



**Manawatu**  
Multicultural Council

**MISSION STATEMENT**

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



**ETHNIGRAM**

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**The President's Message**

Greetings everybody.

It is my pleasure to introduce the Ethnigram once again.

Summer has gone and the winter is knocking at our door. The temperature is dropping quickly together with the falling leaves to welcome winter. To accompany the cold weather, first round of winter flu has already started. People are getting sick. It is very important now to wrap up and stay warm. Especially the young and the elderly need to be taken good care of. Flue vaccination might be a good choice for many of you. Some of you might even qualify for free vaccination if you have a specific health condition. Please see your GP for details about this.



This year MMC has made some changes in the annual event planner to respect our clients' opinions.

The first significant change is the change of name of "Rainbow Praise". We considered the suggestion from our community members and decided to name the program as "Many People - Many Songs" and it is planned for 23<sup>rd</sup> of August. We hope to see more happy faces and thus more participation this year.

Secondly, I am proud to let you know that this year we are going to visit Government House instead of Parliament. The visit will also combine a mini picnic lunch at Te Papa. This trip is scheduled for Friday the 16<sup>th</sup> October.

Another change, we scheduled Annual Dinner for 18<sup>th</sup> July'15, which is a Saturday? This is again an output of many suggestions to reduce burden of busyness during November-December. We hope it will be convenient for more members.



**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](mailto:info@mmcnz.org.nz)

Website: [www.mmcnz.org.nz](http://www.mmcnz.org.nz)

Please note these dates in your diary. Details of these programs will be sent to you in due course. We are really sorry if any of these changes cause inconveniences to you.

In other news, very recently I attended a Spiritual Retreat as MMC President. The other representative I had with me was Nirmala Nand. This was a one day retreat, organised by Whanganui Multicultural Council. We had speakers from different religious community. The aim was to describe and recognise our uniqueness within our cultural consideration, perceptions of spiritual backgrounds and its relevance and implications for us today.

This was a simple approached spiritual fellowship to identify the essence that goes beyond man made constraint of political correctness in building a future together.

I enjoyed the day a lot and would like to appreciate Whanganui Multicultural Council for their initiatives.

Looking forward to seeing you all in all of our programs.

All the best.

Rukshana N Akhter.



**Manawatu**  
Multicultural Council

**Multicultural  
Centre**



*Manawatu  
Newcomers Network*  
Connecting People

**Cordially invites you to their**  
***Annual Dinner***

**Venue:** Chinatown Restaurant  
150 Cuba St Palmerston North

**Date:** Saturday 18th July 2015

**Time:** 6-9.30pm

**Cost:** \$25.00 per head

**Note:** There will be no door sale



**Dress:** National costume  
**Drink:** BYO  
**Corkage:** \$3.00



**The evening includes entertainment, raffles and auction**  
**Presentation of certificates for MMC volunteers**



Tickets available from the MM Centre 77-85 King Street Palmerston North  
Contact the centre staff on 358 1572

Email: [ask@mmcnz.org.nz](mailto:ask@mmcnz.org.nz) or [info@mmcnz.org.nz](mailto:info@mmcnz.org.nz)



## Newcomers Coffee Morning

Hi my name is Scott, I'm a student dietitian from Otago University currently doing an internship in the Palmerston North public health unit with Nirmala Nand, Health Promotion Advisor for a few weeks. On Wednesday I had the pleasure of joining the Manawatu Multicultural Council coffee morning, which I believe is a regular Newcomers' network program. I was warmly greeted by the group and sampled some fantastic home baking while talking to members about their backgrounds, experiences in Palmerston North and involvement with the MMC. It felt quite special having such a culturally diverse group of people to share life stories with and build connections and friendships. In fact, if I could



sum up the entire morning in one word it would be 'friendship'. As someone new to the region and knowing only a limited number of people, this group really made me feel like I belonged. In passing conversation I found out that a fellow member shared a favourite hobby of mine, tennis, and we arranged to play at her tennis club on the weekend. This is just one example of the unforeseeable opportunities that come with meeting, talking and making new connections.

From my experience I would fully encourage anyone to get involved with the MMC and the fantastic people that form it.

Thank you/ vinaka/ terima kasih/ domo/ kia ora/ ca'm on.

Scott Campbell

**Thank you very much Scott for the wonderful comments about the MMC . It was really nice meeting with you and even from that short time you spent with us at the Centre we could tell that you are an amazing person.**

**Our best wishes with your studies and you are more than welcome to come again to our social events.**

**Christine.**

### **HONEY AND RICEBUBBLE SLICE (from Eunice Rodsjo)**

4 cups rice bubbles  
Half cup coconut cream  
125g butter  
3 tablespoons honey  
Half cup of brown sugar

Melt butter, sugar and honey in a pan and boil for three minutes.  
Mix all ingredients together in a large bowl.  
Spread mixture in tin approximately 34cm x 24cm.  
Cut while still warm.  
Keep refrigerated.



