

# NEWSLETTER

## Meals and Messages for 16 - 22 June 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!

- Last Monday HMC was closed for the public holiday!
- The sun came out a bit this week, we were grateful for a bit of warmth and sunshine.
- There were no Active Stronger Better Classes last week due to the King's Birthday, but this week, Annette is leading in Stretching and Balance on Tuesday!
- On Thursday, a group of our clients travelled to Bonnell's Bay for a scenic drive and a lovely lunch!
- HMC has changed it's bank details! For more details, see more information in this newsletter.
- We are still accepting volunteer drivers for our meal service! See more information on the Bulletin Board below, as well as our Facebook & Instagram!
- HMC is upgrading it's carpark! If you would like more details or to have your say about the upgrades, see more information in this newsletter or visit the News & Events tab on our website!
- If you would like to join our birthday list or subscribe to our email, please email: [office@huntermulticultural.org.au](mailto:office@huntermulticultural.org.au)

### Birthday Corner!



17 June	Barry A
17 June	Elaine G
18 June	Patricia M
19 June	Diana M
20 June	Norma K
21 June	Geoffrey F
21 June	Marie W
22 June	Theos W
22 June	Maria N

#### Staff & Volunteer Birthdays!

17 June	Hugh A
19 June	Phoebe M
20 June	Marni N



### Employee of the Month for June...

*Suzi!*

### Joke of the Week!

Why shouldn't you tell  
secrets in a corn field?



Because there are too  
many ears!

# Calendar of Observances: May

1-30: Pride Month  
1-3: Shavuot  
2: Italian Republic Day  
3: Mabo Day  
4-9: The Hajj (Pilgrimage) to Mecca, Saudi Arabia  
4: World Environment Day  
6-10: Eid al Adha  
8: Pentecost  
8: World Oceans Day

12: Philippines Independence Day  
15-21: Refugee Week  
20: World Refugee Day  
20: Matariki (Māori Lunar New Year)  
22: World Rainforest Day  
25: Croatia Independence Day  
27: Al Hijri (Islamic New Year)  
30: Red Nose Day



## GARDEN NEWS

16 June 2025

Sunshine during the week, and the Plants, Chickens & the Gardeners are making the most of enjoying it. Finally my car is fixed, so Thursday I was able to go Grocery Shopping without having to stand in the rain waiting on Buses that are either running late or do not come at all and then having to wait for the next one an hour later. Thankyou to the HMC Staff & Volunteers who have been picking me up getting me home safely these past weeks, it has been very much appreciated.

The last weeks we have had Dan return after living in Sydney for some time, and also 2 new ladies Christina & Liz joining us, welcome all and I look forward to working with you all.

Lots of Visitors to the Garden – Wednesday, Students & a Teacher from Callaghan Waratah Campus came over to inspect the Garden & will be joining us each Wednesday during the School Term to do some Gardening. Thursday, 12 young visitors & 4 carers from Tilly's 1 came to visit & assist in feeding our Chickens and watching their antics. It is always a joy when the Children from both Tilly's 1 & 2 come to visit. Saturday we had one of our very regular Mordenvale Medieval Group hold their meeting in the Garden.

### Produce for Sale

We still have some Sweet Potato, Trombochinni, Galangal, Shallots, Lemon Grass and a variety of Fresh or Dried Herbs (European & Native Bush Food) for sale from \$2.00 packet. Also still have a few Kent Pumpkins (whole – from \$4.00, half- from \$2.00 or quarters from \$1.00), depending on size). There are a range of Potted Plants including Herbs & Pots, Mini Succulent gardens for sale too. Jars of Lemon Marmalade & Also jars of "Propagating Honey" for \$4.00. Use this when propagating your favourite plants & shrubs instead of the Expensive Commercial Gels & Powders on the market.

