

# PORTCALL

SEPTEMBER 2013



PORT KEMBLA  
Community Project Inc.



Bread 'n Jam is looking for people who want to explore the culturally rich musical traditions that exist in the Southern suburbs of Wollongong. All ages & all abilities welcome.

"Each month musicians from different cultural traditions will be invited share a song or tune for all to jam along with. It will be a feast of the senses as we'll be baking fresh bread while we jam" shared Coordinator Ann Lehmann-Kuit.

Musicians can bring their own instruments or play instruments provided thanks to a grant from the Federal Government through the Building Multicultural Communities Program. This funding will increase access to this project for musicians who don't have access to instruments, particularly for musicians from refugee backgrounds new to the Illawarra.

*Continues page 3*



# 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 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 Wednesday to Friday from 9.30.

postal address PO Box 9, Port Kembla 2505.

## Advertising in PORTCALL

### Would you like to advertise in the PORTCALL?

To all our local businesses for a small fee you can advertise in the PortCall, your local community centre's quarterly newsletter. Please contact 4276 3433 or [admin@pkcp.org.au](mailto:admin@pkcp.org.au)

*Continued from page 1*

"Jam n Bread aims to celebrate the vibrant, inclusive and resourceful community of the Southern Suburbs and increase cross cultural and intergeneration respect and friendships through sharing music, food & fun" said Jennifer Briscoe, Manager of the Port Kembla Community Project.

**Session outline:**

**11am-12noon** Share & learn music

**12noon-1pm** Jam & feast on fresh baked bread

**1pm-2pm** GOOD TUNES SESSION

BYO instruments (*some provided*), food to share (*fresh baked bread provided*) & drinks (*tea & coffee provided*)

**Next date : Sunday 13th October**

Where: At the Port Kembla Community Centre, corner Church and Wentworth Streets

If you would like to be involved in this project or know of someone who could be interested please contact Ann on 0414 680123 or email [musicjambread@gmail.com](mailto:musicjambread@gmail.com)



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

The Port Kembla Community Project works with and within the local community to develop and deliver projects which bring about community transformation, environmental sustainability and social well-being. All our projects are developed with the idea that people are responsible for creating the culture within which we live. Some of our projects are:

### ***AT a GLANCE - WHATS ON IN THE HALL***

***(and other PKCP Activities around the area)***

Day	Time	Activity	Contact
Monday	11.00am, 3.45pm or 5pm (most)	Gary Wolhuter (Pilates and exercise)	Gary 0421 752 031
Tuesday	9.30am to 3.00pm (monthly 2 <sup>nd</sup> )	Wood Fired Bread Making Group	PKCP 4276 3433 or Lisa 0421 162 381
Wednesday	9.30am (every)	Men's Group	PKCP 4276 3433
	5.00pm to 7.00pm (most)	Gary Wolhuter (Pilates and exercise)	Gary 0421 752 031
	5.15pm (monthly 1 <sup>st</sup> )	PKCP committee meeting	PKCP 4276 3433
Thursday	9.30 am (every)	Art Classes	PKCP 4276 3433 or Beth 0403 724 030
	10.30am to 1.00pm (every in school term)	Cringila Park Community Garden	PKCP 4276 3433 or Lisa 0421 162 381

<b>Day</b>	<b>Time</b>	<b>Activity</b>	<b>Contact</b>
Friday	10.00am to 12noon (every in school term)	Barnardo's Playgroup	Barnardo's 4275 8575
	6.30pm to 8.30pm (every)	Citylife Community Initiatives Dinner	Citylife 4284 4414
Saturday	10.00to 2.00pm (monthly 1 <sup>st</sup> )	Port Kembla Sewing for Zero Waste Group	PKCP 4276 3433 or Lisa 0421 162 381
	9.30am (most)	King George Oval – Bushcare	kinggeorgebushcare@gmail.com
	9.00am to 10.30am (monthly 3 <sup>rd</sup> )	Australian Labour Party	Annportkembla@yahoo.com.au
	10.00am	Port Kembla Food Buyers Group	PKCP 4276 3433 or Lisa 0421 162 381
	11.00am to 1.00pm (monthly 3 <sup>rd</sup> )	Filipino Women's Group	
Sunday	From 8.30am (monthly 2 <sup>nd</sup> )	Laneway Permaculture Working Bee	PKCP 4276 3433 or Jason 0431 562 298

## **Art Classes**

These programs are suitable for the beginning and advanced students. 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.

