

MISSION STATEMENT

TO CELEBRATE, SUPPORT AND CONNECT MULTICULTURAL COMMUNITIES OF MANAWATU



Manawatu Multicultural Council

Multicultural Centre



Manawatu Newcomers Network
Connecting People



President's Report

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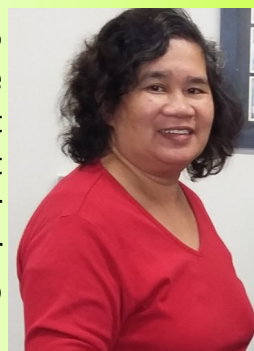
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Acknowledgement

- 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

April was the month when we started the Newcomers group 6 years ago. It seems only like yesterday when a group of people came to my house for a potluck dinner. Since then every last Friday of the month is a gathering for all newcomers that willingly come and join us. To some it is the catch up time for those who are really busy during the week. The potluck dinner became a spring board for support and network for those who had just arrived in the city.



Through conversation we get to know each other and find out what assistance is needed, and to those who faithfully come every last Friday. It becomes their regular activity to overcome isolation and make new friends. Some of the potluck dinner activities over the years have included singing in our own language and learning different greetings expressing ourselves in different ways.



It is the month that we celebrate ANZAC Day. A day we remember our fallen heroes who fought during the war so we can keep the freedom of our country. This year we have actively participated with the City Council Project by making poppies in different ways.

One sort of poppy was made by flax weaving and the other was a crochet one.



Continue next page

Presidents report continue

It was good to participate in the laying of wreaths last Monday for ANZAC Day. Next month our calendar is filled with activities namely The First Voice, an activity where we network with the Intermediate Normal school here in Palmerston North, assisting students from different ethnic groups to write a story in their own mother language. We have been doing this for 15 years.

We also have the Egyptian movie night and I encourage everyone to support this. The Egyptian community will not only show a movie but present their culture in different ways and hope to have their ambassador as guest of honor. We also have a meet and greet morning tea with our Mayor Grant Smith on the 18th May at 10am. I am very grateful to our Mayor for taking time out from his busy schedule to meet with us. We are also encouraging every job seekers or anyone who wants to advance them selves in speaking English to participate in the Professional Speaking sessions for Migrants on May 28. It is an initiative started in Rotorua, I encourage council members to support this. Sheridan Hickey a member of Speech New Zealand will be conducting these.

The Potluck Dinner continues to attract people from all walks of life and it is fantastic when we talk about our own experiences from countries where we come from and it creates a strong bond between us all.

Meriam Findlay

President



Celebration of Achievements

Congratulation chori Muna and Deepshika Regmi

I was honored and privilege to accept the invitation from Muna and Deepshika to attend and witness the presentation of certificates. Form the Faculty of Health Science on Wednesday 16th March 2016.

Graduation is a time of celebration for your achievements. It marks the successful completion of your qualification and the end of a great deal of hard work and commitments.

Thank you Muna and Deepshika for your generosity, friendship and contributions to the centre's activities. Your commitment and determination is a great inspiration to others.

One behalf of all your friends and extended family at the Multicultural Centre we wish you all the very best in your future endeavors.

Noorangí



Multicultural Women's Group

As you can see the selection of photos, displays the evidence, of the work done by the women. Wow! what a talented and creative group.

A number of newcomers mostly from the Thai community, joined us at the Centre. It was nice to see migrant women working together having fun and enjoying each others friendship and company.

For the past six weeks the women made 600 flax flowers and in between learnt to make crochet poppies all in remembrance for ANZAC Day 2016.

A very BIG thank you to Booranee for taking time off from her busy schedule to teach the women how to make crochet poppies.

Not only did Booranee teach us but she also supplied all the resources to make this a very successful project.

The women will join the rest of the community on Friday 22nd April at 1.30pm for the flax poppy installation to be placed around the cenotaph.

The completed crochet wreath will be laid by Meriam Findlay President of the Manawatu Multicultural Council and one by Booranee for her Thailand Community.

This will take place in the Square on Monday morning 25th April at the Civic Service at 9.15am. So please we would like to welcome you all and your families to attend this event, an opportunity to learn what ANZA Day is all about.

