

Do you know what aqua aerobics, the Cove Troopers and the clubhouse library have in common?

The **Kookas** of course. The **Kookas**, a social group of Abbotsford Cove residents formed in 2000 when swim instructor Jan Coulter, a community minded resident who volunteers her time and expertise, began running aqua aerobics lessons.

The **Kookas** take their name from Doug Taylor, a former Abbotsford Cove real estate agent, who once remarked that, "they sounded like a pack of Kookaburras hoo-haaring at each other".



Attended by women with an interest in fitness and social gatherings plus a few brave men, the classes ran twice a week through the day and once at night (night classes eventually had to be abandoned).

Strong friendships formed in the classes, and the group generated many social activities including the formation of *The Cove Troopers* in 2007. The *Troopers* have had two successful overseas trips and are about to embark on another in August.

Last year, **Kookas** leader Jan Coulter instigated a Pink Pancake Breakfast supported by the **Kookas** which raised \$460 for breast cancer. The clubhouse library was also initiated by the **Kookas** who began swapping books after class by leaving their old ones in the kitchen drawers (now books are housed in the bookcase donated by resident John Young). The only condition of borrowing: take as many as you leave (which by the look of the bookcase, isn't strictly adhered to).

Currently the **Kookas** list 59 members, many who started in 2000. Some have given aqua aerobics away because of age or poor health but stay involved and participate in social activities. Led by a remarkably giving lady, this close group is always willing to donate time and effort to foster a great community, helping new residents feel welcome and encouraging friendships within The Cove.

Aqua aerobics classes are held on Mondays and Wednesdays, usually in pool number one at 8:50am and are free for all Abbotsford Cove members in need of a good *hoo-harr*.

Water aerobics is the standard benefits of any performance of aerobic exercise, the use of water in shallow water in water aerobics supports and is a type of resistance training.

Workouts usually combine a variety of techniques from land aerobics, including walking or running backward and forward, jumping jacks, along with various arm movements.



Exercise in water can also prevent overheating through continuous cooling of the body.

Another benefit is that you do not even have to be a strong swimmer to participate in water aerobics.

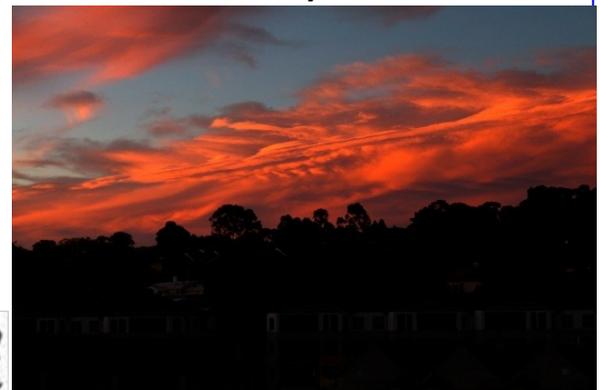
Taken from Wikipedia, the free encyclopedia

A different perspective.

Thanks to residents Paul and Sam who sent these photos showcasing the Cove.



Photos courtesy Paul Roman



Boxing Day storm and Christmas sky courtesy Sam Rock

News from ACCA

At the January ACCA meeting approval was given to carry out the final stage of repairs to the seawall. The wall will be repaired and raised by one to two additional courses of stone and the level of the lawn will be raised to match the new height of the wall.

Approval was also given to replace the elliptical trainer in the Clubhouse gym, which has reached the end of its useful life. The replacement unit should be more robust and better able to handle the heavy use it will receive.

Generally reports are presented to each ACCA meeting by the Garden, Pool and Traffic Safety Committees. These reports can be found on the Abbotsford Cove web site

(see under the ACCA tab at www.abbotsfordcove.org/).

Parking Hassles

Abbotsford Cove has a limited number of parking spaces, all of which are reserved for Visitor Parking (including the carpark by the Clubhouse). Under the Management Statement rules, residents are not permitted to park in these spaces and visitors are limited to parking in them for no more than two days in any seven day period.

Unfortunately a number of vehicles exceed these limits, in some cases on a regular basis.

Parking spaces are often scarce, and this will only worsen as more apartments are built in the area and pressure on street parking increases. ACCA has therefore adopted a Visitor Parking Policy (see <http://www.abbotsfordcove.org/acca.html> for details). This policy is enforced by the ACCA representatives and volunteer members of individual strata and neighbourhood committees, and all residents are encouraged to assist in ensuring the policy is followed.

As residents of Abbotsford Cove we urge you to obey the rules and park your own vehicle(s) in your garage. We also ask you to ensure that any visitors you may have comply with the limits mentioned above. (Note that in exceptional cases permission can be sought from ACCA to exceed the normal time limits.) If you or a visitor receive an infringement notice (or a sticker for repeated offences), please understand that it has been placed by one of your neighbours in an effort to keep the abuse of the visitor parking spaces under control.

ACCA Executive

Update on events

Annual Childrens Christmas Party a great success with fun and games for all and Santa making his appearance with lots of goodies for the children. The scheduled **Carols in The Cove** had to be cancelled at the last minute due to a drenching storm.

Pancakes were plentiful on Australia Day down on the foreshore where the Proclamation was read and everyone enjoyed a good old Aussie sing-a-long. Residents were disappointed that the re-enactment was cancelled but the editor is assured it will be on again next year. *Watch the December newsletter for details.*



C'me on lend us a hand

We're looking for someone to take on a simple yet important task for the Cove. Each time we celebrate together, Christmas carols or Australia Day, we need to set up a sound system (amplifier, microphones/stands, keyboard).

We need someone to store the equipment, take it to the waterfront and set it up on each occasion and then return and store it again.

Is there anyone out there prepared to volunteer to do this?

Laurie Larcombe from Alexander has been doing this for the past 7 or 8 years but is finding it's getting a bit much for him now.

Contact the editor if you would be prepared to take this simple task on.

Aqua Fitness Classes

Monday and Wednesday mornings, **8:50am** No 1 heated pool, Blackwall Point Rd *unless advised otherwise* by email. Contact Jan on 9712 3858



Bootcamp: Friday at 8:50am

Mainly for swimmers who want to challenge themselves through swimming drills/exercises. For more information email jancoulter@primusononline.com.au.

Maintenance Issues

Notice any community property around the Cove needing attention? Then email your request to:

maintenance@abbotsfordcove.org

This could refer to pools, tennis courts, pathways, street lights, walkways and lights, community hall, gym equipment or graffiti.

Gardening

For all garden related matters please email: garden@abbotsfordcove.org

Clubhouse bookings

Contact Strata Associates on 8424 9753

Secret Men's Business

First Monday of each month in the Pavilion commencing at 10am.

Social Tennis

Each Monday, from 1- 3pm on Court 1, opposite the "Pavilion".

Next ACCA Meeting

31 March 2011

7:00pm at the ACCA Clubhouse

Note from the editor

If you have items for future editions or know of interesting events please contact the editor on 9712 7419 or email newsletter@abbotsfordcove.org

This newsletter is sponsored by:

**Abbotsford Cove
Real Estate**

**Thinking of selling or buying at
Abbotsford Cove**

Contact Mel Abboud on 9712 2500
Or call in to The Pavilion and have a chat.

Check the website:

www.abbotsfordcoverealestate.com.au

*No one knows the Abbotsford Cove
market better than
Mel Abboud*