

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 Message—Meriam Findlay

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I cannot believe we are nearly in the 8th month of the year and almost two thirds of the year has gone. Many things have happened, our last months Karaoke night and Potluck dinner was a whammy full of surprises. There was Jono Naylor who displayed his musical talent and rendered a song for us to listen to, there was Karine who rocked herself singing a Guns and Roses song.



There was around 70 people in the crowd and the IPU students enjoyed singing We are the world, we are very grateful to Te Manawa and their staff who allowed us to use their facilities as well as making sure that we have everything we needed. To Mayette, who willingly allowed us the use of her console. It was an enjoyable night inside Te Manawa, while the weather couldn't make up its mind whether to give us rain or a still night.

My trip to Auckland was the next day, for the Federation AGM, where a memorandum of understanding with NZ Police, was re established. It was a good time connecting with delegates from other regions.

July 2, Saturday, was highly anticipated by everyone, our volunteer guards from the Rotary Terrace End were already at their post before 10 am, making sure the safety of our performers, crew and staff were safeguarded for our World on Stage show. The rehearsal started, without a miss, and I am grateful to our director Pat Snoxell, who patiently dealt with all issues, 6 of us in the organising committee, stayed there until 10 pm. I heard a lot of good feedback after the show, hopefully the DVDs are fantastic. I am very grateful to all our volunteer performers who freely gave their time to our successful show.

We also had a visit from Green MP Denise Roche, on July 11, she was a good speaker and the students were very interested in the different political system we have here in New Zealand. On July 23rd, I had the privilege to be one of the guest for the launching of the Identity book by the Bhutanese community. It was so good to see this community taking initiative to preserve their culture. On the 28 of July we had an orientation with the refugees from Burma and Afghanistan, It is so good to work with the Redcross Refugee Services who has been doing this with us for a number of years.

On Friday we had around 40 people came to our potluck dinner and I am so delighted that some international students came. Coming up, we have the Cook Island Language week at the Library, celebration of language and culture, on Friday 5th August at 6:30pm. On September 9 we have the Iranian cultural presentation. On Wednesday 12th of October we are organising a trip to Parliament, and on November 4, we have the Annual Dinner, so we have many activities to put in our calendars.

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



July 2016 World on Stage Regent Theatre Palmerston North

July the 2nd 2016 was the day we all had been waiting for!

After nearly 5 months of planning Meriam, Noorangi, Christine, Anne, Mayette and myself, with our amazingly patient Director Pat Snoxell and his wife Jennifer, had finally arrived at the end of our WORLD ON STAGE journey- or was it just the beginning? There had been so much to plan and do. I think we all now have a much better understanding of the amount of work any performance takes.

Posters, flyers and programmes had to be designed and printed. The Theatre had to be booked, and paid for! Potential performers had to be seen and assessed as to their suitability.

Their performances timed and a copy of their music made available for the technicians plus a photo of a suitable backdrop for the actual night. All had to be put in order of performance as one really doesn't want a photo of a Scottish Castle as a back drop to a Papua Dance!

Back Stage workers and helpers also had to be briefed by our Director, and the very competent Compere, Caroline Robinson, gleaned information from the performers which made their performances all that much more interesting.

As we had twenty different performances, some with one person and some with forty five, dressing rooms were at a premium, as there were only nine ! People were amazingly accommodating and sometimes doubled up. This being after all the WORLD ON STAGE or maybe the WORLD BEHIND STAGE ?

We also needed security in the guise of the Rotary plus the services of the Friends of the Regent , showing people to their seats. Plus of course Publicity. This was in the local newspapers, as well as the freebies, and some with photos. Our publicist being Malcolm Hopwood, well known in Palmerston North. Sixty posters were strategically placed round town, or not so strategically thrust into unsuspecting people's hands. I wonder if they came?

We opened on time, some people loved every thing, some particular groups. Some said it was the cheapest and best show they had seen, and some that they didn't realize there were so many different ethnic groups in Palmerston North. Maybe they didn't know that the performers were only about a fifth of the different ethnic groups that live here in Palmerston North. It was a great night. We could not have done it without the Regent staff, Cheenu, Jason Woods, Gordon Alve ,plus Caroline Robinson, our compere, and Malcolm Hopwood our publicist, also the various Rotary Clubs around town, the friends and families of the Performers and of course the Performers themselves.

Our most grateful thanks go to Pat Snoxell, our Director Extraordinaire. A man of amazing tolerance and patience. Well he must be, as he was the only male on a Committee of six feisty women!

Angela Joblin



Selections of photos from the World on Stage



Li Na's story

Ni hao. I'm Lina. I have the similar name as a famous tennis player in China. I love my name because just like her I like tennis. I like travelling and other sports as well. That's why I think I'm an outdoor person. I was born in the early morning of the 10th March 1987. May be I was so eager to see the world, because I was already born before my mother reached the hospital.



Nowadays there are many problems in my country, such as the environment and population, but I still feel thankful for growing up in China. It has over 5000 years of history and has accumulated a rich culture. It always continues to provide for us a happy life.

