

# PortCall

PORT KEMBLA  
Community Project Inc.



**March 2015**



The next Jam n Bread will be on Saturday, 21<sup>st</sup> March 2015, from 12 noon to 3 pm, to coincide with Harmony Day and the biggest slip n slide in Illawarra's history- The Port Kembla City Slider.

Jam n Bread is changing the date from 14th March (as previously advertised) to take advantage of all the fun!



# Port Kembla Community Project

## Invitation

Do you want to become more involved with the Community Project? We meet the first Wednesday of every month at the Community Centre, at 5.15pm.

If you would like to join us or bring any issues to our attention you would be most welcome. If you would like to discuss any issue please call Jenny or Tina on 4276 3433 and leave a message. Or email [admin@pkcp.org.au](mailto:admin@pkcp.org.au).

## Vision

PKCP works with and within a vibrant and resourceful community-harnessing the skills, creativity & diversity to create opportunity, resilience and an active participation in community life for the wellbeing of the whole community.

## Mission

PKCP works with and within the community to create and implement projects which reflect principles of, access and equity, social action, empowerment and community spirit. We seek to support and motivate using a whole of community approach – recognising the value and contribution of each person in the community towards creating a vibrant, inclusive and resourceful community.

**phone** 4276 3433

**email** [admin@pkcp.org.au](mailto:admin@pkcp.org.au)

**website** [www.pkcp.org.au](http://www.pkcp.org.au)

**office hours** Monday to Thursday from 9.30am to 4.30pm

# Jam n Bread & The City Slider

(Continued from p.1)

Come sing, play, bake bread, feast and share culture at Jam n Bread's monthly community music making gatherings at the Port Kembla Community Centre, Corner of Church & Wentworth St. Usually on the 2<sup>nd</sup> Saturday of the Month.

Our grant funding has ended, so instead of stopping all the fun, we will be inviting people to give a gold coin donation for the bread.

Some instruments provided or bring your own.

All ages & all abilities welcome.



## For more information:

<https://www.facebook.com/pages/Music-Jam-n-Bread>  
Ann Lehmann-Kuit: 0414 680 123 [musicjambread@gmail.com](mailto:musicjambread@gmail.com)



# Good Bye to the PortCall

I am sad to say that this will be the last issue of the

# PortCall

The PortCall newsletter has been issued by the Port Kembla Community Project Inc., from the Community Centre since for over 7 years now. It started as a 2 page Newsletter with just our activities and has turned into the 30 plus page summary of, not only what we do, but a round up or advertisement of our neighboring groups and businesses. The newsletter has been issued to households in Port Kembla and in recent years also an electronic version.



Due to the costs involved in producing the Quarterly Newsletter we are no longer able to keep it going.

We would like to thank all the business and organisations that have contributed and also all the people in Port Kembla that have read the articles and been involved in our community activities.

But it is not all sad news; we are reincarnating the Newsletter to an occasional **E-newsletter**.

*So, if you want to still get your community news, in the new E-newsletter, you need to email Tina at [admin@pkcp.org.au](mailto:admin@pkcp.org.au) or call 4276 3433.*

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# What's happening at the Port Kembla Community Centre?

## *AT a GLANCE - WHATS ON IN THE HALL (and around Port)*

| Day       | Time  | Activity                                   | Contact   |
|-----------|---|--|---|
| Monday    | 7am, 11.00am<br>and 5pm (most)                    | Gary Wolhuter<br>(Pilates and<br>exercise) | Gary<br>0421 752 031                              |
| Tuesday   | 9.30am to<br>3.00pm<br>(monthly 2 <sup>nd</sup> ) | Wood-fired bread<br>baking group           | PKCP<br>4276 3433 or<br>Christine<br>0408 618 449 |
| Wednesday | 9.30am to<br>3.00pm (every)                       | Men's Group                                | PKCP<br>4276 3433                                 |
|           | From 10am<br>(monthly 4 <sup>th</sup> )           | Laneway<br>Permaculture<br>Working Bee     | PKCP<br>4276 3433 or<br>Jason<br>0431 562 298     |
|           | 5.00pm to<br>7.00pm (most)                        | Gary Wolhuter<br>(Pilates and<br>exercise) | Gary<br>0421 752 031                              |
|           | 5.15pm<br>(monthly 1 <sup>st</sup> )              | PKCP committee<br>meeting                  | PKCP<br>4276 3433                                 |
|           | 8.00pm to<br>9.30pm (every)                       | Alcoholics<br>Anonymous                    | www.aaport<br>kembla.webs.<br>com                 |
| Thursday  | 9.30 am (every)                                   | Art Classes                                | PKCP<br>4276 3433 or<br>Beth<br>0403 724 030      |
|           | 10.30am to<br>1.00pm (every in<br>school term)    | Cringila Park<br>Community<br>Garden       | PKCP<br>4276 3433 or<br>Lisa<br>0421 162 381      |

