

Childrens Christmas Party Sunday 13thth December

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| 3:30pm | Meet under the fig tree on the waterfront |
| 3:45pm | Santa Races for all ages |
| 4:00pm | Mini Olympics Team events all ages |
| 4:45pm | The Lolly Man chase |
| 5:15pm | Santa arrives by boat |
| 5:45pm | Cool down and goodies for the children. |

This event is open to all residents and their families. Help will be needed for the activities. Drinks will be provided. Donations of sweets for the lolly bags, and small cakes/slices, fairy bread for the party plates would be appreciated. Lollies can be given to Jan Coulter or brought to the Club House on Friday 11th December between 8.30am and 10.00am. Cakes and goodies to be delivered on the day (13th) by 4.30pm to the tables set up under the Figtree.

A family Christmas BBQ and sing-along will start at 6.30PM, BYO food and chairs. Tables and song books will be provided. You bring the voices.

For all Enquiries: Jan Coulter: 9712 3858
email: jancoter@primusonline.com.au

**AND
CAROLS IN
THE PARK**

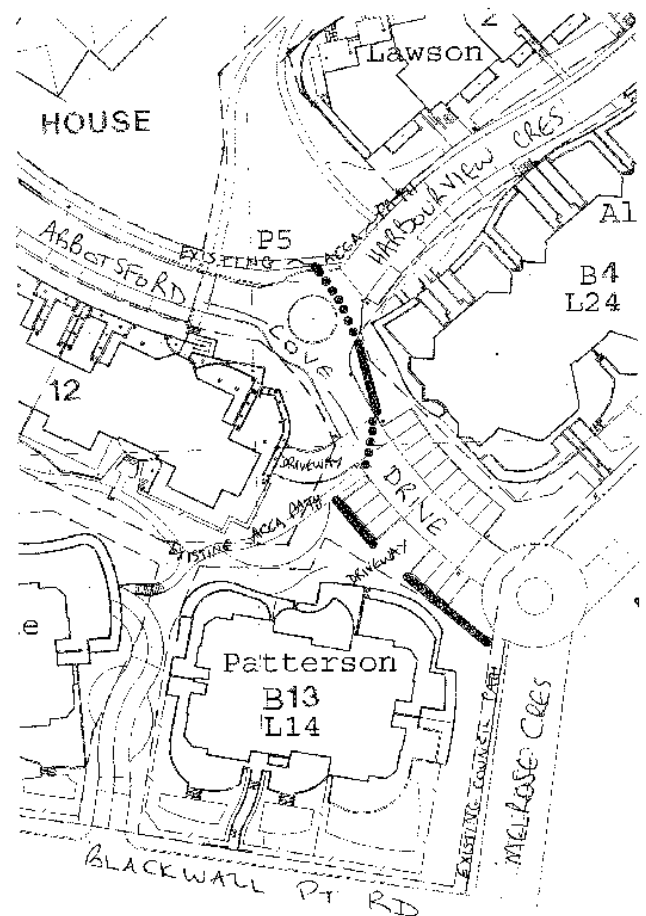
On behalf of the Abbotsford Cove Community Association I would like to take this opportunity to wish the residents of Abbotsford Cove a Merry Christmas and a safe and prosperous New Year.



*Norm Gilmore
President*

Pedestrian Safety

Approval was granted at the last ACCA meeting to install pathways and crossings from Melrose Crescent to Harbourview Crescent. The existing council pathway at Melrose Crescent will be extended along Abbotsford Cove Drive, in front of Patterson, behind the car parks. From there a diagonal pedestrian crossing will join a new pathway on the Alexander side, connect to another pedestrian crossing at the side of the roundabout, crossing Harbourview Crescent near pool 5.



**Next ACCA Meeting 28 January 2010
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 triciaandeddie@gmail.com

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



Cove resident Stephen Flick

of Elizabeth likes to keep himself fit - well more than that, he competes in the *World Masters Championships*. Earlier this year he was on the Gold Coast in a triathlon and later orienteering near Lithgow and Kandos.

Last September a 1,000 strong Australian Team headed for the Gold Coast to compete in both the sprint and Olympic distance *World Triathlon Championships*. Stephen participated in the Olympic distance event of 1.5km swim, 40km bike ride and 10 km run, managing to finish in 41st place out of about 90 in his age group.

The triathlon provided good conditioning for the orienteering evens held four weeks later.

Competing against 120 runners in his age group Stephen achieved a 2nd and 3rd place in the heats, beating competitors from the Scandinavian countries, Britain, France, Russia, USA and New Zealand. He was placed 8th in the final. Stephen said, "*it was a great experience to be able to participate in both sports at a world level*".

Next year both championships will be held back in Europe.

Aqua Fitness Classes

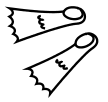
Monday, Wednesday & Friday mornings at 8:50am

No 1 heated pool, Blackwall Point Rd *unless advised otherwise*.

Any changes will be advised by email. Contact Jan on 9712 3858

Bootcamp: For energetic swimmers, we have a program of keeping fit with a slightly more intensive aqua program on a **Friday** morning. The program is an extension of the Aqua Fitness classes held on Monday & Wednesday.

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



Maintenance Issues

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

maintenance@abbotsfordcove.com

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

Website

Need to know anything about the Cove? Log onto the website on www.abbotsfordcove.com or email your queries to admin@abbotsfordcove.com

Gardening

For all garden related matters please email: garden@abbotsfordcove.com Cheryl Balsdon will then discuss your request with the gardening committee and Marsupial.

Clubhouse bookings

Contact Strata Associates on 8424 9753

Secret Men's Business

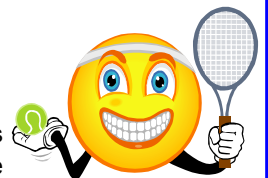
First Monday of each month in the Pavilion commencing at 10am.



In September this year 23 residents plus seven friends enjoyed a wonderful land and sea tour of Croatia. Here they are pictured at the Plitvice Lakes.

LtoR from back row, Brian Harnett, Doug Beckwith, Yvonne Hankin, Eddie Kropkowski, Tim & Nola Ainsworth, Chris Michaelis, Sid Boyne, Gillian Wheatley, Yvonne Devlin, Margaret Boyne, Frances Beckwith, David Michaelis, Grahame Wheatley, Margaret Jones, Val Hetreles, Margot Moore, Tricia Kropkowski, Maureen & Hugh Knox, Peggy Marriot, Jan & Don Coulter with guide Diana, Noeleen O'Toole and Adrienne Nugent

Anyone for tennis?



A few of us ladies play a social game each Monday, from 1- 3pm on Court 1, opposite the "Pavilion". We'd be delighted if others would like to come along and join us. Please call Bess Rosen on 9712 0372 for more details. We are not too serious, play as well as we can but essentially, have a lot of fun!