

MISSION STATEMENT

• TO CELEBRATE, TO SUPPORT AND TO CONNECT THE MULTICULTURAL COMMUNITIES OF MANAWATU



EthniGram—Newsletter

President's Message

Namaste & Ethnic Greetings Everyone!



"If you admit your mistake, it is not a sign of weakness, it reflects your inner strength" (anonymous)

My term as your president and our financial year is finally coming to an end, compelling us to evaluate and reflect on what has been and how we have performed during the year. The annual general meeting is scheduled to be held later this month, when I will be presenting my annual report and highlighting the major achievements. A new team will be elected to conduct the affairs of the MMC and life will go on.

I feel extremely privileged to have been writing this message as the president of the Council for the past 3 years and I certainly hope that you have been enjoying reading them. The Ethnigram has received a major facelift this year. It has been transformed from a very humble four page black and white newsletter in the early 2000's to a full colour, ten to fourteen page newsletter with lots of articles, events, activities, news, ideas, and photos capturing the life and breath of the MMC. I am delighted to note that each edition has been unique, and awaited with much anticipation by our readers. Thank you for your very positive comments and I hope they will continue to come in and we will continue to provide you with excellent reading material each month.

The newcomer's programmes and activities have been actively hosted by volunteers from 2009 and I am very appreciative to all the volunteers who have given their time in organizing the regular coffee mornings and potluck dinners every month. I am glad that we have been able to organize the Parliament tours for the past five years and Marae visits for our newcomers. I am satisfied that they have proved to be invaluable for our migrants, refugees

Acknowledgement

Ministry of Social Development

Palmerston North City Council

PN Community Services Council

United Way

Lottery Grant

COGS

Eastern & Central Community Trust

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Manawatu
Multicultural Council

Multicultural Centre



Manawatu Newcomers Network
Connecting People

We hope to start two new projects later in the year, one for our youths and the other for our elderly. A 65+ group that has been in the pipeline for a few years will need to be revisited and established. We are aware that many of our elderly people find themselves isolated and lonely and their issues need to be addressed. The Study Buddy group which started off last year has not gone through this year as planned and we are seeking new enthusiastic youths to lead this project.

Looking back, I can happily say that the MMC has come a long way in the last 20 years, achieving quite a lot in meeting the needs of the multicultural community in Manawatu. Today MMC stands tall with pride as one of the leading multicultural councils in the country. Thanks to everyone who made this possible.

You are always welcomed at MMC as we are here to help and support all the communities and to help newcomers settle. Please contact the Centre for any assistance or information that you may require. The Centre at 77 - 85 King Street, Palmerston North is open between 10 - 4pm for your convenience or you could visit the website at www.mmcnz.org.nz. and find copies of our previous newsletters as well.

Best wishes

Nirmala

From Jono Naylor—Mayor Palmerston North

On Saturday July 19th, I had the great privilege of attending the “World on Stage” concert at the Regent on Broadway. Over my many years in Palmerston North I have seen and performed in many shows at this venue, but what I experienced that night was unique. I was filled with awe at the talent that came from within our local migrant community, and I was filled with pride to be a part of a community that has welcomed people from so many nations and helped them to develop their talents. Well done to all the performers. You showed awesome talent and real confidence while giving a great deal of pleasure to the audience.

I want to acknowledge the Manawatu Multicultural Council for the great work they do every day in ensuring that our migrant community is cared for, and I also want to thank and acknowledge the team who organised the “World on Stage” event. Events such as this



give me confidence that now and in the years to come our migrant community will be empowered to add huge value to the overall well-being of Palmerston North.

Jono Naylor

Mayor of Palmerston North

From Tangi Utikere, MMC 's Mayor's Representative

Kia orana and warm greetings to members of the Manawatu Multicultural Council. The Palmerston North City Council has resumed it's monthly meeting schedule after a little break from formal meetings during July to allow our staff to get on and pre-prepare budgets and programmes for the upcoming Long Term Plan. The Long Term Plan is a very important part of the council's three year cycle as it allows for us to hear from our community to ensure we are all comfortable with the vision and goals for our city. It may require some tweaking, or perhaps some significant change, but you will all have your opportunity to be heard as we collectively work together to make our city the best it can be. It was fantastic to see President Nirmala and members of the MMC make a presentation to council's Community Development Committee earlier this month. I know that councillors enjoyed the opportunity to learn more about the work of the MMC, and its special role in our community. All councillors will now receive a copy of the EthniGram Newsletter so they can continue to learn more about the MMC and the various events and support opportunities your organisation provides for our residents.

