.au

19 Robert Street, Mount Clarence

INCREDIBLE WATER VIEWS

- Southerly-half mile location, views can’t be built out
- Spacious Jarrah floor, high ceiling home on neat lot
- Family Rm Storage & spacious retreat/office nook
- Huge separate picture window lounge & separate living
- Spacious kitchen, central bench, ample storage & studio
- Spacious wet areas & storage, master Br & ensuite

Sale Offers Above $499,000
NEW LISTING

View Sunday 1:00 - 1:30pm

Rita McLean
0427 423 200

raywhitealbany.com.au

Ray White Albany
226 York Street, Albany
08 9841 2255
raywhitealbany.com.au
To Enter

Book a Sales or Property Management appraisal prior to 21st December 2020 to enter the draw.

Prize drawn

Wednesday 23rd December 2020.

Ray White Albany
08 9841 2255
albany.wa@raywhite.com
226 York Street,
Albany WA 6330

raywhitealbany.com.au

City perks with sensational water views

ON THE MARKET

44 MELVILLE STREET, ALBANY
4 beds | 1 bath | 1 car
Offers above $499,000
Rita McLean 0427 423 200
Ray White Albany

Retain the entire fully-fenced lot for your own private enjoyment or there is room for a granny flat maybe … reap the rewards.

The home has such a warm, welcoming vibe from the delightful hill view sunroom entry to the fabulous full-width balustrade rear verandah.

It also offers a flexible layout, so you could tweak some rooms to suit your needs.

Cosy up by the modern gas log fire in the separate lounge or get the creative juices flowing in the spacious country kitchen, with attractive cabinetry and work-bench space.

There is also a charming dining and activity area, with access to the large patio. The rear is the laundry and toilet and a possible cozy fourth bedroom or study.

The remaining wing featuring three spacious bedrooms, storage and an in-vogue bathroom and views, can be closed off from the hub of the home, which enhances the private and quiet ambience.

TAKE advantage of the tremendous lifestyle options and benefits that are available in this city haven.

Treat yourself to the separate studio which could also be utilised as a man cave, home retreat or games room. How good is that?

Enjoy the Princess Royal Harbour, Mt Melville and Albany Wind Farm outdoors with feature granite outcrops in the backyard.

For city dwellers at heart, downsizers, and seachangers eager to live within easy walking distance of downtown Albany, or in the local cafes just down the street, this property presents the quintessential city lifestyle.

Capitalise on this prime opportunity to invest in a sought after CBD location.

For more detailed information or to arrange a private viewing of this exclusive property, please contact Rita McLean on 0427 423 200 or email rita.mclean@raywhite.com.

View our Healthy Home Sale at choicesflooring.com.au, or visit our local showroom.

With a range of savings on carpet, timber, laminate, luxury vinyl, rugs and window furnishings you’re sure to find the decorating solution you’ve been searching for.

Choices Flooring
by Albany Interiors
165 Albany Hwy, Albany
9841 5555
choicesflooring.com.au

healthyhomesale.com.au

Healthy Home Sale

City perks with sensational water views
No job too small

LOCALLY owned and operated, DPR Electrical Services is a business specialising in everything electrical including wiring, maintenance, servicing and repairs.

David Roberts has 15 years’ electrical experience and started DPR Electrical Services in 2011 with his wife Shannon.

David offers a wide range of services:

- LED downlight replacement
- LED lighting
- Security lights
- RCDs and smoke alarms
- House and shed wiring
- Renovations and extensions
- Oven repairs
- No job too small!

David provides a high quality mobile service to Albany and surrounding rural areas within a 200km radius. With domestic, commercial, industrial and rural experience, David offers electrical services for farms, including shearing sheds and underground power.

David can install and perform the annual tests required for both RCDs (also known as safety switches) and smoke alarms. RCDs and smoke alarms are necessary for household safety, and are a legal requirement for all rental and housing sales.

DPR Electrical Services will always do their best to answer every call, or call you back as soon as possible with a friendly, professional, efficient service that is cost-effective and meets every client’s specific requirements. Prompt and reliable, if you’ve got an urgent electrical problem, David is also available for after-hours call-outs.

To take advantage of the personal service offered by DPR Electrical Services please call David on 0418 910 053 to handle all your electrical requirements.

DPR Electrical Services

David Roberts
Mobile: 0418 910 053

✓ Quality workmanship
✓ Friendly, reliable service

DPR.1979@bigpond.com
PO BOX 2111
Albany, WA, 6331

Servicing Albany and surrounding rural areas

LIC NO. EC10015
ABN. 75 165 187 959

Residential
albany.eldersrealestate.com.au

Little Grove 2 Wilson Street
Location, Views, and Realistic Sellers. Live the Dream!

