

# PortCall

PORT KEMBLA  
Community Project Inc.



September 2014



## Port L.O.C.A.L.S FOOD BUYERS GROUP

*Are you interested in buying in bulk?*

*Are you interested in organic foods?*

*Are you interested in buying from sustainable and ethical sources?*

*Are you interested in supporting your community?*

By becoming a member of the Port Kembla Food Buyer's Co-op, you are able to purchase organic staple pantry items at a fair price to provide quality food for you & your family. Currently on offer is; flour, rice, grains, pasta, coffee, tea, oil, tinned legumes & tomatoes, juice, nuts, and my favourite honey and peanut butter.

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# 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** Monday to Thursday from 9.30.

## Advertising in PORTCALL

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

To all our local businesses for a small fee of \$30 per page, 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)



## How it works?

- ✓ Annual membership costs \$10 (which includes membership to the Port Kembla Community Centre). Membership entitles you to 5% discount on your purchases. Don't want to join – that is fine, you are still able to order.
- ✓ Shopping is completed from the comfort of your own home. A product list is emailed to you monthly & you email your choices back.
- ✓ Payment is sent via Electronic Funds Transfer or can be made in cash at the community centre.
- ✓ You collect your products monthly, on a Saturday morning from the Community Centre.

The Food Buyer's Group is occasionally able to offer some fresh fruit & vegetables. In the future, we are hoping to offer eggs & seasonal produce via the Urban Grown Farm.

All aspects of this group are run by Volunteers of the Port Kembla Community Project.

***We need more volunteers***, so if you have a few hours spare once a month you can volunteer your time and you will in turn receive a bigger discount on your purchases. What a deal!!!!

If you are curious about the Food Buyer's Group, please feel free to email [port.food@gmail.com](mailto:port.food@gmail.com) & we will gladly answer your questions.

Or please call Helen 4276 1395, Lisa 0421 162 381 or Tisa 0432 677 188.

By Lisa Brunt

It's Saturday and what I love to do is go down to the WARRAWONG markets to see what bargains I can find...then off I'll go to PORT KEMBLA!....Driving along Church Street I'm looking for that new second hand shop RECYCLED AND PRE-LOVED that was advertised in the PORT CALL Winter edition.....It's not open yet so I'll take a drive down WENTWORTH STREET & park at the LEAGUES CLUB CARPARK since there doesn't seem to be any park spaces left! (Everyone has heard this is the place to shop on Saturdays). So I'll walk "THE WENTWORTH STREET TRAIL" .....



The Salons, side by side are busy with ladies having their nails painted at SOMETHING SPECIAL By Val.....& hair styling galore at BROKEN GLASS By KEVIN CRANE.....Moving down....I finally got to meet Tom at DUCK PRINT FINE ART LIMITED EDITIONS at 39-41 WENTWORTH STREET and checked out where artists & students do their 8 week printmaking courses currently running at night. This fully equipped printmaking studio has been operating in PORT KEMBLA for 14 years working with professional artists specialising in..... Lithography (Plate & Stone), Etching, Relief Printing, Bookbinding & Box Making. I also got to meet local artist Evan Salmon who was working on the next Billy Cart Derby print. Cannot wait to attend a course and create my own art on

(cont. p.5)

the traditional printmaking presses!....I keep on with my walking and come across ALCHEMY HEALTH Naturopaths and Holistic Healing... Specialising also in herbal medicine & remedial massage. I could do with one of those for my aching muscles!....I see café tables & chairs beyond....feeling a bit peckish, I'll just call in there for a coffee and cake.....ENIGMA CAFÉ, spacious & welcoming with natural food products and home décor all around the room for sale. I really love this feel, I'm going to take a seat!.

....After a strong cappuccino, cupcake & a chat to Julie I'm off up the street to REDPOINT RESTORATIONS, to find a dining table....and I love the entrance!.....What a hill, but I can do it! Good job I've got the right shoes on today!....On the other side of the street, I spot PORT CLEARANCE OUTLET. It is only open on special occasions because they are wholesalers, I've been told by Jodie. You can find them on Facebook and then find everything online that you see through the window!

...Climbing the hill again....KEMBLA KITCHENS...just enough time to book a quote before they close!.....I see it, in the distance....RECYCLED AND PRE-LOVED staring straight at me! But before I cross over..... WENTWORTH EMPORIUM is right here.....can't pass by....have to go in!.

