



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

The Immediate Past President's Message

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Greetings everybody,

Another amazing executive year, 2014-2015 has gone and a new year is upon us. Last year was very exciting and challenging for MMC. Our activities continued to make significant improvements as we faced the challenges in front of us. We managed to expand our horizons. I am very pleased with our performance to date. We successfully delivered in all of our programs and were actively engaged in seeking out new business opportunities. We also achieved active representation of MMC at the National level.



Despite our current administrative and workforce challenges, our current programs proved sustainable. All of our regular activities were well attended and were popular. Your executive team was fully engaged in developing the business for the future to ensure this trend continues together with office staff and volunteers. I would like to thank you all for your dedication and commitment throughout the year. The support from all our partners in different aspects was amazing. I always received support in times of crisis and stress. I have no words to express my gratitude to our honourable partners. You will always be remembered with great respect.



Acknowledgement

Ministry of Social Development

PN City Council

PN Community Services Council

United Way

Lottery Grant

COGS

Eastern & Central Community Trust

DIA- - Settling In

Pub Charity

MMC is located at Hancock Community House, 77-85 King Street.

Phone# 06 3581572

E-mail: info@mmcnz.org.nz

Website: ww.mmcnz.org.nz

I also want to acknowledge that this year we were deeply saddened by the passing of some of our dear members and close relatives who played a vital role in the establishment of MMC. Their contributions will not be forgotten.

Finally, I want to mention that over the last 12 months we have worked hard to promote and support the social, cultural and economic needs of ethnic communities in Palmerston North. We only managed to achieve our goals with your help and cooperation.

Now, we have a new and very efficient executive team to lead and facilitate MMC activities. My heartfelt congratulations to the new committee and best wishes for a very successful year ahead.

All the best

Rukhshana N. Akhter.

Immediate Past President.



Position	Name	Group
President	Meriam Findlay	Philippine Central Association Inc.
Vice- President	Rukhshana Nahid Akhter	Sitar Bangladeshi Community
Secretary	Mary Gaddam	Telugu Association
Treasurer	Maria Theresa Mayette M-Cope	Pamanlahi Cultural Group
Executive Members (3 Positions)	Kam Ling Ngan	NZ Chinese Association
	Booranee Roskruge	Thai Community
	Angela M Joblin	International Group

MANY PEOPLE – MANY SONGS

On Sunday, 23rd August, the biennial Songs of praise event was held at Saint Mary's Church. The title was changed this year from Rainbow Praise to Many People – Many Songs.

Admission was with cans of food for Saint Vinnies food bank and gold coins. Participating groups also contributed so we thank them and those who came for their contributions.

The participants were thanked for their contributions and the time they had put into practising. Each group received a Certificate of Appreciation for their contribution.

The following groups took part: Philippine Central Association; Scottish Community; Chinese Congregation of the Palmerston North Central Baptist Church; Bhutanese Group; Fijian Community Choir; Manawatu Cultural Choir; Telugu Community; and the Tongan Catholic Community. It was a fantastic blend of Asian, Pacific and European music which was enjoyed by the audience.

A Certificate of Appreciation was also presented to 999 AM Access Radio. Fraser Grieg, 99 AM Access Radio Manager, was our MC and did a great job as usual and gave us lots of extra publicity about our MMC activities. Hugh Dingwall looked after the sound and made an audio recording which will be played on 999 AM Access Radio.

Seminarian Trung was presented with a Certificate of Appreciation for Saint Mary's Parish for allowing us the use of the Church for Many Songs – Many People and their Hall for our afternoon tea.

Mayor Grant Smith and Councillors Tangi Utikere and Lew Findlay attended the event and the Mayor was very impressed with it.

The MMC staff, Noorangi Puleosi and Christine Mukabalinda were thanked for their contribution on the day and Noorangi was thanked for organising the programmes, certificates, etc. Angela Joblin and Mayette Maling-Cope, MMC Volunteers helped with welcoming people and hosting the afternoon tea.

Finally, Ernest Adams were thanked for their contribution to the afternoon tea.

Anne Odogwu,

Event Convenor



Tongan Catholic Community



Chinese Congregation of PN,
Central Baptist Church



Telugu Association



Fijian Community Choir



Manawatu Cultural Choir



Philippine Central Association



Bhutanese Group

INVITATION.**TO CELEBRATE INTERNATIONAL LITERACY DAY, GAEL DONOGHUE
MNZM Registered New Zealand Pharmacist**

will share her recollections of **55 years as a Pharmacist**. Throughout her career she has worked to share knowledge to her many Pharmacy students, Pharmacy technicians and to the public in general to improve health and wellness. She will have health literacy aids (no charge) available at the Meeting which may be obtained from most Pharmacies in Palmerston.

The Self Care programme.

**Tuesday, September 8, Sound and Vision Zone, Palmerston
North City Library**

Refreshments from 12.30pm. Talk starts at 1pm.

