



Copacabana Community Association Inc.

Spring 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.

welcome SPRING



Official publication of the Copacabana Community Association
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WHAT'S ON

SEPTEMBER

Saturday 2

Copa Bushcare 2-4pm

Meet at Bonnie Lookout

Sunday 10

Surf Club Open Day

Saturday 16

Copa RFS 'Get Ready Weekend'

Open Day

Monday 18

CCA Community Meeting

Special Guest: Dr Gordon Reid

7.30pm Copa Surf Club

Friday 22

Last day of school term

OCTOBER

Saturday 7

Copa Bushcare 2-4pm

Meet at Bonnie Lookout

Monday 9

CCA AGM – All welcome

Copa Surf Club – 7.30pm

Tuesday 10

First day of school term

NOVEMBER

Saturday 4

Copa Bushcare 2-4pm

Meet at Bonnie Lookout

Sunday 26

Avoca Beachside Markets

Heazlett Park, 9am-2pm

SAVE THE DATE

Saturday, December 2

Copa Carols

A word from the CCA President

Hello Copa people, CCA members and friends

We've had Spring-like weather for weeks now and although we probably need a lot more rain, it's been great to enjoy the many bonus days of sunshine we've had across an unseasonably warm Winter. Our beautiful beach has sparkled, and we've seen more whales, closer to shore and for longer periods than ever before.

The CCA committee has been busy over the past few months, attending several key meetings with community groups from all across the coast to identify and discuss common priorities and concerns. We are due to meet this month with Dr Alice Howe, Director Environment and Planning, Central Coast Council. One of the issues the CCA intends to raise is our objection to Copa foreshores being re-categorised in the new Draft Plan of Management from 'Natural Area – Bushland Park' to 'General Community Use'. This categorisation appears to us to allow for the granting of leases and licenses, and we have requested a revocation of this categorisation. We believe the beach should be categorised as 'Natural Area – Foreshore' as is every other beach on the Coast. For details on our objections, see this link to our submission to the consultation papers.

[Submission-CCCDraftPoMConsultation-280223 \(3\)](#)

We will be sure to raise this and other issues with Dr Gordon Reid, Member for Robertson, who has accepted an invitation to speak at our next community meeting on Monday September 18 at 7.30pm at Copa Surf Club. All are welcome to join us. The bar will be open for drinks after the meeting.

On the next page you'll see an article featuring the work of Jennie Lamm, a former teacher at Copa PS who will be well known to many of you. We would like to feature more local artists in upcoming issues and on the website, so please get in touch if you'd like us to include your artworks. Email us at info@copanews.com.au

Lastly, although I know it's very early in the year to think about Christmas, please save the date for Copa Carols on Saturday December 2. Last year's event was attended by hundreds of adults and children, and we hope for a great turnout again. Santa, facepainting, lolly bags and local musicians will feature, as well as lots of Carol singing. Hope you can make it.

Enjoy the Spring sunshine...
Sue Steedman



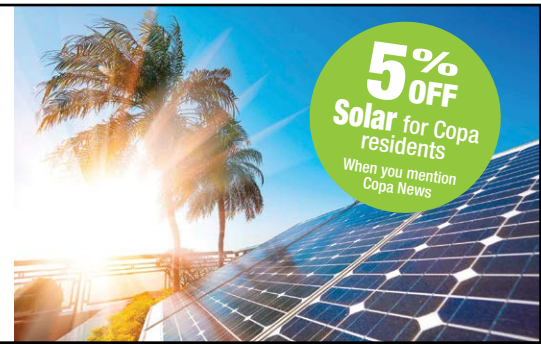
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Spotlight on Copa local artist

Jennie Lamm

Jennie is an artist who uses acrylics and watercolours to create paintings that celebrate the beauty of nature and the joy of life. She has been a part of the Copacabana community for over thirty years and has a passion for inspiring a love of art within her students and the wider community. Jennie's paintings often feature native birds, wildflowers, and other environmental elements. She is particularly interested in highlighting the joy of nature in her art and hopes that her paintings will inspire people to connect with the natural environment and take action to protect it.

