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Winter is coming and so are the whales

IN THIS ISSUE:

- What's On this Winter
- 5 Lands Walk
- Meet the Candidates Forum
- Copa's Local Hero
- Copa Medical Centre
- Copa RFB
- Copa Public School
- Copa SLSC

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WHAT'S ON

EVERY SATURDAY TILL SEPTEMBER

Mt Penang Farmers Market

JUNE

Saturday 04

Copa Bushcare 2-4pm Meet at viewing platform

Friday 3-Monday 6

Words on the Waves Writers Festival Ocean Beach Surf Club, Umina

Monday 13

Queen's Birthday public holiday

Sunday 26

Avoca Beachside Markets 9am-2pm

JULY

Friday 01

Last day of school term

Saturday 02

Copa Bushcare 2-4pm Meet at viewing platform

Tuesday 19

First day of school term

Sunday 24

Avoca Beachside Markets 9am-2pm

AUGUST

Saturday 06

Copa Bushcare 2-4pm Meet at viewing platform

Saturday 27

Melinda Schneider: Lovesongs Laycock Street Theatre

Sunday 28

Avoca Beachside Markets 9am-2pm

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A word from the CCA President

Hello Copa people, CCA members and friends

As of May 23 we have a new Federal government and a new member for Robertson, Dr Gordon Reid. According to Coast Community News, on the Central Coast, 'Labor strengthened its hold



Copacabana Community Association Inc.

on the northern seats of Dobell and Shortland, while Dr Gordon Reid delivered a resounding 7.7 per cent swing for the ALP in Robertson to oust incumbent MP, Liberal Lucy Wicks.'*

The CCA hosted a Meet the Candidates Public Forum on May 9 at the Surf Club and it was a full house, packed with locals and visitors to hear from 8 of the ten candidates vying for the seat of Robertson. See the article in this issue for a brief report. We hope it helped some of those undecided voters to get to know the candidates and their key policies and plan to run a similar forum ahead of the State election next year.

It was with great sadness that we learned of the passing of Life Member, Marion Stewart on April 1 this year. Marion was a stalwart of the community, part of a group of volunteers responsible for the establishment of many of the facilities we enjoy in Copa today, such as the fire station, the tennis courts and the surf club. We were privileged to attend Marion's Memorial Service along with her family and her many friends from the local community. It was a very moving and fitting tribute with the sharing of loving memories from her family that celebrated her wonderful life. In lieu of flowers, the CCA made a donation on behalf of members to Marion's favourite charity, Elsie's Retreat.

It came as no surprise that Marion had planned the service herself, which was conducted by Copa resident and celebrant, Lorraine Parks. Marion was a well-known and much-loved member and we have included a tribute to her in our Local Hero story for this issue.

After the disappointment of cancellations due to Covid in 2020 and 2021, the 5 Lands Walk is on again this year on June 25. There's a heap of local events and activities planned, so check out their facebook page for details or registration or go to www.5landswalk.com.au for more information. There's a story on that event in this issue too.

We would like to encourage you to consider joining the CCA. We are a volunteer organisation and rely on membership subscriptions and advertising revenues to fund the activities and events we run for the community. We welcome new members and advertisers and would really appreciate your support. See back page for details. Thanks to our existing advertisers, who make it possible for us to bring you Copa News at the start of each new season. We also remind you to check out our website at www.copanews.com.au for all the latest information on what's going on in Copa.

If you have any local issues you'd like to bring to our attention, please drop us a line at info@copanews.com.au or come along to our next meeting, which will be held at the Surf Club on Monday July 4 at 7.30pm. Hope to see you there – all welcome.

Sue Steedman

 ${\color{blue}{^*}} \underline{\text{https://coastcommunitynews.com.au/central-coast/news/2022/05/big-swing-to-labor-on-the-coast-as-the-nation-votes-for-change} \\$



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5 Lands Walk is coming to Copa again

After two years of cancellations Copa will be a destination of electric entertainment and activity as the 5 Lands Walk event celebrates Pasifika.

From the younger members of our community, we will have a Hawaiian-influenced dance from The Peninsula Pacific Islander Group and students from Copacabana Public School will be creating themed decorations. The Central Coast High Schools Art & Photographic Exhibition will also take place in the Surf Club.

Also check out the historic Art Exhibition displayed along Copa beach, featuring images and articles from the beginning of settlement to the present day and the Stingray Sculpture coming off the beach.

The vibrant youth culture of the Central Coast will be on show. Art and photography exhibitions of works by High School and Primary Schools from the 5 Lands area will be featured as well as great live music featuring emerging artists.

