



Copacabana Community
Association Inc.

Winter 2025

COPA NEWS

www.copanews.com.au

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

WELCOME TO Winter



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WHAT'S ON

JUNE

Saturday 07

Copa Bushcare 2-4pm
Volunteers meet opposite Copa Cellars

Saturday 07-Sunday 08

Central Coast Harvest Festival
Lovecentralcoast.com/events/harvest-festival

Monday 16

CCA Meeting – all welcome
7.30pm Surf Club

JULY

Friday 04

Last day of school term

Saturday 05

Copa Bushcare 2-4pm
Volunteers meet opposite Copa Cellars

Tuesday 22

First day of school term

Sunday 27

Avoca Beachside Markets
9am-2pm

AUGUST

Saturday 02

Copa Bushcare 2-4pm
Volunteers meet opposite Copa Cellars

Monday 11

CCA AGM – all welcome
7.30pm Surf Club

Sunday 24

Avoca Beachside Markets
9am-2pm

A word from the CCA President

*Greetings Copa people,
CCA members & friends,*

The new season is upon us, and we have lots of wonderful winter events to look forward to. Most weeks we can still get outside to enjoy activities in the cooler weather, such as bushwalking in our beautiful Bouddi National Park.

I'd like to thank the many volunteers who helped to prepare and participate in the ANZAC Day Dawn Service. It's always a special day when all our community groups and residents get together to commemorate and honour all those who served our country. Special thanks to the Surf Club, Copacabana Public School, Copa RFS for their contributions, and to the Davistown RSL Sub Branch for conducting a moving and memorable service this year.

We want to share the good news that after much consultation and preparation, the CCA has lodged the DA for the permanent Copacabana War Memorial. Thanks to a local builder, Mick Jurd, who has agreed to supervise the project.

I have volunteered to be on the Central Coast Coastal Lagoons Coastal Management Plan group. We've already met twice and at the time of writing, there are two more meetings to follow. There are three members from Copacabana and six from MacMasters beach focusing on Cochrane Lagoon management. MacMasters beach members are like-minded with issues that affect our lagoon. Each lagoon on the coast has a separate focus group. The purpose of the group is to get community feedback on potential management actions. I will report to the community on progress.

Our annual Clean Up Australia (Copa) Day was very successful, and I would like to thank the many people who volunteered on the day and Rob Morgan for organising the clean-up.

'The History of the Copacabana Men's Shed' by Michael Mitchelmore will be made available via our CCA website in the News section. It's an interesting read which Michael has kindly provided to us. It shows that perseverance when you are passionate about something pays off! Go to www.copanews.com.au to read the History.

Lastly, I would like to welcome a new CCA Management committee member, Robert Gonda. We are pleased he has decided to lend a hand. I hope that we can attract more volunteers to our committee as the work is a rewarding and it's a worthwhile community role. All residents are welcome to attend our next meeting on Monday June 16, 7.30pm at the Surf Club.

Remember to keep a lookout for the whales steaming North in their annual migration. They started early this year!

Bernadine Mitchell



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ROCK POOL

On a fine sun filled day, a swim usually beckons us down to our wonderful surf or ocean pool. Hidden at high tide, the pool nestles into the rock platform below our northern headland. There are few ocean pools on the Central Coast, so we are fortunate that locals in the 1950's did the work of creating this rock pool.

THE MAVIS POOL: A PRECIOUS ECOSYSTEM

Words and pictures by Elaine Odgers Norling

The Kelly and Alderman families spent their weekends over a couple of years moving rocks by hand and boulders with crowbars. Finally they used gelignite to dislodge the last big rocks. Council completed the 'wall' during low tide, using a grader to position the last rocks so as to leave a relatively smooth sandy bottom, and rocks that held the water but allowed the natural flow of the tides. The women of both families were called Mavis - hence the name. They are remembered on the plaque that can be found on the dirt track that takes you down to the sand and pool.

I didn't discover the riches of the pool until I was no longer able to surf. Just floating around wasn't too challenging but using my goggles opened up another world of fish, shells, seaweeds and often very tiny creatures I could not name. To know more I needed a visual record.



Underwater photography is now relatively inexpensive as there is a range of suitable phone attachments. Photos in this article were taken on an Olympus Tough camera.. Some everyday cameras can function underwater and there is a range of suitable phone attachments.



This new world captivated me for the next three years. I recorded 81 fish/creatures over that period. Joining iNaturalist www.inaturalist.org - assisted me in naming what I saw.



If you look carefully you may find some of these creatures as you wade in the pool. Most of them are harmless if left to their own devices. Some are very tiny - the scale of them can only be understood compared to grains of sand. Some use camouflage: others move in schools or shoals for protection. Survival is the key. Probably the biggest threat to this rich habitat and rock pool marine life is from human interference. My motto is **'look, don't disturb or touch'** and help all of the creatures and their habitat to thrive.