...Well I've had a wonderful morning here in WENTWORTH STREET and know where to come every time I need to fill my home with old & new...I'll be back next Saturday with a few of my friends to show them "THE WENTWORTH STREET TRAIL"....

# 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 and 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 baking group	PKCP 4276 3433 or Christine 0408 618 449
Wednesday	9.30am to 3.00pm (every)	Men's Group	PKCP 4276 3433
	From 10am (monthly 4 <sup>th</sup> )	Laneway Permaculture Working Bee	PKCP 4276 3433 or Jason 0431 562 298
	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
	8.00pm to 9.30pm (every)	Alcoholics Anonymous	www.aaport kembla.webs. com
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

## WHATS ON IN THE HALL (cont'd)

Day	Time	Activity	Contact
Friday	7am, (most)	Gary Wolhuter (Pilates and exercise)	Gary 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 4284 4414
Saturday	10.00 to 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	Kinggeorgebush care@gmail.com
	9.00am to 10.30am (monthly 3 <sup>rd</sup> )	Australian Labour Party	VKing@ boscoaccounting.com.au
	10.00am (monthly 3 <sup>rd</sup> )	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	
	12.00 noon to 3.00pm (monthly 2 <sup>nd</sup> )	Jam n Bread	PKCP 4276 3433 or Ann 0414 680123

## 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 \$5.00. 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 phone the centre on 4276 3433 or Christine 0408 618 449.

## 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).

## 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).



## Southern NILS (No Interest Loan Scheme)



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.

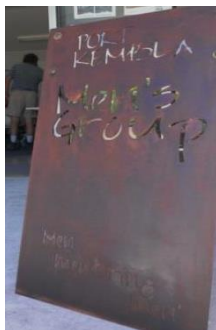
## The Laneway Permaculture Gardens

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

Every 4<sup>th</sup> Wednesday of the month from 10.00 am 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 or Jason 0431 562 298 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 working on getting our workshop in order. If you’re handy around a workshop or in the garden, or would like to learn about those things, come join us one Wednesday. 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



As you may be aware, in 2013 we were featured in a documentary film "Tender" which has been to the Adelaide, Sydney and New Zealand Film Festivals and been shown on the ABC. The DVD of the documentary can be purchased on line via Ronin Films.

In addition, in July 2014 we had a crowd funding campaign to start the project "Tender Funerals". Sadly the campaign did not make its target. However, over the campaign 391 people pledged \$86,025, which is extraordinary. Pledges were not taken out of peoples accounts. But we want to say a huge thank you if you made a pledge, and for being involved with Tender Funerals. We will find a way to make this happen together.

Some people who pledged have decided to turn their pledge into a donation. We're hoping to turn this into the deposit on a building, and move us close to our launch. So, you can make a donation by;

- credit / debit card donation at our new website, [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.

Big and sincere thanks and we'll be in touch about next steps soon.

Jenny and the Tender Funerals team

## 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



Join Jam n Bread's **FREE** monthly community music making gatherings @ the Port Kembla Community Centre  
Corner of Church & Wentworth St.

Come sing, play, bake bread, feast and share culture. All ages & all abilities welcome. Some instruments provided or bring your own.

**Sat 9 Aug** 12pm-3pm **Music of India & Lebanon**

**Sat 13 Sept** 12pm-3pm **French & Italian tunes**

**Sat 11 Oct** 12pm-3pm **Music of Japan & Indonesia**

**Sat 15 Nov** 12pm-3pm **The Jam n Bread Samba Band**  
**@ Port Kembla Billy Cart Derby Day**



<https://www.facebook.com/pages/Music-Jam-n-Bread>  
Ann Lehmann-Kuit 0414 680123 [musicjambread@gmail.com](mailto:musicjambread@gmail.com)



It's been a **big year at Green Connect**, a social enterprise of the Port Kembla Community Project set up to connect people to jobs and urban sustainability! We employed 99 people from a refugee background, 12 young people, kept 85% of the waste we managed out of landfill and improved the financial sustainability of the project. We also merged with Urban Grown, a chemical free farm that operates in partnership with Warrawong High.

The merged project is called Green Connect, and the farm site Urban Grown. It aims to:

- Design and develop urban sustainability
- Reduce waste to landfill and turn organic waste into a productive resource
- Grow chemical-free food and build community capacity to grow and prepare food and understand nutrition
- Reduce food miles
- Improve land, water and biodiversity where we work
- Create job opportunities, particularly for young people and resettled refugees

We also want to say **a big thank you to all who have been involved** with Green Connect this year!

