

MISSION STATEMENT

TO CELEBRATE,
SUPPORT AND
CONNECT
MULTICULTURAL
COMMUNITIES OF
MANAWATU



Manawatu
Multicultural Council

**Multicultural
Centre**



**Manawatu
Newcomers Network**
Connecting People

ETHNOGRAM NEWSLETTER

President's Report

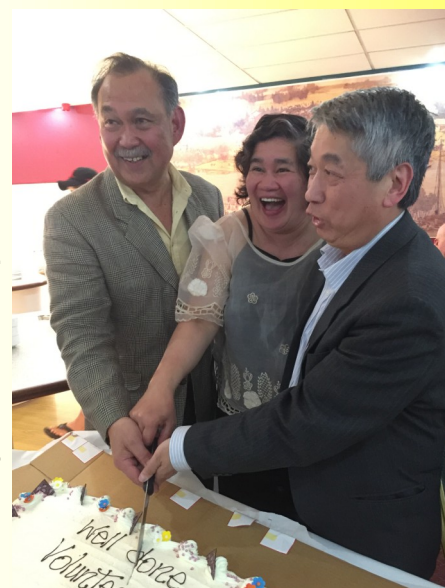
INSIDE THIS ISSUE

President's Report	1/2
Centre Christmas Party Poster	2
Meet Quoc Dat & Somerset Kapa Haka	3
Historical Education Tour	4
21st Birthday Celebration	5
Heathy Indian Food	6
Multicultural Playgroup poster &	7
Centre activities and events	8

The Multicultural Dinner held in November has raised our funds through the auction and selling of raffle tickets. Recently a friend made a donation to our organization to help with our volunteer's costs. I met this kind person on the Social Media Network. A big thank you to Davis Trading who gave us a big gift basket of groceries for the raffle and to Whitcoulls for their donation of Teddy Bears that we are able to give to low income families, migrants and refugees.



To Priyani de Silva our Vice President, who paid for the cake and to Mayette and Angela who donated some items for auction we would like to say thank you. Also many thanks to our Master of Ceremonies Caramel Laylo and Aidan Wong. All our funds, the representatives from agencies such as IPU & ETC ,the politicians who took time to come and join us, A Very Big Thank You



The preparation for the Festival of Cultures is well underway and the registration forms have been sent out to our members. Next year the Festival of Cultures is managed by the City Council. We are looking forward to the Lantern Parade and also to our Centre's Fashion Parade on George Street on March 5th 2017. The success of the Festival of Cultures will depend on how much community participation we receive from our community, so I urge you to participate.



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

Presidents Report Continues

The Ethkick is well underway and I am grateful to all the members of the organizing committee and Hazim Arafeh who is looking after this event.

Last month our Potluck Dinner was massive, with almost 60 people, including 3 of our local Police Officers and IPU students. Listening to some stories from the Migrants, who expressed their gratitude that night was so uplifting. It was very satisfying in knowing that the Multicultural Centre is instrumental in helping migrants settle in our community and Friday the 25th November will be our final Potluck Dinner for this year.

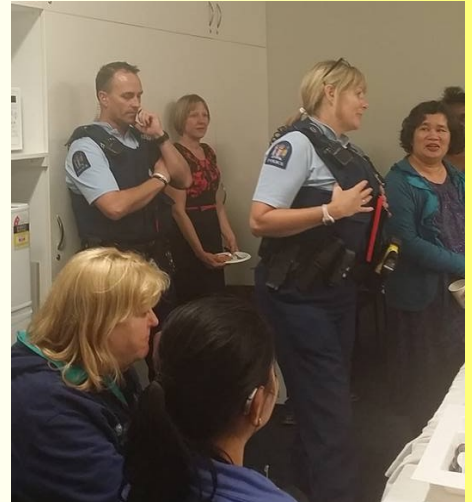
Our Potluck will resume again Friday 24 February 2017 where we will have a guest speaker on that night.

