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Hello Humpbacks!

A bird's eye view in Spring

Official publication of the Copa Community Association

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BENEFIT THE
COMMUNITY

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SALES & RENTALS HOLIDAY LETTINGS



WHAT'S ON

SEPTEMBER

Tuesday 01

Bushfire Danger Period commences

Saturday 05

Copa Bush Care 2-4pm Meet at viewing platform

Saturday 10 **RUOK?** Day

Friday 25 Last day of term at Copa **Public School**

CC Watercolour Society -Springtime Exhibition opens (Gosford Regional Art Gallery)

OCTOBER

Saturday 03

Copa Bush Care 2-4pm Meet at viewing platform

Monday 05

Labour Day Public Holiday

Friday 09

Blue to Blue Film Festival -7pm (Avoca Beach Cinema)



Monday 12

First day of term at Copa **Public School**

NOVEMBER

Tuesday 03 Melbourne Cup Day

Saturday 07

Copa Bush Care 2-4pm Meet at viewing platform

A word from the CCA President

Hello Copa people, CCA members and friends,

It goes without saying that this has been a tough year, with unprecedented bushfires, storms, destructive monster tides and Covid-19 to top it all off. It's been good to see the resilience and strength of our own community here in Copa and we can only hope that NSW does not fall victim to the catastrophic and frightening spread of the virus currently being experienced by our Victorian neighbours.



Last issue we featured a story about how our local businesses coped with lock-downs and with a cautious return to a more 'normal' return of visitors and tourists to Copa, we are hopeful that the warmer weather will allow us to welcome more people to support those businesses over Spring. We've been glad to see that the majority of people are being respectful of the social distancing protocols put in place by the health authorities and encourage everyone to remain vigilant and to consider wearing masks in crowded interiors - especially important to protect our more vulnerable citizens. See the Copa Medical article in this issue for more information.

Having taken up the mantle as CCA President since Steve Boucher stepped down from the role, I'd like to take this opportunity to thank him for his years of service and leadership on behalf of our members. Steve has worked tirelessly to progress initiatives that benefit the whole community and was one of the main drivers of many improvements and outcomes for Copa over the past few years. Steve led the team in interactions with senior Central Coast Council staff and Ward Councillors as well as local MPs Adam Crouch and Lucy Wicks. It is largely because of Steve's great networking and people skills that we are able to have our voices heard when representing the interests of Copa residents. He remains a valued member of the CCA Management Committee and we are grateful for his expertise, commitment and hard work.

Mindful of Covid protocols we are not able to have our usual community meetings at this time, but your CCA committee is continually working on ways to stay connected with our members and the broader community and I would urge you to keep checking in to our website www.copanews.com.au for important updates. You can also write to us with any queries at info@copanews.com.au and a member of the team will get back to you promptly.

We will be providing updates regarding the major upgrade works at Susan Fahey Park on a weekly basis on the website and by the time you read this, work will have begun. Sections where work is complete will be gradually re-opened as soon as possible to avoid disruptions to people's enjoyment and use of the park. Council has asked us all to be patient through the upgrade process. We anticipate the finished result will be a muchimproved space for the whole community to enjoy.

Meanwhile, stay well and enjoy the warmer weather. See you on the beach.

Sue Steedman

Cover photo: Chris Dick.



Hello Friends and Neighbours

Firstly, I want to thank Copacabana Community Association Management Committee for their work in providing information and news updates pertaining to CCA activity during these most difficult times of the COVID-19 virus.

Luckily Copa has not had any spike in crime lately. Thanks must go to our community for their co-operation in keeping crime low by always reporting to Police on CRIME STOPPERS 1800 333 000.

It's been months now that this Virus has been with us and caused so much heartache, sadness and confusion to so many families. It is just extremely important to practice the recommended actions from NSW Health:

Wash and sanitise your hands regularly; keep to the social distance length 1.5 metres; stay at home unless absolutely necessary to go out and if you are visiting crowded places, it's recommended to wear a mask.

We are all in this together and complying with the rules will stop the spread of this cruel virus and help to save lives.