## Help out at the farm

We have launched our volunteer program at Urban Grown and host a working bee on the second Saturday of every month from 9am – noon. The next working bee will be held on **Saturday September 13**. Right now we need help to build, paint, weed, water and dig!

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We also have weekly volunteering opportunities, so if you are able to commit more time please get in touch. Please call us if you'd like to be involved: (02) 4243 1537.



### **A short story from Remember**

“Growing up in Togo we were faced with political turmoil and violence. When I was 15, we were forced to leave. I spent the next 19 years of my life in a refugee camp in Ghana.”

Two years ago, Remember was resettled in Australia and now lives in Wollongong.

“When I first came to Wollongong I wanted to work. I applied for many jobs, but no-one was hiring. I had spent all of my adult life in a refugee camp so had never had a job before.”

This made resettlement hard. But Remember got a job with Green Connect.

At Green Connect, Remember learned about resource recovery and local work culture and systems. He got his first pay cheque and started to gain economic independence.

Remember now has a new job at a rigging gear supply company. "Green Connect found me a new job... I have been doing hard work for them and they appreciate it. It changed my life. Now I'm feeding myself. Now I am a person who gives back. It's a better life."

[www.green-connect.com.au](http://www.green-connect.com.au)

A vintage black and white photograph of a woman in a classic tap dance costume. She is wearing a large, ornate hat with a tall, feathery plume and a long, flowing skirt with a decorative pattern. She is smiling and looking slightly to the right. The background is dark and out of focus.

# The Lost Arts Society

## School of Tap Dance

@

### Dansatori

a dance school for

adults with classes for all levels & abilities \*

**Dansatori Studio**

Cnr Lake & Merret Ave's

Cringilla

**Enquiries:**

*Feonah-Rose*

#0429 158 796

[fe.rose74@gmail.com](mailto:fe.rose74@gmail.com)

[https://www.facebook.com  
/TheLostArtsSociety](https://www.facebook.com/TheLostArtsSociety)



# Plastic Free Tips from Jacqui

When you read about the garbage gyres in the ocean that can't be cleaned up and fish & marine birds with guts full of plastic it all seems really overwhelming, like nothing one person can do would make a difference.... but the most useful thing I read a while ago was if you want to stop plastic going into the ocean just go clean up a beach.

## Some other tips.

1. Reusable produce bags are awesome for shopping. You can purchase awesome bags for shopping from The Original Onya Australia <http://www.onyainnovations.com.au/products/product-category/reusable-produce-bags/> . OR the PKCP sewing group produced fantastic cloth bags for sale through the Community Centre.
2. Plastic Free Toilet Paper (well the wrapping at least) can be purchased from Who Gives A Crap <http://au.whogivesacrap.org/> AND 50% of their profits go to "WaterAid" to build toilets and improve sanitation in the developing world.
3. Plastic Free Deodorant Alternative: Bicarb. SERIOUSLY – just dust a tiny bit under your arms.
4. Plastic Item: Liquid Soap - Plastic Free Alternative: Bars of soap
5. Plastic Item: Glad-wrapped sandwiches - Plastic Free Alternative: Use a lunch box! I really don't think the sea creatures that end up eating glad wrap are feeling glad.
6. Plastic Item: Bread in plastic - Plastic Free Alternative: Bread in paper – from a local farmers market, cut it up and put it in the freezer. Bread freezes fine in paper.
7. Road snack – carrots, nuts, fresh or dried fruits, & homemade popcorn are awesome takeaway food can be carried in lunch boxes or paper bags.
8. Plastic free shampoo & conditioner recipe:
  - a. Rinse hair in water
  - b. Dissolve a small handful of bicarb (the one in the good old

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...fashioned cardboard box) in some water & work it through roots of your hair. You can also massage it directly into your scalp without doing the dissolve bit. Don't use too much bicarb or your hair will dry out, you only need a small amount.

c. Rinse

d. Put 1 tablespoon of apple cider vinegar in 1 cup of water & work it through your all of your hair.

e. Do not rinse!

f. The vinegar smell vanishes as your hair dries.