\$5.00. All Welcome.

Port Kembla Community Centre Thursday 9.30 am to 12pm.

Phone 4271 1314 or Mobile 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 must be 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.

Please:

- wear comfortable enclosed shoes and limited jewellery
- bring bags or containers to take the bread home.
- Bring your own lunch.
- Tea & Coffee is available.

To book please phone the centre on 4276 3433 or Lisa 0421162381

## **Port Kembla Community Project**

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 on 4276 3433 and leave a message or email [admin@pkcp.org.au](mailto:admin@pkcp.org.au)



### **Port L.O.C.A.L.S Food Buyers Group**

A volunteer run group for affordable organic & certified food

Every month we hear from interested people wanting to join.

If you would like to join and purchase organic food but not the high price just email [port.food@gmail.com](mailto:port.food@gmail.com) and we will send you a product list and instructions of our ordering system with a \$7.00 membership fee per year.

Or visit your friendly P K Community Centre.

Our delivery date pickup orders from the centre hall will be every last Saturday of each month, 10am till 12 midday. So if you seem interested and would like to just pop in to see how we operate

You are Welcome.

### **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**

If you're interested in helping out you are most welcome to drop by and get involved, we are usually there Saturday mornings. To find out more email [kinggeorgebushcare@gmail.com](mailto:kinggeorgebushcare@gmail.com)

## **The Laneway Permaculture Gardens**

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

Every 2nd Sunday of the month from 9.00am onwards. Meet in the lane @ Fifth Avenue. 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 with any questions.

## **Port Kembla Men's Group**

We always have the men's group café going. We have lunch and cappuccinos every week. We support Urban Grown, a city farm initiative, by caring for nursery plants and providing some manual labour and taste-testing. We socialise and share ideas respectfully.



We work on things, to build or restore them, in the workshop space and out in the community.

We have room for you and your presence would be appreciated.

Wednesdays 9AM to 3PM at the Community Centre.



## **Southern NILS**

Southern Nils is a scheme that aims to provide no interest loans to people on low incomes who are living between North Wollongong and Windang bridge. The loan can be for household items, medical equipment, car registration. The term of the loan is usually 12 months and the maximum loan amount is \$1,000.

If you are interested in the scheme and would like to know more please contact a Nils Consultant on 4276 2224 – Monday to Thursday.

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

We have so much donated fabrics in all colours & textures!  
Now all we need are passionate people that love to sew!

We get together the 1st Saturday of each month, 10am till 2pm. We would love to see more new faces this year!!

We sew up bags in different sizes and adults and children's Aprons. Bags & Aprons are on display for sale at our Community Centre or The Red Kitchen Coffee House in Wentworth Street.

If you would like to join this FREE group just phone or visit us here at the Community Centre hall. Please bring your lunch. Tea or coffee provided.

## **Donate to GIVE NOW**

Please assist us to raise money for local projects by giving through The GIVE NOW WEBSITE –

<http://www.givenow.com.au/portkemblacomunity> and donate to Port Kembla Community Appeal.

The funds would be used to help fund our current and any New Community Initiative. We are committed to working with the community to develop new projects but we need funds.

