

Winter 2023

# COPA NEWS

Copacabana Community Association Inc.

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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 WINTER



Official publication of the Copacabana Community Association  
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Cover pic by Rob Morgan

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# WHAT'S ON

## JULY

### Saturday 1

Copa Bushcare 2-4pm  
Meet at Bonnie Lookout  
opposite shops

### Monday 3

First day of school holidays



### Friday 14

Last day of school holidays

### Sunday 23

Avoca Beachside Markets  
Heazlett Park, 9am-2pm

### Sunday 23

CPSARA Connect Day - FREE  
Multisport social day for people  
with a disability at Niagara  
Park Stadium

## AUGUST

### Saturday 5

Copa Bushcare 2-4pm  
Meet at Bonnie Lookout  
opposite shops

### Monday 7

CCA Community Meeting  
7.30pm Surf Club – all welcome

### Sunday 27

Avoca Beachside Markets,  
Heazlett Park, 9am-2pm

# A word from the CCA President

## Hello Copa people, CCA members and friends

Now that the chill has well and truly descended and we are enjoying some quieter months with fewer visitors and events, it's an opportune time for us on the CCA committee to refresh and renew our energies for the remainder of the year.

Like us, we hope you are enjoying the annual influx of whales steaming north to their breeding grounds. We are indeed fortunate that Copa is one of the best whale-watching vantage points on the coast. See our story in this issue, including fantastic drone shots of the beautiful creatures supplied to us by local photographer Chris Dick. We'd like to thank him for making them available to us.

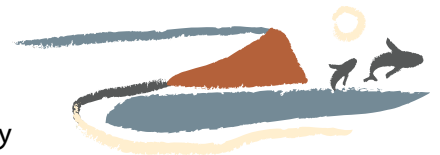
Our Local Hero story this issue features Dr Mike Mitchelmore, whom many of you know as the Co-ordinator of the Men's Shed which is finally up and running after many years of work and fund-raising by Mike and a number of good people in the community who have brought this terrific new community asset to life. See the News page at [www.copanews.com.au](http://www.copanews.com.au) if you missed the official opening.

If you've ever considered becoming more involved in the business of the CCA please give some thought to nominating for the committee. We'll be electing office-bearers and committee members at our AGM in October and would be happy to give you more information or discuss how to nominate. Just drop us an email at [info@copanews.com.au](mailto:info@copanews.com.au) and we'll be in touch.

Our next community meeting will be at 7.30pm on Monday August 7 at the Surf Club. Come along, have your say, join up if you're not already a member – all contributions welcome. And we always enjoy a social drink at the end of the meeting, so come along and meet your neighbours. All welcome.

Until then, stay warm and dry!

*Sue Steedman*



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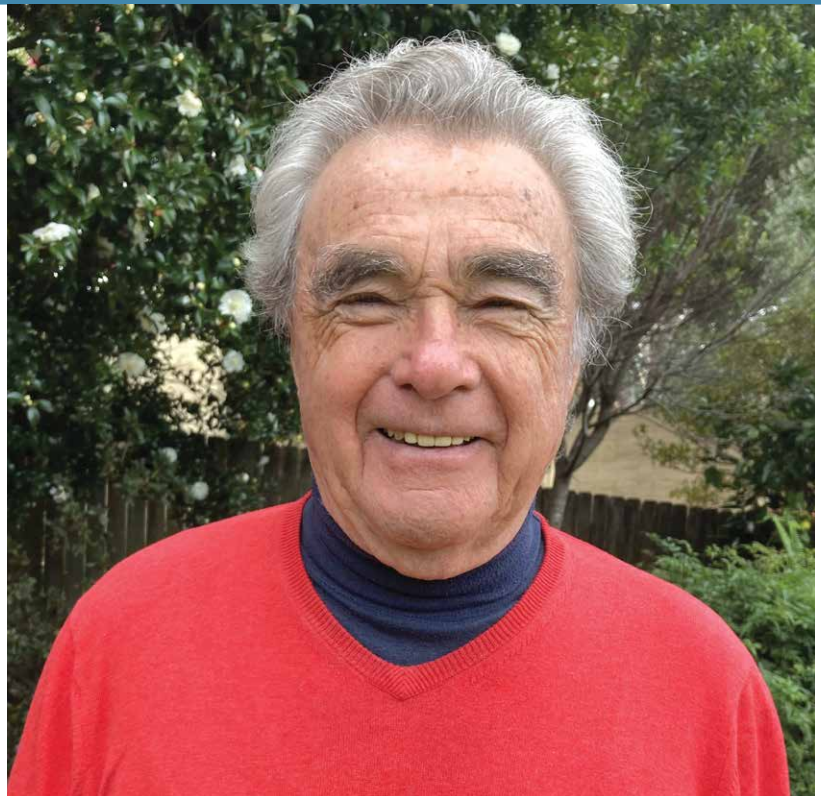
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# Doctor Michael Mitchelmore

