



Manawatu
Multicultural Council

**Multicultural
Centre**



**Manawatu
Newcomers Network**
Connecting People

MISSION STATEMENT

**TO CELEBRATE, TO SUPPORT
AND TO CONNECT THE MULTI-
CULTURAL COMMUNITIES OF
MANAWATU**

Ethnigram – Newsletter

Acknowledgement

Ministry of Social Development

Palmerston North City Council

PN Community Services Council

United Way

Lottery Grant

COGS

President's Message

Namaste & Ethnic Greetings Everyone!



"Perfection is not attainable, but if we chase perfection we can catch excellence" Vince Lombardi

With March gone, hopefully we will all breathe a sigh of relief. What a hectic month March always is on our MMC calendar ! Festival of Cultures and MMC annual picnic ended the month of March on a high note.

The Festival of Cultures this year was one of the best, I should say. Blessed with extremely nice weather, it was thoroughly enjoyed by a large crowd. With so many ethnic stalls featuring ethnic cuisines, art, craft, and non-stop music and dances definitely made the day absolutely fabulous.

The excitement around MMC stall was worth seeing with so many people lining up for henna, face painting, and balloons. Thanks to Shantona, Christine, Rukhshana and for helping out.

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Russians took the best stall trophy and the most commendable stall trophies went to the Dutch and



Mexicans. Congratulations to these groups. Special thanks to Tangi Utikere and Susan Baty for judging and Paul Patel for organizing the best stall competition. Well done !

The second Multicultural Picnic was held on Saturday 29 March at the Ashurst Domain. About 167 people from many different ethnic groups participated and enjoyed a fantastic day with their families and friends. The children particularly and adults all enjoyed the day out.

I wish to acknowledge the support of the Street Van for providing the transport, Sports Manawatu for sports equipment, Cancer Society for providing Sunscreens and Shantona for organizing and coordinating this event so successfully once again. Everyone who helped and the community groups who participated to make this a success – thank you

Manawatu Multicultural Centre is the home away from home for newcomers. Please visit the Centre at 77 - 85 King Street, Palmerston North at your convenience.

Our website on www.mmcnz.org.nz and the Facebook carry lots of information to help you settle well and to find out what is available for you in Manawatu.

With best wishes

Nirmala



MMC plays an important role in welcoming the international dignitaries at the Festival of Cultures.

Holi Festival.



Holi, a spring Indian festival of colours usually mark the end of winter and herald the springs advent just as you see in the pictures, holy revellers splashing colours on each other enjoying the Holi festival spirit.



The Cadbury Dream Factory TV3 Show episode on Holi was shot in Palmerston North. MMC president and council members engaged the people to participate in this show. I'm sure some of you had the occasion of watching it on your television Channel 3 in March

Parliament Visit



When:

Wednesday 7th May 2014

An opportunity to take a trip to the Parliament and watch the Parliament proceedings from the galleries.

Don't miss the fun traveling on the bus with other migrants. Book your seat on time now by calling the Centre on 358 1572 or e-mailing Shantona on coordinator@mmcnz.org.nz

The trip will cost \$20 for each

The bus will leave the Centre at 8.30am and will be back at 6pm

Here are some comments from people who visited the parliament in the previous years

Jodi de la Cruz - Philippines

"The trip to the Parliament with the Manawatu Multicultural Newcomers was wonderful and a nice learning experience. It was also a day of discoveries because not only did I discover new friends, but I also witnessed how a session at the House of Representative goes. It was also good to meet MP Iain Lees Galloway and other MPs from the Parliament House. who were all very warm and friendly. I just hope there can be more time to visit and go around Wellington next time. Thank you Nirmala and the group for organizing this wonderful trip."

Jeab—Thailand

"We felt very pleased with the trip. Million thanks to the Multicultural Centre for arranging the trip. It was truly multinational as one of our Thai group members recalled her memory. She had made friends with people from Myanmar, China, Singapore, Bhutan, Korea, Japan, Vietnam, and South America.."

Maria Rivera – Puerto Rica

"it was a wonderful opportunity to experience Parliament in action. I really enjoyed the day. Thank you to the organizers."