Our Rangiotu Marae trip is scheduled for the 23rd February 2017 and our networking agencies expressed their interest in joining us

Have a good holiday

Merry Christmas and Happy New Year

Meriam Findlay



Centre Christmas Party Poster


Manawatu
 Multicultural Council

Multicultural Centre

Manawatu Migrants Network
 Community

Thank you all for your ongoing support
and please join us for our annual

Christmas Party

Friday 16 Dec 2016
12 - 2pm
At the Multicultural Centre.

Bring some festive food to share
and a festive spirit along with family and friends




Meet Quoc Dat Pham - Caius

Education Background

IPU NEW ZEALAND: expect to graduate 2017.

Major in Accounting

Hello,

I am Caius from Vietnam. I have been in New Zealand for nearly two years as a full time student. In addition, I also work part- time as a sales staff in a restaurant in Broad Way and do volunteer for NZ Samaritans. In my spare time, I usually go to play croquet at Rose Gardens, participate in Manawatu Curling Club or join in some activities at Manawatu Multicultural Center (MMC).

I knew Manawatu Multicultural Center (MMC) due to an invitation of my friend. My first day at MMC was wonderful as I not only had an opportunity to enhance my English, but also made more friends all over the world.

Since then, I showed up to MMC more often to learn and participate in so many activities. All staffs and teachers at MMC are very friendly and generous.

I really appreciate their kindness in helping all new comers in Palmerston North have a great opportunity to settle down in NZ. The time they take will have a significant impact on my life for years to come. I hope I can reciprocate the favour! If you are a new comers in Palmerston North and would like to get close to the community, MMC is absolutely an excellent place to come.



Somerset Kapa Haka

Just recently on a particularly dull afternoon several of us at the Manawatu Multicultural Centre heard the most amazing sound. Was it birds, a radio or were they human voices we could hear?

We had to investigate and what we found was ,the Kapa Haka group of Year 1 to Year 6 from Somerset School, here in Palmerston North, practicing for the Kapa Haka Regionals, that was being held at the Regent Theatre, very near the Centre.

With Danielle Wright and Shane Ruwhiu as their mentors and tutors, from what we heard, we are sure that the audience loved them as well.

So thank you for popping into our courtyard and giving us a great deal of pleasure for a brief interlude, on an overcast afternoon.

Ange Joblín



Historical Education Tour

We in Palmerston North are very lucky to have such a marvellous Library, that not only has an amazing array of books, computers, magazines, newspapers and DVDs but also arranges Talks, Book Launches, Cultural Evenings, Practical Sessions and much more, plus a recent History Week.

On Thursday the 3rd of November seven students from the afternoon English Advanced Conversation group met with our guides, Nuwyne Te Awe Awe Mohi and Henare Kani outside Bethany's, for a tour of some of the significant art works in the Square.

Firstly we passed the ten sculptures leading to the Statue of Te Peeti Te Awe Awe. Amazingly the statues only took seven days to carve. Once carved they were taken to the Te Rangimarie Marae and then back to the Square in 2006 where they remain, in splendour, like a guard of honour leading up to the Statue of Te Peeti Te Awe Awe.

The Statue of the Rangitaane Paramount Chief Te Awe Awe, who was born around 1820 and died in 1884, was instrumental in forging and maintaining continued relations between local Maori and Europeans. The statue was commissioned by his sister Ereni. with funds given by the Rangitaane people.

Sushila one of our students from Nepal described Te Awe Awe "as an important person who stabilized and preserved things and ideas for future generations" Which I think is a very apt way of describing his aims. Sushila also thought that the guides were very respectful to each and every thing that was situated in the Square. As she said "History is the past and the past is a base, and at the base are roots. If we neglect the roots the branches, leaves, flowers and fruit cannot flourish." We finally looked at the Te Marae O Hine carvings situated outside the wall of the City Council Customer Service Centre, honouring the name of the Square. The name symbolises the hope that people of all tribes and races in Palmerston North will live together in peace.

To the Library and our two guides we extend our thanks for making this an interesting interlude on a very windy afternoon in Palmerston North!

(If you are interested in the Art Works in the Square and City Centre why not pick up a leaflet from the (I SITE)

I know you will find it interesting

Angela Joblin



21st Birthday Celebration

We at the Centre are amazingly lucky to have such enthusiastic, friendly and highly motivated English Language Tutors for our Multicultural Students.