## What's happening at the Port Kembla Community Centre? (cont'd)

| Day      | Time  | Activity                                | Contact                                   |
|----------|---|---|---|
| Friday   | 7am, (most)                                     | Gary Wolhuter<br>(Pilates and exercise) | Gary<br>0421 752 031                      |
|          | 10.00am to 12noon (every in school term)        | Cooinda Family Fun Morning              | 4275 8575                                 |
|          | 6.30pm to 8.30pm (every)                        | Citylife Community Initiatives Dinner   | Citylife<br>4284 4414                     |
| Saturday | 9.00am to 10.30am (monthly 3 <sup>rd</sup> )    | Australian Labour Party                 | VKing@boscoaccounting.com.au              |
|          | 9.30am (most)                                   | King George Oval – Bushcare             | Kinggeorgebushcare@gmail.com              |
|          | 10.00 to 2.00pm (monthly 1 <sup>st</sup> )      | Port Kembla Sewing for Zero Waste Group | PKCP<br>4276 3433 or Lisa<br>0421 162 381 |
|          | 10.00am (monthly 3 <sup>rd</sup> )              | Port Kembla Food Buyers Group           | PKCP<br>4276 3433 or Lisa<br>0421 162 381 |
|          | 11.00am to 1.00pm (monthly 3 <sup>rd</sup> )    | Filipino Women's Group                  |   |
|          | 12.00 noon to 3.00pm (monthly 2 <sup>nd</sup> ) | Jam n Bread                             | PKCP<br>4276 3433 or Ann<br>0414 680123   |
|          | 6pm (every)                                     | Narcotics Anonymous                     |   |



# Projects of Port Kembla Community Centre

## Art Classes

In this class, the focus is on skills development through a range of subject matter and media. This is an open class where you can try them all. Watercolours, Oils, Acrylics, Drawing or Pastels, do one or the lot. For the first class just bring basic drawing equipment and discuss with your teacher Beth Crawford your interests in this area of developed works with new approaches. Have a go.

This class is suitable for beginners and experienced students. Cost is \$10.00. Everyone is welcome. On at the Port Kembla Community Centre, Thursday 9.30 am to 12pm. Contact Beth on 4271 1314 or 0403 724 030.



## Port Wood-Fired Bread Baking Group

The Port Baking Group is baking on the second Tuesday of each month, 9.30-2.00pm. Cost -\$7.00 each. There is a limit of 6 people at each workshop.

You will be taught how to weigh up, mix, shape the dough and skills to bake in the wood-fired oven. To book please call Christine on 0408 618 449.

## Hall for Hire

The Port Kembla Community hall is available for hire for classes, meetings and group functions. Our rates are very reasonable. Call 4276 3433 or email [admin@pkcp.com.au](mailto:admin@pkcp.com.au).

## King George Bushcare Group

The group meets each Saturday morning from 9am, come and join in and solve some of the world's great dilemmas, well in conversation at least. It's as much about a chat as it is about working hard from time to time. If you're interested in helping out everyone is most welcome to drop by and get involved, To find out more email [kinggeorgebushcare@gmail.com](mailto:kinggeorgebushcare@gmail.com).



## Southern NILS (No Interest Loan Scheme)

**We are extremely happy to share that in February 2015 Southern NILS provided our 2,000<sup>th</sup> loan!**

Southern NILS has been providing No Interest Loans to people living in low incomes since 2006. These loans empower people to purchase new household items such as washing machines, fridges, beds, computers, furniture, medical equipment.

Many of our customers have moved away from 'Rent to buy' for profit businesses in favour of reducing the term of repayments and only paying back the amount they borrowed. The term of the loan is usually 12 months with the option to return for another loan once the first loan is completed.

If you are interested in applying for a loan or wish to find out more, please ring a NILS consultant Monday to Thursday on 4276 2224.





## The Laneway Permaculture Gardens

‘.....People, Food & Biodiversity.....’

Every 4<sup>th</sup> Wednesday of the month from 10.00 am onwards. We meet with our Men’s group at the Port Kembla Community Centre for a stroll down to the laneway. Come along and join us in.... Gently tending to the needs, of the gardens, land and trees. Working together harmoniously, to grow our little community.

Hope to see you there. Contact the Port Kembla Community Project on 4276 2224 on with any questions.

## Port Kembla Men’s Group

The Port Kembla Men’s Group is a diverse group of men who meet weekly to drink coffee, talk, and work on personal or community projects.