9. Ask for *no straw* when you order a drink. Straws are completely unnecessary and a huge source of plastic pollution.
10. Make your own milk from almonds – no plastic involved! Soak one cup of almonds in 2 cups of water in the fridge. After 24-48 hours rinse them, drain and blend them with 1 - 2 cups of water, strain using a cheesecloth or nut milk bag & that's almond milk! Much nicer & cheaper than the plastic tetra pack version. With the leftover almond pulp you can add it to pie crust or various other recipes.
11. “Have a nice (for the environment) cup of tea” by using loose leaf tea and a good old fashioned teapot. It turns out that teabags are actually only 70-80% biodegradable because they also contain polypropylene!
12. Use an environmental toothbrush! They are made of bamboo & are compostable and come in a cardboard box. You can get them from the Flametree Co-op if you live in Wollongong!
13. Use natural skin products. The little microbeads used in exfoliated face wash and toothpaste cause big problems for fish and wildlife. The plastic beads don't break down and are too tiny to be filtered out by sewage systems so literally billions of them end up in lakes and streams every day. Fish and other animals swallow the beads, either inadvertently or because the beads look like a cluster of fish roe and the beads get lodged in their digestive tract making them unable to absorb nutrients.  
<http://www.onegreenplanet.org/news/california-proposes-ban-on-plastic-microbeads/>

# Coomaditchie Yarning



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

Lots have been happening since the last issue.

There was a wonderful exhibition at BlueScope Steel on 30<sup>th</sup> June

Work on the Mens Shed has started. We have bought a demountable which we are converting. We are also rebuilding the community garden. Working with Lorraine and Narelle are a group of Burmese students from Yallah TAFE. By the next newsletter the place is going to be looking awesome.



Narelle (left) taking a short break. Lorraine (below) with the whipper snipper



The planter boxes going in



The demountable being lowered into place



(cont. p.19)

Lorraine and Narelle doing Welcome to Country at Café Vizione on 30<sup>th</sup> June 2014

The launch of the Warrawong project at Bluescope Steele's Café Vizione was a lovely occasion. The Lord Mayor Gordon Bradbury attended and it was great to see our paintings in another venue. A few other people thought so too because we have sold quite a few paintings.



In the meantime we have been part of a number of cultural days at a few schools. The kids at Port Kembla Public school had a wonderful time as did a group of teachers.

We were busy during NAIDOC week and participated in events at Barnados (great to see a bunch of Koori faces from all over town there - not just local people) Graincorp and a couple of local schools.



Apart from that the place keeps buzzing - homework centre on a Monday, off campus TAFE courses on a Tuesday and then all our other activities. Never a dull moment.  
So

Till next time - Catch ya

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, 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.

# 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**

# 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)

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

### **A Community that Builds Together, has Fun Together**

Public housing tenants with a passion for wood fired pizzas, bread baked in a time honoured tradition and fish and meat smoked over fragrant wood, came together at Todd Street Community Garden to build their own wood fired oven. They were joined by a handful of home owners, keen to learn how to build an oven at a fraction of the cost of a kit.

Tutor Alan Watt came up all the way from the Far South Coast for this workshop. An artist, kiln builder and teacher, he has conducted over 100 workshops throughout Australia, USA and Canada.

During a fascinating and fun-filled weekend the 17 participants learned everything about wood fired oven design, construction, material selection, oven operation, as well as receiving some great cooking tips.

Together we were involved in the construction and completion of two ovens using different construction techniques – one was an adobe oven using readily available cheap materials, and the other was built from high temperature castable concrete with other sophisticated refractory materials, including an insulation blanket used in space rockets.

On Sunday participants were treated to a pizza feast cooked in the adobe oven, which then was picked up by members of the Barrack Heights Community Garden to complement their BBQ and entertainment area. The high-tech oven remained at Todd Street Community Garden and has already been booked by the Warrawong men's group. Local home owners and staff of local businesses also have made enquiries about using the oven. And of course there are the tenants of the estate, who are planning everything from using it to cook an entire piglet to smoking fish freshly caught in Lake Illawarra. Let the feasting begin!