Copa locals will connect with the broader community to bring an exciting multicultural program as well - and as walkers

journey northwards to the lookout, echoing the migration of the whales - you will hear some expert storytelling about the habits of the humpbacks that grace our coast each year.

Take a tour and experience all the sounds, arts and diversity in the cultures of our South Pacific Island neighbours. It will be a celebration of all Pacific people in our community and an opportunity for them to share their knowledge, values and beliefs and support the vision that the Central Coast is a vibrant, creative and culturally diverse destination.

The beauty of these cultures will be highlighted with performances from Maori and Pacific Island cultural group Nga Waka Te Whetu, Local Pacific Island artists and Central Coast Ukulele Group.

The Copa stage will also host two choirs, The Survivors Choir (made up of survivors of stroke and Parkinson's) and Ecopella, who perform songs about environmental issues.





Photos by Elaine Odgers Norling



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Full house at Robertson Candidates Forum in Copacabana

It was standing room only at a 'Meet the Candidates' forum on Monday May 9 to hear eight Candidates for Robertson in the Federal Election spruik their policies, an event organised and moderated by the Copacabana Community Association and held at Copa Surf Club. Many familiar faces were in the audience from Copa and Avoca and about half of the crowd were visitors from elsewhere on the Coast.



The forum provided an opportunity for the candidates to outline their key policies in short speeches, then for each to address three key questions from the event organisers which had been provided to them ahead of the forum. Those topics concerned emissions reductions targets; seismic testing and offshore mining licenses and their intentions regarding the establishment of a Federal ICAC.

All the candidates gave comprehensive (and in some cases impassioned) responses to the questions and the consensus view from the audience was that the opportunity to hear policies on what were clearly important issues was informative and shaped (or cemented) their assessment of the candidates.

This was followed by an open Q & A session. Although the audience was quite respectful and attentive during the formal proceedings, it was a rowdy crowd during the Q&A. There were some very vocal (non-local) supporters of some of the minor parties in attendance who threatened to dominate the agenda at times and some of the more moderate members of the audience left early in protest.

Comments made to CCA committee members after the event indicated that the majority of the audience did not appreciate the aggressive tone of some of the audience questions and many felt that broader issues, such as national security and aged care could have been addressed, given more time. It appeared that for some people, the 'debate' certainly sealed their voting intentions.

Most of the candidates stayed on after the Forum to mingle and talk to audience members and thanked the CCA for a well-run forum.

President of the CCA, Sue Steedman said: "These events represent an opportunity for undecided voters to learn about the key policies and agendas of candidates they may never have seen before. For the CCA committee, the ability to facilitate and co-ordinate public meetings like this is an important function which we believe is appreciated by our members and the broader community. We intend to run a similar event ahead of the State election next year."



Incumbent Lucy Wicks addresses the crowd.

Photos by Elaine Odgers Norling

Vale Marion Ruth Stewart

24.04.23 - 01.04.22

arion was born at the historic family farm 'Reibycroft' in Freeman's Reach, built around 1820. She grew up there as one of ten siblings born to her parents, Thomas and Gertrude Greentree. After living in Coogee with her older sister and working in the city during the Great Depression, she returned to live in Wilberforce and married her beloved husband, Claud in Windsor in 1940. They moved to Balmain and both worked at Dunlop in Birkenhead Point when the war broke out. Their daughter, Claudia was born in 1942 and their son, Kim in 1956 after they moved back to Windsor.

While living in Windsor, Marion joined the Windsor Tennis and Bowling Clubs and was very accomplished at both sports. In 1968, she and Claud bought a home in Copacabana which became their family home when Claud retired in 1978, long before the school was established in 1983 (some of the Stewart grandchildren were part of the first intake at Copa PS). The family - by then including an extended clan of children and grandchildren - enjoyed many happy holidays in Copa over the years and all share fond memories of visits here. After Claud's death in 1999, Marion was comforted by the love

In 2011, Marion moved to an apartment overlooking the beach, where she enjoyed the view from her veranda up until her last days. She was also an avid card-player and enjoyed her weekly games and get-togethers with that group of friends. Marion played bowls weekly at Avoca Bowling Club and a group of members in full bowls uniform attended the memorial service to honour her.

and support of family and friends.

Marion was an energetic advocate for the community and helped ensure that important facilities were established at Copa, including the fire station, the tennis courts and the Surf Club. She was a great supporter of Neighbourhood Watch; a founding member of the Copa Progress Association and subsequently the Copa Community Association, a tireless volunteer and fundraiser, including making her legendary jams and pickles for the RFS. Like her great friend and fellow CCA Life Member, Bonnie Hawkins, she has been described as 'the backbone of the community'.

On behalf of the community, we express our gratitude for her service and extend our sincere sympathy to Marion's family and friends.

