



Copacabana Community Association Inc.

Summer 2023

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.

Get ready for the holidays



Official publication of the Copa Community Association
ALL ADVERTISING PROCEEDS DIRECTLY BENEFIT THE COMMUNITY

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Aerial photo by Dickpix

WHAT'S ON

DECEMBER 2023

Saturday 09

Avoca Twilight Markets 4-9pm

Sunday 10

Gosford City Farmers Market
Gosford Showground
7am-12 noon

Tuesday 19

Last day of school term

JANUARY 2024

Monday 01

New Year's Day Public Holiday

Saturday 06

Copa Bushcare 2-4pm
Meet at Bonnie Lookout

Saturday 13

Cinema Under The Stars, Gosford
'Minions: The Rise of Gru', 5.30pm
Newcastle Permanent Free Event

FEBRUARY 2024

Saturday 03

Copa Bushcare 2-4pm
Meet at Bonnie Lookout

Monday 05

CCA Community Meeting
7.30pm Copa Surf Club
All welcome

A word from the CCA President

Hello Copa people, CCA members and friends

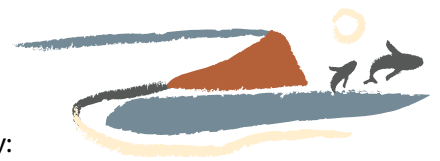
Our cover pic this issue was taken last January: peak beach time for locals and visitors alike. It's great to be able to share our beautiful suburb with newcomers and tourists and the crowds are really good for local businesses. However, we are a bit apprehensive about warnings of a potentially 'catastrophic' fire season ahead and now seems a perfect time to clean out gutters and clear hazardous materials from around the house to be as prepared as we can. Copa RFB will be happy to provide advice if and when you need it. Report all fires to 000.

We were shocked and saddened in late October to learn of the sudden passing of CCA Secretary and Deputy RFB Captain, Matt Francis. It was an obvious choice to feature him as our 'Local Hero' this issue. He was a much-loved friend and colleague to committee members past and present, our members and the many people he helped out over the years in his various volunteer roles. It's impossible to overstate Matt's contribution to the Copa community. He will never be forgotten and will always be missed.

We take this opportunity to wish all Copa News readers a very Merry Christmas, a relaxing and fun-filled holiday season, and a safe and happy New Year. We are lucky indeed to live in such a peaceful place and have been reminding ourselves to celebrate our way of life, treasure our families and friends, and be grateful for all that we have.

The CCA has reported many infrastructure issues that need attention to Council over the past year and we have recently had a promising response from Administrator, Rik Hart so we hope some of those repairs and improvements, particularly along our beachfront and accessways, will be attended to in the new year. See www.copanews.com.au for updates. We are taking a break over January and hope you can do the same.

*See you on the beach,
Sue Steedman*



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Matt Francis

21.5.1971–24.10.2023

Matthew David Francis was a man with true community spirit. Always the first to volunteer to help out, no matter what task, event or role was entailed. If it was for community, Matt was there for it. His loss leaves a great void that will be impossible for one person to fill.

Matt was a member of the CCA Management Committee from 2019 and worked tirelessly to ensure that community events and activities, in particular, were planned and run for maximum benefit and effect. Whether it was community meetings, forums or clean up days, Matt was front and centre, often fetching and carrying people or equipment in his famous blue Kombi van. Often this work was done after hours or squeezed in when his 'real job' would allow it.

An enthusiastic volunteer with the Copa Bushcare group; a past President of Copa Tennis Club, a supporter of the Kincumber Rotary Club and Care4Coast ...these are just some of the organisations and people who have lost a friend and champion.

One of Matt's major community achievements was as lead convenor of Copa Carols in 2019, a huge event staged over a whole day in December with market stalls, kids activities, a big stage where fifteen acts performed well into the night before crowds of over five hundred people. He worked himself into the ground fundraising and organising to ensure the day was a roaring success.

Matt was Treasurer of the Kincumber Neighbourhood Centre in his 'spare' time. The Manager of the Centre, Leanne Clarke, commented at his memorial that they would 'never find anyone as good as Matt' for the role. We can relate.

Matt was Deputy Captain of Copa RFB and just prior to his death, he'd spent five days in Kempsey fighting fires. Over the years he had multiple deployments and accolades for his service. Shane Hughes spoke movingly to a packed house about Matt's enormous contribution to the RFB in his eulogy at Matt's memorial service.

