

MISSION STATEMENT

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



Manawatu
Multicultural Council

Multicultural Centre



Manawatu Newcomers Network
Connecting People



ETHNIGRAM

INSIDE THIS ISSUE

The President's Message	1-2
From Tangi Utikere	2
PNCC Councillor	
Many People, Many Songs	3
Government House Visit	
Spiritual Day at Te Aroha Marae	4-5
From Shova, MMC New Relieving Volunteer Tutor	6
In Their Own Words	7
Newcomers Coffee Morning	8
Multicultural Women's Group	9
From the Manawatu Tenancy Union	10
From the Citizens' Advice	11
Programmes and Events at MMC	12

The President's Message

Greetings everybody.

I am very happy to give warm Winter Wishes to everybody. It is June, the sixth month of the year and the month with the shortest daylight hours for New Zealand. We are half way through the Calendar year. *Winter* is here. It's time to put on your boots, deck yourself with gloves and woollens. Although we can't build snowmen or throw snowballs at our loved one.

It is really good to see good attendance in all of our classes and activities. Cold weather couldn't stop our members coming. The Coffee Morning and Potluck Dinner were very successful again with very good attendance. I would like to acknowledge those who put the MMC first on their priority list. We also encourage you all to join all of our incoming big events including "Many People, Many Songs", "Government House and Te Papa Visit", and the "Marai Visit" Details of these programs will be sent to you in due course.

Recently the Mayor hosted the group of young leaders from Myanmar as part of a programme through Union AID for lunch.

I together with Meriam joined the occasion following mayoral invitation to represent MMC.

It was great to meet the young spirits and such rear occasion.



Acknowledgement

- Ministry of Social Development
- PN City Council
- PN Community Services Council
- United Way
- Lottery Grant
- COGS
- Eastern & Central Community Trust
- DIA- - Settling In

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

Phone# 06 3581572

E-mail: info@mmcnz.org.nz

Website: www.mmcnz.org.nz

I also want to draw your attention to the AGM. We are almost at the end of the term. The AGM is not very far away. This is the time to start thinking and planning for the next term. Your input is our strength. Let us build a future together. Stay warm – stay healthy.

All the best.

Rukhshana.

From Tangi Utikere, PNCC Multicultural Representative

Kia orana all.

It's a pleasure for me to write a few words as our city's new Multicultural Representative. Our new Mayor has introduced a new portfolio approach that sees city councillors take on responsibility for engaging with various sectors of our community. Assisting me with the Multicultural Portfolio is Cr Lew Findlay, and both Lew and I would welcome members of the ethnic sector to contact either of us if they wish to discuss any opportunities which would lead to a greater level of engagement with our Council. On the Council front, we have recently signed off on our Long Term Plan. This document sets the scene for council priorities and direction over the next ten years. I believe it is a 'Reflective Plan' as it attempts to reflect the views of those individuals and community groups who made submissions to this process. It is always a challenge to develop a plan that will satisfy everybody, but after more than 28 hours of discussion and debate, our city now has a blueprint for the next ten years. Recently I attended the bi-monthly meeting of the Manawatu Multicultural Council. It was disappointing to note that this was the second consecutive meeting where there were not a sufficient number of people in attendance to meet the quorum for the meeting.

I understand the MMC are looking at possible options to address this, and would encourage all member groups to do their bit to ensure a quorum can be met. Being a member of the MMC opens up wonderful opportunities, but along with that comes an element of responsibility.

Kia Manuia!

Tangi Utikere
City's Multicultural Spokesperson

TANGI UTIKERE JP | City Councillor

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Please note that MMC Annual Dinner that was scheduled for Saturday the 25th July has been postponed and will be held later in the year. If you have already bought tickets you can get your money back. Thank you for supporting us, we look forward to dinning with you at a later date.

MANY PEOPLE - MANY SONGS, Formerly Rainbow Praise

The Manawatu Multicultural Council welcomes all our members, families and friends to Many People - Many Songs at Saint Mary's Church on Sunday 23rd August at 2pm. We have Pacifica groups from Fiji, Tokelau and Tonga. Asia is represented by China, the Bhutanese and Philippines and Europe by Scotland and Russia. We hope you will support us by coming and joining us at afternoon tea in the hall afterwards.

