

Copacabana Community Association Inc.

Summer 2024

COPA NEWS

www.copanews.com.au

We acknowledge the Garigal Clan of the Wannanginni Guringai people as the ancestral custodians of Bulbararing Allagai and Tdjudibaring and pay our respects to their elders past, present and emerging.

Merry Christmas

and Happy Holidays to all

Official publication of the Copa Community Association

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IN THIS ISSUE:

- What's On
- President's Report
- Copa Carols
- Copa Medical
- Local Hero
- Copa RFB
- Copa School
- Vacation care

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WHAT'S ON

DECEMBER

Monday 09

CCA Community Meeting
Meet Councillor Jared Wright

Wednesday 18

Christmas Lego
Kincumber Library - 3.15pm

Friday 20

Last day of school term



Tuesday 31

NYE Gosford waterfront
Free event from 6.15pm
Fireworks 9pm

JANUARY

Sunday 19

Note change of date -
Avoca Beachside Markets

Sunday 26

Australia Day

Monday 27

Public Holiday

Wednesday 29

Bluey's Big Play -
The Stage Show
Civic Theatre Newcastle
Till February 02

FEBRUARY

Saturday 01

Copa Bushcare 2-4pm
Meet at Bonnie Lookout

Thursday 06

First day of school term

Monday 10

CCA Community Meeting
'Meet the Mayor'

A word from the CCA President

*Hello Copa people,
CCA members and friends*

In my first column as President, I'd firstly like to sincerely thank past President Sue Steedman and Committee member Margaret Platell, who have both stepped down after years of outstanding service to our community. I'm pleased they will continue as valued members of the CCA.

A brief update on recent activities:

Many of you know that we are working with the RSL and a consortium of local groups to have a modest, permanent war memorial created and installed on the green. After several meetings with stakeholders and Council, we can advise that pre-DA and DA fees have been waived and a grant application is progressing.

Local ward Councillor Sharon Walsh attended our October meeting and requested that residents' concerns be forwarded to her via the CCA email address - info@copanews.com.au. We thank her for attending and meeting with members.



This photo was taken on November 2 at a dedication ceremony of a memorial stone and plaque commemorating Matt Francis, adjacent to a tree planted in his honour in the garden bed diagonally opposite the surf club entrance. The ceremony was attended by local residents and members of Bushcare and the RFS. Matt's family were pleased and grateful for the recognition of their husband and father. We thank Creighton's Palmdale for the donation of the plaque, and local stonemason Scott Kenny for his crafting of the beautiful stone. Matt is always missed and never forgotten.

The CCA was represented at a public meeting regarding Council's Draft Plan of Management on November 18. CCA members were encouraged to make a submission objecting to the classification of our dune area as 'General Community Use' (a classification which theoretically allows for built structures). We are requesting that Council withdraw the classification and instead revert to the original classification, 'Natural Area Foreshore', as we did in our original submission in 2023.

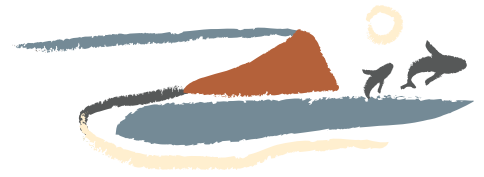
We were pleased to attend a Remembrance Day service on the green in Copa, organised by Davistown RSL and attended by representatives of Dr Gordon Reid, Mr Adam Crouch and Legacy, along with local residents. Chris Kokegai delivered the Welcome to Country opening remarks.

Dates for your diary:

Jared Wright - another of our ward councillors - will attend the final CCA meeting of the year on December 9 - 7.30pm at the Surf Club. Mayor Lawrie McKinna will attend our first meeting for 2025 on February 10. All welcome.

For now, we take this opportunity to wish everyone in Copa a safe and happy Christmas and thank our members and sponsors for their continued support.

