

NEWSLETTER



Hunter Multicultural Communities acknowledges the Traditional Custodians of Australia, and that our office is on unceded Awabakal land. We pay our respect to Elders past, present, and emerging, and extend that respect to all First Nations, with their connections to land sea, and community.



HMC Highlights

As the temperatures continue to drop, we hope everyone is keeping warm and well. It was another busy and rewarding week at HMC. We proudly celebrated Italian Republic Day. Clients went on a community bus trip to Stockton 3 Sicilians Italian restaurant.

We had the pleasure to attend the MNC Expo in Newcastle, where we connected with community members, organisations, and stakeholders to showcase the important work being delivered across our multicultural communities.

Reminders

When making a payment, please include the invoice number as the reference. See the newsletter for an example.

Our next staff training day is Monday 15 June. There will be no services running, only meal delivery will be in operation. Please contact our office if you have any questions.

If you would like to subscribe to our newsletter, please contact: info@huntermc.org.au

HAPPY BIRTHDAY

8 June	Helen C
9 June	Barbara C
9 June	Brian S
10 June	Gwennyth O
10 June	Maxwell O
11 June	Elise B
11 June	Hector D
11 June	Rozalia L
11 June	Michele M
12 June	Tom P
13 June	Elisa S
14 June	Shirley B

Did you know?



Festa della Repubblica is Italy's National Day. It remembers 2 June 1946, when Italians voted after the Second World War to become a republic, rather than continue with a king.



Calendar of Observances: June 2026



1 June - Western Australia Day
 1 June - National Meat Pie Day
 1 June - National Dairy Month
 3 June - Mabo Day
 4 June - National Cheese Day
 4 June - Corpus Christi
 5 June - National Donut Day
 5 June - World Environment Day
 6 June - Queensland Day
 8 June - Queen's Birthday

8 June - King's Birthday
 8 June - World Oceans Day
 16 June - National Vegemite Day
 18 June - International Sushi Day
 20 June - World Refugee Day
 21 June - International Yoga Day
 21 June - Winter Solstice
 25 June - Ashura
 27 June - International Pineapple Day
 29 June - International Mud Day

GARDEN NEWS

8 June 2026

WINTER HAS ARRIVED!!!! - Rain & Cold Winds

I am back in the Garden and on *light duties & shorter days*, so if you wish to see me, let me or the Office know and I will make sure I am there to see you.

On Monday we are very excited to have a group of very young Children from Tilley's-Waratah visit the Garden & the Chickens, for most it was a first visit. It is always a delight to have them.

On Wednesday we had a visit from Sue McIntyre and her Christmas Bush Garden Club had a quick tour of the Garden and a talk and talk on "Bush Tucker" Foods & Plants. Look forward to a return visit in the future.

On Saturday 13th June, the Newcastle City Council will be holding a "Fermenting Workshop" at the Garden, Enquiries & Bookings are through Katie Higgins, NCC, phone no 4974 6120.

For Sale

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. Now is a good time to strike some cuttings of your favourite plants while the weather is still warm.

2Ltrs Worm Juice to feed your plants \$5 - very concentrated & economical 1Ltr W Juice to 9 Ltrs Water. - Thankyou to all who have come & purchased some. Please donate your 1L or 2L milk bottles!!

Fresh & Dried Herbs, Bay Leaves, Curry Leaf, Kaffia Lime Leaves, Parsley, Rosemary, Variety of Mints, Saltbush, Lemon Myrtle & Warrigal Greens & More. Come and sample our "Lemon Myrtle Tea or Cordial" - great to drink hot or cold!!
Spring Onions, Silver Beet, Galangal & Mixed Lettuce Leaves.

Okra seeds \$5per pod



Native (Bush Tucker) Plants for Sale - Strawberry Plants, (still have a few left), A Selection of potted Indoor & Outdoor Plants - various prices.***



This week I will be in the Garden on Wednesday, Thursday & maybe Friday morning - 9.30am to 1.00pm; and on other days & times (working around many Medical Appointments), by appointment - If you especially need to see me - phone 1st to make an appointment.

