

Copacabana Community Association Inc.

Winter 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 Tjudibaring and pay our respects to their elders past, present and emerging.

WELCOME TO Winter

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WHAT'S ON

JUNE

Saturday 1

Copa Bushcare 2-4pm
Volunteers meet opposite shops

Monday 3

Avoca Beach Community Association
Meeting: Rik Hart re Council elections
7pm Avoca Beach Rugby Club

8-9 June

Glenworth Grazing Festival
Cooks Road Glenworth Valley

16 June

Blues Bash 2
Davistown RSL

21-23 June

Five Lands Walk
Copa Art Show Friday

JULY

Friday 5

Last day of school term

Saturday 6

Copa Bushcare 2-4pm
Volunteers meet opposite shops

Tuesday 23

First day of school term

AUGUST

Friday 2

James Reyne – Crawl File Tour
Drifter's Wharf Gosford

Saturday 3

Copa Bushcare 2-4pm
Volunteers meet opposite shops

Monday 19

CCA AGM
7.30pm Surf Club

A word from the CCA President

Hello Copa people, CCA members and friends



Copacabana Community Association Inc.

There's been a lot going on over the past few months and we'd like to extend a special thanks to the volunteers who have helped out over Autumn. We had a successful Copa Clean Up Day and we're particularly pleased that lots of rubbish (including a couch and a toilet!) were removed from our precious dune area. And a shout out to The Patch crew for doing a great job with their own clean up.

We also appreciate the many people who helped the RSL before, during and after the Dawn Service this year, which was well-attended as always. From sound systems to wreath stands to seating and staging, set-up and pack up, many hands did indeed make light work. Special thanks to our school captains and prefects and to the bugler, Jaden Bridgland, who drove up from Canberra to perform the always moving Last Post and Reveille at the service. And to Surf Club President Tom Tseng who did a lot of the organising and co-ordination.

You may be aware that a **Council election** will (finally) be held on **Saturday 14 September**. The CCA has lodged lengthy submissions with Council regarding several proposed significant zoning and land re-classification changes which could have negative impacts on Copa's character and desirability as a coastal residential environment. We would need local Councillors who could support the principles within those submissions. We have been without proper representation for too long.

At the election, there will be a Referendum which proposes to reduce the number of Councillors and the number of wards in subsequent years. The CCA recommends you vote NO. It is our strong view that we do NOT NEED FEWER local councillors to represent larger geographic areas. Vague arguments of 'cost savings' do not convince us. We need our councillors to strongly represent truly local issues and be accountable to the community.

Please make a diary note that the **CCA AGM will be held on Monday August 19 at 7.30pm** at the Surf Club. A new committee will be voted in at the meeting and we urge all members to renew their memberships before the 8th of July in order to be able to vote for candidates. Email us at info@copanews.com.au if you are unsure of your membership status.

Meanwhile, stay warm and dry if you can and enjoy the quieter months in Copa.

Sue Steedman

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Caring for our dunes for nearly thirty years

Did you know that there is evidence of an Aboriginal midden that runs along the dunes of Copacabana beach? The dunes are crucial to maintaining the health of our foreshore environment and they require diligent care and management. Copacabana Bushcare was established in 1995 by a group of local volunteers. Over the years the group has received several grants that have enabled us to build the viewing platform and information signs that you see on the Copa foreshores.

The major focus and achievement of our group over the years has been to preserve and improve the coastal vegetation in the dune area. We aim to stabilise the dunes and improve and restore habitat for native birds and other animals. Without the hard work of our volunteers the native plants would be overrun with weeds. Native vegetation provides protection for our dunes, but the impact of erosion and human interference is becoming increasingly challenging.

We are always looking for volunteers. If you'd like to do something worthwhile for your local environment but don't have a lot of time, come along to Copacabana Bushcare where you can make a difference among a team of friendly people. Our group meets for two hours once a month, so it's not a big commitment. It's a great way to meet locals, especially if you're new to Copa. No experience is necessary, and all tools are provided.