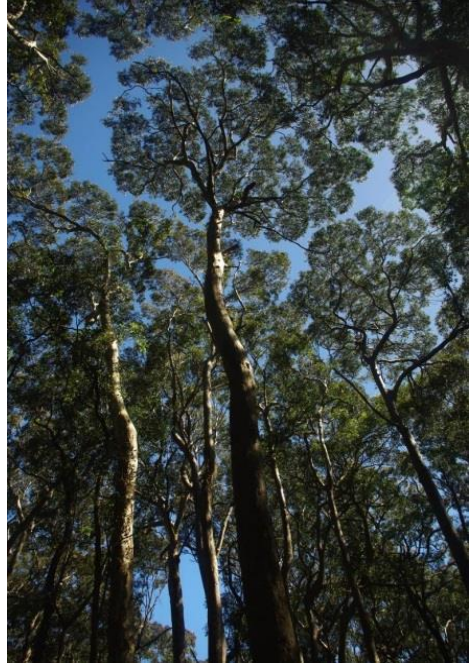
Donations are tax deductible and you will be given a receipt. If you wish to talk to a community worker about the project please call 4276 3433.

# King George Bushcare

## “Urban Trees Remove Fine Particulate Air Pollution”

June 19, 2013 — Science Daily

It's well understood that trees remove CO<sup>2</sup> emissions from the atmosphere and store carbon in their cells while releasing the oxygen for us to breath. Other health benefits of trees are less understood and published in the media. A recent study in the US has revealed that trees also remove fine particulate pollution (particulate matter less than 2.5 microns, or PM<sub>2.5</sub>). Fine particulate air pollution has serious health effects, including premature mortality, pulmonary inflammation, accelerated atherosclerosis, and altered cardiac functions. In a study recently published on-line by the journal Environmental Pollution. A Davey Institute study found that urban park trees alone are saving an average of one life every year per city in the US. In New York City, trees in Central Park save an average of eight lives every year at a cost saving to the cities health budget of \$60 million / year.



With over 5000 plants added to King George in the last 5 years and about 1000 of them trees, this is another good reason to green our town and continue to enjoy the benefits of having a tree lined park. So in addition to trees calming effect, shade, salt and wind protection for homes, habitat and visual beauty we now have another reason to enjoy the work of volunteers at King George Oval.

Volunteers meet every Saturday at 9am; anyone who would like to be involved is warmly invited to attend.

## Coomaditchie Yarning



We are focusing on the positive in this issue of Coomaditchie Yarning as we have had a lot of illness and sadness in our families over the last few months. For this reason our centre is open for reduced hours at the moment and we apologise to anyone who is inconvenienced.

In May Lorraine and Narelle had a wonderful trip to Darwin to be part of the World Indigenous Network Conference. Pictured below are Lorraine and Narelle with our friend Kelly Ryan from Boolarng Nangamai.



The conference was a great opportunity to learn about people from other parts of Australia and the world and find out what is happening in their communities. After the conference Lorraine and Narelle took the opportunity to explore a bit of Australia and with Kelly they took a side trip to Kakadu – which was hot and beautiful and .....the crocs are as big and scary as every-one says.

We have started a new program here called Eat Well Live Well – funded through Wollongong City Council. The Red Cross is helping to coordinate this and we are learning about healthy options for easy to cook meals. We will also be learning how to read labels and we are looking forward to a shopping trip with the dietician to learn more about shopping well for a healthy lifestyle. We are also learning about simple exercises we can do at home. We have all been issued with pedometers to encourage us to move more.



Our homework centre is going well. If there are any kids in the area who would like to be part of the centre – please call us on 42747477. We are grateful to Dapto Leagues Club for funding the centre through their community grants program.

Finally - unfortunately we are unable to host a Southside Festival Spectacular event this year – we have not yet been successful in securing the funding to do that. So instead we are going to have a simpler event during the school holidays.