Let's keep Copa free of this devastating COVID-19 pandemic.

Josi Fudge



struggling with anxiety, especially during these challenging times.

A lack of connection (or lack of belonging) is what we want to prevent.

By inspiring people to take the time to ask "Are you OK?" and listen, we can help people struggling with life feel connected long before they even think about suicide. It all comes down to regular, face-to-face, meaningful conversations about life. And asking "Are you OK?" is a great place to start.*

* Taken from www.ruok.org.au



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Photography is a passion for Chris, which he 'fell into' and at the urging of his wife Raichel, he's recently begun to pursue this hobby more seriously and expose his work to the public.

Chris has a 'real job' in Sydney and despite the pandemic is busier than ever and commutes daily on roads that are (thankfully) a little less crowded these days.

Chris uses a drone – a DJI Mavic 2 Pro equipped with a Hasselblad camera - to get his unique perspectives of our beautiful coastline. Some of his shots looking back to Copa have been taken from 2 kilometres out to sea. Chris completed a 5 day 'crash' course (and a lot of study) to obtain his Drone Pilot licence, granted by the Civil Aviation Authority (CASA). He says he is 'learning all the time' and as a member of the Central Coast Drone Flyers group, he credits the members of that group with encouraging and

teaching him a lot about how to achieve the best images with his drone. He says members of the group include 16-80 year old males and females, who all enjoy each other's company on their weekend forays across the coast. They happily welcome new members¹.

The drones can fly up to 8km from base. The drone pilots like to shoot at either sunrise or sunset to capture the best light and also because there are fewer people around. Although Chris classifies himself as a novice, having only being doing the drone photography for twelve months, we think his work is fantastic and that's borne out by people's comments and enquiries on Facebook, where Chris often posts his latest work.

For more of Chris' photographs, go to his Facebook page DickPix (very memorable) or give him a call to enquire about purchasing on 0414 925 978.





A welcome breather allows us time to prepare.

The off season has stayed pleasingly quiet, with only 25 fire calls since 1 April, and no need to assist with Covid-19 issues which is great and a credit to all who are taking the distancing and hygiene seriously.

It has given us time to re-skill in some areas, upgrade skill levels in others, and just generally re-set and get ready for the next season. It appears at this stage we will have a respite from the dry and hot weather from last year, but there is a lot of fuel about, especially grasses out in the highlands and on the plains, which can cause devastating fires.

Six Local Government Areas have begun an early 'Bushfire Danger Period' (BFDP) from 1 August with residents in Armidale, Walcha, Uralla, Glen Innes, Severn, Inverell and Tenterfield being urged to come up with an emergency fire plan and clear their yards and gutters.

We have also had the first response involving water-bombers for a large fire along with six trucks and crew fighting to keep the flames away from nearby properties in Duranbah, where the fire has burned through about 180 hectares of swamp and grassland.

Since July 1, the state has recorded 702 bush, grass and scrub fires, with about 10 burning on in the first week of August. By contrast, at this time last year NSW had recorded triple that number or 2,224 blazes.

Get ready weekend is coming: Keep an eye on our Facebook page to find out what activities are planned (depending on Covid restrictions) to help us help you get ready for the fire season. As a start, you can check out some fire myths and facts here: www.facebook.com/rfscopacabana/videos/593002641576614

We also share helpful updates on emergencies and local weather! There is a 70% chance of a La Nina forming over the coming months for Australia, which may mean the end of the El Nino phase (dryer, hotter weather), but also the risk of increased rainfall and possible flooding and increased chances of tropical cyclones in the North of the country. Other systems (such as the Indian Ocean Dipole or IOD) are also in play, so nothing is certain about this summer as yet. Stay safe out there.

Matt Francis

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Copacabana SLSC

Its fair to say there will be a few changes for this upcoming season, and we are proud of the work being done in preparation for the summer ahead. In dealing with the things we know, it is likely there will be some form of variation to 'business as usual' for both Patrols and the Nipper program. Sadly, for our social calendar too.