Apart from being a trusted, valued colleague to those of us lucky enough to work with him on the CCA; Matt was a clever, loyal and treasured friend. We will forever miss his amazing generosity of spirit, his cheeky grin and his ability to bring us all back to earth with a wise-crack whenever things were getting a little too serious for his liking.

We extend our sincerest condolences to his beloved wife Vanessa and his four cherished daughters on the tragic and unimaginable loss of this remarkable 'local hero'. Vale Matt.

Sue Steedman



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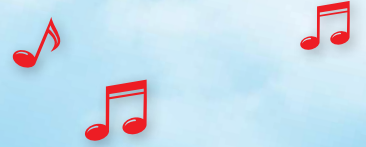


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Copa Carols

on the Green



Despite a shaky start with weather, the sun came out and a big crowd of locals turned out for a fun day with family, friends and neighbours at Copa Carols on the Green 2023. Our performers were fantastic and kept the crowd entertained. Thanks to Macs' Jazz Band; Copa kids and adults Choirs; The Joy Project Choir; Gosford Salvation Army Band and the final act to close out the day with a bang, Copa band, The Chestnuts. Massive thanks to our wonderful volunteers – too many to name here - who helped us out with rehearsals, setting up and decorating tables, wrangling performers and a myriad of other tasks that had to happen to make the day a success. It was great to work with the Surf Club, the Fireys and Copa school groups who helped us pull it all together. And special thanks to Santa for visiting Copa and helping to make the day so special for the kids.

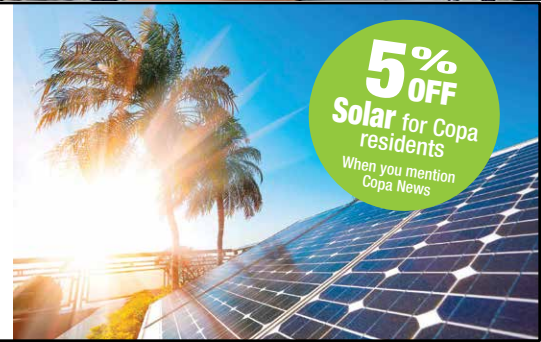


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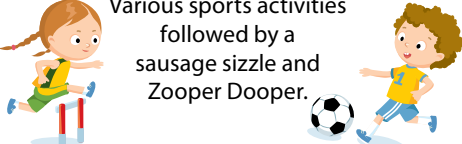

Contact Nathan Ramero Goncalves on **0405 338 660** for further information.
nathan@zenecoenergy.com.au **www.zenecoenergy.com.au**
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Avoca Vacation Care Programme