Kia manuia,

TANGI UTIKERE JP | City Councillor

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Councillor Tangi Utikere presented the FOC trophies to the winning cultural stalls

Multicultural Women's Group—Tai Chi Session

Tai Chi is such a peaceful recreation
 Need little time, just some dedication
 Movements for the body, mind, and soul
 Give you inner strength to relieve the mind's tolls.

The Eastern Art, only mastered by a few
 Just some practice, you could be, too
 It's a great way to start the day
 Improve your health and also pay.

There's irrefutable evidence that exercise improves health and well-being, but unfortunately, this doesn't necessarily mean that most people take up exercise with great zest and stay with it. Getting started is the hard part. Fortunately, the MMC through its regular schedule of activities tries to bring to its members the opportunities that have to do with health benefits. Alternating between, Latin dancing, Zumba, Yoga and Tai Chi classes pretty much provide endurance, strength, balance, and flexibility. All of them resonate well with effective exercise for health of mind and body.



Kate Ngai explaining the benefits of Tai Chi

Our last Ethnic women's program was a free **Tai Chi** lesson by Kate Ngai. She explained the essential principles of Tai Chi which included the mind being integrated with the body; fluidity of movement; control of breathing; and mental concentration. How to move the body in a natural rhythm, moving our body in a gentle and supple way—a Tai Chi way—was pleasurable once people learn how to do it.

This time our Tai Chi lessons were attended predominantly by young students and mothers, who were mostly beginners, nevertheless, were instantly attracted to the art and the welcoming feeling in the class. We all began the class with an open mind and a desire to learn. Although it seemed easy enough at the beginning, the learners had to struggle with the positions that were so new to their bodies. Isn't it amazing how we all discover that our bodies become stuck in the postures that we are familiar and comfortable with? When we tried a new form of exercise it was so enlightening to discover our imbalances and areas with room for improvement!



Kate carried the group in her gentle way, relaying instructions, and moving together. She made us aware of body weight transference slowly and consciously by transferring more of our weight forward to improve mobility, coordination and stabil-

ity. The Tai Chi movements led by Kate just came together and became one fluid dance of martial art movements. It was wonderfully synchronized flow of energy that undoubtedly created mental serenity and physical strength. It was truly an uplifting experience.



Thank you Kate for this exhilarating experience with Tai Chi

Shantona Poduval, Coordinator MMC



Newcomers Coffee Morning and Farewell to Nana

Nana from Ghana as she was popularly known at the Centre, will be leaving Palmerston North soon for her work placement in Australia. We wish her all the success in her future endeavour. Nana is a delightful person and has been a regular visitor to the Centre, participating in women's and Newcomers programs. She loved having fun and having conversation about many aspects of life. Nana was a very committed student and did very well in her nursing course. The Centre Staff and Nana's friends will miss her a lot.

Shantona Poduval



Nana at Wednesday Coffee Morning

She loved having fun and having conversation about many aspects of life. Nana was a very committed student and did very well in her nursing course. The Centre Staff and Nana's friends will miss her a lot.



I have enjoyed living in NZ, especially working in Auckland and Wellington. I've met many of the current migrants to Palmerston North and wish them well in their time here.

I'd like to thank Christine and Shantona for their effort in maintaining the activities held on a regular basis. I've enjoyed meeting new people on each visit to the Multicultural Centre

Nana Oben



LIZ Clark and some of the art group

MMC Art and Crafts group will soon hold a craft exhibit of all the work done at the Centre. Liz Clark, a very talented and avid art enthusiast will lead the



group for the art and craft display at the City Library.

Look out for the date of the event.

Community News: Philippines by Mayette

The Philippines celebrated the 116th commemoration of Philippine independence on June 12. The Philippine Embassy in Wellington hosted a series of events for this occasion.

This year, the Philippine Barangay Folk Dance Troupe (PBFDT) was invited to mark this historical occasion. The PBFDT is the longest running folk dance troupe in the Philippines and has been showcasing the rich cultural history of the Philippines throughout the world for 65 years. PBFDT had a series of performances in New Zealand including Rotorua, Napier in the Hawkes Bay, and several venues in Wellington.