Gloria – Chile

" *Miercoles 5 de Mayo Pudimos conocer el parlamento (Wellington) fue un dia muy especial, porque conoci el parlamento y conoci personas como algunos ministros y personas importantes.*

From the MMC Centre Coordinator

Palmerston North has continued to grow in diversity and size year on year, as has the cultural festival, providing residents of Palmerston North with culinary delights, fashion, arts crafts and gift ideas from all over the world. Our city's finest celebration of its cultural diversity,



the annual Festival of Culture would not be possible without the collaboration and passion of the community organisations which drive it. I think MMC could take some of the credit for that.

This year MMC played its part rather proactively to support Palmerston North city's cultural festival in a variety of ways. MMC members were privileged to get discounted tariffs for cultural and cuisine tents to



take the festival attendees taste buds on a trip across many regions of the world with more than 60 food and cultural stalls selling delicious delights and craft creations from every corner of the globe. The best stall trophy was extended to include 2 more commendable stalls. Two of MMC's member groups Sushanti from Manawatu

Karen Heaphy gave me a very positive feedback about the MMC participants' culinary prowess. MMC was given the task to organize the cultural performance for the opening ceremony and our very talented Manawatu Chinese Community Trust presented a spectacular Mongolian folk dance "Welcome to our Grassland" adorned in traditional costume and replete with elegant movements

The Centre stall was buzzing with activity this time. The staff and the new volunteers made balloon figures, did hand decoration or tattoo with henna and offered face painting. Margaret's balloon figures attracted so many children and young mothers that sometime we couldn't cope with the demand. The same thing happened with Mahendi. People had to wait up in a queue to get their hand tattooed or decorated. Face painting turned out to be popular with young children. Our activities at the MMC stall kept us so busy that unlike festival goers we didn't have the time to chow down on a wide variety of delicious food such paella from Spain, green curry from Thailand, Dutch pancakes, Indian kebabs, French cheeses and crepes, Vietnamese noodles and German sausages, to name but a few.

It was a day very well spent and seeing everyone around enjoying so much was an affirmation of how much our city values and respects people from all backgrounds and loves coming together for a multicultural festival day.



Multicultural Picnic Day 2014



The entire month of March witnessed a plethora of events, shows and performances which had something for everyone.

The Multicultural Council also added to this eruption of activities by organizing a Multicultural Picnic Day on the 29th March 2014.



There is nothing like a short day trip to a picnic to get you off the couch on a weekend.

This year the MMC Picnic attracted substantial publicity and consequently a lot of migrants and ethnic residents turned up to join in the fun. If you wish to involve all the participants, playing games is certainly a great option and we achieved exactly that



through a variety of exciting games that children and adults enjoyed participating. The tug of war, galaxy football, going shopping, and volleyball with some clever variations were the highlights that picnic attendees promised to come back next year for.



The cultural dancing and singing of the Iranian group who kept the crowd entertained throughout the day were our real star performers for the day.



A big thank you to all who attended the Picnic and the volunteers for their help



Shantona Poduval

Centre Coordinator

World on Stage 2014

The Third World on Stage will be at the Regent on Broadway starting at 6.30pm on Saturday 19th July.

We look forward to seeing another presentation of ethnic dances so welcome our Member Groups to take part. You have received Registration Forms and these are to be returned to the Multicultural Centre by 30th April.

On Saturday 3rd May there will be a meeting at the Centre at 4pm of Group Leaders for two purposes.

1 To meet with the Director, and the MC. They will give you advice on how to present your item, how to enter on to the stage and after a talk to all the individual leaders will have a chance to ask questions about presenting their item.

2 It is also a chance to get to know about the Multicultural Centre and all the programmes that take place there.

We look forward to receiving the Registrations and then to meet with you on 3rd May.

Anne Odogwu

Council Executive Member



Multicultural Women's Group

Thoria Qamar kindly volunteered to teach the Women's Wroup how to make basbouseh, a sweet cake made of a [semolina](#) soaked in syrup. Coconut is a popular addition to the cake. It is found in the cuisines of the eastern Mediterranean under a variety of names. Basbouseh is commonly called "Hareesa" in arabic countries such as Palestine. Originally it was called Hareesa before subsequent change of name by other countries (such as Iraq, Turkey, and Libya) who shifted the name to Basbouseh.

There are many recipes for Basbouseh the following is a favorite.