Located in the grounds of Copa Public School

18th December – 22nd December 2023 • 15th January – 26th January

7am to 6pm PLEASE BOOK EARLY: avocaschoolcare@gmail.com

<p>MON 18 DEC (\$100)</p> <p>Niagara Sports Park</p> <p>A fun-filled day of action and adventure. Sausage sizzle and ice block included. Bus departs at 9.30am sharp, so please don't be late. Children need to wear enclosed shoes and socks.</p>	<p>TUES 19 DEC (\$90)</p> <p>Waterslide – beach theme</p> <p>We will be doing some coconut bowling and limbo, playing with water pistols, plus a sponge throwing competition. And banana splits for an afternoon delight. Swimmers and rash vest must be worn.</p>	<p>WED 20 DEC (\$90)</p> <p>Celebrating Letter 'C'</p> <p>How many things can you come up with that start with 'C'? We will have some Christmas craft, crocheting, cupcakes, and nice Christmas food to take home.</p>
<p>THURS 21 DEC (\$90)</p> <p>Bop Till You Drop</p> <p>Our local disco lady, Stacey from 'Bop till you drop' always brings heaps of fun to this day. 2 hours of singing, dancing and games to play!</p>	<p>FRI 22 DEC (\$90)</p> <p>Domino's Pizza Party</p> <p>We will finish the year with a Dominos pizza meal deal plus Christmas games and movies. An easy day for everyone to get organised for the holidays. Choose your pizza closer to the date. Centre closing 5pm sharp.</p>	<p>MON 15 JAN (\$90)</p> <p>Waterslide – Wet 'n Wild</p> <p>We will have a big inflatable water slide to keep cool during the day. Swimmers and rash vest must be worn.</p>
<p>TUES 16 JAN (\$90)</p> <p>Kym the Reptile Man</p> <p>Kym will be coming to show us his collection of reptiles and critters. It will be fun, hands-on, exciting and educational for all. The children always love this day!</p>	<p>WED 17 JAN (\$90)</p> <p>Sports Day Challenge</p> <p>Various sports activities followed by a sausage sizzle and Zooper Dooper.</p> 	<p>THURS 18 JAN (\$90)</p> <p>All About Arts Day</p> <p>Paint by numbers, free range art and plaster painting. Kids will make a textured artwork to take home. We will have some treats to eat!</p>
<p>FRI 19 JAN (\$100)</p> <p>Woy Woy Pool</p> <p>We will be inside the centre and sun safe. All children must be able to swim and able to follow instructions. The day is always popular and is capped to 30 children to ensure safety. Bus departs at 9.30am sharp.</p>	<p>MON 22 JAN (\$90)</p> <p>Hippie Day – Flower Power</p> <p>Kids will embrace their inner hippie by celebrating all things flowers. This is a dress-up day so come in your favourite hippie outfit.</p>	<p>TUES 23 JAN (\$100)</p> <p>Ice Skating Erina</p> <p>Let's go ice-skating! The children will have the opportunity to stay cool while skating at Erina Ice Arena. We'll travel by bus to the venue, departing at 9.30am sharp.</p>
<p>WED 24 JAN (\$90)</p> <p>Waterslide Madness</p> <p>We will have a day of fun on the slides. Swimmers and rash vest must be worn to ensure sun safety.</p>	<p>THURS 25 JAN (\$80)</p> <p>Celebrating Together</p> <p>Let's get together to share lamingtons, scones and a sausage sizzle as we celebrate Australia Day. Aussie games including thong throwing, egg and spoon races and also craft activities.</p>	<p>PARENTS PLEASE NOTE</p> <p>AUSTRALIA DAY PUBLIC HOLIDAY</p> 

MERRY CHRISTMAS AND HAPPY NEW YEAR TO ALL

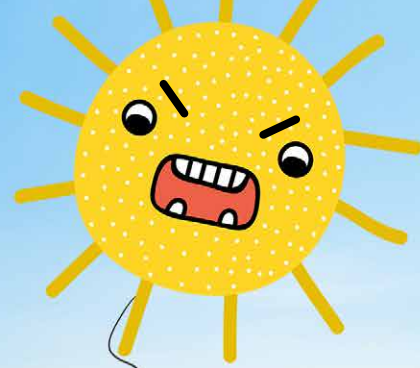


Please note:

- Email avocaschoolcare@gmail.com for enquiries.
- Once you book, the fee will still apply, even if you cancel.
- Children are to bring lots of healthy food and water as they get very hungry.
- Covered footwear must be worn at all times, no thongs. Hats for outside play.
- Sunscreen is supplied, please bring towel and extra clothes for water play.
- Please arrive 20 minutes prior to all excursions.



Summer is here – time for a skin check



Here in Copa, we all enjoy our beach and outdoor lifestyle and now that the sun is finally out, it's an ideal time to get your skin checked right here at Copacabana Medical Centre, where Dr Risto and Dr Diana offer comprehensive skin checks and an informed medical opinion as well as treatment, including skin surgery.

You may be eligible for a free Shingles vaccination. Ask our friendly staff.

What is skin cancer?

Skin cancer is an uncontrolled growth of abnormal cells in the skin. There are three main types of skin cancer – in order of frequency: basal cell carcinoma (BCC), squamous cell carcinoma (SCC) and melanoma.

Skin cancers can present as pigmented or non-pigmented moles but can also appear as pearly papules or red scaly lesions that itch, bleed or look inflamed, and/or as scars or recurrent or non-healing ulcers. However, many remain asymptomatic and thus require regular full body skin checks for early detection.

How common is it?

Australia has one of the highest rates of skin cancer in the world. Skin cancer is the most common cancer diagnosed in Australia. As many as 2 of 3 Australians will be diagnosed with some form of skin cancer before the age of 70.

What is the danger?

If left untreated, melanoma, invasive SCC and some other less common skin cancers readily spread to other body parts (i.e. metastasize) and can be deadly. BCC is a slow growing skin cancer which rarely metastasize but spreads locally destroying every tissue/organ it encounters.

Treatment

In early stages, most skin cancers are curable by surgical excision under local anaesthesia.

Prevention is the best way to treat skin cancer.

