

Copacabana Community
Association Inc.

COPANEWS

Autumn 2022

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Hello AUTUMN

Hoping for a lot less rain and a bit more sun this Season!

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publication of the
Copa Community
Association

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WHAT'S ON

MARCH

Saturday 05

Copa Bushcare 2-4pm
Meet at viewing platform

Sunday 06

Clean Up Copa Day
10am-12noon
Volunteers needed
Meet at viewing platform

Monday 07

CCA community meeting
7.30pm Surf Club

Sunday 27

Avoca Beach Markets
9am-2pm

APRIL

Friday 08

Last day of school term

Friday 15-Monday 18

Easter Long Weekend

Sunday 24

Avoca Beach Markets
9am-2pm



Monday 25

ANZAC Day

MAY

Monday 02

CCA community meeting
7.30pm Surf Club

Sunday 22

Avoca Beach Markets
9am-2pm

A word from the CCA President

Hello Copa people, CCA members and friends.

With the Omicron crisis apparently subsiding we are sincerely hoping for a quieter, less stressful Autumn season for our community. Our thoughts are with the communities in the Northern Rivers and Queensland currently grappling with catastrophic floods. What next?! The holiday season was certainly a difficult period for many people coping with the virus, overloaded testing facilities and disrupted and cancelled plans. We are hoping for crisper air, cooler breezes and some sun: and that COVID stays away for now!

We were pleased to be able to stage a pared-back Copa Carols afternoon in December – as it happened it was a welcome opportunity for friends, families and neighbours to come together before the Covid chaos took hold again. Thanks to the many volunteers who helped to stage the event, which went ahead in spite of the windy weather. From all reports, the kids especially had a lot of fun and the feedback was very positive.

Summer has certainly been a roller-coaster for local businesses beset by staff shortages, rule changes, supply issues and a huge influx of tourists, with many visitors escaping Sydney and for some, the decision to permanently relocate to our beautiful suburb. We are so lucky to have local business owners who were prepared to work very hard to maintain services and we thank them all, including the lovely staff at Copa Medical and Luca's Chemist, who have been run off their feet.

The CCA will be staging the annual 'Clean Up Copa Day' on Sunday March 6. If you'd be prepared to volunteer a couple of hours to help, we'd appreciate it. Meet at Bonnie Lookout opposite the shops at 10am and bring gloves, hat and sunscreen. We'll supply collection bags.

CCA community meetings have shifted to the first Monday of the month (bi-monthly), starting March 7 at 7.30pm. The meetings are held at the Surf Club and all are welcome. We have recently met on site with Council staff to discuss concerns relating to improved access to the beach and lagoon; the condition of the area opposite the shops (adjacent to Bonnie Lookout) and the external showers at the beach access points. We will report on these at our next meeting. Hope to see you there. See our website for more details or drop us an email: www.copanews.com.au and info@copanews.com.au

Let's hope we get to enjoy some quality time at the beach in Autumn. Stay dry everyone.

Sue Steedman



**Copacabana Community
Association Inc.**



Drone photography by Fotocam

Whilst the end of the season is in sight, we still have eighteen more patrol days left at time of writing. What an awesome season we have had to date with challenging weather to say the least. Thanks to all our patrol members who volunteer many hours out of their lives to ensure our beachfront is safe and ready for our community to enjoy. The last day of patrols will be on April 25.

If you have been on the beach over the last couple of weeks you would have seen our incredible Nipper crew complete their last round of point score. It's been wonderful to watch the Nippers' abilities develop over the season. Thanks for the amazing work our JAC, Age Managers, Water Safety and parent helpers have offered over the season to get them through: this development prepared our Nippers to attend Branch carnival at Avoca/Terrigal. Whilst the weather was ordinary, it was great to see the kids have a go and get some medals. There have been many kids able to attend carnival this year which has been amazing. Thanks to Dave Burge and the team who have got the kids registered, tent area set up and co-ordinated board collections so they are ready for carnival.

This year our Masters team manager, Aaron Henry, has done an awesome job in offering Saturday morning training (however, I think it's more about the coffee afterwards) which saw an awesome team attend Branch carnival.