Participants are learning the in's and out's of wood fired oven construction



Having fun making mud patties for the adobe oven



The beautiful high-tech oven



Queuing up for the pizza feast

# Warrawong Community Centre

## What's On

- Monday:** Italian Women's Group - 10am - 12noon fortnightly  
Aboriginal Women's Group - 11am - 2pm  
Community Kitchen Lunch - 11:30am - 12:30pm  
Computer Classes - 1pm - 3pm
- Tuesday:** Community Mental Health Team - 10am - 12noon  
Community Kitchen Lunch - 11:30am - 12:30pm  
KLaw Youth Drop In - 3:30pm - 6pm (12-18 yrs old)
- Wednesday:** Community Kitchen Lunch - 11:30am - 12:30pm  
SALCO Spanish - 12pm - 3pm  
Craft Group - 12:30pm - 2:30pm  
KLaw Youth Drop in - 3:30pm - 6pm (12-18 yrs old)
- Thursday:** Community Garden Working Bee  
8:30am - 11:30am and 1pm - 5pm  
Italian Document Assist - 9am - 12noon  
Housing NSW Outreach - 11:30am - 12:30pm  
Community Kitchen Lunch 11:30am - 12:30pm  
Women's Sexual Health Group 2pm - 3pm
- Friday:** Yoga - 10:30am - 12noon  
Men's Group - 10:30am - 12:30pm  
KLaw Youth Drop in - 3:30pm - 6pm (12-18yrs old)

## Port Kembla Youth Project (PKYP)



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

Hi everyone, it's the **Port Kembla Youth Project** team.

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.**

Checkout our programs on offer:

### **Homework Help & Tutoring Program- taking enrolments now!**

Our popular tutoring program is currently taking enquiries for term 3 and 4 2014. If you would like to enquire about our tutoring and homework help program please contact **4276 1229**. 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!!**

Get swim safe in time for summer. Our swim program is run 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 at \$11/class concessions available.

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

### **Young Mums and babies swim program**

Young Mums and babies classes have commenced and will continue next term. The Department of Sport and Recreation have subsidized this program making it very affordable for young parents 25 years and under. This special program is offering classes at \$3/class for a limited time. Taking enrolments now.

Contact the swim coordinator on **4276 1229** for further details

### **Young Women's Forum**

A program empowering young women from diverse cultural backgrounds by providing a safe and confidential environment for them to share their ideas and access information. Commenced in March 2014 and will continue until March 2015.

## **“Own It” – Aerosol Murals**



Young people from our local community have been creating and painting a new design for the own it aerosol mural – to reclaim a vandalized fence in our community from June to November. Stay tuned for more designs next newsletter.

## **LOOKING FOR NEW FENCES!**

We are currently looking for a new site to transform in 2015. Take a look at the pictures above of our current work!!!! If you have a fence with graffiti that needs a makeover please contact Own it Coordinator on 4276 1229. This project is at no cost to the homeowners.

## **Connect Up**

Workshops have commenced and are running every Tuesday afternoon at the Port Kembla Youth Project. Young people with special needs can explore their creative skills in drama, visual arts and have a great time doing it!

## **Youth Magazine Project**

Youth Magazine 2014 is complete. ‘Cultura’ a magazine based around culture and was created by Warrawong High School and Intensive English Language Centre with help from the Creative Arts faculty at University of Wollongong. Our young people travelled to the University and spent a day in the graphic design labs exploring future learning opportunities available at the University.

## **Youth Xpress Theatre – Come and join the fun!**

Xpress Theatre is a youth theatre program that started this year, working with young people promoting a wide range of stage skills including acting, script writing, set design, sound, lighting and multi-media. The program will run Wednesday afternoons at the Port Kembla Youth Project. Please phone to enroll 4276 1229.

# 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 Tanya Gerloff 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)





# Delennyks Gifts & Homewares

59a Wentworth St, Port Kembla

Ph: 0432550176

## Find Us On Facebook



## NOW'S A GREAT TIME TO EXPLORE PORT KEMBLA 😊

**We look forward to showing you our new giftware ranges & offering our valued customers some good old-fashioned service!**

**\*\*\*Present this page to receive 20% off RRP\*\*\***

**Offer valid until Oct 31<sup>st</sup> 2014**



## Printmaking Courses

### Etching (Intaglio), Lithography, Relief Printing, & Archival Box Making.

Artists create their own fine art prints using & learning traditional printmaking techniques at the fully equipped Duckprint Fine Art workshop, under the tuition of a master printer.

We have courses suitable for both beginners, intermediate and professional artists.

