

# NEWSLETTER

## Meals and Messages for 22-28 June 2026

Issue 291



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

It was a busy and meaningful week at HMC as we celebrated Refugee Week and shared stories from participants connected to our community. We extend our gratitude to everyone who generously shared their story with us.

Our clients also enjoyed receiving henna from students from Callaghan College, learning about culture through this hands on experience. Another highlight was a relaxing bus trip to Caves Beach, where everyone enjoyed the beautiful scenery and fresh air.

With plenty of exciting activities and events on the horizon, we look forward to sharing more with you in the coming weeks.

#### **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 13 July. 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](mailto:info@huntermc.org.au)



22 June	Maria N
22 June	Theos S
22 June	Delia S
23 June	Nedjeljko J
23 June	Sandra L
23 June	Lili M
23 June	Leslie N
24 June	Paul C
24 June	Rosa T
28 June	Anne W
28 June	Peter S

### Did you know?

Henna has been used for over 5,000 years in celebrations, weddings, and cultural traditions across Africa, the Middle East, and South Asia.



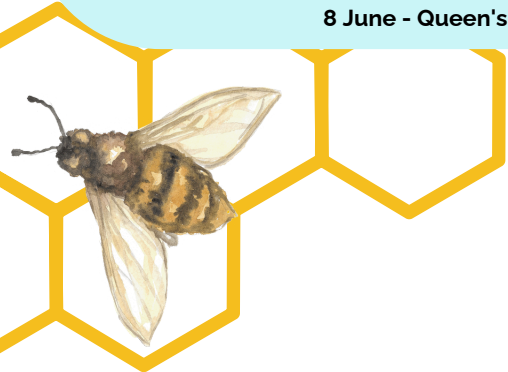


# Calendar of Observances: June 2026



- 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 22 June 2026

### 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.

**Fresh & Dried Herbs**, Bay Leaves, Curry Leaf, Kaffia Lime Leaves, Parsley, Rosemary, Variety of Mints, Saltbush, Lemon Myrtle & More. Come and sample our "Lemon Myrtle Tea or Cordial" – great to drink hot or cold!!

Spring Onions, Silver Beet, Galangal (tubers to grow your own or ready to cook with & Mixed Lettuce Leaves.

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

If you need to see me – phone 1<sup>st</sup> to make an appointment.

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





# 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

COMMUNITY | EVIDENCE | ADVOCACY

Join us  
Have your community voice heard in regional decision making

**hmc**  
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: Lanny Scholl & Adriana Hannemann 4960-8248

Visit [walking.heartfoundation.org.au](http://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](http://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](http://hmcmealdelivery.com.au)

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

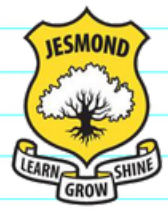
**hmc**  
Hunter Multicultural Communities  
**MEAL DELIVERY SERVICE**

Supported by City of Newcastle

**SAMPLE MEAL PACK**  
\$20.00 (incl. GST & Delivery)

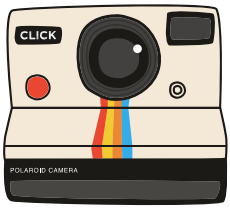
Meat, Lentils, Broccoli, Potato, Peas, Carrots, Onions, and Seasoning & Herbs

DESSERT: Baked Pear & Date Custard



# Trip to Caves Beach





# HMC Through the Lens



Our clients had a great time playing Pass the Painting, a fun activity that encouraged creativity, and plenty of laughs. Each person added their own touch before passing it on, resulting in some colourful and unique masterpieces

Happy Birthday Sharyn, we hope you had a wonderful day



Thank you, Callaghan College Jesmond Senior students for sharing your stories and your Henna skills with our clients



# WHAT'S ON



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

Morning tea at HMC

MAYFIELD WEST BOWLO | 4 Norris Ave, Mayfield West



THURSDAY 9TH JULY | 11.30 START

\$40pp INCLUDES 2 COURSE FESTIVE LUNCH

ENTERTAINMENT BY GREG MASON & SECRET SANTA RAFFLES.



## CHRISTMAS IN JULY!

TUESDAY 14 JULY 2026

HMC is doing Christmas in July!  
Join us at the centre for a special  
Christmas lunch, music with  
Peter Fitzgibbon and a raffle!

10:00 AM - 2:00 PM  
2A Platt St Waratah



LIMITED SPOTS AVAILABLE!  
BOOKINGS ESSENTIAL!

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



## SENIORS' DAY OUT Trip to Nelson Bay

THURSDAY 16<sup>th</sup> July 2026

Join us for a trip to **Nelson Bay!**

We will have morning tea at **The Little Nel**,  
followed by Scenic Drive.

For Lunch will go to **Nigronis** with a special 2 course  
specials \$25

Departing HMC at 8:30am approx.  
Returning to HMC at 3:30pm approx.

**BOOKINGS ESSENTIAL!**

We also ask that clients who attend contribute \$5 to the bus.

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

## 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

Refugee Week 2026 15-21 June

Thank you to everyone who shared their story during Refugee Week. We are so grateful to each participant for helping bring this year's theme, "A Million Stories," to life.



