

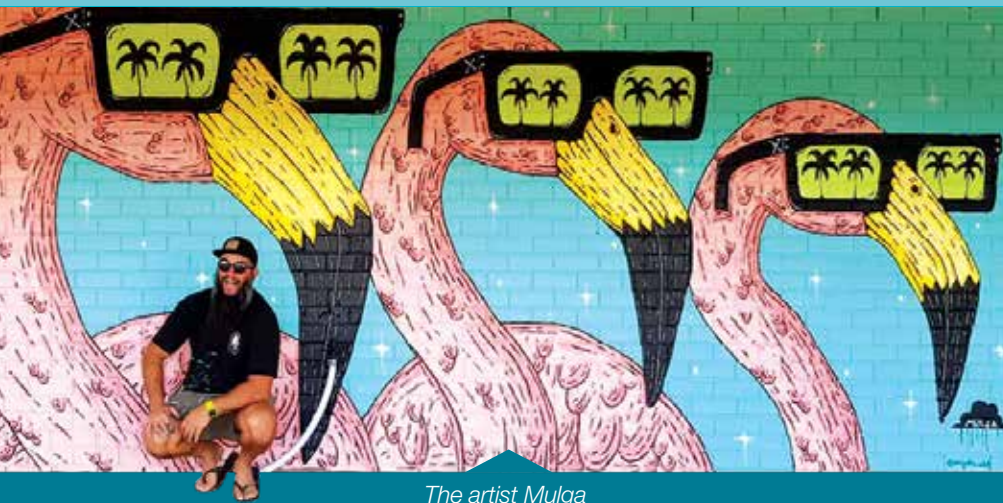
DIVERSITY MATTERS

NEWSLETTER – MAY 2019



hmc

Hunter Multicultural
Communities



The artist Mulga



Talented students helped out with the creation of the mural



Benny, Teddy and Lenny begin to take shape.



Many thanks to the head of staff at Warner's Bay High for organising the project!



And, of course, thanks to all the students!

Mulga the artist worked with us and The Wall Street at Warners Bay High as part of our "Diversity Walls" project, advocating harmony, resilience and tolerance. He worked with talented year 9 and year 11 Visual Arts students to create a beautiful mural depicting three flamingos with snazzy tropical sunglasses.

When asked, "Why flamingos?" Mulga replied:

“Flamingos represent harmony and resilience in different cultures. It's about standing out from the crowd, as well. Maintaining your individuality.”

Find more of his amazing artwork and even the story behind the three flamingos (Benny, Teddy and Lenny):

Facebook @mulgatheartist

Website www.mulgatheartist.com.au

Email mulga@mulgatheartist.com.au

As usual, a big thanks to The Wall Station for their ongoing support of our Diversity Walls project!

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For those of you who don't already know this year is the 70th anniversary of the Greta Migrant Camp that brought early post-WWII migrants to NSW and our region. These migrants played a very important social and economic role in shaping the region, and we have planned events to pay tribute to the camp, and the people that came through the camps to help shape the multicultural region we all live in and enjoy today.

The HMC has commissioned "The Wall Station" to curate a photo exhibition that will open on the 1st June in the Hall and will showcase and display those iconic images from the camp. Everyone is invited to enjoy drinks and nibbles, and the event will open from 1.00pm – 3.00pm. In addition, on the 30th June we will be holding a film night showing "Silver City", a movie about life in the camp, along with a Q&A from Alek Schulha who has written a book about camp life. There are many other events also planned for the rest of the year and info can be obtained from us here at the HMC.

The "Diversity Walls" project is in full swing! As per my regular updates to our Facebook page, the project was launched by Joe La Posta who had a great day here at the HMC looking around at the work we do. In addition to launching the project, there are artworks now in place at the HMC and at Warners Bay High, and we give our thanks to students from Callaghan College for being involved and participating in the programme. The next artwork will pay tribute to the Greta Migrant Camp and will be located at the Branxton Community Hall, and will engage with students from Kurri Kurri High School. We also have plans for dedication to all the works at the HMC hall once the project ends.

I want to also take the opportunity to offer a big congratulations to Milan and his team for an amazing audit outcome this month! We are subject to government audits as part of our CHSP funding, and the outcome and feedback from the interim report was a great testament to all the amazing work we do here, and in particular to Milan and his team for their dedication and efforts. Well done to you all!

The Garden continues to flourish and we are hoping that we can secure another 6 month Work for the Dole initiative along with the possibility of having a children's interactive playground being built on site to support the café and facilities that we are expanding. We are hoping to have our own colonies of bees within the next few weeks, as well as some chooks. Eggs and honey shouldn't be far behind!