<b><i>Evenings classes (weekdays):</i></b>	<b>6.00pm - 9.00pm</b>	(Maximum 8 students/Minimum 6 per class.)
<b><i>Course (8 weeks):</i></b>	<b>1 day per week</b>	(Runs over 8 consecutive weeks.)
<b><i>Tuition Cost:</i></b>	<b>\$280</b>	(Cost excludes paper & etching plates.)
<b><i>Course Bookings/Enquiries:</i></b>	<b>Ring 4276 1135 or</b>	<b>Email : <a href="mailto:tom@duckprintfineart.com.au">tom@duckprintfineart.com.au</a></b>

Currently running an Etching class on Tuesday evenings, ongoing throughout the year.

Contact re. Courses in Etching, Lithography, Relief Printing (Lino/Woodblock), Archival Box Making.

Please advise which nights you would be available to attend & course preference.

Feel free to contact Tom if you would like to arrange a visit to the print studio/gallery.

**Tom Goulder B.A B.Ed (Visual Arts)**

**Email: [tom@duckprintfineart.com.au](mailto:tom@duckprintfineart.com.au)**

**Website: [duckprintfineart.com.au](http://duckprintfineart.com.au)**

## **DUCKPRINT FINE ART LIMITED EDITIONS**

**39-41 Wentworth Street, PORT KEMBLA NSW 2505**

**Ph: 4276 1135**



Aesha  
Wellbeing

## Opening Special

**\$50 treatments** (usually \$80)

**Zen Shiatsu Therapy** is a healing technique developed by the Japanese Master, Shizuto Masunaga. Shiatsu can assist in balancing the underlying causes of a condition, promoting health and strengthening the body's natural healing abilities.

**Oncology massage** is a gently massage technique developed specifically for cancer patients. It is medically proven to achieve major reductions in the levels of pain, fatigue, nausea, anxiety and depression experienced by cancer patients.

Valid for new clients | September 2014 Only

Located at Alchemy Health  
83 Wentworth St Port Kembla  
Phone 02 4244 8244  
[www.alchemyhealth.net.au](http://www.alchemyhealth.net.au)

## HEALTH HUB IN THE HEART OF PORT KEMBLA

The revitalisation of Wentworth Street, Port Kembla continues and we can now boast a hub for health right here at Alchemy Health, lymphatic and Natural and Therapies.

As our newest business resident PortCall wanted to find out more about Alchemy and let you know what to expect.

When you get the chance to talk to business owner Jan Hunter you are immediately struck with both her passion and her calmness. She is a highly qualified lymphoedema therapist and surrounds herself with other highly qualified therapists - you can definitely be sure that you are in safe hands!

Whether you are in good health and want to improve your performance or have pain and sickness that you would like relief from, rest assured you are likely to find what you need at Alchemy.

As you walk in the door you are transported to a professional, welcoming and comfortable place - you really can almost feel the natural health in the air. In the busy lives that most of us need, this is a welcome relief.

Ms Hunter explains why she is passionate about natural, and particularly lymphatic, therapies.

"The lymphatic system is one of the most vital systems in our bodies and plays an essential role for good health.

Now if our Lymphatic system is not doing its job and functioning properly we are more susceptible to disease, sickness and pain. Plus when we do get an injury we are likely to have more swelling.

Many people only consider their lymphatic system when there is an issue caused by something like surgery or cancer. The truth is that maintaining a healthy lymphatic system is definitely a case of prevention being better than cure."

Alchemy Health at Port Kembla is home to the Illawarra Lymphoedema Service as well as the place to go for remedial, sports, oncology and shiatsu massage, naturopathy, low level laser treatment, lymphatic drainage and reflexology.

To find out more about Alchemy you can find them at 55 Wentworth Street or online at [www.alchemyhealth.net.au](http://www.alchemyhealth.net.au) .

Make sure you also check out the advert here in PortCall for a very special discount.

# ALCHEMY HEALTH

LYMPHATIC & NATURAL THERAPIES



Wide range of natural therapies including:-

- Remedial Massage, Naturopathy, Laser for pain
- Reflexology and Shiatsu
- Highly qualified and experienced practitioners
- Pensioner Discounts, Hicaps and Health Fund rebates available

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55 Wentworth Street, PORT KEMBLA  
Website: [www.alchemyhealth.net.au](http://www.alchemyhealth.net.au)  
Email: [info@alchemyhealth.net.au](mailto:info@alchemyhealth.net.au)  
Phone: 4244 8244

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## ILLAWARRA LYMPHOEDEMA SERVICE

Management | Education | Laser | Treatment

### TREATING ALL LYMPHATIC CONDITIONS

- Manual Therapy
- Bandaging
- Compression Garments
- Low Intensity Laser
- Exercise & Nutrition



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**CONTACT ALCHEMY HEALTH | PHONE: 4244 8244**

Please present this page for 10% discount on all manual therapies  
at Alchemy Health



# SECRET WOMEN'S BUSINESS

**Are your periods a pain and hormones driving you (and everyone else) crazy? Are you suffering once a month and want to get relief?**

As women, we often feel that we are alone and just have to cope with these issues. This is NOT the case.

