

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

In celebration of NAIDOC Week, our clients enjoyed a bus outing to The Lemon Turtle in Kurri Kurri. Everyone had the opportunity to experience a delicious Bush Tucker-inspired café menu, celebrating native Australian flavours while learning more about Aboriginal culture and heritage. It was a fantastic day.

Thank you to all of our members, volunteers and staff for your continued support throughout the year. Your involvement allows us to keep creating meaningful programs, activities, and opportunities that bring our community together.

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



| | |
|---------|------------|
| 6 July | Patricia P |
| 6 July | Fernando D |
| 7 July | Lina P |
| 9 July | Nancy B |
| 9 July | Maria T |
| 10 July | Faustina G |

Did you know?

Aboriginal Australians represent the oldest continuous living culture on Earth, with origins dating back over 65,000 years



**NAIDOC
WEEK**
**50 YEARS
DEADLY**
5-12 JULY 2026



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 6 July 2026

Thank you to all who have kept an eye on the Garden & the Chickens for me during the 3 months I have not been able to attend regularly

I will be back at the Garden 1 or 2 days a week on *light duties & shorter days* from this week and look forward to catching up with you all. It has been a very long painful break and I am hoping to get back into the swing of things again (taking it slow & steady).

Produce for Sale

As I have been away since Fiesta, I am not sure what is available at the moment, however call in and we will see if there is anything we can help you with.

·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.

2Ltrs Worm Juice to feed your plants \$5 – very concentrated & economical 1Ltr W/ Juice to 9 Ltrs Water.

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" – a great thirst quenching drink on those very hot days!

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

I will be in the Garden a couple of days this week – depending on how I feel and fitting in with more Medical Appointments. If you especially need to see me – phone 1st to check to see if I will be there.

**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

HUNTER MULTICULTURAL COMMUNITIES

COMMUNITY NOTICE BOARD

COMMUNITY | EVIDENCE | ADVOCACY

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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

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

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

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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

Scores on Doors
Hygiene and food safety

Excellent
★★★★★



GET INVOLVED

VOLUNTEER WITH US
Help support your community

BECOME A MEMBER
Be part of the conversation

THANK YOU TO OUR FRIENDS



NAIDOC WEEK BUS OUTING



WHAT'S ON



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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

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

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SENIORS' DAY OUT

Trip to Nelson Bay

THURSDAY 16th 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

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SENIORS' DAY OUT

Visiting Blackbutt Reserve

THURSDAY 30 July

Join us for a trip to Blackbutt Reserve where we'll have morning tea at their café, Durk's Café and Eatery followed by an optional stroll around the park. For lunch, we will be going to Blackbutt Hotel, where the lunch specials are \$20!

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

BOOKINGS ESSENTIAL
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



**NAIDOC
WEEK**
**50 YEARS
DEADLY**
5-12 JULY 2026

For five decades, NAIDOC Week has celebrated the voices of First Nations communities. Each year, its themes have called for truth, celebrated culture, and honoured resistance.

Fifty Years of Deadly marks a milestone. It is a tribute to the people who built the movement, the Elders who stood firm, the organisers who made space, the artists who turned resistance into expression, and the communities who keep showing up, year after year.

[read more here](#)

Hunter Multicultural Communities welcomes the NSW Government's announcement of \$28.3 million in funding for 30 additional Multicultural Community Liaison Officer positions across NSW in the recent NSW Budget.

We look forward to learning more about how these additional positions will be allocated and the opportunities this investment creates for multicultural communities across regional NSW

[read more here](#)



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