Finally, 20th May saw the celebration of National Volunteers week and I felt it deserved a mention in the newsletter. We are humbled and grateful always to the work and dedication from our team of volunteers whether you be Garden, Shed or aged care centres, we could not do what we do without you so a HUGE thanks to you all.

We look forward to continued support and seeing you at our upcoming events.



Jason Scriven

Business Development Manager



Diversity Walls

As part of our Diversity Walls project alongside public art agency The Wall Street, we have participated in another mural to promote diversity and tolerance in our communities. Joseph La Posta, CEO of Multicultural NSW appeared to help launch the new mural and celebrate all the great work Jacinta and Nick Fintan have done, along with the much-appreciated help of students from the nearby Callaghan College campus.

Additionally, we had the honour of being assisted by the wonderful Christina Huynh, who paints under the name 'Styna'. Coming all the way from Sydney to offer her expertise in typographic pieces, she added special personal flare to the mural after being inspired by two quotes that resonated with her personal definition of diversity. Find more beautiful examples of her work:

Website www.christinahuynh.com.au

Email christina-huynh@live.com



The beautiful Christina Huynh



Meet the team!

Greta Migrant Camp 70th Anniversary

PHOTO EXHIBITION

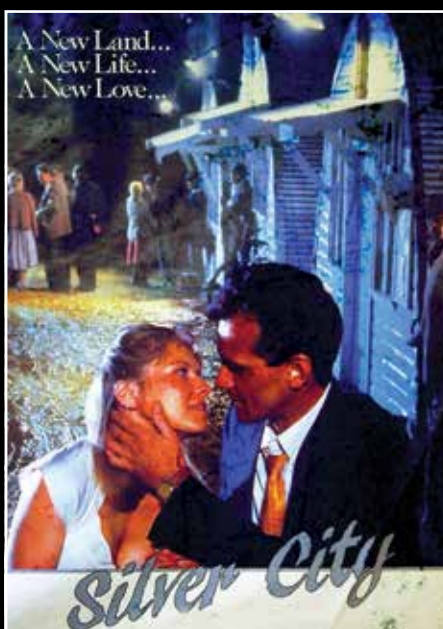
Hunter Multicultural Communities will be hosting a Photo Exhibition to celebrate the 70th anniversary of the Greta Migrant Camp and the Post WWII settlers that arrived in Australia.

The exhibition will document and show life as it was for those early European settlers as they first landed in Australia to start a new life. The Migrants played an important role in shaping the cultural diversity as well as the economic importance of the Newcastle and Hunter Regions. Come and join us and enjoy learning more about Greta Migrant Camp.

WHEN: This Photo Exhibition will take place every Saturday and Sunday from 10am – 4pm throughout the month of June exactly 70 years after the camp first opened its door to the Migrants. Entry is free.

WHERE: Waratah Community Reserve, 2a Platt Street, Waratah (old Waratah Bowling Club)

Logos: hmc Hunter Multicultural Communities, THE WALL STATION, NSW GOVERNMENT, Multicultural NSW



Greta Migrant Camp 70th Anniversary

EXHIBITION CLOSING NIGHT

SATURDAY 29 JUNE

Event starts 4pm / Movie Screening 6pm

Silver City Film Night and talk by Alek Shulah, followed by buffet and drinks

As a finale to the Greta Migrant Camp 70th Anniversary Photo Exhibition join us for an evening dedicated to the memory of Greta, with a talk by Author Alek Shulah on the history and importance of the Greta camp, along with a screening of the movie "Silver City" which documents life as an early migrant to Australia in the camps.

This will be followed by drinks and a buffet hosted by Hunter Multicultural Communities and The Wall Station and will close the month long exhibition and celebration of the camp.

TICKETS: HMC Members \$25.00 / Non Members \$30.00
Call (02) 4960 8248 to purchase tickets

WHERE: Waratah Community Reserve, 2a Platt Street, Waratah (old Waratah Bowling Club)



HMC Community Garden Report

Another busy couple of months in the Garden with many interested people coming and having a tour of the garden and some new members signing up. A great day was held in March when the Mr LaPosta, CEO Multicultural NSW, dignitaries from Orica and HMC Board Members came to visit the gardens and officially open the Information Centre. Lots of photos were taken on the day and I am looking forward to viewing them.

We were invited to take part in Newcastle City Library's workshop regarding "Seed Saving" with the idea of setting up a Local Seed Bank for the Newcastle and surrounding areas. I attended the workshop and found it very informative with lots of helpful ideas, and the HMC Gardens will be contributing their seeds towards this venture.

Our Mother's Day Market on 11th May was very successful, with many people enjoying coffee and cake at the café, delightful folk music from talented musicians and the opportunity to purchase some lovely gifts and produce from our stall. We will be joining with the Men's Shed for the Market Day on 25th May and are busy potting up plants for sale.