Free Entry. Organised by Altrusa, Palmerston North.



The MMC is delighted to learn that Gael will be speaking at the International Celebration of Literacy, City Library on Tuesday the 8th of September. Despite her very busy schedule, the MMC is fortunate to have Gael Donoghue as one of our invaluable volunteers .

Gael is a volunteer who helps MMC users improve their English communication skills every Tuesday from 1-3pm.

Gael has had a distinguished career in pharmacy. In 2010, Gael was honoured as the first life member of the Pharmaceutical Society of New Zealand and in 2013, she was honoured to be made a Member of the New Zealand Order of Merit in recognition for her services to the pharmacy profession.

The MMC encourages Gael's students to go to the City Library on the 8th of September and listen to Gael sharing her knowledge and experience. Her talk will start at 1pm.

Christine.



Gael with the Governor General



Gael with her students

Potluck Dinner

The July Potluck dinner was full of fun, as Noorangi showed us some action songs, Although a little bit low on attendance we still managed to host 2 newcomers from China as well as having the privilege of hosting Duncan McCann our deputy Mayor and his partner Chianti Kennedy and their son Blake in our midst. We also enjoyed Sophie's new recipe of white chocolate balls. It is interesting to know that as you get to know the regular attendees, you get to know that these men and ladies are like gems inside a Pandora box. Immi-



grants from different countries still learning English as their second language, they came here with their talents and skills which can contribute to our community. It is my wish that more of our local people can join us and get to know our new migrants in the city, so that we can work together and share our skills and talents. Just as planting a garden returns you a harvest and benefits from your own crop - investing time in someone brings more friends and you learn more talents and skills that maybe able to help you, the community and vice versa.

Meriam Findlay



Newcomers Coffee Morning

Migrants can experience isolation and loneliness because of a variety of reasons that can include: language barrier, discrimination, lack of employment, lack of community support. There are also various ways to reduce or avoid being socially isolated, like joining social activities to meet new people, exercising regularly, creating and maintaining meaningful friendship, finding a hobby etc...



The MMC operates as an information, resource, and activity centre in Palmerston North serving ethnic groups of the Manawatu with an emphasis on newcomers to the region, migrants and refugees. Our Mission Statement is to "Celebrate, Support and Connect the Multicultural Communities in the Manawatu". We value and celebrate the uniqueness of all cul-

tures represented in our community and their ability to contribute meaningfully.

The newcomers Network is an MMC programme to connect new migrants and also new arrivals from other parts of New Zealand. The Newcomers Coffee morning on Wednesday the 18th of August was very well attended. We welcomed a couple who had just arrived from Egypt and among the good supporters of MMC programmes present at that time was Paty, a good friend of the Centre who arrived 5 years ago from Mexico. Upon arrival Paty joined the newcomers programme and got involved in welcoming and helping other newcomers especially young parents like her. The conversations around the coffee morning table were very interesting it was great to see people putting their hand to help when possible. It was a very fruitful morning.



Next coffee morning is on Wednesday the 16th of September. We hope you will be able to come and invite newcomers in your networks.

Christine

Multicultural Women's Group

Yoga for Health

What is Yoga really all about? Well, you will soon find out!

Women of all ages joined together for an afternoon of basic Yoga health exercises on Friday the 14th of August from 1–3pm.

Unfortunately due to unforeseen circumstances the instructor, Eva, was unable to attend at the beginning of the session. We were however very fortunate to have Rita Lukhuni attending who was able to start the session with some basic Yoga warm up exercises, until Eva arrived.

Eva from Indonesia demonstrated the simple basic steps of Yoga, which began with some relaxing breathing, inhaling and exhaling techniques, it is important that these are followed.

Eva told us that;

- To start Yoga it is best that one warms up one's body.
- Relaxes the shoulders, body and mind
- Refrains from eating before doing the exercises
- Drink only a sip of water or ginger tea, etc., before starting
- Finally, follow the correct breathing every time.

By now the attendees were eager to learn the next steps which were more complex and involve stretching and more physical activity



- Eva demonstrated the Salutation Pose.
- Taught us to say Namaste
- Then demonstrated Backward bending
- Forward bending
- The Warrior pose
- The Mountain pose
- The Plank pose
- And the Cobra poses.

On behalf of the Women's Group, thank you Eva Mustika and Rita Lukhuni for sharing your talent and experience.

Noorangi

Movie & Dessert Night

The Manawatu Multicultural Council in collaboration with the Filipino Community presents the screening of “Anak”,
A migrant story directed by Rory B. Quintos.



Friday 11 September from 6:30—9pm
City Library – Sound & Vision

Please join us for the launching of this new programme and bring some dessert to share.



Movie & Dessert Night is a new MMC programme for migrants, former refugees and locals to get together and watch movies from various countries. As Palmerston North is a very Multicultural City, it is a good opportunity to meet new people and get to know their country of origin.