Koworks have returned post break and it is great to see new faces amongst the familiar ones using the club this way. What better place to open up your laptop to start your day's work than the view Copacabana beach has to offer, no matter what the weather is like. This is a great initiative as it is providing essential funds, allowing us to continue to improve what our club has to offer. We will

shortly see our new storage facilities completed, which will allow future club hirers to enjoy a clean, clutter-free space.

Weekenders is continuing until the end of the season. Thanks to Change Property Management, Copa Smoke and all the other volunteers who have offered time in the kitchen to provide food. Even though we have had some cancellations, we have managed to keep the bar open and offer light refreshments and drinks through the bar. Thanks to Katie, who is doing an amazing job co-ordinating the bar roster and the event hirers to ensure we are also stocked and ready to go.

As our season starts to draw to a close, we will start thinking about next season and what that looks like. Goodness knows a season without a pandemic is long overdue. Whilst the AGM date has not yet been set, we will continue to nurture the community spirit that is returning as people feel more comfortable around others.

It has been a wonderful unforeseen benefit of the past two years that new fresh faces have joined our club, with people having moved here permanently. They add new energy to the existing crowd of motivated bodies which provides reassurance that we are heading back to a new and improved 'normal'.

*Warm regards
Jo Fraser*



We're expanding



We welcome new patients at Copa Medical Centre - your friendly local practice. There have been some staff changes over the past few months and we'd like to introduce you to our current team.

Introducing the team at Copa Medical

Dr Risto

After graduating medicine from the University of Belgrade in 1991, Risto moved to Frankfurt, Germany working at the 97th US Army General Hospital. As part of his speciality training in ophthalmology, Risto relocated to the U.S.A. and completed a year of general surgery at the Medical College of Virginia, a one-year International Fellowship in Ophthalmology at the Manhattan Eye, Ear & Throat Hospital, NYC, and a Fellowship in Oculoplastic Surgery also in NYC. After completing his postgraduate training, Risto sought greener pastures and came to Australia after living in New Zealand. He re-trained as a GP before starting work in 2015 and opening Copa Medical Centre in 2018.

Risto is interested in most areas of general practice, especially skin procedures, addiction medicine, chronic disease management, aged care and palliative care. Outside of work he enjoys spending time with his wife and in-laws but above everything else, his true passion is tennis.

Dr Diana

Diana graduated medicine from the Higher Medical Institute of Stara Zagora, Bulgaria, in 1989. She relocated to South Africa before moving to New Zealand then Australia in 2008. Diana became a Fellow of the Royal Australian College of GPs in 2014. She worked in rural Victoria before coming to Copa Medical in 2021 and enjoys the work and lifestyle here.

Kristy – RN

Kristy graduated with a Bachelor of Nursing from the University of Newcastle in 2017. She worked in aged care before coming to work with us in 2019. Kristy has an 18-month old son who keeps her very busy the rest of the time.

Claire – RN

Claire has been working as a nurse since 1984 after completing her training in the U.K. She works with us two mornings each week while she broadens her qualifications, studying psychology at Newcastle University.

Administrative Team – Kathy, Sandie and Stacey

With Sarah taking maternity leave mid-March, we have several new staff members on reception. Most of you will know Kathy – our very friendly receptionist who has been with us since late 2020. Sandie and Stacey joined the team in mid 2021.

Stacey has previously worked in medical administration and now has her own mobile massage business called Restore and Reconnect. Sandie has worked in medical administration part-time since 2016. She offers services as a post-partum doula, Sweet Child Of Mine Doula Services, providing emotional and physical support for women after childbirth.

We will also be welcoming two more receptionists in the coming weeks so we can ensure we continue to serve all our patients in a timely and efficient manner.

Allied Health

Allied health practitioners supporting our doctors include Wolf Messthaler, chiropractor and Copa local. He is available for consults most days of the week. Mitch Manson from Our Physio Central Coast, also a local, provides physiotherapy services Wednesday mornings, Thursday afternoons and by appointment. Finally, Susan Alexander, dietitian, attends the practice monthly.



Shane Hughes

Shane Hughes, Captain of the RFB, has contributed so much to the community in the seven years he's been a resident of Copa, we thought it was time to recognise his huge volunteer effort.