We had a great crop of Queensland Blue and Pink Banana pumpkins this year, with our Prize Pink Banana Pumpkin (an heirloom variety) weighing in at 10.1kg, 67cm long and measuring 66cm around the middle!

The Garden area is now fenced off, thanks to Darren and his Work for the Dole crew, many whom have shown a great interest in the Garden and have been helping out. Our queen bees and their brood will be arriving before the end of May and once the chicken coop is finished in June we will have our chickens and fresh eggs.

Once again we have been busy harvesting kumera (gold sweet potato), chokoes, Jerusalem artichokes, galangal, silver beet, rosellas, eggplants, warrigul greens, chillies and an abundance of various herbs.

I have included 2 easy recipes using some ingredients grown in our garden:

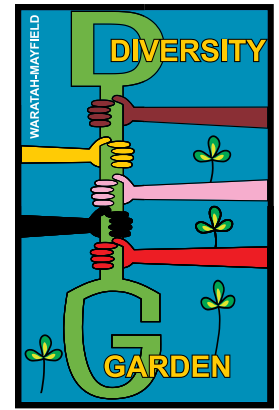
- Honey-roasted Jerusalem artichokes
- Thai salmon cakes

Margaret Kenning

Garden Coordinator



Our gardener Margaret with Mr LaPosta, CEO Multicultural NSW



I am at the gardens most mornings, however Wednesday is our main day when most of the other gardeners attend.

I am making Wednesdays 9am to 3pm as our regular "Market Day" so come over and buy your gifts, plants, fresh herbs, jams, pickles, and relishes.

I am still looking for more volunteers interested in gardening so please come over and see me.



Our garden shed is coming along nicely thanks to the work of our wonderful Work for the Dole participants.

See our Work for the Dole story on the following page for more wonderful projects completed.



Honey Roasted Jerusalem Artichokes

Serves 4

INGREDIENTS

500g Jerusalem artichokes
1 lemon, halved
2tblsp extra-virgin olive oil
Handful of fresh thyme sprigs
Sea salt and cracked black pepper
Honey

METHOD

Heat oven to 200°C

Scrub the tubers well, cut in half lengthwise and rub the cut surface with lemon to stop it browning.

Toss the Jerusalem artichokes in olive oil with the herbs, sea salt and pepper to taste, arrange cut-side down on baking tray lined with paper or oil. Add lemon wedges and bake for 20 to 25 minutes or until soft.

Turn the artichokes cut-side up, drizzle with honey and bake for another five minutes

Sprinkle with extra sea salt and thyme and serve. Enjoy!



Thai Salmon Cakes

Serves 4

INGREDIENTS

2 cups (650g) mashed sweet potato
2tblsp Thai red curry paste
½ cup coarsely chopped coriander
415g can pink salmon
(drained and cartilage removed)

METHOD

In a large bowl, combine mashed sweet potato, curry paste, coriander and salmon, season with cracked pepper. Mix well to combine and shape into patties.

Place in fridge for 30 minutes to an hour and cook in a non-stick fry pan over medium heat until just golden brown. Approximately 4 minutes per side.

Serve with sweet chilli sauce.

The mixture can also be made into smaller bite size balls and served as finger food.



DID YOU KNOW?

Sweet potato vine leaves are edible and are called camote or camote tops in most countries. They are rich in flavour and an excellent source of antioxidants, vitamins and fibre.

Prepare the leaves like spinach. Boil the leaves in a small amount of water to remove any toughness or bitterness. Once tender, chop the leaves and use them in recipes (like quiches) or sauté with butter and garlic, then splash with soy sauce or vinegar and a dash of salt to taste.

Mother's Day Markets

On Saturday 11th May we at the HMC hosted Mother's Day Markets on behalf of our Multicultural Community Garden. Hosted and organised by our wonderful chief garden coordinator Margaret Kenning, it was a lovely relaxing day of music, lunch and a great assortment of gifts such as succulents and homemade jam.



Our very own CEO Annette was manning the café, and made sure everyone had a great day!



Local musicians provided the perfect atmosphere.

Work for the Dole



Since December 2018, Work for the Dole have had a few tasks to do, some of which have been completed and some of which are ongoing. Some of the jobs we have completed include the following:

A concrete pad for wheelchair access to and from buses at the club entrance

Another concrete platform which has a little timber information shed on it. A white fence is in the process of being built.

Assembling bee hive boxes

Painted the shed in the driveway of the Waratah Men's Shed entry

Painted handrails around the HMC and additionally some painting on the exterior of the building, along with some extra colour on the round planter boxes

Repair work on damaged walls inside of the HMC, which involved replacing a section of wall and repainting it

Painting a large section of the interior walls within the HMC hall

Lots of weeding when we repaired the garden planter boxes

A whole lot of mowing and bush cutting

Fitted up the TV at the coffee shop

Along with all of this we are also in the process of building and painting the chook shed according to plans and preference. We really think the chooks will like the white paint, as it should keep them cool in the sun.

