

Copacabana Community Association Inc.

Spring 2024

COPA NEWS

www.copanews.com.au

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



Welcome to Spring

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Photo by Elaine Odgers Norling

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WHAT'S ON

SEPTEMBER

Saturday 07

Copa Bushcare 2-4pm
Meet at Bonnie Lookout

Sunday 08

Copa SLSC Open Day
9am-11am

Sunday 22

Avoca Beachside Markets
Heazlett Park, 9am-2pm

Friday 27

Last day of school term

OCTOBER

Saturday 05

Copa Bushcare 2-4pm
Meet at Bonnie Lookout

RFS Open Day BBQ & Cake Stall
8am to 12 noon

Monday 07

Labour Day Public Holiday

Saturday 12

Davistown Gin & Jazz Festival

Monday 14

CCA Community Meeting
7.30pm Surf Club

Tuesday 15

First day of school term

Saturday 27

Avoca Beachside Markets

NOVEMBER

Saturday 02

Copa Bushcare 2-4pm
Meet at Bonnie Lookout

Saturday 09

Lighthouse Festival Norah Head

Saturday 24

Avoca Beachside Markets

SAVE THE DATE

Saturday, December 7

Copa Carols on the Green



Photo by Elaine Odgers Norling

A word from the CCA President

Hello Copa people, CCA members and friends

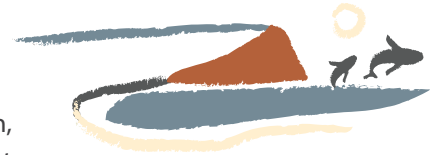
Winter always seems like the longest season, doesn't it? I'm sure that like me, you're all glad that Spring is finally here. Warmer weather and beach days are just around the corner, surely! This will be my last column as I've stepped down as President of the CCA and handed the reins over to the new Management Committee at our AGM on August 19. Margaret Platell, who has been a brilliant and loyal colleague on the committee, has also stepped down and I want to thank her for her help, wisdom and the special way she has of handling issues with great diplomacy when required. Both of us have other commitments we need to turn our minds to, but we will remain active members of the CCA and help out where we can.

I would like to take this opportunity to thank the people who have worked with me in various CCA roles over the past six years. They are a great bunch of people and I've been privileged to get to know them. All have made significant contributions to our community. In no particular order, thanks to Steve Boucher; Josi Fudge; Elaine Norling; Ross and Sue Pearce; Ray and Marlies Seisun; Geoff Parker; Sarah Hirst; George Azoury; Phil Bolton and Bert Croker and of course, the late, great Matt Francis. I thank them all for their support and friendship, as well as the many CCA members and Copa residents who have helped and supported us along the way. (Too many to name, but you know who you are).

Rob Morgan has worked tirelessly as CCA Treasurer for several years now and apart from the financials, he does a huge amount of unsung work. We are all very lucky that he is continuing on the committee. It is fortunate indeed that Bernadine Mitchell has taken over as President. As convenor of the local Dune Care/Bush Care group for over twenty years, Bernadine has been a mainstay of the volunteer community in Copa and after a year 'learning the ropes', I'm sure she'll do a fantastic job at the helm. They will be ably supported by two new committee members, Briohny Kennedy and Greg Maude, who will bring new energy and enthusiasm to the team. I'll continue to produce Copa News for the foreseeable future (until I can find someone who wants to take on the job).

Meanwhile, see you on the beach I hope!

Sue Steedman



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Bungaree recognised at Matthew Flinders' reinterment in Donington, UK



Shad Tyler (left), Uncle Laurie Bimson(right).

Local aboriginal man Shad Tyler was honoured - along with Uncle Laurie Bimson, representing descendants of Bungaree - to attend a ceremony held in Donington on July 13 to reinter the remains of explorer and cartographer, Matthew Flinders, in his home town. Archaeologists rediscovered the grave of the first man known to have circumnavigated Australia whilst digging under a park behind London's Euston station during excavations for a new rail line in 2019.