Photo by Elaine Odgers Norling



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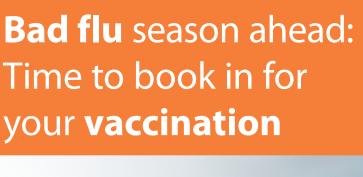
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With COVID restrictions finally easing, we'd like to alert the community that health authorities are warning of a significant increase in influenza cases and severity now that people are gathering in greater numbers. According to recent reports, influenza cases in NSW more than tripled between March and April, with mask rules having been relaxed and borders now open to international visitors. There are concerns that after the pandemic, 'vaccine fatigue' may mean that fewer people will book in to get their annual flu vaccination this year, leaving them susceptible to illness.

Health Protection NSW's Dr Vicky Sheppeard said:1

"This year there is a particular concern for those young children aged two and under, who have never lived through a flu season or gained any immunity to the virus,"

Flu shots are free for:

- Children from 6 months to under 5 years of age
- Pregnant women
- Aboriginal and Torres Strait Islander people from 6 months of age
- People who are 65 years of age and over
- People with the following conditions:
 Cardiac disease; chronic respiratory conditions; chronic neurological conditions; immunocompromising conditions; diabetes and other metabolic disorders; renal disease; haematological disorders; children aged six months to ten years on long term aspirin therapy.

You may also need a COVID-19 booster shot

Federal health authorities provide the following advice on their website:²

The cold weather can make it easier for viruses to infect our bodies. As Australia moves into winter, an additional booster dose, or 'winter dose' is recommended for people at higher risk of severe illness from COVID-19 who have already had their first booster dose. If it has been at least four months since your first booster dose and you fit into one of the below categories, you should book an appointment to have another booster dose as soon as possible.

- · 65 years or older
- A resident of an aged care or disability care facility
- 16 years and over severely immunocompromised
- Aboriginal or Torres Strait islander and aged 50 years and older

People who have had COVID-19 should also wait at least 3 months before having an additional dose. We highly recommend that you maintain social distancing in crowded places and good hand hygiene to protect yourself and people around you.

If you are eligible for a COVID booster dose, this can be administered at the same time as the influenza vaccine. Ask our friendly staff for more advice or to check your eligibility.

^{1.} Sydney Morning Herald, April 28, 2022 – NSW headed for 'significant flu epidemic' as cases triple.

^{2.} www.health.gov.au/health-topics/immunisation/vaccines/influenza-flu-vaccine



CopaRFB UPDATE

by **Shane Hughes** Captain, Copacabana RFB

We have gone green! Thanks to a \$70,000 grant from the State Government, our station is now fully powered by renewable energy from the sun. This solar and battery system will power our station indefinitely when Copa loses power which will allow us to continue to service the community during any emergency or disaster.

Our brigade had a busy start to Autumn. Our members stepped up to deliver care packages and help residents with their clean up in flood-affected Spencer on the Hawkesbury River. The persistent and at times torrential rain we have experienced has created a few more problems than just potholes for us locally. Recently we experienced a landslip on Cullens Road that blocked roadside drains and caused stormwater to inundate the road. A very dangerous situation developed quickly for drivers on this busy road and our members wasted no time jumping in (literally) to find the drain and clear the blockage.

We have had two new members complete their bushfire training in recent months and they are now attending callouts. We congratulate and welcome James and Andrea to our team.

After two years of cancelled and curtailed events, we were fortunate to hold a successful open day over the Easter long weekend. We were very proud to show off our station and equipment and excited to see and interact with so many in our community again. Our next open day will be the same day as the 5 Lands Walk – Saturday 25th June - and we are planning for it to be even bigger than our Easter event. Please come along and say hello.







Copacabana Public School

A message from Mary Hunt - Principal













School Cross Country

On Friday 29th April, Copacabana Public School held the annual Cross Country Carnival. Congratulations to all our students for your outstanding participation and behaviour. From our students who were gracious in victory and those who lost a shoe but kept running we are so very proud of your achievements! As a school, it was wonderful to see great sportsmanship, resilience and school spirit! A very big thank you to all the staff and especially to Mrs Robins and Mr Bragg for their organisation of the carnival.

Our Cross-Country team represented Copacabana Public School at the PSSA Zone Cross Country on May 20.

Moran Photography

On Monday 2nd May, Year 6 students participated in the Moran Photography Workshop learning about how to capture images using a variety of photographic techniques. The students explored birds' eye view, ants' eye view, rule of thirds, using lines to draw a focus and using different filters to create a more dramatic effect. All students were actively involved and enjoyed capturing images around the school and sharing their best work with each other. The students were then encouraged to pick their best five photos and were able to print them off and share with their families. The students are looking forward to having their favourite image displayed at the Five Lands Walk event later in June. Many students commented on how much they enjoyed the day and how they felt proud of their work and loved exploring a digital art form using the cameras.