Right now we are trying to get the white shed fence up and complete, which should hopefully be done by the time this newsletter comes out. We've had a few little hiccups, but we'll definitely get there.

It's a credit to the WFD people on what they can do and what they have done.

Also, all the staff and workers at the HMC are a great bunch of people to know and to do work for. I have enjoyed these past six months and look forward to another six months at the HMC... or maybe a bit longer.

Darren

Work for the Dole Coordinator

Multicultural NSW 2019 CEO Visit



Joe La Posta visits the shed



Visiting the new Garden Info Centre

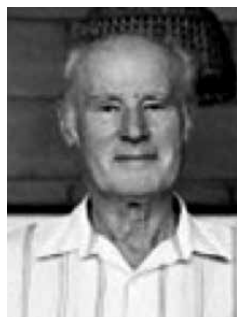


Joe Calls the Bingo!

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.**



OBITUARY

It is with great sadness to see the passing of

**DUDEK
FRANCISZEK
'FRANK'**

Member of our
Polish Community

Passed away peacefully
on 1st May 2019

Aged 90 years

Our thoughts are with
his friends and family

THANK YOU...

Chef

You can take the chef out of the kitchen, but you can't take the kitchen out of the Chef.



Chef's interest in the Waratah-Mayfield Men's Shed began in late 2014 when he had retired from work. He had always been very busy as Head Chef and was accustomed to the pressure of organising a kitchen brigade to cater for functions and run a bistro. His family was noticing that he needed some direction back in his life as he was starting to feel melancholy and a bit lost for purpose. So his daughter Kellee suggested that he look at the new Men's Shed starting at Waratah. He became involved in the organisation and volunteered to help run the BBQ at the opening ceremony on 26th of June 2015 when Peter Cosgrove officially opened the Shed and has been there ever since.

Since then, he has obtained great satisfaction in passing on his skills to some of the members. Cooking a nutritious and economical lunch gives him chance to utilise all that knowledge he has gathered over the years and exchange it for woodwork skills and live skills that other members provide. When some of the other members help him in the kitchen he loves passing on his expertise and show them things that they may find helpful in the kitchen at home. For some men, who find themselves now having to prepare meals, these skills can help them cope with everyday meal planning and preparation. Alas, the Men's Shed teaches a lot of skills necessary to cope with everyday life, not just how to drive in a nail. This gives the men a way of supporting each other through difficult times and capitalising on the skills they have to offer.

When the Shed had a recent Men's Health Day with Raymond Terrance Shed, Chef organised the catering and all hands were on deck to help. The day was a great success and exceeded expectation.

Chef takes as much pride in preparing a satisfying meal on a slim budget as preparing a food for royalty when he worked in London! He achieves fulfilment in volunteering at the Men's Shed in knowing he is helping others while gaining knowledge and friendship, and it certainly helps keep that black dog away.

Chef is the one guy who has helped out in many ways in the Shed, he joined us in 2015. He volunteered to be our cook for Wednesday's lunch. The meals he has provided could be from a baked dinner to a BBQ, there is always plenty to go around. Some of the guys take leftovers home that night and there is also leftovers for lunch on Thursday. Chef is a great supporter of the Shed, often I ask him for his opinion of what he thinks is happening in the shed and we work things out together. Chef is well-liked by the guys and often gives them sound advice on matters to do with the Shed or personal life. Whenever there is a special event or function scheduled, he is the first to put up his hand to help and organises the meals for these events. Chef puts on an amazing Christmas lunch at the end of the year for all the HMC Staff and Shed Volunteers. Chef is also our volunteer Santa at our Christmas market and is always there to help anyone he can. We are pleased to be a part of his life and will be there when he needs help. Well done, and a big thank-you from the boys!

Conversational English



Every Friday at the HMC people of all ages can join up with our Conversational English classes FREE of charge. Experienced volunteer teachers are always available for adults who would like to strengthen their English speaking skills in a casual and fun environment. It's also a great opportunity to meet new people and get involved in Australian culture.

Classes are run each week in the normal school term, and run from 9.30am to 11.30am, and everyone from new arrivals, to students, to people retired from the workplace are all invited to come along and get involved with this amazing opportunity!

For more information please contact us:

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



What are the signs of cyberbullying?

We all have a role to play in keeping kids and young people safe online

For tools, tips and advice go to eSafety.gov.au/languages

Online Safety
Start the Chat



eSafetyCommissioner eSafety.gov.au



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www.huntermulticultural.org.au

