

# NEWSLETTER

Meals and Messages for 29 June - 5 July 2026

Issue 292



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

July has officially arrived, bringing some chilly weather with it! We hope everyone is keeping warm and looking forward to the exciting activities planned for the month ahead.

Last week we also saw two fantastic bus trips, with clients enjoying a concert at Warners Bay and a day out at beautiful Salamander Bay. It was wonderful to see so many people getting involved and connecting with their community.

### **Reminders**

When making a payment, please include the invoice number as the reference.

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)

**HAPPY  
BIRTHDAY**

28 June	Anne W
28 June	Petar S
29 June	Maria De L
2 July	Zora B
2 July	Edward S
2 July	Margo A
3 July	Maria S
3 July	Kas P
4 July	Elaine B
4 July	Arthur H
5 July	Kathleen M
5 July	Anne R
5 July	Fred H

### Did you know?

The 2026 FIFA World Cup squad for Australia, known as the Socceroos, features players from 15 culturally and linguistically diverse backgrounds. The squad reflects the multiculturalism of modern Australia.





# 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.

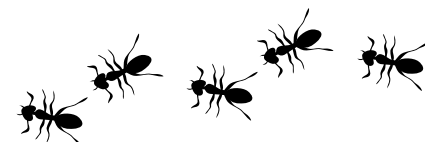
**Native (Bush Tucker) Plants** for Sale - Strawberry Plants, (still have a few left), A Selection of potted Indoor & Outdoor Plants – various prices.\*\*\*

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's 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 avoid 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.

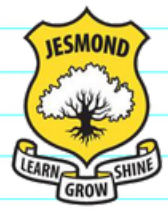
**hmc**  
Hunter Multicultural Communities  
**MEAL DELIVERY SERVICE**

Supported by City of Newcastle

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

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

DESSERT: Baked Pear & Date Custard





# 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



**hmc**  
Hunter Multicultural Communities

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.

**hmc**  
Hunter Multicultural Communities

## 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

\$20 for CHSP clients  
\$55 for HCP clients

LIMITED SPOTS AVAILABLE!  
BOOKINGS ESSENTIAL!

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

**hmc**  
Hunter Multicultural Communities

## 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

Hi I'm Josh, HMC's newest Head Chef. I grew up in country Victoria in a family of passionate home cooks, where my love of food first began. I've now been cooking professionally for over 20 years and after travelling the world and learning from different cuisines, I've now settled in Newcastle with my wife and our two year old daughter.

When I'm not in the kitchen, you'll usually find me snowboarding, snorkelling, gardening, or helping out on my in-laws' farm.



HMC is proud to support the Newcastle Afghan Association Soccer team and the opportunities they create for young people through sport, connection and community. Congratulations on their 2nd place finish at the Mosaic Community Youth Cup.

MENU 12: 29th June -24th July - Call our office to secure your order for Menu 12. (V) = Vegetarian					
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