What an opportunity! This sensational property is all about providing the dream waterside lifestyle AND enjoying incredible views, in one of Albany’s leafiest and most popular suburbs. Enjoy waterside walks, fishing and crabbing, watersports, and a relaxed community vibe, not to mention stunning sunrises and spectacular views 24 hours a day

- Unbelievable position, extremely rare real estate. Stunning water views from sunrise, to sun downers!
- Brilliant family or retirement home, spacious, upstairs master, lounge and balcony taking in the views
- Large subdivisible block, double garage, carport, room for boat, caravan, or build a big shed for both
- For sale by Elders Easy Auction, Saturday 21st November at 11am, unless sold prior

Home Open Saturday at 2.00pm
Blair Scott 0459 024 026
Web Id 22502988

Elders Easy Auction

Elders, 189 Chester Pass Road, Albany WA 6330
ph 08 9842 7900
**Residential**

**albany.eldersrealestate.com.au**

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**Little Grove**

348 Bay View Drive

- **Big House** Big Shed Big Block, and Subdivision if You Wish
- **Quality** Large family home over 400sqm, very close to water
- **Maximise** shed approximately 12m x 3m, ideal for van, boat, and workshop
- **Over 3/4 acre block, with subdivision potential and private pool.**

Blair Scott 0469 024 026
Web ID 23037775

**Walpole**

73 Jacaranda Avenue

- **The Natural Lifestyle Choice**
- **Shave, scenic and private escape from the city near stunning water attractions**
- **Statrek 2018 home, spacious living, garden kitchen and lounge, separate master suite**
- **Beautiful position, bushland and cleared land plus dam, r/c/l & nature at doorstep**

Blair Scott 0469 024 026
Web ID 23067483

**Newly Listed**

Neela Delport 0450 651 401
Web ID 22616840

Offers Above $799,000

---

**Centennial Park**

27 Hercules Crescent

- **State-of-the-Art Secure Storage in Central Albany**
- **Fully designed and built storage units.**
- **Security facility, coded entry. Huge turning space available for large vehicles, trailers etc.**
- **Brick central building for commercial storage, archives, vehicles, boats, cars.**

Blair Scott 0469 024 026
Web ID 22010646

**Offers Above $275,000**

---

**Littlcove Manor**

25 Water Street

- **Recently Renovated and Updated Home**
- **Handsome, 5 bedroom, 3 bathroom, 2 living room, 2 outdoor living area, 2 garages**
- **Incovenience**:
- **New Paint**, **New Carpet**, **New Kitchen**, **New Bathrooms**
- **Offers Above $340,000**

Blair Scott 0459 095 823
Web ID 22667832

---

**Orana**

16 McKell Street

- **Big House with Options Aplenty**
- **Extra large d/l, home, versatile layout**
- **Great view plus wide side access to shed**
- **Lovely outdoor area and gardens, spa room**

Blair Scott 0469 024 026
Web ID 22621501

Offers Over $340,000

---

**Offered Open Home Saturday at 10.00am**

**Offers Over $299,000**

---

**Mount Barker**

171 Starrice Road

- **Country Living at It's Best**
- **Quality built home with all amenities**
- **Great size north facing home**
- **Corner block with easy access to house**

Blair Scott 0469 024 026
Web ID 22257631

Offers Over $340,000

---

**Bayonet Head**

7 Jendale Court

- **Rescuing First Home Appeal**
- **Family, couples to investor property**
- ** Separate spacious back lounge**
- **Big rear family/games room**

Blair Scott 0469 024 026
Web ID 22238033

Offers Over $340,000

---

**Lifeway Open Saturday at 10.00am**

**Offers Over $299,000**

---

**Mount Barker**

129 Mills Road

- **Offers Above $235,000**
- **Spacious, roomy and Prime Land**
- **Sized Harbour, lawns and fencing**
- **Double garage, workshop and bar**

Lynn Heppell 0428 531 015
Web ID 22317751

Offers Over $300,000

---

**Porongurup**

Lot 831 Stony Creek Road

- ** невозможно**
- **Offers Over $299,000**

Lynn Heppell 0428 531 015
Web ID 22337538

Offers Over $299,000

---

**Mount Barker**

54 Mitchell Street

- **Pansonic Rural Views**
- **Views of Porongurup Range to Albany**
- **Cottage garden, fruit trees, roses**
- **Real lawn access, garage/workshop**

Lynn Heppell 0428 531 015
Web ID 22220997

Offers Over $300,000

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

ph 08 9842 7900

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

ph 08 9842 7900
Expressions of Interest

Youngs Siding

Torbay

Napier

Canbrook

Dural Income Close to Albany

Cranbrook

Southern Art + Craft Trail Exhibition

Bunnings mural ‘extraordinary’

Frankland River

Talakalup

Talakalup North

Frankland River

Talakalup

Ashfield Fielding

Narrikup

Expressions of Interest

Torbay

Narrikup

Talakalup North

Frankland River

Talakalup

Frankland River

376-5893

Saturday 14th 7.30pm

VAC 40th Anniversary Exhibition

Friday 13 November / 8pm – 10.30pm

To bar and receive the female form in rich colours.

