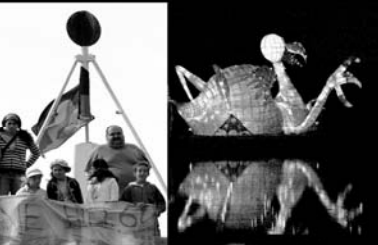


# PORTCALL

December 2011



**Port Kembla Community Project Inc  
Christmas Feast  
Friday 16 December, 5 - 9pm  
5<sup>th</sup> Avenue Laneway,  
Port Kembla.**

Our Christmas community gathering in the Laneway is on again this year.

As with previous years, it has become our tradition to take time at Christmas to both celebrate the year and to remember & honor the people who are no longer with us. We will be planting trees as a community to acknowledge this loss.

Members of our local Tongan community will be preparing an enormous scrumptious feast, in the form of a Hungi. There will also be lots of other foods, so if you can bring some food for the table, please do and if not just come along.

***Continued on 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 [jenny@pkcp.org.au](mailto:jenny@pkcp.org.au)

## Mission Statement

To work within the community to create and implement projects to alleviate the suffering, distress, misfortune and poverty of disadvantaged members of the Port Kembla community.

The Project reflects principles of access and equity, social action, empowerment and community spirit. It seeks to support and motivate: recognising the individual value of each person within the community.

## Port Kembla Vision Statement

The Association respects the dignity, rights and potential of all people. It demonstrates this via its recognition of the rights and responsibilities of the individual and of specific groups/ communities and its commitment to self-determination for individuals and groups/ communities.

*phone* 4276 3433

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

*office hours* Wednesday to Friday from 9.30.

*postal address* PO box 9 Port Kembla 2505.

## ***Continued from page 1***

There will be music and food, company and laughter. We would like to invite everyone from The Port community to bring your family and friends and join us.

“This year we will be asking for Donations towards protecting the Yasui – a world biosphere reserve with one of the highest levels of biodiversity on the planet. “

Call Jenny or Tina on 4276 3433.

## Harry Morton Park Update

### ***Urban Grown Satellite Site at Warrawong High School (Social Enterprise)***

The focus of the Urban Grown City Farm project over the past months has been on developing an agreement with Warrawong High School to use land at the high school for growing produce. A

3-year licence agreement has been developed and signed by both parties. Many benefits will result for the high school as a result of Urban Grown and the Department of Education and Community have given the PKCP use of the land at no cost.

At Warrawong High School the Urban Grown City Farm will develop commercial, chemical free food crops to sell to local businesses. PKCP is developing four commercial gardens within the site, one, the food forest will be on a sloping bank half the size of a football field and the other three will be for vegetables and herbs with each being around 1 to 2 household building blocks in size.

Besides each garden, site development will include parking, road access, toilets, access to water, fencing, power, composting and waste management. Associated site facilities will include staff amenities - toilets and washing facilities, a cool room, nursery, food packing and



washing areas. The planning and project management for the site has been undertaken and the recruitment process for a site supervisor will take place over the next few weeks.

Agreements have been negotiated with two of the big, local hotels in Wollongong to take all product. Any surplus above this will be sold through the local organic network, which has two commercial shopfronts in Wollongong.

Benefits to Warrawong High School as a result of the Urban Grown City Farm will include:

- Improvement to the school environment outside the existing internal fence including access ways, fencing and commercial garden development at the cost to PKCP
- Productive use of unused land; the Warrawong High School has high value land where from a local residential community viewpoint the land use management needs to improve
- Work readiness opportunities for students, including opportunities for students to be employed by the Project on a part time basis after school
- Curriculum opportunities to enhance class room learning in business studies, environmental education and new opportunities in vocational training in horticulture and permaculture
- Work opportunities for parents of students who have been long term unemployed, and a major potential driver for greater parent engagement with their local school
- Increased social capital as a result of: 1. Providing opportunities for the community to be involved; 2. Improving the visual and physical amenity of the environment; and 3. Providing increased opportunities for economic inclusion
- On-going links with TAFE in horticulture and permaculture certification plus training and traineeships for students