You may be familiar with Mike Mitchelmore through his work as the Co-ordinator of the recently opened local Men's Shed. It is the product of years of fund-raising, design, logistics and building. Mike heads the Mens' Shed committee and he is justifiably proud that this terrific community asset is now up and running. But there is more than one string to Mike's bow and for him and his wife, Elisabeth, 2023 is stacking up as a milestone year.



When discussing the correlation between mathematics and music with its counting, rhythm, intervals and patterns, Mike commented:

*'It's true there is Mathematics in music,' he said 'but there is also a degree of freedom that you won't find in Mathematics.'*

He says the peak of his musical experience was in 2002, when as a member of the Sydney Philharmonia Choir, he performed under the renowned British conductor, Sir Simon Rattle at the Royal Albert Hall in London.

Along with his busy professional life, Mike has a large extended family. His youngest grandson, Atticus, was born in May to Mike and Elisabeth's daughter, Julia. With family dispersed across the globe in Wales, Jamaica, Denmark and Germany, the couple are heading overseas soon for a series of family reunions. After the stressful experience of getting the Mens' Shed built and opened to the community, Mike is glad that it is now 'on its feet' and he is very much looking forward to the holiday.

He credits Elisabeth with pushing for the move up from Sydney and says they fell in love with Copacabana when they stumbled across it during a weekend trip to Terrigal long ago. Having grown up on the Devon coast, Mike has an affinity with the sea and he says both he and Elisabeth love the hills and bays on this part of the coast, which also remind them of parts of Italy they have visited. It is fortunate indeed that the Mitchelmores settled in Copacabana, contributing as they do to the good of the local and broader community. Congratulations to Mike on his many achievements.

*Story by Sue Steedman*

Born in Dartmouth, UK, Mike came to Sydney in June 1990 to take up a position at Macquarie University as a Senior Lecturer in Mathematics. He has been an Honorary Associate Professor there since 2012 and was recognised in the Australia Day Honours list this year for his achievements. Mike was awarded an OAM in the General Division 'for service to mathematics education, and to the community'. He said it was a very proud moment; the ceremony at Government House was much less formal than he expected, and the Governor General was 'very relaxed and warm'.

Mike and Elisabeth met in Jamaica, where young Elisabeth (a professional violinist) was visiting with a German touring orchestra. Mike was teaching Mathematics at the University of the West Indies and had a passion for music as well: he had the only harpsichord in Jamaica and was recruited to play with the orchestra. The relationship developed from there and they married in 1985.

Music is an essential creative outlet for both Mike and Elisabeth. He has a particular fondness for classical music, especially that of Bach.

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Humpback whales are travelling northwards along the coast and it's wonderful that we are able to see these beautiful ocean giants as they play and splash in our waters, sometimes even breaching in Allagai Bay as they pass by. These humpbacks spend all summer living it up in the cool waters of the Antarctic; feeding on the abundant krill there and are now making their way to the warmer waters of the Great Barrier Reef.