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New screening guidelines for lung cancer



Due to the prevalence of lung cancer, survival rates, and instances of late/difficult diagnoses, the federal government will be introducing lung cancer screening for eligible persons in July 2025. The program will be included in the National Cancer Screening Register similar to cervical and bowel screening.

Those eligible for screening are those with no signs or symptoms, aged 50-70 years old, who smoke tobacco cigarettes or who have history of cigarette smoking (having quit within the last 10 years) of 30 pack-years (for example, a pack a day for 30 years, or 2 packs a day for 15 years).

Patients must first be assessed by their GP to check on eligibility.

What is lung cancer and what causes it?

Lung cancer is the fifth most commonly diagnosed cancer in Australia and in 2022 was the most common cause of cancer death in Australia (canceraustralia.gov.au).

Lung cancer is a malignant tumour in the tissue of one or both lungs. It is the result of the uncontrolled growth and multiplication of cells in the lung, which over time grows into a larger mass, affecting lung function. Lung cancer may be identified as either primary or secondary.

While smoking is identified as a cause of lung cancer, 1 in 3 women and 1 in 10 men diagnosed have never smoked. Genetic, lifestyle and occupational factors also play a part.

The good news? If lung cancer is found early, treatment is much more likely to be successful.

Symptoms

Lung cancer can be difficult to diagnose because symptoms can be vague or there may be no symptoms in the early stages. It's important to see your GP if you have any of the following unexplained and persistent symptoms (lasting more than three weeks).

- Persistent cough that doesn't go away or gets worse and/or coughing up blood
- Breathlessness
- Fatigue
- Chest/shoulder pain
- Unexplained weight loss or loss of appetite
- Voice hoarseness
- Recurrent chest infections

If you have any symptoms or think you might be at risk, or if you would like to discuss the new screening protocols, contact us and make an appointment with Dr Risto or Dr Diana.

Sources: Lung Cancer Australia; Cancer Australia; Cancer Council; Department of Health and Aged Care

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Keira Blaikie

At age 17, Keira Blaikie has already achieved a lot - but she's not resting on her laurels just yet! Some of you might remember Keira's impressive singing performance at last year's Copa Carols or from her busking gigs at local markets in Woy Woy, Umina or Long Jetty. She has a fabulous voice and is always popular with the crowds.



Keira is a multi-talented singer/actor/dancer and says performing has been 'in her bones' for as long as she can remember, stemming from her family's involvement in the arts.

She said 'Obviously, I knew that was what I was going to do.' Her younger sister, Aaliyah, is also a dancer, so clearly talent runs in the family. Keira's mother, Juliette, teaches dance and has no doubt been a big influence and help 'running around and organising' her daughters' classes and performances.

A former student of Copa Primary and Kincumber High, Keira is now studying at 'Acting Mastery' in Sydney as well as continuing to perform and audition for roles whenever opportunities arise. She's done some workshops at NIDA and in 2023 she starred in Kincumber High's production of 'Grease the Musical' in the scene-stealing role of Rizzo, which she says was 'the best thing ever. Such a joy.'

When asked about which avenue of the arts she'd like to pursue, she's a bit torn between acting and singing. 'Hmm. Well I wouldn't be able to live without singing, but it's always really been acting!' she said. She doesn't have much spare time between auditioning, studying and preparing for performances, but she does love the beach and going to the movies, and she plays the piano 'a bit'. She enjoys living on the Coast because of the people.

'Well, I like that it's not the city! People are more welcoming and friendly here.'

Asked 'what's next', Keira is definitely thinking big. Her dream gig would be a role in Season eight of Bridgerton. We applaud that ambition and we're sure her star will shine bright.

Thanks to Keira for turning up to entertain us at Copa Carols. It's nice to know she is still embedded in the Copa community. We wish her all the best.

To book Keira for an event, contact her manager Sonya at Random Management - randommanagement.com.au



Copacabana RFB



As the cooler months settle in across the Central Coast, we want to remind everyone that while the immediate threat of bushfires recedes, winter brings its own set of fire risks. Historically, we see an increase in structure fires during this time. This is often due to how we heat our homes and the changes in our daily routines.

To help keep you and your family safe this winter, we urge you to take the following precautions:

- **Heating Appliances:** Have gas heaters professionally serviced annually. Ensure electric heaters are in good working order and kept away from flammable materials (at least one metre). Never leave heaters unattended, especially when sleeping. Use the correct fuel for wood-burning heaters and ensure flues and chimneys are regularly cleaned.
- **Electric Blankets:** Inspect for damage before use. Never fold them tightly. Do not use them if wet. Turn them off before getting into bed unless they have a thermostat for safe all-night use.
- **Kitchen Safety:** Never leave cooking unattended. Keep stovetops and ovens clean to prevent grease build-up.
- **Smoke Alarms Save Lives!** Test your smoke alarms monthly. Replace batteries annually or as needed. Have working smoke alarms installed on every level of your home.
- **General Home Safety:** Keep hallways and exits clear. Have a fire escape plan and practice it with your family.

