

Copacabana Community
Association Inc.

Spring 2026

COPA NEWS

www.copanews.com.au

We acknowledge the Garigal Clan of the Wannanginni Guringai people as the ancestral custodians of Bulbararing Allagai and Tjudibaring and pay our respects to their elders past, present and emerging.

WELCOME TO *Spring*

Official
publication of the
Copa Community
Association
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BENEFIT THE
COMMUNITY

IN THIS ISSUE:

- What's On
- President's Report
- Local Hero
- Volunteer in your community
- Copa Surf Club
- Copa School
- Copa RFB
- Copa Medical
- Men's Shed



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WHAT'S ON

SEPTEMBER

Saturday 05

Copa Bushcare 2-4pm

Friday 25

Last day of school term

Sunday 27

Avoca Beachside Markets

OCTOBER

Saturday 03

Copa Bushcare 2-4pm

Monday 05

Labour Day Public Holiday

Tuesday 13

First day of school term

Monday 19

CCA AGM

7.30pm Surf Club

Sunday 25

Avoca Beachside Markets

NOVEMBER

06 November

The Lakes Festival

Saturday 07

Copa Bushcare 2-4pm

Sunday 22

Avoca Beachside Markets

SAVE THE DATE

Copa Carols on the Green

Saturday December 5

A word from the CCA President



Copacabana Community Association Inc.

Welcome to the Spring edition of Copa News. Warmer weather and wildflowers make a nice change. What a spectacular Winter we had with hundreds of whale sightings here in Copa and before long we will be watching their return.

The Copacabana Community Association continues to advocate for projects that improve our village. We have provided feedback on Council's Draft Walking and Cycling Strategy, advocating for better pedestrian access throughout our community. Thanks to Treasurer Rob Morgan for preparing a successful grant application for the new War Memorial with the Clubs NSW 'ClubGRANTS' program supported by the Davistown RSL Sub Branch. This \$5000 grant is very much welcomed by the Copacabana community.

Council has been actively addressing a number of concerns the CCA has communicated over recent months and we have developed a positive relationship with the maintenance team. They have completed new beach access stairs and foreshore fencing and quickly addressed safety issues. Progress has been made at Cochrane Lagoon, where erosion has been repaired and the seat reinstated. Erosion near the flagpoles has had a temporary fix and Council is investigating a longer-term solution. The sign at Bonnie Lookout has been reinstated.

We continue to follow up with Council and the NSW Government regarding the Aboriginal Cultural Heritage Assessment Report (ACHAR) and support appropriate Aboriginal heritage acknowledgement signage. We attended the Strategic Planning meeting run by Council to stay informed on broader issues that may affect our community.

Copa Bushcare volunteers continue their excellent work, with 150 new plants established and further regeneration undertaken around the Surf Club. We have requested funding to control asparagus weed in the dunes.

A highlight in June was the successful 5 Lands Walk. It was wonderful to see so many people take part and enjoy this special event, thanks to all of the volunteers who gave their time and energy to help make it such a success.

Planning is well underway for Copa Carols on December 5, and we look forward to hosting this family-friendly event and Santa's visit on the day.

We are looking for positive and energetic people to join the CCA Management Committee. Our AGM will be held on Monday, October 19 and we welcome enquiries about nominating for a role. Email info@copanews.com.au Thank you to our current committee members, volunteers and residents for your continued support. Together we continue to make a positive difference for Copacabana.

Bernadine Mitchell



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Frank Delbello

You might recognise Copa resident Frank Delbello if you've attended the ANZAC Day dawn service in Copa over the past few years. He's delivered the Commemorative Address on three occasions and the crowd is always moved by his obvious passion and stirring words.



Frank was called up for National Service in 1971 whilst studying engineering at Sydney Uni. He completed his training at the 3rd Training Battalion at Singleton and earned \$76 a fortnight as a recruit. With an interest in aviation, he applied for the Artillery corps in the Radar Unit. He progressed through three increasingly difficult maths and physics examinations and was eventually selected as one of two Radar operators, training at the School of Artillery based at North Head. Once he became a qualified radar operator, Frank's salary almost doubled to the princely sum of \$130 a week. He was lucky enough to get a Defence Department home loan at 3.5% interest rate, which enabled him to purchase his first house in Leichhardt for \$82,000. When Frank left the Regular Army and returned to Sydney Uni to finish his degree, he joined the Sydney University Regiment as part of the Army Reserve for about seven years.