# Whales

Humpbacks have been undergoing these seasonal migrations for thousands of years and are an important part of the seasonal calendar for indigenous peoples. The movement northwards starts in June and is led by groups

of young males followed by young females and most adult whales, and finally females who are pregnant or in a cow-calf pair.

Humpbacks socialise and play along the way, and males communicate using their highly complex songs which can be heard for hundreds of kilometres underwater. Humpbacks average a little less than two kilometres per day, since all of them will take advantage of rest spots along the way such as Moreton Bay and Hervey Bay. Some of these rest spots are used as a day spa, with humpbacks known to roll around on the sand to rid themselves of any attached barnacles.

Pregnant whales who are the last to arrive will calve in the warmer sub-tropical waters. Humpbacks will then feed and build up their strength before they return to the Antarctic for summer. Luckily, we are also likely to see them on their return journey as they pass by our coves and beach.

Take the time to appreciate this natural spectacle - It's a wonderful sight, particularly for kids. Good luck with your whale spotting.

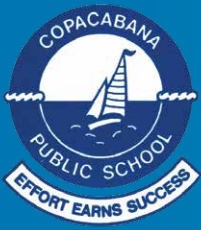


For some quick facts: Department of Planning and Environment (2023). Humpback whales. Retrieved from [www.environment.nsw.gov.au/topics/animals-and-plants/native-animals/native-animal-facts/whales/humpback-whale](http://www.environment.nsw.gov.au/topics/animals-and-plants/native-animals/native-animal-facts/whales/humpback-whale)

# Tales



Chris Dick  
PHOTOGRAPHY



# Copacabana Public School

## A message from Penny Hooper – Relieving Principal

Wow, what a school and community! This is the constant thought that goes through my mind everyday coming to work at Copacabana Public School. We are full swing into the 2023 school year, with plenty going on to support teaching, learning and wellbeing at our school. A huge thanks to the wonderful staff for providing so many amazing and varied experiences for our students, whether it be school based or at a higher level.

### Quality Teaching and Learning



The classrooms have an abundance of positive vibes and are a hive of activities. Whilst visiting the classrooms and seeing the fantastic teaching and learning happening around the school, students have been so proud to showcase their work to me and explain their learning journey.

### Sporting Opportunities

We have had many students representing Copacabana PS at sporting events, Gala Days and Dance Workshops over the past term. It was a highlight to attend our swimming carnival at the beginning of the year. Getting to meet parents/carers and enjoying the community atmosphere was fantastic.

Our school cross country carnival and the SCCPSSA Cross Country Championships demonstrated the tenacity and resilience our students have at Copa PS. They are always displaying an encouraging and supportive team spirit and commendable sportsmanship.

We would like to thank all the staff who spend an enormous amount of time organising these extra-curricular activities to provide students with invaluable opportunities they will remember for life. Examples include Sydney North Trials Netball, Sydney North Trials Rugby, as well as our own SCCPSSA football trials and Gala Days such as the AFL Paul Kelly Cup, Rugby League, Touch Football and Basketball days.

Many students have made Sydney North Teams this year, representing Copacabana PS: Koh E (Rugby Union) and Henrietta B (Australian Rules Football)

We would like to congratulate Beau H for his selection in 5 Sydney North Teams, such an achievement!! - Australian Rules Football, Basketball, Touch Football, Rugby League and Rugby Union.

### ANZAC Ceremony



Last term our school proudly held our ANZAC service to commemorate the significant sacrifice our service men and women have made for the country. We reflected as a school on the past but also on those men and women currently serving Australia. Our leaders also respectfully led the Copacabana Community Dawn Service as MCs. The haunting images as the sun rose over the horizon at the beach, with the community paying their respects was a sight to behold. Thank you to our leaders and Mrs Woodham for humbly participating in these events. Lest We Forget.