You will learn about the importance of the dunes by helping to restore, enhance and protect this fragile coastal environment. We will teach you about bush regeneration techniques and how to identify the local flora. It's difficult to know what is a weed and what isn't but you'll soon learn the difference. We also work on seed collection and propagation.

We meet on the first Saturday of the month from 2–4pm. No need to register. Just come along and look for our banner opposite the Copacabana shops. Join in for the experience, meet new people, help your local environment...you will be warmly welcomed.

Our Bushcare Supervisor is Leigh Hardiman. Contact Bushcare Convenor Bernadine Mitchell on 0418 420 737 for more information.

Photos: Elaine Norling



Move your home up the wanted list.

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TJUDIBARING'S Got Talent



Spectacular entertainment lineup revealed for 5 Lands Walk



Copacabana Green, Saturday 22nd June – 7.30am to 4pm

As the countdown to the highly anticipated 5 Lands Walk begins, Copa is set to dazzle with a showcase of creatives from our community with the theme 'Tudibaring's Got Talent'. The program promises to be an unforgettable celebration of community spirit, culture and artistic expression against the picturesque backdrop of our beloved coastal haven.

Kicking off the festivities will be a poignant First Nations Cultural ceremony, featuring a heartfelt Welcome to Country from the traditional blood-line custodians of Tudibaring, Shad Tyler and Brad Twynham. This ceremonial opening will set the tone for a day of unity, respect, and appreciation for the land and its custodians.

Throughout the day, attendees will be treated to an array of artworks from the students of Copacabana Public School and Kincumber Preschool as well as a dance and musical performance from Copa School kids. This will be a showcase of the next generation of creativity that is thriving within our community.

Taking centre stage will be the dynamic young rock band, Jetlag, whose members Jude Halter (12), Sam Conroy-Liddle (11), and Alec Halter (10) are poised to rock the audience with a passion and energy far beyond their years. Joining them is the soulful songbird, Keira Blaikie, whose enchanting voice promises to transport listeners to ethereal heights.

Adding to the vibrant tapestry of talent are Aimie and Tim Orgias, who will bring their infectious vibes and community

spirit to the event with the Tribal Bliss Dance Group and In-Rhythm Drumming collective. The return of the Survivors Choir, led by Copa local, Heather Stapley, will undoubtedly touch hearts and uplift spirits.

As the day unfolds, a plethora of Copa bands, including Karimbian, The Chestnuts, and Frecko, will take to the stage, jamming out and filling the air with infectious rhythms and melodies.

"We are thrilled to present Tudibaring's Got Talent as part of the 5 Lands Walk celebration," said Briar Forrester, a member of the Copacabana Planning Committee.

"This event embodies the spirit of inclusivity, bringing together people from all walks of life to celebrate our community's rich creative and cultural tapestry. We invite everyone to join us for a day of music, art and camaraderie, as we come together to create memories and strengthen the bonds that unite us, living up to the 5 Lands Walk mantra."

Connecting People to People and People to Place. A place where no one is excluded. A place where people are encouraged to celebrate life and have fun with their families, friends and the wider community. In doing so, help to create a more harmonious and Inclusive Society on the Central Coast and beyond.

For more information, please visit www.5landswalk.com.au or contact Briar Forrester at briarforrester@gmail.com



Sally Bartley



Local Playwright and actor Sally Bartley has been in the news recently for her winning entry, 'Walk a Mile', chosen for performance in the Sage Age Short Play competition in Sydney. She also won the People's Choice Award at the Short and Sweet Sydney Theatre Festival for her play, 'Three Sides to Every Story', after the play won its heat and went into the final.

Sally has lived in Copa for thirty three years, having 'migrated' from Scotland Island when her twin girls were born. The beach was the main attraction – husband Dave is a keen surfer – as well as the relatively affordable real estate (back in the day!). The couple knew people on the coast and loved the lifestyle. Their girls went to Copa Primary and Gosford High. Sally was able to forge creative connections on the Coast, starting with joining the Wyong Drama Group.

