



Copacabana Community
Association Inc.

Winter 2021

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with all the local news

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Association
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Copacabana Lagoon. Photo thanks to Chris Dick (DickPix)

WHAT'S ON

JUNE

Saturday 05

Copa Bushcare 2-4pm
Meet at viewing platform

Sunday 13

NRL: Warriors v Storm
& Kiwi Coast Party
Central Coast Stadium

Monday 14

Queen's Birthday public holiday

Friday 25

Last day of school term

Saturday 26

5 Lands Walk Main Event

Sunday 27

Avoca Markets 9am-2pm

JULY

Friday 02

Impermanence –
Sydney Dance Company
The Art House, Wyong

Saturday 03

Copa Bushcare 2-4pm
Meet at viewing platform

Sunday 11

Blues by the Bay
Central Coast Stadium

Monday 12

First day of school term

AUGUST

Sunday 01

The Food and Wine Festival
Mt Penang Parklands

Saturday 7

Copa Bushcare 2-4pm
Meet at viewing platform

Saturday 7 – Sunday 8

Dog Lovers Show,
Sydney Showgrounds

A word from the CCA President

Hello Copa people, CCA members and friends

There's been a lot of talk in the media lately about infrastructure spending, focusing on roads, tunnels, freeways and other 'built' infrastructure needed to support new housing in under-resourced suburbs across greater Sydney. It's true that many new suburbs have been constructed without proper planning to ensure that residents live in functional places with appropriate facilities and services and they are playing catch up.



The other essentials in established suburbs though, are green spaces & community infrastructure. Places for passive recreation, nature walks, and landscape habitat for native wildlife. We were angry and disappointed that Central Coast Council proposed to reclassify and rezone a large 'tranche' of community assets – including small parks and reserves, other pockets of bushland and community facilities.

We – like many community groups and residents – sent a strongly worded objection to CCC Administrator, Dick Persson, insisting on community consultation about the sell-offs. The Administrator bowed to pressure and announced a consultation period to allow residents, renters and ratepayers to have their say, as is legally required.

Although, thankfully, there are no Copa properties or lands listed in 'Tranche 3', we object in principle to the notion that community facilities and precious green spaces can simply be rezoned to make them attractive to developers. We understand that Council's finances are a major problem but selling off irreplaceable public assets is not the answer. One of our key priorities on the CCA Management Committee is to keep a close watch on any planning regulations and changes that could allow developers to (over)capitalise on our stunning views and beachside location.

The coastal belt between North Avoca and Killcare needs to be protected for future generations, not just for our beautiful beaches, but to sustain a viable wildlife corridor through to Bouddi National Park and Kincumber Mountain. We should not be the generation responsible for the disappearance of more endangered species.

The CCA has made a submission objecting to the Asset Sales (Tranche 3) proposal to re-classify community land. If you would like a copy, please email Info@copanews.com.au with Copy of Submission – Asset Sales in the subject line.

Enjoy the winter sun while it lasts and see you on the beach.

Sue Steedman



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Thanks to Shelley vdh for this incredible pic.

Blue bottles on our beaches

By Margaret Platell, Lecturer in Environmental Science, Newcastle University and CCA Management Committee member

The term blue bottles is often used in different ways, but this time it is referring to the occasional (invertebrate) visitors that strand on our beaches when the wind is blowing in an onshore direction.

When the winds come from the east, they often carry along with them members of the "Blue Fleet", an unusual community of invertebrates that float on the water's surface. The striking blue (or violet) colour is thought to protect these animals from intense UV radiation and perhaps predation – hard to see a blue animal when looking down at the water's surface (if you are a bird).

The most visible member of the 'Blue Fleet' is the blue bottle (*Physalia utriculus*). The blue bottle is a colonial jellyfish, which contains several colony members that cannot live separately from each other. The most obvious colony member is the gas-filled bladder, which acts to keep the blue bottle at the surface, and which can inflate and deflate slightly to sink or rise, perhaps as further protection against bird predators. You may have also noticed (if you look closely at the animals in a single stranding), that the keel-like crest will be angled in one direction which acts to catch the wind, but in another stranding the direction is different – this means that when the winds blow, not all of them will strand.

