

Abbotsford Cove News

Community living

Did you know that Sydney has more flats and other high-density dwellings than any other Australian city? Residents are continuing their steady drift away from separate houses into apartments and townhouses and, according to the latest census, a whopping 39% of dwellings in the Inner West are made up of flats or apartments.

Overall, the highest proportions of flats/apartments are found in the central and middle regions of Sydney, where they account for more than 25% of total dwellings. The highest proportions are found in the Eastern Suburbs and Inner Sydney (53% and 52% respectively), followed by Lower Northern Sydney (44%) and Inner Western Sydney (39%).

Community living is great, but we already know that at The Cove. Our wonderful environment covers a 10 hectare site, which provides not only community facilities such as pools, tennis courts, a sauna and gym but also gardens, a 1.5 hectare park, marina and stunning foreshore.



Like all communities we must have ground rules which respect and care for our everyday living, such as visitor parking, pool times, noise and rubbish disposal. These are only little things but they make our community so much nicer to live in. All information pertaining to bylaws are displayed on the website www.abbotsfordcove.org

Since all The Cove buildings were completed in 2001, we've celebrated Australia Day with pancake breakfasts and the raising of the flag, Christmas Carols at the Cove, Cove Dinner and the fun children's picnic Abbotsford Cove Day. These annual events, coordinated by resident Jan Coulter, enhance the community spirit of The Cove.

Other regular activities, as advertised herein, such as aqua fitness classes, social tennis, Bridge, Canasta, quilt making and the community BBQ also contribute to our community spirit and have formed the basis of many long-standing friendships.

Patchwork and quilting in the clubhouse

Interested in meeting people? sewing? charitable works?

Two new groups:

The Fidget Quilt Project

First Thursday of the month 10:00am to 2:00pm
Making small quilts to occupy the hands and soothe the nerves of people with dementia, whether living at home or in care facilities.

Cove Quilters

Third Thursday of the month 10:00am to 2:00pm

All levels of experience welcome.

Lessons available for beginners.

For more information contact Rhonda Taylor on phone 8753 0728 : 0413 422 049 or Email rhonda.taylor@hotmail.com.au

Dog walker wanted

Rupert is a 14 year old Maltese x Terrier with a very gentle nature. He is very easy to walk and takes a fairly leisurely pace. He is after someone to take him out for a little walk in the afternoon so he can have a loo break, as otherwise it's a very long day until I get home after work.

Please contact me if you are interested – whether you can do all 5 days or just a couple of afternoons per week. Of course, I'm more than happy to meet with parents first if your child would like to walk Rupert.

Please contact Alexandra Threlfall on 0403 220 545



Aqua Fitness Classes Pool No 1

Monday and Wednesday 8:50am warm up 8:45 **Bootcamp Friday 8:45am**

Working out can be fun when you are exercising with friends in our community pool. Our exercises can help you burn fat faster, as well as healing; easing the symptoms of arthritis and fibromyalgia sufferers. Water is one of the best fitness tools, providing resistance to strengthen muscles and boosting cardio intensity. Friday bootcamp is for swimmers, providing challenges and fitness exercises. If you are a non-swimmer assistance will be provided. Flippers and small kick board necessary.



*A classic High Tea with a modern twist
Commencing October 2014, 12-3pm everyday
Bookings essential phone 02 97125638 or
email info@pratocafediner.com.au
378 Great North Rd. Abbotsford*



Introduction to the Trees of Abbotsford Cove

Fortunately for the present residents the developers of Abbotsford Cove preserved some of the original trees on our site. There can be none more familiar than the giant Port Jackson Figs (*Ficus rubiginosa*) which line Blackwall Point Road and the wonderful single specimen shading the picnic area on the shoreline.

The two tall Bunya Bunya Pines (*Araucaria bidwillii*) in Fig Tree Drive, while not native to the Sydney region, may well have been planted when Abbotsford House was built as these were popular at that time and were often planted on either side of a driveway or gate. Others throughout this area can be seen towering above the skyline when driving north over Gladesville Bridge.

Sadly, over the past few years, we have lost two of our oldest Eucalypts and a number of young saplings, which have been planted more recently, largely due to the damage caused by Sulpha-crested Cockatoos. These birds have made their home in the forks of branches and have hollowed out larger and larger nests. Entire families can be seen emerging from the remaining tree in front of Catherine during nesting time. The birds have since attacked the roots of the remaining trees. We have attempted, reasonably successfully, to protect them with a thicket of dead branches around the base. The ACCA gardening committee has agreed not to attempt to grow more Eucalypts in this area as it only encourages these destructive visitors. In other places we have planted a number of grafted flowering gums all of which are thriving and at present show no "cocky" damage.

Instead, we have attempted to replace trees we have lost with other interesting varieties. In the parkland beside Oxley we have recently planted four new trees, which, while looking like dead sticks over winter, are now beginning to show new life. Moving from the path between Oxley and Lachlan toward Blackwall Point Road, we have first a Chinese Tallow Tree, (*Sapium sebiferum*) which will provide brilliant colour in autumn. Next there is a Bauhinia (Orchid Tree) with light green double lobed leaves and flowers of Orchid Pink in spring and summer, a native of our warm-temperate areas. The dark green foliage of the Leopard Tree (*Flindersia maculosa*), which remained throughout winter, is in sharp contrast to the Palms and Eucalypts nearby. As it grows the branches become weeping in form and the bark will become strongly mottled with white, yellow and brown markings. The last tree to be included is a Tulip Tree (*Liriodendron tulipifera*). This tree is a native of North America and valued for its scented flowers in spring and rich yellow autumn foliage. The leaves are an interesting squarish shape and it should do well in our area.

Finally, there is an unusual tree growing in Abbotsford Cove which deserves a mention. Just inside the fence of Abbotsford House on Abbotsford Cove Drive, a large old tree drops a few attractive bright pink flowers with yellow throats onto the roadway during summer. This is a

Floss Silk Tree (*Chorisia speciosa*) and the branches and trunk are covered with the most vicious spikes. I wonder what circumstance in the distant past has caused this tree to develop such a protective mechanism.

Please help to protect our trees. They add diversity to our environment and provide a cool microclimate during summer.

Margaret Jones
Garden Committee



Photo: Emma, our fantastic green fingers from Skyline.

Social Tennis

Monday from 1 - 3pm Court 1.

Community BBQ

last Friday of each month during daylight saving on the foreshore under the fig tree. More information on the above email jancoulter@primus.com.au

Bridge

every second Tuesday evening at 7:00pm in the Clubhouse. Next meeting 14 October.

Canasta

3pm in the Clubhouse every Thursday afternoon.

Clubhouse bookings

phone Whelan Property group on 9219 4111 or email strata@whelanproperty.com.au

Gardening

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

Maintenance

Notice any community property around The Cove needing attention? Then email your request to maintenance@abbotsfordcove.org

Next ACCA meeting

Thursday 27 November

7:00pm in the ACCA Clubhouse

Note from the editor

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

Dates for your diary

Sunday 14 December - Carols in the Cove
Monday 26 January 2015 Australia Day
Pancake Breakfast, raising of the Flag and singalong

Childminding/Babysitting
Available Monday-Wednesday
7:30 a.m. - 6:30 p.m.
Contact Tanya 042 121 3439 or
tnkiefier@yahoo.com



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