



Copacabana Community
Association Inc.

Winter 2020

COPA NEWS

www.copanews.com.au

Sticks & Stones

An outbreak of creativity comes to Copa

and a lot of
seaweed

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COPACABANA
PROPERTY
SALES & RENTALS
HOLIDAY LETTINGS



A word from the CCA President

Hi everyone

Welcome to our Winter edition of Copa News. We decided not to publish a print version of this issue for a couple of reasons: firstly, as the virus can be transmitted on paper, we thought it safer to stick to electronic distribution this time and also as there are fewer tourists and weekenders around because of lock-downs and travel restrictions, we felt the printing costs could be put to better use. The CCA committee has made two substantial donations on behalf of our members to Copa Public School and Kincumber Neighbourhood Centre – two ‘hubs’ of our community experiencing additional challenges during these difficult days. See our stories in this edition. These donations were only possible because of the continuing support of our sponsors, and we thank them sincerely for their loyalty to Copa News and the local community. Our local businesses are managing in different ways to ‘stay afloat’ with the support of locals and they are going to need our loyalty and custom for many months to come, so we urge you to buy local and help keep Copa shops open.

Over the past quarter, your CCA committee has been working hard to keep issues that matter to Copa locals front and centre. We’ve used virtual meeting app Zoom to hold our meetings and to attend other virtual meetings, including a Ward forum convened by Deputy Mayor Jane Smith to connect us with other local community and progress associations to discuss many common issues across the Eastern Ward. We are currently assessing the Central Coast Council’s Local Strategic Planning Statement and will be providing a formal submission now that the LSPS is open for community consultation. Members will be sent a copy of the submission ahead of the deadline date and asked to consider making a personal submission. The LSPS is the ‘guiding strategic statement’ for the Central Coast for the next 20 years, so it’s important that residents have their say.



Anzac Day photo: Rebecca Harcourt.

We had done a great deal of groundwork to prepare for our annual ANZAC Day memorial service, attended last year by hundreds of people. It was disappointing to have to cancel the ceremony, but we had to abide by the guidelines issued by the government and the R.S.L. and not encourage social gathering. We purchased and placed a wreath at the Terrigal RSL war memorial on behalf of the community (observing social distancing). It was also wonderful to see many locals on their driveways at dawn, candles in hand, in a silent and respectful tribute to the fallen which was very moving and allowed us all to ‘be together but separate’.

It has been heartening to hear many stories of neighbourliness and acts of generosity amongst our local community. People offering to shop for elderly neighbours and many cooking for others, making donations of food or volunteering their time to help people in need and just generally ‘being kind to each other’.

Many of you will already have received the notification of changes to the CCA management committee. After 5 years on the committee, the last three at the helm, I feel that the time is right to step back from the President’s role. I believe that we have a great management team to take the Association forward and I am particularly delighted that the current Vice-President, Sue Steedman, has agreed to step up to take the reins. Sue has demonstrated high levels of professionalism and dedication in leading many of the major projects over the past year and has become the spokesperson on all matters with regard to the Local Environmental Plan and other strategic issues affecting the status of our beautiful village. I believe the CCA will go from strength to strength under Sue’s leadership. I am also pleased that Geoff Parker has agreed to take on the Vice-President’s role. His knowledge and experience will be very valuable going forward. I will remain on the management committee for the time being together with the current incumbents.

Thank you for your support over the past few years. We hope you enjoy this issue of Copa News and encourage you to share it and to keep checking in to our website www.copanews.com for updates and news. Stay safe everyone.

Steve Boucher

Cover photo: Thanks to the amazing artist, unknown at time of printing!

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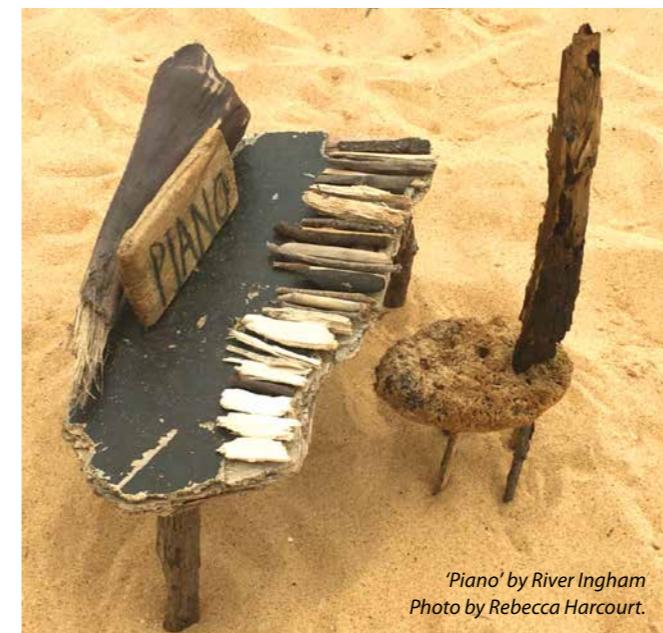


Sticks & Stones

An outbreak of creativity comes to Copa



Coasties ‘got creative’ with materials from nature during the pandemic, using driftwood washed up on our beaches after the big storms of February, and writing inspiring messages on rocks and stones. We’ve had our own version of ‘Sculptures by the Sea’ in Copa, and along many of the beaches up and down the coast. The beautiful ‘war horse’ sculpture at Terrigal by Wamberal artist, Pete Rush - made to symbolise Anzac Day - has been photographed over and over and featured in local media. Copa has had its own horse sculpture and many others including the piano pictured here to enjoy – made by clever local creative, River Ingham.