Admission is by donating one can of food and a gold coin. This is so that we can support those families who are struggling to buy food so don't forget to bring the food and a gold coin.

VISIT TO GOVERNMENT HOUSE & TE PAPA in WELLINGTON



On Friday 16th October we are taking a bus trip to Wellington to see both the Government House and Te Papa. If the day is fine we will have a picnic lunch at Te Papa which is by the harbour. Otherwise we will have it at the Visitors' Centre at Government House.

Government House is where the Governor-General lives and there is also a Government House in Auckland. The Governor-General represents the Queen so one of his duties is to sign into law all Acts of Parliament. The Royal Family members stay at Government House when they are in New Zealand.

Only 30 people can tour Government House at one time so we will split the group in two and one half will visit Te Papa in the morning and the other half will be taken to Government House. You will have two hours at each place and in the afternoon the groups will swap over. It is free to visit each place.

You may have heard the talk about Gallipoli and Te Papa has set up a special collection about it so this is your opportunity to learn more about it.

At Government House the tour commences at the Visitors' Centre with a film showing the history of the Governor-General. Governor Hobson was the first Governor of New Zealand after the Waitangi Treaty was signed.

You will then do a tour of the House and have a short walk over the grounds if the weather is suitable. You remain in a guided group all the time and you are allowed to take as many photos as you like unless advised otherwise by the staff. There are display cabinets with the gifts presented by visitors to New Zealand. The only cost is the return trip by bus of \$20. You may need to book early as there is quite a bit of interest in this tour.

Spiritual Day at Te Aroha Marae

On Saturday 23rd of May I had the pleasure of joining Nirmala Nand and Rukhshana Akhter from the MMC on a spiritual retreat to the *Te Aroha Marae* in Whanganui. The overarching focus of the day was to open horizons and understanding towards the different cultural and religious backgrounds that make up our communities. The morning started with a *Powhiri*- a traditional welcome onto the Marae by the Iwi *Ngaa Rau-ru*. The purpose of this welcome was to remove the Tapu (sacred restrictions) on the 50-60 visitors and make us *Tangata Whenua* (one with the home people). The *Powhiri* followed a traditional format, including inoi (prayer), *karanga* (a call to the visitors), *mihi* (speeches on behalf of each group) and a *koha* (a gift given to the *Tangata Whenua*). Following the ceremony we were welcomed



onto the Marae where we each shared a brief introduction about ourselves and our ancestry and then warmed up in the dining room with morning tea hot drink and a bite to eat.

After morning tea we had the first of our key speakers, representing the Hindu community. The speaker asked us to consider the differences between attachment and love and how we were applying either in our own lives. Second we talked about excessive stress and worry and the role that yoga can play in releasing this. An emphasis was placed on the mental and spiritual purposes of yoga, rather than purely for physical benefit as can sometimes be portrayed in Western culture. Last, we discussed how reducing ignorance through knowledge can improve communication, break barriers and strengthen relationships.

Next up were speakers representing the Buddhist community. The virtues of regular meditation were discussed, including having clearer comprehension, reduced stress and a calmer persona. We were lucky enough to be talked through one type of meditation, starting with closing the eyes, relaxing the muscles, mindfulness of breathing and a calmness of the mind where thoughts and emotions are allowed to drift like clouds in the sky. I finished this meditation session feeling very relaxed, not a bad way to spend a Saturday!

Time for some lunch! A fantastic variety of meals were put on by the ethnic groups at the Marae. I can safely say no one went home hungry and without something new to try.

Our next speaker represented the Islamic community. The speaker talked about the belief that all religions stemmed from one source and in essence have one message – the message of Salam (peace) and doing good deeds on earth for the benefit of man-kind. Purity of heart and mind was discussed, with a harmony between beliefs and actions.