What we know for certain is that people will still be using the beach, and the ocean has no appreciation for social distancing. Our Vice President, Smudge Smith has put in some clever strategies to maintain our commitment to beach safety, and Director of Junior Activities Jo Fraser, has been creative in developing a program for the kids that will be fun and safe, and that responsibly meets the required and variable restrictions.

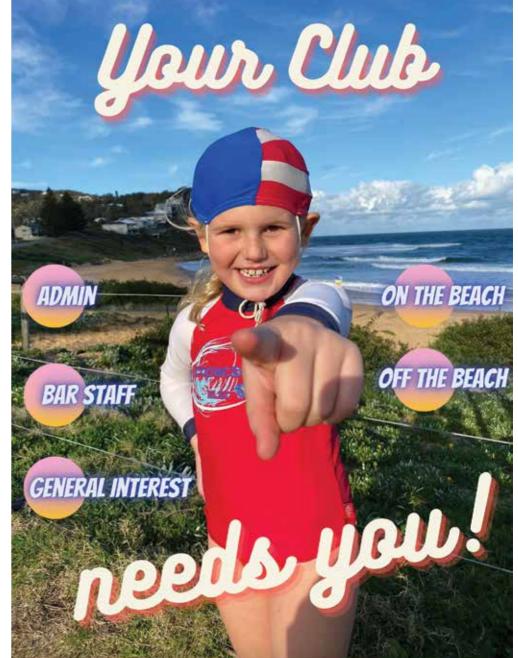
Lastly, did you know that it takes over 40 people to run the club each season? If ever you had thought about getting involved in your community there is no better time than this coming season at Copa SLSC. We have roles both on the beach, and totally away from the beach, and the more we have the easier and more enjoyable the work is. If you have any questions regarding the club, please reach out to either Michael at <u>admin@copacabanaslsc.org.au</u> or Adam at 0409830790.

Otherwise, if you are down on the beach come and say hi to us this season. We have all been relatively disconnected for the past 6 months and it will be great to see both new and familiar faces. Stay safe, keep smiling and bring back the warm weather.

Cheers...

Adam Richards

president@copacabanaslsc.org.au



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Gay Langbridge

When it comes to unsung heroes Gay Langbridge is a shining example.

Over the years she has volunteered countless hours in key local roles

– both formal and informal – that have helped shape Copa and make it the wonderful place it is. Although Gay is very self-effacing and not sure why she was singled out for this tribute, we think her incredible record of service to the community is something to be celebrated.

It's something of a mystery why Gay was attracted to Copa in the first place as she admits she 'wasn't particularly beachy'. Gay says she was a bit scared of the surf and not a strong swimmer when she moved here, coming to Copa from Canberra via Sydney in 1993 'almost by accident' when a family member living in Lisarow suggested she look at living on the coast here. Gay and her young daughter moved to Copa and they have certainly made the most of the beach lifestyle over the years, with two brothers added to the clan (all still living in Copa).

Gay's service as a volunteer has included stints as Copa Surf Club President for 3 years from 2011, and she is also a past President of Copa PS P&C Association and was a regular helper at the school canteen. Gay has also been actively involved with the CCA and has a history of lobbying Council against inappropriate development, as well as fund-raising for much-needed equipment and funding at Shaun Brinklow Park (which has more recently benefited from a major upgrade).

Gay's association with the surf club started because she wanted to get to know more people in her new community and because she wanted to get her kids, particularly her daughter Hannah, involved in local activities and sports. With Hannah enrolled in Nippers, Gay became a familiar face helping out at barbeques and fundraisers, wrangling kids at carnivals and then becoming the Club's First Aid Officer, eventually being elected as President in 2011. Among many achievements as President, Gay instigated

'Sundowners' as a way for locals to get together socially and enjoy meeting new people.

Gay overcame her fear of the water, gaining her Bronze medallion and competing for ten years in Masters events, particularly Board Paddling. She is still involved in patrol duties, with the season early this year truncated because of the pandemic. She enjoys the sense of camaraderie with her fellow-volunteers and welcoming families, old and new to Club activities. She still takes a board out every now and again when time permits.