Shane and his wife Allison moved to Copa from Windsor Downs, looking for a relaxed beach lifestyle away from the city. 'I love Copa. You can't beat this suburb – just can't imagine leaving', Shane commented. They have two sons aged 6 and 4 now, with Madsen having just started Kindy at Copa Public and enjoying his first year of Nippers. Shane's in-laws live in separate accommodation with the family and he greatly appreciates the fact that they 'help out so much' with the kids, since both he and Allison work full time.

Shane says he has always wanted to be a 'firey' and joined the RFB virtually as soon as he moved here - at the time he didn't know a single person in Copa and has made many great friends as a result of his involvement in the Brigade. He's been Captain for the past two years. Shane's volunteer time commitment varies week to week, but needless to say, it's a big responsibility and he spends an hour or two 'most days' on RFB work and obviously a lot more if there's an emergency.

The pandemic has made training more difficult, with a lot of sessions put on hold, making it slower to progress members through their various qualifications. Training has recently started up again. After the horror fire season in Summer 2019, it's been a relief to have two relatively quiet seasons, but as Shane says, it's always hard to predict what lies ahead.

Shane also recently took it upon himself to embark on a project to fund and install defibrillators around Copa after a personal

“The biggest challenge of the job is that you never know when you're going to be called on and you just have to make sure you are always prepared. We're fortunate that there's a core group of volunteers who turn up pretty much every time and there is a bigger team of about 50+ who help out as their commitments allow. It's always a challenge recruiting – which we are trying to do now - and although we do get teenagers signing up, of course when they finish school and start work or uni, you lose them, so it's a pretty high turnover in that age group. On the plus side, the Brigade is a really social group and we have all made great friendships out of it.”

life-threatening experience with Allison's grandmother at home. It occurred to him that with the defibs 'locked up' in the Fire station and the Surf Club, public access was very limited. Drawing on his personal contacts in the community to help, he got the project up and running very quickly, and is grateful to individuals, local businesses and organisations who contributed to the funding. Today there are 4 defibs in various locations around Copa, with a fifth due to be installed very soon. Shane is busy organising a 'launch' event and some training for residents to take place in March.

Copa wouldn't be the wonderful place it is without people like Shane, who puts in hours of effort and takes on a great responsibility to ensure the safety of the community. We urge anyone who has time to spare to consider volunteering to serve on the Brigade and thank Shane for his service on behalf of all Copa residents.



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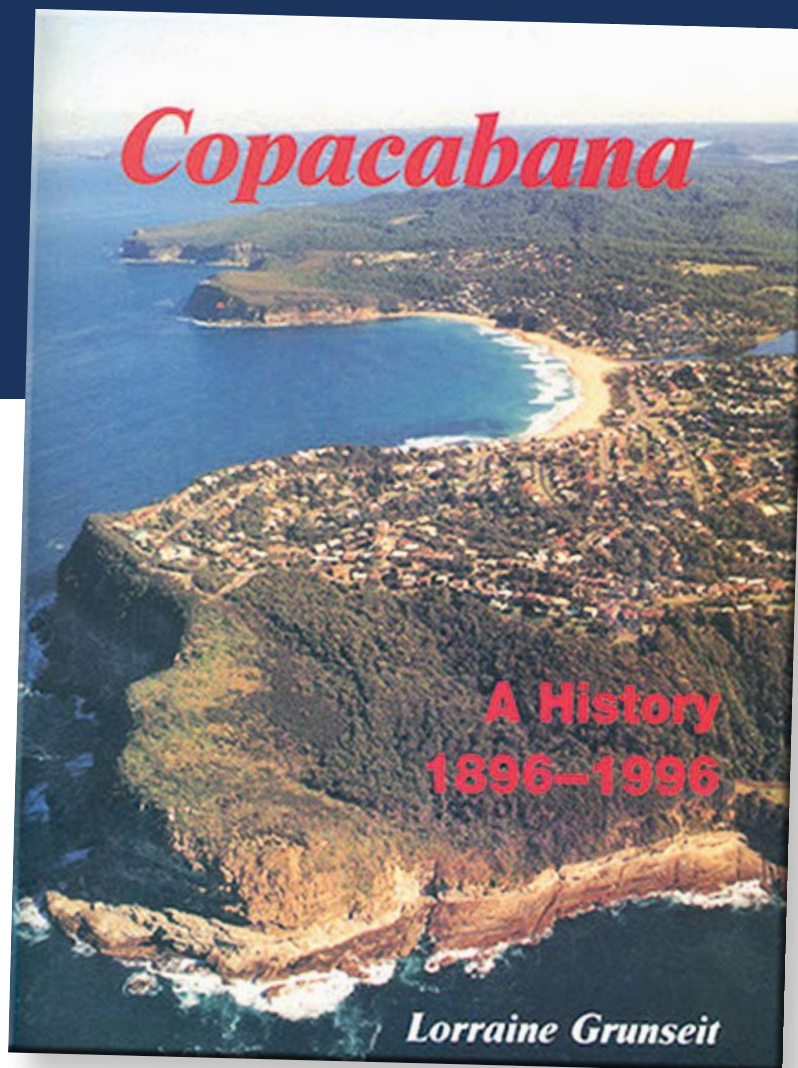
Call out for **COPA HISTORY** **BOOK** *contributors*

