



Copacabana Community Association Inc.

Autumn 2023

# COPA NEWS

[www.copanews.com.au](http://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.

# Hello AUTUMN

Official publication of the Copacabana Community Association  
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# WHAT'S ON

## MARCH

### Saturday 4

Copa Bushcare 2-4pm  
Meet opposite the shops

### Sunday 5

CCA Clean Up Copa Day  
8am-11.00am  
Meet opposite the shops

### Monday 13–Saturday 18

Vissla Central Coast Pro World  
Surf League (WSL)  
Qualifying Series  
Avoca Beach

### Saturday 25

NSW State Election

## APRIL

### Saturday 1

Copa Bushcare 2-4pm  
Meet opposite the shops

### Monday 3

CCA Community Meeting  
7.30pm Surf Club – all welcome

### Friday 7

Last day of school term

### Sunday 23

Avoca Markets 9am-2pm

### Tuesday 25

RSL ANZAC Day Dawn Service  
5.30am Flagpoles

### Wednesday April 26

First day of school term

## MAY

### Saturday 6

Copa Bushcare 2-4pm  
Meet opposite the shops

### Saturday 14

Mothers' Day

### Sunday 28

Avoca Markets 9am-2pm

# A word from the CCA President

## Hello Copa people, CCA members and friends



Copacabana Community  
Association Inc.

It was such a great holiday season this year, with bumper crowds and much better beach weather in January after a couple of very wet Summers. The CCA

management committee usually takes a break over January, but there's a lot going on behind the scenes and we've been busy. It was good to meet with members and new guests at our first meeting of the year on February 6 to update everyone on our activities and upcoming events.

Members have asked us to address a number of issues including ongoing concerns with beach infrastructure; the potential for a community battery proposal and the continuing roadworks on Del Monte. We are also working on a submission to Council regarding the **Draft Plan of Management for Community Land**, and along with other CCA members, have attended online information sessions and public meetings about the Draft Plan. We're also looking closely at the recently released Central **Coast Strategy: Recommended Priorities for Economic Growth and the Central Coast Regional Plan 2041**.

Please come along and help keep Copa beautiful at our annual clean-up day on **Sunday March 5** – it will only take an hour or so of your time and it's a great activity for kids to get involved in.

We were delighted to be invited to assist the RSL with preparations for ANZAC Day at Copa and look forward to a moving and solemn Dawn Service on April 25.

We are sending out some key questions to candidates in the upcoming State elections and will publish all responses received on our website [www.copanews.com.au](http://www.copanews.com.au)

We'd like to extend our heartiest congratulations to Copa resident; Convenor of the Mens' Shed and CCA member, Dr. Michael Mitchelmore OAM. Mike was awarded an Order of Australia in the General Division, for service to mathematics education and to the community. Mike will feature as our 'Local Hero' in the next issue of Copa News. His achievements are many and varied and his story is sure to make for an interesting read.

We're always looking for new members to contribute their ideas – If you'd like to enquire or receive updates on any of the CCA's activities, drop us a line at [info@copanews.com.au](mailto:info@copanews.com.au).

See you on the beach while the warm weather lasts.

**Sue Steedman**

# Thinking of Selling? Think Stone.



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## *Kirra Dibb* NRLW Champion

Kirra Dibb, a former student of Copa Primary and Sports Captain of Kincumber High (Class of 2015), recalls her 'entire childhood' spent at Copa Beach with her mates. She was a Copa SLSC Nipper, competed in a couple of branch carnivals and spent '9-5 at the beach on weekends.' Living on the Northern Beaches now where she works as an exercise physiologist in between matches, Kirra still regards the ocean as her 'happy place' to relax and unwind when she gets time.

It's no surprise that as a child Kirra was pretty much sports mad. She played for the Kincumber Colts – the only girl in the team – from Under Sixes to Under 10s. After that she played 'everything else' including Oztag; soccer; Ultimate Frisbee; netball and basketball. These were baby beginnings for a stellar career in the NRLW which began when Kirra was 19.

Primarily playing in the halves, Kirra is an Australian and New South Wales representative player and over the years has played for the Sydney Roosters, New Zealand Warriors and Newcastle Knights in the NRLW and for the North Sydney Bears in the NSWRL.

She made her Origin debut for New South Wales in 2019, starting at five-eighth in their 14-4 win over Queensland and again played at five-eighth in 2022. NSW were again victorious, with Kirra scoring a 40-metre solo try.