How would your life change if that time of the month was seamless, balanced and healthy?

Meet with our expert Women's Health Naturopath for a women's circle workshop and let us help you to:

- Make everyday lifestyle changes that will improve your hormonal health and give you a 'normal' period.
- Gain an understanding of oestrogen metabolism and the importance of certain foods and nutrients that affect this.
- Understand the process of hormone production and why things go wrong
- Eat the right foods for healthy hormones and a better menstrual cycle.
- Be empowered and take control of your health and your life.

Meet other women who understand your pain and join a community so you no longer suffer in secret.

At the end of this workshop you will walk away with 10 ways to improve your hormonal health by making simple dietary and lifestyle changes – you will be empowered to take back control of your health and be free from the symptoms that debilitate you each month.

These workshops happen monthly and the investment is \$20. As a very special offer for the first workshop in September, enter code PORTCALL when booking and your ticket will be just \$10 (saving 50%).

Visit [www.asnatureintended.com.au/workshops](http://www.asnatureintended.com.au/workshops) to find out more and reserve your place. Places are limited.

25<sup>th</sup> September, Port Kembla Community Hall

6pm-8pm

**Contact Amanda Howe** (Advanced Diploma of Naturopathy)

**0411 217 768 Individual Consultations are also available at Alchemy Health, 55 Wentworth Street**



*As Nature Intended*

**STOP CSG**

# Help **STOP CSG!**

**Sunday Oct 19, 11am**

**Port Kembla Community Centre  
(corner Church & Wentworth Streets, Port Kembla)**

It's been over three years since the local campaign against coal seam gas development started. So far, this community has successfully held off drilling for CSG in our drinking water catchments, and pressure from the group has led to successes such as the rejection of a local development application and the temporary ban on CSG within the water catchment.



We simply **must continue to apply pressure** and keep on top of the issue, however. The ban on CSG in our water catchment is only in place until the NSW government chief scientist hands down her CSG review - and that's expected **within the next few months**. Meanwhile both the industry and federal and state governments continue to push for intensive CSG development.

**With your help the campaign can continue to grow.** The most powerful force in this country is a community working together to stand up for its rights. **Make a difference, get involved and come to the meeting... all welcome!**

**Got questions?** email [info@stop-csg-illawarra.org](mailto:info@stop-csg-illawarra.org) or call 8003 3170.

 /stopcsg  /stopcsg  
[www.stop-csg-illawarra.org](http://www.stop-csg-illawarra.org)

**STOP CSG!**  
**Illawarra**

## Red Point Gallery

A fine place to exhibit

Red Point Gallery is a classic boutique gallery in a thriving art precinct. It is available for hiring both by the public and by its members



### WEEKEND HIRE

A special offer for emerging artists  
Only \$150

### WEEKLY HIRE

1 week - \$250  
2 weeks - \$450

50% discount for  
High School Students



[www.redpointart.org.au](http://www.redpointart.org.au)

Ph: 0422398269

100 Wentworth Street, Port Kembla



## Red Point Artists 'WORKSHOP 10'

Do a class

OR

Run a class

Workshop 10 is a fully furnished, functional, well lit studio workspace, that both runs classes and is available for hire for running your own courses.



### Hiring Rates

1 day workshop (6 hours) - \$100

2 day workshop (12 hours) - \$150

4 hour workshop - \$75

[www.redpointart.org.au](http://www.redpointart.org.au)

Ph: 0422398269

100 Wentworth Street, Port Kembla



**RED POINT ARTISTS  
PORT KEMBLA BILLY CART DERBY  
SATURDAY 15th NOVEMBER 2014**

**LIKE US ON FACEBOOK  
Port Kembla Billy Cart Derby**



Red Point Artists Port Kembla – Image credit Klaus Doering

**This newsletter is compiled and written for  
the Port community, by the: -**

**PORT KEMBLA  
Community Project Inc.**

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

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