Bernadine Mitchell



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Copa Carols

on the Green



A big thank you to all who turned out for Copa Carols on the Green. We seem to get a bigger crowd each year at this fun family event. Apart from the chance to share some Christmas cheer with friends and neighbours, there was the much-anticipated visit from Santa - who handed out lollies to the kids and posed for school fundraiser photos afterwards - there was free face-painting and a talented line up of performers who gave up their Saturday to entertain us all. Thanks to the MacMasters Beach Jazz Band; the fabulous Keira Blaikie; the 'Allagai Bay' and Kids choirs - performers young and old(er) led by June Moran; local band Karimbian and the final act to close out the day with a bang, Copa favourites, The Chestnuts. Massive thanks to our wonderful volunteers - too many to name here - who helped us out with sound equipment; setting up and decorating tables; bagging up lollies; wrangling performers, MC work and many others and many other tasks that had to happen before, during and after. It was great to work with the Surf Club, the Fireys and Copa school P & C who helped us pull it all together. Special thanks to our tireless CCA Treasurer, Rob Morgan, for all of his hard work to make it such a fantastic day for all.



Move your home up the wanted list.

McGrath

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Take care of your bone health

Prevention of Osteoporosis

Osteoporosis is a condition that affects millions of people worldwide, with over 1 million Australians diagnosed. It affects both women and men, and is most common in adults over 50. The condition causes bones to become brittle and more prone to fractures. Often referred to as the “silent disease,” osteoporosis progresses without noticeable symptoms, which means it can lead to serious injuries if left undiagnosed and untreated. However, with early detection and proper management, it’s possible to maintain healthy bones and prevent the condition from progressing.

Understanding Osteoporosis

Osteoporosis occurs when the body loses too much bone mass or doesn’t make enough new bone, leading to weak, fragile bones. While it can affect anyone, certain factors increase the risk, including aging, family history, low calcium intake, physical inactivity, smoking, and excessive alcohol consumption. Women, particularly those post-menopausal, are at higher risk due to decreased estrogen levels, which help maintain bone density.

We wish all of our patients and Copa residents a very merry Christmas and a happy holiday season

How to Prevent Osteoporosis: A Quick Guide

- 1. Get enough calcium and vitamin D:** These nutrients are vital for bone health. Calcium is found in dairy foods, nuts, some leafy green vegetables, and calcium fortified foods, while vitamin D increases the efficiency of dietary calcium absorption. Sunlight and supplements can boost vitamin D levels.
- 2. Exercise regularly:** To strengthen bones, engage in a) weight-bearing activities like brisk walking, jogging/running, tennis and other racquet sports, climbing stairs or dancing; b) resistance/weight-bearing exercises and c) balance training (e.g. Tai Chi). Aim for at least 30 minutes most days.
- 3. Avoid smoking and limit alcohol:** Smoking and excessive alcohol consumption can weaken bones.
- 4. Get screened:** Regular bone density tests (DEXA scans) are essential for detecting osteoporosis early, especially if you’re at risk. This can help prevent fractures before they happen.

Book Your Bone Density Scan with Our Bone Bus

Early detection of osteoporosis is crucial to managing and preventing further bone loss. To make bone health assessments easier for our community, our practice is organizing a Bone Bus to visit Copa in early 2025. This mobile service will allow patients to conveniently book a bone density scan at a time that suits them.

For more information about the Bone Bus or to schedule your bone density scan, please contact our practice today. Taking proactive steps now can help protect your bones for a healthier future!

Opening Hours:

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Sue Steedman

ACTIVIST, WRITER, PANTHERS FAN

Our featured local hero is the astonishing Sue Steedman, recently 'retired' President of the Copacabana Community Association (CCA). Sue was a Copa 'weekender' for decades and became a permanent resident about twelve years ago. Shortly after moving to Copa she became a member of the CCA because of a deep concern about the potential for over-development here, citing 'high rise creep' overtaking Terrigal and Avoca Beach. Over the past few years, Sue has made a significant contribution to the community through her many meetings, submissions and representations to Council as well as State and Federal government objecting to plans or proposals that would threaten the unique Copa landscape and lifestyle.

Reflecting on her time at the helm of the CCA, she says that she is proud that the committee was able to keep the organisation relevant through some difficult years, with the pandemic making it impossible to physically meet with members and stakeholders and with Central Coast Council under administration. She is confident that she's left the Committee 'in good hands' and optimistic that with a new Council, communication channels – and getting action from Council - will be much easier.

Sue will continue to be an active member of the CCA and also to edit and produce Copa News until she can 'find someone to replace me!'

Sue has had an eclectic career, with many years in the marketing communications industry, followed by a 'massive shift' to community work, having been a Founder and General Manager of a homeless support centre in Enmore, 'Our Place', where she developed a strong interest in advocacy work in the mental health sector. This led to a role on the Executive of a large community group in Sydney, 'Friends of Callan Park', where Sue was Vice-President and honed her skills in writing submissions and position papers on behalf of the group.