Our last speaker represented the Maori community. Among other things, he talked about the pre-European religious belief system of the Maori and how the natural elements were thought to be connected through descent *whakapapa* (genealogy). The role of the *Marae* was discussed, and the importance of the gender and individual roles placed on members within the *Hapu* (social group of families). For example, the female elders to carry the *karanga* (call) onto a *Marae* and the males to provide a physical barrier between the visitors and the local women to protect them from attack.

We finished with a closing prayer and a big group photo. All in all I had a fantastic day, improved my understanding of different cultures and made many new friends along the way. I took home the message that regardless of our cultural and religious backgrounds, we are all aiming for the same goal of happiness, kindness and peace

Scott Campbell, Student Dietician,

Otago University on placement at Public Health Unit, MidCentral DHB.



From Shova, MMC Relieving Tutor

Learning through Teaching

Hello friends let me introduce myself to you all, Shova Singh Bisht from India. I am a University Graduate in Political Science and Public Administration and I also hold a New Zealand degree, a Postgraduate Diploma in International Studies from the International Pacific College, Palmerston North.

Since my childhood I have always been surrounded by people from different cultures and languages because, being a daughter of an Army man, I have had to move from one place to another with my family. Therefore I was always growing up in a multicultural environment. I think that now I am so flexible and adaptable to new cultures and languages, I can easily fit into any society.



I started my connection with the Multicultural Centre a couple of months back. I really would like to take this opportunity to thank Centre staff for giving me an opportunity to start at the Multicultural Centre. I was a little nervous for my first class as teaching adults is quite different from teaching children. Adults have more experience on which to draw, they are usually less hindered by shyness, and often have a real need when it comes to language learning.

It was quite difficult for me to start with the class as most of the students are older than me. As a result I try to keep the topic of the session relevant and something that they will understand so that they feel more associated and interested in class activities. Therefore I should say I started being a little nervous then got more confident and started enjoying my work.

I believe that it is extremely important to be passionate about what we do; if I am not passionate about my teaching the students can tell immediately that I do not have an interest in what is going on. I also make sure that I encourage them to ask questions as the more they ask, the more they know and it keeps them engaged. I try to make the effort to come up with an idea or an activity in which everyone can be involved. I also try to make it fun which in return engages the students a lot more. My aim is to get students' interested in the class as the more they talk, the better their English will be.

So I would like to say that ultimately I am learning many new things through teaching my students and at the same time I am enjoying my work.

Regards

Shova

Thank you very much Shova for volunteering your time and sharing your skills with MMC English Learners. You are amazing!!!

Christine

In Their Own Words

The Manawatu Multicultural Centre (MMC) is often the first destination for new foreigners who arrive in Palmerston North for learning, living or just visiting. People come to MMC to learn English, to learn about the New Zealand culture, and to meet new friends. There are English classes for beginners, intermediate or advanced students. Besides these classes there is an Art and Craft group, and also women's' group meetings where we can come to enjoy and share cooking experiences.



I always come to MMC for English Classes, but when I have any questions I come and ask the staff and the volunteers at MMC. For me, MMC is a helpful and friendly place.

LeAnh (from Vietnam)



New Zealand is a natural, beautiful country, with people of many cultures. It is the Country of Middle Earth (Lord of the Rings.) Palmerston North is very nice with so many parks and trees. The population is much smaller than I thought it would be. The MMC has many kind people and many diverse programmes and activities, which are fun but also useful. I know I have improved my English skills.

Kim Hying Koo (from Korea)

Multicultural Women's Group

The Multicultural Women's Group on Wednesday the 3rd of June was about Middle East Dancing. Judith Treur kindly offered to teach women some basic steps for this graceful dance. We came to know Judith through Anne Odogwu, MMC executive member. Anne meets Judith regularly at the Community Leisure Centre where Judith is a volunteer teaching Middle Eastern Dance to the Arthritis Exercise Group (Land Exercise.) Judith is very passionate about music and dance in particular the Middle Eastern Dance.

There were only few women that afternoon to see and hear about the myths and legends about belly dancing, but believe me it was such an amazing experience learning how to make those beautiful movements exercising your torso and hips' muscles and having fun.