‘Piano’ by River Ingham
Photo by Rebecca Harcourt.

And during the lock-down, some people clearly wanted to ‘spread the love’, writing messages of hope and encouragement on stones which they placed around Copa for locals to stumble across.



That’s a couple of examples of fantastic community spirit – ways our residents have managed to find joy – and spread it – during long periods of social isolation. We’ve been lucky to enjoy some lovely, sunny Autumn days here in Copa and I’m sure we’re all grateful to have our beautiful beach to ‘escape’ to. Especially with the beauty of the sculptures to add to the wonderful vistas from the sand. Well done to all concerned.



(We tried to track her down for this story – love your work River!). The only sour note was that for reasons unknown, some of the sculptures were burned down one night with our local fireys having to attend the small blaze. Luckily we still have many photos of this wonderful work to enjoy. Thanks to all the artists who contributed.



Some tips to help ease the financial burden during the pandemic

We know that many people are doing it tough during these days of 'staying home' so here's a few pointers which may help you navigate and identify some ways to save costs.

Working from home? You can claim a **tax deduction** simply and easily

If you are an employee who is working from home during the pandemic, you can claim a tax deduction of 80c per hour to help cover expenses. That may not sound like much, but if you work (say) a 40 hour week x 12 weeks, that's \$384 – can't hurt!

Here's an extract from the ATO website on the 'Shortcut method' for claiming.

You can claim a deduction of 80 cents for each hour you work from home due to COVID-19 as long as you are:

- working from home to fulfil your employment duties and not just carrying out minimal tasks such as occasionally checking emails or taking calls
- incurring additional deductible running expenses as a result of working from home.

You do not have to have a separate or dedicated area of your home set aside for working, such as a private study. The shortcut method rate covers all deductible running expenses, including:

- electricity for lighting, cooling or heating and running electronic items used for work (for example your computer), and gas heating expenses
- the decline in value and repair of capital items, such as home office furniture and furnishings
- cleaning expenses
- your phone costs, including the decline in value of the handset
- your internet costs
- computer consumables, such as printer ink
- stationery
- the decline in value of a computer, laptop or similar device.

For further information see:
www.ato.gov.au/General/Covid-19/Support-for-individuals-and-employees/Employees-working-from-home/#ShortcutMethod

Or you may be eligible for a **\$50 voucher** towards your energy bills from Service NSW



If you're having difficulty paying your household energy bill because of a short-term financial crisis or emergency, such as unexpected medical bills, or reduced income due to COVID-19, you could be eligible for Energy Accounts Payment Assistance (EAPA) \$50 vouchers.

For further information see:
www.service.nsw.gov.au/transaction/energy-accounts-payment-assistance-eapa-scheme

You may also qualify for any of **70 rebates or savings** offered by Service NSW

For rebates on other public transport, recreation and leisure services. It's easy to find out your eligibility – just go on to the website and answer a few simple questions at:

www.service.nsw.gov.au/campaign/cost-living

Good luck – hope you find some easy ways to save money using some of these tips.

The look on his face says it all...

Many of us have seen young Archie Kennedy getting around Copa on his new bike. It's his first ever, specially modified for his use. His proud Mum Briohny is thrilled that he can finally join in this healthy activity with other kids. A perfect boredom-busting activity during periods of lock down and home-schooling.

Keep on cruising Archie!



**Story by Copia Local
Di Hardiman**

While we are all in self-isolation phase, you might be finding it hard to keep yourself occupied – like me. I did something about it and want to share it with you.

I've discovered MOOC – Massive Open Online Course

See www.mooc.org for **FREE** online courses that are open to everyone with a computer/tablet. You also have the option of paying for a certificate of completion if you wish. Australian universities including ANU, Monash, University of Queensland and University of Tasmania have MOOCS available and a number of overseas universities have included their courses. There are hundreds of online courses covering a wide range of subjects e.g. Agriculture, Medicine and Psychology to name just a few. I suggest you go online and have a browse to see if there's a course that suits you.

The courses are run by specialists in their fields and use a variety of teaching and learning methods, e.g., videos, group chats, assignments and tests. There are no pre-entry requirements. I've recently completed a University of Tasmania course and thoroughly enjoyed it. It was called "Understanding Dementia" and the course ran for 7 weeks. I spent several hours on it each week and have now enrolled in another course as it was so enjoyable to exercise those grey cells!

Let's work together to keep Copa safe by staying at home, keeping happy and engaged and looking after one another.

Copa Tennis Courts Available for Hire & Coaching By Lorraine Parks



During the lockdown both inside and outside areas of the Clubhouse, BBQ table and seats, and both toilets and surrounds have been deep steam pressure cleaned.

The courts are now open again, and here are the guidelines we are following, recommended by **Tennis NSW**.

- Players must arrive at time of booking and leave as soon as play is finished
- There will be no access to the clubhouse
- No changing ends during games
- Racquet touch or elbow bump rather than handshake
- Hand washing & sanitising to continue before and after games
- Physical distancing to be observed

So please continue to practise physical distancing, use new balls and replace racquet grips and clean/disinfect all your tennis gear to help keep us all safe.