Currently we are organising a FREE first aid, welding, computer and barista courses. If you would like to take part in these courses, come join us on a Wednesday or call Barry on 0416 549 558.

All men from the community are **welcome**.

Free to come. Gold coin donation toward a healthy lunch.



## Port L.O.C.A.L.S Sew for Zero Waste Group



Our Sew for Zero Waste Group was formed to reduce the use of plastic bags. We meet monthly to sew bags of all shapes and sizes, using donated fabrics. We then sell those bags for a Gold Coin Donation. Money raised goes to ASR, Australian Seabird Rescue.

You can purchase a bag or two from Port Kembla Community Centre Hall or The Red Kitchen Coffee House on Wentworth Street.

If you would like to join this FREE group just phone or visit us here at the Community Centre Hall on the 1st Saturday of a month, from 10am till 2pm. Please bring your own lunch and your inspiration. Tea & coffee provided.

## Cringila Garden



**PRACTICING “No Dig” GARDENING** – We welcome new people to join us with the same interests. Come along and join our free group of volunteers in a community garden free of pesticides.

On every Thursday (in school term), from 10.30am -1.30pm. Bring your own lunch & drink. Tools are provided. For more information, please phone Lisa 0402 806 371 or Christine 0408 618 449. Check out our website on [www.cringilaparkcommunitygarden.weebly.com](http://www.cringilaparkcommunitygarden.weebly.com)

# Projects of Port Kembla Community Centre



## Tender Funerals

Presently we are *still* raising funds to enable us to find a premises and to start operations of the not-for-profit Social Enterprise of Tender Funerals.

So, to help us make it happen, we are asking for donations, large or small. You can donate by;

- credit / debit card donation at, [www.tenderfunerals.org](http://www.tenderfunerals.org);
- direct deposit to “Port Kembla Community Project Inc, BSB: 641 800, Account number: 200 366 301, Ref: Tender & your surname - in addition please email [admin@pkcp.org.au](mailto:admin@pkcp.org.au) with your, (contact details of where to email / send a tax deductible receipt);
- Cheque made payable to: “Port Kembla Community Project Inc.”, posted to PO Box, Port Kembla NSW 2505. Please include a return address for a receipt.

Did you see the documentary film “Tender” that we, at the community centre, were featured in? The documentary has been to film festivals in Adelaide, Sydney, New Zealand, Tahiti, London, New York and Glasgow. It was also shown on the ABC. The DVD of the documentary can be purchased on line via Ronin Films. Recently the film won an AACTA (Australian Academy of Cinema and Television Arts) Award for Best TV Documentary.



Big and sincere thanks to everyone’s donations and support and we’ll be in touch about next steps soon. Jenny and the Tender Funerals team

# Projects of Port Kembla Community Centre

## Culture Bank Wollongong

Are YOU a member of Culture Bank Wollongong yet?

We need people to support us, so we can keep supporting our community.



**The Idea.** You and other interested members of the public contribute \$10 per month or \$120 per year to Culture Bank Wollongong. The money contributed will be allocated to inspired cultural projects – art, poetry, music, circus, books, theatre, or just plain good ideas. The more people who join Culture Bank, the more funds available to spend on creating and enhancing the cultural life everyone wants to enjoy in our community.

Maybe you are one of those who could benefit from our money? Culture Bank will support all types of creativity, people of all ages and all backgrounds. You do not need to be a member to apply for funds.

Once you are a member of Culture Bank you can choose how you want to be involved. You can choose to be an active member and be involved in deciding which projects receive our financial support. You may be picked to attend a lively decision dinner. Alternatively you can opt for simply receiving invitations to the events Culture Bank Wollongong has supported throughout the year.

For more information, please go to our website:  
[www.culturebankwollongong.org.au](http://www.culturebankwollongong.org.au)

# Projects of Port Kembla Community Centre



## Who we are -

Green Connect is a social enterprise – a different kind of business. Green Connect exists to build urban sustainability from the ground up. We create jobs

for resettled refugees and young people; jobs that help the environment. As a social enterprise, 100% of our income is reinvested in these aims. Last year we employed 12 young people and 99 people from a refugee background, kept 85% of the waste we managed out of landfill, and developed our urban farm in partnership with Warrawong High School.

**What we do -** To create jobs and urban sustainability Green Connect offers the following products:

- Resource recovery; Waste audits and plans, Event service, Organics processing, Waste wise school program.
- Chemical-free produce: Subscription and surplus, Weekly veg box
- Labour hire and work placement

Education and consultancy

**Why we do it -** The Illawarra grew out of the development of mining and manufacturing, particularly coal and steel. These industries created jobs. They also had big environmental impacts. Today, these industries are shedding jobs, and the region has one of the highest unemployment rates in Australia. It doubles for young people, and for refugees only 31% have a job 5 years after resettlement.