The one fishing tentacle of the blue bottle represents another colony member. This tentacle can be up to 1 metre long and contains many stinging cells that are used to stun small fish upon which blue bottles feed. These tentacles float close to the water's surface, and can cause painful stings to beachgoers that may require medical

attention. Be aware that these stinging cells persist on stranded individuals, and can still cause painful stings.

Does the presence of blue bottles indicate a problem with our ocean ecosystems? The answer is that no-one really knows. Although blue bottles are the main species in the Blue Fleet, there are others, including invertebrate predators of blue bottles, and not much is understood about any of them. They are not considered commercially important, much of their life is spent far out of view of people and their distribution is wind-dependent and difficult to predict. It has been thought that numbers can increase quickly in response to certain temperature and nutrient combinations, which are then evidenced by the mass strandings seen on the shore.

For further reading, Blue bottles in particular:

Gershwin (2015). The blue bottles are coming, but what exactly are these creatures? Retrieved from <https://rheconversation.com/the-blue-bottles-are-coming-but-what-exactly-are-these-creatures-48675>

Power, J. (2021). 'Large numbers are being stung': Bluebottle invasion hits Sydney's beaches. <https://smh.com.au/national/nsw/large-numbers-are-being-stung-bluebottle-invasion-hits-sydney-s-beaches-20210206-p5706f.html>

Jellyfish in general: Lamb, P. (2018). Jellyfish have superpowers – and other reasons they don't deserve their bad reputation. Retrieved from <https://theconversation.com/jellyfish-have-superpowers-and-other-reasons-they-dont-deserve-their-bad-reputation-88746>



Image courtesy of National Library of Australia

A Summer's Day - Pre 1788

This is the second in a series of articles written by John Oates,
a descendant of the Nyampaa Wailwan Nation of the Central West.

Copacabana 1956

John is a retired teacher of HSC English, Modern History, Aboriginal Studies.

He was Regional Aboriginal Education Consultant for the Hunter Central Coast region for 12 years.

John has been a Copacabana resident for 36 years.

We appreciate the opportunity to bring you this article which he calls:

A snapshot of Copacabana not so long ago

Acknowledgements:

Bungaree – 'This is My Land, These are My People' Aboriginal People and Their Culture, North of Sydney. NSW Education Department, Metropolitan North District.

Incorporating the research of:

Collins 1789, Capell 1970, Hunter 1793, Elkin 1949, Needham 1981, Bradley 1969, Bennett 1979, Vinnicombe 1980 et al.

Bill Gammage – 'The Greatest Estate On Earth'. Bruce Pascoe – 'Dark Emu'

Great respect to:

Aunty Tracey Howey, Wannangginni Traditional Custodian.

Image references <https://livinghistories.newcastle.edu.au/nodes/view/5978>

Tdjudibaring - Bulbararing - Mourawaring - Bouddi

The Garigal Clan had experienced another beautiful summer's day at Tdjudibaring Bulbararing and were stoking the cooking fires - the camp fires for the Elders, the Women and children's camp, the Mens' camp and the Communal Circle where they were all going to gather after eating. In the Summer - or in this instance the season of the Salmon - the Clan liked to camp in the northern corner of Tdjudibaring, on and around the massive Midden that was the northern sand dune in the lee of the great headland, Bulbararing. They slept under the stars on warm summer nights. The children were taught all the names and stories of the Ancestral Beings up there, looking over them in protection. They learned of the Mirabooka (Milky Way); The Dark Emu; The Seven Sisters and many more. Everyone was taught to Recognise the Creator, Biaimi, and what his movements in the sky meant for the seasonal movements of the Clan.