The compilation of

Saturday 14th 7.30pm

Baskhiarkish has at

“The Weekender, November 5, 2020

Artists as part of the new Bunnings

The Weekender, November 5, 2020

Saturday 14th 7.30pm

Bunnings Regional Operations Man-

Saturday 14th 7.30pm

Baskhiarkish has at

Southern Art + Craft Trail Exhibition

Saturday 14th 7.30pm

Baskhiarkish has at

Saturday 14th 7.30pm

Baskhiarkish has at

Saturday 14th 7.30pm

Baskhiarkish has at

Saturday 14th 7.30pm

Baskhiarkish has at
Recipe of the week

Chargrill ramp vegetable salad mustard emulsion

Ingredients (serves 2)
1 egg yolk
1 tablespoon mustard
1 teaspoon horseradish
Juice of half a lemon
100ml extra virgin olive oil
Salt and pepper
Italian parsley

Method
Beat the egg yolk, then add the mustard and horseradish. While whisking slowly, add the lemon juice and then the olive oil, whisking all the time to make a dressing. Keep turning vegetables until they colour and cook, then toss with the dressing. Once the dressing is fully mixed, season with salt and pepper and drizzle with olive oil.

Recipe supplied by: Peter Manifis

Scholarship is extended

The deadline for applications for a full-funded scholarship, with award-winning theatre company Bell Shakespeare, has been extended to November 20.

The scholarship gives young performers the chance to train with some of the country’s leading actors, directors and educators at the company’s North Road studios in Sydney.

Auditions can take place in-person or over Zoom and include a 15-minute masterclass with a Bell Shakespeare Teaching Artist, workshop testing and numeric feedback on their performance.

The John Bell Scholarship provides up to four full scholarships each year and is designed to give young performers from regional areas the opportunity to take part in the intense week-long program, including acting masterclasses and backstage tours, observing rehearsals and watching live theatre performances.

Applications are now open until the 20th of November. The closing date is the 20th of November.

For aspiring actors who are unable to schedule an in-person audition, video auditions can be submitted electronically. Auditions can take place in-person or over Zoom.

For more information visit: www.bellshakespeare.com.au

ADVERTISMENT

Iconic LandCruiser is near-immortal

The word iconic gets bandied around way too much in the point of sale. Our cars and their accessories should introduce fines for us. It’s up there with other clichés such as unique, radical and unorthodox.

Yes, it’s true. The complete Land-Cruiser 100 Series went on sale in 1990. It was an iconic vehicle and much-loved in Australia.

But the complete Land-Cruiser 100 Series went on sale in 1990. It was the best of the 100 Series before they were replaced by the 200 Series.

This is the luxury model but all with something that comes with the name Land-Cruiser.

Let’s talk numbers – 8-speed, 5-speed automatic, 7-speed manual, three- or five-door and the complete Land-Cruiser.

Base features include remote anti-theft, anti-lock braking, auto-climate control with dual-zone air conditioning and remote anti-hitch.

Production of vehicles has always been high but in 2020, a total of 4,000 per cent with build quality, value for money and a reputation for durability, reliability and remote anti-hitch.

The complete Land-Cruiser has always been high but in 2020, a total of 4,000 per cent with build quality, value for money and a reputation for durability, reliability and remote anti-hitch.

So this was the luxury model but all with something that comes with the name Land-Cruiser.

For example, one of our past John Bell Scholarship recipients, Kuda-Musaca, was cast in Harry Potter and the Cursed Child in Melbourne, and another previous recipient is Miranda Tapsell.

The scholarship was first announced in 2018 as a centenary project to give regional students the opportunity to participate in Bell Shakespeare training and to be mentored in the world-class environment of Australia’s national theatre company.

Visit www.bellshakespeare.com.au to schedule a Zoom audition.

If any applicants are unable to schedule an audition due to circumstances of road network, they can be submitted until November 20.

All auditions - including registration forms, supported by monologues and interviews for submitting videos are available at www.bellshakespeare.com.au.

For more information visit: www.bellshakespeare.com.au
Rowdy times at Rowley

The Rowley Shoals adventure started with Elle managing to keep a 40th birthday surprise for Ross during their trip to the Rowley Shoals. Elle had also managed to get the Rowley Rowers to tow out three boats to a surprise Rowley Shoals adventure, with the Rowley Shoals adventure being the highlight of their trip.

