

# DIVERSITY MATTERS

NEWSLETTER – FEBRUARY 2020



# hmc

Hunter Multicultural  
Communities



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We hope you had a great Christmas and New Year and enjoyed the holiday period.

We hope you enjoy the first Newsletter of 2020. There is much to tell you all and we are looking forward to the year ahead with new plans and projects in the pipeline and we have more events and exciting things happening here at the HMC in the coming year.

I would firstly like to reflect on last year and say a huge thank you to all those people that helped out with the Greta Camp event in November 2019. The event was a huge success with over 14,000 visitors over the two days, the Migrant Museum and performance stage were certainly the highlights of the weekend and again my sincere thanks to all that helped out.

This year we have plans to expand some of the areas and reach of our aged care services, we will be out in the community looking at new and emerging community areas to see how we can best reach and serve those areas like Cameron Park, Fletcher and other emerging suburbs. Milan will keep us all posted as to progress on these areas.

The Garden and the Shed continue to do great work and I am sure you are aware the aims to make the Community Garden self-sufficient in the future are in full swing with Margaret now producing and selling our own eggs, honey, jams and pickles. All produce is also available in the café.

The Men's Shed focus for this year is to get them a dust extraction system installed and I will be focusing my time on grant submissions to accommodate this.

I am pleased to announce that we managed to secure the Work For The Dole guys for another 6 months and we welcome Darren, Paul and the team back for 2020.

Please stay in touch with what's going on as I will shortly announce a programme of events that will include Film Nights, Seniors Festival, Market Days, Café Formal Launch, BBQ Days and other events throughout the year.

We look forward to an exciting 2020 at the HMC!



**Jason Scriven**

*Business  
Development  
Manager*





## THANK YOU...

### George Boyko & Robert Lojszczyk

The HMC would like to recognise in particular 2 volunteers who helped make the 70th Anniversary of the Greta Migrant Camp event a huge success.

Firstly, **George Boyko** who was President of the HMC between 2008 and 2009. George is of Ukrainian heritage and has continued to be active member of our organisation over the years. His help and assistance with the planning and logistics in the lead up and during the event was greatly appreciated.

Secondly, **Robert Lojszczyk** who has been part of the Polish Association of Newcastle for many years. He not only coordinated much of the event planning, but kindly volunteered to be the MC for the 2 day event in November 2019.

We are so grateful to all the support we received from so many volunteers in 2019 and for the Greta 70th Anniversary. We could not have realised our vision if not for your selfless actions.

In recognition of their efforts, we congratulate George and Robert. Please accept the **\$50 gift card** with our sincere thanks and appreciation.

## 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.**

# Godfather Espresso

Flexible Options is a registered provider under the NDIS and supports people with disabilities in a range of activities including supported independent living, community access, supported holidays, skill building and supported employment.

The Godfather Espresso started in February 2019 to support people with disabilities in employment; It started with 4 individuals with the goal of employment in their NDIS plan.

A mobile coffee cart was purchased and training in coffee making and food preparation began. By August 2019 the Godfather Espresso moved into the café at the HMC building in Waratah and supported employee numbers expanded to 10 and with the support of staff employees now making coffee and tasty treats for breakfast, morning tea and lunch.

## OPEN

**MONDAY TO FRIDAY**  
8AM – 2PM

**SATURDAY**  
8AM – 12.30PM

**Come along and support the café that makes a difference!**

**Contact us on**  
**0407 429 385.**

# Greek Recipes

Angela, Head Cook



## Greek Halva

Halva is a semolina pudding that is sweetened with syrup and studded with nuts. It is a dessert that has been adopted into the Greek culture and is widely served during fasting periods because there are no eggs or dairy in the recipe.

### INGREDIENTS

8 cups of sugar  
8 cinnamon sticks  
8 cloves  
1 cup of honey  
1 cup of olive oil  
2 cups of semolina  
1 cup of walnuts

### METHOD

In a pot, add the 4 cups of water, 8 cups sugar, 8 cinnamon sticks, 8 cloves, and bring to boil for 5 minutes, turn off the heat and add the honey.

In a deep pot, on medium to high heat, add the extra virgin olive oil and 2 cups of semolina. Constantly stir with a wooden spatula until the colour changes from a golden blonde to a golden brown.

Once the colour changes add the 1 tablespoon ground cinnamon. Stir.

Very carefully, slowly add small amounts of the simple syrup to the semolina (the hot syrup will steam and splatter, so be careful!)

On a medium-low heat, continually stir until the mixture thickens. Add the almonds and stir.

Transfer to a cake pan and let it cool.

Turn over onto a cake platter and dust with cinnamon.



## Fasolada

"Fasolada" is considered to be the national dish in Greece. It comes from the ancient times and it consists of beans and vegetables. Nothing more, nothing less. According to Wikipedia, it was used as food during sacrifices for the Greek God Apollo.