When Sally first got involved in theatre, she saw herself behind the scenes rather than up on stage, but she caught the acting bug and since then she has performed in many plays, including at the Red Tree Theatre in Tuggerah (home of the Wyong Drama Group) and Woy Woy Little Theatre. She says that drama has 'really taken off' up here, with theatre goers showing a renewed interest since the Covid years.

Her favourite role was as the Narrator, Jean Louise (the adult Scout) in 'To Kill a Mockingbird', which she found challenging and enjoyable because she was interacting with the audience rather than with other actors as is usually the case.

Sally started writing about eight years ago and wrote her first short play for the Woy Woy Little Theatre 'Flash Festival', which she still enters every year. She has written thirty short plays which run between ten and forty five minutes, but her biggest thrill has been to have her full length play 'Illuminati' put on by Uniting productions in Gosford recently. Sally also performed in the play and says that while it is often difficult for a director to direct an actor who is also the playwright, Ron Baker and Julie Baker did a 'wonderful job' with Illuminati.

Sally has also loved working with her friend, Director Deb Clarke, from Terrigal.

When Sally isn't working, she enjoys walking the local hiking tracks – she did the Camino Trail last year, which she says 'is not for the faint-hearted' with its' cobblestones and rough terrain. Nonetheless, Sally doesn't seem one to shy away from a challenge, as her prodigious creative output suggests. It was a pleasure to talk to Sally and we're lucky to have her and other wonderful creatives here in Copa.

If you're keen to see Sally perform, get along to the Red Tree Theatre at Tuggerah on the long weekend. She'll be acting in a play she also wrote called 'It's Complicated'. For info go to www.wyongdramagroup.com.au

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Planning for travel overseas? Be prepared.

With Winter cold and rainy weather closing in, you may be planning to venture overseas for a holiday in the next few months.

First step is to go to the government Smart Traveller website for general advice at www.smartraveller.gov.au

On that page you'll see links to various advice regarding your health, including a recommendation that you talk to your doctor regarding specific advice to suit your personal health care needs.

Advice includes:

- Make sure you schedule an appointment with your doctor at least 6 weeks before your departure so that you have ample time to prepare and implement their advice and recommendations.
- Ask if it's safe for you to travel. Especially if you're a mature traveller or have a pre-existing condition. If you rely on specialised care, it may be hard to find overseas.
- If you're planning to travel while pregnant, talk to your obstetrician, travel insurer and airline. They can advise if there's any other steps you can take to reduce risks to you and your unborn child. Tell your doctor where you're going. Ask for preventative advice that suits your needs at your destination.
- Ask your doctor what vaccinations or boosters you need for your specific destination.
- Ask how many shots (or courses) you'll need, and when to get them. Some vaccinations need several applications and take time to have an effect.
- Find out which infectious diseases are common in your destination. Learn what practical steps you can take to help reduce your risk of infection.
- Find out if you need a vaccination certificate to enter your destination. This is especially common in countries with Yellow Fever.
- Some preventative products like mosquito nets you can probably get when you get there. Others, especially repellents and medications, may be safer to buy before you go. Not all destinations share Australia's high quality and safety standards.

- Stock up on medications and supplies. You may have challenges refilling your script or finding medical supplies overseas. Your medication may not be available at your destination; it could be low quality or even illegal there.
- Ideally, take enough medication for your whole trip. You may wish to take a bit extra, in case things change and your return home is delayed.
- Find out if your prescription medication is legal in your destination. Local authorities could charge you for carrying or using drugs. You could be arrested or jailed.
- Find out if the Pharmaceutical Benefits Scheme (PBS) has restrictions on your medication. There are laws and restrictions on the amount and types of PBS subsidised medicine you can take overseas.
- Keep your medication in the original packaging. Carry your script and a letter from your doctor that explains why you have it. If authorities question you about your medication, this can help prove it's for personal use, not for sale.
- When you're packing, keep some of your medication in different bags. If one bag is lost or stolen, you won't have to worry about running out.