Our first published history was compiled by local, Lorraine Gunseit, and covered the period 1896-1996. Sadly it is now out of print so it seems a good time for an updated version.

In the next version, 1996-2022, a section from elder John Oates about the origins of Tjudibaring [Copacabana] will be included. The RFS and the School will make contributions from their archives too.

If you or your family members have any photographs or stories to contribute about this period in Copa (or earlier) please contact Elaine Norling at elaine.norling@gmail.com and include a contact number in your email. Any photos you may like to share can be copied - the originals will stay with you of course and you will receive a photo credit where possible.

The CCA would like to thank Elaine for her continuing work on this publication, which will be highly valued by the community when published.



Men's Shed construction finally underway

By Mike Mitchelmore, Shed Co-ordinator

After nearly five years of planning, construction of the new Copacabana Community Men's Shed finally got underway on 1 November. Since then, the site has been cleared and levelled, water has been brought in under the car park and electricity through the fire station. 16 concrete piers have been bored, retaining walls have been built back and front, and the foundation slab has been poured.

Construction is taking place under the watchful eye of several volunteer shed members: project manager Vantonian Tutaki and members of the Management Committee. It is being financed by two NSW State Government grants; a major sponsorship from Belle Property and a host of smaller donations, sponsorships and discounts and we thank all who contributed on behalf of the community.

The shed is due to be erected in mid-April and will hopefully be fitted out and ready to open by July. Shed members will also contribute to both the interior and exterior fit-out.

For more information and latest news, including how to become a member or supporter of the men's shed, please visit website at copamensshed.org.au



Still working from home? Try Koworks at the Surf Club

If you're still working from home and need a solution, Koworks may be the right space for you. Copa Surf Club has been completely fitted out for co-working on weekdays and the bonus is that using it helps raise funds for the Club.

So if you need desk space and the buzz of company, you can book into Koworks with their user-friendly phone app. At \$25 a day, it's cheaper than a lot of other co-working spaces and the joy of it for Copa locals is that it's five minutes away.

Koworks was brought to life by Adam Hyman and Chris Strode, two local entrepreneurs who were fed up with working at home alone. It is a fantastic set-up: modular furniture in cluster desks, with just enough privacy so you can get to work, but



also open enough for you to meet your neighbour, your fellow business creative and local entrepreneur. There's a surfboard rack in the corner if you've come fresh from a surf, some water bottles for you to grab on entry, a lounging area and even a silent phone booth, for you to take that important business call in complete privacy.

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Copacabana Public School

A message from Mary Hunt – Principal

Welcome Kindergarten - 2022

A very big welcome to all our new Kindergarten students and families, who started their educational journey at Copacabana Public School. Kindergarten kids are enjoying their new school routines and having lots of fun in the playground socialising with their new friends. Thank you to Mrs Lucas and Mrs Walters for all your hard work in the lead-up to this very special event and for keeping a caring, nurturing, and watchful eye over our shooting stars to ensure they all left with a smile and eager to start the next school day.