## National Newcomers Network Hui in Wellington

From the 7-8th May, Anne Odogwu and I attended the National Newcomers Network Hui in Wellington. It was an opportunity to showcase what we do here for our newcomers and hopefully inspire others and be inspired by what other networks do. Funding is a common issue in many regions as Karen Darling, NZ Newcomers Network Manager explained, and she gave us an insight on how we can apply for funding.

It was enlightening to learn about what other regions do for their newcomers. A movie night is a very popular event in other regions and although it has been in our thoughts for some time, we haven't yet been able to start mainly firstly because of copyright concerns if we decide to watch a movie here at the Centre and secondly the cost if we go to the Cinemas. At the Hui I heard that most movies that are on You Tube and can be downloaded without breach of copyright and Anne and I thought



## Newcomers Potluck Dinner

The Manawatu Multicultural Centre celebrated another milestone on Friday the 24th of April . This day marked the 5<sup>th</sup> anniversary of the Newcomers Monthly Potluck dinner.

The Newcomers Potluck dinner started at Lew and Meriam Findlay's home with about 40 attendees. The initiative came about because of the need to



have migrants connected to the Centre, especially the new arrivals, to meet and get to know each other. It also encouraged Centre attendees and volunteers to bring along their family and friends thus expanding the Centre's network.

Rukhshana Akhter, MMC Acting President, and Nirmala Nand, immediate Past President, kicked the celebration off with the lighting of a commemorative cake. A brief

history of how this initiative came about was explained to the participants.

The potluck dinner has become a monthly event. The next one will be held on May 29 starting at 6 pm. Come along and meet the diverse mix of people from different nations.



Mayette

## Multicultural Women's Group— A Fundraiser for Nepal

Cooking has been a favourite activity for our multicultural women's group and on the 6th May it was great to see more than 30 women and men coming to learn how to make different kind of samosas and donate money for the Nepalese disaster.



Three wonderful ladies kindly offered to make and donate the samosas free of charge: Antoinette from Rwanda, currently working with Red Cross made beef samosas,

Robina and Sabrah both from Pakistan and currently English learners at MMC made vegetarian samosas.

Aside from different fillings, there are also different ways of folding samosas and we had a lot of fun learning those different ways.

Afterwards people enjoyed tasting the samosas and donated \$220 towards the Nepal disaster.



A big thank you to all you who supported our event and to the volunteers who kindly donated their time and ingredients to make it happen.

Join us next Wednesday the 3rd June for "Middle East Dance" from 1-3pm, a good opportunity to learn a new dance and warm up this winter. It will be fun!!!

Christine.

## In Their Own Words

Hello everyone !

My name is Kim. I'm 48 years old. I'm from Vietnam. I've been in Palmerston North for 1 year. The first few months were very hard for me, because I was born and grew up in a very crowded city with a population of over 6 million people. Palmy is very quiet, peaceful and I felt like I was on a holiday . I have family in-laws, uncle, aunts and cousins who helped me integrate into life in New Zealand.

I really felt good and very happy when I came to know about the Multicultural Centre .



I am learning English, made friends with people from many different countries. Many thanks to Teachers who helped me a lot . They are very friendly and funny ! Special thanks to Christine and Noorangi, for helping many people like me . Wishing all the best to you ! Love you all ! Kim Pham.

I came to New Zealand after I finished my studies because I wanted to improve my English and because I wanted to discover another country and another culture. I really enjoyed travelling so far from France; coming to New Zealand is quite a long



way, and I feel that is very exciting. It is the best way to learn how to deal with what can happen when you are on your own, without someone in your family who can help you. The MMC has done a lot for me. Firstly, it was a way to meet people from other countries who were in the same situation as me. Secondly, thanks to the English lessons I learnt a lot of new vocabulary and information about New Zealand. Thank you to all the staff and volunteers who are here to help us.

Lysi

**Thank you so much Kim and Lysi. Teachers and Centre staff are also very grateful for your attendance and your very kind comments about the MMC. Unfortunately both of you will be moving on soon and we will miss you greatly. All the best for the future !!!**



## **MANY PEOPLE – MANY SONGS (formerly Rainbow Praise)**

Once again the MMC is getting ready to produce another programme that will take place at Saint Mary's Church (opposite the Hospital). This will be on **Sunday 23rd August** so, please, keep this date free even if you are not taking part as we wish to see our people well-supported.