Frank has always been interested in military history, having spent years reading and studying about battles and war stories from ancient times through to the Crimean and Boer Wars and both World Wars. He has a particular interest in the Battle of the Coral Sea and is concerned that a battle so crucial to the shaping of this country is no longer taught in schools. He has a passion to educate young people on the subject, believing that an understanding of the country's tradition and culture are imperative in order for people to know 'who they are and what made them what they are.'



Frank is a teacher himself, having had a twenty two year career teaching Maths, Physics and Computing in various independent Catholic schools. At 74 years old, he is still tutoring Year 7 to 12 Maths students up to extension level at a college in Sydney. He says he doesn't feel his age. He puts it down to playing a lot of sport over his lifetime, from school swimming and soccer, to participating in all sorts of athletics including shotput, javelin, discus and hammer throw. He was also a talented tennis player and rower. Quite the sportsman!

Frank has been a resident of Copa for seven years having spent many happy family holidays on the Central Coast in his younger years. He has always liked the beach, frequenting Sydney beaches every weekend as a child. Copa was a considered choice once Frank decided to move up from Sydney permanently. He says he liked the fact that it was a 'dead end' beach, quieter than Avoca or Terrigal and that he found the people in Copa much more friendly and open and still feels it's a very welcoming community. He lives here with one of his adult daughters and has two other daughters living in Tamworth.

We thank Frank for serving his community in many different ways. If you can, come along to next year's ANZAC Day Dawn Service and hear Frank speak, it's always a moving experience.

Move your home up the wanted list.

McGrath

Steve Nixon 0403 943 341
stevenixon@mcgrath.com.au



In this small but mighty community, there are many volunteers at work every week helping make Copa the wonderful place it is. It doesn't take special skills or expertise to make a difference in your community. You don't necessarily have to commit to a particular day or time, sometimes once a year or once a month is enough to help share the load.

If you'd like to connect with locals, meet your neighbours and help out, there are lots of ways to get involved and contribute some of your spare time. Here are some options to consider.

Find your people and make a difference

COPACABANA COMMUNITY ASSOCIATION (CCA)

Variety of roles depending on availability. New Management Committee members are needed to attend meetings or provide muscle or carry out admin tasks big and small. Event volunteers are needed for Copa Carols on December 5 and Clean Up Copa Day in March. We'd appreciate help once a quarter to deliver Copa News to shops and businesses and help update the signboard.

Email: info@copanews.com.au and put 'VOLUNTEER' in the subject line.



COPACABANA BUSH CARE

Once a month for two hours: Join the regular crew on the first Saturday of the month and work to eradicate toxic weeds and help maintain the foreshore and dunes that keep our beach beautiful.

Email: Berna.ric@hotmail.com and Bernadine will get back to you.

COPACABANA SURF LIFESAVING CLUB

The surf club always needs volunteers to keep our swimmers and our beach safe and to help run the club. There are a variety of roles either on or off the sand. Check out their website for details at:

www.copacabanaslsc.org.au



COPACABANA MEN'S SHED

Once a week: Get stuck in to a group project or bring your expertise and nominate for the committee if you have more flexible time. You'll meet a friendly crew and maybe learn some new skills.

Email: secretary@copamensshed.org.au for more info.



COPACABANA RURAL FIRE SERVICE

We are incredibly lucky to have our own RFS. They have lots of roles that require a regular time commitment. Training provided. You'll potentially be saving lives and property and meeting some of the best people in Copa.

Check out their Facebook page for more info at:

www.facebook.com/rfscopacabana/

ANYONE, ANYWHERE, CAN MAKE A POSITIVE DIFFERENCE

We can promise you will be warmly welcomed and 'shown the ropes' by friendly team members at all of these organisations. Whether you have a couple of hours a week, a couple of days a month or a few days a year when you can help out, your contribution to our community will make a difference.