I like every sport which I play. I liked skating and billiards before I came to New Zealand. Now I'm learning to play tennis with my husband and I love tennis. I like the traditional Chinese culture. My favourite instrument is an old musical instrument called the Guzheng. It is similar to the zither in some ways, so it is called the Chinese zither. May be I don't have talent for music, in spite of my efforts. I learned it for a long time, but I can only play one song.



I finished my postgraduate programme in China three years ago and I have a medical licence. I worked as a neurologist for two years after graduating. My husband works in Palmerston North, and we were in a long distance relationship for many years, and I arrived here after we got married. At the beginning, English was the biggest problem for me.

I knew I had to improve my English, if not I could not communicate with others and could not adapt myself to my new surroundings. Judy, who is my friend told me about the MMC; it's an organisation for teaching English. It is very helpful for me and gives me more confidence when I talk with others.

In the future, I hope I can pass IELTS successfully, have good spoken English, and then find a job.

Li Na

Centre Coming Events

Potluck Dinner

Friday 26th August 2016 @ 6pm

Iranian Evening

Friday 9th September 2016 @ 6.30pm

Parliament Visit

Wednesday 12th October 2016

Multicultural Annual Dinner

Friday 4th November 2016 @ 6.30pm

SELF DEFENCE IS COMMON SENSE.

We have English Language sessions, Shared Lunches and Potluck Dinner. Yearly Parliamentary and Marae visits, Art and Craft workshops, plus, we at the MMC organise the two yearly World on Stage and Multicultural Songs of Praise concert.

What more can we offer our students and their families and even in some cases the people of Palmerston North. As we all know we have some multi talented students that come to the Centre, from all over the world. There are certain things that can benefit everyone and so we decided that we would ask one of our regular students to share some of his knowledge with us.

Marcos is from Brazil, is working towards his Ph.D. and is temporarily at Massey University. So he is very intelligent as well as being very athletic! In Brazil he was a Jujitsu Instructor, so who better than to go through some defensive manoeuvres with our students.

So one Thursday afternoon the stage was set, namely the classroom. The tables and chairs were moved back and the performers, namely the students, were all ready. Well maybe not to start with ! Marcos showed us about six different Defensive Moves, with some times noisy participation from the 'performers'!

The general consensus amongst the participants however was that it was very informative and Marcos was a very good Instructor. Self Defence is very important for every one everywhere and for both sexes and all ages. You don't have to be the *Incredible Hulk*, as long as you know what you are doing, as some of the students who are very slim demonstrated.

I'm sure that all of us felt more aware of some of the potential dangers we might encounter and how to respond to them, than we had before.

So Marcus from us all,

Many Thanks and (**how come your not in the Olympics?**)

Angela Joblín



World Breastfeeding Week 1 - 7 August 2016

Theme: Breastfeeding: A key to Sustainable Development

Why mothers should be Breastfeeding their Babies - Benefits of Breast milk

There are many benefits of mother's milk for her baby. Some of these are listed here for your benefit:

Nutritional – complete food for the baby with all the essential nutrients (protein, carbohydrates, fats, vitamins, minerals) in the right amount with unique antibodies to protect against infection and prevent other sicknesses

Health – healthy and nutritious for the baby – baby getting the right food, baby able to digest it fully. Evidence – small amount of stool passed by breastfed babies

Physical – beneficial for the mother in terms of getting back into shape, a lot of energy or calories are used in making breast milk and feeding, provides increased natural protection against another pregnancy as long as the baby is breastfeeding, in most cases

Emotional – encourages bonding between the baby and the mother, baby more content, relaxed and happy, cries less, mother happy and relaxed

Social – happy and relaxed family when both baby and mother are happy and relaxed. You can go anywhere without the hassle of carrying extra baby bag full of bottles and milk etc

Environmental- less resources required such as milk, bottle, teats, water, fire, time etc no pollution from artificial feeding

Economical – cheap, no cost – just the cost of food and drinks the mother consumes.

Convenience- available everywhere, all the time, right temperature, right amount, right strength, no measurement required.

With all these benefits, mothers need to make every effort to breastfeed her baby.

By **Nirmala Nand** - Health Promotion Advisor – Public Health Services - MDHB



New Zealand Government

INTERNAL AFFAIRS

Te Tari Taiwhenua

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.



Multicultural BOOK CLUB

Come and meet people
from all walks of life.

Monday 18th August 2016 from 12—1pm



For more information and booking contact Jeremie
Jeremie.corroenne@pncc.govt.nz | 06 351 4100



Manawatu Chinese Folk Dance Club

Saturday 7:00pm - 9:00pm
Venue: Dean McKerras School of Dance
186 Featherston St
Palmerston North
Phone: 0272885090
Email: chinesefolkdanceclub@gmail.com



Cook Island Language Week 31st July – 6th August 2016

Te 'Epetoma o te reo Kūki 'Āirani

Kia Orana !

Celebrating Takū Korero Takū Peu with an evening of...



Culture



Drums



Tivaivai displays



Music



Dancing



Kai-food

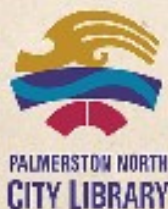
Friday 5th August 2016



6.30 – 8.30pm

FREE

Palmerston North Central Library
Event Central



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