*Coomaditchie is currently funded by the NSW government through Family and Community Services via Wollongong City Council. Projects have been made possible through Office of Environment and Heritage, Australian Government Land and Coasts and Wollongong City Council. We also appreciate the friendship and support of Port LOCALS, The Port Kembla Community Project, The Warrawong Community Centre, Barnados South Coast, The Smith Family and Learning for Life, the Southern Suburbs Taskforce, The Illawarra Legal Centre, The Illawarra Forum, The Bahai community and Shellharbour TAFE. Also our wonderful volunteers Nicky, Alison, Luke, Jane, Susan, Trevor, Kelly and Adam.*

## International Night

**St Patrick's Catholic Primary School,**  
Port Kembla are hosting an

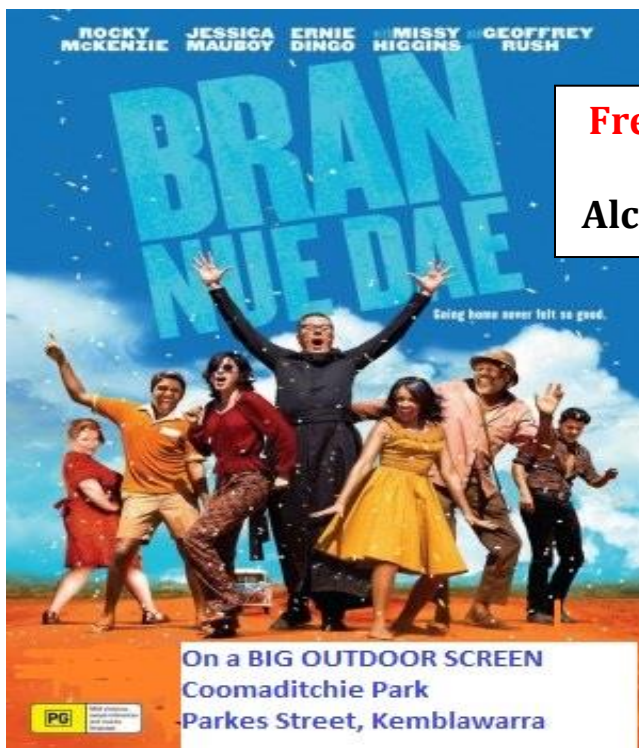
### International Night

with  
Lots of food and performers

Save the Date: **Saturday, 26<sup>th</sup> October**  
**2013 at 6.30pm**



# Southside OpenAir Cinema



**Free Family  
Event  
Alcohol Free**

**Wednesday 2<sup>nd</sup> October 6pm start**

**Picnic food Free Popcorn**

**Proudly sponsored by**



**PORT KEMBLA  
Community Project Inc.**



**WOLLONGONG  
City of Innovation**



**Barnardos  
Caring for Australia's Children**



**coateshire**

**Warrawong Residents Forum**

**Coomaditchie United Aboriginal Corporation**

**Thanks to Roadshow Australia for permission to screen Bran Nue Dae**

# The Smith Family News



*everyone's family*

## Warrawong High students explore local Industry and jobs, at Illawarra Coal Careers Day.

Early in June twenty-two year 9 & 10 students from Warrawong High, in the Illawarra, set off to the University of Wollongong's 'Innovation Campus' to explore the offices and work of Illawarra Coal.



Illawarra Coal has funded The Smith Family's Learning for Life program from 2012-2015 and it is with this generous support that we are able to deliver the program across Port Kembla, Warrawong, Cringila, Berkeley and Lake Heights suburbs.

The Careers Day forms part of the agreement with the involvement of up to 20 staff from Illawarra Coal.

Students were treated to presentations from staff at Illawarra Coal, some only 19yrs old (!) who shared their experiences of leaving school, pursuing work and study, and working for a big organisation like Illawarra Coal.

Everybody's journey was different and it was great for the students to hear that there is no 'right' way to start your career.

We then enjoyed small group discussions with various staff members from different work areas including Administration, Finance, Human Resources, Mining Operations and Engineering. The students could ask questions and look at photos from the impressive sites which Illawarra Coal operates – all the way from the Pilbara in WA to Cairns in QLD.





The students said they really enjoyed the experience and would like to thank all staff involved.

The Smith Family's Learning for Life office is located at Warrawong High School. Any enquiries please call Amy on 4274 7431 (Mon-Thurs.)