2022 was a pretty good year, even by Kirra's standards: She was named the Harvey Norman NSW Women's Premiership Player of the Year, she played for Australia in the Indigenous All Stars team and in October she played in the Newcastle Knights' Grand Final winning team over the Parramatta Eels.

As to her greatest achievements in Rugby League, humble champion Kirra says that she believes it is her (and other female players') impact on the next generation and the mentoring they do. She is proud that girls can now see a pathway into a very real dream in the sport and that young boys no longer think it's odd to see women playing now because they've grown up with it. She says her role models are 'every female making a pathway in every sport' and comments that she loves seeing what's happening in women's sport across the country.

When asked about her Rugby League heroes, she says she is grateful to 'all the women who played before me. Women who sold their cars and quit their jobs to go on tour, who pushed the game ahead into the competition it is today that I am lucky to be part of.' She was also a big fan of Panthers and Roosters great Brad Fittler and was thrilled when she got to play for the Roosters.

In February 2023, Kirra again played in the Australian Indigenous All Stars team against the Maori Ferns in Rotorua and says this honour rates extremely high in her list of achievements.



'That week was probably my favourite week of rugby league. That game had an entirely different meaning. It really holds a very special place in my heart.'

Kirra acknowledges her parents, Mark and Lynette Dibb (who still call Copa home) who 'probably don't get enough credit' for the encouragement and support they gave her as a youngster, driving her to everything including games, training, camps and tournaments. With an older brother who works in the NRL, rugby league is in the blood for this family. Kirra says her parents are still her biggest fans.

With contract negotiations under way at time of writing, Kirra can't say yet where she will play this year. But she does say that her best game is 'always yet to come' and she wants to play at the same high level for as many years as possible.

We sure she has many representative honours to come and congratulate her on being a great role model for all kids who aspire to achieve at the top level in their chosen sport. We wish her well for the 2023 NRLW competition.



# Time to book in for your flu jab and maybe a Covid booster?

## Flu season is coming

With our borders open again and people mingling with each other in large numbers after a few relatively isolated winters, it is likely that influenza cases will be on the rise this year, as they have been in the Northern Hemisphere winter.



Here are some ways to help prevent the spread of flu:

### Get vaccinated:

It is important to get the [influenza vaccination](#) each year to continue to be protected, since it wears off after 3 to 4 months and flu strains (types) change over time. You may be eligible for a free flu shot. Call us to enquire or make an appointment.

### Observe good hygiene:

Wash your hands and practice good hygiene by covering your mouth when coughing or sneezing. Throw used tissues in the bin immediately and don't share cups, plates, cutlery and towels with other people.

### Keep surfaces clean:

Clean surfaces such as your keyboard, phone and door handles regularly to get rid of germs.

See [www.healthdirect.gov.au/flu-vaccine-faqs](http://www.healthdirect.gov.au/flu-vaccine-faqs) for more information.

Those practices will also help prevent the spread of COVID-19.

Give our friendly staff a call to discuss your vaccination needs and make an appointment as the surgery is likely to get very busy ahead of the flu season.

### ATAGI now recommends COVID-19 boosters for certain groups

ATAGI now **recommends** a 2023 COVID-19 vaccine booster dose for adults in the following groups, if their last COVID-19 vaccine dose or confirmed infection (whichever is the most recent) was 6 months ago or longer, and regardless of the number of prior doses received:

- All adults aged 65 years and over
- Adults aged 18-64 years who have medical comorbidities that increase their risk of severe COVID-19, or disability with significant or complex health needs.

ATAGI advises the following groups should **consider** a 2023 booster dose if their last COVID-19 vaccine dose or confirmed infection (whichever is the most recent) was 6 months ago or longer, and regardless of the number of prior doses received, based on an individual risk benefit assessment with their immunisation provider.

- All adults aged 18-64 years without risk factors for severe COVID-19
- Children and adolescents aged 5-17 years who have medical comorbidities that increase their risk of severe COVID-19, or disability with significant or complex health needs.

ATAGI advises that a booster dose is not **recommended** at this time for children and adolescents aged under the age of 18 who do not have any risk factors for severe COVID-19.

COVID-19 vaccines can be co-administered with influenza and other vaccines.