Gay has managed to fit all this volunteering in between work, running a household and raising kids. She is a midwife, who divides her time between Gosford Hospital and a local GP's surgery. The apple hasn't fallen far from the tree with Gay's daughter, Hannah now an active volunteer at the SLSC, doing patrol work and supervising Nippers as well as being a team member at Copa RFS.

Gay says that the best thing about all of her volunteer work has been developing friendships with many locals. She describes Copa as 'a close-knit community of nice people, not too busy, with just enough shops and not too many tourists during peak season'. (We'll see what this year brings!).

On behalf of the community, we thank Gay for all of her contributions to life in Copa and for staying involved in volunteering for so many years.







Story by

Mike Mitchelmore,

Shed Coordinator

Copacabana Community Men's Shed: Development Application for approval

The Development Application to build the new Copacabana Community Men's Shed behind the RFS station (see artist's impression below) finally went before the Central Coast Local Planning Panel on August 6.



The assessors' report was very positive, including statements that the shed 'will promote high levels of on street activity [but] not disrupt the established main-street development patterns of this traditional strip-shopping village'; 'maintains the streetscape appearance and informal qualities of the scenic quality on the site and the surrounding natural vegetation' and 'is centrally located and will provide a much-needed permanent base for the Copacabana Men's Shed group who have worked over a number of years to find a permanent location'.

In summary, the shed 'is considered a good planning outcome for the site'.

The shed workshop will be allowed to operate between 8.30am and 3.30pm weekdays, but we don't expect to go beyond 12.30pm and initially only on one day a week. At that time, children will be at school and the skate park should be empty. The social area may be used until 10.00pm, but only when the workshop is closed and only to approved community groups like a book club. No alcohol may be consumed on the premises, and strict conditions will be put in place to avoid any disturbance to the neighbours.

As usual, there are a number of conditions that must be fulfilled (more reports and plans!), which will add to the cost and the delay. However, we can now anticipate starting construction within the next two or three months.

We still need to raise substantial funds to complete the project, and we shall be actively exploring more sources of grants and sponsorship as well as donations of building materials from local businesses. If you feel able to help in this respect, please contact me on 0435 609 606 or email me at <u>coordinator@copamensshed.org.au</u>. We do have the facility to accept tax deductible donations.

I would be happy to provide more details to anyone who is interested.

Men's Sheds: Why they matter

Planning and preparation to build the Men's Shed in Copacabana has been underway for 3 years, with a local committee working on planning, funding and creation of a design. Mike Mitchelmore said that the Men's Shed Committee's intention is that the building will be made available to the community for meetings and important gatherings when not in use for scheduled activities, and hopefully it's an initiative we can all get behind. Further updates will be provided on the CCA website at www.copanews.com.au so stay tuned

For those of you unfamiliar with the concept, below is a little information from www.mensshed.org

What is a Men's Shed?

The Australian Men's Sheds Association recognises a Men's Shed as any community-based, non-profit, non-commercial organisation that is accessible to all men and whose primary activity is the provision of a safe, friendly and healing environment where men are able to work on meaningful projects at their own pace in their own time in the company of other men. A major objective is to advance the well-being and health of their members and to encourage social inclusion.

A good Men's Shed has a Management Committee that has developed a safe and happy environment where men are welcome to work on community projects, specific Men's Shed projects or a project of their choice in their own time and where the only 'must' is to observe safe working practices.... all in a spirit of mateship.

The Men's Shed movement has now become one of the most powerful tools in addressing health and wellbeing and helping men to avoid social isolation and remain valued and productive members of our community.

COVID UPDATE Latest advice is to WEAR A MASK



With sustained community transmission across the state, NSW Chief Health Officer Dr Kerry Chant recommends (direct from NSW Health) wearing a mask under these circumstances:

- When it is hard to maintain 1.5 metres of physical distance from others
- When in high-risk enclosed areas such as public transport, supermarkets, shops, places of worship and entertainment venues
- When caring for or serving vulnerable people
- When working in a cafe, restaurant, pub, club or in other high-risk indoor venues

And at all times outside the house if you are over 70, have a compromised immune system, or chronic medical condition.

WHY IS WEARING OF MASKS RECOMMENDED?