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

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

info@huntermc.org.au / www.huntermulticultural.org.au

Find us on FaceBook / Find us on Instagram / Find us on LinkedIn

When making a payment, please include the invoice number in the top right-hand corner of your invoice – found in the red box – as your bank payment reference. This helps us match your payment to your account quickly and correctly. Thank you.



TAX INVOICE

Invoice Date
5 Jun 2026

Invoice Number
XXXXXXXX

Hunter Multicultural
Communities Inc
PO Box 318
WARATAH NSW 2298
Ph 02 4960 8248



Payment reference located here

NEW MEMBER SHOUTOUT



SERVING AND CONNECTING THE MUSLIM
COMMUNITY IN NEWCASTLE

Serving and connecting
the Muslim Community
in Newcastle

[More information here](#)



Bulletin Board



Scores on Doors
Hygiene and food safety

Excellent
★★★★★

hmc
Hunter Multicultural Communities

HMC IS GROWING!

65+ MEMBERS **30,000+** PEOPLE CONNECTED THROUGH OUR MULTICULTURAL NETWORK

Join us
Have your community's voice heard in regional decision making

COMMUNITY | EVIDENCE | ADVOCACY

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Hunter Multicultural Communities

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

Heart Foundation
Walking

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: Lonnay Scholl & Adriana Hannemann 4960-8248

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

Become a Mobile Field Representative

Australian Bureau of Statistics
Census

- Travel to help Census teams in your region
- Distribute and collect Census forms
- \$39.68 per hour (incl. 25% casual loading) + super

See all opportunities at census.abs.gov.au/jobs

Volunteers call 4960 8248 to get in touch!



THANK YOU TO OUR FRIENDS

Long hours? Odd shifts?
We've got you covered with ready-to-heat, hearty meals delivered straight to your door. Perfect for shift workers - miners, transport, medical and hospital staff. Also great for busy families wanting to spend healthy, ready-to-eat meals to their elderly or friends in need.

Affordable & filling, real food without the fuss
Skip the expensive takeaways. Our meals are generously portioned, great value, and full of flavour.

Heat and eat - no stress, no mess!
No shopping, chopping, or washing required. Just microwave, satisfying meals you can rely on.

THREE COURSE MEAL JUST \$20 DELIVERED TO YOUR DOOR, AVAILABLE MONDAY - FRIDAY.

Order today at hmcmealdelivery.com.au

Every order supports Hunter Multicultural Communities, a not-for-profit that reinvests back into the community.

hmc
Hunter Multicultural Communities
MEAL DELIVERY SERVICE

Supported by City of Newcastle

SAMPLE MEAL PACK
\$20.00 (incl. 25% casual loading)

Meat, Lentils, Broccoli, Potato, Peas, Carrots, Onions, and Seasoning & Herbs

DESSERT: Spiced Pear & Date Custard





Wednesday 24th June

Seniors Day Outing



Dobell Festival - Lake Macquarie
U3A Orchestra in Concert - Free Event

Morning Tea at 360 Cafe
Lunch at Warners bay - Lunch special \$18

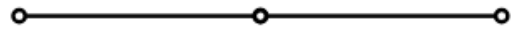
Only 12 spots - Booking essential
Departing HMC 9.30am approx.
Returning HMC 3.30 pm approx.

