

NEWSLETTER

Meals and Messages for 17 - 23 Mar 2025



The HMC acknowledges the Traditional Custodians of Australia, and that our office is on Awabakal land. We pay our respect to Elders past, present and emerging, and extend that respect to all Aboriginal and Torres Strait Peoples, with their connections to land sea, and community.



HMC Highlights!

Another amazing week within the HMC!

- HMC hosted Seniors Celebration for Seniors Week! Our hall was at Capacity and our Carpark, was turned into a small expo with over 20 stall holders. Two live bands and our Seniors were serenaded by the Dementia Choir.
- Our Acting CEO Rebecca and President Faith attended the Premier's Harmony Dinner hosted by Multicultural NSW held at Darling Harbour last Wednesday.
- Our Thursday Group had a wonderful day out at Minmi Courthouse and Village enjoying the peaceful surroundings.
- The Nepalese Community of Newcastle hosted Holi Mela Festival last Thursday – the weather was perfect for a successful event for our community members.
- Our next event will be the HMC MULTICULTURAL FIESTA – A Free Family Friendly event on Saturday 5 April from 10am -3pm Come on down to enjoy and experience the varying cultures that are alive and well in Newcastle.

If you would like to join our birthday list, please email:

office@huntermulticultural.org.au

Birthday Corner!



3 March	Monica W
17 March	Margaret S
19 March	Dorothy W
20 March	Helen M
20 March	Huibert L
20 March	George D. H
20 March	Maria D
21 March	Gerd P. S
22 March	Gerry R
22 March	Norina A
23 March	Dianne J
23 March	Dorothy R

Joke of the Week!

Why did St. Patrick drive the snakes out of Ireland?



Because he couldn't afford a plane ticket!

Calendar of Observances: March

1: International Wheelchair Day &
International Women of Colour Day
2: Clean up Australia Day
3-16: NSW Seniors Festival
8: International Women's Day
13: Purim

14: Holi
17: St Patrick's Day
17-23: Harmony Week
20: Close the Gap
30: Ugadi (Telugu New Year)
30-31: Eid al Fitr



GARDEN NEWS



17th March 2025

Wishing you all "The Luck of the Irish" for St. Patrick's Day!!! **** And the day to plant your Sweet Pea Seeds****

I have had a very busy "Seniors Week" starting last Monday with a lovely Lunch & Entertainment at the HMC and then on Thursday off to the Hunter Wetlands for Morning Tea, a concert of Music & Poetry provided by the Newcastle & Hunter Valley Folk Club and then off for a tour of this wonderful place.

Our seed sowing from a few weeks ago for our Autumn & Winter crops are now ready to plant out into a Garden Bed. Now it's back to propagating lots of cuttings to be ready for sale at the HMC FIESTA & Easter in April & Mothers' Day in May.

Don't forget to buy a jar of Propagating Honey @ \$4.00 ea. I use it instead of the more expensive Hormone Powders to strike cuttings. Why not give it a go!!

We have some Native Herbs both Dried & Fresh for Sale @ \$4.00 a pkt.!! Lots of Plants & Mini Succulent Gardens for Sale, so come on over and check out what we have to offer and while you are here, sample our Lemon Myrtle Tea or Cordial !!

The Chickens are being affected by the weather at the moment – Hot & Humid one day and Wet, Cold & Windy the next, so are not laying at the moment – SORRY NO EGGS!!.

This week is also going to be very busy!!

- Wednesday – we will have Students from the Callaghan Campus, Waratah come and learn about gardening. They will be visiting on Wednesday afternoons during the School Term.
- Thursday morning – a visit from lots of our little friends from "Tilly's Child Care". It is always a delight to have them come and help to feed the Chickens.
- Friday morning – I am off to Tilly's No.2 to assist the Staff & Children set up some Garden Beds to grow their own Veggies & Flowers.
- Saturday morning will see our regular Mordenvale Medieval Group hold their meeting.

Children's Gardening Workshops.

1. Composting for Kids Workshop: 10am – 11am – Saturday 12th April 2025 – No Charge – Organised by Newcastle City Council's Waste Education & Waste Services Unit. Bookings essential – contact me for details.
2. During the April School Holidays I will be holding Children's Garden Workshops & related activities, 10am – 12n Wed 16th, Thurs 17th, Wed 23rd & Thurs 24th, so if you are interested or know of someone who may be, please let me know and register, so I can be in touch with details etc. Each week will have different Topics & Themes.

I am usually in the Garden 9am to 2.00pm on Wednesdays & Thursdays plus Saturdays 9am until 1.00pm OR by appointment at other times.

Margaret – HMC Garden Co-ordinator – Phone 0413 229 740 westwick1@dodo.com.au
& Jay – HMC Garden Manager

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Bulletin Board



Join us as a Volunteer



Would you like to make a difference in your community?

At Hunter Multicultural Communities we value the contributions of our volunteers. The benefits of volunteering with us include:
Meet new people and make a difference in your community
Enjoy a free lunch with the group (fresh 3 course meal)
Volunteer recognition program
Free training and ongoing support
Volunteers are covered by insurance
Subsidised expenses relevant to duties

If you are interested to volunteer your time to help us with other members of your community, we would love to hear from you.