After experiencing a serious illness, Jennie discovered that art can also be a tool for healing. She says that art helped her to process her emotions and find strength during her recovery. She encourages everyone to find their own way to connect with nature and celebrate what life has to offer, whether it be through art, music, dance, or simply spending time in the outdoors.



Bonnie Lookout
What's the story?

The next time you are standing opposite the shops at the viewing platform, you'll see this sign, created by local historian and CCA life member, Elaine Odgers Norling. She created and installed the sign with funding assistance from George Brand. Both Elaine and George were great friends of Bonnie Hawkins, in whose honour the platform is named.

The sign helps us to remember the many important contributions that Zelia Ellen 'Bonnie' Hawkins, (12 September, 1921–23 March, 2016) made to the Copa community. Our thanks and congratulations go to Elaine for this initiative. Council permission has been sought to make the sign a permanent fixture and we hope that permission is swiftly granted.





Copacabana Public School

A message from Penny Hooper – Relieving Principal

Bring on the sunshine in **SPRING!!** A wonderful and amazing start to the new semester from students, staff, and the community. We have had a busy and exciting start, and we wouldn't have it any other way.

Education Week

Copacabana PS celebrated 175 years of NSW public education in Week 3. Commencing with our NAIDOC celebrations, our students connected with our First Nations culture participating in Aboriginal games, dot painting and cultural dance to honor the theme 'For our Elders' and 'Learning from the Past'. Our showcase assembly for OPEN DAY was spectacular, alongside our open-air art gallery and family picnic to celebrate our achievements. A wonderful community spirit!



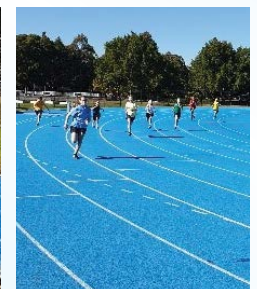
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Creative Arts

Many of our Creative Arts groups performed last term. Congratulations to our Star Struck performers and their success at the 'Ignite' concert at Newcastle Entertainment Centre with 'Chillin Like a Villain' and 'Walk like an Egyptian'. Our Central Coast Dancers performed at Laycock St theatre in the Tjudibaring AECG dance 'Dyarra Murrama' (Sun Setting Red) and 'Hey Mickey'. All students performed with such energy and pizzazz.



Athletics Carnival



The sun came out for our annual Athletics Carnival at Mingara Leisure Centre Track in July. The K-6 students participated in age-group rotational activities including discuss, shot put, high jump and long jump. The crowd certainly came alive with the running races and relay events. One stand out performance was Sienna Coleman who broke a 2007 High Jump record. As always, our students showcased their sportsmanship and behaviour on the day.

Link to our video of the day by Mrs Robertson as seen on FB: <https://www.facebook.com/watch/?v=817240076580851>

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Do you know how healthy your heart is?

Copacabana Medical Centre is involved in several health initiatives. One of these is Heart Health Checks. For eligible patients 30 years and over, these include:

- a. relevant history taking;
- b. physical examination, including blood pressure (BP) recording;
- c. referrals for tests including fasting cholesterol;
- d. providing preventative health care advice, and
- e. implementing a management plan.

In addition to standard BP checks, we offer Medicare-rebateable 24hrs Ambulatory BP Monitoring for patients with borderline high BP, White Coat or nocturnal hypertension. We can also use it to assess the true effectiveness of your BP medication. Call our friendly staff today to book your Heart Health Check. We are specifically screening for common and serious but preventable and treatable conditions such as Atrial Fibrillation (AF), Heart Failure (HF) and Aortic Stenosis (AS).

AF is an electrical disturbance of the heart resulting in irregular rhythm (i.e. quivering) of the heart. AF is a main risk factor for thromboembolic stroke and HF. One in 6 Australians over 65 are predicted to develop AF in their lifetime. AF is often symptom-free but may present with racing or thumping of the heart, chest pain (angina), shortness of breath, weakness, faintness or dizziness. We perform an on the spot electrocardiogram (ECG) to confirm or rule-out AF. Further investigations of the cause of your AF may be carried out and management will generally include blood thinners to minimize the risk of stroke and may include medications or referral to a cardiologist for procedures to restore the normal (sinus) rhythm or to slow the heart rate down.

HF is a leading cause of premature death in Australia. One in 6 Australians over 65 years of age who presents to GP with breathlessness has unrecognised HF. Early symptoms of HF are vague and easily confused with those of obesity, deconditioning or emphysema. Definitive diagnosis is made by cardiac ECHO or a blood test (NT-proBNP), the latter costs \$98 but Copa Medical will be a part of clinical trial providing the test free of charge (when done as part of the Heart Health Check).

AS is a narrowing of the valve of body's main blood vessel (aorta) as it branches off the heart. It prevents the valve from opening fully, reduces the blood flow to the body and makes the heart work harder, which over time results in HF. It can be symptom-free or cause angina, fatigue and shortness of breath. AS is affecting 1 in 10 Australians. It presents with a heart murmur on examination. Cardiac ECHO is used to confirm the diagnosis and assess severity of AS. Mild cases may not need treatment, but in severe cases, open-heart surgery or more commonly nowadays a non-operative procedure known as TAVI (transcatheter aortic valve implantation) is necessary to repair or replace the valve, and thus save life and restore its quality.

To prevent AF, AS and HF we recommend that you

- Avoid smoking and illicit drugs
- Drink alcohol in moderation
- Follow a healthy (Mediterranean) diet
- Exercise regularly
- Have your blood pressure checked regularly.

We look forward to seeing you at Copa Medical for a Heart Health Check. Call to make an appointment with our friendly staff.



Copacabana Rural Fire Brigade

Dry Summer Ahead



After enduring three consecutive years of La Niña-induced weather patterns, Australia is gearing up for what's anticipated to be a significantly drier summer than we've experienced in the recent past. This shift in weather trends means that there's an expected increase in the likelihood of conditions conducive to bushfires.

While the forecasted conditions might not be as extreme as those witnessed during the 2019/2020 fire season, it's paramount that we remain vigilant and adequately prepared to combat any potential fires. Our proactive measures are already evident in the surrounding regions. Over the past few weeks, many residents may have observed various hazard reduction activities taking place.

Hazard reductions, or HRs as they're commonly referred to, play a pivotal role in fire management. By strategically and safely conducting controlled burns, we can eliminate significant amounts of the flammable material that typically fuels bushfires. This not only diminishes the speed at which a fire might spread but also reduces the intensity, making it easier for firefighting crews to control and extinguish blazes.

For those in the Kincumber vicinity, there's an upcoming HR planned. Our dedicated team is poised and ready to

execute this burn, but it's essential that we await the most favourable weather conditions to ensure its success and safety.

In addition to our on-the-ground efforts, we're dedicated to equipping our community with the knowledge and tools they need to be fire-aware and prepared. **We invite everyone to join us for our 'Get Ready Weekend' open day on 16th Sept.** This event offers valuable insights, safety tips, and more. And as a little treat, our renowned cake stall will also be set up, so you can indulge in some sweet delights while gaining invaluable knowledge.

We're thrilled to introduce two valuable additions to our firefighting family, Edan and Dom. Both have demonstrated immense dedication and commitment, recently completing their Bush Firefighter (BF) course with flying colors. Their journey is a testament to the diverse backgrounds and paths our

team members hail from. Firefighting is not just about battling blazes; it's about community, camaraderie, and a shared sense of purpose.

If you've ever felt the urge to serve your community or are curious about the life of a firefighter, we'd love to have a conversation. Our team members come from all walks of life, each bringing a unique perspective and set of skills to the table. There's always room for those with the heart and drive to make a difference. Get in touch with us, and let's explore how you can be a part of this remarkable journey.





Photo by Joe Larrarte - Fotocam



Copacabana SLSC UPDATE

With the red and yellow flags going up on the 23rd September, it's a busy time at Copacabana Surf Lifesaving Club as we prepare for the upcoming season.