June & July are going to be very busy in the Garden with lots of Bookings, Workshops & Visits to & from Tilley's 1 & 2 as well as the construction of our new Chicken Coop. Newcastle City Council's "Children's Composting Workshop" in July & in August, Newcastle City Council will be holding a Backyard Chickens Workshop" a first for the HMC!!! ALSO I will be again holding School Holiday Garden Workshops for our "HMC Junior Volunteers" on Wednesdays, Thursdays & Fridays during those 2 weeks. Application Forms are ready & available now & will be sent out to all on my mailing List.

I will be in the Garden this week 9am to 2.00pm on Wednesday, Thursday & until 1pm Sat.

Keep Safe & Well Everyone!!

Margaret – HMC Garden Co-ordinator – Phone 0413 229 740 [westwick1@dodo.com.au](mailto:westwick1@dodo.com.au)

& Jay – HMC Garden Manager

Bluey's Tyre, Exhaust and  
Mechanical PTY LTD  
Waratah

colourworks

THANK YOU TO  
OUR SUPPLIERS!



Flexible Options  
where you really want to be

E.W.H.  
FOOD SERVICES

GSR AUTO TEK  
FLEET SERVICING

Initial  
The Experts in Hygiene

IRON  
MOUNTAIN®

JOB LINKplus

PSP  
www.portpack.com.au

Slick Chicks  
POULTRY & GAME SPECIALIST

Tenambit  
Butchery

TimeIT  
solutions

THE UNIVERSITY OF  
NEWCASTLE  
AUSTRALIA

TWP  
The Water Place

Williams  
PREMIUM WHOLESALE

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





# Bulletin Board



## Cancer Lived Experience Survey

20 minutes of your time can change the future of cancer care



If it matters to you it matters to us

Take part in this national cancer experience survey and help us build a future where survival isn't dictated by cancer type, postcode or financial means.

### Why participate?

- Your voice drives real change. Findings will be used to improve services for people with cancer.
- A better experience for all. Findings will help us to advocate for equal access to care for everyone, regardless of their cancer type, location, or finances.

### Who can take part?

- Any adult, living in Australia, who:
  - currently has cancer
  - has had cancer in the past
  - is the primary carer for a person with cancer
  - has cared for someone who had cancer who has died

Patient Support  
0800 011 011 / 0800 011 011  
In 1800 231 600

Brought to you by Rare Cancers Australia  
www.rarecancers.org.au



## HUNTER MULTICULTURAL COMMUNITIES

### WEEKLY ACTIVITIES

- MON 9AM-1PM** Walking group (optional)/Gentle exercise & light lunch, Community Garden, Community Shed
- TUE 9AM-2PM** Social group (Bingo & Gentle exercise, Community Garden, Community Shed
- WED 9AM-2PM** Social group (Bingo), Community Garden Community shed (supervised)
- THUR TIMES VARY** Social Group Outing (optional)\*/ Social Group, Community Garden, Community Shed
- FRI 9AM-2PM** Social group (Bingo), Community Garden, Community shed(supervised)

ph: 4960 8248

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

\*note: Bookings are required for Social Group Outings\*

Scores on Doors  
Hygiene and food safety

Excellent



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](http://walking.heartfoundation.org.au) to register or for more information



## 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 3 course meal.

Come along to our Social Support Group! Meets 1st 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, Murrumbidgee, Maitland
- Individual Support - shopping, outings, visiting
- Flexible Respite - in-home, community access
- Individual Transport - appointments, outings
- Multicultural Meals Delivery - 3 course meals delivered
- Multicultural Friendship Groups - Kurni/Cessnock, 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

Volunteers call 4960 8248  
to get in touch!



## VOLUNTEERS NEEDED

We're looking for friendly, reliable volunteers to help deliver meals to people in our community who need a little extra support

### BENEFITS

- ✓ Give back to the community
- ✓ Flexible Commitment
- ✓ Volunteer Experience





# Seniors' Days Out!



**Seniors Day Out**  
Murrook Culture Centre  
Thursday 19<sup>th</sup> June 2025

**BOOKED OUT**

exhibitions in the Café  
Afterwards, we will have lunch at Meadowie Social Club, where the lunch specials are \$15!