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Copacabana SLSC UPDATE

As we prepare to raise the red and yellow flags once again on Copacabana Beach, there is a real sense of excitement for the season ahead.

Our Annual General Meeting was held on Sunday, 2 August, where a new Board was elected to lead the club for the 2026/27 season. I would like to sincerely thank our outgoing Vice President – People & Culture, Jo Fraser, for her incredible dedication and service over the past twelve years. I also extend my gratitude to Tom Tseng for his outstanding leadership and guidance as President over the last four years. Their commitment has helped shape our club into the strong and welcoming community it is today.

I am delighted to welcome our 2026/27 Board:

• President:	Kelly Henry
• Vice President, Surf Operations:	Blake Jesson
• Vice President, People & Culture:	Sally Blake
• Director of Lifesaving (Club Captain):	Aaron Henry
• Director of Junior Activities:	Peta McKenzie
• Director of Surf Sports:	Pat Thornton
• Director of Member Services:	David Brooks
• Director of Finance:	Peter McIntyre
• Director of Administration:	Rosa Higgs
• Director of Education:	Ash Capps

While the beach has been quieter during the off-season, our members have certainly been keeping busy. A strong team represented Copacabana SLSC at the Central Coast Branch Pool Rescue Championships, bringing home an outstanding medal haul of 13 gold, 7 silver and 11 bronze medals. Congratulations to all our competitors on their fantastic performances. A special



mention also goes to Grace Henry, who competed at the State Pool Rescue Championships and narrowly missed a bronze medal by the smallest of margins.

Our commitment to community safety continues year-round. Over the winter, we have enhanced the beach's public rescue equipment by installing a shark bite kit on the clubhouse exterior, adjacent to the First Aid Room, providing an additional emergency resource should it ever be needed. We've also installed a new public access rescue tube on the beach access path near the pine trees, complementing the existing rescue tube located at the southern end of the beach near the lagoon.

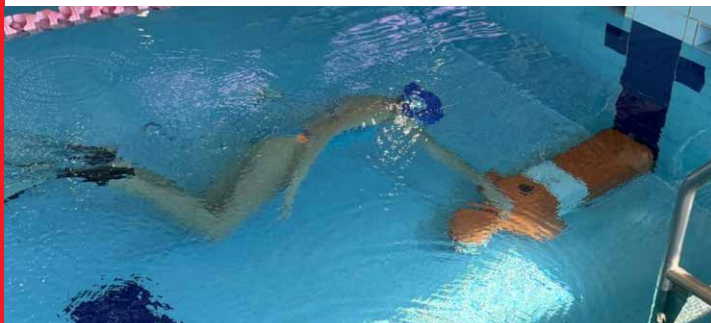
Registrations are now open for both new and returning members for the 2026/27 season. Whether you're interested in patrolling, competing, volunteering, or simply becoming part of our vibrant community, we'd love to welcome you to the club. You can register online at www.copacabanaslsc.org.au or contact our registrar for assistance at registrar@copacabanaslsc.org.au

If you've ever thought about giving back to the community, now is a great time to get involved. We are always looking for new volunteers to join our patrols by completing qualifications such as the Bronze Medallion, Surf Rescue Certificate (SRC), First Aid, Radio Operator or Drone (UAV) Operator courses. There are also plenty of opportunities to help with our popular Nipper program, or, if you hold an RSA certificate, you can lend a hand in our bar and kitchen throughout the season.

For more information or to find out how you can get involved, please contact us at admin@copacabanaslsc.org.au

We look forward to seeing everyone back on the beach for another safe and successful season.

Kelly Henry – President



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Copacabana Public School

A message from Naomi White – Principal

At Copacabana Public School, as well as providing excellence in explicit teaching and delivering quality curriculum, we like to throw in lots of fun! Last term, we finished up with a Celebration Day to reward excellent student behaviour and work throughout the term. It was a joy to see our whole school walking down to the beach for sandcastle making competitions and sporting events.



We have started this term with lots of great events, including our Athletics Carnival, Education Week assembly and Open Day and Picnic Lunch. We've also celebrated Book Week and hosted our annual Book Parade. Students enjoyed a Science Enrichment Day and we also participated in the 'Bullying No Way' initiative, as well as Cyber Safety Week.

