

MISSION STATEMENT

TO CELEBRATE, SUPPORT AND CONNECT MULTICULTURAL COMMUNITIES OF MANAWATU



Manawatu Multicultural Council

Multicultural Centre



Manawatu Newcomers Network
Connecting People

ETHNIGRAM NEWSLETTER

President's Report

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August , marks one year of my term as President. The AGM on Wednesday August 31, will start with a Potluck dinner so that everyone can mingle, and get to know each other before the election starts. I have decided to stand for another term as President, so that I can, hopefully help with some of the issues that affect the smooth the smooth running of the Multicultural Centre and Council.



I would like to thank the Executive for their help and support this year. With the funding we receive this year, both from Lotteries and PNCC we are able to give the position of Centre Manager to Christine. I know that it is a learning curve for Christine, but with her years of experience in the finance, as well as helping to run the office, I feel she is able to move our organisation forward into the future.



Some highlights from this term have been the return of the Cultural Presentations we had in the past. This is now done in partnership with the Library which provides more space and resultantly a wider of audience. Other projects such Quilt making have bonded women from different countries and also the Flax Flower making project for Anzac Day, allowed us to network with other organisations.



The monthly Potluck Dinner is becoming popular among overseas students who are studying in New Zealand for a short term. It is good to know professionals from different countries are learning from conversational English classes we hold in the Centre.



I am always touched to hear what the learners say about our volunteer teachers and staff after attending the conversational classes. Not only do the students come to learn English but they appreciate that there is place here, in Palmerston North where they feel accepted and feel they belong.

I would like to thank all the funders for their continued support in our organisation, without the funding we would not be able to give the services to our migrants and refugees.

I would like encourage each group member to send active representative to the AGM to join our committee. Multicultural communities are growing fast, so is important that we cater for the different needs of the different communities. It is also important that we have enough people to do the work this entails, and that we encourage young people to get involved and eventually take over from some of us, who are growing old.

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
- Hancock Community House
77-85 King Street
Phone #
(06) 358 1572
ask@mmcnz.org.nz
www.mmcnz.org.nz

President's report continue

Just like a tree that need news shoots to keep on living, our organisation needs new roots to flourish for the future.

Our world on stage has come and gone,. It was only for one night but it took 5 months to organise. I am very grateful to all community groups that unselfishly gave their time for the show.

The next cultural presentation will be organised by the Iranian community and lots of planning have gone into this. I do hope you will make time to come and be part of this interesting and enjoyable evening on Friday the 9th September, in the Library.

The Cook Island community, with tit's partnership with the library, did an excellent job in presenting their community to the public. It was so impressive to see the young girls gracefully dancing to their music, and our congratulation also to Noorangi our staff member, for all the work she did towards making this a successful evening.



Meriam Findlay
President

Centre Coming Events

On Wednesday the 12th of October 2016.

The Multicultural Council is planning a day trip to Wellington to visit the
New Zealand Parliament

The bus will be leaving the Centre at 8.30am and returning at 6pm

The trip is open to migrants, refugees or new arrivals to our city.

If you're interested contact the Centre on 358 1572

Email: ask@mmcnz.org.nz

Seating is limited so please book as soon as possible

The cost is \$20.00 per person

The Manawatu Multicultural Council Annual Dinner

This will be held at the ChinaTown Restaurant 156 Cuba Street

On Friday 4th of November from 6.30—9.30pm

Cost: \$25.00 per person

Entertainment is by the Karen Community

This dinner is a fundraiser for the Multicultural Centre

All proceeds will go to help with the running of our

UCOL Open Day 2016

UCOL or the Universal College of Learning, on a stormy, windy, rainy and cold morning in August, especially trying to manoeuvre poster boards and cardboard cartons across a windswept carpark- ain't much fun! Lamiraa) and I had agreed to "man" the stall on August the 10th or rather a small table at UCOL.

The day attracted over 600 students from Palmerston North and surrounding areas all being interested in what UCOL had to offer in the way of courses etc: for their futures.

20 different organisations from the Street Van to the Cancer Society and many more were represented.

The Cancer Society had an amazingly new resource on show. A pump up, walk in massive replica of the large intestine showing the walls of the Colon and how cancer can affect changes, depending on the stages of the cancer.

