



Copacabana Community Association Inc.

Winter 2026

# COPA NEWS

[www.copanews.com.au](http://www.copanews.com.au)

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

## WELCOME TO Winter



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Photo: Tim Freer Photography

# WHAT'S ON

## JUNE

### Saturday 06

Copa Bushcare 2-4pm

### Monday 08

King's Birthday Public Holiday

### Monday 15

CCA Meeting 7.30pm Surf Club



## 5 Lands Walk

### Saturday 20

5 Lands Walk

### Sunday 28

Avoca Beachside Markets

## JULY

### Friday 03

Last day of school term

### Saturday 04

Copa Bushcare 2-4pm

### Tuesday 21

First day of school term

### Sunday 26

Avoca Beachside Markets

## AUGUST

### Saturday 01

Copa Bushcare 2-4pm

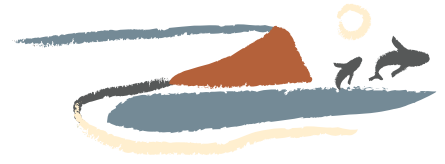
### Monday 10

CCA AGM 7.30pm Surf Club

### Sunday 23

Avoca Beachside Markets

## A word from the CCA President



**Copacabana Community Association Inc.**

The magnificent cover image of whales off Copa was supplied by local photographer Tim Freer and we look forward, as always, to seeing the migration north coming past our shores. We are fortunate that these beautiful creatures come so close to Copa, in numbers that increase every year.

**War Memorial:** Positive news and a win for Copa: I'm pleased to advise that the D.A. has now been approved after a meeting of the Local Planning Panel – the culmination of a long process. We have applied for a 'Saluting Their Service' grant, so the supporting partners of the DA can go ahead with plans and construction. The permanent memorial design is a modest sandstone monument honouring all who served in all wars. See details on our website at [www.copanews.com.au](http://www.copanews.com.au)

**Cochrane Lagoon:** We continue to work with Council to remove the derelict watercraft that remain and to resolve the erosion of the foreshore near the 'ducks' area. We have the support of Councillor Sharon Walsh.

**Anzac Day Service:** It was great to see the crowd of locals who attended the annual Anzac Day Dawn Service on the green run by the RSL. Special thanks to Rob Morgan, the Surf Club and all the volunteers who were involved in the set up and organising.

**5 Lands Walk:** Saturday 20th June: See story this issue. Great to have this wonderful event back on after last year's cancellation.

**Copacabana School footpath and pedestrian crossing:** More good news: With the school's petition organised by the P&C and support from the local community, a grant has been received by Council to provide footpaths and pedestrian crossings in Pueblo Street to improve safety for children and families. Thanks to Councillor Jared Wright for his support and stewardship.

**Bushcare report:** In May our Bushcare group planted 100 native plants in the dunes. Monies were donated by a community member to remove lantana and other weeds from the area diagonally opposite Burnt Honey. The work was undertaken by a professional Bush Regeneration team, and they will be returning to plant native vegetation in this area. We have approached Council about repairing the wire fencing along this stretch of land.

Finally I would like to appeal for assistance with the administrative side of our Community Association. We're a friendly bunch who would welcome newcomers, retirees or anyone seeking some meaningful connection and community involvement. Please email us at [info@copanews.com.au](mailto:info@copanews.com.au)

Wishing you all the best for the Winter season.

**Bernadine Mitchell**



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# Many Cultures. One Walk.

## 20 Years of Walking Together:

### 5 Lands Walk Celebrates Community, Culture, Creativity and Connection – Saturday June 20 2026

This year the 5 Lands Walk will celebrate its 20th Anniversary: two decades of community connection, cultural celebration and shared experience. People of all ages and backgrounds take part - families with children, older residents, students, community groups, visitors, walkers, joggers, artists, volunteers and first-time participants.

From the early morning light at Macmasters Beach through to the vibrant end of day celebration at Terrigal Beach, participants will walk side by side across five coastal villages - Macmasters, Copacabana, Avoca Beach, North Avoca and Terrigal - in a celebration of diversity, inclusion and belonging.

More than 20,000 people are expected to participate this year. Despite its growth over the past twenty years, organisers say the spirit of the walk remains unchanged. At its heart, the 5 Lands Walk is about connection: to community; to culture; to country and to each other.

The 2026 theme is **"HEART"**, reflecting a conscious return to the core values that have shaped the event since its beginning.

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***'It is about connecting people to people and people to place,'*** President Phil Bligh says. ***"That has always been the heartbeat of the 5 Lands Walk."***

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Throughout the route, walkers will encounter live performances and installations: music; dance; theatre; art installations and art shows; photography displays and cultural ceremonies that create moments of surprise, reflection and joy. Creative contributions from all types of artists help transform the walk into an immersive cultural experience.

Hundreds of volunteers are intrinsic to the success of the event, helping to coordinate logistics, support walkers, assist community groups and create the welcoming atmosphere that has become synonymous with the day. Many volunteers return year after year, creating lasting friendships and connections through their involvement.

Walkers move through beaches, headlands and coastal pathways while experiencing the changing moods of the ocean, winter light and natural environment. Organisers hope the event encourages people to reflect on the importance of protecting and respecting the coastline and country that make the region so special.

At a time when many community events compete for attention through scale and spectacle, the 5 Lands Walk continues to stand out because of its authenticity, warmth and sense of shared humanity.

Twenty years on, the message remains as powerful as ever: **Many Cultures, One Walk.**

**For registrations, event information & updates, visit:**

[www.5landswalk.com.au](http://www.5landswalk.com.au)



A very wet 5 Lands Walk in 2006 – Photo: **Elaine Odgers Norling**



Land Art at the Skillion in Terrigal in 2007 – Photo: **Elaine Odgers Norling**



5 Lands Walk 2024 - Photo: **Hilda Bezuidenhou**

## Move your home up the wanted list.

### McGrath

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stevenixon@mcgrath.com.au



# Josi Fudge 'In Memoriam'

**We were saddened to hear of the passing on March 23rd of Josi Fudge at the grand age of 91. The redoubtable Josephine Ann Fudge was always 'Josi' to friends and family. She was a tireless volunteer and advocate who worked for the good of the community for decades. Josi settled in Copa in 1995 with her beloved partner of fifty-eight years, Bob Baxter.**

Bob says that soon after they arrived in Copa, Josi was 'co-opted' by fireman Frank Luckey to help with Neighbourhood Watch, along with Bonnie Hawkins and Maureen Jackson. For thirty years she was the local co-ordinator, liaising with police about crime in the area and reporting back to residents at meetings and in her newsletter, which was delivered to letterboxes up until 2018, when Josi's column was incorporated into Copa News.

Always concerned about the state of our roads along with a group of locals, Josi helped push Council to improve Oceano Street, and they approached Lucy Wicks MP to fund improved drainage and car parking at the Lookout. She helped out with many community events, including the 'Copa Clash' held at the Skate Park and along with Ruth Ross, she supported Kincumber Neighbourhood Centre. For ten years Josi volunteered at the Gosford Regional Art Gallery, which she enjoyed immensely.

Josi was an active member of the CCA and held the role of Vice-President for a couple of years. In 2019 she was made a Life Member and presented with a plaque recognising her outstanding contribution to the community. She was nominated for an Australia Day Award in 2020.

Josi is survived by her son Graham, and we extend our condolences to him as well as to Bob and the rest of her extended family on behalf of CCA members and the broader community.

**Story by Sue Steedman**



Photos Elaine Norling



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## Copacabana SLSC UPDATE

Copacabana SLSC beach patrols finished on April 27 after another successful season for the Club. Our Volunteer Active Lifesavers spent a total of 6,570 hours on the beach, keeping users safe. There were fourteen people able to go home to their families after being rescued and seven hundred and twenty-one preventative actions taken by our Lifesavers, thus avoiding rescues.

Seventy-nine people attained their Bronze Medallions this season through the Club's training and education program. This was a record number of new Bronze Medallion holders for the Club in a single season.

Some of our younger members travelled to Queensland to compete at the SLS Australia National Championships. Those members were competitive and achieved personal best results in challenging conditions.

Once again we hosted an ANZAC Day Dawn Service on the Copacabana "green". The number of people attending the Service has increased over the past few years and we had Grace and Raff lay a wreath on behalf of the Club at the service. Our thanks go to Davistown RSL and the Copacabana Community Association for helping to coordinate the ceremony.

The Copacabana SLSC Annual General Meeting is to be held at the Club on Sunday August 2nd. If you are interested in volunteering for any positions at the Club then I would urge you to attend. All welcome.

**Tom Tseng, President**



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# Copacabana Public School

A message from Naomi White – Principal



As always, Copacabana Public School has had a busy few months, with a range of events and exciting opportunities for students.

Our student leaders braved the rain and an early morning start to proudly represent our school at the ANZAC Dawn Service on Saturday 25th April. As a school, we were proud to be involved in this important community and Australian event, and we thank the Copacabana community for including us.

To commemorate Mother's Day, we held a 'MAGS Day' Breakfast for all of our Mums and mother figures in our students' lives. It was a fantastic morning, and we were thrilled to see so many people able to join us, braving the cold to enjoy a breakfast treat with the students. We were also fortunate to have our wonderfully supportive school P&C organise a MAGS Day Stall for our students to purchase special gifts for their special people. We know there would have been many excited little people delivering gifts on Mother's Day!