BOOKINGS

Book your court with Leanne at the Post Office – 4382 2442

COACHING/LESSONS

Please contact Mark Pressdee, Tennis Coach, on 0403 499 308

A message for all our regular players about night lighting:

Apologies for ongoing delays. After weeks of requests, Council have decided they can no longer take responsibility for court lighting and we were advised to use a suitable electrical contractor. Quotes for night lights are due in shortly.

Night court lights are on a timer: Off at 9.30pm Winter and 10.30pm Summer. This is now controlled by Ausgrid.

LOCAL HERO



Paul Clements

THE MAN IN THE T-REX SUIT

If you've noticed a large T-Rex running around our streets, the man inside the costume is Copa local, Paul Clements.

Paul's family moved to Copa about 20 years ago and he went to Erina High. Since then he's lived in Copa on and off but his work has taken him all over NSW. He studied to become a nurse at Newcastle Uni Ourimbah campus and his first postings sent him outback to Broken Hill and Wilcannia. Then, after a stint in Newcastle, Paul came back to settle in Copa and help care for his Mum after his father passed away. But he's not simply a man who dresses up for fun runs – he's also an Oncology Registered Nurse, now commuting daily to Royal North Shore for his work with oncology and haematology patients.

The idea of wearing fun costumes came out of a dare from a colleague on a 5k fun run in Newcastle – she wanted to be chased by a T-Rex, so Paul obliged. Since then he's added Bob the Minion to his wardrobe. Paul said 'Well I have a Malibu board that I'm starting to master on the waves in Copa, and I call it Bob the Board. So the Minion costume idea came out of that'.



Paul said kids get a bit of a shock when they first see him in the T-Rex costume but they love to be chased around and often grab his tail, enjoying the pure fun and silliness of it all. For Paul, it's an antidote to the serious nature of his work at the hospital.

He's not all that comfortable with the hero tag and says it's 'business as usual' at Royal North Shore, although because his patients are immuno-supressed and more vulnerable to infection, COVID-19 has naturally brought additional challenges. He and his colleagues are very mindful of checking for symptoms and there are additional screenings and testings in place and obviously the protocols are strict in the oncology ward. The staff are doing more 'team nursing' and are routinely tested. Paul said these days it's 'slightly more stressful, as much for the patients as us – they just want to get their chemo done, but any symptoms mean they get treated for those first and then have to wait a week before chemo can commence, so any delays are very difficult for them'.

Paul loves his job and plans to dress up in his costumes and visit the paediatric wards at the hospital once the pandemic has passed. We're sure he will bring a lot of fun and laughter to kids and families who really need a break, and we're proud to call him our Copa Local Hero for this issue. We thank him for his service and community spirit.

What a legend! A great positive outlook on life that we could all learn from.

Copacabana SLSC

As the sign reminds us, right now our club is 'socially distant'. For anyone who belongs to a community volunteer group such as surf clubs; board-riders; residents' groups (such as the CCA and the Men's shed); fire services - being distant is the exact opposite of why we join. The immediate benefit of being a member is the sense of belonging and connection and clearly, we are unable to harness that at the moment.

Sadly, it may be some time before that full and complete feeling of connection returns. Whether you are a member of a formal organisation, or just a collective of folks who regularly hang out together, you could be feeling a bit lost, a tad low, a smidge uncertain and possibly somewhat lonely. They are all completely understandable emotions - take some comfort that you are not alone. As we are given approval to spend a bit more time together, it will be tempting to drop our guard which, should limitations or restrictions return, make things that much harder. Which brings me to my point....

We have folks in our small community who are already struggling with uncertainty. That can readily lead to anxiety and fear amongst people who are unsupported. Please reach out to one another and even to those you may see but rarely connect with. Just a wave and a nod can be enough for someone to feel less alone.

I will admit that I am struggling to see the best way for Copacabana Surf Club to support the wider Copacabana community at this point in time. If you are an 'ideas person', please feel comfortable reaching out with any thoughts. Our members are currently unable to use



New Life Member, Doug 'Dougy' Gill (pictured third from the left)

the facilities and we have not been able to hold the usual season celebrations and events that we all look forward to. These are on our radar for our members. However, I know the club can, at the appropriate time, play a big part in helping reconnect people. My contact details and those of our Executive are all available on the website so give us a call if you have a suggestion.

Until things return to 'normal', our committee is planning for next season, hoping it will be 'business as usual' (we know it won't be - but it feels better to be optimistic). We are doing some mind-blowingly cool things like Strategic Planning and Executive Committee restructures. Seriously, you've just gotta have a go at this stuff once in your life (trust me once is plenty :-)

More honestly, we do have a bunch of volunteers that our club could not function without - there would literally be no club. From the patrolling members who keep the beach safe (assisted ably by many surfers) to the

Nippers crew who provide the kids with opportunities to learn about the ocean, the special needs Rockpool Rockstars program, those that feed and water us, those that train us and those that fix us when we are injured. Thank you to each of you.

Lastly, an important milestone in any organisation is the acknowledgment of a new Life Member. **Doug 'Dougy' Gill** has achieved this honour in our club this year. For anyone who doesn't know Doug, he is a fierce competitor, a true sportsman and a beautiful man. Congratulations to Doug, who at 79 continues to inspire (and embarrass) us all.