As such, we work to reduce waste, grow and distribute chemical-free produce locally, turn organic waste into compost, and create jobs.





# Projects of Port Kembla Community Centre

## Weekly Veg Box - Local, seasonal, chemical-free veg



Sells a weekly Veg Box, packed with locally grown, seasonal, chemical-free veg.

Sign-up now. **It's the delicious way to help tackle some of the biggest problems in our community.** Green Connect is a social enterprise that works to build a community-driven model of urban sustainability, that creates jobs and cares for people and planet. One of the things we do is grow chemical-free veg locally to **reduce food miles, build food security, and create jobs in our community, particularly for resettled refugees and young people.**

Each week you'll get at least 10 different herbs and veg, including:

\* Onions, and other alliums like leek \* Leafy greens like kale and lettuce \* Potatoes and other root veg like carrot and beetroot \* Flowering veg like tomato and zucchini \* Legumes like beans and peas \* Herbs like parsley and basil.



This Veg Box is available

based on a community supported agriculture system. You sign-up and pay for 3 months (13 weeks), and we grow chemical-free veg. It's a system that creates a direct relationship between you and a local farm, so that we work together to build a more sustainable community.

A Veg Box costs \$40 per week pick-up from our farm in Warrawong, or \$45 per week to pick-up from the [Flame Tree Community Food Co-op](#). Potatoes and onions come from Foodies, and the rest comes from our farm in Warrawong. To order just call Green Connect on (02) 4243 1537 or email [will@green-connect.com.au](mailto:will@green-connect.com.au).



# Port L.O.C.A.L.S

## Food Buyers Group

*Want an easy way  
to bulk buy  
Organic / Ethical  
and Sustainable  
Pantry Food?*

**Email**  
[port.food@gmail.com](mailto:port.food@gmail.com)  
or phone 4276 3433  
for more information

**Become a  
member  
and get a 5%  
discount**

Run by Volunteers  
at the Port Kembla  
Community Project Inc.

**PORT KEMBLA**  
Community Project Inc.





## Coomaditchie Yarning

***Coomaditchie United Aboriginal Corporation***  
**Ph: 02 42747477**

Hi there

Times are tough at Coomie. We are still waiting to hear if we were successful in funding applications that we submitted last year. If we aren't the workers will stop taking wages from the beginning of May in order to keep the centre open till the end of the year. We continue to seek funding wherever we can and are working towards obtaining income from other sources also.

In the meantime its business as usual.

We are thrilled to have the Smith family back with us supporting the homework centre. This has been a terrific success at Coomaditchie and last year 17 children had a wonderful day at Jamberoo Recreation Park as a reward for regular participation at the centre.

This year we are lucky enough to have Dale and Shane (The Tour da Country guys) and Michael (the ACLO from the Lake Illawarra Area Command) to come and run sporting activities with the young people on a Monday afternoon before the homework centre.

We had a terrific day early in February when the Beyond Blue Bus came to visit. People had the opportunity to chat about mental health community members of all ages engaged with the Beyond Blue team and enjoyed a BBQ and games and activities.



# Coomaditchie Yarning (cont'd)

We are putting out a call for Volunteers at Coomaditchie. We have a plan to do some fundraising and we are looking for people to help. We would also like some help with our website.

If you are able to help please send Sue and email at [admin@cuac.ngo.org.au](mailto:admin@cuac.ngo.org.au) .

We are also looking for volunteers for our homework centre – now known as the

## Coomaditchie Learning Club

Mondays 3:30-4:30pm

at the Coomaditchie Hall.

Would you like to help kids with homework, play fun games or work on art projects together? The Homework Club runs every week during school term, no previous experience necessary just a willingness to help kids learn in a fun way.

Please call Alyssa at the Smith Family on 4274 7431 if you are interested.



*everyone's family*

## Catch ya next time

Coomaditchie is currently funded by The NSW Government through the (Department of Families and Community Services and the CDSE. We also appreciate the friendship and support of Wollongong City Council, The Smith Family, Grand Pacific Health, The Red Cross, Bluescope, Edmen, the Novotel Northbeach, The University of Wollongong, Shellharbour TAFE, The Illawarra Forum, Barnados South Coast, the Southern Suburbs Taskforce the Port Kembla Community Project and the Warrawong Community project. Thank you.