### Opening Hours:

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# Copacabana Rural Fire Brigade



Copacabana Rural Fire Brigade is fully staffed by volunteers and began 2023 with a significant campaign to attract new volunteers. While it's been a very wet couple of years, a return to dry conditions and increased bushfire danger is inevitable and the need for a strong volunteer firefighter base remains strong.

The recruitment campaign was covered by NBN TV news and local print media and was backed up with a letterbox drop around Copa and nearby suburbs. Many locals will have seen our recruitment social media posts. Several information nights were held at the station for people considering joining to ask questions and tour the station. All this promotion has resulted in an influx of new people who will do their basic bushfire fighter training before joining activities in earnest, which is a great outcome.

It's not too late to become a volunteer with Copa RFB. All training and equipment is provided and you will be supported by a diverse group of existing members as you learn the ropes. If you would like to know more, you can message us via our Facebook page or call 4382 2400.

It's been a busy start to 2023 with regular call outs. These

included several motor vehicle accidents and emergencies. We helped out when a car got bogged on the beach, and when a car crashed into bush off Scenic Road at Kincumber. We assisted ambulance and police when a bushwalker suffered a medical episode in Bouddi National Park, and later helped Ausgrid when a tree branch came down on powerlines in Copacabana.

One of our Deputy Captains headed to northern New South Wales as part of a Central Coast strike team dealing with several large grassfires in the Namoi and Gwydir region. The risk of significant grassfires is high this year in inland areas with huge grass fuel loads after all the rain.

In between these activities, weekly training continued to maintain our crew's volunteer skills. All part of the diverse opportunities of joining the NSW RFS. Please get in touch with us if you want to get involved with your local brigade.



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# Copacabana Public School

## A message from Penny Hooper – Relieving Principal



### Welcome to 2023

It is a great pleasure to introduce myself as the Relieving Principal at Copacabana Public School. Wow what a welcome I have had! I have taught and lead at many Central Coast public schools, most recently as Deputy Principal at Bateau Bay Public School. Having worked alongside many staff and executives across several local and regional schools, I know the wonderful name our school has in the educational community. Students at our school achieve well and are provided with a significant number of opportunities to reach their full potential, thanks to all our dedicated staff.

I look forward to working with students, staff and parents to continue the strong collaborative vision for Copacabana Public School and making improvements aligned with the 2021-2025 School Plan's strategic directions of student growth; instructional leadership and wellbeing.

I would like to take this opportunity to thank Mary Hunt for her inspiring support in my transition to Copacabana Public School and wish her well in her new PEO role.

After meeting many wonderful parents at the morning and afternoon gates and greeting their children in the playground, I can see the authentic relationships everyone has with this school. To say I was blown away is an understatement. I truly believe the impact that public schools have on the children's social, emotional and educational development is essential. I place a strong emphasis on the connections between school and home and am dedicated to developing strong relationships to ensure all students are known, valued and cared for.

I look forward to meeting parents and carers over the year so together we can continue the amazing achievements that Copacabana Public School has established already.

### Classes 2023

We have successfully formed 11 classes and students have settled very quickly into class routines. Thank you to all the staff who have worked tirelessly to ensure all student needs are being met socially and emotionally so they will thrive in 2023. On Friday 3 February we welcomed 39 Kindergarten students into Copacabana PS who are keen and eager to commence their primary schooling. It's quite astonishing to consider students commencing Kindergarten this year will complete Year 12 in 2036!

### Leadership

Our captains and prefects will be attending the "National Young Leaders Day" in Sydney in March to support their leadership of our school. Speakers to inspire our young leaders of the future will include: His Excellency, The Honourable General David Hurley; Dr Jordan Nguyen; Caitlin Bassett; Nazeem Hussain and Chris Green.



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# Copacabana SLSC



The summer period was a busy time on the beach and in the club for Copacabana SLSC. The number of visitors to the beach each day were the highest we have had since the pre-Covid period. There have been nine rescues this season so far, and numerous preventative actions taken by our patrolling members. (These figures don't include the rescues and preventative actions by the Council Lifeguards).

In the Club, we had Summer Weekenders with Elyse and her fabulous team of chefs from Arties Café providing meals on most of the Friday, Saturday and Sunday evenings during the holiday period. The food was delicious and there was a themed variety of meals each weekend. Thank you to all the members, locals and tourists that came to the Club during this period - and thank you to our volunteer bar crews.