Departure from HMC: 8:30am  
Return to HMC: 3:00pm

**Bookings Essential! Only 33 Spots!**

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



**SENIORS' DAY OUT**  
RESCUE HELICOPTER BASE  
TUESDAY 24<sup>th</sup> JUNE, 2025

**BOOKED OUT**

Rescue Helicopter Base  
tea and tour the base. One person!  
Then we will have lunch at Northern Star Hotel in Hamilton!

Departing HMC at 9:00am  
Returning to HMC at 3:00pm

**ONLY 10 SPOTS!**  
**BOOKINGS ESSENTIAL!**  
PH: (02) 4960 8248  
2A PLATT ST WARATAH 2298



**SENIORS' DAY OUT**  
Trip to Norah Head  
Thursday 26 June 2025

**BOOKED OUT**

Norah Head Light House  
Light House Bistro! Lunch specials

DEPARTING HMC AT 8:30AM  
RETURNING TO HMC AT 3:30PM

Optional Tour of the Light House:  
First Level - 24 Steps for \$5.00  
Second Level - 96 Steps for \$10

**ONLY 33 SPOTS! BOOKINGS ESSENTIAL!**  
Ph: (02) 4960 8248  
2A Platt St WARATAH 2298



**Seniors' Day Out**  
Trip to Maitland  
Thursday 3<sup>rd</sup> July, 2025

Join us for a trip to Maitland where we will have morning tea at The Orange Tree Café. Then we will visit the Earth Markets, where we can buy fresh produce and see a free cooking demonstration and tasting. Then we will have lunch at Imperial Hotel, where the lunch specials are \$17!

Departing HMC at 8:45am  
Returning to HMC at 3:30pm

**PLEASE NOTE: The cooking demonstration is subject to cancellation if there is bad weather**

**Only 33 Spots! 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 



# ACTIVE STRONGER BETTER CLASSES

JUNE 2025 at HMC

**Tuesday 3<sup>rd</sup> June, 11:30am - 12:10pm**

Stretch and balance with Annette

**Monday 9<sup>th</sup> June - KING'S BIRTHDAY**

No class due to Public Holiday

**Tuesday 17<sup>th</sup> June, 11:30am - 12:10pm**

Stretch and balance with Annette

**Monday 23<sup>rd</sup> June, 11:00am - 11:45am**

Dance Fit with Jess

**CALL HMC TO BOOK**

**Ph: (02) 4960 8248**

**2A Platt Street WARATAH 2298**

## Info About Free Bowel Cancer Screening Test Kits

The Cancer Institute NSW has launched a campaign to motivate people aged 50 to 74 to do the free test when they receive it in the mail. People aged 45 - 49 can request a kit.

For more information about the campaign and the free kit, please scan the QR code below to be taken to Cancer Institute NSW's website, or search this link:

<https://www.cancer.nsw.gov.au/dothetest/>



## BUILDING WOMEN'S CAREERS EMPOWERHER PATHWAYS



Come and join us to promote this amazing program that has just been launched to promote young women into a career!



**MONDAY 16<sup>TH</sup> JUNE**

**4:00PM - 5:30PM**

**2A PLATT ST WARATAH**

**REFRESHMENTS PROVIDED**

**RSVP BY 11TH JUNE**






**MULTICULTURAL  
MORNING TEA**

17TH JUNE 2025  
11AM-1PM

»»————««

A SELECTION OF SANDWICHES AND SWEET TREATS  
AS WELL AS TEA AND COFFEE

»»————««

JOIN WESLEY MISSION'S CARE FINDER  
PROGRAM & HMC'S CARER SUPPORT GROUP  
FOR A FREE COMMUNITY MORNING TEA TO  
CELEBRATE REFUGEE WEEK