Aboriginal Education Dance Group

On Monday 9th May, our Aboriginal students from Years 3-6 participated in the Tjudibaring local A.E.C.G. Dance Project which was held at Avoca Beach Public School. The students were given the opportunity to work with cultural leaders and choreographers to

learn about traditional and contemporary Aboriginal Dance. They also listened to stories, participated in a group Art Project and had a walk through the Aboriginal garden to learn about the healing benefits of some of the plants. Our students had a fantastic day and enjoyed the opportunity to connect with students from the other participating schools. The children were asked to describe in one word how they felt about themselves after their day and here were some of their responses: Proud, Amazing, Awesome, Accomplished, Fantastic.

Netball School Cup

On Thursday 5th May, Mrs Johnson and Mrs Wilson took a Stage 3 and Stage 2 team to participate in the Netball NSW School Cup gala day at Adcock Park at West Gosford. All students played up to 6 games against other schools and all displayed outstanding sportsmanship. It was also great to see consistent improvements in the players' netball skills throughout the day. We would also like to thank Briana Smith from Kincumber High School who assisted us with umpiring on the day and our amazing parents who assisted with transporting students to and from the venue and for always being a positive support on the side lines. Mrs Johnson and Mrs Wilson were extremely proud of our students as their behaviour was exceptional. Overall, a fun day was had by all!

Mother's Day Spectacular Afternoon

Thank you to our wonderful Mothers, Grandmothers, Nannas and special people in our children's lives who attended the Mother's Day Spectacular afternoon tea held on Friday, 6th May. It was so nice to see so many parents enjoying time with their children. As a school community, I thank you again for your ongoing support of our great school. Huge thanks go out to Mrs Sutton, Mrs McCarthy and the staff for their help at our Mother's Day Spectacular and for making this magical afternoon happen.

Copacabana SLSC By Adam Richards

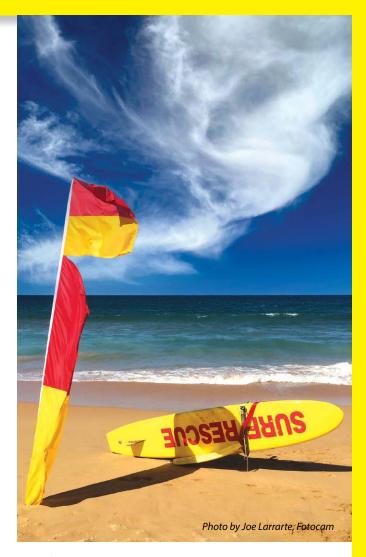
President Copa SLSC

It has almost felt like a normal season for us this year for the club, just without the people and the fun. The crowds were down on the beach, but our patrols managed over 4000 patrolling hours and made 26 rescues. As an emergency service, Surf Life Saving provided flood assistance with Copa members being utilised effectively in the Hawkesbury area.

The Nippers program was a success despite the challenges of 'cautious socialisation'. Credit for this achievement goes to our Director of Junior Activities, Kelly Henry and her team of Age Managers who powered through each week regardless. It never ceases to amaze me how some people start by simply asking how they can help out, and end up as incredible mentors for our young people. The Junior Presentation was held in May and it was a great celebration for the kids to acknowledge their achievements this season.

On the business side of things, our partnership with KoWorks goes from strength to strength and it's great to see other clubs coming on board creating a network of comfortable and alternate work locations. Our committee was ecstatic to finally receive approval on our DA to relocate the First Aid room. This project will go a long way towards creating a new sense of arrival and improving the functionality of the club.

Lastly, as this is my final year as President, I wish to thank the other local community organisations in Copacabana. Our relationships with the CCA, the RFS and Copa Public School were identified as important to our Club's future success and have been key elements in a number of projects - the Community Defib Project being a standout. I wish to publicly thank Sue Steedman and Shane Hughes for their support



and friendship over my time in this role. Sometimes it's not easy but there can be no community unless people work together, and I am proud that our club has developed meaningful relationships with other organisations in Copa.

Hopefully this is a turning point for us all. As we all venture back to what we would call 'normality' and start to enjoy people and places, Copacabana

SLSC will return to creating opportunities for gatherings celebrations and bringing people together. It's why we do what we do after all.

Regards, Adam



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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.

Meetings are held bi-monthly at the Surf Club. Next meeting Monday, July 4, 7.30pm. All welcome. Come along and have your say.

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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