She says her work at 'Our Place' was one of the most rewarding things she's ever done, with the service having 10,000 service visits in its' final year.

Sue has a diverse set of interests, with creative writing being her passion. She is currently working on a novel and says that now she has 'no more excuses' and intends to finally finish her first draft by the end of the year. Her other passion is as a supporter of the Penrith Panthers NRL team, an interest she shares with her son.

Having lived in Sydney, Melbourne and Hong Kong with a stint in Lucca, Italy, Sue says 'there's no place like home' and looks forward to many more summers on the beach, hopefully interspersed with more trips to Italy. Both of her adult children live in Sydney but since they spent 'most of their childhood holidays in Copa', they are very fond of the place and are frequent visitors.

We'd like to wish Sue a great 'retirement' - which we're sure she will enjoy with her usual abounding energy and enthusiasm – and to extend to her a huge vote of thanks for her vision and hard work on behalf of our community.

By Lorraine Parks and Roge Mairet

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Copacabana RFB

Dedicated Volunteers protecting our community

Did you know that the Copacabana Rural Fire Brigade is operated entirely by volunteers? These committed locals respond to emergencies day and night, 24/7, to keep our community safe. The brigade is a vital part of Copacabana, with members who dedicate their time and skills to support residents through bushfire seasons, storm responses, and community events.

December: A Time for Santa Runs and Community Spirit

December is not only one of the busiest months for the brigade due to increased fire risks but also a time of joy and tradition. The annual Santa Runs are a beloved part of the Copacabana community and have been for over 52 years. These festive runs are highlights for both the brigade and the locals as the firefighters escort Santa through the streets, spreading cheer and handing out lollies to families.

- Kincumber Santa Run: December 23rd
- Copacabana Santa Run: Christmas Eve

Listen out for the sirens and look for the flashing lights on the brigade trucks as they make their way through our streets! It's a great way for everyone to connect and celebrate.



Bush Fire Season Outlook 2024-25

This year, the NSW Rural Fire Service (NSW RFS) has highlighted an increased bushfire risk for the 2024-25 season. Recent rainfall has fuelled vegetation growth across NSW, particularly in grasslands west of the Great Dividing Range. As the summer heat sets in, this overgrown vegetation is expected to dry out, creating ideal conditions for fast-spreading fires. Forested areas, including those that have regrown since past fires, are also at risk. Due to prolonged wet conditions, hazard reduction burns have been limited. In response, fire services are making every effort to complete these important tasks when conditions permit.

Preparing for Bushfire Season

The NSW RFS encourages all residents to be proactive in fire safety by:

- Clearing gutters, trimming overhanging trees, and cutting grass
- Developing a Bush Fire Survival Plan for your household
- Staying informed about local fire conditions via the 'Hazards Near Me' app and the NSW RFS website

By taking these steps, we can help reduce risks and keep our community safe throughout the season. Let's work together to support our local brigade and protect our beautiful Copacabana.

Wishing everyone a safe and happy festive season!



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Copacabana SLSC UPDATE

Nippers Carnival at Avoca Beach

We are already one third of the way into the lifesaving season and it has been a busy time for our members. Our Nippers have been having a lot of fun down on the beach on Sunday mornings. Many of them have also been competing at Surf Carnivals at Avoca Beach, Terrigal, The Lakes and Ocean Beach. For a small club, our results at these carnivals have been phenomenal, with many of our Nippers coming home with medals and more importantly, big smiles as their confidence in their skills increases.

Our Active Patrolling Members have been busy keeping Copacabana Beach safe for all swimmers. In the first six weeks of patrol there were three rescues of swimmers and also one hundred preventative actions.

On the social side, Copacabana SLSC's "Weekenders" has started again. Come on down to the Surf Lifesaving Club on a Friday evening from 5pm-8:30pm and enjoy good food and drink at our well-stocked bar.

The upgrade to the kitchen area has been completed and we were pleased to have our local Federal Member, Dr Gordon Reid MP visit the club to officially open the new kitchen. The upgrade was made possible thanks to funding from the Federal Government under its 'Building Australia Infrastructure' Grant, and we thank Dr Reid for strongly advocating for us to receive the funding.

I'd like to take this opportunity to wish all our members and Copa residents a Merry Christmas. Remember to always swim between the red and yellow flags and have a safe and happy holiday season. See you on the beach.

Tom Tseng, President



Dr Gordon Reid MP and Doug Gill, Copacabana SLC Life Member, officially open the upgraded kitchen area at the Surf Club.



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Copacabana Public School

A message from Penny Hooper – Relieving Principal

Busy semester at Copa School

As we head into the end of the 2024 school year, plenty of fun in the teaching and learning space continues at Copacabana Public School. This semester we have participated in the Book Parade, STEM activities, Swim Scheme and Stage 3 Canberra Excursion. Copa students showcased their art at our local 'Young Archie' show, working together with our P&C fundraiser. We are all looking forward to the sun, surf and holidays at our amazing beach.

Has everyone noticed our new school sign?

I take this opportunity to wish all our school students, families and the wider community a Merry Christmas and a happy and safe holiday season.



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19th December – 31st January • Book at avocaschoolcare@gmail.com • Hours: 8am to 6pm

THURS 19 DEC (\$100)	FRI 20 DEC (\$100)	MON 23 DEC (\$95)
<p>Water slide, jumping castle All the fun of a jumping castle and water slide to cool off. Also we'll make fun Christmas treats to take home. Bring items as listed below, plus rash vest and towel.</p>	<p>Niagara Sports park excursion Wheel chair basketball, trampolining and lots of other fun activities. Sausage sizzle and ice block included. Bring items as listed below.</p>	<p>Mystery take-away day/Santa Free play and a chance to chill before Santa comes. Movies and games day, and lunch delivered, either Pizza or Maccas. We close at 5pm today. Bring items as listed below, EXCEPT lunch</p>
MON 13 JAN (\$90)	TUES 14 JAN (\$90)	WED 15 JAN (\$100)
<p>All things water-play-day Water fun to cool us down with lots of games. Wear a hat that can get wet and your favourite water gun. Jelly and custard cones in the afternoon. Bring items as listed PLUS rash vest and towel.</p>	<p>Country day Dress up as a cowgirl or boy. Line dancing, hobby horse racing, scarecrow making and boot scooting. Bring items as listed below AND wear your dress-up outfit.</p>	<p>Woy Woy Pool excursion Book early, limited numbers. Stay cool and sun safe in the indoor pool. Leaving 10am sharp, returning 2.30pm. Bring items as listed below, PLUS swimmers, towel, goggles.</p>
THURS 16 JAN (\$90)	FRI 17 JAN (\$90)	MON 20 JAN (\$90)
<p>All day craft day A parent volunteer will make and decorate cupcakes with the children. Plus lots of fun craft activities. Bring items as listed below.</p>	<p>Relax and chill day Facials, mani and pedicures, yoga to stretch and relax. The children will take home bath salts and hand cream made by themselves. Bring items as listed below, PLUS two small jars for craft.</p>	<p>Mystery Art Day Kids will be able to show their creative flair and paint a masterpiece to take home, plus plenty of other crafts as well. Bring items as listed below, WEAR clothes that can get dirty.</p>
TUES 21 JAN (\$100)	WED 22 JAN (\$90)	THURS 23 JAN (\$100)
<p>Waterslide, wet 'n wild In hot summer weather a water slide is the best day to cool down. Sausage sizzle for afternoon tea. Bring items as listed below, plus rash vest, towel, change of clothes.</p>	<p>Camping day Bring your mini tent or sun shade and we'll go camping and have a nature scavenger hunt. "Zoooper Dooper" iceblocks in the afternoon. Bring items as listed below, plus tent or sun shade.</p>	<p>Ice-skating excursion Stay cool at the ice skating rink. Please bring WARM clothes and a pair of GLOVES to keep little fingers safe. Leaving 11am, back at 3pm. Bring items as listed below, plus suitable clothing.</p>
FRI 24 JAN (\$90)	TUES 28 JAN (\$100)	WED 29 JAN (\$100)
<p>Celebrate all things Australian Sausage sizzle, Damper, Lamingtons, thong throwing, gumboot toss and paint a boomerang to take home. Bring items as listed below.</p>	<p>Woy Woy Pool excursion Staying cool whilst having fun. The water slide and obstacle course are always a winner. Leaving at 10am sharp, returning at 2.30pm Bring items as listed below plus swimmers, towel, goggles.</p>	<p>Kym the Reptile Man Kym will come in with his action-packed wildlife presentation, with reptiles everywhere. Book early for this popular day. Bring items as listed below.</p>
THURS 30 JAN (\$90)	FRI 31 JAN (\$90)	MONDAY, TUESDAY, WEDNESDAY
<p>Game Day Bring your favourite game to play: Lego contest; Monopoly; Scrabble; Uno; Dominoes and chain knock down. Bring items as listed below, PLUS games.</p>	<p>Party Day  Please note: WHAT TO BRING each day except where noted Morning tea/lunch/afternoon tea; drink bottle; sun safe hat; closed in shoes. NO THONGS. We will be closed from 24 December till 12 January</p>	<p>3rd, 4th, 5th February are PUPIL FREE DAYS Program yet to be decided. Suggestions welcome. Email avocaschoolcare@gmail.com for all enquiries and bookings.</p>