The AGM was held on the 9th of July and a new Executive Committee was elected for the 2023-2024 season:

President	Tom Tseng
Vice President – Surf Operations	Blake Jesson
Vice President – People & Culture	Jo Fraser
Director of Junior Development	Kelly Henry
Director of Lifesaving (Club Captain)	Paul Robinson
Director of Member Services	Kurt Van Vasselaer
Director of Finance	Peter McIntyre
Director of Surf Sports	David Brooks
Director of Administration	Fiona Duignan
Director of Education	Ash Capps

A fun Trivia Night was held at the Surf Club as a fundraiser for the Club. The event was organised by Trudy Baron and Deb Hutchings and their team from Change Property (changeproperty.com.au). The money raised will go towards valuable lifesaving equipment that the club needs for the upcoming season. Thanks to all the local businesses that donated prizes for the night:

Artie's Place	ATPI Terrigal	Burnt Honey
Central Coast Mariners	Fresko Fruit	Looloo's Coffee Warehouse
Copacabana Cellars	Copa Food Stop	Palmy
Six String Brewery	Twisted Scissors	The Skin Society
Havanah Hair & Beauty	Oh Bless Home	Kincumber Produce
Lady Copa Pizza	Luca's Chemist	Ocean Bar Cantina
Star of the Sea	Tim Freer	The Bees Knees
Mitre10 Kincumber	Ninja Flooring	Rose & Renoir



Registration for Club Membership (Nippers and Active patrolling members) is now open online for the upcoming season.

Go to: members.slsc.com.au. Registration will also be available at our OPEN DAY on Sunday 10th September. There will also be lifesaving displays and the uniform shop will be open to purchase Club swimwear and merchandise. Go to our website (copacabanaslsc.org.au) or our Facebook page for more information.

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”

Lorraine Parks & Roge Mairt Tennis Besties with the true volunteer spirit

In this issue we are pleased to honour two local heroes who have volunteered over many years to ensure our local tennis courts are improved and managed to make them attractive and available for use by the local community and visitors to Copa.

Lorraine Parks and Roge Mairt have decided to step down from the Copa Tennis Committee at this year's AGM, to 'make way for generational change'. As Lorraine said,

'In order to renew and refresh the committee's ideas and approach for the future, succession planning has been on our minds for some time now.'

Lorraine, a 'very enthusiastic' player, originally joined the committee in 2002, after an invitation from Paul Favoloro – one of the founding committee members - filling the office of President for many years. Roge took over as Treasurer in 2018, having played at the courts 'from the very beginning'. Both women expressed their admiration for Paul and his 'sterling effort' to establish and steer an organising committee. They also acknowledge the work and skills of long-time tennis coach Mark Presdee, who is someone they have both enjoyed working with.

Lorraine and Roge forged their friendship at many Friday afternoon tennis sessions with a regular group of players whom Roge describes as always warm, friendly and respectful. In the early days, the group comprised couples who had been playing together since the 1970s and later travelled and socialised together. They welcomed Lorraine and Roge into the group. Roge has always enjoyed the social gatherings of the group, which have often stretched into Friday evening and beyond, including dinners and dress-up parties.

The women nominate getting the online booking system up and running as one of their proudest achievements over the past few years. It was apparently a torturous process entailing several false starts, and both women ruefully admit that the technology learning curve was steep. They grew their knowledge with lots of help from people in the community, particularly Wolf Messthaler, and with support from Tennis NSW. The courts apparently get many more casual players now that visitors from Sydney can book online. The pair also applied for grant funding to resurface the courts several years ago, a process that required a great deal of work and perseverance.



Both Lorraine and Roge have had busy and fulfilling careers: Lorraine as a Nurse for forty six years both in Australia and overseas, rising through the senior ranks; Roge as a teacher in English and French to HSC level, including a stint as an exchange teacher in Toulouse, France in the seventies. She was amused to recall that her French students knew nothing about Australia except that they all knew Yvonne Goolagong, who was of course a world champion tennis player at the time.

