

Summer 2021 COPANEWS

www.copanews.com.au



and Happy Holidays to all

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WHAT'S ON

DECEMBER

Saturday 04

Copa Bushcare 2pm-4pm Meet at viewing platform





Saturday 04

Copa Carols on the green 4pm-8pm

Sunday 05

Central Coast Christmas Fair Mount Penang Gardens 9am-2pm

Saturday 11

Avoca Beach Twilight Markets 5am-9pm

Friday 17

Last day of school

JANUARY 2022

Saturday 08

Country to the Coast Central Coast Stadium



Wednesday 26

Australia Day Public Holiday

Monday 31

First day of school

FEBRUARY

Saturday 05

Copa Bushcare 2-4pm Meet at viewing platform

Saturday 05

Bouddi Coastal Trail Run

A word from the CCA President

Hello Copa people, CCA members and friends.

We are pleased to bring you this holiday issue of Copa News at a time when things are finally returning to normal after a long, tough year. With restrictions being progressively lifted,



Copacabana Community
Association Inc.

we are all grateful to be able to meet up with friends and family and finally give them a hug. And, of course it's terrific to see Copa kids back at school with their teachers and friends. Hopefully, virtual meetings will soon be a thing of the past – it was great to be able to catch up with members 'in person' at our last meeting of the year on November 25.

After we reluctantly cancelled last year's Copa Carols, we are very happy to be able to run a pared-down event this year from 4-8pm on Saturday December 4th. Common sense dictated that we needed to plan for a low-key event. Copa Carols will be held on the green next to the Surf Club and details can be found on the Copa Carols Facebook page and on our website www.copanews.com.au. Basically, it's BYO everything! We will have long tables and chairs set up, Christmas music playing, a few performances and hopefully a Carols sing-along. Santa will pay a visit and there will be activities for kids. We encourage you to purchase your food and drinks from our local Copa businesses who we know have been so well supported over the lockdowns. We thank the Surf Club and the RFS for their assistance and participation in this event. NSW Health obliges us to advise that according to current health regulations, only fully vaccinated people may attend this event. We will have a QR code for check in and ask that you please use it when you arrive. Council has banned use of glass on the green, so please bring paper or plastic glasses with you.

I'd like to take this opportunity to thank two outgoing CCA Management Committee members, Elaine Norling and Steve Boucher who 'retired' from the committee at our AGM (held virtually on October 21st). They have contributed years of volunteer service to the CCA and been involved in many other initiatives and events for the benefit of the community.

We'd also like to welcome new Secretary and Management Committee member, Sarah Hirst, who is already bringing a lot of energy and a younger perspective to the group. The rest of us have stuck around for another year, and we look forward to working with the community and our members again. (Committee details are on the back page).

We wish you all a Merry Christmas and a happy, safe holiday and festive season. See you on the beach.

Sue Steedman



Beach and lagoon swimming in Copa

by Margaret Platell

Earlier this year, DPIE (NSW Department of Planning, Industry and Environment) released their State of the Beaches 2020-2021 report.

This report summarises the outcomes of water testing for swimming at 210 locations in NSW, including ocean beaches; estuaries; lakes; lagoons and ocean baths as part of the Beachwatch program that runs in conjunction with Council. Testing is carried out for the microbial indicator Enterococcus, the presence of which shows that there has been recent faecal contamination and that different types of pathogens may also be present. Faecal contamination is potentially greatest following rainfall, as runoff in the catchment enters stormwater channels and then discharges into the environment.

The report showed that 85% of monitored swimming sites in NSW were rated as either Good or Very Good, and therefore suitable for swimming for most or all of the time in 2021. The grading system of Very Good; Good; Fair; Poor or Very Poor follows the Australian Guidelines for Managing Risks in Recreational Waters. In the State of the Beaches report, these ratings are derived from the 100 most recent such sampling events for each site, which reflects anywhere between two to four years of data collection, depending on whether sampling is weekly or fortnightly.

So how does Copa fit into all of this? For our beach, water is sampled from the shore at the front of the Surf Club and on the northern side of the lagoon channel, and for those in south Copa, in front of the beach carpark. Both sites at Copacabana were rated 'Good', reflecting the considerable wave action and tidal flushing. In contrast, Cockrone lagoon, and the three other coastal lagoons at Avoca, Terrigal and Wamberal, were rated as 'Poor' (as they were in 2019-2020). This means

that water quality was often unsuitable for swimming during both dry and wet weather conditions, with bacterial counts often elevated during rainfall and for up to 3 days after. If you are at all concerned, there are regular updates provided as pollution forecasts (linked to rainfall records) for both beach sites (but not the lagoon) – see Gosford map at:

environment.nsw.gov.au/beachapp/CentralcoastBulletin.aspx

If you do intend swimming in the lagoon, please remember that any warnings of poor swimming conditions would be signposted by Council.