Now that the holiday period has ended, Friday Weekenders has started up again. A big, big thanks to the Change Property staff for cooking the food at Friday Weekenders on February 3rd. They were absolutely inundated with food orders such was the popularity of their delicious food (setting a record for the number of meals provided in a short period of time). Unfortunately, they are unable to continue to cook in our kitchen for the rest of this season as they are just too busy with their business at the moment.

The last of the weekly Friday Weekenders was on the 25th of February and then we will only be having Friday Weekenders once a month. Keep an eye out for these dates on our social media pages.

The Club has also been training a large group of new Bronze Medallion candidates. These new "Bronzies" will be patrolling on the beach at Copa in the near future helping to keep Copacabana Beach safe for all users. An IRB crew course has also started with new recruits learning how to rescue from the rubber duckie boats.

We will be running a community-based CPR/defib course in May 2023. The date will be advertised on our website and on our social media pages in the near future.

Running a surf lifesaving club and keeping people safe on the beach requires lots of volunteers. We are looking for more people to lend us a hand so if you are wanting to try something different in your local community feel free to email me: [president@copacabanaslsc.org.au](mailto:president@copacabanaslsc.org.au)

See you on the beach!!  
Tom Tseng – President



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We are now settled into our new office between Bees Knees and Bar Copa Cantina. Come on in and say hi next time you're down at the shops!

*"Reclaiming the personal touch"*

# Facts, Figures and the 'pandemic effect' in Copa



1922 Bulbararing, Allagai and Tjudibaring Headland.



We can all count our blessings living in beautiful Copa; long term residents regularly comment that the place 'hasn't changed much' over the years - and that's what people like about it. Thankfully our suburb hasn't been over-run with apartments and traffic jams like some others on the Coast (although peak holiday periods can be a bit of a challenge). Looking at the 2021 Census information, there have been a few notable changes since the last one in 2016, with some results obviously skewed dramatically because of the pandemic.

Our total population hasn't changed much - in 2021 it was 2,809 versus 2,735 in 2016. Fewer people are using their cars to travel to work compared to 2016, when it was 70.7%, while in 2021 the figure was 47%. That's not surprising considering the 'work from home' model adopted by so many of us: The figures showed just 8.3% of people worked from home in 2016 versus 34% in 2021.

There are a few interesting statistics on dwellings in Copa now, with the total number up marginally from 1,422 to 1,439 in 2021. We can see from the Census that more people are staying in those houses now than in the past; fewer

houses were unoccupied in 2021 - 28.4% down from 32.3% in 2016. Again, not surprising given the trend towards 'sea-changes and tree-changes' and a boom in the short-term and holiday rental market in the years between the studies.

Some general points of interest about Copa and its residents: The majority of households are classified as 'family households' at over 79%; we are an educated lot - with more than 30% having a Bachelor Degree or higher; 79.9% of us were born in Australia - well above the NSW average, and 65.4% are in the workforce. And pleasingly, 64.7% stated they had 'no long-term health conditions' vs the NSW average of 61%. Must be the healthy lifestyle and the wonderful natural coastal environment here. And we're getting a bit older: the median age is 43, up from 41 in 2016.

It will be fascinating to see how we've changed by August 2026 - the date of the next national Census - and whether the gloomy financial climate predicted over the medium term shows up any substantial changes by then. In any case, we can all agree that the laid-back 'beach and bush' surrounds will continue to provide a constant source of pleasure and well-being for us lucky enough to call Copa home.

Pictured are the children of Dr John Macmaster - Janet, John, Sheila and Peggy, as well as Joan Rogers and others (possibly the Squires children). Right Photo credit Joe Larrarte, Fotocam.

Photo Credit: Joan O'Brien [nee Rodgers] MacMasters Beach. [Collection Elaine Odgers Norling]

## Move your home up the wanted list.

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# ANZAC DAY

DAWN SERVICE

TUESDAY APRIL 25, 2023



Please gather at the flagpoles at 5.15am for 5.30am start. ALL WELCOME

# Clean up Copacabana Day

Sunday March 5 - 8.00am-11.00am

**Help Keep  
Copacabana Beautiful**

Any time you can spare will help

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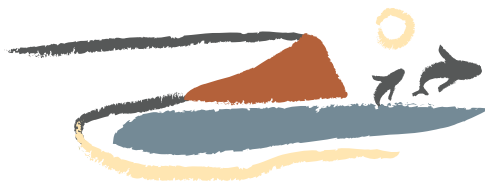
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# Copacabana Community Association

## 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](http://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, April 3, 2023 at 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.

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