Science and STEM

Copacabana Public School students are learning about the "Living World" in Science and STEM lessons. Kindergarten enjoyed exploring our school and observed many living and non-living things. In the next few weeks, Kindergarten will be discussing in STEM and Science lessons what living things need to survive. Kindergarten also experienced the computer room and are working hard to log on by themselves as well as working towards good mouse control and getting familiar with the keyboard.

Stage 1 we learnt about how some living things may seem the same but can be very different. We read the story *The Ugly Duckling* and gained a better understanding of the differences between ducks and swans. Stage 2 had some great discussions in lessons about what living things need to allow them to survive and which living things could survive if tasked with inhabiting another planet. There were lots of discussions and interesting points raised by different students on what the ultimate five needs could be. Stage 3 have been looking at extreme environments and the living things that can survive in these harsh places.

Swimming Carnival

Congratulations to all the students who participated in our annual swimming carnival held at the Woy Woy Peninsula Swim Centre. It was wonderful to see the high levels of sporting spirit evident. The students really participated enthusiastically, supporting their teammates throughout the day. Congratulations to all the children who won their individual races or achieved a personal best. A heartfelt thank you to Mr Andrew Smyth and Mrs Annette Sutton for their excellent organisational skills and to all the staff for their assistance on the day.



Sports in Schools Program

The children at Copacabana Public School are enjoying weekly tennis lessons as a part of the Sports in Schools Program. The children are learning the fundamental skills of tennis, footwork, groundstrokes, volleying, and teamwork. Thank you to Mr Mark Presdee for teaching tennis to our students.



Copa Brigade NEEDS YOU!

By Cathy Stubbs, RFS Secretary



One of the most crucial issues facing volunteer organisations such as Copacabana Rural Fire Brigade is ongoing recruitment. While the brigade currently has a strong and stable member base, times and circumstances change and members come and go. We need to keep finding new people with the right skills, time and availability to contribute to the brigade and the community. You can either message us directly via our Facebook page, or call the station on 4382 2400 at any time to get involved. The NSW Rural Fire Service offers many types of training and provides successful new recruits with personal protective equipment.

The station has recently completed a major upgrade funded by a \$60,000 State Government grant. The station has been repainted inside and out with new fencing installed. Some of our communication radios have also been upgraded including the Government Radio Network (GRN), fireground and CB radios. A booster aerial has been installed on top of the station which gives us much better coverage. More effective and efficient lighting has been added. You will notice that at night the station is not as lit up. However, when a roller door opens, the internal lights come on automatically and at night the flood lights come on automatically too. When the roller doors close, within ten minutes the lights will turn off automatically.

The brigade has resumed regular training on Wednesday nights. This training ensures that members maintain their skills even through times disrupted by the pandemic and after a long wet fire season. Training helps develop team

camaraderie and cohesion. We continue to operate under COVID safe rules when possible.

The brigade has already begun planning for more community engagement events this year if COVID allows, including an open day on a date to be advised. Open days allow us to showcase our facilities and speak with our community directly. This will build on our much-anticipated Santa runs held at the end of last year. These runs brought fun and joy to the streets of Copa and Kincumber after a pretty tough COVID year and we all enjoyed seeing the smiling faces.



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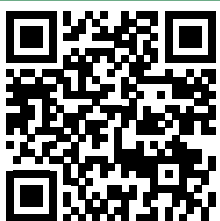
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Copacabana Community Association

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Copacabana Community Association Inc.

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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, as well as applying for grants and funding to support important community projects. 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 members and residents.

Submissions can be viewed by clicking on the links below:

[CCA-Sub-PeatIsland&MooneyMooneyPlanningProposal-January 2022](#)
[FINAL-CyclingStrategyConsultationSubmission-CCA-23012022](#)

We make these and other submissions in order to protect the unique 'beach and bush' characteristics of our suburb and local area from inappropriate development, which we consider our number 1 priority.

Meetings are held bi-monthly at the Surf Club.

Next meeting Monday, March 7, 7.30pm. All welcome. Come along and have your say.

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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