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WHAT'S ON

SEPTEMBER

Saturday 06

Copa Bushcare 2-4pm Meet opposite bottle shop

Sunday 14

Taste the Coast Food Festival 11am - The Entertainment Grounds

Friday 26

Last day of school term

Sunday 28

Avoca Beach Markets

OCTOBER

Saturday 04

Copa Bushcare 2-4pm Meet opposite bottle shop RFS 'Get Ready' Open Day BBO & Cake stall

Monday 06

Labour Day Public Holiday

Monday 13

CCA meeting 7.30pm Surf Club

Tuesday 14

First day of school term

Sunday 26

Avoca Beach Markets

NOVEMBER

Saturday 01

Copa Bushcare 2-4pm

Sunday 09

Swell Times Surf Festival Avoca Beach

Sunday 23

Avoca Beach Markets

Saturday 29

Copa Bushcare 2-4pm

SAVE THE DATE

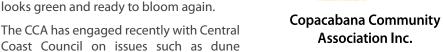
Saturday December 6

Copa Carols on the Green



A word from the CCA President

Welcome to the Spring edition of Copa News. This is a wonderful time of the year when we love to embrace warmer weather and swimming at our beautiful beach. After all the rain we had in August, everything looks green and ready to bloom again.



restoration, coastal erosion management, safe beach access and local infrastructure. Here are some highlights.

- We have lodged the Development Application for the permanent War Memorial, and we are waiting for the response from Council.
- We were successful in our objection to a reclassification proposed by Council for our dunes and foreshore area in the recent Draft Plan of Management consultation. The classification reverts to 'Natural Area foreshore' (as it has always been) which means the lands cannot be leased or developed. This is a win for common sense.
- Recently we have been waiting on a response from Council regarding the management of sixty watercraft stored on the foreshore area of Cochrone Lagoon. We have been advised that it is permissible to store water craft in the area, however we are pushing for derelict craft to be removed. These are detrimental to the environment as they deteriorate and break down, with debris leaching into the lagoon.
- I am a volunteer on the Central Coast Coastal Lagoons Coastal Management Plan group. We made several separate responses to Council's consultation documents and await updates on the Plan.
- Copacabana Public School P & C have been circulating a petition to have a footpath installed along with the road works on Del Mar Drive. The CCA supports this initiative. Updates can be found on our website at www.copanews.com.au
- The application for Council grant funding to support our annual Copa Carols on the Green event was successful. Carols will be held on Saturday December 6. The event is family friendly and features local entertainers, free face painting and of course a visit from Santa. Thanks to Rob Morgan for submitting the application. Updates will be posted on the Copa Carols Facebook page.

I would like to take this opportunity to acknowledge the commitment and support of volunteers in our community who help preserve this beautiful coastal village in so many ways. We warmly welcome new committee members, Robert Gonda, Lorraine Parkes and Pat Farmer elected at our recent AGM. The Management Committee is still in need of more people to help us continue our work so please contact me if you are interested at info@copanews.com.au

Bernadine Mitchell



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Response from Council Staff on Local Aboriginal Heritage sites

Leatherback, Loggerhead and Green Turtles.

The CCA has checked with Councillors regarding this issue following some information recently published elsewhere. Here is the Council response to our enquiry:

The Copacabana area contains a number of known and unknown Aboriginal Heritage sites. It is an offence under the National Parks and Wildlife Act for Council to undertake maintenance work where an Aboriginal Heritage site may be disturbed or damaged. There have been no formal stop work orders issued by Council or the NSW Government.

However, in order to carry out maintenance work at this location, Council must obtain an Aboriginal Heritage Impact Permit (AHIP) from Heritage NSW, in accordance with the National Parks and Wildlife Act. Council has been preparing an Aboriginal Cultural Heritage Assessment Report for Copacabana Beach. This report will support Council's application for an AHIP. Once the AHIP has been received this will allow Council to undertake works in accordance with mitigations outlined in the AHIP and Management Plan.'

We will keep the community updated on progress.

New Owners Copa Supermarket

Go along and say hi to new Supermarket owners, Ben and Trent. Trent grew up on the Coast and has family in Copa, bringing a strong sense of local connection and care. Ben's background is in FMCG and grocery. The pair are focused on continuing Copa Supermarket's long standing role in the community, while introducing fresh energy and thoughtful improvements.