The Tdjudibaring midden was thousands of years old. The Clan had camped and eaten their fish, lobsters, crabs, oysters, pippies, cunjevoi and spiny sea urchins amongst other things and left the bones and shells on the dune. The winds coming over the dune would then cover those remains with a layer of sand and thus the dune would gradually grow higher and higher each year. This day had been a particularly good one for the tuckerbox. The signal fires on top of Bulbararing and Mourawaring alerted the mob to the huge school of baitfish being followed by the salmon, bonito and kingfish early in the morning. The large ocean-going bark canoes were launched ready to spear and net a feed while the Guparr (Dolphin) callers were slapping the water near the shore for some help from the local pod in herding the massive school towards the shore so the men and women could spear and net fish in the holes along the shoreline and share the catch with the Gupaar.

Meanwhile, Elders and children went in search of food on the rock platform underneath the southern cliffs of Bulbararing. They methodically searched the holes and dived off the rocks to gather food such as oysters, tritons, abalone, cunjevoi, striped periwinkle lobsters and crabs. Others ventured north behind the dune into the freshwater billabong where they collected swan and duck eggs including ducks for the cooking fires. Eels and snakes were plentiful as evidenced by the name of the bay, Allagai - place of snakes/eels - and they were added to the menu for that night. Others still used the smaller bark canoes in and around the lagoon where the women fished with handlines with shell hooks and line woven from stringybark and younger men practiced their spearing skills with multi-pronged 3m fish gigs.

As the fires grew into the late afternoon all the food was gathered for the feast. Everything was shared. Meat was cut using oyster shell blades, stone flake knives and sharp stone axes. The Elders were served first followed by their sons and daughters as the Warrior Men and Fisher Women and so on until the children had their turn last. Then the Story Telling began. Funny incidents of the day's activities were related and often turned into a dance or song. The Song Men and Women would sing songs to Country, to the Ancestors, to the

Spirits who were all around, to Biaimi the Creator for protection and respect. The Men and Women Dance Bosses would then lead the dances in the Bora Ring just near the communal fire, dances that would often continue late into the night.

As the dances slowed and finally finished, the Clan members returned to their own camps. The Elders in their sheltered hollows on the Midden, the women and young children to their camp and the men to their separate camp. The camp warrigals dutifully followed their families back to the sleeping fires where they guarded the Clan as it slept. They quietly talked as they watched the Mirabooka, the Dark Emu, The Southern Cross, The Seven Sisters and The Creator, Biaimi look down upon them. The Clan slept peacefully, safe and warm in the arms of their Mother, the Country they belonged to and cared for and loved: Tdjudibaring; Bulbararing; Mourawaring; Bouddi. In the morning the Clan was welcomed by the songs of the magpies and kookaburras as the sea eagles soared over the bay, looking for those bait balls and the larger predators in chase as they were breakfast for the young ones back in their nests high in the trees behind the lagoon.

Conclusion:

There is much more to tell about the life of the Garigal Clan. We could tell of the Mullet season or the season of the Hairy Caterpillars, the season of the Whales or how the position of Biamai in the sky told the people to venture through the Bouddi, paying respects there and then along the connecting ridges to all the ceremonial lore places all the way out to Wollombi and Yengo. But not this time, for this has been a snapshot after all.

So, if you place a 21st century Western civilization pair of lenses on Aboriginal Pre-Contact Civilization, hopefully you will recognise the truth. Aboriginal society was peaceful, moral, spiritual and law-abiding with a complex social structure. Moreover, this society had developed deep ecological practices which created and maintained environmental sustainability and harmony for thousands of years. They were not 'primitive savages', who wandered nomadically at their whim as my snapshot attempts to show. The People knew where they lived, cared for that place exclusively and when they moved around Country they did so under strict guidelines and protocols as to when and where and why they left their Home. Fire was a constant companion, friend and tool for the People, not an enemy. People lived long lives. Their diet always consisted of fresh foods: seafood; fruit; vegetables and lean meat of kangaroos, emus, birds and reptiles which led to fit strong men and women who really deserved the term "Elder" as they often lived well into their nineties!