Ingredients:

- ◆ 1 1/2 cup of semolina
- ◆ 1 cup of sugar
- ◆ 1/4 teaspoon baking soda
- ◆ 1/2 cup fine coconut
- ◆ 1/4 cup ghee (can use unsalted butter)
- ◆ 1 cup full cream yoghurt
- ◆ 1 teaspoon vanilla essence
- ◆ Walnuts for garnish
- ◆ 1 1/2 cup sugar syrup

Method:

- ◆ Line the baking pan with baking paper
- ◆ In a deep bowl mix semolina, sugar, baking soda, coconut, ghee, vanilla and yoghurt together well until it forms a consistent light mixture
- ◆ Pour the mixture into the lined pan and tap it few times to get a smooth surface
- ◆ Add walnuts on the top
- ◆ Leave the mixture to rest in a warm place for at least an hour (you will notice that the size and the shape of the basbouseh will not change).
- ◆ Heat the oven to 200 degrees C
- ◆ Put the pan on the middle rack of the oven
- ◆ Bake it for 28-30 minutes until it is nice and golden
- ◆ Three minutes before you take the basbouseh out of the oven prepare your sugar syrup (Two parts of sugar and one part of water. You can add a squeeze of a lemon juice.)
- ◆ Take the basbouseh out of the oven and immediately add hot sugar syrup
- ◆ Leave the basbouseh to cool completely before cutting it and serving it or it will crumble.



ENJOY!!!

ANZAC Day Celebration next Friday 25.04.2014

There will be no potluck dinner next Friday the 25th April as it will be a public Holiday marking ANZAC DAY.



Anzac Day - Australian New Zealand Corps is a memorial day in Australia and New Zealand which is commemorated by both countries on 25 April every year to honour the members of the Australian and New Zealand Army Corps who fought at Gallipoli in Turkey during World War 1.

The date itself marks the anniversary of the landing of New Zealand and Australian soldiers – the Anzacs – on the Gallipoli Peninsula in 1915. Thousands lost their lives in the [Gallipoli campaign](#). To this day, Australia also marks the events of 25 April. Among the dead were 2721 New Zealanders, almost one in four of those who served on Gallipoli. It may have led to a military defeat, but for many New Zealanders then and since, the Gallipoli landings meant the beginning of a feeling that New Zealand had a role as a distinct nation, even as it fought on the other side of the world in the name of the British Empire. Anzac Day was first marked in 1916. The day has gone through many changes since then. The ceremonies that are held at war memorials in NZ, or in places overseas where New Zealanders gather, remain rich in tradition and ritual befitting a military funeral.

Why is refined Sugar bad ?

What are the negative aspects of eating refined sugar and why should we avoid it for better health?



Sucrose (refined sugar) is broken down by the body into glucose and then used to produce energy. When eaten in small quantities, there is no real problem. However, when large amounts of refined sugar is consumed, the blood gets a 'rush' of these sugars which causes an imbalance in the blood sugar levels and requires a hormone called insulin to move the sugar away.

When sugar gets into the blood stream the pancreas gets the signal to release insulin. This helps to take the sugar from the blood stream into the cells, thus reducing the circulating sugar. When we keep taking large amounts of sugar during the day, on a daily basis, the demand for Insulin increases each time to get rid of the sugar from the blood stream. This places a lot of strain on the Pancreas to keep producing extra insulin to regulate the blood sugar. Over a period of time the pancreas may slowly give up and be unable to produce more insulin to meet this demand. This will result in the sugar remaining in the blood streams and therefore lead to the onset of type II diabetes. If not diagnosed and allowed to degenerate further this can lead to type I diabetes, which means we have to inject insulin daily to stay alive.

If we wish to avoid overweight or obesity or diabetes later on in life, reducing refined sugar in our daily diet is a good idea.

Nirmala Nand (Health Promoter Public Health Unit, MDHB)

Manawatu Multicultural Centre

- Practice your English
- Make new friends
- Share information
- Learn about New Zealand and other cultures
- Use your interpersonal skills

Opening Hours:

Monday-Friday 9.30am-4pm

Advanced English Group

Monday to Thursday 1- 3pm

Beginners Group

Tuesday & Friday 10am - 12.00pm

Art & Craft Group

Friday 1-3pm

Centre shared lunch:

Friday 12-1pm

Multicultural Playgroup

**Every Monday from 10am to 12noon
Te Manawa Museum—326 Main Street**

Multicultural Women 's Group

1st Wednesday of the Month from 1-3pm

Newcomers Coffee Morning

3rd Wednesday of the Month 10-12noon

Newcomers Potluck Dinner

Last Friday of the Month from 6pm