We also kindly ask clients if they can contribute \$5 for bus



DRUMMING EXERCISES

August - December 2026



AUGUST: MONDAY 17TH,
11:00AM

SEPTEMBER: MONDAY 7TH,
11:00AM

OCTOBER: THURSDAY 15TH,
11:00AM

NOVEMBER: MONDAY 9TH,
11:00AM

DECEMBER: THURSDAY 10TH,
11:00AM

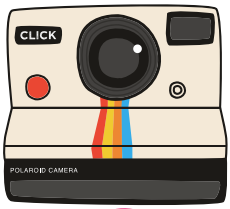
Drumming is \$5 per person

NEW MEMBER SHOUTOUT



Nonprofit organisation representing and advocating for the Bangladesh Community

[More information here](#)



HMC Through the Lens



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

info@huntermc.org.au / www.huntermulticultural.org.au

Find us on FaceBook / Find us on Instagram / Find us on LinkedIn

WHAT'S ON



SENIORS DAY OUT

THURSDAY 11th June

MAITLAND ART GALLERY

Join us for a bus trip to Maitland, where we'll have morning tea at Seraphine Cafe, followed by a visit to Maitland Art Gallery and lunch at Hunter River Hotel

Departure from HMC 8.45 am approx
Return to HMC 3.30pm approx.

Lunch Special \$19

We also kindly ask clients if they contribute \$5 for the bus

BOOKINGS ESSENTIAL!

PH: (02) 4960 8248

2A Platt St WARATAH NSW 2298



SENIORS' DAY OUT

Caves Beach

THURSDAY 18TH of June

Join us for a trip to Caves Beach! We'll have morning tea at Mylo's cafe, and then for lunch, we'll be going to Swansea sport club – Lunch Special \$18 pp

Departing HMC at 9:00am approx.
Returning to HMC at 3:30 pm approx.

Only 28 spots - Bookings essential.
We also kindly ask clients if they can contribute \$5 for bus.

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



SENIORS' DAY OUT

THURSDAY 25TH OF JUNE

SALAMANDER BAY

Join us for a trip to Salamander Bay. Morning tea at The Deck Cafe. Scenic drive. Then lunch will be at Horizons Golf Club

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

ONLY 28 SPOTS! BOOKINGS ESSENTIAL!
WE ALSO KINDLY ASK CLIENTS IF THEY CAN CONTRIBUTE \$5 FOR BUS.

PH: (02) 4960 8248
2A PLATT ST WARATAH 2298

HMC Group Activities

For Mondays and Thursdays in June

MONDAY

1st of June
Drumming
Lunch Bingo

8th of June
PUBLIC
HOLIDAY

15th of June
STAFF
TRAINING

22nd of June
Sit Dancing
Lunch Bingo

29th of June
Sit Dancing
Lunch Bingo

THURSDAY

4th of June
Trivia
Lunch Bingo

11th of June
Painting
Lunch Bingo

18th of June
Indoor Bowls
Lunch Bingo

25th of June
Wimbledon Day
Lunch Bingo

COMMUNITY MATTERS

COMMUNITY | EVIDENCE | ADVOCACY



We had the pleasure to attend the Multicultural Neighbourhood Centre Inc. services expo last Wednesday,

Wonderful to see the Lord Mayor Gavin Morris supporting a Multicultural Newcastle.

Become a member with HMC and be part of the conversation.

Join our multicultural membership network, have your community's voice heard, and help shape decisions that matter across our region.

Apply here: [Membership Application](#)



HMC IS GROWING!

65+

MEMBERS

30,000+

PEOPLE CONNECTED THROUGH OUR MULTICULTURAL NETWORK

COMMUNITY

EVIDENCE

ADVOCACY




Join us

Have your communities' voice heard in regional decision making

MENU 11: 1st June -26th June - **All Meal Clients are required to call our office to secure your order for Menu 11**

Payment via Direct Deposit at Beyond Bank or EFTPOS. Please check your invoice for banking details or by calling: 4960 8248

PAGE 1: Disclaimer: While all care is taken, Please be aware that our food may contain or come into contact with common allergens such as; Milk, Dairy, Fish, Shellfish, Mollusc, Sesame, Lupin, Peanut, Almond, Brazil Nut, Cashew, Hazelnut, Macadamia Nut, Pecan, Pinenut, Pistachio, Soy, Wheat, Gluten, Barley, Oats, Rye (V) = Vegetarian. Please note, Menu may be subject to change without notice. We are Still in the Process of finding a chef, this will be a temporary menu for the month of June and a new seasonal menu will be out for the months of July-September. Our new chef will create the next menu, if you have any questions please contact our office.