You should:

- Avoid exposure to direct sunlight between 10am and 4pm
- Cover up with a hat, shirt, and sunglasses
- Avoid tanning and never use UV tanning beds
- **Apply** (and regularly reapply) broad spectrum UVA/UVB (ideally **SPF 50+**) **for all outdoor activities**
- Examine your skin from head to toe at least monthly
- Visit your GP annually (or as otherwise recommended) for a skin check.

We encourage you to book an appointment at Copacabana Medical Centre for a full body skin check.

We would like to take this opportunity to wish our patients and all in Copa a Merry Christmas and a safe and happy festive season. Please note that Centre hours will vary over the holidays.

You can book online at: www.copamedical.com.au

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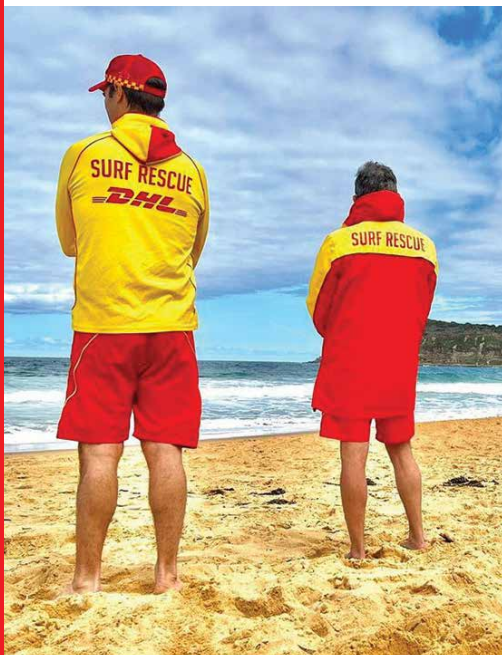
Copacabana SLSC UPDATE

The beach patrol season has started again for Copacabana SLSC. A warm welcome to community members who will be swimming and having fun at Copacabana beach this summer! The season has kicked off to a fantastic start with the club now having a healthy membership of 417 members consisting of 95 active members who patrol our beach, 182 junior members and 140 associate or Life Members. So, we are full steam ahead for the 2023/24 surf lifesaving season!

Our Surf Patrols have been very active in keeping Copacabana beach safe since the season started on September 24th. We also have a number of members training for their Bronze Medallion and Senior Resuscitation Certificates (SRC). This season our Rookies

(over 14 years) are heading to Tamworth to participate in a "Beach to Bush" networking opportunity with students from Farrer Memorial Agricultural High School to do some of the SRC training course there. The students from Tamworth will then come to Copacabana beach to complete their water safety component of the course. We also offer a number of other surf lifesaving education courses, so if you are interested contact education@copacabanslsc.org.au.

This is the club's 60th year and to mark this achievement we are organising a number of events over the weekend of 24/25 Feb 2024. There will be a gala ball for members and events on the green for community members. Keep your eye out on our socials and website for details.



A "Men's Health, Meat and Music" night with Copa Smoke and the FRECKO Band was held on 25th November. It was a great rollup and we raised funds for Men's Health and the club to support our ongoing surf lifesaving activities.

WEEKENDERS is back again this season - the bar is open for members, guests and the community every Friday 5-9pm upstairs in the club. Come along to enjoy the sunset while sipping on a bevvy! Meals can be ordered at Arties Cafe up until 7pm or bring in takeaway after 7pm. Members receive a discount on drinks and the profits from bar sales helps us raise funds to support the club. Updates on our social media pages and website (www.copacabanaslsc.org.au).

We are after volunteers to help us out with the many activities of

the club - both on the beach and "behind the scenes". If you have some time and would like to meet new people while helping out your community, please get in touch with us!

Christmas and New Year is a busy time and we know that there will be many visitors to our beach. We encourage you to swim between the flags and to keep up to date on weather and beach conditions. Access the latest information on the Beachsafe App which provides detailed information from patrol status, facilities and hazards to weather, swell and tide.

For further info drop us an email at: admin@copacabanaslsc.org.au

See you on the beach – Tom Tseng



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

"Reclaiming the personal touch"



Copacabana Public School

A message from Penny Hooper – Relieving Principal

Copacabana Public School **turns 40**

Copacabana Public School was officially opened in 1983. Earlier this term our school celebrated this milestone event with a 40th Birthday photo K-6; 80s themed Mufti Day; Past Staff and Present Students Assembly and a Commemorative Newsletter.

Thank you to Mr Rod Watson, Mrs Gai McMurtie and Mrs Sue Lewis for attending our assembly, alongside previous staff members and students. We thank you for helping to make this event so special for our students and community.