Be well everyone, stay safely connected and take care.

Adam Richards

president@copacabanaslsc.org.au

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Local Business Owners Say Thank You Copa

The lack of tourists and visitors has hit some local businesses hard, but they are managing to stay afloat thanks to continued support and loyalty from residents. We asked a few business owners how business had been during the lock-down period and it was pleasing to hear that they are all fairly optimistic now that some of the government restrictions have eased.

Jerome Dekker Ocean Bar Cantina

After being open for just 3 weeks and 2 days, Jerome Dekker said that Ocean Bar's forced closure 'wasn't in the business plan' but that they had enjoyed a great honeymoon period, with locals turning out to eat and drink at the venue in big numbers. Jerome commented that he is 'eternally grateful' for the support, with take-aways proving a hit, especially cocktails. He was able to keep three chefs including Dave Robinson employed on a casual basis and with restrictions eased now to allow up to 50 diners (adhering to social distancing guidelines) business should pick up considerably.

Ocean Bar now has a new Head Chef, Andrew Percival (ex-Bombini and Bells) and chef Elyse Vella (ex-Bells) so looks like Copa locals are in for a treat when they rock up to Ocean Bar next time.

Sue Hastilow Copa Waves

Sue would like to shout out a huge thank you to all of her customers for their loyal support, especially over the last few months. She says that even though it has been a challenge to remain open with no holiday-makers, her regulars have kept the shop going and also provided much needed humour and kindness over these strange times.

"We are lucky to live in such a wonderful neighbourhood and recent restrictions seem to have made everyone even more caring than usual. I feel blessed to be a part of the Copa community and hope that we can all get back to normal soon."

Neil MacKay Copa Supermarket

We're sure everyone has been grateful to have this fantastic local business open, as usual, 7am till 7pm every day and continuing to keep 4 or 5 young local people (including Neil's daughter) employed. For people avoiding the large supermarkets during the lock-down, it's been great to be able to pop in for essentials without battling the crowds. Neil must be one of the hardest-working people in Copa and over this period he's been even busier than usual, keeping the shop stocked with staples such as milk and bread and coping with supplier shortages. Neil said that although Easter was quieter than usual for all Copa businesses, he is 'very thankful for the support and kindness of his customers', many of whom have been 'checking in' to see how he's going. And with restrictions easing, he's pleased that other local businesses will be able to serve more people, which is good for the whole strip.

Tammy Schreiber Snips Hairdressing

After 30+ years in Copa, Tammy is certainly a 'survivor' but with government restrictions & physical distancing protocols in place, the last few months have been very challenging for her business. Tammy says she's tried to remain open – following all the guidelines - and provide services as normal but said that some customers have been a bit cautious about coming into the salon, which she fully understands. For some customers desperate for colour, Tammy applied it in the salon and then let them 'go home' until it was ready to be removed - now that's service. Tammy says business is starting to pick up again now that restrictions have eased and we're sure her 'regulars' will continue to support her.



Hayley & Jo Burnt Honey Bakery

Beautiful breads, pastries and great coffee have been welcomed with open arms. It's been so long since we were able to buy freshly-baked treats locally, and the 'menu' at Burnt Honey is full of treats made from wonderful ingredients and cooked to perfection. It seems the business has fared pretty well, with the bakery continuing to sell out. Long may it continue!

Carol Boekeman Artie's Place – the kiosk at the Surf Club

Carol Boekeman would like to thank local community members who have gone out of their way to support Artie's Place and also all other Copa businesses during the lockdown. She is also grateful to Copacabana SLSC for their support with rent relief which has helped keep staff employed and the kiosk operating 7 days a week. Carol would like to thank her wonderful team who she says have worked hard to keep Artie's Place open and running smoothly with great service. They'll continue to open 7 days (7am-3pm), serving great coffee, muffins, burgers and fish and chips. With restrictions easing and

more tables and chairs out, Carol would like to remind everyone of the importance of adhering to social distancing rules to help keep our community safe.

Alison Young Copaccino's

After four and a half years serving coffee and great café food to locals, Alison thought she had seen everything: but this last few months 'take the cake' for the biggest challenge her business has faced so far.

Alison has managed to keep the business going by adapting to the changes, serving take-aways instead of sit-down meals and offering home deliveries. Her loyal 'regulars' have kept coming though, enjoying their usual coffees and those great bacon and egg rolls. An influx of tradies certainly helped, with crews working on the pipeline and local building projects popping in for food during their breaks.

Alison wants to send a big thank you to her customers for their support and said it was just 'lovely to see people and have a chat' even if they did have to stand outside. She is optimistic about the potential for more visitors now that the regional travel bans have been lifted but says she remains committed to the social distancing recommendations and will 'proceed with caution' to serve her customers efficiently and safely.

And of course, we are lucky to have all the other businesses 'at our fingertips' in Copa who have continued to serve us all so well:

- **Leanne** at the **newsagents and post office** who is devoted to the welfare of the community and wants to thank everybody for their patience;
- **Local real estate agents** for all of their support;
- **Lady Copa** for fantastic pizzas (& other Italian specialities);
- **Cabana** now serving again for fabulous breakfast and café food;
- **Havana**;
- **Luca's chemist**;
- **Copacabana Cellars** and
- **Copa Medical** who always greet locals with a smile.

We thank you all for 'being there' and helping to make Copa the terrific community it is. It's important we all remember to 'buy local' whenever possible as we want 'our' shops and businesses to thrive, not just survive.

DON'T LET A COLD SNAP
LEAD TO A MISHAP



Firefighters responded to more than 11,400 bush and grass fires that burnt more than 5.5 million hectares, the equivalent of 6.2% of the state.

2,448 homes were destroyed - however more than 14,400 were saved. Tragically, 25 lives were lost including those of 3 NSW RFS firefighters and 3 US aerial firefighters.

The support that was shown to our brigade from the community was like nothing we had seen before and will never be forgotten by our firefighters. We have also had the continuing support of generous local businesses, which is always appreciated but especially in times like those we faced this summer.

On April 17, after 224 days, Copacabana 1 (our main bush fire tanker) returned home after being deployed to the unfolding bushfire emergency in Northern NSW on the 7th September, 2019. Since leaving for NSW she travelled over 8,000kms - crewed by our firefighters, fellow firefighters from the NSW RFS and from interstate. Our crew spent a weekend giving the truck a much-needed clean inside and out. Importantly, it is now back online and ready to attend local incidents. We want to thank NSW Rural Fire Service - Central Coast District for giving our brigade a spare cat 1 tanker for the best part of 8 months. It was certainly put to good use by our crews.

Local incidents

Recently, Copacabana and Avoca Beach RFB attended several illegal green waste or yard fires in Avoca Beach and Copacabana including a cooking fire involving green waste which caused a lot of smoke. Green waste fires and fires involving any types of rubbish are illegal, including garden waste. If you are planning on having a cooking fire, ensure that you only use dry seasoned wood to reduce smoke, have a safe open area and have a hose close by.

Most Devastating Bush Fire Season in NSW History



Here is a summary of what you are allowed & not allowed to burn:

- X NO BEACH FIRES ALLOWED**
 - X No 44-gallon drums
- ✓ Camping and Cooking fires are permitted year-round except when there is a Total Fire Ban. The fires must:**
 - o Be no larger than 1m x 1m
 - o Be surrounded by rocks with a 2m clearing
 - o Use only dry seasoned wood,
 - o Have a nearby water source
 - o must be attended at all times
- ✓ Pile burns are currently permitted, with conditions:**
 - o All Year Round - 24 Hours Notice (unless specified otherwise on a Fire Permit) to adjoining neighbours and NSW RFS on 1300 661 401
 - o Land must be Greater than 4,000m² (1 acre) in area and zoned, E3, E4, RE2, R5, RU1, RU2, RU5 or RU6
 - o No Building Materials
 - o Burn only dry branches, leaves, sticks and twigs on a rural or semi-rural property.
 - o Only one pile may be burnt at a time no bigger than 2m wide and 1.5m high
 - o 20m from any structure or unmanaged vegetation.

More information can be found here:
www.copacabanarfb.com.au/info/burning-activities

On Saturday May 3rd, a windy morning, firefighters from Copacabana RFB responded to reports of a structure fire in Copacabana. Fortunately, due to quick action by neighbours the fire on the side of the house was all but extinguished when firefighters arrived on scene. Copacabana pumper was the first unit to arrive on scene and firefighters deployed a hose line and used a thermal imaging camera to detect and extinguish remaining hot spots. The cause of fire appears to have been an electrical fault and a neighbouring house suffered minor heat damage. Copacabana had three trucks and 11 firefighters on the scene in under 10 minutes, a great effort by your local volunteers, with FRNSW Pumper 353, Avoca Beach Tanker and NSW Police and Ausgrid also attending to assist. The brigade was also called to a small fire in solar panels in Avoca Beach recently, which was also quickly extinguished.

Safety tips for the winter months

We want to advise all Copacabana residents to ensure that any electrical installations are undertaken by a qualified person; not to overload electrical outlets or boards and not to use indoor items outdoors. We are also coming into the winter season when all the dusty heaters come out and we use our dryers more. Here are a few safety tips:

- Keep curtains, tablecloths and bedding away from portable heaters.
- Keep wet clothes at least 1m from heaters or fireplaces, and never place clothes or towels on your heater.
- Clean the lint filter every time you use a clothes dryer since lint that has built up can catch fire.



- Never use your gas oven or stove as a room heater.
- Use just 1 appliance per power point and switch them off when you're not using them. Heaters consume a lot of power and may overload the supply which can cause a fire.
- Never leave burning candles or any open flame unattended.

Read more at:
www.healthdirect.gov.au/winter-health-hazards-at-home

Coronavirus and the RFS

The RFS and our local brigade have been proactive in ensuring we limit the spread as part of our efforts to protect our community. We have cancelled all non-essential activities, installed hand sanitising stations and instituted robust procedures to ensure all of our crews are protected and to protect others. Protocols include hand hygiene and regular use of sanitiser, sanitising all trucks and equipment after use, and the use of masks and gloves as required when interacting with the public, especially the sick or infirm. This means we have been able to undertake our regular role helping our local people without putting them or ourselves in any danger.

Stay safe out there everybody.