Estimates vary today as to how many people lived on the Central Coast and at Tdjudibaring, Bulbararing, Mourawaring, Bouddi in particular, but there definitely was a local Clan, the Garigal. After 1788, European contact changed this Place forever. Regardless of how many people were actually here, by 1805, 85% of the Aboriginal people of the Central Coast ie Wanninginni, Awabakal and Darkinjung, were dead. But that's another story...



Copacabana SLSC

The end of the season provides everyone with a chance to take a deep breath, wind down and acknowledge the many people who have helped us meet our obligations on the beach. The break will be short lived however as we review the year against our club goals, and assess how we came out of an unprecedented 'Covid' affected season.

One of the most important parts of a successful season debrief is celebrating what we have achieved as a club and that happened at our Senior Presentation night at the end of May - the first club social event in 18 months (woo-freakin-hoo) Our Nippers will celebrate their season at the Junior Presentation on Sunday June 6 and as those kids immerse themselves into winter sports, we will be preparing for our AGM on Sunday July 4. With that, the new Committee will start preparations for next season, and it all starts again.

I would like to take this opportunity to thank a few people, starting with our dedicated volunteers - beach, bar, Extended and Executive Committees. It also gives me great satisfaction to thank the Copacabana community who showed the club fantastic support this past 6 months. Thanks to new visitors, some who became new members, as well as those families who enjoyed Friday Weekenders each week. The Change Property

team who contributed to the success of those nights deserve a special mention too. You all played a big part in getting Copacabana Surf Club through a tough season.

Our club values feedback from our members, and the community we protect.

If you have ideas or suggestions that you would like to share with our management team, please send it through our dedicated feedback point at yourthoughts@copacabanaslsc.org.au

Stay well everyone and we hope to see you at our monthly Weekenders - Live and local events. All that info and more available on our website.

Warm Regards....

Adam Richards

president@copacabanaslsc.org.au

A Brief History of the Copacabana Rural Fire Brigade by Matt Francis



When the brigade began in 1962, getting any worthwhile equipment at all was an ongoing challenge. Members regularly used their own vehicles to tow a pump trailer to fires! Supplied equipment in the first couple of years consisted of a metal water knapsack (carried on the back to the fire) beaters (to beat out the fire) some fire extinguishers, and a first aid kit.

Members lobbied furiously for a proper truck for years - but were told that they couldn't have one until they built (at their own cost) a station to house it. They built the station in 1974 (it cost \$1,166.38) and were given their truck (then referred to as a 'tender') by Gosford Council shortly after - an International fire tanker. This remained in service for the next decade until replaced in 1982 with a Bedford fire tanker. A second vehicle - a long wheel-base Toyota utility arrived the next year - bought with money raised by the brigade!

The images show some of our older vehicles. The pics have been saved as part of our efforts to digitise old photos found at the station.

If you know more about these vehicles, please share your memories with us. Today we have an urban pumper, a Category 1 bushfire tanker and a Category 9 Landcruiser fast response vehicle.

On Sunday June 26 we'll be holding an open day to coincide with the 5 Lands Walk. Stop by for a chat and learn more about how to protect your home, bushfire plans, how we work, maybe even join! It will be lots of hands-on fun for kids too.

Download your Winter checklist

The cold weather is a timely reminder that we are moving from bush fire season to what is effectively house fire season, as all the heaters come out and we all try to stay warm in our homes. You can download a checklist for winter here: <https://www.fire.nsw.gov.au/page.php?id=9284>



Copacabana Public School

A message from Mary Hunt – Principal

We have welcomed students back for another great term of learning at Copacabana Public School. Term two is shaping up as another exciting term with quality teaching and learning occurring both inside and outside the classroom. We have many students representing our wonderful school and involved in the Central Coast Dance Festival, Star Struck, Central Coast Choral Festival rehearsals, debating challenges and several sporting events. It was wonderful to see our Copacabana mums at our Mothers' Day Spectacular.