Copacabana Public School History

Early in the 1920s there were only five children living at Copacabana. The Chapmans - Dodo and her brother Ted - were the only ones attending school, riding all the way to Kincumber School on their pony. This happened for many years, with children from Copacabana attending school at either Avoca or Kincumber Public School. Avoca school eventually became overcrowded, and the site did not allow for expansion. By then most Copacabana children were attending Kincumber Public. As the population of Copa and Kincumber was continuing to increase, it was obvious the Department of Education needed to open a new school.

At a well-attended meeting in 1982 at the Copacabana Surf Club, Mr. Fairbairn (Inspector of Schools, Woy Woy) and Mr. Ken Ison (Principal, Kincumber) outlined the arrangements for the new school. They announced that a fully demountable Departmental School would be operating in 1983 at Copacabana on public land - where the tennis courts are now standing. This school would be used for approximately five years until a permanent school was constructed on the Departmental land adjacent to the school. Copacabana PS opened in 1983 with 170 students, with Mr Bruce Barrier as Principal.

The P&C worked extremely hard holding functions to raise money for school equipment. With financial support from Kincumber School and full co-operation from the Copacabana Fire Brigade and Surf Club, the whole population of Copacabana was assisting the newly established school. The school Fetes, Musicals, Bands, Open Days, Family Fun days and Presentation assemblies have all remained fixtures at the school for the past 40 years.

Plans were drawn up for the new school on flat land and after a few minor alterations, work commenced on the permanent school in April, 1986. The new school was occupied on Monday, 17 August, 1987 with two x 4 classroom blocks, a practical activity area, a Library, Admin block, Hall and Canteen. In 1988 the enrolment was 260. Today as we celebrate 40 years, we have 11 classrooms and 278 students. I would like to extend a heartfelt thank you to our community and take the time to wish everyone a safe and Merry Christmas. – Penny Hooper

Source: Gosford Council, A History of Central Coast Schools



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Copacabana RFB



The past several months have been a whirlwind of activity for us, marked by both significant achievements and profound loss. The most heartrending event was the unexpected passing of our deputy captain, Matthew Francis. Matt was not only a deeply respected member of the Copacabana Rural Fire Brigade but also a dedicated volunteer, actively involved in countless local community groups. His most recent deployment to Kempsey, where he valiantly served for five days, was just days before his untimely passing. To honour his memory and service, Copacabana 9, a Toyota Landcruiser that Matt often used during his deployments, has been respectfully dedicated to him, with his name now adorning the back window. This gesture stands as a lasting tribute to his commitment and spirit.



Our brigade has been vigorously involved in various critical operations. We've dispatched multiple crews on intensive five-day strike missions to both Kempsey and Lightning Ridge, confronting challenging fire conditions. Locally, we've combated bushfires in Killcare, where we were assisted by the Fireattack helicopters, showcasing our ability to effectively manage and mitigate fire threats in our community.

Amidst these demanding operations, our community engagement activities have also flourished. Our cake stall events have been a resounding success, drawing enthusiastic support from the community. Buoyed by this success, we are excitedly planning another such event in the new year, aiming to bring together community members and foster a spirit of unity and support.

As the year draws to a close, we look forward to our most cherished annual tradition: the Santa lolly runs. This event, deeply ingrained in our community's culture, has been a highlight for over 50 years. It's not just a festive celebration but also a symbol of the bond between the fire brigade and the community we serve. This year, on Saturday the 23rd of December, we will proudly escort Santa through the streets of Kincumber. The excitement will reach its peak on Christmas Eve, as we accompany Santa on his journey through Copa. The sound of our sirens will herald the joyous occasion, bringing smiles and festive cheer to the faces of residents, both young and old. These runs are more than just a tradition; they're a reminder of the warmth, camaraderie, and community spirit that define us.



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Join the conversation

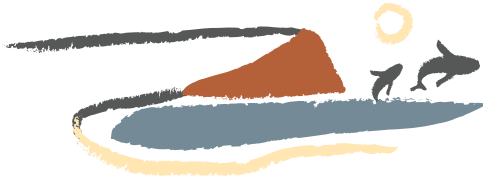
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Copacabana Community Association

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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.

We are having our annual break over January

NEXT MEETING: Monday, February 5, 2024

7.30pm Copa Surf Club. Please join us for drinks after the meeting.

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

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

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 advertising or editorial enquiries email Attn: Sue Steedman at info@copanews.com.au

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