One way COVID-19 is spread is when an infected person coughs or sneezes near another person. A mask helps to contain airborne droplets when a person coughs or sneezes and helps reduce the likelihood of COVID-19 spreading.

WHAT TYPES OF MASKS ARE EFFECTIVE?

The mask should cover your nose and mouth.

The mask should fit securely around your face (that is snugly under your chin, over the bridge of your nose and against the sides of your face).

SINGLE-USE, SURGICAL MASKS

- Use surgical masks made with a non-woven, meltblown polypropylene layer.
- Do not buy masks that have holes or a valve.
- Buy single-use surgical masks from reputable retail outlets including chemists, hardware stores and other shops.

REUSABLE CLOTH MASKS

- Properly constructed reusable cloth masks are made from at least 3 layers of materials, including a waterresistant outer layer.
- You will need more than one reusable mask to allow for laundering between uses.

FACE SHIELDS

- People who are unable to wear a mask may find it easier to wear a face shield but it is not a substitute for a mask
- Ensure the face shield covers the sides of the face and below the chin. Clean and disinfect reusable face shields after each use.
- · Wear disposable face shields only once.

SCARVES AND BANDANAS ARE NOT RECOMMENDED

 A scarf or bandana does not offer the same protection as a well fitted mask.

HOW DO I WEAR A MASK SAFELY?

For each new situation put on a clean mask. For example, you might wear a mask on public transport until you get to work. You shouldn't re-use the same mask during your journey home. Carry clean masks with you in a paper or zip-lock bag.

Don't touch the mask while you are wearing it. If you do touch it, wash or sanitise your hands. If your mask gets soiled or damp, replace it with a new one.

AND ENSURE YOU REMOVE YOUR MASK SAFELY:

Removal: When removing your mask, avoid touching your eyes, nose, or mouth at all times.

Remove your mask outside and away from other people, if possible, by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one

first, then the top one.

Disposal: Dispose of single-use masks responsibly in the rubbish bin. For safety, put it into a sealed bag before putting it in the bin to ensure others won't touch it.

Laundering: Wash and dry reusable cloth masks after each use in the washing machine with other clothes or by hand using soap.

Store in a plastic or zip-lock bag until you have an opportunity to wash them.

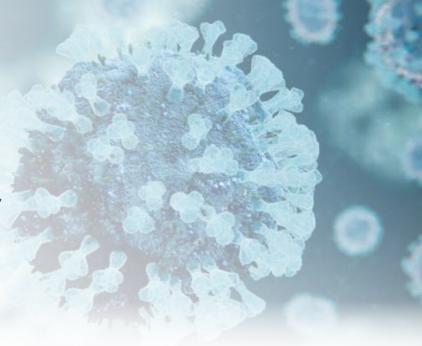
Lay out flat to dry (in the sun if possible) or put in the dryer. Store in a clean, dry place.

After removing your mask, always wash your hands for at least 20 seconds with soap and water. Or use alcoholbased hand sanitiser with at least 60% alcohol.

We're here to help

If you would like some advice about the wearing of masks call the surgery on **4381 1576** before dropping in and we will be happy to answer any queries you may have.

If you have any cold or flu-like symptoms (runny nose, temperature, coughing, sneezing, sore throat, loss of sense of taste or smell) you must **isolate**, **arrange to be tested and then continue to isolate while waiting the result of your test.** If you think you may have COVID-19, please call (do not visit) Copa Medical Centre for advice. We are here to help.



WHAT IS THE CORRECT WAY TO PUT ON A MASK TO BE SURE IT IS EFFECTIVE?

- 1. Before putting on your mask, wash your hands for at least 20 seconds with soap and water. Or use hand sanitiser with at least 60% alcohol.
- 2. Ensure you are using a new surgical mask or clean and dry cloth mask. Do not reuse surgical masks.
- 3. Check the mask for defects, such as tears or broken loops.
- 4. If you are wearing a surgical mask, position the coloured side of the mask outward.
- 5. If the mask has:

Ear loops: Hold the mask by both ear loops and place one loop over each ear. **Ties:** Hold the mask by the upper strings. Tie the upper strings in a secure bow near the crown of your head. Tie the bottom strings in a bow near the nape of your neck.