What is Family Violence? *By Nirmala Nand (Public Health) – Ref. Shakti*

Family violence is a serious issue in New Zealand. It is happening in all societies. Many children, youths, women, men and elderly experience some form of abuse daily. Nobody has the right to physically hurt another person. Nobody has the right to use intimidation or threats to control another person. The law protects people in many relationships including married couples, couples in civil unions, ex- partners, boyfriends and girlfriends, children youths and elderly.

Family violence is usually about power and control. It can happen in any form e.g. physical, mental, emotional, psychological, sexual or intellectual abuse.

Physical violence is usually visible and can be recognized, prevented, stopped, or treated, whereas other forms of abuse and violence are subtle and are not so easily recognized or acknowledged, unless they are reported with evidence.

Family violence includes partner abuse, child abuse and neglect, elder abuse and neglect, dating violence, sexual abuse even with married partners, and violence in other family relationships.

How to identify different types of family violence?

Physical: hitting, kicking, biting, pushing, strangling, using weapons, throwing acids, female genital mutilation, being restrained.

Psychological, emotional or mental: threats, name calling, swears, jealousy, smashing things, stalking, controlling what someone does, says or wears, forced marriage, not letting someone see or contact their family or friends, screening someone's mails, their texts or phone calls, threats to deport someone, not letting someone go out alone or to school, university or work.

Sexual: rape, or any forced sexual activity, marital rape, unwanted touching, any sexual activity with someone under 16 years old.

Financial: taking someone's money, running up debts in their name, checking all receipts, pressuring someone to sign official papers e.g. Wills, immigration papers, not letting someone use their own money, stopping them to shop independently.

Spiritual: Stopping someone from expressing their spiritual or religious beliefs, forcing someone to go to church/temple/mosque, insulting or making fun of their beliefs or culture, forcing someone to eat food they don't want to or wear something they don't want to.

Neglect: not providing food, shelter, heating, or clothing, leaving children home alone, neglecting the elderly parents or ill treating them, not getting medical attention or social services for them.

We need to value each other, no matter which country we come from, no matter which culture we follow.

There are some good cultural values but they can be twisted. Culture is no excuse for abuse. Family violence is NOT OK in any culture.

Police and other agencies take family violence seriously. They have people who can help. They can arrange for interpreters who speak your language. You do not have to leave your family to get help. We want all families to be safe and happy. If someone is in danger, you hear shouting or calling for help, call 111 for the police, even if you are not sure. You may save someone's life.

Challenges of a Newcomer living in New Zealand

The idea of moving to a new country is very exciting and thrilling, until we have really moved over !

We often find the new people, new environment, new lifestyle, a bit too overwhelming, enjoying it to some extent, but also gradually becoming terrified with the host of challengers and difficulties that begin to confront us. The prospect of finding suitable houses, schools for children, employment or unemployment, cultural, language, social and other barriers, begin posing insurmountable difficulties in the settling down process.

Apart from these major issues, that confront a newcomer and their family, other issue that we face is that of getting used to the local food. The supermarkets are huge and many and their range of food offered is even larger. Who needs 137 breakfast cereal options! (<http://www.consumer.org.nz/reports/breakfast-cereals>). The range of ethnic food that we are used to are normally not available or are too expensive.

Therefore, for a newcomer there is no alternative but to get accustomed to the local food, fruits and vegetables, meats, seafood, etc., which really is not a bad idea. In fact, the quicker we adopt the new lifestyle the better it will be for us, since we are here to stay!

The local vegetables are not only fresh and readily available, but they are nutritious and could be cheaper than the imported ethnic vegetables. Quite often we are very apprehensive about trying new food, but unless we try we would not know the taste. The newcomers potluck dinner at MMC is an interesting event to come to, where you would witness a range of ethnic food and ethnic people. You are more likely to make new friends and learn new recipes.



Bhutanese Community Gardens in Feilding (picture by N. Nand)

However, from a health perspective, it is advisable to follow the food and nutrition guidelines for New Zealand and eat healthily and be physically active. Watch what you and your family eat. Be aware of what your children eat especially away from home and in school.

It is important to include a variety of food in your diet, consume less sugar, salt and fat, drink a lot of water, cut down on fizzy drinks, cakes, pies etc., reduce consumption of alcohol and do not smoke. Growing your own vegetable garden is a healthy option for health and fitness.

Nirmala Nand.

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