If you would like to find out more about this exciting venture or would like to offer your support and skills in any way please contact Adrienne on 0407930406 or by email [atalbot.thomson@gmail.com](mailto:atalbot.thomson@gmail.com)

*Logos designed Laina Barraclough from Lime Light Design Print*

# The Laneway Permaculture Gardens

Every Friday arvo  
3.30pm – 5.30pm  
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 Dan on 4274 1424 or the  
Port Kembla Community Project  
on 4276 3433.



## Port L.O.C.A.L.S Sew for 0 Waste Group

#

Are asking for anyone in the community if you have material/linen sitting at home in your cupboards that you think you are never going to use, you can drop it into Port Kembla Community Centre. Strictly material only no old clothes please!

The material is being used to transform into beautiful bags to sell at the Wollongong Friday Markets for a gold coin donation. The money raised is going to "Save the Seabird Rescue" and so far we have raised \$270. Anyone who would like to be involved, we need You! **We meet the 1<sup>st</sup> Saturday of the month, 10am-2pm.** Bring your own sewing machine, extension cord and morning tea to share. Coffee or tea provided. Hope to meet you soon!

# Port Kembla Men's Group

We always have the men's group café going.

We're still building our community nursery in the back of the community centre in addition to doing other creative things in the workshop.

We've done some landscaping/gardening at the community centre.

We took a camping trip and climbed Pigeon House Mountain in October. Here are a couple photos. And we have lunch every week.



## Men's Group

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

Wednesdays 9AM to 3PM

Community Centre



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

Hi there, our group is up and running with monthly orders.

Our first delivery occurred Saturday 29th October. We were all excited packing the orders and our customers were happy and very supportive of our efforts.

Orders will be accepted in December and January so if you would like to join just come down to Port Kembla Community Project and pay \$7.00 (\$5.00 food buyers and \$2.00 community centre member) per year and you will receive 5% off your purchases.

Or email us at  
[port.food@gmail.com](mailto:port.food@gmail.com) .



## #### Coomaditchie Yarning



It has as usual been a busy few months with festivals, open days, art projects, a cultural exchange day on top of our usual business of providing service to our community and looking after our local environment.

The Southside festival was so much fun. Our little rock painting stall had people there all day and the kids really seemed to enjoy taking their rocks home.

Another successful day was our workshop with DOCS who hosted a series of days for Aboriginal Children who live out of home. They had a great time yarning up while doing their paintings.

We've been running an off campus TAFE course here to learn more about Aboriginal sites and how to care for the environment. As a result of this we have planted over 700 plants – trees, shrubs and grasses. We are restoring the swamp environment around the lagoon. And nature must want us to do this because every time we have done a planting the next day it has rained!

We're also once again hosting a group of students from Shellharbour TAFE community services division as part of their Cultural awareness and Aboriginal studies. They are working on a series of panels which will be presented to community groups in the New Year.

Our Cultural Exchange day was a treat. Members of the Namatjira family came and spent several hours with us. It was great sharing stories – and they have invited us back to their community.

And now we are preparing for our annual Last Minute Gallery Art Exhibition. Please come and visit us between the 3<sup>rd</sup> and 9<sup>th</sup> December. Our doors will be open from 11-3 each day and it would be lovely to see you.

Till next time.  
Catch ya.