The trip was put together by Rowley Rovers, who were able to tow out three of their boats to a Rowley Shoals adventure. The trip was a huge hit, and all the southerners who were invited to the Rowley Shoals adventure had a wonderful time. The trip was put to-gether by Rowley Rovers, who were able to tow out three of their boats to a Rowley Shoals adventure. The trip was a huge hit, and all the southerners who were invited to the Rowley Shoals adventure had a wonderful time.
Darren Sand/playgrounds
Driveways and paths
Garden beds and edging
Decorative edging
Concrete Curbing

Quality Equipment. Professional Service.

Scheduled Garden Services

Machinery & Construction Hire
• Concrete Equipment • Mini Loader
• Portable Toilets • Pumps • Scaffold

Mowing, Landscaping and Maintenance Services

Damian 0411 888 714

Product Guide

The Weekender, November 5, 2020

118 Chester Pass Road, Albany

Landscapes Services

Lawn Mowing, Landscaping and Scheduled Garden Services

By your local service.

Damian 0411 886 714

Phone 9842 2788 to advertise

Local Businesses. Local Paper.

More than 20,000 copies delivered FREE to households across the Great Southern.

Need to spruce your place up?
Find your perfect tradie here.

Increase awareness of your business.
Advertise your trade or service in the Weekender Trades Centre. Call us on 9842 2788

CQS Quality Cleaning

Whether it’s a small job or a big job, CQS Quality Cleaning has it covered. We service Mt Barker, Denmark, Katanning and Esperance areas, so contact us to see if we can be of assistance.

• Commercial cleaning
• Office cleaning
• House cleaning
• Steam cleaning of carpets
• Specialist hot water commercial
• Industrial Pressure Cleaning
• Licensed on road street sweeper for car parks, paths etc
• Window cleaning including tracks, sills, frames, screens and glass sliding doors

CQS Quality Cleaning ensures qualified trained staff adhering to contractor required work permits for each site.

Call Debi Ration, Regional Manager on 0429 806 758 or the friendly helpful staff at CQS Quality Cleaning on 9841 3888 and we will be more than happy to give you a free quote.
The City of Albany advises that the following trading hours will apply to City offices: Tuesday to Saturday 6am to 9pm, Sunday 6am to 5pm, Monday 6am to 9pm (New Year’s Day). Public notices may be hand delivered to the City offices or by contacting Heather & Reeves, 9841 1455.

City of Albany Notice

TEMPORARY EXTENDED TRADING HOURS
2020-21 CHRISTMAS AND NEW YEAR PERIOD

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Speedway action gets green light

Pav leads strong field

Busy season back on track

The 53rd WA Super Sedan Title will be held this Saturday night at Al­bany, where a strong field of drivers competing for the title. The feature race will start at 8.30pm. A large field of 70+ cars racing on 125cc, 250cc, and 500cc cars will fill the track.

Looking for redemption after losing the state title to a competitor, three drivers will be keen to knock him out of the race. They are David Fall and Tim Matthews, who compete in the Formula 125s, and Peter Herbert, who will be competing in the Street Stock division.

Several drivers have already shown great speed at both Collie and Mount Barker and Jason Batchelor will return to the track for the first time. Theyer, who lost to a competitor in the Feature Series, is eager to return to the track. He has already shown great form from Jhy Pack shows that we could see a new generation of drivers rise to prominence.

The second meeting of the season will be on November 28 with the Super Sedans making a return to the track. The event will attract a field of around 60 cars with some drivers from other states, including the past two champions. The runnersup five times, including the past two seasons.

The Super Sedan Title will be held on the first podium in the 2019/2020 Title, held by Chris Pavlovich. It will be a high-octane Grand Final, where drivers will compete for the title. It will be a thrill for all drivers and spectators.

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It was a family affair at Albany’s Mountain Bike Club’s Downhill Race on Sunday, with four members of the Poett clan dominating proceedings.

‘Downhill mountain biking events comprise the biggest gap between the capabilities of the top four riders in the world today,” she said. “Downhill mountain biking events comprise the biggest gap between the capabilities of the top four riders in the world today.”

The event was well attended, with 50 competitors turning out for the race despite many of the Club’s female riders being away on a special event at Linga Longa Bike Park in Busselton.

Club President Shane Adeline said it was encouraging to see a young cohort of Albany riders pushing the boundaries and enamoring their coaches and mentors.

“The people who crashed at these events are expert bike handlers with unerring courage and live on the adrenaline side of life,” she said.

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Hayley and Jackson Poett continued the lightening pace to take out third, with six seconds separating all four competitors. Young gun Declan Poett ran to take first place.

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