These water quality results are only part of the bigger picture for Copa – the fish and bird life in our lagoons are flourishing, parts of our catchment are largely native bushland and the lagoon is a highly valued natural place in Copa – as anyone who lives or visits here can attest to.

Margaret Platell

Lecturer in Environmental Science Newcastle University and CCA Management Committee member.



With around 90% of the NSW adult population being fully vaccinated against COVID-19 (as at November 3, 2021), the Australian Government has recommended that it is advisable for people to receive a **third 'booster' dose of vaccine** to maintain a high level of protection against the virus.

It is not currently mandatory to receive a booster dose as people who have received two doses of an approved COVID-19 vaccine and completed their 'primary course' are still considered fully vaccinated, but the **booster dose is important for strengthening and maintaining protection against the virus.**

Eligible people aged 18 years and older may receive a booster from six months after receiving their second dose of any of the COVID-19 vaccines registered for use in Australia. Currently, the Pfizer COVID-19 vaccine is the preferred vaccine, regardless of the COVID-19 vaccine received for the first or second dose; however, you can have Astra Zeneca as a booster dose if:

- you received Astra Zeneca for your first 2 doses and there are no contraindications OR
- if you had an adverse reaction to the Pfizer vaccine or it is contraindicated, you can receive Astra Zeneca as your booster dose.

People who are severely immunocompromised may receive a third dose from 2 months after their second dose. This third dose is part of their primary course, not a booster dose. A fourth dose has not yet been recommended.

Copa Medical Centre is an approved provider of both Astra Zeneca and Pfizer Covid-19 vaccines.

IF YOU RECEIVED YOUR FIRST TWO DOSES AT OUR PRACTICE:

Please contact us to book in your booster shot. We will be able to advise your first eligible date and book you in.

IF YOU RECEIVED YOUR FIRST TWO DOSES FROM ANOTHER PROVIDER OR CLINIC:

We are able to administer booster doses to eligible patients. Please call us to discuss.



We would like to take this opportunity to wish our patients and the entire Copa Community a Merry Christmas and a safe and happy holiday season. Our opening hours over the holidays will vary, please check our website for details.

Copa Tennis Courts



We've done it!

We're now online
with our own webpage

play.tennis.com.au/copacabanatennisclub

You can also use our Tennis QR code: scan to access Copa courts bookings.

You may book a court for 1 or 2 hours by registering your details on our webpage, then follow the links. You can choose to join, with a yearly Tennis membership for \$20, giving you court hire for a cheaper hourly rate. Casual or non-members pay slightly more. Membership also gives you access to the clubhouse.

A huge thanks to everyone who stayed with us through some teething problems which now appear to be sorted...fingers crossed! We also want to thank Leanne and her staff in the Copa Newsagents for taking our bookings and payments over the past years and also to our Tennis Court Committee for putting in the time and energy getting us into the digital age. It's been frustrating at times, but with the help of Tennis NSW, it's all behind us now.

We hope you find this new system easy to navigate and wish you heaps of fun on the court! All we ask is that you follow the regulations and respect other players in doing so.

Happy Hitting! - Copa Tennis Committee



Having been a 'Progress Association' member (as it was then known) since 1999, Elaine has instigated or been involved in so many important projects and issues in and around Copacabana. Her reputation as an activist, advocate and environmentalist is well recognised by many. It's not easy to encompass all of Elaine's contributions to the community in one short article, but the photos you see here from her collection are testament to her involvement as a passionate and active Copa resident.

She and her husband bought land here in 1978 and built what was then a 'very affordable' holiday house. Elaine says, 'Well Copa was a cheap beach back in those days, not like now!' She and her husband were keen surfers and swimmers and the love of the beach was the main drawcard for them and their three children. The unspoilt bushland surrounds and the magnificent views from their house were also a major attraction.

