

A Healty Port Coogee Community



Live Life Get Active packs punches!

New members are joining Live Life Get Active each week. New faces from the community are enjoying the free program supported by Frasers Property and the City of Cockburn locally and Medibank, Hart and Live Life Get Active nationally!

In Coromandel Park, come rain or shine (during Term time and if there is no thunder or lightning) we are there!

On Mondays and Wednesdays, we have Active X training with Mel Scupham (featured in the photo), Tuesdays and Thursdays we have Active Boxing with Mel and Friday it's Active Yoga with Maria Grimes.

Previous experience is not required - the trainers are great at giving different levels of difficulty for each exercise taking note of any painful areas in the body!

The group is a very social too, we chat and laugh our way through the exercises whilst keeping fit and also have coffee catch ups after exercising! We probably should keep off the cakes though!

Come and join us!! Registering is easy.
Go to www.livelifeggetactive.com

See you down at Coromandel Park,
Port Coogee soon!

Written by Serena Kipling, Business Liaison Officer PCCA and keen participant in Live Life Get Active



When PC people put up their hands...



A SHOUT OUT TO JODIE AND TROY FROM BAY VIEW BUTCHERS

(valued residents of Port Coogee)

Jodie and Troy kindly donated 1000 - yes that's right, **1000 sausages** to the Port Coogee Community Association for the Bunnings Sausage Sizzles that took place on 24 March and 26 May. Also a big thank you to **Artes Resource Collective Security**, Zoran Poznanovic (valued resident), for topping up when items where sold out, and to **Bakers Delight South Fremantle** who discounted the buns. **Port Coogee Woolworths** really pulled out the goods by providing free drinks, onions and condiments. Thanks to you ALL! Oh let's not forget those important esky loaners too!

A massive thank you to all the volunteers who helped and special thanks to Serena Kipling, Port Coogee Community Association Committee Member, for her amazing coordination and commitment in the planning.

BAY VIEW BUTCHERS



Bay View Butchers offers Port Coogee neighbours after hours delivery on all meat orders over \$100 (Mon to Fri after 6pm)

- 100% Gluten Free • Coeliac Friendly Meat Packs
- Dry Ages Beef and Lamb Organic Meat and Products
- Free-range Chicken • In-house Pet Food and Treats
- Gewurzhaus Herbs and Spices

"We'll be Pleased to Meat you"

To place your order call 9527 2416

**Shop 1, Bayside Shopping Centre
Cnr Safety Bay & Penguin Rds
Safety Bay. Follow them on Facebook**

Strive to Revive



Photo credit - Bruce Shorter ©

As Port Coogeeans many of us regularly pass by the South Fremantle Power Station on the way to and from Fremantle, but how many of us have asked the question, why has it deteriorated and fallen into such disrepair? And, does anybody really care?

In recent years there has been a groundswell of interest to revive this building of magnificent proportions, including a Master Plan developed by Landcorp to transform it into a community and entertainment hub and adaptive re-use suggestions raised by the City of Cockburn.

However, it is clear that the catalyst for any future development will be driven by the right economic conditions. In particular, the demand for residential housing, together with the right mix of community and private sector uses

The coal-fired South Fremantle Power Station was opened in 1951 and was decommissioned in 1985 and the removal of asbestos and toxic materials occurring in 1994.

The building was assessed in 1997 by the notable Western Australian heritage architect Ron Bodycoat AM for the Heritage Council of WA, who described the building as "displaying aesthetic value in the strong external expression of its structural form, as a utilitarian industrial building" and.... "The interiors have specific aesthetic value due to their proportions and volume of space".

The power station building was adopted on the State Heritage Register in 2011 and is determined to be of cultural heritage significance and local landmark value and, as a consequence, attracts statutory protection.

It is understand that, with multiple land ownership and with both government and local government involvement, the task of de-constraining the site and then finding a developer willing and capable of creating a high quality development, will be difficult. It will take a whole of government approach and considerable public and private investment.

What can be done for this abandoned ruin, much-loved by the community?

It may be seen as encouraging, that the WA Government has last month budgeted to spend \$30 million to de-constrain the long dormant East Perth power station by removing infrastructure in order to attract a developer. The timing and scope of the works will be finalised by the end of this year.

The State Government will have the opportunity to use East Perth as a model for South Fremantle and hopefully will have an appetite to assess and scope the South Fremantle Power Station in the near term to stabilize the structure and make it safe.

A carefully staged approach to the development may provide opportunity to breathe new life into the South Fremantle Power Station sooner than later. The soaring cathedral-like spaces within would make an outstanding venue for community based events, exhibitions and performances.

Given its imposing presence and existence as a significant real estate barrier between Port Coogee and Fremantle, perhaps our collective property values would receive a beneficial boost by reversing its deterioration, and by beginning its transformation to a useable building.