Since Flinders' remains were found, there was a concerted campaign to 'bring him home' to his birthplace. The pandemic delayed any action, but the event was finally held in July this year, much to the delight of Donington locals.

On Captain Flinders 1802-03 circumnavigation voyage in HMS Investigator, he enlisted local Garigal man, Bungaree (also known as Bongaree), to act as liaison with First Nations people as they sailed around the continent. Bungaree played a crucial diplomatic role, despite not speaking the same language as most of those he came across. Flinders hailed the "modesty and forbearance" and "good disposition and manly conduct" of a "worthy and brave man", whom he often called a friend.¹

The invitation for descendants of Bungaree to attend and participate in the ceremony in recognition of his relationship and work with Flinders, was sent to Aunt Tracey Howie, a Garigal woman from the Central Coast. Unable to attend, she asked Shad and Uncle Laurie to make the journey and represent her ancestor, which they were honoured to do.

Shad said that the two hour service, attended by hundreds of people, was very moving. He was quite surprised that Bungaree and his role and contribution to Flinders' circumnavigation was fully acknowledged. Uncle Lawrie was able to place a boomerang made by his son, Tom, into the coffin. The boomerang, covered with ochre from Broken Bay, symbolises the special relationship between Flinders and Bungaree. Soil from the places Flinders visited, including South Australia, Tasmania and Mauritius - were scattered over his coffin. There was apparently a lot of

interest in the Bungaree story from local people, as well as a throng of media present to document the special ceremony.

Shad and Uncle Laurie also visited Oxford University on their travels, where one of Bungaree's wooden clubs is held. They 'started a dialogue' about having it returned to Australia. They are hopeful the transfer will be made. With special permission, both Shad and Uncle Laurie were able to touch the club - the first time that anyone from the family had done so for over two hundred years.

For those unaware, Bungaree was a man from Patonga. There is a bronze plaque at Norah Head near the Lighthouse in his memory. Norah Head was originally named Bungaree Norah (North) after this important local man.

Tracey Howie pointed out that while Flinders' cat, Trim, features in some statues of him, including one on Macquarie Street in Sydney, Bungaree does not.

"Even up on the Central Coast, in Bungaree's traditional country, we have a really high ridge line there called Rumbalara. On that hill is another statue of Flinders and not of Bungaree," she says.

It is pleasing to know that in distant places such as Donington and Oxford, the bravery and wisdom of Bungaree is becoming understood and celebrated. Shad presented university representatives a coolamon - a bowl or implement for carrying - that he had carved to represent Bungaree's Awabakal and Guringai bloodlines. In the shape of an eel, it is crafted from Lake Macquarie timbers. It was accepted gratefully by the university.

1. The Guardian, 'Matthew Flinders, the flute-playing, cat-loving explorer who circumnavigated Australia, is going home - but what of his envoy Bungaree?' July 13, 2024

Move your home up the wanted list.

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Shark meshing off our beaches

There has been much public attention around the ongoing need for shark nets to keep our beaches safe for humans. However, data shows that there are relatively few target sharks captured, but very large captures of non-target species, including those under conservation and endangered listings.

Shark meshing occurs between September and April at two sites in Allagai Bay - one at the Copa end and one at the MacMasters end. Large-mesh panels of nets are set for up to seventy two hours before checking for animals that have become entangled. Some animals are found alive and are released at sea, while those that die have biological samples taken for more study. Several organisations and people are involved, including the Department of Primary Industries (DPI), Central Coast Council, netting observers and contractors who clear the nets.

Long-term data for NSW shows that these nets are historically effective at capturing sharks, including the target species: White, Tiger and Bull sharks. Over 12,000 sharks have been captured since meshing started in 1937, but catches have reduced since the early 2000s. A decline in shark numbers, as well as bycatch of other large marine animals - including turtles, dugongs, fur seals, dolphins and whales and non-target sharks and rays - means the shark meshing program is now considered a 'Key Threatening Process' in our coastal waters.