# Warrawong Community Centre

## What's On

|                   |   |   |
|-------------------|---|---|
| <b>Monday:</b>    | Community Mental Health<br>Community Lunch<br>Yoga  | 10am to 12noon<br>11:30am - 12:30pm<br>1pm - 2.30pm                           |
| <b>Tuesday:</b>   | Community Mental Health<br>Community Lunch<br>Yoga<br>KLaW Youth Program<br>(12 - 18 years)               | 10am - 12pm<br>11:30am - 12:30pm<br>12:30pm - 2pm<br>3:30pm - 6pm             |
| <b>Wednesday:</b> | Walking Group<br>Community Lunch<br>SALCO Spanish<br>Craft Group<br>KLaW Youth Program<br>(12 - 18 years) | 8.30am<br>11:30am - 12:30pm<br>12pm - 3pm<br>12:30am - 2:30pm<br>3:30pm - 6pm |
| <b>Thursday:</b>  | Italian Documents Assistance<br>Women's gentle exercise<br>Housing NSW Outreach<br>Community Lunch        | 9am - 2pm<br>9:30 am - 10:30am<br>11:30am - 12:30pm<br>11:30am - 12:30 pm     |
| <b>Friday</b>     | Men's Group<br>KLaW Youth Program<br>(12 - 18 years)  | 10:30am - 12:30pm<br>3:30pm - 6pm   |

## AA

Is alcohol costing you more than just money? Is it making day to day life unmanageable? We have a solution, Alcoholics Anonymous.

AA meets in the Port Kembla Community Centre every Wednesday night at 8pm. For more info and a link to all AA meetings see our web page [aaportkembla.webs.com](http://aaportkembla.webs.com)



## Port Kembla Youth Project (PKYP) What's Happening at PKYP

Hi everyone, it's Trish & Marie here from the **Port Kembla Youth Project**.

The **Port Kembla Youth Project** is a not-for-profit community organisation that offers information and support to young people aged 11-18. We provide opportunities for skills development, mentoring and leadership programs, while also recognising the cultural diversity of our local area.

Just a reminder that we are located at the **Port Kembla Senior Citizens Centre Building, Cnr of Allan & Kembla St. Port Kembla.**

Take a look at what we have been up to:

### **Tutoring Program**

Our popular tutoring program is currently taking enrolments for term 1 2015. If you would like to enquire about our tutoring and homework help program please contact **Marie on 42761229**. Port Kembla Youth Project Tutoring Program is a free program for Primary and High School Students. This program has been kindly sponsored by BlueScope Win.



### **Swim Program – limited spaces still available!!**

Our swim program is run after school Monday afternoons during school terms. Classes are run by AustSwim/Swim Australia qualified instructors. Classes offered include: Water confidence for young bubs and their mums, Learn to Swim classes and Stroke Correction classes for the older children.

## **Port Kembla Youth Project (PKYP) – cont'd**

Call **Trish** at the Port Kembla Youth Project on **4276 1229** – Mondays and Thursdays 11-4pm to enrol your child. Places are still available so get in quick!

### **Xpress Theatre**

Xpress Theatre is a youth theatre program commencing in Term 1 2015. This program provides opportunities for the development of new friendships and the theatrical skills, working with young people promoting a wide range of stage skills including acting, script writing, set design, sound, lighting and multi-media. The program runs every Wednesday afternoon 4-5pm in the meeting room at the Port Kembla Seniors Centre.

Please come along to our fantastic performance that we will be holding during the April school holidays. Come along and support the performances that young people from our community have been working on (entry is a gold coin donation). For more information please contact Trish on 4276 1229.

### **“Own It” – Aerosol Murals**

#### **LOOKING FOR NEW FENCES!**

We are currently looking for a new site to transform in 2016. If you have a fence on a laneway that would look great with a mural makeover then please contact Trish on 4276 1229.

For more information on any of our programs, or if you have any ideas on what you would like to see happening for young people in Port Kembla, phone Marie or Trish on 4276 1229. Office hours are Mondays 11am – 4pm and Thursdays 11am – 4pm, or phone for an appointment. Please note office is closed on Friday.



# ALCHEMY HEALTH

## LYMPHATIC & NATURAL THERAPIES



### *mind*

Life Events  
Coping with Stress  
Relationships  
Life Management

### *body*

Physical Wellbeing  
Nutrition  
Family Health  
Work

### *spirit*

Values & Creativity  
Emotions  
Risk Taking  
Environment

The Alchemy Health Team based on our holistic principles MIND BODY SPIRIT and the many modalities offered by our professional therapist, may be able to help you if you are suffering from the following conditions or symptoms:

- Pain discomfort or inflammation after surgery | injury | arthritis
- Muscular aches and pains
- Prolonged swelling (oedema)
- Scars due to surgery | burns | radiation
- Fatigue due to stress | diet | surgery | oncology treatment
- Allergies & Sinusitis
- Headaches & Migraines
- Digestive Problems
- Foggy Brain
- Sugar | Salt or Spicy cravings
- Asthma
- Decreased flexibility in joints
- Heel and foot pain
- Bell's Palsy & Facial Paralysis
- Insomnia
- Hormonal issues PMT | Menopause etc.
- Stroke | MS | Parkinson's & Brain related issues
- Anxiety | Stress | Tension
- Fluid retention
- Weight issues
- Lymphoedema