To find out more and register call
Hunter Multicultural Communities on
4960 8248




HUNTER MULTICULTURAL COMMUNITIES

WEEKLY ACTIVITIES

MON 10AM-1PM	Walking group & light lunch, Community Garden, Community Shed
TUE 9AM-2PM	Social group, Community Garden, Community Shed
WED 9AM-2PM	Social group, Community shed (supervised), Community Garden
THUR TIMES VARY	Social Group Outing, Community Garden, Community Shed
FRI 9AM-2PM	Social group, Community Garden, Community shed (supervised)

ph: 4960 8248

2A PLATT ST, WARATAH.
WWW.HUNTERMULTICULTURAL.ORG.AU

note: Bookings are required for Thursday Social Group Outings

Scores on Doors
Hygiene and food safety

Excellent
★★★★★




Walking together towards a healthier heart


There's a fun, free and easy way to feel happy and healthy. It's walking! Come along to our regular walks to meet new friends and boost your health.

Join your local walking group at the date and time below:

Group: Hunter Multicultural Communities
When: Mondays - 9:00am to 11:00am
Where: 2A Platt St Waratah NSW
Morning Tea Included
Organiser: Lanny Scholl & Adriana Hannemann 4960-8248


Visit walking.heartfoundation.org.au to register or for more information

Proudly supported by  Australian Government



AUTHOR TALKS SPEAKING OF BOOKS

Echoes of Greta: Beneath the Shadows of Mount Molly Morgan Volume 2 with Alek Schulha
Cessnock City Library | Thursday March 20th, 5:30 - 6:45pm



Cessnock City Library is proud to host an enlightening evening with author Alek Schulha, who will explore the fascinating history of the Greta Migrant Camp, a special event in celebration of Harmony Week.

Harmony Week is a wonderful occasion to acknowledge Australia's rich multiculturalism, promoting inclusiveness, respect, and a sense of belonging for everyone. What better way to delve into the fabric of our nation's heritage than by listening to the remarkable stories of those who contributed to it?

In his upcoming book, *Beneath the Shadows of Mount Molly Morgan Volume 2*, Alek further investigates the experiences of the tens of thousands of migrants who arrived in Greta from Europe following World War II. These individuals, in search of new beginnings in a foreign land, began their Australian journeys within the Greta Migrant Camp.

About the author: Alek's books go beyond historical accounts, featuring poignant personal stories of early migrants that showcase their challenges and triumphs. His research provides valuable insights into migration's impact on Australian and Hunter Region history. This event invites those connected to the Greta Camp or interested in history to experience an inspiring evening of storytelling with Alek Schulha, celebrating the diverse narratives that shape Australia's identity.

HARMONY WEEK
EVERYONE BELONGS HARMONY.GOV.AU

Bookings essential. Book your place by clicking on "What's On" here: cessnock.nsw.gov.au/libraries or by calling Cessnock Library on 4993 4399 or Kurri Kurri Library on 4937 1638.

Stay at home for as long as possible

with the help of the Hunter Multicultural Communities



The Hunter Multicultural Communities is an all-inclusive organisation catering to the needs of people in the community who are over 65.

We offer a safe environment where you can make friends and have a nutritional multicultural 3 course meal.

Come along to our Social Support Groups!
Monday to Friday at the Hunter Multicultural Communities premises.
2A Platt St Waratah (opposite Waratah Train Station)

Our Services also include:

- Social Groups - activities, outings, special days, exercise, music, art, high tea, Port Stephens, Morisset, Waratah, Maitland
- Individual Support - shopping, outings, visiting
- Flexible Respite - in-home, community access
- Individual Transport - appointments, outings
- Multicultural Meals Delivery - 3 course meals delivered Maitland, Raymond Terrace, Salamander Bay
- Community Garden
- Community Shed



If you would like to attend a group or are interested in any of our other wonderful services please call **4960 8248**

Find out more on  www.facebook.com/huntermulticultural or visit www.huntermulticultural.org.au

Seniors' Days Out!



Seniors' Day Out
Thursday 20 March 2025

Join us for a trip to the Tea Gardens!

We will be visiting Galleries in the Garden Art Gallery. Morning Tea at Tillerman's Café followed by lunch at The Garden Eatery \$16.50. Walking Tour Optional along Myall River.

LEAVING HMC AT 8:30AM.
RETURNING TO HMC AT 3:00PM

Bookings are essential
PH: (02) 4960 8248
address: 2a PLATT ST waratah



Seniors' Day Out
MORNING TEA, FIGHTER WORLD, & LUNCH
THURSDAY 27 MARCH

Join us for a trip to Williamtown to visit Fighter Bean Cafe for morning tea and an optional tour of Fighter World. Then lunch at 3 Sicilians!