In NSW over the last meshing season (22/23), 228 marine animals were entangled, including 24 target sharks (18 White Sharks and 6 Tiger Sharks). Also captured were 120 non-target sharks - mainly Smooth Hammerheads but also the Critically Endangered Grey Nurse Shark. Other species captured included 58 rays, 14 marine turtles, 8 dolphins, 2 fur seals and 2 large tunas.

At Copacabana and Macmasters, one Indo-Pacific Bottlenose Dolphin was caught and died (October 2022). The four Grey Nurse sharks that were captured in late 2022, each 2 metres long, were all released alive. The 1.85 metre female White Shark captured in November 2022 did not survive, and the 2.86 metre female captured later in November also did not survive entanglement. Three Southern Eagle Rays and one Whitespotted Eagle Ray were captured and released alive.

The high catch of turtles in 2022/23 has meant that DPI (NSW) has made changes to its proposed program for 2024/25 aimed at reducing turtle entanglements. This will also increase survival rates of other marine life. Measures include removal of the nets one month earlier (end of March); more frequent inspections (every 48, rather than 72 hours); increased drone surveillance of nets in March to check for turtles and a trial for the use of light as a deterrent for turtles.

Although there have been recent calls for the complete removal of shark nets, it appears as though our government agencies consider this is not yet possible. However, it is pleasing to see that DPI NSW is responding to recent catch figures and groundswell changes in community awareness that will ultimately benefit turtles and other marine life off our precious beaches.

by Margaret Platell, Lecturer in Environmental Science, Newcastle University and CCA Committee member.

Reference:

DPI NSW (2023) Shark Meshing (Bather Protection) Program 2022/23 Annual Performance Report. Retrieved from www.sharksmart.nsw.gov.au/_data/assets/pdf_file/0011/1475750/Attachment-A-SMP-2022-23-Annual-Performance-Report.pdf

Photos courtesy of Robbert Westerdyk

Roan Brown

We want to celebrate the fact that we have a young high achiever in Copa who has forged a very successful academic path and career whilst overcoming serious illness. And he's also found a way to give back to the community in the process. Roan Brown moved with his family from Germany to Copa when he was five years old. Having lived in Australia in a previous life, his parents wanted Roan and his sister, Cessa, to grow up on the beach.

Roan went to Copa Public School and had quite an active childhood here, spending most of his free time playing soccer or at the beach. He's played for the Avoca Sharks since he was eight years old, and he was a Nipper 'all the way through' and at the beach every afternoon.

At eleven, Roan was diagnosed with a rare bone cancer (Ewings' Sarcoma) in his left elbow. After many rounds of chemotherapy and radiotherapy, he made it through his first treatment cycle. Then, while in Year 7 at Kincumber High, he had a relapse and needed a complicated biopsy and another year of chemotherapy. Fortunately, Roan says all current scans are good and it's a case of monitoring from now on. It's great to hear that the treatment outcomes have been positive and he's healthy now.

Roan's illness didn't seem to diminish his work ethic. After he returned to school (having missed much of years 5, 6, and 8), he was eventually awarded DUX of Kincumber High, which helped him get into University of New South Wales Business School. At UNSW he studied for a Bachelor of Commerce (majoring in Information Systems and Finance).

In his Honours year, Roan was placed on a project looking into ESG reporting capabilities and eventually did his thesis on sustainability reporting, 'Capabilities for improving ESG reporting'. You can read a short conference paper he wrote on the topic here: https://aisel.aisnet.org/ecis2024/track17_greenis/track17_greenis/36

For those who might be unfamiliar with the ESG tag, here is a definition that may help: An ESG analyst is a key player in the investment world, responsible for conducting research and analysis on environmental, social, and governance (ESG) issues to support investment decision-making.