On a brighter note, we also want to say a huge thank you to our wonderful community for the fantastic support shown at our open day and cake stall in April. It was a pleasure connecting with you all.



If you're interested in giving back to our local community, learning new skills and being part of a dedicated team, please contact the brigade for more information. We welcome new members and offer comprehensive training and support. Volunteering with the fire brigade is a rewarding way to make a real difference in your community.



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WHALE SEASON

Humpback whales are travelling northwards along the coast and it's wonderful that we are able to see these beautiful ocean giants as they play and splash in our waters, sometimes even breaching in Allagai Bay as they pass by. These humpbacks spend all summer living it up in the cool waters of the Antarctic; feeding on the abundant krill there and are now making their way to the warmer waters of the Great Barrier Reef.

Humpbacks have been undergoing these seasonal migrations for thousands of years and are an important part of the seasonal calendar for indigenous peoples. The movement northwards starts in June and is led by groups of young males followed by young females and most adult whales, and finally females who are pregnant or in a cow-calf pair.

Humpbacks socialise and play along the way, and males communicate using their highly complex songs which can be heard for hundreds of kilometres underwater. Humpbacks average a little less than two kilometres per day, since all of them will take advantage of rest spots along the way such as Moreton Bay and Hervey Bay. Some of these rest spots are used as a day spa, with humpbacks known to roll around on the sand to rid themselves of any attached barnacles.

Whales Tales

Pregnant whales who are the last to arrive will calve in the warmer sub-tropical waters. Humpbacks will then feed and build up their strength before they return to the Antarctic for summer. Luckily, we are also likely to see them on their return journey as they pass by our coves and beach.

Take the time to appreciate this natural spectacle - It's a wonderful sight, particularly for kids. Good luck with your whale spotting.

Sourced from www.environmentnsw.gov.au/topics/animals-and-plants/native-animals/native-animal-facts/whales/humpback-whale



Chris Dick
PHOTOGRAPHY



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Copacabana Public School

A message from Penny Hooper – Relieving Principal

Term two is in full swing!

Plenty of exciting events have been happening in and around Copacabana Public School since the beginning of term.

Students have been extremely busy in classrooms, with diverse activities such as Harmony Day and STEM enrichment days. They've also competed in Swimming and Cross-Country Carnivals as well as taking part in Photography Workshops and National Young Leaders Day. We've also held our Values Assemblies, recognising the remarkable students who attend Copacabana Public School.

During the holidays, our student leaders proudly represented the school, participating in the Anzac Day Dawn Service with readings, wreath laying and flag bearing duties and again at our school service for K-6.

Penny Hooper
Relieving Principal



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Copacabana SLSC UPDATE

The red and yellow flags came down on the 2024-2025 season on April 27. The surf lifesaving season was a busy one for our active patrolling members who spent a total of 6,854 hours on the beach and effected 546 preventative actions. 25 members of the community were rescued whilst at Copacabana Beach and were able to return home safely to their families and loved ones.

In April some of our young Lifesavers travelled to the Gold Coast to compete at the SLS Australian Championships. Although they didn't come away with any medals, many of them made the finals of their events and it was a wonderful experience for these young competitors.

Even though it is the "off season" for Copacabana Surf Lifesaving Club, there is still a lot going on at the Club. The building renovations have begun and are due to be completed soon.

There are still various opportunities to keep fit during the winter with our CopaMoves initiative: sunrise yoga; swimming training and the Sunrise Run Club. The red and yellow flags will go up again on Saturday September 27 – in the meantime stay warm and dry.

Tom Tseng – President



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members, new ideas and
new perspectives

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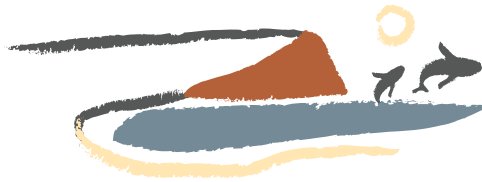
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Copacabana Community Association

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.

NEXT MEETING: Monday June 16, Copa Surf Club, 7.30pm

All welcome. Join us for drinks at the bar afterwards.

Please speak to Bernadine or Rob if you'd like to join up or have questions about the committee vacancies.

You can help make a difference in your community.

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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

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 website, advertising, or editorial enquiries, email info@copanews.com.au with ATTN Sue Steedman in the subject line

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