Here at Copa Medical, we can offer suggestions and advice before you go so that you take all necessary precautions to ensure that you have a safe and happy holiday or business trip.

And if you haven't yet had your COVID booster or influenza vaccination, it may be a good idea to get those before you go to minimise risk of any illness.

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COPACABANA
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Copa SLSC *60th Anniversary*



Keeping our community and visitors to our beach safe for sixty years was a milestone that Copa Surf Club was always going to celebrate well. It was an opportunity to acknowledge the members who have dedicated so many hours on the beach, performed rescues, supported club programs or who generally have just been part of our rich history.

We had held formal functions before, but this had to be something special, something new, something unique. We felt a strong need to involve the community and once we had given the members an opportunity to buy tickets, it was open to the rest of Copa and it was great to see that many took up the offer. With a small but committed organising team, the Diamond Knights Gala went off better than we could have hoped.

We had always wanted to host an event in a marquee on the Green, and this was the perfect opportunity. Lined in dark curtains with fairy lights throughout, a central stage was surrounded by bespoke seating installations that meant that the night was always going to be free-flowing. Upon entry, guests received their first party-starter - vodka or tequila shots - thanks to Change Property - and proceeded along a darkened



walkway to be greeted by a sensational sculpture created by Brad Danckert.

Brad has been responsible for unique and quirky installations around Copa, and along with his wife Tina and daughter Hannah, he's an important part of our surf club family. Their older daughter Josie was a champion Nipper and athlete who was particularly gifted on the sand. She won many Branch and State medals and the club has a perpetual trophy in her name. We were stoked beyond words when Brad agreed to design a sculpture for the 60th. Thanks Brad.

Guests had photos taken with the sculpture before entering the dark and moody yet elegantly styled space, to be met with a glass of bubbles from the champagne lady who's dress carried over 60 glasses of fine Prosecco (generously provided by local business, Upstairs wines). With live music by local Jesse O'Neill, Adam Spencer graciously stepped in to MC the event, taking everyone on a journey that included caricaturists, incredible and endless cuisine, a magnificent burlesque performance.... and then...it all came to an end at about 9:30. Or did it?

In a cleverly choreographed sketch, our MC started to thank everyone for attending and wished everyone a safe trip home leaving many confused that their night had ended after a few short hours. Then, like a modern-day piper, DJ Betty Swing appeared playing her saxophone and taunting the crowd that their reputation for celebrating big events may have been unfounded. As she turned and played her way out of the marquee, she invited everyone up into the club where she energised the crowd with the tunes she played. Her amazing voice and the saxophone accompaniments really enhanced the whole experience.

If you have ever been at any social event at the surf club, you know that people can really enjoy themselves. This particular night was no different but did provide the added and unique situation that for a solid two hours, the only people not dancing were those catching their breath.

In summary, the night was a fitting and appropriate way for the Club and its members to reflect on the many years of service, to acknowledge the members who have contributed to that service over sixty amazing years, and to celebrate the joy and connection of protecting the community and its' visitors.

The Board wishes to thank the organising committee - Jo Richards, Briohny Kennedy, Jo Fraser, Geeke Filart and Adam Richards - for creating an unforgettable event.





Copacabana Public School

A message from Penny Hooper – Relieving Principal

Term two is in full swing!

Plenty of exciting opportunities and events have been happening in and around Copacabana Public School over the past few months.

Our leaders proudly represented the school in a moving ceremony on the Green in the Anzac Day dawn service carrying out readings, wreath laying and flag bearing duties. Anzac Day was also commemorated with our school assembly where we welcomed one hundred year old WW2 veteran, Jack Bartlett, who served in the navy from 1942-1954.

We celebrated our Mothers, Aunties and Grandmothers as significant women in our lives with a breakfast morning tea and classroom activities.