Roan was awarded the university's thesis prize and it was accepted to be presented at the European Conference of Information Systems which he did in Cyprus in June this year. He said the thesis was well received.



Roan is now working as an ESG analyst (in the area he specialised in for his thesis) in Sydney. He started his new career in May this year.

'It's an important topic, everyone agrees. The reporting needs to be better to bring more standardisation and transparency.'

In 2022, while juggling his studies and soccer, Roan started volunteering for Camp Quality. He says Camp Quality created many great memories for himself and his family during his treatment – providing as it does, events and camps for kids receiving treatment to attend and providing young companions when required. As a volunteer he played a hands-on role with the kids. In 2023-24, he worked at Camp Quality two days a week in a facilitator role, helping the data and technology team. Despite his workload, Roan still volunteers when he can and says he has some camps coming up soon.

Roan still loves the beach and bush of Copa and laments the fact that his work commitments don't allow him much time to enjoy them. He commutes to Sydney for work but plans to move there in the next few months. As for the future, he says that Europe is at the forefront of the sustainability sector, and he would love to work there eventually. With his German heritage, he wants to be able to brush up on his language skills, which would be quite an advantage.

After Roan has fulfilled his ambitions for a 'global experience', he may well come back to Copa to live and raise his own family eventually. We sincerely hope so. Congratulations to Roan on his achievements and his strong community values. What a contribution he has made in his twenty three years! We are proud to call him our Local Hero.

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Seasonal health issues in Spring

The coming of Spring usually means that we see an increase in patients with allergies, hay fever and asthma symptoms. Here are a few tips for you to bear in mind over the coming months.



Allergies, hay fever and asthma

With flowering plants releasing pollen at this time of year, this can cause allergies and symptoms including runny nose, irritated and itchy eyes and sometimes ear blockages. Talk to us about medications that may help with symptoms such as antihistamines or nasal sprays. At this time of year, you may also experience allergic rhinitis (hay fever) or an escalation of your asthma symptoms. It's a good idea to get checked by a health professional and get proper diagnosis and any necessary treatment to alleviate your symptoms and/or manage your asthma plan.

Influenza

Just because Winter is over, it doesn't mean that the influenza season is over. You may experience a sore throat, congestion, fatigue and/or fever. Influenza often lingers on through to late Spring, so you need to stay vigilant and keep up good habits like frequent hand washing; covering your mouth when you cough or sneeze; wearing a mask while indoors or in crowds. These practices will also help protect you against Covid, which is still prevalent in the community.

Protect yourself from mozzie bites

With warmer weather and lots of rain, we expect to see an increase in the presence of mosquitos over Spring. They can carry diseases including Ross River Fever and Japanese Encephalitis (JEV).

Manage your risk of infection and take care if you are spending more time outdoors over the coming months. A good quality mosquito repellent may help prevent bites, so apply it before you venture out, and carry it with you while camping or hiking.

Members of our team will be taking a well-earned break over the next few months. We thank you for your patience and ask that you note our amended hours over this period.

Dr Risto:

On leave: Monday September 2-Friday October 11

Amended surgery hours:

Monday to Thursday, 9am to 5.30pm
Closed Friday from 12.30pm

Dr Diana:

On leave: Friday November 8-Friday November 22

Amended surgery hours:

Monday, Wednesday, Thursday, Friday – 9am to 6pm
Tuesday – 9am to 11am
Closed Tuesday from 11am

For urgent care (not requiring hospital) during usual hours, please contact HealthDirect on 1800 022 222 (24 hours) OR Peninsula Urgent Care Clinic on 4315 2600

For urgent after hours care, please contact the National Home Doctor Service on 13 SICK (13 7425)

For medical emergencies at any time, please call 000

We welcome our new practice manager, Leisha, who will be a great addition to our team. Please make sure your prescriptions and immunisations are up to date and make your appointments as early as possible over this period, as slots are likely to fill quickly.