*Coomaditchie is currently funded by the NSW government through Family and Community Services via Wollongong City Council.*

*We also appreciate the friendship and support of The Warrawong Community Centre, Barnados South Coast, the Southern Suburbs Taskforce, the Port Kembla Community Project, The Illawarra Legal Centre, The Illawarra Forum and Shellharbour TAFE. Thank you.*



Coomaditchie United Aboriginal Corporation

Invite you to

**The 2011 Last Minute Gallery  
Exhibition**

11 am to 3pm

Saturday 3<sup>rd</sup> December through to Friday 9<sup>th</sup>  
December

Coomaditchie Hall  
Corner Shellharbour Road and Parkes Streets  
Kemblawarra

For more information phone 4274 7477  
All artwork will be available for sale

Opening 11 am Saturday 3<sup>rd</sup> December  
All Welcome

Please RSVP 42747477 for catering purposes

# King George Bushcare Group



The group is mostly maintaining the site at the moment while picking up rubbish left by those who have not yet figured out what a bin is for.

The area in square meters of the gardens takes up less than 3% of the entire park with 97% mowed exotic grasses. From ground level the trees have made a huge difference to the look of the park, and the plant diversity on the site has gradually increased. To the stage where there are now over 60 different native species of grasses, groundcovers, trees and shrubs present within the gardens.

The group have noted, Wattle birds, Willy Wagtails, New Holland Honey Eaters, Silver Eyes, Fairy Wrens, Currawongs, Magpies, Galahs, Welcome Swallows, Butcherbirds, Peewees, Kestrels and a White Faced Heron. As I think you will agree this is fantastic and a big improvement on past visitors of Myna birds only.

The group meets mostly mornings and changes between Saturdays and Sundays, if you would like to be involved in this fantastic project please come along or call PKCP for further details.



In the past you can see why only Myna birds found King George attractive.



200 years ago there would have been areas in Port that looked like this with trees 100's of years old.

## 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)

## Hall for Hire

The Port Kembla Community hall is available for hire for classes, meetings and functions.

Our rates are very reasonable.

Call 4276 3433 or email [tina@pkcp.com.au](mailto:tina@pkcp.com.au).

## Port Bread Making Group



The Port Bread Makers meet every second Tuesday between 9.30am and 2.00pm at Port Kembla Community Centre, Cnr Wentworth and Church Streets, Port Kembla. If you would like to have a go at making your own traditional bread please contact Port Kembla Community Centre on 4276 3433 for more information on the bread makers.

## Art Classes

These programs are suitable for the beginning and advanced student. 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 : \$5.00. All Welcome.

Place : Port Kembla Community Centre Thursday 9.30 am to 12pm.

Ph: 4271 1314 M: 0403 724 030

# Port Kembla Youth Project

Hi everyone, it's Marie and Rosemary 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.

We are finally settled in our new location, so come and visit us in our new home at the **Port Kembla Senior Citizens Centre Building, Cnr of Allan & Kembla St. Port Kembla**.

Although we have been busy with moving we have still been involved in a number of exciting projects with local young people.

Take a look at what we have been up to:

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

Our swim program is run after school on Monday and Thursday afternoons during school terms. Classes are run by AustSwim/Swim Australia qualified instructors at the recently renovated Port Kembla RSL indoor heated pool. Classes offered include: Water confidence for young bubs and their mums, Learn to Swim classes and Stroke Correction classes for the older kids.

Call the Youth Project on **42761229** – Mondays and Thursdays to enroll your child. Places are still available so get in quick!

## **Casual Edge**

We are currently running this program in conjunction with the Multicultural Communities Council of the Illawarra and the Warrawong Intensive English Centre. This program is aimed at developing practical skills for young refugees such as communication and social etiquette in various settings and interviewing skills and tips. The program runs over four weeks and ends with an enjoyable lunch where the participants can put into practice some of the skills developed throughout the program.

## **Young Women's Forum**

We had a successful Young Women's Forum which saw young women from local high schools come together to share concerns and issues with each other. This program aims to build resilience and positive mental health for young women within the local and broader community of Port Kembla.

### **Tutoring Program**

Port Kembla Youth Project Tutoring Program is a free program for Primary and High School students. This program has been kindly sponsored by Blue Scope Steel and has been hugely successful this year and in previous years. If you would like to access this popular tutoring program, or put your name on the waiting list for 2012, please call **Marie on 42761229**.