Students have been extremely busy in classrooms with STEM design lessons and also attended the Cross Country Carnival sporting day. We are always proud to recognise the remarkable students who attend Copacabana Public School.



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Copacabana RFB



We experienced a relatively slow start to autumn this year due to the wet weather, which delayed our usual hazard reduction burns. On a positive note, our recent recruitment campaign was a success. We welcomed two new trainees who are about to complete their assessments in the coming weeks. Once they pass these assessments, they will be fully qualified to respond to emergency calls in the community. Their addition to our team will bolster our response capabilities and help us serve you better.

We encourage everyone to follow our Facebook page for updates, including details about our second recruitment drive later this year. If you are interested in joining our dedicated team, this will be a great opportunity to get involved.

As we transition into winter, the risk of house fires increases. This is a critical time to ensure your home and family are prepared. If there is a fire in your home, do not wait—EVERY SECOND COUNTS. GET OUT and STAY OUT, then call triple zero (000). It is imperative that you never re-enter a burning building under any circumstances. Your safety is our top priority.

Creating a home escape plan and ensuring you have working smoke alarms can significantly increase your chances of escaping a fire safely. Tragically, nearly 50% of homes in NSW damaged by fire do not have working smoke alarms. Fire and Rescue NSW strongly recommends installing hard-wired, interconnected smoke alarms, as they provide the best protection. If this isn't feasible, smoke alarms with 10-year lithium batteries are a good alternative.

Maintaining your smoke alarms is just as important as having them. Test your smoke alarms monthly by pressing and holding the button for 5 seconds until you hear the beeps. Every six months, vacuum dust off your smoke alarms to keep them free of particles and reduce the likelihood of false alarms. Annually, replace any lead or alkaline batteries, and replace your smoke alarms every 10 years, or sooner if specified by the manufacturer. These small steps can make a big difference in ensuring your safety.

We are excited to announce that we will be hosting an open day at our station on June 22nd for the 5 Lands Walk.. This event is a fantastic opportunity for the community to come together and learn more about fire safety. We will have our trucks on display, and our team will be available to answer any questions you might have. And don't miss out on our homemade cake stall, featuring all your favourites. We look forward to seeing you there and sharing a great day with you. Thank you for your continued support and cooperation. Together, we can make our community safer.



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CCA AGM
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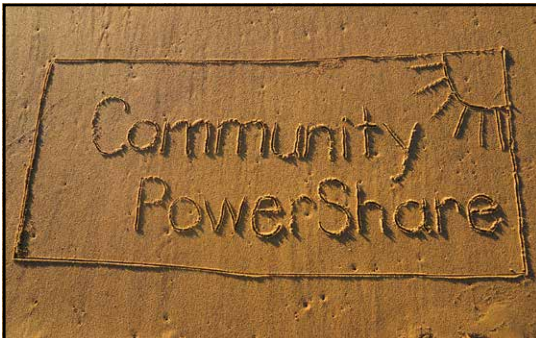

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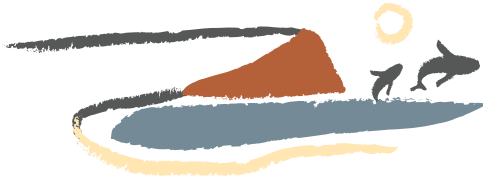
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Copacabana Community Association

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.

NEXT MEETING:

Monday, August 19, Copa Surf Club, 7.30pm

Nominations welcome for the 2024/25 CCA Management Committee.

You can help make a difference in your community.

You need to be a current financial member to nominate and or/vote.

Please come along to the meeting and join us for drinks afterwards.

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).

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PLEASE NOTE NEW BANK DETAILS

Direct Deposit: \$20 per household membership (2 people)

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: Sue Steedman **Secretary:** Margaret Platell **Treasurer:** Rob Morgan **Committee Member:** Bernadine Mitchell

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.

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