As a tourist in Greece, you may not find it in too many restaurants and taverns, as it's not considered to be a "poor" meal. You will need a Greek mum or grandma to make it for you! That's why we are here! We want our readers to have the possibility of enjoying such a delicacy.

### INGREDIENTS

500 gr (17 oz) navy or cannellini beans  
1 large onion coarsely chopped  
3 carrots coarsely sliced  
2 celery sticks sliced  
2-3 large sweet and ripe tomatoes  
2 tsp of concentrated tomato paste  
½ cup of extra virgin olive oil.  
Salt and ground pepper.

### METHOD

The night before, place the beans in a large bowl with plenty of water and let them soak overnight.

In a large pot, boil the beans in plenty of water for about 15 minutes. Drain them, use fresh water and start boiling them again.

After 20 minutes, add the onion, celery and carrots. Keep boiling on medium heat. Give it a stir from time to time.

Use a blender and make a smooth tomato paste with the fresh tomatoes and the concentrated paste.

After 15 minutes, add the tomato paste and give it a stir.

Depending on your taste, you may need to add some hot water if you think that there will not be enough of juice for your soup.

Try the beans to check if they have softened enough. When that's the case, add the olive oil. Stir well and keep boiling.

Before you finish cooking (when the beans are melting in your mouth), season with salt and pepper to taste.

Serve hot, with lots of nice bread and olives. Bon appetit!

## Work for the Dole

Painting is on the cards, and a lot of prep work is involved, for example; filling holes in cracks and concrete, as well as sanding and washing down all of the walls prior to painting.

We have just sorted out power for the information shed, so a fridge and a fan can be operational in there, so it's all good.

Unfortunately it's been a bit slow because a lot of our people have been taking time off due to the fires, which affected us for roughly two weeks, but since we're back we will be doing some more garden work in our Community Garden, such as weeding, watering and mowing.

Also, we will be sorting out the pictures and photos in the hall area and making some frames. Additionally, looking at the ceiling in the hall it looks like some water damage, and there is a lot of paint flaking. Doing the work in this area is going to take a lot of patience and understanding about what we are doing. We think Mondays are the best days to do the work, because there isn't a lot going on and not many people about.

I would also like to thank the Men's Shed for their generosity of letting the WFD people borrow some tools and lending a hand when needed, along with some useful information on some of our jobs. The microwave they gave us for our lunch shed is mad and works great!

**Darren**

*Work for the Dole Coordinator*



# Waratah - Mayfield Men's Shed Report



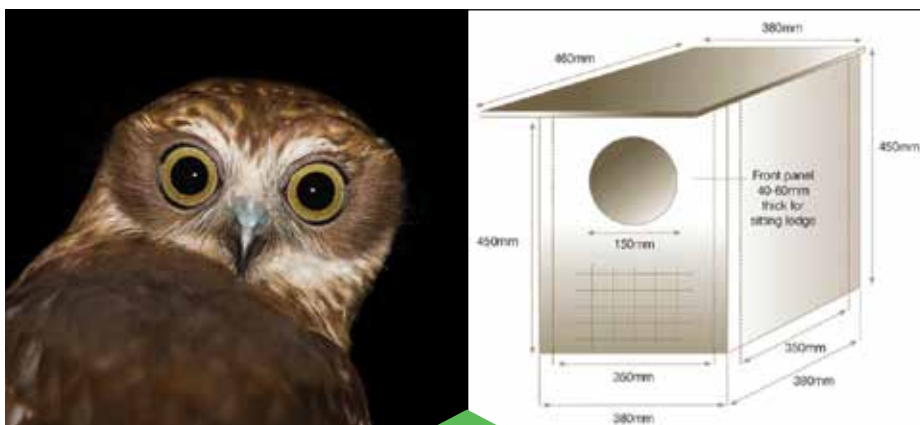
2019 has been and gone. It was a busy year in the way of helping the public with small jobs, BBQs for our guests, making signs for the Greta Camp, flag poles, and stand bases. Also, looking after 2 school groups with building a BMX bike ramp and 2 fire engines, one of which will go in our play area.

Winding up the year we provided a large Christmas lunch for the HMC staff, coffee shop staff, our Work for the Dole group, our own members and our special guests. We catered for approximately 80 patrons!

At the end of the year we all earned a well-deserved break.

In 2020 we aim to provide a dust extractor system through grants. This will cost around \$60,000. Hopefully we will get the grants needed, as this will help prevent respiratory problems with the guys in the Shed, as we all support Men's Health. Additionally, this year we have decided to hold car boot sales. For the last 2 and a half years we have held market days which attract stall holders but not much interest from the public.

We have been approached by WIRES to build nesting boxes because of the devastation caused by the recent bushfires and they will be donated by our shed at no cost. We are building nests for the Boobook Owl from off cuts of timber, and we will make smaller nesting boxes for other birds such as the Eastern Rosellas.



**A Southern Boobook Owl, one of the cute critters we're supplying nests for! They will look like this diagram.**

With all this going on we will still be doing work for the public along with helping Darren and his boys.

Lastly but not least, we will be going to Gresford and Muswellbrook for billy cart racing. Gresford will be held on Easter Saturday with a date for Muswellbrook yet to be fixed. We have 2 more carts to race which will give us more racing time. These days support several charities and gives our boys a good fun day out, so come support our teams!

PS: Coming up in April is Youth Week, billy cart races, and our first car boot sale!

**Dave**

*Men's Shed Coordinator*

## CAR BOOT SALE Saturday 18 April

**4960 8248**  
**Boot Sellers Wanted**

The Men's Shed are looking for local people interested in a car boot sale!

You can find us at 2a Platt Street Waratah (across from the train station!) if you'd like to drop in and enquire, or you can call us at 4960 8248, or email us at [office@huntermulticultural.org.au](mailto:office@huntermulticultural.org.au)

**Spaces are \$10 each,  
set up is at 7am, with the  
event running until 2.30pm.**

# HMC Community Garden Report

Thanks to Deb from the HMC Café, our 8 Isa Brown hens arrived late September. The first egg was laid on 4th October, then 2 eggs on the 6th October. We now get 8 eggs most days and they are in great demand with Staff and Volunteers at the centre. Our eggs won **FIRST PRIZE** for **"The Best 6 Brown Eggs"** at the recent Morisset Show!

Due to the water restrictions, extreme heat and gusty winds, it was decided not to grow any summer crops as they would not have survived. However we did grow for the Café, some baby spinach in large pots that we could move around under shrubs for shade for their lunch trade.

We are busy now preparing seedlings for our autumn crops and hope the weather will be kind to us and the plants. I have been out in the garden enjoying the wonderful rain and the plants and I am loving it.

Since Christmas we have harvested our honey, some cherry tomatoes, red onions, fennel, spring onions, leeks, beetroot, rhubarb, mangos, okra, limes, plenty of herbs and shortly our olives.

Have been very busy again bottling honey and making pickles, chutneys and relishes – all ready for sale at the Information Centre and our next **Market Day on Saturday 9th May** that will have a "Mothers' Day Theme".

We invite you to bring your mum, mother-in-law or grandmother for coffee and cake or lunch at the HMC Café, tour the Gardens, inspect and buy some of the wonderful gifts for sale at the Market Day Stalls, relax and listen to live music.

The green house is packed to the rafters with seedlings, young plants, herbs and succulents that have been propagated from various plants and are ready to sell at our Market Day along with mini succulent gardens and terrariums.

Thank you to those who have dropped off small jars, pots, plants, chokoes and other fruit to the Gardens, they are all being put to good use! We have also recently designed a **"Gift Voucher"** which may be purchased for any nominated amount at any time, and can be redeemed for plants, pots, novelty gift items and more; come and have a talk to me about them.

**"The Greta Rose"** & Memorial Garden was officially opened in late October and has created a lot of interest. I am happy to say that I have been successful in propagating lots of 'The Greta Rose' and have many for sale. It is a climbing rose with pale pink flowers, a vigorous grower and will cover a fence or trellis in no time.

We have had some wonderful visits from various schools and early education centres in the latter part of last year, and it has been a wonderful experience, especially from Tillys No. 2 Waratah who also joined us on our November Market Day.

The children who came on the excursion were delighted to show their parents and siblings the chickens and fed them spinach and sorrel leaves which made both the children and the chickens very happy! Many come to the garden on a regular basis and bring some kitchen scraps from home or pick the sorrel. One group from a local day care centre make large "Veggie Ice Blocks" to keep the chickens cool on the very hot days.



Our very first egg!

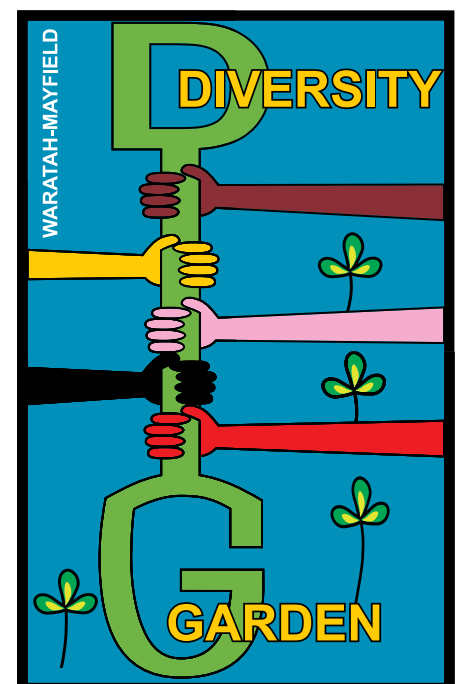


Some of our prize winning eggs!

Recently we had 3 advanced shade trees delivered, namely an elm, a jacaranda and a golden rain donated from the Lord Mayor and Newcastle City Council – a very much appreciated gift.

**Margaret Kenning**

*Garden Coordinator*





# Harvesting the honey!

We now have 3 flow bee hives and are harvesting and selling our own honey, available Monday to Saturday at the HMC Café and Garden Information Office.

300g jars for \$6.

500g jars for \$9.



Check out the recipes using some of our harvest: **Latvian Honey Cake** and **Steamed Fish with red onions, pesto, fennel and olives**.

Many thanks to all who have tried my recipes in earlier editions and who have come to the Gardens to let me know how much you enjoyed them!

## We'd love to meet you!

We still need some keen gardeners to join us for a few hours each week.

**THE GARDEN AND CAFÉ ARE NOW OPEN:**

**MONDAY TO FRIDAY  
8AM – 2PM**

**SATURDAY  
8AM – 12.30PM**

**GARDEN ONLY  
SUNDAY MORNINGS**

(times vary - please let me know if you would like to assist on Sundays)

Contact me on  
0413 229 740.



### Modern Latvian Honey Cake

#### INGREDIENTS

##### Cake

3 eggs  
2 cups of plain flour  
2 level teaspoons of baking soda  
1 cup of honey  
Pinch of salt  
Baking paper (cut into 8 equal sized rectangles - approx 260mmx170mm)

##### Filling

900ml sour cream  
½ cup sugar

#### METHOD

Heat oven to 220°C.

Sift flour, salt and baking soda into a bowl. Add honey and the lightly beaten eggs and stir until mixed thoroughly.

Place 1 or 2 of the baking paper rectangles on a biscuit tray. Spread a thin layer of the mixture onto the baking paper.

Bake for 3 mins (top should turn a golden brown). Put the cooked rectangles aside and make 7 or 8 in total.

##### Filling

Whip the sour cream and sugar together. Trim rectangles to neaten edges (retain pieces to decorate cake).

Assemble the cake with filling between each cake layer and over the outside of the final cake. Decorate with cake crumbs or leave plain.

Refrigerate for 12 hours.



### Steamed fish with red onions, pesto, fennel, and olives

Serves 2

Gluten free; Dairy free (optional)

#### INGREDIENTS

1 small bulb fennel, trimmed and cut into 6 pieces  
2x 160g pieces salmon  
150g cherry tomatoes, halved  
¼ cup mixed olives  
1 small (120g) red onion, peeled and cut into sixths  
Extra virgin olive oil  
2 tablespoons pesto (dairy free optional)

Sea salt black pepper

To serve: pumpkin mash if desired and rocket salad

#### METHOD

Heat oven to 200°C, and lay two large pieces of baking paper on a tray to lay ingredients into as the steaming parcel. Start with the fennel pieces to create the base, then add salmon, arrange cherry tomatoes and olives around the fish, top with red onion pieces, drizzle with extra virgin olive oil, and season with sea salt and black pepper.

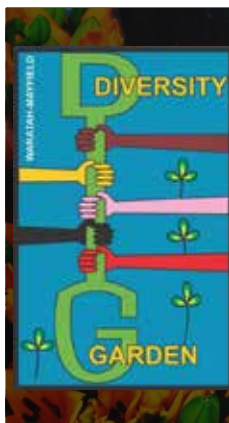
Wrap the ends in and fold over to create a parcel and place in the oven to bake for 20 minutes. Once cooked, transfer to plate with a dollop of pumpkin mash if desired, drizzle pesto around the edges, garnish with herbs or the tops of the fennel if handy, and enjoy!

HUNTER MULTICULTURAL COMMUNITIES PRESENTS

# MARKET DAY

**SAT 9TH MAY 2020**

**8AM - 2PM @ 2a Platt Street**



Come join us at the Waratah-Mayfield Community Garden for our yearly Mother's Day Market!

Stall spots are severely limited and \$10 each, so get in quick!

For inquiries and bookings please contact via:

PH: 0413 229 740

Email: [office@huntermulticultural.org.au](mailto:office@huntermulticultural.org.au)



## LIVE MUSIC

Enjoy lunch at the Multicultural Cafe run by the wonderful Godfather Espresso, all the while listening to great live music and supporting young people with disabilities!



## GREAT DEALS

We've got lots of great stalls lined up for you to peruse while enjoying the sunshine, a wide variety of local people selling various wares, from clothes to toys and delicious food.



## GARDEN SPECIALS

Homemade jams, pickles and honey are all available from the Garden, along with succulents, potted plants and terrariums. Herbs (both dried and fresh) are available for all your cooking needs!