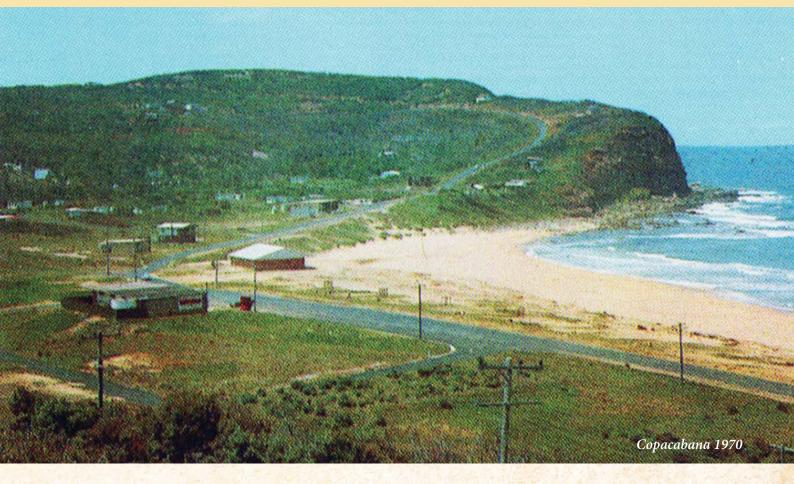
Elaine's career began as an Art teacher – working in England and Australia - and in later years she was a Special Ed teacher, including a stint at the Children's Hospital at Camperdown. After she sustained an injury, she eventually left teaching and trained in business management, establishing her own photography business – which she'd always pursued as a hobby, starting with a Baby Box Brownie aged 8 and progressing with technology through a variety of SLR cameras into digital and underwater gear. There have been

many exhibitions of her work and she has won quite a few competitions along the way.

Her photography skills led her to coverage of diverse womens' rights issues and campaigns and some of her work ended up in the Jessie Street National Womens' Library. Since 1969, Elaine was a pioneer and instrumental in advocacy work for the Homebirth movement. Having organised conferences here and in Beijing, she remains actively involved and holds the archive.

Locally, she recorded – and in many cases, was involved in - the changing face of Copa; the building of the Surf club; changes to the shops; the creation of the skate park and Shaun Brinklow Park. Since 2006, Elaine has created a photographic archive of the 5 Lands Walk – with some of that work shown at the Gosford Regional Gallery.





Elaine says she didn't set out to be an archivist but her photographs chronicle and preserve memories, providing a pictorial 'history' of Copa over the years. She fondly recalls that in days gone by, local kids used to have billy cart races down the Del Monte hill and there were fireworks nights as well as the Canoe and Kite Festival held at the lagoon. Elaine recollects that sadly, the cost of insurance and changing health and safety considerations brought those 'great fun' activities to an end.

As the Progress Association morphed into the Copa Community Association, Elaine took on various roles – as President from 2005-2008; then Vice-President and Arts & Culture Officer – and she has only recently officially 'retired' from the CCA. But with activism in the blood, Elaine still has a lot of local issues she wants to pursue. Reflecting on improvements to Copa over the years, Elaine cited the incredible work that's been done on the dunes and is also personally proud to have helped advocate for disability access at Sean Brinklow park and in other locations.

Elaine was responsible for the name 'Bonnie Lookout' being adopted, to recognise the achievement of the late Bonnie Hawkins, who was a tireless advocate for the betterment of the community and a great friend of Elaine's. She also organised a tree with plaque in the Skatepark area to acknowledge Bonnie's work in getting that project off the ground.

A particular passion for Elaine is the Mavis Pool and surrounds at the North end of the beach. Elaine is worried that it is being 'stripped' of its' stones, seaweed and small molluscs by visitors and feels this fragile eco-system should be protected and made a 'no-take' area. She spent over three years recording all the fish and marine life there, looking to record the status to measure the effects of climate change in a marine microcosm.

Elaine is a very accomplished and active 'Local Hero' and we thank her on behalf of the community for her continued work and passionate advocacy.





Holiday inspiration for kids and te

Hunter Valley Gardens Christmas Lights Spectacular (on now till Jan 22)

Over 3 million Christmas lights make a fabulous display – Australia's largest - in these beautiful gardens. There are rides, entertainment, food and beverage options for a great night out. Tickets must be booked online prior to arrival.

huntervalleygardens.com.au



The Outlook Riding Academy, Terrigal

Located halfway between Avoca and Terrigal, this place has all horselovers covered. Lessons, camps, horse and pony parties, Mums and tiny tots sessions, all on a beautiful property that's mere minutes away from Copa.