Noorangi Puleosi



A Grandchild for Anne and Adimabuah Odogwu

Gustaw Ikemefune was welcomed into the world by proud parents Katarzyna and Will at 12.55pm (Central European Time in Warsaw, Poland on Friday, 4th March. He can look forward to a life blessed by the love of a large extended family spanning the globe from Europe to Africa, Australasia and North America, including his proud grand-parents Anne and Adimabuah Odogwu Palmerston North, N.Z.

His parents look forward to helping him lead a fulfilling life energised by love, courage, curiosity and inextinguishable hope. *Compiled by Will & Kasia for Standard and Dominion Post in NZ.*



I'm going on 21st July for 2 months so it will be very exciting to meet our grandson and have chosen to be known as Bedstemor (Danish for grandmother).

I've met Gucio (the shortened Polish version of Gustaw) on Skype, photos and now six videos.

When Will was born in London the quickest way Adim could tell my Mum was to ring her. There were no photos till we took him home after 10 days.

The Nigerian name: Ikemefune given by his Grandfather, Adim, means: "My strength/labour will not be in vain"; or, "What I have done in the world".

One of Will's Nigerian names Uwamichine given by his Grandfather means "May his line never cease"

So I told him that his name has come true now.



Anne Odogwu's Second Family in Zambia.

In African culture senior men and women are given the curtesy titles of Grandfather and Grandmother so therefore I have been a Grandmother in my twins lives since 2009. Their names are: Taonga and Daliso. their Father was very happy when I told him the meaning of Taonga in Maori and he said in four tribal languages it means "gratitude or thank you" and Daliso means "Blessings".

They were born on 8th July in 2001 so will be 15 this July. I became part of the Kaombe family through a Catholic charity group that encourages people to write to a prisoner and I was matched up with Gomiwe Kaombe who was very excited to think I was married to a Nigerian so we immediately became closer friends.

The twins thought they'd meet me when I sent extra money so they could visit their Father in jail so thought I'd be there also.

I've paid the school fees since 2011 and Will paid the 2010 ones when I found they couldn't go to school as their Mum didn't have the money so if you don't pay the fees you cannot go to school.

The girls are doing very well and were 1st and 4th in class last year.

Gomiwe was released from prison in January 2015 so the family is living together now and the twins are so happy to have their Father at home.

Now the family has shared in the excitement of Will and Kasia's baby coming and they're very sorry that they can't go and play with Gucio in their holidays.



Anne Odogwu

Paty's Farewell Morning Tea

At the end of April we will be losing a great friend of the Multicultural Centre. Along with her children Lilia and Paulina, Paty Rivera is returning to Mexico. Her husband Mauricio having returned earlier, maybe to make the home spic and span for their return !

Paty, Mauricio and the girls came to NZ five years ago initially for Mauricio to complete his Ph.D. Paty as all who knew her was a vibrant friendly person. She made friends instantly, language being no problem, even to the extent of getting a job as a Laboratory Assistant and subsequently as a Laboratory Technician at Massey University. This was an amazing achievement for someone that came to NZ with very little English Language skills. Now you can't stop her! Only joking Paty!

Paty took every opportunity to learn everything and anything whilst in NZ. She worked in her eldest daughter's school as a Teacher's Aide, went on Parenting courses and even attended Toastmasters.

Paty and the family were always supportive of the centre, coming to numerous activities organised at the centre. The annual Festival of Cultures as well as participating in the Cultural Fashion Show at the City Library. So from us all that knew her and the family, we wish you all well. Safe journey and for now

ADIOS NOS VEMOS and DOS CERVEZAS

POR FAVOR ! Sorry that's the extent of my Spanish!

Ange Joblin



Well Done Yoshimi

I believe everyone has limitless possibilities. I started walking and jogging in 2013, my pace was slow but it was better than too fast. After that I started to jog longer distances. Actually I was walking at hospital in Japan, a few of my co-workers were running and walking. They were always shining! I was thinking about my health all the time, so I just started walking. I started walking very easily. You can see the scenery and hear the birds singing while exercising. I ran a half marathon in April this month at Great Forest Events 2016.

For people who are interested in exercise they can start with a 5km jog. Just doing a little will give you confidence to do more

I plan to run another marathon next month on the 29th May, this races will be organized by Manawatu Striders.

<http://www.manawatustriders.org.nz>

Yoshimi



Congratulation Yoshimi

From your friends and extended family at the Multicultural Centre.