### **Magazine project**

Our 2012 magazine – written by, for and about local young people – will be kicking off at the start of next year, so if you are interested in being involved please contact the **Youth Project on 42761229**. The magazine features exciting and different stories and artwork from local youths which is a hit every year.

### **Connect Up Theater**

A huge thank you to everyone currently involved in our latest performance. A group of young people with special needs gather once a week over a ten week period to share story ideas, create characters and develop a performance. Those involved have the opportunity to embrace cultural awareness and build friendships and networks across the community.

## Southern Nils – Port Kembla



Nils the program began in 1981 by the Good Shepherd Nuns in Victoria - they saw the need for interest free microcredit to low income families and individuals to enable them to purchase essential items. Nils has now grown Australia wide.

Southern Nils focuses on low income earners living between North Wollongong and the Windang Bridge and provides loans for washing machines, fridges, furniture, computers, medical equipment, CTP green slips and more. Nils has been such a success and the feed back we receive from our clients is gratitude and encouragement for us to please continue! As Loan recipients begin the loan repayments which then return to the Capital for other community members to take Nils Loans.

In order to apply for a No Interest Loan you will need a Referral from Port Kembla Community Project, Warrawong Community Centre, Berkeley Community Centre or various other Centres in Wollongong. The referral provides information and a list of documents needed at the interview appointment.

Southern Nils is pleased to say that the NAB is continuing to fund Capital for the Nils scheme. Administrative costs are funded by NSW Fair Trading, FaHCSIA and Sydney Water.

Southern Nils is open Monday to Thursday at the Port Kembla Community Project Centre building Cnr Church & Wentworth Sts, Port Kembla. Phone 42762224.

## Surfboards for Humanity Project

Things are progressing at a steady rate with a small but constant trickle of surfboards being donated.

The 1<sup>st</sup> shipment for this surf season, of 12 boards, has been delivered to an exporter in Sydney for arrival in Wewak PNG in early Dec. A storeowner in Wewak, who gets supplies from Sydney, has offered to transport any boards to Wewak for a minimal cost. This is very good news as it makes the long-term viability of donated surfboards sustainable.

Please keep in your minds that any old or unwanted surfboards or surfing equipment such as fins & leg ropes can be put to very use. Just contact Gary on 0421752031 or contact the community centre & the goods can be picked up.

Thank you to those who have already donated goods it is helping to spread a healthy option in an underprivileged community.

## Friday Night Dinners

Everyone Welcome  
Every Friday night  
6.30pm to 8.30pm  
Come, eat and chat.  
An initiative of Citylife.

## Food for Thought

Talk, Pray, Eat...

Conversations  
about life and  
Spirituality

11 am to 1 pm

Port Kembla

Community Centre

1st, 2nd...4th, and

5th Sundays

Anyone welcome,  
everyone honored.

Contact: Corey 0411 599 124



## Port Parables

### Port Parables

**Thursdays**

**5:30 to 7PM**

**Port Kembla Community Centre**

**Jason: 0431 562 298**

We're just a handful of mostly non-religious men actually reading the Bible for ourselves and experimenting with the ideas we find there. Lately we're reading through an entire book in there about Jesus' life. We welcome anyone for coffee and reading and discussion. We can't all believe everything we read, but we have two requests:

**Bring out the best in others**

**Be open to self-change**

# BrOkEn GIAsS

By Kevin Crane



## TrAdInG hOuRs

MoN ClOsEd

tUe 10 - 5

WeD 10 - 7

ThUrS 10 - 9

fRi 10 - 7

SaT 10 - 3

SuN ClOsEd

Shop 135 - 37  
Wentworth St  
Port Kembla

**42 742772**



Find us on  
Facebook



## Red Point Artists Association News

The Second Saturday of the month is fast approaching and once again Red Point will be having our monthly event, with the opening of a new exhibition 'FAVOURITE THINGS'. So the Art Event and new Artisan Markets, November 12<sup>th</sup> is a must for a lazy Saturday afternoon.