Dual elastic bands: Pull the bottom band over your head and position it against the nape of your neck. Pull the top band over your head and position it against the crown of your head.

A metallic strip or wire: Mould the bendable metallic upper strip to the shape of your nose by pinching and pressing down on it with your fingers.

6. Pull the bottom of the mask over your mouth and chin. Be sure your mask fits snugly.



Clean your hands with soap and water or hand sanitiser



Hold the mask by the ear loops and place a loop around each ear



Mold or pinch the stiff edge to the shape of vour nose



Pull the bottom of the mask over your mouth and chin



Avoid touching the front of the mask when wearing

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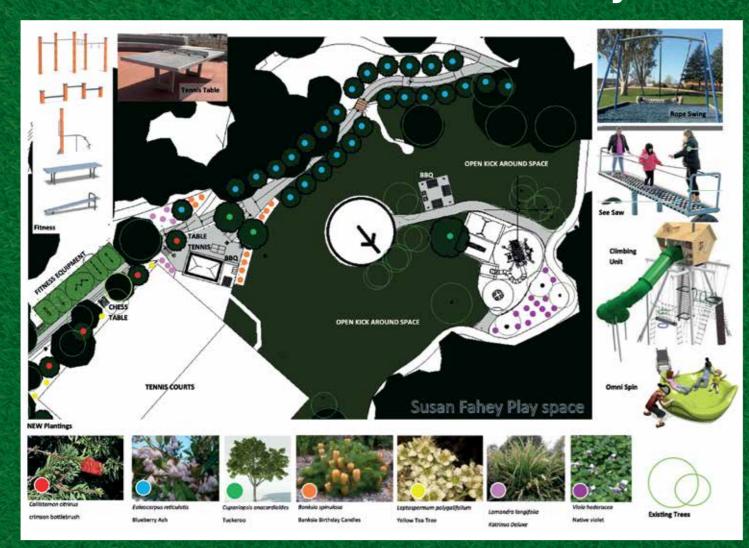
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or book online: copamedical.com.au



Work commences on major upgrade to Susan Fahey Park



\$500,000 facelift

after many months of community consultation and input and several revisions of the Plan. The budget was achieved with \$200,000 in grant funding and a \$300,000 contribution from Central Coast Council in association with the NSW State government. The upgrade commenced on August 24 and will continue until completed towards the end of October, weather permitting.

Project Manager, Emma Wallace has advised that work will be staged and as soon as sections are completed, they will gradually re-open to residents to minimise disruption to people's enjoyment of the park. Council has asked that residents and neighbours be patient while the works are in progress. The park has been fenced to allow for the works and protect public safety in the meantime.

The park will incorporate a large kick-around space for ball games as well as brand new play equipment; garden improvements with planting of attractive natives and tree planting; barbeques; new tables and seating; fitness equipment; a table tennis table; chess table and new pathways. The upgrades will make Susan Fahey park a place for the whole community to enjoy as it has been designed as a fully accessible space.

Thanks go to all in the community who have advocated for this upgrade over the past nine years. We look forward to seeing the 'new' Susan Fahey Park take shape and eagerly await the completion of the project.

Please contact Emma Wallace - Susan Fahey Park Project Manager, at Central Coast Council – if you require further information. Emma.Wallace@centralcoast.nsw.gov.au or call 4325 8458 during business hours.

We will be providing weekly updates on the project at www.copanews.com.au

Copacabana Public School

A message from Mary Hunt – Principal













Our annual Athletics Carnival was held on Tuesday, 11th August.

Every student tried their best and displayed wonderful sportsmanship. There were many great results and many close and exciting races.

Well done to Summer who broke two records on the day – 12/13 Years Discus and Shot Put, an amazing result.

Many thanks to all the teachers and admin staff for their help in the lead up to the day and on the day.

Mrs Peta Mumford and Mrs Danielle Bryson, Athletics Carnival Convenors.