Matt Francis

Important news from Copa Medical Centre about

COVID-19

The threat has not passed, the infection is still circulating, social distancing and hand hygiene protocols are just as important now as they were in March. We have been warned by NSW Health that if people don't continue to proactively protect themselves against COVID-19, we can expect big spikes, especially amongst our older, immuno-supressed and vulnerable neighbours. Just because government restrictions have eased, **it does not mean that the potential for infection has lessened**. It simply means that our hospitals are now better equipped to deal with a bigger surge in cases. Personal responsibility and vigilance are the only way for people to avoid contracting this dangerous, highly infectious disease. If you have **ANY** symptoms, please arrange to be tested and isolate at home until you get the results.

SYMPTOMS

Reported symptoms of COVID-19 are varied and range from very mild to severe. The most common symptoms include fever, cough, sore/scratchy throat and shortness of breath. In severe cases, the infection can cause pneumonia with severe acute respiratory distress.

Other reported symptoms include loss of smell or taste, runny nose, muscle/joint pain, diarrhoea, nausea/vomiting, loss of appetite, conjunctivitis, skin rash, or discolouration of fingers or toes and tiredness.

If you are experiencing **severe symptoms**, including shortness of breath/difficulty breathing, chest pain or pressure, loss of speech or movement you should present to the emergency department of your local hospital or contact "000" and ask for an ambulance.

If you are experiencing any symptoms that do not require urgent attention or you have a fever, you should contact your GP **BEFORE** presenting at the surgery so that additional information can be obtained prior to a consultation.

WHERE TO BE TESTED LOCALLY

No matter how mild your symptoms are, NSW Health recommends that **anyone with respiratory symptoms or unexplained fever should be tested**.

Federally funded testing requirements via respiratory clinics like the one run by Central Coast Primary Care at Erina (see table on right) have broader criteria for testing, which include other known symptoms of COVID-19 in addition to fever and respiratory symptoms.

The test involves a throat and nose swab. Results generally take 1-2 days.

A blood test (serology) is not required or reliable for diagnosis and is not routinely done. For more information see www.tga.gov.au/covid-19-point-care-tests.

WHAT DOES IT MEAN TO 'SELF-ISOLATE'?

While you have symptoms, and while you are waiting for your test results, you must self-isolate. This means you **must not leave home**, unless it is an emergency or unless you are seeking medical care or attending a medical appointment. 'Self-isolate' means you cannot go for a walk or to the shops and you must not have visitors. Tips for self-isolating, especially when you live with others, can be found on the NSW Health website.

Continue to take essential medications unless you are advised not to by your GP.

IF YOU ARE CONCERNED THAT YOU MAY HAVE SYMPTOMS, OR HAVE BEEN IN CLOSE CONTACT WITH SOMEONE WHO HAS SYMPTOMS, CALL COPA MEDICAL BEFORE YOU COME IN TO DISCUSS YOUR CONCERNS.

THE COPA MEDICAL TEAM IS HERE TO HELP

Dr Risto and his team are ready to assist you with concerns about COVID-19 or any other medical issues you are experiencing. Please remember that it is **highly recommended that all adults are immunised against flu at this time, particularly children over 6 months, those with certain medical conditions and people over 65**. There is a free vaccine against shingles for those aged 70-79. Here at Copa Medical we currently have vaccines for all ages groups. A pneumococcal vaccine is available free to persons meeting eligibility requirements. However, there is currently a shortage of this vaccine.

Please be vigilant, stay safe and call us to make an appointment. We're here to help.



TESTING LOCATIONS

CENTRAL COAST RESPIRATORY CLINIC 331 Terrigal Drive, Erina Operated by: Central Coast Primary Care	<ul style="list-style-type: none">currently open from 1 May 2020 for 3 monthsno referral requiredappointment must be made online via www.ccpc.com.au (see COVID-19 tab) or HotDoc or phone 0435 813 865open 10:30am to 5:30pm Mon to Sun	<ul style="list-style-type: none">respiratory symptoms (incl cough, sore throat, shortness of breath), fever, tiredness and other COVID-19 symptomsmild to moderate symptomsfree
GOSFORD COVID-19 CLINIC Gosford Hospital 75 Holden Street, Gosford (Adjacent to hospital P2 carpark)	<ul style="list-style-type: none">verbal referral from GP preferableappointment must be made by calling 02 4320 5055open 9am to 5pm weekdays and 10am to 4pm weekends	<ul style="list-style-type: none">respiratory symptoms or unexplained fever (broader symptoms may be considered for testing)free
PRIVATE PATHOLOGY PROVIDERS (eg, Douglass Hanly Moir, Laverty and Clinical Labs)	<ul style="list-style-type: none">requires written referral from GPthere are dedicated collection centres. Your GP can assist you with the specific details and provide you with a referral.	<ul style="list-style-type: none">respiratory symptoms or unexplained fevergenerally low risk patients/mild symptomsbulk billed provided testing criteria are satisfied

FOR CURRENT INFORMATION ON COVID-19

www.health.nsw.gov.au/covid-19

www.health.gov.au (includes summary of national COVID-19 statistics updated 3pm daily)
www.who.int

Information is current as at 26 May 2020.