STEM Group News



We have had a fun and busy first few weeks of Term 2 STEM. The highlights have been:

- ✓ Creating vehicles to help Little Red Riding Hood get to grandmother's house faster with Stage 1 and Early Stage 1.
- ✓ Coding using Dashbots and Beebots and improving typing skills.
- ✓ Completing a teamwork paper chain challenge. The winning paper chain by Lyla and Josie measured a whopping 7 metres!
- ✓ Learning the art of drawing 3D objects with Splat 3D tools.
- ✓ Using the Virtual Reality Googles and kit which we have on loan from the Department of Education (STEM T4L) to investigate different minds and visit different places.

In the next few weeks, we will be creating camouflage environments, doing more coding with our robotics and creating some unsinkable foil boats.



Kindergarten

Enrolments 2022

We are now taking Enrolments for all students who are eligible to start school in 2022 in our Kindergarten classes. Children may be enrolled in Kindergarten at the beginning of the school year if they turn five years of age on or before 31st July in that year. By law, all children must be enrolled in school by their sixth birthday. Online enrolment is now available.

We offer support and encourage you to complete your application to enrol online. The online enrolment can be accessed on our school website at:

<https://copacabana-p.schools.nsw.gov.au/>

Or contact the school on 4382 1766.



Time to review your Winter Asthma Care Plan



Asthma symptoms can be triggered by different things for different people. Common triggers include stress, exercise, cold/dry air, cigarette smoke, colds and flu, house dust mites, grass pollens, moulds, pet dander. You may also have seen news stories recently about the use of gas stoves and appliances being a trigger for asthma. Recent findings suggest that using gas heaters or exposure to other gas appliances may be associated with new asthma cases and asthma exacerbations.

The current advice if you use gas cookers and heaters is to ensure adequate ventilation by opening windows to ensure air flow or using a rangehood that vents outside. For more information see National Asthma Council, Australian Asthma Handbook - Managing Avoidable Triggers. Available at: www.asthmahandbook.org.au/clinical-issues/triggers/avoidable-triggers

According to the National Asthma Council, colds and flu can hit hard if you have asthma, and the common cold is behind around 4 out of 5 bad asthma attacks. Here's what the Asthma Council recommends you do at this time of year:

Get your lungs checked

See your doctor for an asthma review before the cold and flu season arrives. They can check the health of your lungs and decide if you need to make any changes to your asthma medication so you stay well over winter.

Follow your asthma action plan

Together with your doctor, develop or update your personal written asthma action plan with instructions on how to manage your asthma over winter. A written asthma action plan helps you recognise worsening asthma and tells you what to do in response. Acting quickly can help prevent a mild flare-up from developing into a serious attack.

Use your medications wisely

Tell your doctor if you have been using your reliever puffer more than twice a week or are having asthma symptoms at night. These are important signs that your lungs may not be in the best condition for winter colds and flu. If you have been prescribed a preventer medication make sure you use it - even if you feel well.

Check your inhaler technique

All adults and children need careful training from a doctor, nurse, asthma educator or pharmacist to use inhaled medicines correctly. Proper use of inhalers helps medicines work properly, can reduce the risk of side-effects and is essential for good asthma management. The instructions are different for each type of inhaler device. For more information, go to www.nationalasthma.org.au

Get Vaccinated

Annual vaccination against influenza is an important preventative measure for all people. It reduces the risk of contracting the flu by up to 70%. Even if you do get the flu, vaccination is likely to reduce its severity and the risk of asthma flare-up.

Call Copa Medical to make an appointment with Dr Diana or Dr Risto for a check-up and advice if you are concerned that you or your child may be exhibiting asthma symptoms.

Copa Medical is now providing COVID-19 vaccinations to the following eligible groups of people (Phases 1A, 1B & 2A):

People aged 50 years and over; Healthcare workers currently employed; Household contacts of quarantine and border workers; Critical and high-risk workers who are currently employed (Defence, Police, Fire, Emergency Services, Meat Processing workers); Aboriginal and Torres Strait Island people; Adults with an underlying medical condition or significant disability, Covid-19 vaccinations are free.

Appointments can be made by calling the surgery.

Go to covid-vaccine.healthdirect.gov.au/eligibility to check your eligibility.



Photo by

Elaine Odgers Norling

5 LANDS WALK

celebrates Pasifika in Copa on June 26

The 5 Lands Walk 2021 will feature a feast of live performances, art exhibitions and cultural experiences across our local beaches. The weekend begins on **Friday evening June 25** on Avoca Beach, with the Opening Celebration, a multi-media happening showcasing the landscape and talent of our magnificent region. The evening will include performances from the Ephemera Choir under the direction of internationally acclaimed composer and filmmaker, Dr Yantra de Vilder as well as singers and dancers from Aboriginal and many different cultural backgrounds.

On **Saturday June 26**, walkers begin their journey at MacMasters and walk through part or all of the route to Terrigal via Avoca and North Avoca. MacMasters hosts The Beginning with a smoking ceremony, didge and bagpipes to lead the way towards Copa with people proceeding through a site-specific installation by renowned sculptor, Jane Gillings.

Copacabana will host live performances with a Pasifika theme this year, complete with the fabulous Central Coast Ukelele Group and a Maori haka to greet the 5 Lands Messenger bearing the Message Stick 2021, performed by Maori and Pacific Island group, Nga Waka Te Whetu. The Copa stage will also host two choirs, The Survivors Choir and Ecopella.

From the younger members of our community, we will have a Hawaiian influenced dance from Tiny Dancers Dance Academy. Students from Copa Public School will be creating themed decorations. The Central Coast High Schools Art & Photographic Exhibition will also take place in the surf club and we will finish the day with on-stage, open mic music performances from local music artists.

Avoca will celebrate 100 years of jazz since the Roaring 20's. The Aboriginal community of the Central Coast is making a special place to celebrate and share culture and stories at North Avoca, and we are thrilled that Darkinyung woman Katarina Sales has agreed to be the 5 Lands Walk Patron for 2021. Terrigal will feature the best of both emerging and established local musicians and celebrate the culture of the Philippines, with internationally acclaimed Filipina artist, June Young performing.

We hope many people enjoy the walk or come down to the green to celebrate a truly wonderful day of celebrations along the 5 Lands. For more information check out 5landswalk.com.au



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Copacabana Community Association

Your Local Community Organisation

New members welcome – come to a meeting and get involved

Meetings are held at the Copacabana Surf Club, starting at 7.30pm, with refreshments afterwards.

Next meeting Thursday 17th June.

The Copacabana Community Association (CCA) was formed many years ago by a group of committed residents to foster community connections and share local news. An important function of the CCA is to identify and advocate for improvements and beautification projects in Copacabana. Our mission is to protect the leafy, quiet, seaside character of our suburb and push back against high rise or similar developments that would stretch our limited infrastructure and change the character of the area. Over the years, CCA members have helped to preserve the Copacabana we know and love by making representations and submissions to local and state government. We also run events designed to bring the community together.

All of the activities and events of the CCA are funded from membership fees & advertising revenue from this quarterly newsletter. We thank all of our sponsors for their generous and loyal support and ask residents who are not already members to consider joining and contributing ideas and suggestions.

**Copa News is the only official publication of the CCA, available in hard copy
from local advertisers or by email straight to your inbox.**

You can also download a copy from our website: www.copanews.com.au

To subscribe or get in touch with us email: info@copanews.com.au

FOR NEW MEMBERSHIPS OR MEMBERSHIP RENEWALS:

You can pay by direct deposit:

Account Name: Copacabana Community Association

BSB: 302 975 Account No: 0051004

Amount: \$20 per year

Email Treasurer, Rob Morgan at info@copanews.com.au to provide your details or for other payment options. Please add **Membership or Renewal** to the bank reference and email.

YOUR CCA MANAGEMENT COMMITTEE MEMBERS

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