**FOR MORE INFORMATION PLEASE CALL P 42448244**  
**OR EMAIL [info@alchemyhealth.net.au](mailto:info@alchemyhealth.net.au)**  
**Or like us on Face book.**

### Safer Ways to Garden Permaculture Workshop with Sheryl Wiffen



Come along to Warrawong District Library  
on Monday 23 March @ 2pm

Sheryl will be talking about working with nature to set up small gardens.

This free talk will be followed by question time and afternoon tea

Please call 4227 8133 for bookings

[www.wollongong.nsw.gov.au/library](http://www.wollongong.nsw.gov.au/library)



## Port Kembla Junior Football

Darcy Wentworth Park - Warrawong



Port Kembla Junior Football club has the following spots still available **U8, U9, U11, U13, U14 & U15/U16 boy sides**

If you are interested in playing soccer and having fun call

Chez on 0408493410

## MEN'S GROUP - FIRST AID COURSE

PORT KEMBLA  
Community Project Inc.



### Port Kembla Men's Group

### FREE First Aid Course

Wednesday, 1<sup>st</sup> April 2015

Starting at 9am



Must register with the Men's Group on Wednesday or call Barry on 0416 549 558





## JD DANCE

# West Coast Swing Dance Classes

**Tuesdays**

**at Port Kembla Leagues Club**

4 Wentworth St, Port Kembla

**Basic-3 - 7:00-7:30pm - \$6**

**Beginners 1 - 7:30-8:30pm - \$12**

**Level 1/Improvers - 8:30-9:30pm - \$12**

\* Please note all classes run in 6-week blocks except 'Basic-3'. Therefore you will need to have completed the Beginners 1 and 2 courses (or similar) before joining Level 1/Improvers. Please call or message us to register as we need a minimum of 10 attendees to run each class.



Please call us on **0416 137 680**

Visit **[www.jddance.com.au](http://www.jddance.com.au)**

or Like us at **[www.facebook.com/mrjddance](http://www.facebook.com/mrjddance)**

# ***Port Kembla Junior Rugby League Club***



## **2015 REGISTRATION**

**Saturday 7<sup>th</sup>, 14<sup>th</sup>, 21 & 28<sup>th</sup> February 9am – 12pm**

**Saturday 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> March 9am – 12pm**

***@ Noel Mulligan Oval, Warrawong***

Registration for 6's – 16's is \$45 per player

Registration for the 17's is \$80 per player

*New Registrations please bring birth certificate*

Kelly – 0405 686 587  
kel.moulds1801@hotmail.com

Tina – 0412 622 655  
tinajindi@hotmail.com

## A Few Words on Plumbing

What's to say about Plumbing?

- Life can be pretty miserable when it's not working properly.
- Simple jobs you thought you could do yourself can get horribly complicated.
- It can involve unmentionable things and places which most people have no wish to deal with or visit under any circumstances.
- One part prevention beats three parts cure.
- If you don't have a trusted tradesman, you're at the mercy of the yellow pages and handyman lottery and can end up in the poo when things get urgent.

I'm a long term Port Kembla resident with over a decade's plumbing experience. I've just started my own community focused business specialising in maintenance, small scale renovations and restorations.

I'm loving Port's renaissance! It's exciting to help with innovative new businesses, beautiful new homes and the rebirthing of beautiful old homes and commercial buildings. It's great to see new people with creative and alternative views enhancing our community and building on our already legendary heritage of diversity.

But as happily diverse as we all may be, we are united as one in our common need for a decent, quality and ethical plumber from time to time. If you haven't got one already, feel free to give me a call.

**Simon Olsen**  
**0427 276 656**

Plumber, Drainer, Gasfitter & Roof Plumber, Backflow and TMV  
Rainwater and Grey Water Recycling  
License No. 244657C



# Budda Jitji Family Fun Morning & Playgroup



Fun and Play for Aboriginal families & children 0-5yrs.

Come and meet other parents with young kids, have a yarn and share culture.

All activities and snacks provided



**Budda Jitji Family Fun Morning and Playgroup** is run by Brooke Costanzo and Michelle Ward, every Friday (not on in school holidays).

The group welcomes young families, Elders and other family members and is supported by Coomaditchie United Aboriginal Co-operation artists Lorraine Brown and Narelle Thomas.

Come along with children, babies to five years of age, and join in play fun, arts and crafts and have a good yarn with other families.