"Copa Supermarket has been a staple in the community for decades, it's part of daily life here," says Trent. "We're proud to continue that legacy, with a renewed focus on service, consistency, and community." Ben is especially passionate about working with local producers and bringing more locally sourced products into the store; while maintaining the warm, beach-town feel Copa locals and visitors know and love.

Move your home up the wanted list.

McGrath







Menopause Health Assessment

While men and women share many of the same health concerns, there are also key differences—shaped by biology, life stages, and social factors—that mean women often face unique health challenges. In this edition of Copa News, we explain a little about menopause, how it affects women, and highlight the new women's health initiative introduced by the Australian Government in 2025.

Menopause is a natural, biologically occurring process that women typically experience between the ages of 45 and 55 years. However, women will experience varying symptoms, and the length of time they are present. Some women transition with few symptoms, while others find this period in their lives challenging, and it can often affect a woman's sense of self.

Common symptoms can include hot flushes and night sweats, mood changes such as feeling anxious or irritable, sleep disturbances, loss of libido—which can also be affected by another common symptom of vaginal dryness—and difficulties with memory and concentration.

However, you are not alone, and by speaking to your GP early, you can gain valuable insight and support on the best ways you can manage the symptoms and emotional struggles that may be associated with this period in your life.

Medicare has introduced a comprehensive Menopause Health Assessment rebate to make early intervention more accessible for women transitioning into menopause.

The assessment is conducted by the clinical team in GP Surgery and focuses on:

- History taking to determine pre, peri or post-menopausal status, and help you and your doctor identify areas of your health and wellbeing that could be negatively affecting your daily life
- Physical examination including taking your blood pressure, weight and height
- Initiating requests for investigations, referrals and screening tests such as cervical, breast, and bone density checks.
- Developing a management plan with non-medicated and medicated options, including available menopausal hormone therapies under the PBS; and
- Providing you with preventative healthcare advice, as clinically indicated, on physical activity, smoking cessation, alcohol intake, nutrition and weight management

Symptoms of menopause are real and can be managed. Call Copacabana Medical Centre to book your Menopausal Health Assessment and start getting the support you need.

Reference: RACGP https://www1.racgp.org.au/newsgp/professional/detail-of-new-women-s-health-mbs-items-explained

Opening Hours:

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LOCAL ARTIST

Copa Artist wins prestigious art prize

You may well have spotted local resident and artist, Dave Charles, painting 'en plein air' at the Northern end of the beach. He's often there in all weathers painting in oils, his favourite medium. Dave's lived in Copa for ten years, along with his wife, Gayle and their two adult daughters and says they love the community here. He says he finds the landscapes inspiring and the local people supportive and friendly.

Dave was recently awarded the prestigious ABC Western Plains Art Prize at Art Unlimited 2025 for his painting 'Afternoon Glow' (pictured here). To quote from the media announcement:

Judge Natasha Lunnis praised Charles' winning work, highlighting its dynamic portrayal of the Western NSW Landscape. "The work beautifully encapsulates the detail and colour within the landscape. It is a work both harsh and soft as the land it represents. The application of the clouds creates movement across the canvas and suggests the passing of time in a still work."





It seems creativity runs in the family. Dave's daughter Katharine started painting about four years ago and according to her proud father, she's very talented.

'I taught her the basics, but she's just taken it to the next level. Her work blows me away. She got a Highly Commended award at the Royal Easter Show.'

Dave enjoys painting in large formats up to 3m long as it 'sets him apart from other artists'. The P & C at Umina Beach Public School commissioned him to paint a 7m long mural of Lion Island at the school as well as breaking wave murals. He has had a few solo exhibitions which were well received, including one at Heart Space Copa. The family has recently opened a gallery space at their home in Del Monte Place, called Dave Charles Fine Art Gallery, which is open most weekends or by appointment. He is grateful to Gayle, who has always been 'incredibly supportive' in allowing him the time and space to pursue his work.

It is wonderful to see such creative talent flourishing here in Copa and we congratulate Dave on his recent success. To find out more about Dave's work and the location of his gallery, check out his website at www.davecharlesartist.com.au or email him at davejcharles@hotmail.com

Story by Sue Steedman







A Message from Your Local Brigade: Preparing for the Season Ahead

As we move out of winter, our focus at Copacabana Rural Fire Brigade is firmly on the upcoming bushfire season. This year presents a unique challenge. Current forecasts from the Bureau of Meteorology are predicting a very wet spring for the Central Coast. While welcome rain is always a relief, this weather pattern acts as a double-edged sword for fire preparation. The consistent moisture and damp ground conditions severely limit the number of safe days available to conduct vital hazard reduction burns. These planned burns are one of our most effective tools for reducing the amount of flammable material in the bushland surrounding our homes.