Theoutlookridingacademy.com.au



A ball of fun for kids twelve years and over. Morning and afternoon sessions. Safety first with face, ear and neck protection supplied and all sessions supervised. You need to book and pay at least two weeks in advance. A great birthday party option.

paintballplace.com.au





Treetops Adventure, Ourimbah State Forest, Wyong Creek

School and public holidays open 9am-5pm. Various levels and activities for all ages with more challenging options for the teenagers. Try the Zipcoaster, Kidzip or Networld for kids as young as 3. High level adventures in nature.

treetopsadventure.com.au

Australian Reptile Park, Somersby

And don't forget about that old family favourite, the reptile park and zoo, with over 2000 animals on site. Kids can feed and pat a kangaroo; watch crocodiles being fed or attend a keeper session to learn about koalas, quokkas and alligators.

reptilepark.com.au



enagers

Now that we can all finally get out to enjoy the holiday season, here's a bit of inspiration if you're searching for ways to entertain the family over the Summer break.

across the Coast

Iris Lodge Alpacas, Jilliby

For a different kind of animal experience, check out this farm that is home to 60 alpacas and 2 llamas. You can choose how up close and personal you'd like to be: have breakfast or high tea with the alpacas, book a farm visit or a shearing session.

irislodgealpacas.com





Aquafun on Avoca Lake

Closer to home, Aquafun is home to Australia's largest selection of modern pedal-boats, kayaks and stand-up paddleboards. They offer lessons and kids parties and can offer group discounts. aquafun.net.au

Somersby Falls

If you're looking for a family picnic spot that has it all, try Somersby Falls. There are lots of shallow pools to help keep you cool, rocks to climb and two main waterfalls. There's also a picnic area at the top of the falls with barbeque equipment, picnic tables and toilets. Brisbane Water National Park - park at the end of Somersby Falls Road.





Flannel Flower Walking Track, Bouddi National Park

The track starts on Hawke Head Drive, Killcare. It's a 2.9k return journey, perfect for anyone over 4 really. You'll catch amazing views on the way from Box Head to the secluded Lobster Beach, which is only accessible by foot or boat, almost guaranteeing you'll beat the crowds. Check out this website for info on this and other amazing walks you can do on the Coast.

nationalparks.nsw.gov.au/things-to-do/picnic-areas/lobster-beach

With some COVID restrictions still in place, it's essential to book in advance for most of these activities. Check websites for current info. Now all we need is some decent weather!



Copacabana Public School

A message from Mary Hunt – Principal

Return to Face-to-Face Learning

All the teachers at Copacabana Public School would like to take the opportunity to congratulate our students on their successful return to school. It has been wonderful to see happy students interacting with their friends and their teachers in the playground and in classrooms. The school is once again a hive of activity. We have already welcomed our Kindergarten 2022 students to Head Start for their first face-to face Kindergarten Orientation morning session. How exciting!

World Teachers' Day

World Teachers' Day was celebrated on Friday 29th October. Teachers (with the wonderful support of our parents and carers) have ensured education continued across the country this year, despite major challenges due to COVID-19 lockdowns. In many ways it has reinforced the significant role teachers play in the lives of our children and students, our families and communities. On behalf of the Copacabana Public School community, I would like to express my heartfelt appreciation to the Copacabana PS teachers and the amazing work they do each day. And thanks also to our wonderful Copacabana Public School P&C for your kind words of appreciation and beautiful cards to the staff.

Remembrance Day

Every year on the 11th November at 11am we observe a minute's silence to remember the service and sacrifice of our veterans. Thank you, Mr Reid and the school leaders for your organisation of the school's Remembrance Day service.

STEM News

Stage 3 classes have enjoyed participating in STEM challenges with Mrs Mumford over the past few weeks. During STEM lessons, Stage 3 enjoyed making gratitude towers. Firstly, the students talked about the meaning of gratitude and shared their ideas. The students wrote down their thoughts on cards. Working collaboratively in small groups the students had to create the tallest free-standing gratitude tower using only 50 cards and 50cm of mask tape.

This challenge was then extended to creating a 'gratitude skyscraper". The students had to think about weight distribution to ensure that their skyscraper did not topple over! The challenge involved building a freestanding tower using 20 pieces of uncooked spaghetti, 50cm of masking tape, 50cm of string and one large marshmallow that had to be on the top of the tower. The students enjoyed the challenge and were able to reflect and effectively evaluate their creative skills in building construction.



I would like to take this opportunity to wish our entire school community - teachers, staff, students and families - a very happy Christmas and a welldeserved holiday season.

