

DIVERSITY MATTERS

NEWSLETTER – MARCH 2019



hmc

Hunter Multicultural Communities



After months of planning, our Multicultural Café is now open from Monday to Thursday each week, with our signature \$6 Coffee & Cake deal served by our beautiful baristas.

The opening was a massive event for us, and a long time in the planning process while we figured out what we were going to serve, and where to source our ingredients. Our specials and cakes change weekly, so drop in to have a look!



Our new café opening day, during which Sharon Claydon and the Waratah Police honoured us with their presence!

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Welcome to the first of our new look and re-branded Newsletter, we will be producing a newsletter now once a quarter, and look forward to keeping all of our members, staff, volunteers and community groups informed of all events, happenings and opportunities to look forward to at the HMC for the coming months.

We will also be keeping you informed of events that we have run and operated and hope to share the photos and let you see just what the HMC is doing on behalf of our membership.

If you have any events or community activity that you wish us to publicise or share on your behalf, please use the contact us details on the back page of the newsletter and will make sure we publish them in any future publications and newsletters.

Our Facebook page is now also very active, if you pass us your event details or flyers we are also happy to advertise and publicise them for you on our social media outlets.

This has been a very busy start to the year for the HMC, with the Seniors Day Celebrations, Harmony Day, Opening of the HMC Multicultural Café and the expansion of the Garden all making the Centre a hive of activity.

The café is a new and valuable resource for us and you as Members, and if you wish to utilise the café for fundraising coffee mornings again just get in touch with us and we can make this happen to enable your community groups to do some much needed fundraising or for information sessions and gatherings.

There is lots of work going on in and around the centre, with expansions to the garden with Beehives and Chicken coups going in as well as additional flower beds and vegetable gardens, we will also be offering information session and educational programmes on various Horticultural topics in the future so please watch this space!

The newsletter will also have a section from the Garden, Men's Shed, Health and Welfare Centres, and we will be looking to highlight any good work that is being done out in the community by our staff or volunteers.

So please send us your news or your special Birthdays and keep us informed of what is going on in your community groups and we can share amongst all of our members. In the meantime enjoy the first edition of the new look newsletter, and I look forward to keeping you informed of all matters relating the work being carried out at the HMC on your behalf.



Jason Scriven

Business Development Manager

VOLUNTEER SPOTLIGHT

Each newsletter we will be celebrating and recognising the work of our volunteers. Here's where you can help!

Please nominate (along with a brief reason why) any of the HMC volunteers who go over and above and we will reward one nominee each newsletter with **a \$50 gift voucher as a token of our appreciation.**

THANK YOU... Dennis and Sharon Gillett



Sharyn and Dennis Gillett have been volunteering their time for the HMC for many years. Dennis started volunteering in the garden, looking after the lawns when we first moved to the Waratah premises and then moved onto the Waratah Health and Wellness Centre helping set up, serve food, clean up and look after the clients, Sharyn started a short time after Dennis. The clients adore the pair, they are very caring, attentive and one client even calls Dennis her son. They arrive at the centre early and work hard at making the clients day enjoyable. Sharyn donates a lot of the raffle prizes for Christmas, Mother's Day, Father's Day and Easter. They are very dedicated and have rarely missed a day. We would like to thank both of them for their countless hours of voluntary work.

For all of this, we are giving them both a **\$50 gift voucher** as an expression of our thanks for their amazing work.

Seniors Week Celebrations

In February we were happy to celebrate Seniors Day with all of our clients along with Waratah Police, which was a day full of music, singing, and delicious food cooked up by our own Angela and her team.



Angela and her team put together an incredible feast that everyone loved, and they worked hard to make sure everyone was satisfied.

Many kind thanks to the Bakery Department at Woolies Mayfield for this donation!

All of our clients were moving and grooving to the old-style tunes.



Conversational English Classes

Fridays 9.30am to 11.30am

FREE and directed towards new arrivals to Australia as well as retirees wanting to brush up on their English. It's a casual and friendly learning experience for everyone that would like to improve their English or just meet other people.

For more information please contact us:

office@huntermulticultural.org.au
www.huntermulticultural.org.au
Phone 4960 8248



Multicultural Radio

Community radio station 2NUR FM currently runs the following programs for our multicultural communities.

**TUNE INTO
103.7FM**

SATURDAYS

6pm to 7pm

Macedonian Program
Hosted by Peter Petrovski

7pm to 8pm

Polish Program
Hosted by Tony Pluta and Basia
(Barbara Pinkowski)

SUNDAYS

7.30pm to 8.30pm

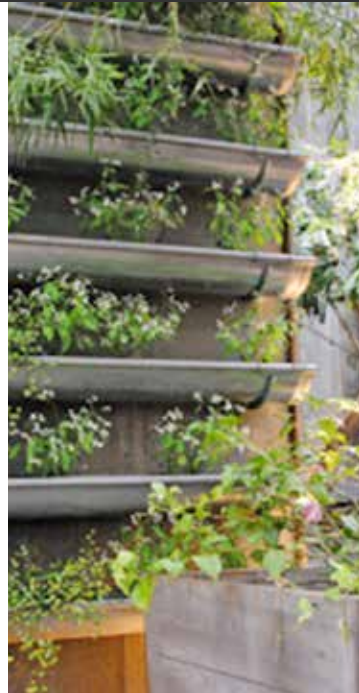
Tongan Program

8.30pm to 9.30pm

Samoan Program

10pm to 10.30pm

Bangladesh Program



COMMUNITY GARDEN

VOLUNTEERS WANTED!

Located across from the Waratah train station (at the former bowling club), we are happy to announce that we are ready for more volunteers to join our lovely gardening team!

People of all cultural backgrounds are welcome and we encourage everyone who is interested in gardening or preserving the local ecology to come in and get their hands dirty!



Proudly supported by



ABOUT THE GARDEN



- Open Wednesdays
- 10:00 AM to 2:00 PM
- Committed to diversity
- Promoting local ecology
- Sharing the harvest

Hunter Multicultural Community Centre
PH: 4960 8248
E: office@huntermulticultural.org.au
Web: <https://huntermulticultural.org.au/>
Address: 2a Platt Street, Waratah, NSW 2298

HMC Community Garden Report

Wow! Things are really moving at the Gardens with an Information Office built, beehives being set up and soon a chicken coop as well. The Information Office will have jams, pickles, chutneys and more for sale along with dried and fresh herbs, as well as infused vinegars and oils.

With Mother's Day on the horizon, orders will be taken for gifts. There will be terrariums and succulent gardens of various sizes and prices as well as potted plants and pots.

We have been harvesting cucumbers, snake beans, okra, pumpkins, zucchini, rockmelons and mangoes over the past month so the gardeners have enjoyed sharing the harvest.

I have included 2 easy recipes which use ingredients grown in our garden:

- Smoked salmon and mango blinis
- Roasted pumpkin and zucchini slice

With the expansion of the garden area, I am urgently looking for some more volunteers of all cultural backgrounds interested in gardening. So if you or your family have a few spare hours in the week come along and meet with us and have a tour of our garden.

Margaret Kenning
Garden Coordinator



Smoked Salmon and Mango Blinis

Serves 4

INGREDIENTS

1 cup self-raising flour
½ tsp bi-carb soda
Pinch of salt
1 lightly beaten egg
15g melted butter
1 cup of milk
2 Aussie mangoes

METHOD

In a large bowl, sift 1 cup of self-raising flour with ½ teaspoon bi-carb soda and a pinch of salt.

Add one lightly beaten egg, 35g melted butter and 1 cup milk, all whisked until smooth.

Heat a little oil in a non-stick frying pan. Cook teaspoonfuls of mixture in batches, about the size of pikelets. Cook until golden and set aside.

Allow to cool and then top blinis with sour cream, chopped mango, strips of smoked salmon and dill sprigs.



Roasted Pumpkin Zucchini Slice

Serves 6

INGREDIENTS

200g peeled pumpkin, cut into 1cm pieces
2 tbs olive oil
1 brown onion, finely chopped
1 corn cob, husk and silk removed
1 large zucchini, coarsely grated
1 carrot, peeled, coarsely grated
1 cup (240g) coarsely grated pumpkin
1 cup (240g) coarsely grated sweet potato
1 cup (150g) self-raising flour
1 cup (120g) coarsely grated cheddar
5 eggs, lightly whisked
¼ cup milk

METHOD

Preheat oven to 180C. Line a baking tray with baking paper. Place pumpkin pieces on lined tray. Spray with olive oil spray, bake for 15 minutes or until tender.

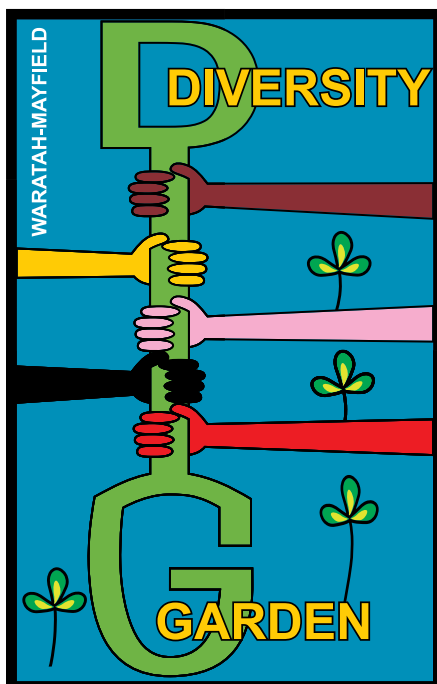
Meanwhile, grease a 20cm x 30cm lamington pan and line with baking paper, allowing the sides to overhang. Heat 1 tsp of the oil in a medium frying pan over medium heat. Cook the onion, stirring, for 5 minutes or until onion softens. Set aside for 5 minutes to cool slightly.

Use a sharp knife to cut down the side of the corn to release the kernels.

Combine the zucchini, carrot, grated pumpkin, sweet potato, flour, cheddar, half the corn and half the roasted pumpkin in a large bowl.

Whisk egg, milk, and remaining oil in a small bowl. Add to zucchini mixture. Stir to combine. Season. Spoon into the prepared pan and smooth the surface. Sprinkle with the remaining corn and roasted pumpkin.

Bake for 40 minutes or until the slice is firm to the touch. Serve warm or at room temperature.





Diversity Walls Project

Nick Fintan (pictured here with President Bob Bell and Janina Sulikowski) painted us three new gorgeous murals in partnership of the "Diversity Walls" project, which really adds some beautiful colour to the building.

The Wall Station is a mural and public artwork agency working with some of Australia's most prominent street artists and muralists.

The Wall Station specialise in community, council and school mural projects and will work closely with Hunter Multicultural Communities and partnering organisations to deliver this exciting project in the Hunter Valley.

All of The Wall Station artists have a current working with children check and are experienced in hosting art workshops and mural installation days. All artists carry full public liability insurance.

You can read more about The Wall Station at www.thewallstation.com

Karithopita (Greek Walnut Cake)

by Angela Tsolakis



INGREDIENTS

- 6 eggs
 - 500g soft butter
 - 1 cup of sugar
 - 2 tbsp cinnamon
 - 1 tbsp baking powder
 - 1 sachet vanilla essence
 - 2 pinches of nutmeg
 - Zest of half a lemon
 - Zest of half an orange
 - 3 cups self raising flour
 - 1 mug of crushed walnuts
- Syrup:
- 3 cups sugar
 - 2 cups water
 - 1 stick of cinnamon
 - 2 thick slices of lemon

METHOD

- Melt the butter in large bowl, add sugar and beat it with a mixer until combined. Add eggs one at a time and mix, add cinnamon, baking powder, vanilla essence, nutmeg, lemon and orange zest and mix. Gradually add flour and mix until well combined. Fold in the walnuts.
- Grease a pan, add mix and bake at 180 degrees until cooked. Let cake cool down.
- Syrup Method:
- Add ingredients to pan, bring to boil and simmer for 30 min.
- Afterwards, slice cake into squares in pan, pour hot syrup over the cake and let it sit.

The students of the nearby Callaghan College helped us out with the painting of these murals, and did a great job!



Waratah - Mayfield Men's Shed Report

Throughout 2018 we had several donations, not huge but a lot of help with things we needed: new shirts for our members and help paying for some of the material we needed to help give back to the community.

Thank you to Eagles Plumbing Plus, Waratah Village, Amcal Plus Chemist (please support!), Port Hunter Conveyors, also the public that come in wanting repairs done. Each year we do a BBQ for Waratah Village Chemist. We have a great relationship with them and once again a big 'thank you' from us to them. We have also been involved in doing a BBQ for a family who had lost a loved one and after talking to his family and friends he appeared to have a warped sense of humour; it's a shame we didn't get to know

him at the Shed. The BBQ was for 250-300 family and friends.

We had several projects outside the shed for preschools; picnic tables and shoe lockers. For Mission Australia we made garden seats and an outdoor library. Finally, for the local elderly community we fixed wardrobes, put beds together, mowed lawns, built accessibility ramps for their homes, hanged pictures, fixed towel rails, and helped out to fix lots of other bits and pieces.

We have also made the new borders for the garden beds, mowed the lawns and tidied around the grounds.

We have had several groups visit the shed to be shown around from schools and the TAFE. This is just some of the things we do.

This year is starting off as a busy year with projects that have come in since we re-opened. Already this year the Shed has supplied 4 large fans for the main work area and 2 for the kitchens. We will be making a potting bench for Mission Australia and when this is delivered they want us to erect a garden shelf, shelves, and seven garden beds.

We will also run a market day, attend the River Lights, and finish off small projects left over from last year. During this we will also be running a BBQ lunch on a weekly basis which brings all of our local members together to socialise.

Dave Inglis

Shed Coordinator



Market Day
Saturday
25 May 2019



Last year in November we hosted a Men's Shed Market Day where lots of stalls and visitors came to enjoy local products and meet Santa. This year we are planning for a new Market Day, on Saturday 25 May, 2019. Any and all stall holders interested are welcome and there will be a BBQ provided for visitors. It should be a fun experience for the whole family.

- Stall Set-up 7am • Markets Open 8am – 3pm

STALL RESERVATIONS

Stall reservations are \$10 each and can be paid either on the day or beforehand, and while there are tables and gazebos available they are in VERY LIMITED numbers so applicants will have to register before we run out!

**For reservations contact us on 4960 8248,
email office@huntermulticultural.org.au or
visit us at 2a Platt Street Waratah (across from the train station)**

LAKE
MACQUARIE
CITY

LET'S THRIVE

HARMONY DAY

Free event!
Colourful cultural
entertainment
Thursday 21 March,
12 noon
Charlestown Square
Centre Court

Event partner



Thank you
to all who
supported
this event!



"CONNECTED FAMILIES" WORLD AUTISM DAY 2019

SAUSAGE SIZZLE...

MEN'S SHED TOURS...

COMMUNITY GARDEN...

MULTICULTURAL CAFÉ...

Connect with local services

Learn what's available

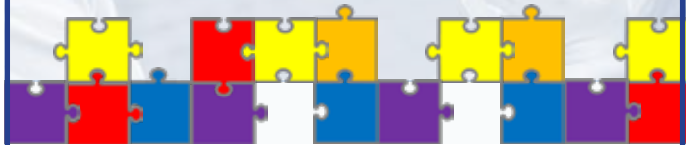
Meet other families

Watch a screening of 'DAD' film

THURSDAY 4 APRIL 5pm – 7pm

WHERE: Hunter Multicultural Communities Inc. +
Waratah/Mayfield Multicultural Men's Shed
2a Platt St Waratah - Entry via Harris St

FREE EVENT Search 'Connected Families' on
Facebook or Email: mencaretoo.greg@gmail.com



PROUDLY SUPPORTED BY



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Multicultural
NSW

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