Copacabana Public School continues to shine due to our wonderful students and the fantastic support we receive from our community.

**Naomi White – Principal**



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# Copacabana RFB

## Winter at Copa RFS: New Faces, Preparation, and Keeping Your Home Safe

Winter is a critical time for the Copa RFS. It is our primary season for training, conducting hazard reductions, and preparing our equipment - and our community - for whatever the next fire season holds.

### Stronger Together: The Copa-AvoCa Partnership

We are proud to announce the recent success of our joint recruitment drive with the Avoca Beach RFS. Four of our dedicated trainees have officially passed their Firefighter qualifications, and two more are close behind! It has been fantastic watching their skills develop over the last few months, and we are thrilled to welcome them to the crew. Our partnership with Avoca Beach has been a game-changer: sharing resources; running joint recruitment drives and training side-by-side, we have forged a strong bond between the two brigades. Teamwork means faster, more efficient and highly coordinated responses when emergencies strike.

### Hazard Reductions: Waiting for the Right Window

There are a number of Hazard Reduction (HR) burns in the pipeline to protect our local areas, weather permitting. The Kincumber Mountain Hazard Reduction had to be postponed twice due to recent rain. This is a massive, highly strategic operation, which will involve over 120 firefighters working to safely reduce fuel loads in areas that haven't



seen fire in over 20 years. Because of heavy fuel build-up and complex terrain, we need a solid week of dry weather to ensure the burn is safe to conduct and effective at removing undergrowth. When we get that perfect weather window, it will be all hands on deck.

### Protect Your Home: Essential Winter Safety Checklist

- **Test Your Smoke Alarms:** This is non-negotiable. Test the button, vacuum over sensors to remove dust and change the battery if it isn't a 10-year lithium model.
- **A Metre from the Heater:** Keep everything that can burn - clothing, curtains, furniture and pets - at least one metre away from heaters and fireplaces. Never use a heater to dry your clothes.
- **Check Your Electric Blankets:** Check for frayed cords or exposed wires before putting them on the bed. Never leave them on while you sleep or when you're away.
- **Clean the Lint Filter:** A major cause of winter house fires is clothes dryers. Clean your lint filter before every single use.
- **Safe Charging:** Just like e-bikes in the summer - laptops, phones, and other lithium-ion battery devices should be charged on hard, flat surfaces. Avoid charging them on your bed or couch where they can quickly overheat.

**Want to get involved?** We will be hosting another joint recruitment drive towards the end of June. Keep an eye on our social media pages for details. If you've ever thought about stepping up for your community, we'd love to meet you.

**Meanwhile, stay safe and as always, thank you for supporting the Copacabana RFS.**

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## COMMUNITY INFORMATION NIGHT:

### Learn about nutrition, preventative health & skin care and aesthetic treatments

**Residents are invited to attend a free community information evening for patients and non-patients hosted by Copacabana Medical Centre.** Join us for light refreshments while gaining valuable insight on healthcare issues as listed below. The event will provide clear, evidence-based information in a clinical setting with an emphasis on prevention, patient education and informed decision-making.

#### **Skin Health and the Importance of Regular Checks** *Presented by Dr Risto*

Australia has one of the highest rates of skin cancer in the world, making routine skin checks an essential part of preventative healthcare. The session will cover early identification of skin changes, understanding personal risk factors and the role of GP-led skin assessments. Early detection remains critical in improving outcomes, particularly for individuals with high sun exposure or a history of skin lesions.

#### **Dietitian Consultations and Preventative Health** *Presented by Megan Fabbro*

Information on the role of dietitian-led care in supporting patients to make informed and lifestyle choices. We will cover nutritional support for general health and wellbeing; dietary management for chronic conditions such as diabetes, cardiovascular disease and gastrointestinal concerns; understanding health eating habits and individualised nutrition planning. We will also discuss the importance of evidence-based nutritional advice and the benefits of tailored dietary support to help patients achieve realistic and sustainable health goals.

#### **Aesthetic Consultations in a Clinical Setting** *Presented by Dr Hanna*

Information on our expanded aesthetic consultation services, introduced in response to growing interest in medically supervised approaches to skin health and age-related changes. Dr Hengameh Babaei Lakeh will outline the consultation

process, which includes medical history review, assessment of presenting concerns, discussion of patient expectations and evaluation of clinical suitability. Dr Hanna highlights that clear communication, and realistic expectations are central to safe and appropriate patient care. In accordance with the Therapeutic Goods Administration (TGA), the session will focus on education and clinical considerations rather than promotion of specific treatments.