Break the silence and stay healthy



To stay healthy and balanced in body, mind and spirit we need to look after our health, including our sexual health. Sexual health can be difficult to talk about. However, staying silent about important health issues can lead to people getting unwell because they don't have the right information. It is your right to have all the information you need so that you can look after your health in the best way.

Sexual health requires a positive and respectful approach to sexuality and sexual relationships. This means that people should be able to have safe sexual experiences, free from discrimination and violence.

Having information about Sexually Transmitted Infections (STIs) is important since they are common in New Zealand. Also, **STIs don't always have any signs**. This means that you can have one without knowing. **Age is not a protective factor; anyone who is sexually active can get an STI**. The only way to know for sure is to get tested.

Silence around STI's can result in people not getting tested and treated. This leads to more people getting infected. **If left untreated, STI's can lead to health problems for women and men later in life. Problems could be difficulty becoming pregnant or making a woman pregnant. The best protection against STI's is to use condoms. If you are planning to have unprotected sex it's important that both you and your partner get tested for STI's first.**

If you want to get tested for STI's or have any questions about your sexual health you need to get the right support. **You can get a sexual health check at your sexual health clinic, youth clinic or GP practice**. The MidCentral Sexual Health Service is a FREE-to-all service with clinics in Palmerston North, Dannevirke and Levin. They have a team of specially trained doctors, nurses and support staff that are friendly and keep your privacy. They provide information and advice on sexual health and give out free condoms. You can ask them any question about your sexual health.

***Call MidCentral Sexual Health Service to make an appointment:
(06) 350 8602 / 0800 808 602***

Professional Speaking Poster

PROFESSIONAL SPEAKING FOR MIGRANTS (An initial session introducing a long course)

By Sheridan Hickey, Professional Speaking Trainer & Voice Coach



- Develop your personal confidence
- Improve your English speaking skills



Act Now

Step into the Secret of Success

Saturday 28 May 2016,
1.00-3.00pm

Community House, 77-85
King Street, Palmerston
North.

Cost: \$10/person

- Participate in informal speaking situations.
- Engage and connect with others
- Achieve effective presentations

Space is limited , to book for your place please call the Manawatu Multicultural Centre on 06 3581572 or e-mail info@mmcnz.org.nz .



Manawatu
Multicultural Council



Speech
NEW ZEALAND
NEW ZEALAND SPEECH BOARD

World on Stage Poster

Manawatu Multicultural Council

proudly presents

WORLD ON STAGE



Regent Theatre
Saturday 2 July 16
from 6.30pm

A wonderful showcase from our international community. An explosion of lights, colour, dance and music.
The best of international performing art and great family entertainment.
The show will be directed by Pat Snoxell

Adult	\$20
Family Pass (2 Adults & 2 Children under 16)	\$50
Seniors/Students/Children	\$15

Tickets available from TicketDirect
www.ticketdirect.co.nz
357 9740 | 0800 224 224
Booking and service fees may apply



Manawatu Multicultural Council kindly invites you to:

Meet & Greet

Your City Mayor- Grant Smith

Wednesday 18 May 2016

10-am to 12 noon

Manawatu Multicultural Centre

77-85 King Street

Palmerston North

A unique opportunity for migrants and refugees to meet with
Palmerston North City Mayor over a cup of coffee/tea.

Please join us, invite your family and friends and bring some
morning tea to share if you can.

We look forward to welcoming you.



Manawatu
Multicultural Council

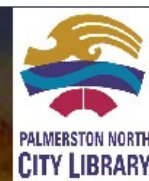
**Multicultural
Centre**



*Manawatu
Newcomers Network*
Connecting People

The Manawatu Multicultural Council in collaboration with the City library proudly invite you to the :

EGYPTIAN CULTURAL NIGHT



A night to explore the rich Egyptian culture, Music , Dance , Drumming and food.

Friday 13th May 2016 6-8 pm City library



Please join us , bring your family and friend and some dessert to share.

For more information, please call the MMC on 3581572 or e mail Christine on Info@MMCNZ.org.nz

New Zealand Government

INTERNAL AFFAIRS



Te Tari Taiwhenua

Citizenship Case Officers will be in Palmerston North on:

27th - 28th April 2016

20th - 21st July 2016

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.

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