Opening Hours:

Mon, Wed, Thurs, Fri:
8:30am - 6:00pm

Same day appointments available

Contact us to find out more or to make an appointment:

Ph: 4381 1576

or book online: copamedical.com.au



KNC doing great work in our community in tough times

Tucked away in Kincumber opposite the high school, KNC (Kincumber Neighbourhood Centre) is a hive of activity on weekdays, despite dealing with necessary changes during these days of COVID-19. With many of the centre's regular volunteers being vulnerable to infection and unable to attend, Centre Manager Colette Baron and Senior Staff member Leanne Clarke are working hard with a small team of volunteers to continue the great programs at KNC despite the challenges. Services at KNC are currently in even greater demand from disadvantaged people in the community due to job or income losses and with school students gradually returning, programs like the Youth Brekky Club will be as important as ever to support local families.

During term time, KNC volunteers serve a hot breakfast to high school students from 7.30am on Monday, Wednesday and Friday, serving an average of 650 meals a month. The benefit to both students and volunteers is apparent – the kids get a hot, nutritious breakfast to help set them up for the day's learning and the volunteers get to interact with younger people and connect with the community in a really meaningful way. KNC Youth Brekky Club is not funded, however Bendigo Bank at Kincumber have been making regular donations to help keep this program running. Please consider a cash donation to support this important program.



Another important KNC community activity is their **Food Pantry & Second Bite** program:

For a \$5 donation, people in need receive two bags of fresh food, groceries and toiletry items. The programme runs every Wednesday at 10.30am and much of the food is donated by local businesses – helping to avoid food waste.



The \$5 donation makes it possible to include the extra items that families need every week. Usually the public are allowed to choose what they need from tables of produce and products to fill their own bags, but the centre is currently pre-packing bags to ensure that social distancing protocols are in place.



Contact Leanne or Colette
4363 1044
www.kincumbernc.com.au



K.N.C.
Kincumber Neighbourhood Centre



Copacabana Community Association (CCA) representatives visited the centre in May, to check out the Second Bite programme in action and meet key staff. We were delighted to make a donation of grocery vouchers to the value of \$600 - on behalf of CCA members and Copa News sponsors – to assist KNC with supplies for their food programs.



Copacabana Public School

A message from Mary Hunt – Principal



Pictured here are some of our students engaging in future-focused learning, using our laptops to access a game of 'GimKit' to review what has been taught.

Copa PS staff and the school community have been extremely busy adapting to the remote learning phase of the Covid 19 pandemic. Our terrific team has harnessed their creativity and resourcefulness to address many challenges over the past few months. During this time, computer technology has played a huge role in enabling our students to continue their education.

Copacabana Public School would like to sincerely thank the Copacabana Community Association, who have made a donation of \$600 on behalf of CCA members to assist with the purchase of new learning equipment. We are so lucky to have such a supportive and generous community group.

The funds will be put towards the purchase of a new laptop for the students to use during periods of remote learning. When school returns to 'normal', it will continue to be used as a learning tool in the classroom. Thanks also to our staff, parents and students for their resilience and support over the past weeks.

Move your home up the wanted list.

McGrath

Steve Nixon 0403 943 341
stevenixon@mcgrath.com.au



Home vegie & herb gardens popping up all over Copa

By Elaine Norling



We have noticed lots of people turning their home gardens into productive patches during the lock-down. It's very satisfying growing things you can eat (as well as saving you a trip to a crowded supermarket). Here are my tips if you're just getting started – maximum output for minimal cost and effort. Even if you have a brown thumb, give it a try – start small and then build up to a bigger patch – and your kids will love to help plant and pick.

Choosing a 'patch'



The spot needs a minimum of 6 hours sun a day. Pick a place where watering is easy.

Garden Beds – If raised about 50cm or more will make them easier to tend and save your back.

Old guttering run along the fence or between balcony poles or pots and hanging baskets may also suit your situation.

Soil – Is the key to healthy plants. Improve your soil by having a compost bin and or worm farm so the soil can be continually replenished or buy in some good organic soil to kick off with.

<https://recyclingnearyou.com.au> is a great website to learn more



Equipment

Can be very basic and still do the job well. Start with gloves, bucket, small and full-sized trowel and fork, scissors/secateurs, permanent marker for plant tags, ties. Always clean tools after use as it helps prevent infections.



What and when to plant

Google details about what and how you can plant each month. An easy place to start is by watching ABC TV Gardening Australia live or on iView. Specific topics are often covered by short YouTube clips – just type in what you are looking for.

What to plant when you're starting out

Seeds and a mix of some small vegetable seedlings is a good starting point. Stagger the plantings to avoid gluts. Start with plants that grow and reward quickly like rocket, spinach, radish, beetroot, parsley, basil and rosemary.

www.rbgnsy.nsw.gov.au/Stories/2019/Best-vegetables-to-grow-for-beginners

https://hipages.com.au/article/vegetables_to_grow_in_winter

If space permits, a citrus tree is worth considering and some come in dwarf size.

Despite their small proportions, dwarf lemon and lime trees produce full-size fruit. Usually it will take up to three years for a tree to reach mature fruit production.