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The CCA always needs new members, new ideas and new perspectives

Come along to a meeting or join up (see back page) and share your thoughts.

Email us at info@copanews.com.au or see our website www.copanews.com.au and follow the links.

Join the conversation



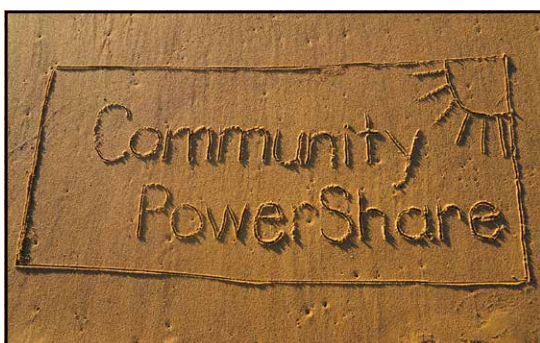
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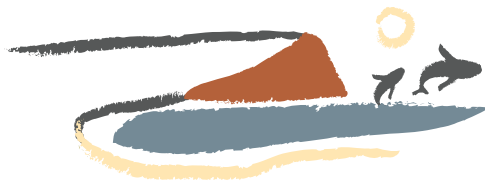
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Copacabana Community Association

Your Local Community Organisation



Copacabana Community Association Inc.

Join the CCA and contribute your ideas for Copa

This quarterly newsletter is designed and published by the Copacabana Community Association (CCA). It is distributed in hard copy and via email. We also manage the website copanews.com.au

The CCA is run by a volunteer Management Committee who work on behalf of members and the broader community to improve facilities and advocate for beautification projects in Copa. We make representations and submissions to local Council and State government in order to safeguard the unique, low-rise 'beach and bush' characteristics of our suburb and we keep a close eye on zoning regulations that currently protect our area from over-development. From time to time we also apply for grants and funding to support important community projects and events.

We co-ordinate events designed to foster inclusivity and often work together with the Surf Club and the Copa RFB to help achieve better outcomes for the community.

LAST MEETING THIS YEAR – MEET COUNCILLOR JARED WRIGHT:

Monday, December 9, Copa Surf Club, 7.30pm

All welcome to come along to the meeting. Join us for drinks afterwards.

Diary Date: Monday February 10, 2025, Meet the Mayor

You can help make a difference in your community.

The CCA gets its revenues from sponsors of this newsletter and from annual membership subscriptions. We thank all of our sponsors for their generous and loyal support and welcome new advertisers and members. Banner ads are only \$250 per issue and 'Locals ads' are \$80 per year (ie 4 issues @ \$20 per issue).

Please consider supporting the CCA by advertising in Copa News
EMAIL info@copanews.com.au for information. We can create your artwork for you.

BECOME A MEMBER: ONLY \$20 A YEAR

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Account Name: Copacabana Community Association **BSB:** 633 000 **Account Number:** 207 031 543

Please include 'Membership' or 'Renewal' plus your surname in your payment reference.

If you are a new member, please email your name and address to info@copanews.com.au

Attn: Treasurer/New member in subject line



YOUR CCA MANAGEMENT COMMITTEE MEMBERS

President: Bernadine Mitchell **Secretary:** Briohny Kennedy **Treasurer:** Rob Morgan **Committee Member:** Greg Maude

We have vacancies for two or more new committee members.
Please email us at info@copanews.com.au if you'd like to join us. We really need new volunteers.

For website, advertising, or editorial enquiries, email info@copanews.com.au with ATTN Sue Steedman in the subject line

Designer/Web: Bert Croker **Website:** www.copanews.com.au