### AECG Community

As part of the Department of Education's focus on Aboriginal Education, the improvement of outcomes and understanding of culture, staff participated in a 'Connection to Water Across Local Country' with Uncle Gavi Duncan. We held our Term 2 staff development day engaging in inquiry activities on the rock platform at Copa with a focus on authentic cultural perspectives at Daley's Point walking track

We are also thrilled to participate in the AECG dance project, whereby our students have workshoped creating, connecting and dancing with other schools for several choreographed pieces to perform at end of year events.

### 40th Birthday Celebrations – survey for community

We are turning 40!!!! We are hoping to have some celebrations for students, staff, and community in Term 4. To assist with our planning, we are asking current and past community members to complete a short survey in preparation for events. Positive short stories from parents/students/staff both past and present are welcomed by completing this survey link: <https://forms.gle/BPL1zvgqDw1uH4H49>



# Copacabana Rural Fire Brigade



## Five things you can do to reduce winter fire risk

Did you know that each winter there are thousands of home fires in Australia. Many people are injured as a result and most people are shocked by how quickly a fire can take hold. You might feel like you've heard these warnings a million times before - but being prepared is the best way to ensure that you and your family or home do not become another fire statistic.

House fires can happen at any time of the year, but winter carries a heightened risk because of the increased number and use of heating appliances.

1. Most importantly, have an adequate number of suitable smoke alarms installed throughout your home and make sure that you test them regularly. Change/check the battery at least once every 12 months.
2. Make sure you and all your family know two safe ways out of every room in your home. Have a written home escape plan in case of fire and practice it regularly.
3. Never ever leave cooking unattended.
4. If you have a woodburning stove or fireplace in your home make sure the chimney or flu are cleaned regularly.
5. Keep flammable materials like curtains, tablecloths, bedding, and cloths drying on racks at least one metre away from heaters and fireplaces, and never leave them unattended.

## Have your cake and eat it too!



Copacabana RFS has started holding monthly cake stalls at the station to raise funds for brigade activities and equipment. All our delicious products are made by our firefighters and their families.

Thanks to everyone who has come down to buy some of our chutneys, relishes and preserves, cakes, slices, fudges and biscuits.

Don't forget to try our famous Firefighter Crafted Candied Jalapenos. You can try this taste sensation down at Arties Place where it is featured on their Firefighter Special Burger. Yum!!

Watch our Facebook page for dates and details.



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## Planning for travel overseas? Be prepared.

Now that the World Health Organisation has officially declared the COVID-19 public health emergency is over; you may be planning to venture off on an overseas trip this year. It may save you time, money and worry if you prepare to protect your health before you go.

First step is to go to the government Smart Traveller website for general advice at [www.smartraveller.gov.au](http://www.smartraveller.gov.au)

On that page you'll see links to various advice regarding your health, including a recommendation that you talk to your doctor regarding specific advice to suit your personal health care needs.

### Advice includes:

- Make sure you schedule an appointment with your doctor at least 6 weeks before your departure so that you have ample time to prepare and implement their advice and recommendations.
- Ask if it's safe for you to travel. Especially if you're a mature traveller or have a pre-existing condition. If you rely on specialised care, it may be hard to find overseas.
- If you're planning to travel while pregnant, talk to your obstetrician, travel insurer and airline. They can advise if there's any other steps you can take to reduce risks to you and your unborn child. Tell your doctor where you're going. Ask for preventative advice that suits your needs at your destination.
- Ask your doctor what vaccinations or boosters you need for your specific destination.
- Ask how many shots (or courses) you'll need, and when to get them. Some vaccinations need several applications and take time to have an effect.
- Find out which infectious diseases are common in your destination. Learn what practical steps you can take to help reduce your risk of infection.
- Find out if you need a vaccination certificate to enter your destination. This is especially common in countries with Yellow Fever.
- Some preventative products like mosquito nets you can probably get when you get there. Others, especially repellents and medications, may be safer to buy before you go. Not all destinations share Australia's high quality and safety standards.