Jasem  
Syria



Anna  
Ukraine



Ahmad  
Afghanistan



Halina  
Poland



Ruza  
Bosnia

# Menu 11: Week 4

## Monday:

**Entrée:** Bacon, Egg and Cheese Pie

**Main:** Beef Rissoles with mashed potatoes with seasonal Vegetables

**Dessert:** Banana Fritters with caramel Sauce

## Tuesday:

**Entrée:** Cheese and Asparagus Tart

**Main:** Pork Snitzel with apple sauce, wedges and seasonal vegetables

**Dessert:** Pear Crumble with Custard

## Wednesday:

**Entrée:** Roasted Tomato and Capsicum soup

**Main:** Roast Turkey with Cranberry sauce and baked seasonal vegetables

**Dessert:** Chocolate lamington with cream

## Thursday:

**Entrée:** Pea and Ham Soup

**Main:** Chicken Chow Mein

**Dessert:** Fruit Salad with Youghurt

## Friday:

**Entrée:** Salmon patties with a side salad

**Main:** crumbed fish fillet with sweet potato wedges and seasonal vegetables

**Dessert:** Cream Puffs

(V) = Vegetarian

MENU 12: 29th June -24th July - Call our office to secure your order for Menu 12.

Payment via Direct Deposit at Beyond Bank or EFTPOS. Please check your invoice for banking details or by calling: (02) 4960 8248

Our food may contain or come in contact with common allergens: Milk, Dairy, Fish, Shellfish, Mollusc, Sesame, Lupin, Nuts, Soy, Wheat, Gluten, Barley, Oats, Rye

Good news! We have found a chef. We will have this single menu rotation before resuming our three-month menu rotation starting the 27th of July.

Date	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1: 29th June-3rd July Orders Close: Monday 22nd June 2026 at 2:00PM	<b>Entrée:</b> Green Falafel & Labneh (V) <b>Main:</b> Grilled Chicken, Fattoush Flat bread & Hummus <b>Dessert:</b> Chocolate Mousse with Fresh Orange	<b>Entrée:</b> Roast Pumpkin, Sage & Spinach Pasta (V) <b>Main:</b> Roast Lamb, Mint Jelly, Green Vegetables & Gravy <b>Dessert:</b> Sticky Date Pudding with Cream	<b>Entrée:</b> Mushroom Risotto (V) <b>Main:</b> Marinated Chicken with Cous Cous and Greek Salad <b>Dessert:</b> Flourless Orange Cake	<b>Entrée:</b> Grilled Haloumi Salad (V) <b>Main:</b> Grilled Fish with seasonal Greens & Crushed Potatoes <b>Dessert:</b> Lemon Tart with Whipped Cream	<b>Entrée:</b> Greens and Cannellini Bean Soup (V) <b>Main:</b> Lasagne Bianco with Rocket and Parmesan Salad <b>Dessert:</b> Apple and Rhubarb Crumble with Custard
Week 2: 6- 10 July 2026 Orders Close: Friday 26th June 2026 at 2:00PM	<b>Entrée:</b> Cream of Mushroom Soup (V) <b>Main:</b> Lamb Navarin with Chat Potatoes, Carrots and Peas <b>Dessert:</b> Apple Strudel with Fresh Cream	<b>Entrée:</b> Pumpkin Quiche (V) <b>Main:</b> Roast Chicken with Green Beans and Soft Polenta <b>Dessert:</b> Chocolate Brownie with Chestnut Cream	<b>Entrée:</b> Chicken Noodle Soup <b>Main:</b> Scotch Egg with Mash Potato and Spinach <b>Dessert:</b> Chocolate and Mint Tart	<b>Entrée:</b> Ricotta and Spinach Pastizzi with Tzatziki (V) <b>Main:</b> Zucchini Slice with Spinach and Herb Salad <b>Dessert:</b> Bread and Butter Pudding	<b>Entrée:</b> Tuna Nicoises Salad <b>Main:</b> Chicken Cotoletta, Braised Winter Green and Chats <b>Dessert:</b> Vanilla Panacotta and Poached Cumquats
Week 3: 13-17 July 2026 Orders Close: Friday 3rd July 2026 at 2:00PM	<b>Entrée:</b> Sweet Potato, Spinach and Lentil Soup (V) <b>Main:</b> Lamb Kofta with Cous Cous, Flatbread and Salad <b>Dessert:</b> Poached Quince with Custard	<b>Entrée:</b> Chicken Noodle Soup <b>Main:</b> Porchetta with Seasonal Vegetables, Potato's and Salsa Verde <b>Dessert:</b> Baklava	<b>Entrée:</b> Pea and Ham Soup(V) <b>Main:</b> Grilled Fish with Seasonal Greens and Crushed Potato's <b>Dessert:</b> Panettone Trifle	<b>Entrée:</b> Pea and Mint Ricotta Pasta Salad (V) <b>Main:</b> Chicken Ballotine with Celeriac Puree and Greens <b>Dessert:</b> Flourless Orange Cake with Whipped Cream	<b>Entrée:</b> Rosemary Focaccia with Green Olive Tapenade (V) <b>Main:</b> Lasagne with Green Salad Salad <b>Dessert:</b> Tiramisu
Week 4: 20-24th July 2026 Orders Close: Friday 10 July 2026 at 2:00PM	<b>Entrée:</b> Chickpea and Parsley Soup (V) <b>Main:</b> Chicken Schnitzel with Mash potato and Gravy <b>Dessert:</b> Meringue with Whipped Cream and Fruit	<b>Entrée:</b> Beetroot and Ricotta and Salad (V) <b>Main:</b> Veal Scallopini with Carrot and Potato <b>Dessert:</b> Frangipane Tart with Cream	<b>Entrée:</b> Potato and Cheese Dumplings (V) <b>Main:</b> Pork Schnitzel with Pickles Cabbage and Mash <b>Dessert:</b> Rhubarb Danish	<b>Entrée:</b> Chicken Noodle Soup <b>Main:</b> Spanakopita and Green Salad with Tzatziki(V) <b>Dessert:</b> Apple Sponge Pudding	<b>Entrée:</b> Mushroom Arancini (V) <b>Main:</b> Roast Beef with Yorkshire Pudding, Roasted Vegetable, Beans and Gravy <b>Dessert:</b> Chocolate Mudcake with Fresh Orange