Departing HMC: 8:30am
Returning to HMC: 3:00pm
Lunch at 3 Sicilians: \$15 per person
Fighter World Tour (optional): \$16 per person

BOOKINGS ESSENTIAL!
Ph: (02) 4960 8248
2A Platt St WARATAH NSW 2298



Seniors' Day Out
TRIP TO MEREWETHER!
Thursday 3rd of April

Join us for morning tea at The Grumpy Baker, then a scenic drive around Merewether, followed by lunch at Club Merewether!

Leaving HMC at 8:30am, returning at 3:30pm.

Surprise raffle at the Grumpy Baker!
Club Merewether
Firefly Lunch Specials - \$18!

BOOKINGS ESSENTIAL!
Ph: (02) 4960 8248
2A Platt St WARATAH 2298



Seniors' Day Out
Thursday 10th of April
Hunter Valley Chocolate Company

Join us for a trip to Cessnock, where we will stop at the Hunter Valley Chocolate Company for morning tea and an opportunity for Easter shopping! Afterwards, lunch will be at East Cessnock Bowling Club.

Leaving HMC at 8:30AM, returning at 3:30PM.

BOOKINGS ESSENTIAL!
Ph: (02) 4960 8248
2A Platt St WARATAH 2298

Call our office to secure your spot!
(02) 4960 8248

02 4960 8248 / Waratah Community Reserve, 2a Platt St, WARATAH NSW 2298

office@huntermulticultural.org.au / www.huntermulticultural.org.au /

Find us on FaceBook  / Find us on Instagram 



CELEBRATING Harmony WEEK



TUESDAY 18th OF MARCH, 10AM- 2PM
2A PLATT ST, WARATAH

**Join us at HMC on Tuesday as we celebrate
Harmony Week with The Eagle Rocks Dance Group,
and a \$15 lunch! We will also have a lucky door
prize and a lantern-making workshop!**

Everyone belongs!



Ph: (02) 4960 8248

E: office@huntermulticultural.org.au

2A Platt St WARATAH 2298

2025 MULTICULTURAL

Fiesta

**SATURDAY
5 APRIL**
10am - 3pm

Hunter Multicultural Communities
Waratah Community Reserve, 2a Platt Street, Waratah

Celebrating our diverse cultural communities' unique music, dance,
food and arts, promoting social cohesion and cultural harmony!

Live performances across two stages by Big Jarda,
Samba Frog, Newcastle Bhangra Empire, Mala - Women in Song
+ many more to be announced

- >> Multicultural music, dance, food & arts
- >> Festive stalls and vivid cultural entertainment
- >> International cuisine from Food Trucks & Cultural Groups
- >> Great coffee, cakes, sausage sizzle
- >> Indigenous dance & arts
- >> Kids face painting, jumping castle & petting zoo

**FREE
ENTRY**

 HunterMulticultural
Phone 4960 8248



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Communities



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Last week at HMC!



Seniors' Day Out: Minmi Courthouse & Lunch



Seniors Week Celebration at HMC!



The Premier's Harmony Dinner 2025 *Hosted by Multicultural NSW*

Weekly Menu

Week 4, 17-21 March 2025

Orders Closed

Monday 17 March 2025

E: Moroccan Sweet Potato, Carrot and Chickpea Soup (V)

M: Beef Tortellini with Napoletana Sauce and Vegetables

D: Seasonal Fruit Salad (V)

Tuesday 18 March 2025

E: Sweet Potato, Spinach and Ricotta Rotolo (V)

M: Cajun Chicken with Wedges and Vegetables

D: Hawaiian Guava Cake (V)

Wednesday 19 March 2025

E: Ham and Pea Soup

M: Lamb, Tomato and Olive Casserole with Couscous and Vegetables

D: Jellied Fruit

Thursday 20 March 2025

E: Penne Boscaiola

M: Pork Sausages with Caramelised Onion, Mash and Vegetables

D: Chocolate Brownie (V)

Friday 21 March 2025

E: Hearty Vegetable and Lentil Soup (V)

M: Roast Beef Dinner

D: Butter Cake with Passionfruit Icing (V)

Week 1, 24-28 March 2025

Orders Closed

Monday 24 March 2025

E: Fettuccini Alfredo (V)

M: Chicken Cacciatore with Vegetables and Chats

D: Rhubarb Crumble (V)

Tuesday 25 March 2025

E: Minestrone Soup (V)

M: Roast Lamb Dinner

D: Vanilla Tapioca Pudding (V)

Wednesday 26 March 2025

E: Sun Dried Tomato, Feta and Spinach Muffin (V)

M: Massaman Beef Curry with Rice

D: Masala Chai Bread Pudding (V)

Thursday 27 March 2025

E: Chicken and Sweet Corn Soup

M: Hoisin Pork with Vegetables and Rice

D: German Apple Cake (V)

Friday 28 March 2025

E: Creamy Pumpkin and Spinach Pasta

M: Crumbed Fish with Wedges and Vegetables

D: Strawberry Sponge Cake (V)

Disclaimer: Menu subject to change without notice

Disclaimer: While all care is taken, Please be aware that our food may contain or be exposed to common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat