

MISSION STATEMENT

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



Manawatu Multicultural Council

Multicultural Centre



Manawatu Newcomers Network
Connecting People

EthniGram –Newsletter

Acknowledgement

Ministry of Social Development

Palmerston North City Council

PN Community Services Council

United Way

Lottery Grant

COGS

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President’s Message

Namaste & Ethnic Greetings Everyone!



“Do not judge me by my successes, judge me by how many times I fell down and

got back up again” Nelson Mandela (We lost a precious soul, may the Madiba rest in peace.)

Welcome and best wishes for a great New Year. Hope you had a wonderful break, spent some quality and relaxing time with your families and are back on board all recharged and ready to meet the challenges of 2014 !

Well 2014 started with a big bang !! The 6.2 earthquake was not something we were expecting ! But we are very pleased that it wasn’t a tragic disaster. However, it is a curt reminder for us to be prepared and send many of us searching for and packing up an evacuation kit with essential items like water, food, medicine torch, matches, battery, radio etc.

The Centre opened its door on 13th January. An exciting line up of activities are planned and awaiting us this year. The first major one coming up is the Team Building workshop for staff and executive members and annual Ethkick soccer tournament on 15 February.

Others following closely on heels are the ‘Festival of Cultures’ to be held in the Square on 22 March, followed by Multicultural Picnic in April, World on Stage Show in July, and perhaps a mid-winter dinner in June/ July, ending our financial year with an AGM in August.

In between we will strive to slot in a Children and Women’s Day celebrations. Another Parliament visit perhaps in May and a Marae visit later in the year.

The regular programs for Newcomers Network will continue with coffee mornings and potluck dinners coming up with different themes each month. I would like to invite the delegates of different communities to contact the coordinator with their theme items, in advance, if they wish to perform and showcase their culture at the potluck dinners, which are usually held on the last Friday of the month.

On 1 March we are planning to organize an afternoon seminar and invite the new Race Relations Commissioner Dame Susan Devoy to speak on Race Unity Day. More details will follow in our next newsletter.

We welcome all newcomers to Palmerston North to the Centre and also invite you to visit our website on www.mmcnz.org.nz to find out what is available for you in Manawatu. You are most welcome to visit the Centre on 77 - 85 King Street, Palmerston North where friendly staff is always available to help you.

With best wishes
Nirmala



I am Aotearoa New Zealand

te ranga tahi, together we grow

TE RA WHANAUNGATANGA RACE RELATIONS DAY 21 MARCH



Happy New Year and Welcome to 2014 from the MMC Coordinator

With the start of a yet another New Year, a commonly asked question is once again upon us. What's in store for the multicultural community this year? There's no dearth of opinions out there, but we'll try and shed some light on ours, take a look back on the year that was, and focus on the always important issues which affect the MMC community members, friends and associates. However, community scenes are ever changing; we encourage you to become a monthly reader of our Ethnigram and follow our updates and commentary throughout the year to stay abreast of the latest news and trends in the multicultural community sector of Manawatu. That said, it's currently all about 2014 is going to be a very productive and a busy year for us.



To begin with, the Centre is back in full swing resuming its regular activities. The English and other language classes have restarted. The women's program kicked off with Liz Clark, connoisseur of art, sharing her amazing work of craft and engaging our women in interesting clay modelling session.



We are gearing up to facilitate the multi-ethnic soccer on the 15th of February at the Arena Manawatu to promote diversity and intercultural friendship through soccer tournament. This year Ethkick has added a junior Ethkick for skills and drills ending in a tournament. The vibrant, noisy and colourful event lends itself to a great community feel and responds to the need of the ethnic community's involvement in sport and recreation. Not only will there be hundreds of players of diverse ethnic groups of Palmy, but cultural groups, social clubs and games officials are expected to be there to cheer the MMC players. MMC members are strongly encouraged to go for it to make 15th February to be a special social enjoyment day.



The first MMC EthKick soccer team



The Winning Team (Middle East Team)

MMC plays an important role in the Festival of Cultures which will be held from 21st March till the 23th March 2014 in the square. This year MMC will award 3 different categories of trophies for the stalls. Several members of our cultural groups will enthral festival attendees with spectacular cultural performances and delectable ethnic variety of food. MMC has received invitation to participate in Master Chef Program at the festival. Two of our ethnic group Mexican, and Telegu have registered for the Master Chef. Visit the MMC member stalls for food, craft display, and win prizes for competition. Drop in at the Centre to participate in cultural shows or cuisine tent for FOC.



The **2nd Multicultural Picnic day** will be held on the 30th of March this year. It will be our endeavour to bring the multi-cultural communities together to share sporting spirit, food and culture. Please mark the date on your calendar for a family outing of fun and frolic.



So please do come along and bring your friends and families, the MMC staff and volunteers will be on hand to organizing fun outdoor activities for both adults and children alike. Look out for more information on our picnic day through our direct mailers.

MMC is organising a free self defence course for women and young adults. It will be held on the 24th, 26th, and 27th February from 10am to 12noon at the Manawatu Multicultural Centre. We also are very happy to run an evening course for women who can't come in the morning. Let us know if you are interested in the evening course by ringing the Centre or e-mailing coordinator@mmcnz.org.nz .

Self Defence Course for Women



When: 24, 26, 27 February 2014

Time: from 10am to 12 noon

Where: Manawatu Multicultural Centre

Cost: FREE!!!!

This is a free 6 hour course taught by women to women in a safe empowering way. It will be run through the Manawatu Multicultural Centre, and open to women of all ages and abilities. This course has physical and discussion times.

You will learn :

- How to kick and punch
- How to release from stranglehold
- How to deal with weapon or group attacks.
- You will learn about the laws in NZ that can keep you safe.
- You will not be hurt on this course.



Please call the Centre on 358 1572 to register or e-mail Shantona on :

coordinator@mmcnz.org.nz



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*Manawatu
Newcomers Network*
Connecting People

This is the first time **Art of Living** Course will be held in Manawatu. The Art of Living is an educational and humanitarian organization. It has a special status in the United Nations Economic forum. The organization operates globally in 152 countries and has touched the lives of over 370 million people.

In this Health Happiness and Energy session the participants will learn: (flyer attached)

- Sudarshan Kriya- a powerful cleansing process to eliminate stress & tension
- Yoga, meditation and unique breathing technique
- Tools to handle your mind and negative emotions

Art Of Living

*"Life is joy, life is enthusiasm,
life is love" --H. H. Sri Sri Ravi Shankar*



THE ART OF LIVING COURSE

A practical program of experience and knowledge designed to develop the full potential of life. Based on the ancient Vedic Knowledge of life and designed by His Holiness Sri Sri Ravi Shankar, the course includes:

- Sudarshan Kriya, a powerful cleansing process.
- Yoga, meditation and unique breathing techniques.
- Practical knowledge dealing with the daily challenges of life.

BENEFITS OF THE COURSE:

- Reduced stress
- More joy and enthusiasm
- Enhanced health and well-being
- Improved efficiency & productivity
- Mental focus and clarity
- Heightened self-esteem
- Better interpersonal skills
- Anti-Aging Effect

UPCOMING COURSE DETAILS

18th - 23rd Feb 2014

Weekdays 630pm-930pm

Weeend 10am-3pm

Manawatu Multicultural Council Hall

Community House

77-85 King St. Palmnerston North

0508 ART OF LIVING

wellington@artofliving.org.nz

www.artofliving.org.nz

One Time Fees for Individuals \$250, Full time students & Senior Citizens 150 and repeaters \$50



30 Years * 150+ countries * 20 million served
Discover the Art Of Living - ArtOfLiving.org
A non profit humanitarian and educational organization

FREE YOUR MIND

Once again the MMC will showcase the finest multicultural performing art, 2014 World on Stage at the Regent theatre on the 19th of July. It is our biggest multicultural event celebrating the rich cultural heritage over 22 different ethnic groups. These cultural and ethnic groups will enthral audiences for about 3 hours. Our cultural groups are being approached to register their interest to perform at this premier function which is a bi-annual event and also a fundraiser. The show is a ticketed function and draws a wide variety of local and migrant audience.



The Multicultural playgroup has now relocated to Te Manawa (Wilkins's Gallery) and will start on Monday the 10th February from 10am to 12 noon.

It is an opportunity for migrants mothers and care-givers to learn some English and New Zealand parenting skills. Plunket will be there to help out.

Te Manawa has a beautiful environment of learning and heritage where mothers and their young ones will certainly enjoy. Please spread the word around among your



Manawatu
Multicultural Council

Playgroup and English Language Class

- Come along with your pre-school children and meet mums/caregivers from other countries who are living in New Zealand.
- Learn about living in New Zealand and what is going on in PN
- Learn basic English—Speaking, Listening, Reading and Writing.
- Have fun with children through music, songs, stories and activities.
- Learn parenting skills with PLUNKET.
- Share skills such as cooking and craft.
- Share your culture
- Have fun in a friendly environment.



Where:

Te Manawa Museum
326 Main Street– PN

When:

Mondays (school term only)

What time:

From 10 am to 12.00 pm

For more information please contact:

Shantona Poduval—Coordinator
Manawatu Multicultural Centre

Phone: 06 358 1572

E-mail: coordinator@mmcnz.org.nz

“MMC: a place to find support, friends, advice and trust”

My feelings about the Manawatu Multicultural Centre by Ursula

“MMC is like a big warm family for everyone. I first knew about MMC through Google and I said to myself ‘It’s free, why not go and check it out?’ I am glad I did because people there are extremely friendly and welcoming. What I love the most is their generous hearts in sharing, like sharing food, offering free English and dancing classes, etc. to support the growth of this family.

The activities and services MMC provides have successfully brought together different ethnic communities as well as helped Palmy newcomers (like me) feel more at home. It is a place where I could find support, friends, advice and trust. To describe my feeling better I would say it’s like an instant relief to me even just for a short pop in the centre, all my unpleasant things were gone all of a sudden like magic ... haha.

I believe MMC will continue to expand to a bigger family because you guys are helping and affecting a lot of people’s lives! Special thanks to Christine and Shantona for being supportive! I will miss this place so much !”



Thank you very much Ursula for your very kind comments about our Centre. We miss you , but you will always be remembered as a kind, caring and friendly young lady. We hope you will come back to Palmy in the near future, your amazing baking skills will certainly remain with us for a long time. Meanwhile enjoy your family and friends in your home land Hong Kong.

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 10am-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