## **Warrawong Residents Forum (Warrawong Community Centre)**

### **Warrawong Residents Forum Inc**

Housing NSW outreach - Thurs 11.30am - 12.30pm  
MENS DROP IN – Fri 10.30am - 12.30pm  
Community Mental Health - Tues 10am - 12pm  
Community Kitchen Lunch Mon - Thurs 11.20am - 12.30pm  
SALCO Spanish - Wed 12pm - 3pm  
Italian Documents Assistance - Wed 9am - 12pm  
Gentle Women's Exercise - 9.30am - 10.30am - 4228 5083  
KLAW Drop In - 3.30pm - 6pm Youth Program 12 - 18

### **Housing Communities Program:**

Craft Inspirations - Wed 1-3pm

Yoga - Fri 10:30am - 12 noon

Other projects:

- Todd Street Community Garden
- Story Telling for radio program

Call or drop in and ask Phoenix for more details and what else is happening on 4276 4775.

# Port Kembla Youth Project

## What's happening at the Port Kembla Youth Project

Hi everyone, it's Kate & 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 and recreation while also recognising the cultural diversity of our local area.

Just a reminder that we have moved office and we are now 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 enrollments for term 3 2013. If you would like to enroll for tutoring 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.

### Youth Xpress Project

Youth Xpress is a program working with young people promoting cultural diversity. The program will hold Drama and Visual Arts workshops and is about to commence for Term 3, running every Tuesday afternoon at the Port Kembla Youth Project. Young people with special needs will develop their creative skills. Learning how to use voice, movement, music, props & costumes to create a show which will be performed for family and friends at the end of the year.

### Youth Magazine Project

The 2013 Youth Project Magazine has been completed. Young people worked with professional journalists and graphic designers to write, edit and design a magazine for & by young people. This year's magazine is titled 'fUision' and incorporates a range of different articles created by young people. Want to check it out? Drop into the PKYP office on Monday's and Thursday's 11am – 4pm.



## “Own It” – Aerosol Murals



The ‘Own It’ aerosol art project has concluded successfully. A group of young people worked with a professional artist to create two aerosol murals in the local community. The project helped to develop the artistic skills of those involved and be a part of beautifying the local community. Some of you

may have already seen the community murals, if not go and check out the awesome work in Wentworth Lane and Fifth Avenue.



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

We are currently looking for a new site to transform, if you have a fence with graffiti that needs a makeover please contact Kate 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 Kate 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.



**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

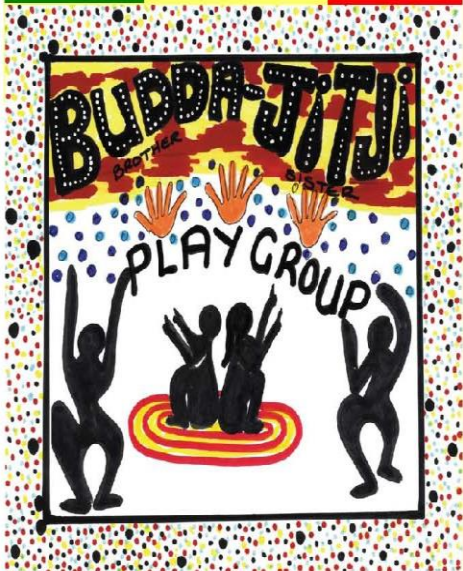
**42758575**

for more information

Playgroup location:

Port Kembla Community Centre  
Corner Wentworth and Church Street  
Port Kembla

Fridays 10am-12pm (during school holidays)



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



# Port Kembla Public School Fete

Friday 8th November, 2013

3pm - 7pm

Gloucester Blvde



**Rides Stalls Food**  
**Icecreams Show Bags**

Unlimited ride passes sold on the night for \$25

A variety of food and drinks will be available for sale

Anyone interested in holding a stall, please contact the school – see below.

