



# *Australia Day*



# *at The Cove*





Advertisement



Beat the heat, save money and be comfortable in your own home at no cost to you.

Caremore Pty Ltd have installed ceiling insulation to the ceiling space in two apartment blocks in Abbotsford Cove.

Properly installed insulation makes homes cooler in summer and warmer in winter with up to 40% energy reduction.

The Federal Government grant of \$1,200 per dwelling generally enables us to install R3.5 insulation at no cost to the owners.

For an obligation free quote contact Martin Gurney on 0404309024 or email info@caremore.com.au

## Australian volunteers

are essential to society, and many charities would struggle to survive without the support of their volunteers. Australian volunteers contribute more than 700 million hours of community service to so many areas of society, including health care, heritage and arts, environment conservation, emergency services, education, social justice and sports. NVW provides a platform to pay tribute to these volunteers who donate their time and energy to help others. **National Volunteer Week, 10-16 May 2010.** (www.volunteeringaustralia.org)



Photo shows Lawson resident, Bruce Balsdon (blue safety helmet and glasses) working on the John Oxley restoration at the Sydney Heritage Fleet. Along with other Cove residents Bruce has been a volunteer at the Fleet for many years.

If you have items for future editions please contact the editor, details below.

## New Years Eve with a difference



**Elizabeth residents Robyn and Philip Clarke** spent NYE on the inaugural A380 flight to Antarctica. The flight departed Sydney at 14:21 on New Years Eve for Melbourne where it picked up more passengers and changed crew. It then departed for Antarctica at 18:29, returning to Melbourne the next morning.

The A380 landed at 06:44 after exactly 12 hours in the air. Robyn and Phil arrived back in Sydney 10:29 on New Years Day.

Phil's comment "We had about four hours over Antarctica, including seeing in the New Year. The sun never sets at that time of year, so we had a brilliant view of the breathtaking scenery."

## 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](mailto:jancoulter@primusononline.com.au).

## Maintenance Issues

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

[maintenance@abbotsfordcove.com](mailto:maintenance@abbotsfordcove.com)

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.com](mailto:garden@abbotsfordcove.com)

## Clubhouse Bookings

Contact Strata Associates on 8424 9753

## Secret Men's Business

First Monday of each month in the Pavilion commencing at 10am. Ph 9712 3858

## Social Tennis

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

## Disturbance or Damage

Phone Five Dock Police 8753 3599  
Security International 1300 368 284

## Next ACCA Meeting

29 April 2010

7:00pm at the ACCA Clubhouse

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.abbotsfordcoverestate.com.au](http://www.abbotsfordcoverestate.com.au)  
No one knows the Abbotsford Cove market better than  
**Mel Abboud**