There was also musical entertainment, of course, from UCOL students, to entertain us, as well as distractions such as food! One has to have a draw card, so apart from Lamiaa who has been here only a relatively short time speaks very good English and is an amazingly friendly and out going person. We offered some of our hand made brooches, made in the Centre and some children's books in various languages, to give away.

Some of the students were ex MMC English Conversation students from MMC, and it was good to see them now studying or planning to study at UCOL.

All in all it was a good morning. At least by the time we left the rain had stopped in time to pack up and return to the MMC.

Angela Joblin



Used Stamps

I know that not many letters are sent these days but if you do receive any with STAMPS on them, can you please save them for the MMC? The stamps that is - not the letters !

We are saving them for the Leprosy Mission

**So please don't throw them away
But give them away!!**

Meet Qiang Zheng

Personal Information

English Name: John
Chinese Name: Qiang Zheng
Gender: Male
Date of Birth: 03/11/1980
Nationality: Chinese
E-mail address : smiling-qiang@163.com



Education Background

2016/06-2016/12 Massey University, Palmerston North, New Zealand;
Visiting Scholar; Subject: Pedagogy;
2005/09-2012/06 Zhejiang University, Hangzhou, China;
Ph.D. degree; Specialty: Biochemical Engineering

It was at a potluck dinner party that I first knew Manawatu Multicultural Center (MMC). That night I went there with one of my colleagues, hoping to make some new friends. It was great fun, and we had nice conversations with different people from different countries. All the people there are so kind and are always willing to help others. Later, I knew that there are English classes in MMC from Monday to Friday to help those who have problems in speaking English. It is free and, in fact, there are many free activities held by MMC.

Now I go to MMC very often. I can practice my English there and what's more, I have learnt a lot about NZ customs and culture. I really appreciate it very much!

If you are one of those people who comes from other country and want to settle down in NZ as soon as possible, MMC is an ideal place for you.

Thank you so much John. It is nice to hear wonderful and positive comments about the MMC programme. I hope you get to meet lots of new friends here at the Centre and also at your work place. Enjoy the rest of your time here in New Zealand, and we wish you all the very best when you return to China.

"Volunteer Tutor Needed"

MMC is looking for a volunteer tutor for our Wednesday English Conversation Group.

From 1-3pm weekly.

We have many different ethnicities that attend.

Age group from 18 to 65 plus

For more information contact 06 358 1572

Email: info@mmcnz.org.nz

Creative Writing by the Afternoon English Conversation Group

Day in the Esplanade.

I can see a big playground, and I can see people sitting on the train and moving around. I can see cars, and beautiful trees and birds. I can hear the sound of people talking, and birds are singing because it is a beautiful day.

I can hear the sound from the train "Boom! Boom!" I can smell peoples' perfume and the train smoke, and the not so good smell from the ground of the bird droppings.

I can feel the enjoyment of trips with kids.

LOVELY DAY!

Puapua



From left: Nashima, Puapua and Li-Na

**Volcano**

I stand over the huge volcano in front of me. It is an angry active volcano. I can feel the heat flowing out of the melting lava, which remains explosive, not far away from me. It looks scary but, when I look at the yellow-orange mixed colours from its light, I think it is beautiful as well.

The smell of stinking gas kicks my nose and completely wakes me up. I can feel a bit of unstable ground under my feet. I take a deep breath through my mouth to relax but, the bitter dust taste does not calm me. However, the big loud noise of a lava explosion makes me realise that I should run away as soon as possible.

Suchada



Why migrants need to get used to local fruits and vegetables

By Nirmala Nand, Nutritionist, Health Promoter, MDHB

As part of my job and also working and talking with so many different cultures and people from around the world about living in New Zealand, I have realized that one of the many challenges new migrants face, is that of readily finding their own ethnic foods. Especially ones which are as affordable and fresh as they used to be back home.



There may be some foods and especially vegetables which may be available but they may not be cheap or not as fresh. We all know that only fresh vegetables are healthy and full of vitamins and minerals that are so essential for everyone.



Stale vegetables lose their vitality, their nutrients, and become less effective in keeping us healthy. If they are not stored properly, they would have lost most of the goodness by the time they reach your table.