Date	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1: 1-5 June 2026 Orders Close: Friday 22 May 2026 at 2:00PM	Entrée: Quiche Lorraine with side salad Main: Chicken Schnitzel with roast potatoes and seasonal vegetables Dessert: Pavlova with fruit and cream	Entrée: Minestrone Soup (V) Main: Chicken Mignon with mushroom sauce, garlic cream and seasonal vegetables Dessert: Lemon Tart with cream	Entrée: Vegetable and Corn Fritters (V) Main: Roast Pork with baked vegetables and apple sauce and gravy Dessert: Jam Roll Trifle	Entrée: Smoked Salmon Blinis with Sour Cream and chives Main: Grilled fish with wedges and a side salad Dessert: Chocolate Mousse and Cream	Entrée: Chicken Mulligatawny Soup Main: Beef Stroganoff with Mushrooms, Pasta and Seasonal Vegetables Dessert: Baked Custard and Stewed Fruit
Week 2: 8-12 June 2026 Orders Close: Friday 25 May 2026 at 2:00PM	Public Holiday 	Entrée: Chicken and sweet corn soup Main: Lamb and vegetable pie topped with sliced potatoes Dessert: Apple Crumble with custard	Entrée: Creamy Pumpkin Soup (V) Main: Roast Beef Dinner with cauliflower Mornay, Roasted Seasonal Vegetables and Gravy Dessert: Butter Cake with Lemon Myrtle icing	Entrée: Vegetable Frittata Main: Roast Chicken Dinner with Roast Potato, Pumpkin, Seasonal Vegetables and Gravy Dessert: Apple and Rhubarb Crumble	Entrée: Greek Salad with Feta and Olives Main: Beef Lasagne with garlic bread Dessert: Golden Syrup Dumpling with Custard
Week 3: 15-19 June 2026 Orders Close: Friday 5 June 2026 at 2:00PM	Entrée: Sundried Tomato and Roasted pumpkin pasta Main: Veal Scallopini with seasonal Vegetables Dessert: Strawberry Mousse with cream	Entrée: Mushroom Arancini Balls (V) Main: Chicken kyiv with Seasonal Vegetable and Potato Mash Dessert: Banana Muffin	Entrée: Chicken Soup Main: Roast Lamb Dinner with roast Potato, pumpkin and seasonal vegetables Dessert: Chocolate Mousse	Entrée: Moroccan Pumpkin, Haloumi and Chickpeas with Rice Salad (V) Main: Beef Moussaka with beans Dessert: Tiramisu	Entrée: Canneloni with ricotta cream, spinach with a side salad Main: Spaghetti Bolognese Dessert: Bakewell Jam, coconut custard in a tart with cream
Week 4: 22-26 June 2026 Orders Close: Friday 12 June 2026 at 2:00PM	Entrée: Bacon, Egg and Cheese Pie Main: Beef Rissoles with mashed potatoes with seasonal vegetables Dessert: Banana Fritters with caramel sauce	Entrée: Cheese and Asparagus Tart Main: Pork Schnitzel with apple sauce, wedges and seasonal vegetables Dessert: Pear Crumble with custard	Entrée: Roasted Tomato and Capsicum soup Main: Roast Turkey with cranberry sauce and baked seasonal vegetables Dessert: Chocolate lamingtons with cream	Entrée: Pea and Ham Soup Main: Chicken Chow Mein Dessert: Fruit Salad and Yoghurt	Entrée: Salmon patties with a side salad Main: Crumbed Fish Fillet with Sweet Potato Wedges and Seasonal Vegetables Dessert: Cream Puffs