»»————««

BELLBIRD COMMUNITY HALL PARK  
2A CROSSING STREET, BELLBIRD NSW 2325



**hmc**  
Hunter Multicultural  
Communities

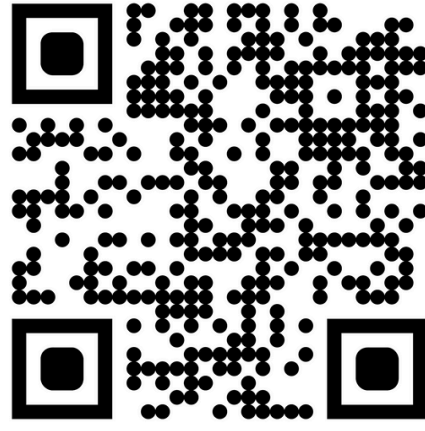
**wesley mission**  
driven to do more good





HMC is upgrading it's carpark! If you would like to have your say, scan the QR code below to fill out a feedback form, or get a physical copy of the feedback form from Reception.

The option to provide feedback will close at 5pm on the 26<sup>th</sup> of June.



HAVE YOUR SAY

## HMC New Bank Details

We have sent out the invoices for the month of May, and if you have already received yours, you may have noticed that our banking details have changed.

A few of our clients have called to confirm that these details are correct, and we would like to make sure everyone is aware of the change.

Below are our new bank details.

**BSB: 325 185**

**Acc: 041 477 44**

**Name: Hunter Multicultural  
Communities**





# HMC Photos!



Bus trip to Bonnell's Bay!  
3/06/25!





# Weekly Menu

## Week 1, 16 - 20 June 2025

### Orders Closed

#### Monday 16 June 2025

**E:** Quiche Lorraine with Side Salad (V)

**M:** Lamb & Rosemary Sausages with Caramelised Onion and Gravy, Mash Potato and Seasonal Vegetables

**D:** Peach Cobbler with Custard (V)

#### Tuesday 17 June 2025

**E:** Miso Soup (V)

**M:** Pork Roast with Roast Potato, Pumpkin, Seasonal Vegetables, Apple Sauce and Gravy

**D:** Carrot Cake with Cream Cheese Frosting (V)

#### Wednesday 18 June 2025

**E:** Mushroom Arancini with Tomato Relish (V)

**M:** Baked Fish with Couscous and Seasonal Vegetables

**D:** Lemon Meringue Pie (V)

#### Thursday 19 June 2025

**E:** Roast Pumpkin Soup (V)

**M:** Chicken Schnitzel with Herbed Chats, Seasonal Vegetables and Dianne Sauce

**D:** Sticky Orange Cake (V)

#### Friday 20 June 2025

**E:** Penne Carbonara

**M:** Sweet & Sour Pork with Steamed Rice and Vegetables

**D:** Custard Tart (V)

## Week 2, 23-27 June 2025

### Orders Closed

#### Monday 23 June 2025

**E:** Chicken and Vegetable Soup

**M:** Mild Chilli con Carne with Steamed Rice and Seasonal Vegetables

**D:** Bavarian Chocolate Cake (V)

#### Tuesday 23 June 2025

**E:** Vegetable Pasta Salad (V)

**M:** Shepherds Pie topped with Mash Potato, with Seasonal Vegetables

**D:** Pavlova (V)

#### Wednesday 23 June 2025

**E:** Minestrone Soup (V)

**M:** Roast Chicken with Roast Potato, Pumpkin, Seasonal Vegetables and Gravy

**D:** Pineapple Cake with Cream (V)

#### Thursday 23 June 2025

**E:** Crumbed Chicken Tenders with Side Salad and Aioli

**M:** Corn Beef, Mash Potato, Seasonal Vegetables and White Sauce

**D:** Sticky Date Pudding with Butterscotch Sauce (V)

#### Friday 23 June 2025

**E:** Potato, Leek and Bacon Soup

**M:** Pork Steak with Mustard Cream Sauce, Potato Chats and Seasonal Vegetables

**D:** Apple Strudel and Custard (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