Visitors will notice a new energy in the markets, with the addition of new stall holders, and with the emphasis being on all things artisan and handmade or recycled, as well as local produce. The new markets will be open all day from 10am till 4pm, with the usual eclectic mix of stilt walkers and musicians, open studios, and of course the free kids art workshops.

As many Portsiders now know, **THE RED KITCHEN** is up and running, with great organic food and gourmet coffees, (some say the best in the Illawarra) as well as organic juices, lunches and rustic cakes created in Caroline's artisan kitchen.

For more information on the markets please contact Caroline 0418 263 237

Since the last Port Call, The Red Kitchen has extended its opening hours to include Saturdays from 9am-3pm. Caroline is also planning to be open for the two days of our cash and carry market with more great food and gourmet coffee. The Red Kitchen is also available for catering services.

**Caroline Pontello... 0418 263 237 ...Unique Artisan Catering... Organic... Eco-Friendly. [www.theredkitchen.com.au](http://www.theredkitchen.com.au)**

.....

***PUT THIS IN YOUR DIARY FOR DECEMBER***

## **'RED POINT' ART CASH & CARRY EVENT**

**COMMENCES 10am SATURDAY DEC 10 & SUNDAY DEC 11**

This is always a popular event giving one and all a great opportunity to shop locally for Xmas goodies. It only happens once a year: painters, sculptors, jewelry and fabric artists empty their studios and offer the contents at bargain prices.

The “art grab” begins at 10am on both Saturday and Sunday, December 10 and 11, in **Kembla Court**, 100 Wentworth Street, Red Point Artists’ base in Port Kembla.

Every studio, workshop, display and exhibition space will be given over to art and crafts on sale – every item at a fraction of their value. Paintings, sculptures, ceramics, designer clothing and accessories, toys, handmade novelties and craft of all kinds will be on offer.

Live entertainment will be provided by young musicians and circus performers. Remember they are busking, so don’t hang on to those small coins in your change – toss them in the busker’s box.

If you would like to book a space, to exhibit and sell your work on this weekend, please email [redpointart1@gmail.com](mailto:redpointart1@gmail.com) before November 30, with your details.

As all activity will take place within Kembla Court, there is limited space so booking would be essential.

**Please note:** Only glassed & framed works can be hung in the gallery; all others will be allocated outdoor areas (approx 8.5 square metres). No three-dimensional works can be shown in the gallery.

Plinths can be ordered for free use outdoors where tables, easels, display cases and stands can be used. Whether you book for one day or both; the fee of \$25 is non-negotiable it must be paid and receipted before you set up.

And, a further reminder, there are **no** overnight storage facilities available at Kembla Court. ....

## THE VALUE OF MEMBERSHIP

What do you get for your membership fee?

- Opportunities to **sell** your work and extend your **contacts**, with most of the effort done for you (installation, publicity, gallery maintenance, invitations, openings, etc)
- Free listing on the Red Point Artists website [www.redpointart.org.au](http://www.redpointart.org.au)
- Fellowship with artists you might never otherwise meet
- Exchange of ideas and **information** about everything to do with your arts practice
- Access to a pleasant exhibition gallery listed on **public information** websites
- Access to art **patrons and commissions** through showing your work at Twilight Art Event
- Support from a recognised arts organisation in your applications for **individual grant funding**
- News of art events and **contests**, in plenty of time to take advantage of them
- Opportunities to **be paid** to conduct workshops or teach art classes
- Open **invitation** to join in preparing and conducting children's holiday workshops

Red Point's annual membership fee is \$25 and three-year fee is \$60. Couples' fee is \$45 or \$110 for 3 years (a saving of \$40).

## BARGAIN-PRICED EXHIBITION SPACE – ONE MONTH ONLY

Cost to Red Point Artists members is \$250 per week (\$350 to non-members) and no commission is charged on any sales made. Red Point Artists also helps with publicity, installing and staffing the shows.

Artists in all genres are welcome to inspect the gallery and its facilities any Tuesday to Saturday from 10am to 4pm. Call the secretary on 0411 169 338 or email <redpointart1@gmail.com.>

And last but not least, don't forget the KidzArtz programme will be running during February, phone Val; 0401 328 022 or Clare; 0415 641 527 for more details.

Val Ochalski

### limelight DESIGN&PRINT

Limelight Design and Print is a local graphic design company that offers high quality and cost effective printing solutions to suit a variety of business needs. "As a business, we take pride in working closely with clients, and delivering quality modern and professional work on time, every time" Laina Baracclough, Limelight Design and Print specialise in:

- Logo design
- Business cards
- Brochures & Flyers
- Posters & Signage
- All forms of business advertising

Limelight Design & Print was established by a Wollongong local, Laina Baracclough. Laina is a passionate graphic designer, who has a background in professional offset printing and graphic design, and has provided design and print services for businesses from Wollongong and Sydney. After graduating from the University of Wollongong with a Bachelor of Creative Arts with a double major in Graphic Design and Visual Arts, she progressed into a successful career, involving work with all types of businesses, from small local traders to multi-national companies.

Limelight Design and Print is a proud community supporter through its involvement and commitment to making a difference to people and the environment. Recent non-profit community projects include design and print for Port Kembla Community Projects (PECP), Urban Grow, Community Undertakings and Central Church Wollongong.

At Limelight Design and Print we understand that maintaining consistency throughout the corporate and promotional materials is very important for a business. With over 5 years experience in the industry, all clients will appreciate the superb quality and creative design and commitment to fast turnaround printing.

For further information contact:

Laina Baracclough  
Phone: 0401 020 652  
Email: info@limelightdesign.com.au



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Facebook.com/LimelightDesignPrint

limelight  
DESIGN&PRINT

# What do you do with your household Dead Batteries? Battery Recycling

PKCP aims to be an environmentally aware Community Organisation responding to needs identified by community members. Recently it was brought to our attention that batteries are **not** supposed to be thrown in our normal rubbish bins. Nickel, cadmium, lead and mercury are some of the harmful elements used in batteries to make them work. These heavy metals can be harmful to soil, water, humans and wildlife.

According to Battery World, "it is estimated that over 8,000 tones of batteries are thrown into landfill each year and there is no Government legislation, funding or incentive to encourage manufacturers and retailers to participate in responsible disposal of batteries in Australia.

So where and how should we 'recycle batteries'?

Battery World offers a responsible disposal service for recycling domestic dead batteries of any kind. There are 2 Battery World businesses within the Illawarra situated at:

Unit 1A, 135 Princes Highway  
Fairy Meadow, NSW 2519

Shellharbour Retail Park, New Lake Entrance Road (Near Hungry Jack's) Shellharbour, NSW 2529

PKCP has installed a small box in the foyer for local community members to bring their dead domestic batteries and we will then dispose of them at Battery World. We look forward to Port Kembla's community increasing awareness of this toxic waste and participating in our dead battery collection and recycling service.

# The Stack

The latest update from Port Kembla Copper (PKC) issued September 2011 – Update 4

## **Demolition Progress:**

Demolition of the Acid Plant is Complete, the area has been cleaned and stabilised, the medium term drainage and capping system is under design. Demolition of the Billet Plant, following asbestos removal, is now virtually complete. Demolition of the Administration Buildings is complete. OneSteel has recycled some 4000t of steel scrap from the Acid and Billet plants. Affective Services have been awarded the contracts for demolition of the Smelter and a number of other small plant buildings; work on these contracts has commenced, with significant progress already made.

Opening up the access route to the Smelter through the Billet Plant coupled with availability of the Auxiliary Building now that the Cathode plates have been disposed, significantly improves efficiency of operation. The Casting Wheel in the Northern Smelter Extension has been removed, and the Reverts Area at the western side of the Smelter Building has been cleared. These access and internal processing areas give flexibility and will also allow removal of smelter equipment in all weather conditions, and further help our environmental performance as the activity will largely be taking place under cover and wind protected.

The Smelter is the rate-determining step now for the rest of the project due to the size and quantity of equipment to be removed. All demolition other than the 200m stack and the Water Treatment Plant will to be completed within the timescale for the Smelter.

PKC and the prospective purchaser of Refinery equipment have agreed to discontinue sale negotiations due to funding problems for that project. As a direct consequence the 22000 cathode plates have been disposed. Plans for removal of refinery equipment and demolition of structures will now be detailed and progressed.

PKC is addressing the closure issues of the Korungulla slag disposal site consistent with the Development Consent. No specific plans have been devised for consideration yet. An accredited Site Auditor has been engaged to assist with the evaluation, as we work on the issues with our consultants Golders Associates. We anticipate being able to present plans for discussion in the next couple of months.

PKC also invites 'expressions of interest' from those in the local community who may wish to join the PKC Community Liaison Group and to assist in the community consultation during the progress of site demolition.

Ian Wilson  
PKC GM & Director  
(02) 4275 0279  
for general enquires or email us:  
1800 688 587 (free call) [info@pkc.com.au](mailto:info@pkc.com.au)



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Illawarra

**where four paws pause**

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**02 42747703**

# Pilates in Port

**121 Wentworth St. upstairs opposite the Red Kitchen**

## **Vacancies now available**

Small group exercise classes based on the principles of Pilates ie. Control, Alignment of the body, concentration & breathing now have vacancies for those who value individual attention in a group exercise environment.

3 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
- **Pilates Weights Classes** – using free weights & fitballs  
Pilates applied to functional movements
- **Cardio & applied Pilates Classes** – outdoor cardiovascular workouts using heart rate monitors.
- 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.
- bookings are essential; fees are either by the class or discounted for term bookings.

**Contact Gary Wolhuter (Cert. 4 PT & Dip Mass)**  
**0421 752 031**

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

## Sadies Port Kembla Holiday Letting

Sweet little cottage with its own private garden- affordable, fully self contained and private. For when friends and family visit, or if you have employees who need to stay close to Port for work. Queen size bed, single with trundle. All linen supplied.

For inquiries contact Tim Fagan on 0417 980 227, or check out the Stayz website. We welcome children, pets and garden lovers.

### Photography by Appleart

*Celebrate life and love with a personal touch.*



#### **PORTRAIT SPECIAL FOR CHRISTMAS from \$70**

*\* includes two 8 x 10 inch prints.*

*It's all about you!*

*Your look, your style your personality. You can be whatever you want to be: funny, serious, creative, alluring. Be colourful, be happy, be serious - think out of the square or not. Whatever you want, we are here to bring it to (still) life! It's all about capturing a moment - your moment and suspending it in time.*

e: [photography@photographybyappleart.com.au](mailto:photography@photographybyappleart.com.au)  
www: [www.photographybyappleart.com.au](http://www.photographybyappleart.com.au)  
ph: 0447 379 082 or 02 42751007

\*terms and conditions apply

# Warrawong Community Centre

Housing Communities Program Coordinator

Housing tenants Come and Join us

Day trips, BBQ, Tenancy Action Group

SENIOR'S KIOSK – Learn how to use internet, access to the web

Thursday 9.30 – 4pm

CENTRELINK Worker - Wednesday 10.30 -12.30

CRAFT – Wednesday 1pm

MENS DROP-IN - Thursday Morning

CHOIR - First Wed of Month

BEYOND EMPATHY - Young People, Learn film production, Monday  
and Wednesday

This newsletter is sponsored, compiled  
and written by the -

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