Many of us then usually have no alternative but to use the local foods. That is not a bad idea. In fact, local fruits and vegetables would be fresher, apparently full of healthy vitamins and minerals, and in most circumstances relatively cheaper than the imported ethnic vegetables.

However, using new local vegetables sometimes may pose a problem, when you do not have any idea how to cook them. For the adventurous ones there is no issue. They are happy to try new recipes, new foods and experience new tastes. For the not so adventurous, it may be a huge challenge.

And these are the ones whose food choices may be restricted. For example, I have spoken to many women, who had never seen or used kale, or silverbeet, or leeks, or even watercress in their life. Now these vegetables are full of many essential vitamins, minerals, iron, protein, and fibre .



Cooking these vegetables is easy and I would encourage you to try the new tastes, read about the nutrition they provide, and look for ways of including the local, fresh and healthy vegetables in your daily meals. In this age of technology everything is only a tap of the finger away. Thousands of recipes can be found on the internet.

Cooking new vegetables can be great fun and sharing with others even more rewarding !



Boursin style cheese

Ingredients

2 garlic cloves, room temperature-very finely chopped

225 thick naturalea yoghurt

450gm cream cheese,

I used the spreadable philadelphia, but will use the thick one next time.

3 tbsp grated parmenzan cheese

1 tbsp fresh dill or 1 tsp dried dill

½ tsp dried marjoram

½ tsp dried basil

½ tsp dried chives

½ tsp black pepper

¼ tsp dried thyme

2 tbsp minced fresh parsley

Methods

Rub all the dried herbs used between your fingers before adding.

The original recipe used butter or quark, but I used yoghurt.

I also added a little salt and increased the amount of marjoram, dill, chives and thyme. I think 1.5 times the amount in the recipe.

It says in the recipe that you can keep it in the fridge for up to 1 week, I kept it for 2 weeks and it tasted still OK.

I've also frozen some, it comes out a bit more grainy.

Enjoy and good luck with making it.

Gretha



Citizenship Case Officers will be in

Palmerston North on:

26th - 27th October 2016

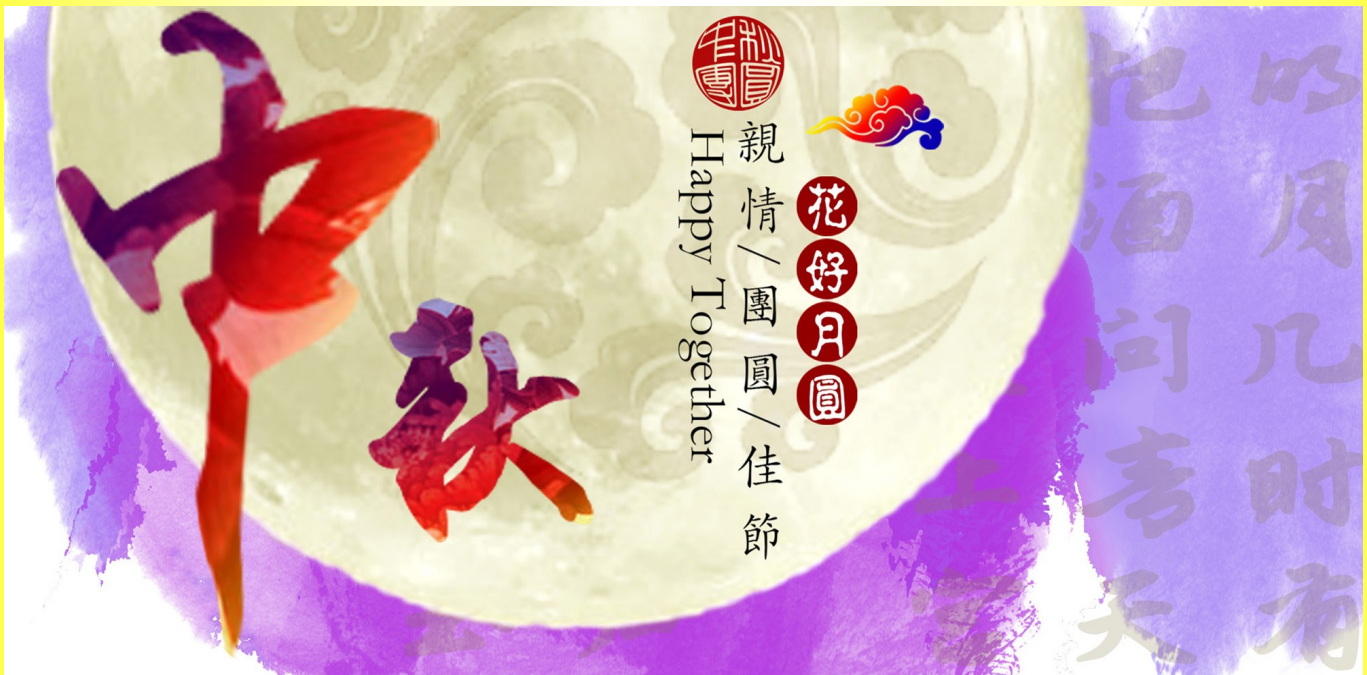
Case Officers will be available to look over your application and assess your eligibility before you apply, answer questions and discuss any problems you may have.