- Stock up on medications and supplies. You may have challenges refilling your script or finding medical supplies overseas. Your medication may not be available at your destination; it could be low quality or even illegal there.
- Ideally, take enough medication for your whole trip. You may wish to take a bit extra, in case things change and your return home is delayed.
- Find out if your prescription medication is legal in your destination. Local authorities could charge you for carrying or using drugs. You could be arrested or jailed.
- Find out if the Pharmaceutical Benefits Scheme (PBS) has restrictions on your medication. There are laws and restrictions on the amount and types of PBS subsidised medicine you can take overseas.
- Keep your medication in the original packaging. Carry your script and a letter from your doctor that explains why you have it. If authorities question you about your medication, this can help prove it's for personal use, not for sale.
- When you're packing, keep some of your medication in different bags. If one bag is lost or stolen, you won't have to worry about running out.

Here at **Copa Medical**, we can offer suggestions and advice before you go to ensure that you have taken any necessary precautions to ensure that you have a safe and happy holiday or business trip.

And if you haven't yet had your COVID booster or influenza vaccination, it may be a good idea to get those before you go to minimise risk of any illness.

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# Copacabana SLSC

The 2022/23 surf lifesaving season has come to an end. The last day of volunteer patrols on Copacabana beach was on ANZAC Day. The red and yellow flags have come down now from the beach so be aware and keep safe if you are venturing into the water. There has been a number of rescues this season and numerous preventative actions by our volunteer patrolling members and the preventative actions by our Council Lifeguards. Well done to all!

To celebrate the successes of the 2022/23 surf lifesaving season 110 members and their guests piled into the club on Sat 13th May. Our club's major senior awards for the season were presented to key volunteer individuals and teams who gave up much of their time to assist with running the club and to patrol the beach. Thank you to our organising working party for doing an amazing job and getting it all together...it was a team effort!

Thank you to our sponsors Change Property who came on the night! Thank you to John Harkness, CEO Central Coast Surf Lifesaving Branch who attended and gave an overview of the commendable efforts of our patrols on the beach and all the volunteers who contribute to running an efficient surf lifesaving club. A big congratulations to Kelly Henry who took our Club Person of the Year and Dion Molyneux for Surf Lifesaver of the Year. Anthony Higgs was also presented with his Life Members jacket.

In early June, the club held two very successful CPR/ Defib training sessions for community members. These courses were run by our trainers to community members to assist them

to learn how to use the community defibs located around Copacabana and at the surf club.

Earlier this year the club received a grant as part of the NSW Government's Surf Club Facility Program. We have formed a building committee who is currently sourcing quotes for the works. Upgrades include a new, larger first aid room created under the existing patrol tower, a new multi-purpose room for training, education and community meetings and an expanded café.

## UPCOMING EVENTS:

- **Monthly Friday Weekenders** - first Friday of the month until next season.
- **AGM** - early July. Date TBA.

Keep an eye out for our social media pages and website for details of Weekenders and any other events during winter. Running a surf lifesaving club and keeping people safe on the beach requires lots of volunteers. We are looking for people to lend us a hand so if you are wanting to try something different feel free to email our President, Tom Tseng:

[president@copacabanaslsc.org.au](mailto:president@copacabanaslsc.org.au)

See you on the beach or in the club!!  
Executive Committee  
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## Move your home up the wanted list.

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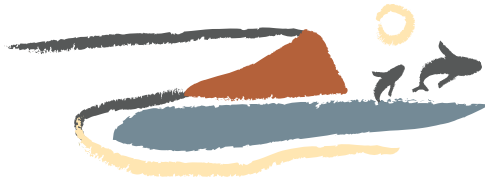
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# Copacabana Community Association

## Your Local Community Organisation



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](http://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.

**Meetings are held bi-monthly at the Surf Club.**

**Next meeting Monday, August 7, 2023 at 7.30pm. All welcome. Come along and have your say.**

The CCA gets its revenues from sponsors of this newsletter and from annual membership subscriptions.

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