Meet Aboriginal workers from health and other services who visit the group and bring along your questions, suggestions and ideas.

Just drop in or contact  
Barnardos on  
42758575  
for more information

Playgroup location:  
Port Kembla Community Centre  
Corner Wentworth and Church Street  
Port Kembla

Fridays 10am-12pm (during school holidays)



# The Red Kitchen

UNIQUE ARTISAN  
CATERING



*Coffee House*



Tuesday to Friday 8:30am to 3pm  
Saturday 9am to 3pm  
Shop 1 Kembla Court  
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ridiculously good organic *coffee* & real hand-made *chai*  
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**global • organic • eco friendly**

# SURFBOARDS FOR HUMANITY

Well after a surfing trip to the East Sepik Province it has been well & truly reinforced the value of what we are doing by sending up the donated surfing equipment. Unsolicited comments from parents & elders on the islands saying they are very happy to have surfing in their communities as now the children & youth are being much better behaved as they can be disciplined. The threat of not being able to surf if they are not being responsible young people is being noticed by the parents & more children are joining the surfboard riders club.

On Muschu Is, 40 minutes from the main land there are now 39 members, with more than 10 girls which is great.

So if you have any unwanted surfboards, boogie boards, fins or leg ropes please ring the number below, to help good things to happen.



## Surfing Adventure Tours

Well I spent 2 weeks surfing each day with only 1 other person not from PNG, spread over 4 different reef breaks & with waves consistently in the 3 – 5 ft range.

If you like a bit of adventure with your uncrowded surfing check out “Blue Sepik Surf journeys” on facebook or ring the number below for more details

Good things can happen if people are given opportunities for healthy choices, to know more contact the centre or Gary on 0421752031.

# ALCHEMY HEALTH

## ALCHEMY HEALTH

### LYMPHATIC & NATURAL THERAPIES



#### **JAN HUNTER : REMEDIAL | LYMPHATIC | LYMPHOEDEMA THERAPIST**

Jan has achieved advanced training and certification in the Dr Vodder method of Manual Lymph Drainage (MLD) and the Casley-Smith practitioner training for lymphoedema. Jan's garment fitting expertise comes from years of teaching and working in the fashion industry allows her to fit medical compression garments for venous and lymphatic disorders as well as pregnancy and travel compression.

While Lymphatics is her passion she is equally experienced in Remedial /Sports/Oncology and Pregnancy massage with an Associate Diploma in Health Science. Jan also utilises latest technology backed by clinical research in Low Intensity Laser, L-Dex and Pneumatic pumps for better results and wider treatment options.



#### **DONNA BARRY: REMEDIAL THERAPIST | EMMETT | REFLEXOLOGY | JAPANESE COSMO FACE LIFT**

Donna has been working as a natural therapist for seven years. She applies a holistic approach to healing therapies, giving careful consideration to each individual's emotional, physical, mental and energetic well-being. Donna is a member of ATMS, she holds Diploma's in Remedial Massage, Clinical Aromatherapy, Facial Reflexology, and is a qualified Emmett Technique Practitioner and Access Bars Practitioner. Donna specialises in Emmett Therapy, Facial Reflexology, Japanese Cosmo Face Lifting and Energy Work. Through these therapies she is able to assist clients in easing anxiety and emotional concerns and relieving physical pain. Donna offers personalised treatments in a caring environment, aspiring to create a connection between mind, body and soul.



#### **REBECCA ANDERSON: NATUROPATH | DIETARY COUNSELLING**

Naturopathy seeks to rebalance and assist the body to state a health through the use of safe, evidence-based, non-invasive natural medicines. Using dietary counselling and herbal and nutritional medicines, Rebecca is able to address a wide range of chronic and acute health conditions. Rebecca uses in house functional testing and detailed case taking to gain a thorough understanding of your current health status and future health condition, and aims to work together with her clients to bring them back to health and prevent future illness. Naturopathy can be used alongside allopathic and other health care modalities. You can find Rebecca at Alchemy Health every Thursday until late.