Working with our Case Officers will make the application process easier and faster for you. There is no extra charge for this service.

You don't have to visit a Justice of the Peace or post your valuable documents – they will be returned to you at your appointment.

Payment must be made with your citizenship application. Payment can be made by personal cheque, bank cheque or credit card.

To make your free appointment, or for more information, phone 0800 22 51 51.



親情 / 團圓 / 佳節
Happy Together
花好月圓

THE MOON FESTIVAL SHOW

9月10日 晚上6点 10TH SEPT 6PM

mooncake to win 抽獎月餅等

The opening event of New Zealand Chinese Language Week (12TH-18TH SEPT)

新西兰中文周 (9月12日至18日) 的开幕活动

Traditional Chinese instrument Martial art Peking Opera

现场购票方式 Ticket \$6 \$10 EventTICKETING Centre

门票预售方式 关注下方二维码了解详情

Live at Regent on Broadway 剧场

捐獻門票收入的10%

10% of admission will be donated to Cancer Society

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主办单位 Organized by

北帕中国学生学者协会

Palmerston North Chinese Students and Scholars Association



活动详情请关注
我们微信公众号

Manawatu Multicultural Council in collaboration
with the City Library proudly invites you to the

IRANIAN CULTURAL NIGHT



MOVIE, EXHIBITION, FOOD
COME AND MEET IRANIAN
COMMUNITY

FRIDAY, 9th of SEPTEMBER - 6:30 pm
PALMERSTON NORTH
CITY LIBRARY

WEBSITE: www.Citylibrary.pncc.govt.nz
CONTACT NUMBER: 06 351 41 00





WE NEED ...YOU!
We are looking for
VOLUNTEER
DRIVING MENTORS
to help former Refugees

Learn to drive

(a Vehicle & Mentor Training will be provided)

If you are:

- a patient, confident driver 25 yrs or older
- have a full licence for at least 2 years
- can volunteer 2 hours per week

YOU will be PERFECT!

Please call 06 356 8152 to register
or email: rdtpalmerstonnorth@gmail.com



**Ministry of Business,
Innovation & Employment**

More information:

- A vehicle and full training will be provided
- A commitment of 2 x 1 hour driving sessions will be required
- Must hold NZ full licence for two years and clean. Police check is also required.
- Times and days suitable to the volunteer mentor will be booked
- The programme will run for 12 weeks
- There is no applications deadline. You may volunteer in any of suitable intake.

Please share the application form with anyone who might be interested in this very exciting and life-changing opportunity.

Email: rdtpalmerstonnorth@gmail.com (or) poe.zaw@redcross.org.nz

Multicultural Centre Activities & Events

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 Conversation Group

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

Beginners Conversation Group

Tuesday, Thursday & Friday 10–12.noon

Multicultural Arts & Crafts Group

Friday 1-3pm

Shared lunch at the Centre:

Friday 12-1pm

Multicultural Women 's Group

2nd Friday of the month 1-3pm

Newcomers Coffee Morning

3rd Wednesday of the month 10-12noon

Newcomer's Potluck Dinner

Last Friday of the month at 6pm