CENTRAL COAST PUBLIC EDUCATION AWARDS 2020

Each year, the NSW Department of Education acknowledges the outstanding contributions made by individuals to public schools across the Central Coast. This year, I would like to congratulate Mr Michael Griffiths, Mrs Kirsten Walters, Mrs Linda Hartwell and Mr Mark Gunning on being nominated by the Copacabana PS staff to be the recipients of these awards.

Michael Griffiths has been a fantastic president of our P&C for several years and has been supportive of many projects within the school.

Kirsten Walter has been an outstanding manager of the school canteen, Seaside Snacks, providing healthy food choices for the children's lunches.

Linda Hartwell for her outstanding organisation of the uniform shop.

Mark Gunning, our school cleaner, who does an amazing job keeping our school beautifully cleaned and always goes beyond the call of duty.

CONGRATULATIONS TO OUR STAGE 3 DEBATING TEAM



Copacabana PS debating team participated in a debate via Zoom call against Umina Beach Public School. The team were given the topic: "That all tests should be banned in primary schools".

The team had 1 hour to prepare their arguments as an affirmative team. Despite, some technical difficulties our school's debating team presented many convincing arguments. The adjudicator ruled in our favour, giving us victory. Well done, Matilda, Pippa, Summer and Liam.



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Copacabana Community Association (CCA) needs new members and supporters

JOIN NOW

Under normal circumstances, the CCA provides information and opportunities for locals to meet, a forum for discussion and debate and hosts events that benefit the whole community. We also arrange meetings about issues that matter with local and state government representatives as necessary. The CCA management committee continues to meet monthly in person and via Zoom and work continues as normal to progress local issues and plans.

Due to current Covid-19 restrictions and social distancing protocols, the CCA's regular bi-monthly members' meetings and 2020 AGM have been cancelled. The AGM has been tentatively re-scheduled for Thursday, February 4, 2021 depending on restrictions (to be confirmed).

As a volunteer-run organisation, we are always looking for new enthusiastic members to make a contribution to discussions and issues that shape our agenda. Even with gathering restrictions, we are always accessible by email and we welcome suggestions or questions at <u>info@copanews.com.au</u>

All of our activities and events are funded from membership fees and advertising revenues from this quarterly newsletter. We are very grateful to all of our local advertisers for their continued support.

Copa News is the only official publication of the CCA, available in hard copy from local advertisers or by email straight to your inbox. You can also download a copy from our website: www.copanews.com.au

If you would prefer a hard copy delivered to you, let us know and we'll be happy to oblige.

To subscribe to our mailing list for newsletter only, please email us at <u>info@copanews.com.au</u> with NEWSLETTER SUBSCRIPTION ONLY in the subject line. If you become a member, we'll automatically add you to the subscription list.

MEMBERSHIPS SUBSCRIPTIONS WERE DUE JULY 1, 2020

Please ensure that you pay your membership fee (\$20 – details below) to keep your membership up to date. Only financial members are eligible to vote at CCA meetings.

NEW MEMBERSHIPS:

Membership is only \$20 per financial year.

Click "Membership" on the menu bar of our website <u>www.copanews.com.au</u> which will take you to the registration form.

Complete your details and submit the form.

If you live in Copa or surrounding suburbs (within 5km of Copa) you're eligible for membership. We'll send you details on how to pay.

MEMBERSHIP RENEWALS ARE DUE JULY 1, 2020

Please pay by direct deposit and add 'Membership Renewal/name' to the description.

ACCOUNT NAME:

Copacabana Community Association

BSB: 302 975

ACCOUNT NO: 0051004.

Or email Attn: Treasurer Rob Morgan at info@copanews.com.au for other payment options.

YOUR CCA MANAGEMENT COMMITTEE MEMBERS

President: Sue Steedman Secretary: Matt Francis Committee Members:

Vice President: Geoff Parker Treasurer: Rob Morgan Elaine Norling, Margaret Platell, Steve Boucher

Newsletter/Website Editor: Phil Bolton

For advertising or editorial enquiries email Attn: Sue Steedman at info@copanews.com.au
Questions or comments email: info@copanews.com.au