## ALCHEMY HEALTH

### LYMPHATIC & NATURAL THERAPIES

|  |   |
|--|---|
|   | <p><b>AMANDA DA-SILVA: REMEDIAL THERAPIST</b></p> <p>Amanda is a Diploma trained Remedial Massage Therapist who is passionate about delivering results for clients with common ailments and musculoskeletal dysfunctions. Using skilled hands and observation, Amanda can work with you on injury rehabilitation, assist in the relief of migraines and tension-related headaches, provide an invigorating sports massage for fatigued, sore muscles or help you forget about life stresses for an hour with a relaxation focused treatment. Amanda incorporates techniques such as Chinese Cupping; Trigger Point Therapy; Somatic Therapy as well as Sports, Swedish and Ayurvedic Massage.</p>                       |
|   | <p><b>DEBBIE GRIGG   ORTHO-BIONOMY™   REMEDIAL MASSAGE THERAPIST</b></p> <p>A Remedial Massage Therapist and Community Child and Family Health Nurse who has (until recently) been working in remote Central Australia and has now returned to the south coast to focus on her specialty, Ortho-Bionomy™.</p> <p>Ortho-Bionomy™ is a pain free modality that focuses on you and your unique needs. It is a gentle and effective modality using positioning and movement to ease the body into releasing tension, pain and related mental and emotional patterns, thus re-establishing structural alignment. You remain fully clothed during the session so wearing loose fitting comfortable clothing is essential.</p> |
|  | <p><b>SONYA ZENTVELD-SMITH   MASSAGE   AROMATHERAPIST AND RECEPTIONIST</b></p> <p>While Sonya is very capable in her capacity as receptionist she is also qualified with a Certificate IV in Massage and Aromatherapy. Sonya combines her love of aromatherapy, reflexology and Hot Stone massage to create a 'Stress Buster' hand and foot massage.</p> <p>Sonya also has studied Manual Lymph drainage, giving her confidence to support our clinic and clients who have lymphatic issues.</p> <p>The friendly voice on the end of your call is likely to be Sonya!</p>   |

**\*\* REBATES ARE AVAILABLE FOR SELECTED TREATMENTS**

**PLEASE CONTACT ALCHEMY HEALTH FOR MORE INFORMATION**

55 WENTWORTH STREET, PORT KEMBLA

P | 42448244

Website: [www.alchemyhealth.net.au](http://www.alchemyhealth.net.au)



Narcotics Anonymous  
Australia  
1300 652 820



## Recovery & Relapse Meeting.

- ⊗ **When:** 6PM every Saturday night.
- ⊗ **Where:** Port Kembla Community Centre  
(Corner of Wentworth St and Church St, Port Kembla, NSW 2505)

✓ Come join with us, all addicts welcome.

✓ The only requirement for membership is the desire to stop using.

✓ If you've had enough of using drugs,

**We Can Help!**

Narcotics Anonymous is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.



NO ADDICT NEED STAND ALONE





# PILATES IN PORT

Are you tired of your body holding you back? Is the pain in your neck, back etc stopping you from living the lifestyle you expect? Learn how exercise can be the elixir!!! Pilates with its control & body awareness could be the answer for you.

2 types of programs have been developed to enable people of all levels of fitness to improve flexibility, strength, posture & general well being.

- **Pilates Mat Classes** – using body weight & fitballs  
Traditional Pilates exercises. Mondays at 5pm
- **Pilates Weights Classes** – using free weights & fitballs  
Pilates applied to functional movements. Mon. 11am & Wed 5 & 6 pm.
- Instructor has over 15 years experience at running classes designed for all levels & abilities with particular focus on improving back, neck & knee pain.
- Suitable for all ages and abilities.
- All classes are run at the community centre
- Bookings are essential; fees are either \$20 by the class or discounted for term bookings.

**Contact Gary Wolhuter** (Level 3 trainer ,Cert. 4 PT  
,Dip Mass, SUP instructor)

## 0421752031

**Individual Wellness Coaching. Sprint Training,  
Pilates & Standup Paddle boarding for fitness &  
fun sessions are also available.**

**It's not how hard you exercise, it's how well you move.**

# 125 Years of Port Kembla Public School



Port Kembla Public School

*Pride in Performance*

Were you a student at Port Kembla Public School?

Was that at the old school or the new school?

Port Kembla Public School is celebrating  
**125 years.**

We are looking for  
photos and memorabilia  
of the school  
(old and new)



If you have anything, please  
contact the school on 4274  
1041 on direct to email  
[ptkembla-p.school@det.nsw.edu.au](mailto:ptkembla-p.school@det.nsw.edu.au)



Celebrating 125 years of  
Public Education in  
Port Kembla,  
1890 -2015

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blending Romance with Fun**

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[John@followthatdream.com.au](mailto:John@followthatdream.com.au)

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# Good Bye PortCall

Remember, this is our last hardcopy, delivered PortCall Newsletter. We will be issuing an E-Newsletter and will have a printed copy available for collection at the Port Kembla Community Centre. Remember if you want more information on our projects, check out our website or Facebook page.

Thanks again for your support, from everyone at  
Port Kembla Community Project Inc.



**This newsletter is compiled and written for  
the Port Kembla Community by**

**PORT KEMBLA  
Community Project Inc.**

Corner Wentworth and Church Streets, Port Kembla (PO Box 9 Port Kembla NSW 2505)

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