Invites will be sent to all our members and we look forward to hearing that you wish to participate. There will be a preliminary meeting with Group Leaders where we will explain that this is an opportunity for you to display your musical culture to the people of Palmerston North.

The programme starts at 2pm and there is no charge for tickets so we would like to see every person attending bring a can of food for the Food Bank and a gold coin donation to show our appreciation of help received from Palmerston North people.

Each choir is to have 2 well-rehearsed songs or chants that are of 8-minutes duration including your entry and exit. Please send your registration as soon as possible

Anne Odogwu

MMC Executive

# **MANY PEOPLE - MANY SONGS**

**CELEBRATING MULTICULTURAL SONGS & PRAISE**

**Sunday 23 August 2015 from 2 – 4 pm**

**St. Mary's Church Ruahine Street (*Opposite the hospital*)**

**Followed by afternoon tea**

**ALL WELCOME**

**Please bring one (1) can of food for the Food Bank and a gold coin donation**



## Introducing the PN Women's Health Collective

The Palmerston North Women's Health Collective is a community health group providing free women's health information, support, referral and advocacy, and some personal health services such as pregnancy testing and cervical screening.

Te Whare o ngā Wāhine/Palmerston North Women's Centre, the house for women and children (and their support people) that we are based at, provides an important place for women to come seeking assistance on many levels.

### Provided FREE:

- ◆ women's health information services
- ◆ support, referral and advocacy services for women
- ◆ pregnancy testing (you can pick up a test to take away or do it on site)
- ◆ cervical smears and related checks with certified nurse smear taker (priority clinic for eligible women)
- ◆ condoms and lubricant
- ◆ women's lending library
- ◆ practitioner information files on doctors, specialists, midwives, counsellors, dentists etc
- ◆ health education and public speakers
- ◆ health 'watch' and women's health advocacy role in the community and at the regional and national level
- ◆ Subsidised/free counselling for women



### Available (for women and children) at a reduced cost are:

Osteopath and naturopath consultations and massage by women practitioners.

The Women's Health Collective provides access to knowledge, skills and shared experiences to empower women to make informed decisions about their health. Our self-help approach encourages women to take back responsibility for understanding and caring for their health. Women's health needs are defined by women's own experiences. We are a drop-in service (except for nurse smear taker, counsellor and natural health therapists which require an appointment).

**Open 9am to 5pm, Monday to Friday**

**Te Whare o ngā Wāhine/Palmerston North Women's Centre**

**53 Waldegrave St, phone 3570314**

[pnwhc@xtra.co.nz](mailto:pnwhc@xtra.co.nz)    [www.pnwomenshealth.org.nz](http://www.pnwomenshealth.org.nz)    [facebook.com/palmerstonnorthwomenshealthcollective](https://facebook.com/palmerstonnorthwomenshealthcollective)

## The Qualities of a Leader (by Mayette)

### VISION

Being able to turn big ideas into executable plans while keeping your group on track are crucial parts of leadership

- Mapping your journey is the first step – PLAN!
- Be able to clearly describe your vision to people
- Always stay one step ahead by anticipating and embracing change

Destiny is not a matter of chance, but of choice. ..not something to wish for but to attain. (William Jennings Bryan)

### HUMILITY

You should act with humility by seeking out feedback and focusing on the needs of others.

- Find time for personal reflection and observation
- Admit mistakes and admit when you need to improve
- Be open to criticism; it will help you become a better leader

A good leader is a person who takes a little more than his share of the blame and a little less than his share of the credit. (John Maxwell)

### SELF-AWARENESS

Understand and manage your emotions, as well as the emotions of other people.

- Control your actions to positively affect outcomes
- Inner-calm and outer resolve comes down to self-control
- Understand how you handle emotions and how it affects others

Life is 10 % what happens to me and 90% of how I react to it. (Charles Swindoll)

### INTEGRITY

Having strong values, beliefs, ethics and character allows others to clearly identify you.

- When you're sincere you build lasting trust and loyalty
- Honesty will positively assure people of your intentions
- Leaders have an obligation to adhere to strong moral principles

Example is not the main thing in influencing others. It is the only thing. (Albert Schweitzer)

### COMMITMENT

Learn to appreciate the journey more than the destination and know how to face adversity with confidence.

- You need to be bold and stand by your idea
- The key to making things work is hard work
- Show loyalty by nurturing key people to become leaders

Leadership is the art of getting someone else to do something you want done because they want to do it. (Dwight D. Eisenhower)

### HELP OTHERS

Act with generosity and gratitude by influencing positive change in people's lives.

- You should find pride in what you do
- It's up to you to set your team up and be successful
- Nurture people to become better professionally and personally.

The greatest gift you can give to another human being is love.

Lifted from [www.eliv8group.com](http://www.eliv8group.com)

**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**