The consequence of a wet spring is the rapid and dense growth of grass, scrub, and undergrowth. As we transition into the heat of summer, this lush vegetation will quickly dry out, potentially creating higher-than-average fuel loads across our region. This increases the risk of fast-moving grass fires, which can start and spread incredibly quickly. Therefore, it is more important than ever that individual households take action. Preparing your own property is the single best thing you can do to help us protect the entire community.

A Busy Winter and New Faces

Winter has been anything but quiet for our volunteer crews. We've been responding to a wide variety of incidents, including house and vehicle fires, motor vehicle accidents, storm damage with trees down, and providing emergency assistance to NSW Ambulance paramedics. We are thrilled to welcome two new trainee firefighters who are nearing the completion of their Bush Firefighter course. Their dedication is a credit to the community and you can expect to see them on the truck, responding to call-outs, very soon.

Sharpening Our Skills with Fire and Rescue NSW

To ensure we are always ready, our members recently had the valuable opportunity to attend the Fire and Rescue NSW Training Academy on two separate occasions. These intensive sessions allowed our RFS volunteers to train alongside our Fire and Rescue colleagues in realistic, live-fire scenarios. This joint



training is critical for refining our shared skills and ensuring seamless communication and co-ordination between agencies during major emergencies.

Stronger Together: Partnering with Avoca Beach Brigade

Our strong, long-standing relationship with the neighbouring Avoca Beach Rural Fire Brigade has been further enhanced in recent months. We have now combined our weekly training nights, allowing members from both brigades to benefit from more varied scenarios, a wider pool of experience, and better access to equipment. We have also refined our joint-response procedures, ensuring that when a call for help comes in, we can provide the fastest, most effective response for the residents of both Avoca Beach and Copacabana.

Get Ready Weekend: Mark Your Calendars!

Come on down and meet the crew at our annual Get Ready Open Day! This is a perfect opportunity for the whole family to learn how to prepare your home and develop a Bushfire Survival Plan for the season ahead.

When: Saturday, 4th October 2025 Where: Copacabana Rural Fire Station

We'll be here to answer all your questions, and the crew will be running our famous BBQ and cake stall. We look forward to seeing you there!



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Danielle & Neil Mackay

Most people in Copa know the friendly faces of the Mackays, who owned the supermarket for twenty four years. For those with longer memories, they bought the business from Danielle's aunt, Maree Pearce. Over the last two decades, Neil has been 'behind the counter' week after week while Danielle has done a lot of the back office work. During the pandemic, the supermarket provided essential services as well as a vital social connection for residents.

The couple moved to Copa in the year 2000, having come from corporate backgrounds at the Commonwealth Bank. At the time, they wanted a sea change and Danielle says they planned to stay for five years. Neil wanted to leave after a week because he thought it was too quiet, while Danielle enjoyed it from the start. It's clear that like many locals, they have come to love the Copa lifestyle and the people here. As Danielle said, "We've made so many lifelong friends here, we couldn't leave."

The supermarket has been the true definition of a family-run business, with daughter Tayla helping run the store for the last two years, which has 'kept them going'. They also say they "could not have done it" without Renee Mason, who worked for them for twenty years. Danielle says they've always tried to hire local people and 'keep it in the family. Although she does admit that son, Cooper, now 23, 'lasted twenty minutes'. Clearly it wasn't for him!

The couple recently sold the business and celebrated the end of an era, travelling to Japan for a much-deserved holiday. In the past, they only had short breaks since they still had to be at the end of the phone dealing with any major issues that go with running a business seven days a week. Both of them say that running helped provide a respite from 'thinking about work' -Neil on the road, Danielle running the trails with her friends. Despite the fact that it must have been an all-consuming enterprise, both of them say they are grateful to the community. Neil summed it up:

"We appreciate the loyalty and support of our customers over the years, without the awesome community and the holiday makers, the business would not have thrived the way it did."



and Year 10) while Neil will keep running and find casual work as it arises.

Along with all locals, the couple say they wish the new owners of the Supermarket, Trent and Ben well. Trent recently commented:

"Copa Supermarket has been a staple in the community for decades, it's part of daily life here," says Trent. "We're proud to continue that legacy."