Whether the students are beginners or more advanced our classes remain free and available five days a week. Our latest volunteer tutor, Kenny, found us through Student Job Search.

Kenny is teaching the Wednesday Conversation class at the Centre.

From Indonesia he has been in Palmerston North for three years, gaining a degree in English Language Teaching from the Institute of the Pacific United.

A keen sportsman, he is an enthusiastic swimmer and badminton player as well as being fluent in English, Indonesian and Javanese.

Recently we held an impromptu 21st Birthday lunch time celebration for Kenny at the Centre.

We are really glad you found the Multicultural Centre and it's great to have such an enthusiastic young person, such as you, join us.

We all wish you every happiness for your future.

Ange Joblin



Enjoying Healthy Indian Food

Typical serving of tasty Indian cuisine consisting of a variety of roti, rice, a range of curries, dhal, raita, green chutney followed by yoghurt mango dessert.

The heat of spicy Indian food is always cooled down by a yoghurt or milky dessert. Generally people believe that Indian cuisine is very tasty but also very rich and full of oil, ghee, cream, butter, sugar, salt, masala and chillies. The food is very tasty, no doubt, but at the same time could be high in calories, sugar, fat and salt – the very things we try to reduce in healthy diet.

However, I always feel that Indian cuisine could be one of the healthiest cuisines around if we just paid a little attention to the amount of oil, salt and sugar that we use, while keeping to the wide selection and use of healthy vegetables, lentils, wholemeal grains, rice and roti while adjusting the use of oil, ghee, butter, salt and sugar. If you do not agree with me, then try it for yourself. Next time you make a curry, use 1 teaspoon of oil instead of 2 tablespoon of oil. If cooking a chicken or lamb curry do not add any oil at all. The end result and taste will be similar but much healthier for your heart!

When making sweets, cut down the sugar. For example if making **Halwa** use half of what you normally use and it will not make much difference to the taste but a big difference to the calories. Try baking **samosas, sahina, or patra** in an oven instead of deep frying it. Similarly baking fish with **masala or coconut cream** wrapped in aluminium foil makes an interesting dish, and preserves omega oils so beneficial for heart health. Fried fish loses its omegas to the oil.

Changes to your eating habits should be gradual. In my cooking at home, I use very little butter or ghee in my recipes and believe it or not, sunflower, canola and olive oils work really well with spices. I also find that I use less salt and more garlic, chillies, onions, lemon juice, vinegar, to flavour my food.

Here are my tips for enjoying Indian food that's good for the body, mind and soul:

Add wholemeal flour instead of plain flour when making rotis or chapattis. Use basmati or brown or parboiled rice instead of white rice. Cook green vegetables for a short time in little oil and serve immediately, to preserve the vitamins in them. Choose at least 2- 3 portions of fresh fruit a day instead of Indian sweets

Use mixed varieties of dhal, pulses, fat free yoghurt, tofu and **nutrela** instead of full-fat **paneer**, or use less **paneer**. Have semi-skimmed milk in a cup of tea or coffee instead of full-fat milk. Have at least one item that's green at mealtimes.

Use more salads Make fresh chutney using, tomato, mint, coriander, ginger, garlic, onions, chillies mixed with yoghurt for a healthy and tasty accompaniment at meals

Snack on unsalted nuts such as almonds and peanuts instead of deep-fried **pakora, bhajia, bara** or Indian sweets.

By Nirmala Nand – Public Health Unit.





See www.citylibrary.pncc.govt.nz for updates or changes.
For more information and booking contact 06 351 4100.



Centre Notices

Multicultural Centre Activities will close on Friday the 16th of December

And re-open again on Monday the 16th of January 2017

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 & Thursday 1-3pm

Monday Morning 10am- 12noon

Beginners Conversation Group

Tuesday, Thursday & Friday 10-12noon

Shared lunch at the Centre

Friday 12-1pm

Multicultural Arts & Craft Group

Friday 1-3pm

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