All inquiries please contact the school on 4274 1041  
or [ptkembla-p.school@det.nsw.gov.au](mailto:ptkembla-p.school@det.nsw.gov.au)

# The Red Kitchen

UNIQUE ARTISAN  
CATERING



&  
*Coffee House*



Tuesday to Friday 8:30am to 3pm  
Saturday 9am to 3pm  
Shop 1 Kembla Court  
100 Wentworth St, Port Kembla

ridiculously good organic *coffee* & real hand-made *chai*  
weekly *brunch* & *lunch* options  
hand-made organic *sweet* treats  
*smoothies*, organic *juices* & *frappes*

Delicious *take home* meals  
Take home organic *spices* · Nalla Chai  
Keep Cups · Vintage Clothes



Don't forget our unique organic catering  
servicing the Illawarra - visit [www.theredkitchen.com.au](http://www.theredkitchen.com.au)  
for menu and pricing or contact Caroline on 0418 263 237  
or email [caroline@theredkitchen.com.au](mailto:caroline@theredkitchen.com.au).

**global • organic • eco friendly**

# **Red Point Artists Port Kembla Billy Cart Derby 16th November 2013**



## **Thrills & Spills, Fame & Glory On The Famous Wentworth Street Course A Celebration Of All Things Port Kembla**

### **FREE FAMILY FUN DAY**

- SOAPBOX THRILLS FOR KIDS , TEENS AND ADULTS - SUPER CARTS & LUGES**
- THE PORT OF PORT KEMBLA HERITAGE EXHIBITION**
- RED BILLY BAZAART OF ARTS AND CRAFTS**
- BIG RIG PARADE & SHANNONS BIG RIG ON DISPLAY**
- BIG BRASS MARCHING BAND – BUSKERS & FACE PAINTERS**
- AMUSEMENT RIDES - COFFEE & ICECREAM VANS**
- INTERNATIONAL FOOD FAIR - SHADED LUNCHTIME SEATING**
- FREE PARK & RIDE BUS SERVICE - [www.redpointart.org.au](http://www.redpointart.org.au)**





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**Ph. 4274 6700**



\*Lending criteria, terms & conditions, fees & charges apply. Please consider the PDS, available from IMB, before making a decision about these products. \*IMB acts on behalf of a range of insurers. AAI Limited ABN 48 005 297 807 trading as Vero Insurance (Vero) is the issuer of Motor, Travel, Home and Contents, Landlord, Travel Insurance and Deposit Guarantees. St Andrew's Life Insurance Pty Ltd (ABN 98 105 176 243, AFSL 281 731) is the issuer of Life and Accident & Sickness Insurance. St Andrew's Insurance (Australia) Pty Ltd (ABN 89 075 044 656, AFSL 239 649) is the issuer of Involuntary Unemployment Insurance. IMB receives commission for insurance arranged. IMB Ltd. ABN 92 087 651 974, AFSL/Australian Credit Licence 237 391. ued0513



## MORE STARS MORE SAVINGS!

You may be eligible to receive a subsidy – on top of your NILS loan – Talk to us to see whether there are other government subsidies or rebates available to help you buy more energy efficient products.

### Subsidies are available for:

- Fridges /Freezers
- Washing Machines
- Clothes Dryers
- Dishwashers
- Solar Hot Water Systems
- Instantaneous Gas Hot Water Systems
- Split System Heaters/Coolers (Also known as heat pumps in Tasmania)
- Ducted Gas Central Heating



Good Shepherd  
Microfinance



**Contact Southern Nils – 4276 3433**

# ***PILATES IN PORT***

**Gary Wolhuter** (Cert. 4 PT & Dip Mass)

Term 4 – resumes 7<sup>th</sup> October 2013

**Traditional Pilates**, using body weights & fitballs  
on Monday at 5pm

**Functional Pilates**, using free weights and fitballs  
on Monday at 11am, Wednesday at 5pm or 6pm

To register your interest, email Gary on [ghwolhuter@gmail.com](mailto:ghwolhuter@gmail.com)  
or leave a message on 0421 752 031.

**Personal training & individual Pilates sessions also available**

**This newsletter is sponsored, compiled  
and written by the -**

**Port Kembla Community Project  
Port Kembla Community Centre  
Corner Church and Wentworth Street  
Port Kembla 2505**

**phone 4276 3433  
email [admin@pkcp.org.au](mailto:admin@pkcp.org.au)**