#### **Vitamin Infusion therapy and Preventative Health** *Presented by Nurse Priscilla*

Information on vitamin therapy as part of a broader preventative health approach.

Topics include Individual clinical assessment prior to treatment, suitability and patient-specific considerations, potential risks and expected outcomes. All treatments are discussed within a medical consultation framework to ensure informed patient decisions.

#### **EVENT DETAILS:**

Attendees will have the opportunity to ask questions in a structured, professional setting and gain a clearer understanding of available healthcare pathways while enjoying light refreshments and a take home gift pack of skincare samples.

Please call us to register your interest and reserve your free gift on the night 4381 1576

### **Opening Hours:**

Monday - Friday:  
9:00am - 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](http://copamedical.com.au)



Photo Tim Freer Photography

# Origins of Tjudibaring - what's in a name?

At recent meetings of the CCA we've discussed the origins of our suburb's name and the idea that perhaps we should think about identifying some of the traditional place names that have existed here since ancient times.

Most people probably know that in the 1950s, when locals knew the area as Tudibaring, developers bought a substantial tract of land here and sub-divided it into building blocks. They had the bright idea to re-name it Copacabana after the place in Rio de Janeiro, Brazil, perhaps in an attempt to evoke the vibrant beach culture that existed there. And they named our streets accordingly, for example Del Mar, Del Monte, Del Rio, Casa and Chico. We also have local names that reflect modern and not so modern history – names like MacMasters Beach, Cape Three Points Road, Cullens Road and Captain Cook Lookout.

But in pre-contact history, this place already had ancient names. Names that were used by the Clan living here who belonged to the social organisations of the Wanninngini Awabakal. These people inhabited the coastal fringes from Norah Head to present day Manly.

They gave the area descriptive names that indicate a deeper connection to and understanding of this place where we live today. The beach and the northern rock platform were called Tjudibaring – 'where the waves beat like heartbeats'. The northern headland is Bulbararing – 'the biggest most powerful'. The southern headland is Mourawaring – 'High ocean lookout' and the bush to the south was and still is the Bouddi – 'the heart'. And the body of water off our beautiful beach is Allagai Bay, Allagai meaning 'place of snakes. \*

The CCA is looking to start up conversations with local residents and community groups to gauge attitudes about whether it's time to make a representation to Council for the creation of dual signage that indicates traditional place names. If you have a view on this or would like to be part of the conversation, please email [info@copanews.com.au](mailto:info@copanews.com.au)



Photo Tim Freer Photography

\*This story makes reference to an article by John Oates that originally ran in the Autumn 2021 issue of Copa News. John was a resident of Copa for over thirty years. He is a descendant of the Nuumpaa Wailwan Nation of the Central West and was Regional Aboriginal Education Consultant for the Hunter Central Coast region. We thank him for his contribution to our knowledge and learning.



Photos Elaine Norling



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**Copacabana Men's Shed**

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We welcome approaches from individuals or groups who may have ideas for women's activities at the Shed.

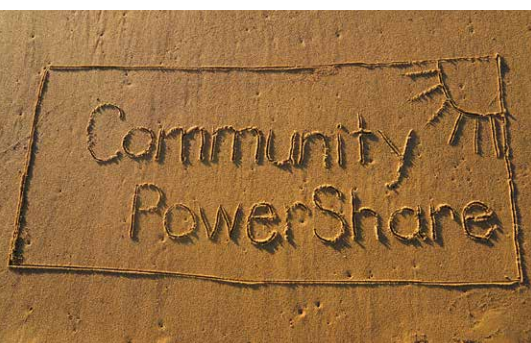
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The CCA always needs new members, new ideas and new perspectives

Join the conversation

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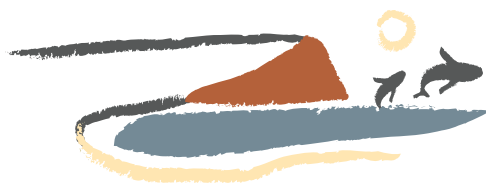
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# Copacabana Community Association

## Your Local Community Organisation



Copacabana Community Association Inc.

## THE CCA NEEDS NEW MEMBERS

We are a small team and we need new ideas and fresh insights so we can keep working for the benefit of the community. We have committee vacancies right now!

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 June 15, Copa Surf Club, 7.30pm**  
**All welcome.**

**Please speak to Rob or Bernadine if you'd like to become a member  
or email [info@copanews.com.au](mailto:info@copanews.com.au)**

**You can help make a difference in your community.**

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If you are a new member, please email your name and address to [info@copanews.com.au](mailto:info@copanews.com.au)

**Attn:** Treasurer/New member in subject line

## YOUR CCA MANAGEMENT COMMITTEE MEMBERS

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