Protect your patch

Here in Copa gardens often fall victim to rabbits, possums, destructive brush turkeys and odd creatures of the night. It's easy to protect your garden with some second-hand fly screen wire, netting or chicken wire. Use old broom handles or timbers easily found in street 'rubbish' for

supporting posts. Pests and insects are less likely when you plant a variety rather than mass planting but if they strike seek information from your nursery. Companion planting can help.

www.greenlifesoil.com.au/sustainable-gardening-tips/companion-planting

Enjoy your produce fresh or preserved

Freezing, drying, pickling, and canning are all great ways to preserve the vegetables, fruits, and herbs you grow during the season.

www.moneycrashers.com/preserve-fruits-vegetables-home-garden/

Drying is the easiest method of preserving herbs. Simply expose the leaves, flowers or seeds to warm, dry air. Leave the herbs in a well-ventilated area until the moisture evaporates. Sun drying is not recommended because the herbs can lose flavour and colour.

<https://nchfp.uga.edu/how/dry/herbs.html>

www.familyfoodgarden.com/preserving-fruits-vegetables-herbs/



Good luck with your growing. Send your photos to info@copanews.com.au and we'll put them on the website.



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5 Lands Walk 2020

Over the past 14 years, the 5 Lands Walk has attracted over 250,000 participants to enjoy the scenic beauty, arts, diverse cultures and people, native and recent, of the NSW Central Coast.

Connecting People to People and People to Place and timed to correspond with the Winter Solstice and peak northerly whale migration season, the 5 Lands Walk is a collaboration between Community Members, including over 700 volunteers and sponsors, to provide a uniquely special, free experience for local residents and visitors alike.

Whilst sadly this year's event is a victim of the COVID-19 restrictions, a highlight of the 5 Lands Walk, the Opening Ceremony will go ahead as planned if only in a slightly amended format.

Avoca based musical maestro Yantra De Vilder has again created and orchestrated a Musical Celebration of the People and Places of the 5 Lands, this year entitled "Home -A Place of Belonging", featuring Internationally acclaimed flautist Jane Rutter, Indigenous performer Gavi Duncan, International Cultural Performers, Indigenous Dancers and the Ephemera Choir and Ensemble, a taste of which can be viewed on <https://youtu.be/JT8HafQCUI0>

'Home - A Place of Belonging'
is a film told through my eyes:
a white Australia female composer of mixed heritage.

It is a story of the Message Stick as it travels from the sacred lands of Yengo and Kincumba Mountains through the coastal villages of the 5 Lands: Macmasters Beach, Copacabana, Avoca Beach, North Avoca and Terrigal, on the Central Coast of New South Wales, Australia.

Every year each land is hosted by a different multicultural community who bring their original creativity to the 5 Lands Walk. Aboriginal, Chinese, South American, South African and Anglo - Celtic performers are joining us on this musical journey.

I am honoured to be collaborating with these creative artists from diverse cultures.
I am listening and learning.

It is a new tradition - we're making new stories, we're singing new songs.

Yantra de Vilder

The complete performance will be available for viewing from 8pm June 19, 2020 on <https://youtu.be/sLWMt8UMqa0>

Home - A Place of Belonging

An art film celebrating the community of the 5 Lands Walk featuring Yantra de Vilder, her Ephemera Choir and Ensemble with special guest Jane Rutte.

Online Premiere - 8pm Friday June 19, 2020

On the premise of COVID-19 restrictions having been lifted, the 10km 5 Lands Walk from MacMasters Beach to Terrigal, via Copacabana, Avoca and North Avoca Beaches will return in 2021.

For some the 5 Lands Walk is a physical pursuit, for others a time for family, friends and reflection. Whatever the 5 Lands Walk means to you, we look forward to welcoming your participation in 2021 and in the meantime hope you enjoy this year's celebration in music, June 19.

Regards

Con Ryan – President 5 Lands Walk Inc.

Copacabana Community Association (CCA) needs new members and supporters

JOIN NOW

MEMBERSHIPS SUBSCRIPTIONS ARE 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.

INFORMATION FOR MEMBERS AND FRIENDS OF THE COPACABANA COMMUNITY ASSOCIATION (CCA)

Meetings cancelled

Due to current restrictions and social distancing protocols, the CCA's regular bi-monthly meetings in June and August have been cancelled, including the Annual General Meeting scheduled for August 6. The AGM has been tentatively re-scheduled for Thursday, February 4, 2020 (to be confirmed).

The CCA provides information and opportunities for locals to meet, a forum for discussion and debate and hosts events that benefit the whole community. As a volunteer-run organisation representing the interests of the community and working towards the betterment of Copacabana, the CCA (Copacabana Community Association) is **always looking for new, enthusiastic members** to make a contribution to discussions and issues that shape our agenda. Whether you just want to join the mailing list, come to bi-monthly meetings and have your say, write to us and express an opinion, or assist with some of the events we stage every year, we'd love to hear from you. Skills of all kinds welcome!

Our activities are funded from membership subscriptions (\$20 per household, per year) and advertising revenue from this fantastic quarterly newsletter – Copanews – supported by local businesses to whom we are very grateful.

Copanews is the only official publication of the CCA, usually available in hard copy from local shops and businesses or by email straight to your inbox or to download on our website:
www.copanews.com.au

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

NEW MEMBERSHIPS:

Membership is only \$20 per financial year.

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

Complete your details and submit the form.

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

MEMBERSHIPS 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

Due to changing personal circumstances and availabilities, Steve Boucher has stepped down as President of the CCA but will remain on the committee. Office-bearer roles have been re-allocated as follows, effective June 1, 2020:

President: Sue Steedman

Vice President: Geoff Parker

Secretary: Matt Francis

Treasurer: Rob Morgan

Committee Members:

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

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