Our enrolments for the 2027 Kindergarten intake are strong and we welcome anyone who would like a tour to please contact the school and make an appointment. We are also welcoming out of area enrolments for all grades, aligned with new policies from the Department of Education. Just contact the school office on 4382 1766 to find out how to apply.

Thank you to our incredible community for your continued support of our beautiful coastal school.

Naomi White – Principal



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Copacabana RFB

Welcome to Our New Recruits!

We want to extend a huge thank you to everyone who responded to our recent joint recruitment drive with Avoca Beach Rural Fire Brigade. The response from our local community was fantastic! Our new recruits will be kicking off their formal training shortly, and we look forward to seeing them out on the truck serving our community soon.



Central Coast Council Open Burning Policy

Central Coast Council has released an updated Open Burning Policy outlining key rules to keep our properties and environment safe. If you are planning an open pile burn on your property, please keep these essential safety rules in mind:

- **Timing & Weather:** Burning is strictly permitted during daylight hours only and fire must be completely extinguished overnight. Do not burn on No Burn Days, Total Fire Bans, during temperature inversions or when winds exceed 15 km/h.
- **Prep & Safety:** Piles must consist of dry vegetation (no green or damp materials) and be kept clear of dwellings. You must have a working hose with sufficient water pressure ready at all times and a responsible adult must supervise the fire continuously.
- **Notification:** You are required to give at least 24 hours' notice to your adjacent neighbours and the NSW Rural Fire Service before lighting up.

Need to burn off?

Council rules regarding pile sizes, property access eligibility, and environmental guidelines have been updated. Before lighting any fire, please check full details, requirements, and property permissions on the Central Coast Council website (search "Open Burning Policy").

Hazard Reduction Updates & Why They Matter

With weather conditions improving, brigade members, working alongside neighbouring crews across the region, have already begun conducting critical Hazard Reduction (HR) burns in key high-risk areas right across the Central Coast. Locally, we know many residents are keeping an eye on the planned Kincumber Hazard Reduction. While it had to be postponed prior to winter, we are hoping to conduct this important burn within the next few weeks, weather permitting.

Hazard reduction is one of our most vital tools to protect lives, homes and the environment ahead of the warmer months. Here is why these operations are so critical:

- **Reducing Fuel Loads:**
Over time, leaf litter, twigs and dense undergrowth accumulate in bushland. Controlled burns safely remove this excess fuel under cool, manageable conditions.
- **Creating Buffer Zones:**
HR burns establish strategic defensive barriers between bushland and nearby residential streets, properties, and community infrastructure.
- **Making Wildfires Manageable:**
While hazard reductions don't prevent bushfires from starting, they drastically reduce a fire's intensity. A lower-intensity fire moves slower, burns cooler and gives our firefighters a far better chance of containing it safely.
- **Protecting Bushland & Wildlife:** Uncontrolled, intense bushfires destroy canopy cover and devastate local wildlife habitats. Managed, low-intensity burns mimic natural ecological cycles and reduce the risk of catastrophic wildfire damage.



Stay Updated:

Hazard reductions depend heavily on weather, wind, and humidity, meaning dates can change at short notice. Download the Hazards Near Me app and set up your local watch zones for real-time alerts, smoke advisories, and official updates on planned burns in our area. You can also follow the Copacabana Rural Fire Brigade Facebook page for local brigade news!

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The Ultimate Men's Health Checklist

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Maintenance at 45+: The Ultimate Men's Health Checklist

When you buy a car, you know it needs regular servicing to keep running smoothly. Your body is no different. Turning 45 is the ultimate milestone to shift your focus from short-term fitness to long-term health.

Taking care of your health in your forties isn't about dramatic lifestyle overhauls. It's about routine maintenance that prevents major issues down the road. Treating your body with the same respect you show your vehicle ensures you stay active, energised, and present for your family for decades to come. Here are four key areas to focus on.

1. Book Your "Under the Hood" Tests

Conditions such as high blood pressure, high cholesterol, and Type 2 diabetes can develop silently without obvious symptoms. Schedule an annual check-up with your GP to review your numbers. Catching them early often means they can be managed with simple lifestyle changes rather than lifelong medication. A quick blood test gives you a clear roadmap for your health.