Avoca Vacation Care Programme

17th December – 23rd December 2021 • 17th January – 28 January 7am to 6pm PLEASE BOOK EARLY: avocaschoolcare@gmail.com

FRI 17 DEC (\$80)

MON 20 DEC (\$75)

TUE 21 DEC (\$80)

LITTLE BEACH ADVENTURE

Today we are busting out and heading to our favourite spot for a day of fossicking and just being able to have fun outside. The coach will leave at 10am Sharp.

WATER SLIDE DAY

It is summer time and we are enjoying all things water. The huge double slide is coming back for an action filled day the children love.

NIAGARA PARK

Get ready for an action- packed day.
Sausage sizzle and an ice block
will be provided.
We will leave the centre at 9.30am sharp.

WED 22 DEC (\$80)

WOY WOY INDOOR POOLS

We can finally return back to the pool. This day is always a winner. Children must be competent swimmers, and be able to follow instructions of our educators.

THUR 23 JAN (\$70)

CHRISTMAS CRAFT AND COOKING

Today the children will make some yummy Christmas treats to eat or take home. We will also make some Christmas decorations to make the day complete.

MON 17 JAN (\$70)

WELCOME BACK

We will ease into the vacation care with a day in the park. We will have a sausage sizzle and a tennis lesson in the afternoon.

TUES 18 JAN (\$70)

MEXICAN MADNESS

The children will enjoy making Mexican food for lunch. Activities will be around learning about this amazing culture and country.

Bring your sombrero...

WED 19 JAN (\$80)

AVOCA PADDLE BOATS

Today we will head to Avoca Lagoon for some paddle boat fun. Lunch in the park before heading back to the centre for a movie to end the day.

THUR 20 JAN (\$65)

BIKE AND MIC DAY

Today the children can bring their bikes, skateboards, scooters and all safety gear to the centre for a fun day on wheels. We will sing Karaoke, to keep the energy up...

FRI 21 JAN (\$75)

INTO THE JUNGLE

A day in the jungle-fun. Live reptiles will be at the centre and an interactive talk by a reptile handler. A Safari hunt, bird watching and much more...

MON 24 JAN (\$70)

WATER COLOURS & WATERMELONS

Today the children will have an art class mastering water colours with melon as a snack. Water balloons, frozen watermelon, chalk paintings and MORE!

TUES 25 JAN (\$80)

A DAY AT LITTLE BEACH

The children will be able to build sand castles and gather treasures. Fun games and activities will keep them busy. THERE WILL BE NO SWIMMING ON THIS DAY.

WED 26 JAN (\$80)

ITALIAN MASTER CLASS

This day will be a master chef day.
There will be challenges and cooking sessions. The children will be able to eat what they have made.

THUR 27 JAN (\$80)

ERINA ICE WORLD

What a great way to cool off. We will head to the ice rink for a day of fun on the ice. Warm clothing is recommending for this day.

FRI 28 JAN (\$70)

MAD HATTER AND TEDDY BEAR DAY

The children will make a felt teddy bear or can make a beautiful blanket for their own favourite teddy. Bring in your Teddy if you want to make something for it.

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Copa RFS end of year update

By Cathy Stubbs, RFS Secretary

It's been a challenging year for Copacabana RFS with COVID health restrictions severely curtailing normal operations for many months. While the brigade continued to respond to emergency callouts, training was suspended and crew sizes were reduced in trucks.

Our involvement in vital hazard reduction work was limited by travel restrictions. Masks, hand sanitising and social distancing were essential, just as they were for everyone else in the community.

Now that public health rules have been eased, regular training has resumed although we've split the brigade into two groups, training on different days to reduce the possibility of a COVID outbreak completely disrupting operations. Some new recruits have joined the team and are in the process of doing their basic bushfire fighting course.

A highlight of the year has been our success in securing a \$60,000 State Government Infrastructure Grant. The grant was presented by Adam Crouch, Member for

Terrigal at the beginning of November. The funds will be used to replace fencing around the fire station; paint the building inside and out; install a roof-mounted station fire ground radio and new external lighting and other minor works. Copa RFS Captain, Shane Hughes said he was extremely grateful for the grant which will enable us to continue to maintain our station and our operations at a high standard.

Now the countdown is on to our annual Santa Runs. Santa has been booked and will be joining us on the trucks. The runs will be in Kincumber on Thursday, December 23 and Copa on Christmas Eve.