The Mackays did indeed create a wonderful legacy of service and care, and they are highly valued and greatly loved members of our community. We hope they now have more time to spend with their friends and perhaps take a few more holidays in future.



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Copacabana Public School

A message from Renee Robertson — Relieving Principal

Term three in full swing!

Term 3 has been an incredibly active period for all of us at Copacabana Public School.

We held a revamped Athletics Carnival, focusing exclusively on track events to prioritise the safety and well-being of our students. We were thrilled to see a significant turnout of parents, whose enthusiastic support created a positively vibrant atmosphere for our participants. Of particular note was the sportsmanship on display from the very first race: Rio ran back to help his friend and then stayed by him to complete the race. What a legend! We are currently strategizing the best approach to conduct our field events, recognising their equal importance, and we will be communicating further details to our community.

In addition to our sporting endeavours, our school students proudly showcased their talents in the Creative Arts during our Education Week assembly. Our dance group and choir delivered exceptional performances for the entire school, demonstrating the confidence and skill of our students. We heard from Olivia in Year 3, who authored and illustrated her own children's book, as she read this to our school with the support of her friend Alice. What a treat that was!

We also had some special guests (and past CPS students) visit us for a Q&A around this year's theme, 'Ignite Your Passion.' Local high school students and athletes, Kaiden Macnamara (KHS) and Emily Rose (GHS), gave our students some beautiful advice on how to remain motivated, passionate, and disciplined when chasing both academic and sporting goals. We are so grateful for their time, insight, and kindness.

The students were fully engaged on Science Day - themed "Decoding the Universe" -participating in experiments focused on making predictions, testing hypotheses, and analysing results. Our Book Parade was held to coincide with the Book Fair in our library.

This year's theme was "Book an Adventure." We invited parents to join us in our open classrooms and participate in various school activities throughout the day. Other Term 3 activities included the Public Speaking Competition for K-6 students, the Spelling Bee finals for our Stage 2 and Stage 3 school winners, and our participation in the ICAS Academic Competitions.

Our Aboriginal students celebrated their personalised learning pathway goals during our Yarn Up event. Parents and students engaged in discussions about the next steps to further their learning. We were delighted to showcase our newly renovated bush tucker garden, thanks to the efforts of Ryan Guest, which is a beautiful and aromatic addition to our school. We encourage you to visit and enjoy its beauty.

Thank you for your continued support of our school community.

Renee Robertson - Relieving Principal













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Copacabana SLSC UPDATE

With the red and yellow flags going up on September 27, it's a busy time at Copacabana Surf Lifesaving Club as we prepare for the upcoming season. The AGM was held on August 3 and a new Executive Committee was elected for the 2025-2026 season:

President	Tom Trong
	•
Vice President – Surf Operations	Blake Jesson
Vice President – People & Culture	Jo Fraser
Director of Junior Activities	Peta McKenzie
Director of Lifesaving (Club Captain)	Aaron Henry
Director of Member Services	David Brooks
Director of Finance	Peter McIntyre
Director of Surf Sports	Kelly Henry
Director of Administration	Rosa Higgs
Director of Education	Ash Capps

The 2024-2025 Annual Report is available on the club website at copacabanaslsc.org.au

Building work around the Club is almost finished. The new First aid Room and extended Café area is at lockup stage, and we'll be fitting out the First Aid Room before the new season starts. Elyse and Noel are working to set up the extended café area as quickly as possible and hopefully they will be finished before the season starts too.

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 14th September from 10am - 2pm. At the Open Day there will also be lifesaving displays, and the uniform shop will be open to purchase Club swimwear and merchandise. Go to our website (copacabanasIsc.org.au) or our Facebook page for more information.

We always need volunteers to help make the Surf Lifesaving club run. If you would like to be an Active Lifesaver and go on patrol at the beach, we will be running a Bronze Medallion Course towards the end of October - check our website for information night and start dates. If you feel that you aren't fit enough to do a Bronze Medallion, you can do a First Aid Course, Radio Operators Course or a Drone Operators (UAV) Course to be on patrol on the beach.

If you have an RSA certificate, you could help our wonderful volunteers in the bar and kitchen throughout the season. If you are willing to help or need more information you can contact us at admin@copacabanaslsc.org.au

Tom Tseng – President









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

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

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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 October 13, 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.

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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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

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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