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OPEN DAY

Sunday 8 September 9am-12pm



Our Annual General Meeting was held on July 7 and the new Board was elected for the 2024/25 Surf Life Saving Season. As a Board, we are very excited for the Surf Season ahead and working together to ensure our community is kept safe on our beach and in our ocean by our hard working volunteers.

We will be holding an Open Day at the Club on Sunday, September 8 from 9am to 12 noon and look forward to welcoming new, past and present Associates, Patrol Members and Nippers. Come and meet our team, find out what we do and register for the upcoming season.

The SLSCC Annual Raising of the Flags Ceremony to signify the start of the 2024/25 patrol season will be held at Avoca SLSC on Saturday, September 28 at 9.00am. As lifesavers, this is a special occasion to celebrate as we begin our community service to provide a safe place to swim for 33 weeks of the season.

As a club, our focus will always be the safety of our Community and we are very fortunate to have a dedicated team of patrolling members available for you to ask for advice. When you're using the beach, please swim

between the flags, read the safety signs, know your limits, be sun smart, and follow advice from the lifesavers.

We'll start volunteer patrols of the beach on Saturday, September 28 and our first day of Nippers will be Sunday, October 13. If you'd like to become a lifesaver, please get in touch with us via our website or Facebook page or come and see us at our Open Day.

If you'd like to check local beach conditions, you can visit <https://beachsafe.org.au/>

Keep an eye out on our social media pages and website www.copacabanaslsc.org.au for updates and details about future events and activities.

For inquiries email: admin@copacabanaslsc.org.au

See you on the beach! – Board of Copacabana SLSC





Copacabana Public School

A message from Penny Hooper – Relieving Principal

Rewarding term at Copa School

Spring is finally here, but the sun is always shining at Copa PS! We have had a very busy but rewarding term with numerous opportunities and activities that showcased our wonderful students and their achievements. Over the term, students participated in our Olympathon; Athletics Carnival; Dance Festival; Netball Gala Day and Public Education Week assembly.

Our fantastic staff have been celebrated too. Congratulations to our very own Mrs. Sandra Way for achieving forty years of service to Public Education and Mrs. Julee Dean and Mr. Mitchell Frew on their Regional North Awards.



Julee Dean and Mitchell Frew



Mrs. Sandra Way



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The winter season was relatively quiet for our volunteers with fewer calls than usual, but our members haven't been idle. They've taken advantage of the downtime to enhance their skills. Four members successfully completed a chainsaw course, while others refreshed their 'Safe Working On Roofs' skills during brigade training nights, ensuring we're well-prepared for storm season. Additionally, two members earned their Structure Fire Fighting qualifications, enabling them to use compressed air breathing apparatus, and others have completed their off-road, response driving and first aid qualifications.

We're hosting our 'Get Ready' BBQ and Cake Stall Open Day on Saturday, October 5th, from 8am to 12 noon at our station. If you'd like to learn more about preparing your property, discover more about what we do, or if you're interested in joining, come down and have a chat.

Although it's still a bit wet now, spring typically brings better conditions for us to conduct hazard reductions. This helps reduce fuel loads in strategic areas, making it easier to control bushfires if they start.

With warmer weather near, we typically see an increase in property owners burning off vegetation.

Before You Light That Fire: If you're a landowner planning to burn vegetation on your property, here are some important guidelines:

- Burning vegetation is generally permitted on the Central Coast if your land is larger than 4,000 square metres. For detailed information, visit the Central Coast Council website [here](#).
- You can only burn one pile of vegetation at a time, with piles no greater than 2 metres in diameter and a maximum height of 1.5 metres.
- Only dry and dead vegetation is permitted to be burned, and your fire must be at least 20 metres away from any dwellings.
- Burn only when the weather is suitable and consider postponing if it's windy.
- The burning of rubbish or building materials is strictly prohibited.
- Notify your neighbours and your local fire station or fire control centre 24 hours before burning.
- During the bushfire season (usually from 1st October to 31st March), an open fire requires a fire permit. To obtain a free fire permit, contact your local fire station.