Your PCCA is actively making representations to Synergy and Landcorp, and to work with them to initiate change to the South Fremantle Power Station. The objective is to secure an allocation of funds in the States' budget forward estimates for the purpose of de-constraining the site and providing the right economic conditions in order to attract future developers. As a community it is up to us to suggest a way forward, to come up with ideas, and contribute toward the momentum to make it happen.

*Article written by Trevor Dunn
(PCCA - Special Projects)*



Our Active Quenda

They are our little Quokka! Not really. This cute little fur-ball is a Quenda. A type of bandicoot, which are small, mostly nocturnal marsupials. You'll see them at dusk and during winter days. If you see holes in your garden roughly a tad smaller than the diameter of a stubby holder, then you've been visited by a Quenda. We know they can be a little bit of a nuisance, however please do not harm them.

Cute Port Coogee Merchandise



Now available from the local newsagent in the Port Coogee Village Shopping Centre...

Get along and support this fabulous business!


PORTCOOGEE
community association

If you are a member of the Port Coogee Community Association you can enjoy discounts at the following local businesses:

Beachpoint Cafe
10% discount on coffee & cake
(combo orders only)

Blooms The Chemist
10% discount (conditions apply)

Caffissimo
10% discount on coffee only

CRU - NEW TO PORT COOGEE
Located on Pantheon Ave - Outside Regis
10% discount on coffee only

JEM Floral Design
10% discount

Port Coogee Newsagency
10% discount on toys & gifts

Surfing Lizard Cafe
10% discount on coffee only

Tickety Boo
10% off all dining orders

Feel Real Healthy at Blooms The Chemist this winter

Your local Blooms The Chemist can help you with more than just your scripts.

With a holistic approach to daily health management, Blooms The Chemist offers quick and easy health services to support you through all stages of life and combat winter nasties.

With our diabetes monitoring, cholesterol screening, iron testing, blood pressure evaluation, and stroke risk assessment services, you can get on-the-spot check-ups and practical advice to help you handle day-to-day health issues without a doctor's appointment. We can show you how to get the most out of your adult asthma treatment, and we even offer sleep apnoea testing – sleep at home in the comfort of your own bed, and come chat to us down the road in the morning.

Members of our My Health Rewards program are rewarded for taking advantage of great advice and the latest products at the best possible price. Create a free account in-store today with our pharmacist, Andria, to earn reward points, discounts, and exclusive offers.

Make checking on your health as comfortable and easy as picking up the groceries with Blooms The Chemist.

88 Members!

Port Coogee Community Association (PCCA) has 88 members from the time this newsletter went to print

Why do we need more people of Port Coogee (PC) to join PCCA?

1. Members help us lobby for improvements around PC
2. Members are kept up to date on important news that affects PC
3. Members receive voting rights at Membership Meetings and have a say
4. Members receive discounts from PC participating businesses
5. Members meet other members and expand on friendships and common interests.

TO JOIN please visit the below website link and contact our **Membership Manager Jimmy Monastra** on portcoogeca@gmail.com

www.portcoogeca.com/membership
(follow the instructions)

Say hello to our new cafe...



CRU brings a positive vibe to Port Coogee!

Business owner and operator Ryan Mauricio has big plans for health bar CRU. A resident of Port Coogee for four years, Ryan wants to bring the lighter living concept to our community. His Portuguese family background inspired the name CRU, meaning raw.

His location under Regis, on Pantheon close to the Marina, is a perfect location for Ryan to go ahead with his dream. Three years on, CRU has been launched with great success and positive feedback from the community.

The development was not without issues, however, as Ryan had hoped to launch CRU during the middle of the summer. Unfortunately delays beyond his control meant that the launch had to be put back. Nonetheless, CRU has been welcomed into the community. Port Coogee residents and other members of the community are now enjoying what the health bar has to offer - some daily. Ryan now has regulars coming in every day for their coffee or juice, and he has been overwhelmed by the support he has received.

Ryan will not be sitting still, though. He is already focusing on some changes as a response to customer feedback. As a result, we can expect to see some seasonal menu changes going forward. Ryan says we can look forward to some healthy ice cream options for the summer!

The Port Coogee Community Association wishes Ryan and his team all the best in going forward.

Do you have a social media marketing problem like most small businesses?

A power tool dealership wanted to implement social media marketing, however they had no time, no understanding, nor the desire to learn. Their solution? They outsourced their social media and reached over 25,000 people on social media in two posts.

Do you really believe that? I hope not.

Talk with Paula today for honest and reliable information about how your small business can affordably improve your marketing.

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a smile in every one
Grazie
Gift Baskets and Hampers



My happy place is when I make people smile. This is reflected in the logo of Grazie. I am in this happy space from start to finish when creating your gift hampers.

Would you like to reward your customers by saying thank you for their business over the past financial year?

A gift hamper is the ideal thank you as it's the 'gift that keeps on giving' for weeks or months'.



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(Click on the Contact Link to see the dropdown)

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