The Filipino Community will kick-start the event on Friday the 11th of September at the City Library (Sound & Vision) with the screening of “Anak”, a migrant story by Rory Quintos. We hope you will be able to come and please invite your family and friends and bring a dessert to share.

Christine.

Introduction to Africa



Africa is an amazing continent of 57 countries ranging through tropical, desert and temperate climates. Although dominated by the West in the 19th and 20th centuries it has always retained its own cultures and possibly the majority of people especially in the west would hardly have seen a white person. At the peak of British rule in Nigeria



there were only 500 English people and Nigeria is just under 1,000,000 square kilometres and even when we were in Nigeria in 2001 I hardly saw another white person.

Africa is the second largest continent on earth and is three times the size of Europe. Seventy-five per cent of the continent is in the tropics resulting in the people using very bright colours in their clothing which varies in the different countries. I was told when I was in Nigeria that the unmarried women wear European clothing but once married they dress in Nigerian clothing. This possibly goes for other countries also.

There are over 1,000 languages spoken in Africa. The Moslem areas fostered education so that people could learn the Koran and Timbuktoo was a major centre of learning with major libraries and universities. Later the Christians arrived and set up schools and universities.

Africa is mineral rich and unfortunately they are not getting the money as with so much corruption most of the mineral wealth ends up anywhere but in Africa.



This is just a brief introduction to Africa and its many peoples and I'm thinking of seeing if Te Manawa would set up its African exhibition again as they did a very good one a few years ago demonstrating the rich, varied cultures of Africa.

Anne Odogwu

From the Citizens Advice Bureau

Trespass Notice

If someone comes on to your property and you want them to leave and they refuse they are trespassing. You can warn the person they are trespassing and have to leave. If they don't leave after the verbal warning then this is an offence and you can call the Police. The person can argue a defence for staying on your property if:-

- He or she proves it was necessary to remain because of his or her protection or the protection of someone else.
- He or she proves it was because of an emergency involving his or her property, or someone else's property.

If you think the person who trespassed on your property will come back again, you can issue a trespass notice. You can deliver a warning telling the person to stay off your property by telling them verbally or by sending them a written trespass notice. This means that the person commits an offence if they come back onto your property within the next two years. You're allowed to give someone a trespass notice or warning if you're the "occupier" of the land – if you're a tenant, licensee or owner of the land. You can also issue a trespass notice acting under the authority of the owner or occupier e.g. if you're an employee acting on behalf of your employer.

The NZ Police website has further information including a link to their online trespass notice template or for free and confidential advice and information on this or any other matter, visit the Palmerston North Citizens Advice Bureau in Community House, 77, King Street, P.N. or ring 357 0647 or 0800 367 222. We are open Mon-Fri from 9 am-4.30 pm. We have a free legal advice service by qualified lawyers most Thursday evenings at 7.30 pm, and a JP is available on Tuesdays from 12.30 noon-3 pm. No appointment is necessary for either of these services.

NEW TO NEW ZEALAND?**UNDERSTANDING THE NZ HEALTH SYSTEM**

Citizens Advice Bureau Palmerston North is repeating the successful workshop held earlier in the year on the NZ Health system. Our system may be very different to that of your home country, and our speaker, from the MidCentral Public Health Nurses' Team, will be happy to discuss and address any problems you may have.

TOPIC:	New Zealand Health System
WHERE:	Hancock Community House, 77 King Street, Palmerston North
WHEN:	Thursday 17 September 2015
TIME:	9.45a.m - 11.30a.m.

In their own Words—English Conversation Student's Profile

My Name is Chae-won Song (Dana)
Date of Birth
12/08/1985

Hello, my name is Dana from Seoul, Korea.

I am 29 years old. These days, I attend English Classes which are organised by the Manawatu Multicultural Centre. I'm also a housewife.

I've been in New Zealand for 3

months. I joined my husband who has been living here for 15 years. I received tourism and Chinese interpretation degree in Korea. I worked in a travel agency for four years and ten months, and then I worked with Hawaiian Airlines for two years and eight months.

My parents live in Korea with my only brother. My brother is an IT technician while my parents are also employed. When I have my own time, I prefer to listen to music, watch movies and cook. I also like to travel anywhere.

First of all, I want to improve my English language skills and speak like a New Zealander. Then I want to find work in New Zealand with a good company with my tourist background.



I hope to continue with my career in the airline industry. Next year, we intend to start family and live a good life in New Zealand permanently.

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 , Tuesday, Wednesday
and Thursday from 1– 3pm**

Beginners Group

Tuesday & Thursday 10am - 12.00pm

Multicultural Arts & Crafts Group

Friday 1-3pm

Shared lunch at the Centre:

Friday 12-1pm

Multicultural Women 's Group

2nd Friday each month 1-3pm

Newcomers Coffee Morning

3rd Wednesday each month 10-12noon

Newcomers Potluck Dinner

Last Friday each month at 6pm