2. Know Your Screenings

Your forties are the time to establish a baseline for cancer and heart checks.

Heart Health: Ask your doctor for a formal cardiovascular risk assessment.

Prostate Health: Talk to your GP about your family history to see if a baseline PSA blood test is right for you.

Bowel Cancer Screening: the earlier the better

Skin Checks: Men over 40 face a higher risk of late-detected skin cancers. Book a professional skin check annually with Copacabana Medical Centre - Skin Cancer Clinic.

3. Protect Your Joints and Muscles

After 40, we naturally begin to lose muscle mass and our metabolism slows. Relying solely on cardio or high-impact sports can easily lead to painful injuries. Incorporate resistance training (such as weights, swimming, chair tai chi) twice a week to protect your joints, strengthen your skeleton, and keep your metabolism firing.

4. Check Your Mental Wellbeing

Midlife brings peak stressors, from demanding careers to ageing parents. Burnout, anxiety, and depression often manifest physically as chronic fatigue, poor sleep, or irritability. Don't brush these off as "just stress". Speaking to a professional is another form of routine maintenance to keep your life on track.

Ready for your tune-up? Prevention is always better than a cure. Call our reception team or book online to schedule your comprehensive health assessment today.

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**COPACABANA
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Copa Men's Shed News

Our group is growing

It's been a busy winter, with six new members having been welcomed to our shed. We are currently looking for more volunteers to assist with the refurbishing of our 1950s clinker boat. No particular skills needed, all help appreciated.

Women's Shed on the way

We are pleased to say that a 'Women's Shed' is close to reopening. Check out our Facebook page to see progress on this front. All enquiries welcome. If you could give us a like us on Facebook it will help us spread the word.

Get your knives sharpened at the shed

We now have a sharpening whetstone for all those kitchen knives too. Come to the shed and we will show you how or do it for you.

Cheeseboards for Christmas?

Thanks to the hard work of members, we have been able to purchase new machinery through grants. How about making cheeseboards for family members for Christmas as a starting point?

Table construction workshops

We have table construction workshops running too, so come on down and learn some new skills.

We meet every Tuesday at 9am and go through until 12.30pm.

If you'd like to join us but aren't sure how you to get involved, drop in for a cuppa at 10.30 am on any Tuesday and we will offer suggestions. We look forward to meeting you.

For all enquiries and queries email us at:
secretary@copamensshed.org.au



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Copacabana Community Association

Annual General Meeting

Monday October 19
7.30pm Surf Club

Nominations open for new Committee members

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Copacabana
Community Men's Shed

Men's session
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New members welcome
Call in for a cuppa.

We welcome approaches from individuals or groups who may have ideas for women's activities at the Shed.

Email Garron at:
gbg015@yahoo.com
with questions or suggestions

The CCA always needs new members, new ideas and new perspectives

Join the conversation

Come along to a meeting or join up (see back page) and share your thoughts.

Email us at info@copanews.com.au or see our website www.copanews.com.au and follow the links.

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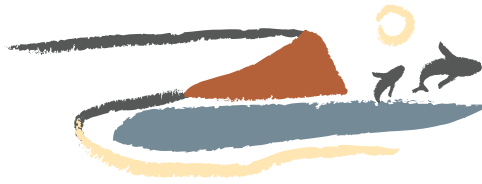
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Copacabana Community Association

Your Local Community Organisation



Copacabana Community Association Inc.

THE CCA NEEDS NEW MEMBERS

We are a small team and we need new ideas and fresh insights so we can keep working for the benefit of the community. We have committee vacancies right now!

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.

CCA AGM, Monday 19th October, Surf Club, 7.30pm

Nominations are open for committee members.

Please speak to Rob or Bernadine if you'd like to become a member or email info@copanews.com.au

You can help make a difference in your community.

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.

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BANK DETAILS

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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: Bernadine Mitchell **Treasurer:** Rob Morgan **Committee Members:** Greg Maude, Robert Gonda, Lorraine Parks, Pat Farmer

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