Lorraine recalls that as a child growing up in Earlwood, her neighbour, the future champion Ken Rosewall, would occasionally come to practice at the family's home court with his mates. And sometimes, he could be persuaded to have a hit with her. Despite this, she nominates Roger Federer as her hero/tennis crush. Roge admires young Aussie player Alex de Minaur, and hopes he will continue to do well on the world stage.

Both Lorraine and Roge say they have always enjoyed interacting with the community and say that the committee has been a fun and collaborative group to work with. Recently, a group of current players assisted in putting up new shade cloths at the courts – they commented on this as an example of the community spirit they have experienced over the years.

Lorraine commented 'They are beautiful courts that have been well maintained. A true social asset for Copa residents. I wish the new tennis committee and office bearers well and feel sure that they will continue to improve and manage the courts well.'

As to the best thing about living in Copa, Lorraine loves 'the ocean and the space', and expressed a sincere wish that the name Tjudibaring is eventually adopted as the suburb name. Roge nominates the friendships she's made through volunteering and memberships with a bunch of different groups including Probus and the CCA.

We would like to sincerely thank them on behalf of the community for their volunteering work and for being such an important part of the fabric of Copa life. (But we're sure they'll still be tearing up the courts on Fridays!).



Cockrone Lagoon

WATER LEVEL MANAGEMENT



This information is provided for residents and visitors as there is often confusion or concern in the community when the lagoon is opened to the sea, either by natural processes or by human intervention.

Here is an extract from Central Coast Council's website

The Central Coast's four coastal lagoon systems (Wamberal, Terrigal, Avoca and Cockrone) are a significant geographic feature of the region. They are a highly valued natural resource and support a network of significant ecological communities as well as a diverse range of recreational uses.

These lagoons belong to a special class of estuary known as Intermittently Closing and Opening Lakes and Lagoons (ICOLLs). An ICOLL is a shallow coastal water body with an entrance barrier

connected at least intermittently to the ocean by one or more restricted inlets. They have a low tolerance of external pressures compared to other estuary types, so they need to be carefully managed and conserved in order to prevent significant environmental degradation. However, past land-use changes and human activities combined with a growing population are placing increasing pressure on the natural values and ecological health of the lagoons. Improved planning aims to provide a balance between environmental protection and human activities. Council is working on a range of planning activities which aim to provide a balanced long-term strategic management framework for the integrated and ecologically sustainable use of our coast and estuaries.

Coastal Lagoons water levels and intervention triggers

There are four lagoons on the Central Coast which discharge directly into the Pacific Ocean - Avoca, Cockrone, Terrigal and Wamberal.

The lagoons are characterised by sand berms that naturally control the entrance conditions.

Council intervenes to open these lagoons when water levels reach a trigger level (as listed in table below), and when the lagoons are closed to reduce the risk of flooding. This is a similar approach to that taken in other coastal local government areas.

Council owns water level gauges at each of these lagoons, and current levels can be viewed from links in the table below.

Cockrone Lagoon - View: Live water level, Cockrone Lagoon

- Trigger Level for Mechanical Opening: 2.53m AHD
- 1 in 100 chance flood level: 3.62m AHD
- Flood planning level: 4.30m AHD

For more information, go to: <https://www.centralcoast.nsw.gov.au/environment/coast-lines/estuaries-lagoons-and-wetlands/coastal-lagoons>



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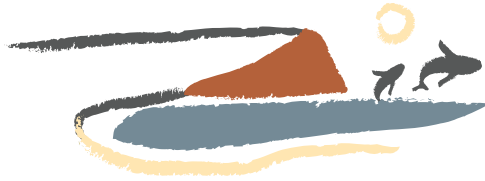
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Copacabana Community Association

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

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.

NEXT MEETING: Monday, September 18,
SPECIAL GUEST DR GORDON REID, MEMBER FOR ROBERTSON
7.30pm Copa Surf Club. All welcome

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: Matt Francis

Treasurer: Rob Morgan

Committee Members: Margaret Platell and George Azoury

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