Trucks will be driving around local streets throwing out some Christmas treats for the kids (and their parents and carers). It's an RFS tradition dating back at least to the 1960s which brings joy not just to the kids but to our members. After missing out last year when Santa Runs were called off due to restrictions, we are all looking forward to this year!

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Well, another season is well and truly underway, and it's safe to say we're starting to see the club pulling together in a positive manner. From an Executive Committee perspective, we're starting to cross the Covid bridge and looking positively into season 2021-2022.

- We have a full Executive Committee. Welcome to Peter Chapman (Director of Finance) and Shane Murray (Director of Member Services). Both bring exceptional experience into these positions, and they will be around the club as both sets of families have their kids in our Nippers program.
- New Events Manager Katie Stranks now fully engaged with event applications coming in thick and fast, and now taking the reins of our Week-Enders program. If you need to contact Katie, please do on events@copacabanaslsc.org.au
- WeekEnders will kick off the first Friday of December. We will also open a booking system for the Friday 24th December (5pm-9pm) and Friday 31st December (6pm-midnight) to gauge if it's still worth opening ... come on folks, it will be great!
- We will be holding a Special General Meeting to implement Constitutional reform...how exciting!
- While we recognise our future, our Life Members are about respecting our history. The club now has a Life Member Representative and we welcome Wendy Walsh to the role.

The club has also partnered with an exciting new venture – KoWorks. Some of our entrepreneurial members developed the concept of using the club as a workspace rather than working from home. Interested 'koworkers' book through an App and the club has never looked more...relaxed. Popularity is growing and spaces will

eventually be capped so check it out – member or not. New people, new networks.

With last season disrupted by COVID and the last couple of months stretching everyone's wellbeing, it led me to reflect on a time when I was at the NSW Waratahs when Ewen McKenzie was the Head Coach. The issue with professional sport, as with all employment, is that sometimes decisions don't go your way and the easiest thing to do is to find someone to download on. When the going is good, nothing beats great publicity; but for an unhappy player, coach, or other staff, it can eat away at the organisation.

That's why Coach McKenzie invented the mantra "NO SOFT EARS" - if you had any issues, you dealt with it by taking straight back to the source. The same can be seen in any volunteer organisation.

To this end, Copacabana SLSC has an email for those with any concerns, recommendations or feedback. Just go through our website through the "Your Thoughts" link - https://www.copacabanaslsc.org.au/contact-us

This is our way of having no soft ears, to listen and address concerns, or take member recommendations and bring them to life, so that all members feel welcomed, acknowledged, and supported. We extend this to the wider Copacabana community also.

Finally, a big WELCOME to all new members and families. We hope you find Copacabana SLSC a family friendly club that encourages everyone to develop new skills, make new friends and deliver a valuable service to others in our community. If you are not already a part of Copacabana surf club, our doors are always open to you.

Yours on the beach and in the clubhouse

Michael Magriplis

Vice President - People & Culture



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Saturday December 4, 4-8pm

★ Santa ★ Jumping Castle

★ Face Painting ★ BYO everything

Enquiries: Info@copanews.com.au

Follow us on Facebook: www.facebook.com/copacarols

NSW Health requires us to advise that only fully vaccinated people are permitted to attend this event. QR code check in is required

Copacabana Community Association Your Local Community Organisation



Copacabana Community Association Inc.

This newsletter – Copa News - is brought to you by the Copacabana Community Association (CCA)

Next meeting will be held in February 2022 at the Surf Club (Covid regulations permitting). All welcome. Date to be confirmed.

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. Over the years, CCA members have helped to protect the suburb we know and love from over-development by making representations and submissions to local and state government, as well as applying for grants and funding to support important projects in Copa. We also run events designed to bring the community together and often work co-operatively with the Surf Club and the RFS to achieve better outcomes.

All of the projects and events run by the CCA are funded from membership fees and advertising revenue from this newsletter. We thank all our sponsors for their generous and loyal support and welcome new advertisers, Change Property and Floormaster Central Coast to this edition.

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WE WELCOME NEW MEMBERS

Direct Deposit: \$20 per year

Account Name: Copacabana Community Association BSB: 302 975 Account Number: 0051004

Please add Membership OR Renewal to the bank reference.

Email: Attn Treasurer at info@copanews.com.au to provide your name and address if you are a new member.

YOUR CCA MANAGEMENT COMMITTEE MEMBERS

President: Sue Steedman **Secretary:** Sarah Hirst **Committee Members:**

Vice President: Geoff Parker Treasurer: Rob Morgan Margaret Platell and Matt Francis

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