These rules apply specifically to properties on the Central Coast. If your property is in a different Local Government Area (LGA), please check the respective guidelines on their website or visit the NSW Rural Fire Service website for more information.

Did You Know? Our station at Copacabana is entirely manned by volunteers. Each of us has joined for different reasons, but we all share a love for our community and a commitment to giving back. We're activated by a pager, leaving work, family, or even the comfort of our beds to respond to calls 24/7. If you would like to get involved get in contact with us via Facebook or give us a call on 02 4382 2400

Stay Informed: To stay up-to-date with the latest information on bushfires and other hazards in your area, we highly recommend downloading the 'Hazards Near Me' app. This app provides real-time alerts and advice on emergencies, helping you stay informed and prepared. It's an essential tool to ensure your safety and the safety of your property, especially during the bushfire season.



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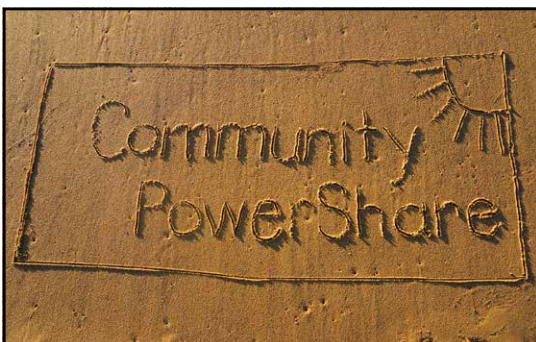

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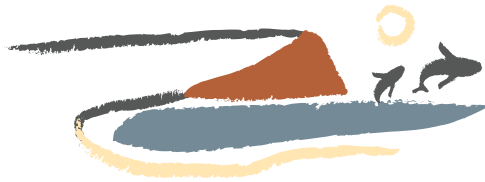
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Copacabana Community Association Inc.

Join the CCA and contribute your ideas for Copa

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 in order to safeguard the unique, low-rise 'beach and bush' characteristics of our suburb and we keep a close eye on zoning regulations that currently protect our area from over-development. From time to time we also apply for grants and funding to support important community projects and events.

We co-ordinate events designed to foster inclusivity and often work together with the Surf Club and the Copa RFB to help achieve better outcomes for the community.

NEXT MEETING:

Monday, October 14, Copa Surf Club 7.30pm

All welcome to come along to the meeting. Join us for drinks afterwards.

You can help make a difference in your community.

The CCA gets its revenues from sponsors of this newsletter and from annual membership subscriptions. We thank all of our sponsors for their generous and loyal support and welcome new advertisers and members. Banner ads are only \$250 per issue and 'Locals ads' are \$80 per year (ie 4 issues @ \$20 per issue).

Please consider supporting the CCA by advertising in Copa News
EMAIL info@copanews.com.au for information. We can create your artwork for you.

BECOME A MEMBER: ONLY \$20 A YEAR

PLEASE NOTE NEW BANK DETAILS

Direct Deposit: \$20 per household membership (2 people)

Account Name: Copacabana Community Association **BSB:** 633 000 **Account Number:** 207 031 543

Please include 'Membership' or 'Renewal' plus your surname in your payment reference.

If you are a new member, please email your name and address to info@copanews.com.au

Attn: Treasurer/New member in subject line

YOUR CCA MANAGEMENT COMMITTEE MEMBERS

President: Bernadine Mitchell **Secretary:** Briohny Kennedy **Treasurer:** Rob Morgan **Committee Member:** Greg Maude

We have vacancies for two or more new committee members.

Please email us at info@copanews.com.au if you'd like to join us. We really need new volunteers.

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

Designer/Web: Bert Croker **Website:** www.copanews.com.au