After a brief history of Middle Eastern Dance Judith explained that the dance is all about:

1. Toning and strengthening your core muscles
2. Improving your posture
3. Learning to move your hips and torso with finesse, control and musical feeling
4. Feeling better about your body as you learn how much it can do
5. Familiarising yourself with music from Middle Eastern cultures



Thank you very much Judith for sharing your skills and time with us.

Please note that next Women's Group is on Friday the 10th July from 1-3pm. We will learn how to make Kimchi, a very popular Korean dish.

More information will be sent out closer to the date.

Christine.

Newcomers Coffee Morning

June Newcomers Coffee Morning was held on Wednesday the 17th. The very cold morning didn't prevent a good number of newcomers from coming and enjoying each other's company while tasting delicious goodies they brought in for morning tea. Everyone introduced himself/herself and shared about



his/her background. It always amazes me to learn about the variety and quality of qualifications and experiences migrants bring to New Zealand. Unfortunately language barrier is a general concern for most of those who come to the Multicultural Centre.



Amongst newcomers was Jeremie Corroenne, City Library's new Multicultural Services Officer. Jeremie said that the City Library has books in different languages so migrants can find books in their own languages. Jeremie would appreciate any feedback that you may have to improve the service. Next coffee morning is on Wednesday the 15th of July. A reminder will be sent out closer to the date.

Here is the recipe of the delicious "Magic Muesli Slice" that was kindly brought in by Eunice. You will love it!!!

Christine

MAGIC MUESLI SLICE

4 cups rolled oats

1 cup desiccated coconut

1 and a half cups dried fruit mix

2/3 (two thirds) cup flour

1 and a quarter cups sugar

2 teaspoons baking powder

225gms butter

Half a cup golden syrup

Melt butter and golden syrup and sugar in a large pot over a low heat until butter is melted and sugar dissolved.

Remove from heat then add all the dry ingredients to the pot and mix thoroughly.

Spread into a lined sliced tray approximately 30cm by 20 cm pressing in well.

Bake at 160 degrees for about 35 minutes. Cut when cold.



Focus On Poverty

Manawatu Tenants Union

Invites you to the opening of

Poverty in the City

A photographic exhibition

Thursday 2 July / 6pm

Ground Floor Central Library

From the Citizens 'Advice Bureau

Ombudsman

The Ombudsman is an 'Officer of Parliament', which means they are appointed by Parliament and independent of the government of the day. There can be more than one Ombudsman at a time and they can be male or female. Each Ombudsman has the same powers and functions. They are independent and impartial and focus on fairness for all.

The Ombudsman deals with complaints from people who feel they've been treated unfairly by a state sector agency. The 'state sector' covers around 4000 entities including government departments and ministries, local authorities, crown entities, state-owned enterprises, district health boards, tertiary education institutions, school boards of trustees, and Government Ministers. Some of the matters they handle include:-

- Investigating complaints from people who are unhappy with how a Government Minister or state sector agency has handled their request for official information.
- Providing advice and guidance to employees who want to make protected disclosures ['blow the whistle'] about serious wrongdoings in or by their organisation.

Visiting places of detention including prisons and court cells, immigration detention facilities, health and disability places of detention, child care and protection and youth justice residences. The Ombudsman makes recommendations to improve the conditions of detention and treatment of detainees.

If you want to speak with one of the staff to find out more about what the Ombudsman does or whether you can be helped ring 0800 802 602 or visit www.ombudsman.parliament.nz .

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. We are open Mon-Fri from 9 am-4.30 pm, ring 357 0647 or 0800 367 222. 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.

Lynore Allan
Office Administrator
Phone 06 3579273

Citizens Advice Bureau [Palmerston North](#)

Te Pou Whakawhirinaki o Aotearoa

77 King Street Palmerston North

Phone : 06 357 0647

Free phone : 0800 367 222 0800 FOR CAB

Email: palmerstonnorth@cab.org.nz www.cab.org.nz



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

Multicultural Arts & Crafts Group

Friday 1-3pm

Centre shared lunch:

Friday 12-1pm

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