

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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The election is now done and dusted and I am grateful for the new set of officers we have.

Priyani de Silva- Currie : Vice President

Mayette Maling-Cope : Secretary

Aidan Wong : Treasurer

Committee Members:

Angela Joblin

Kam Ling

Nirmala Nand



Thank you for putting your hands up to keep our organisation going. There will be a lot of work for us all, so we must work together as a team and put aside our own agendas. Migrants, Refugees and Volunteers, and the aims of the organisation, come first.

I would like to thank all the members who came to the AGM, especially the members of the Afghan community, who have recently joined the Multicultural Council.

Members of the Manawatu Skilled Migrant Group were also present as observers, hopefully in the future they will also become members.

The month of September has proved very exciting for us. We have recently signed a Memorandum of Understanding with the Palmerston North City Council. This outlines both the responsibilities of the Council and our organisation in relation to the annual Festival of Cultures. I would like to thank the Mayor ,Grant Smith, for initiating this and to the Councillors who came to the centre to witness the occasion.

At the same time we were very pleased to be able to present the Community Award from the New Zealand Multicultural Federation to Isabelle Poff-Pencole for her contribution to the French Community and the wider community, in her role as an educator and interpreter.

As part of the subcommittee that will be working on some of the changes to the Constitution this year, we would like to thank our pioneering first President namely Ramon Herrera, for volunteering his time and expertise.

Acknowledgement

- Ministry of Social Development
- PN City Council
- PN Community Services Council
- United Way
- Lottery Grant
- COGS
- Eastern & Central Community Trust
- DIA- Ethnic Communities Fund
- 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

There are already a number of activities lined up for this year. Firstly I would like to thank Mojgan and the Iranian Community for sharing their rich culture with us on September the 9th at the Library. The movie was thought provoking and as a woman it made me appreciate where I am now and where I came from. The Iranian food was enjoyed by everyone and all the displays were very informative.

September the 10th saw the launch of the Chinese Language Month .I thoroughly enjoyed the show at the Regent Theatre, the Peking Opera Group from Wellington being superb. The children from our local Chinese Community looked so proud when showing us their culture and I greatly admired the teachers who had taken so much of their time in teaching and passing on the Chinese culture to the next generation.

The women from the Arts and Craft group have an exciting project starting soon. Hopefully many more women will join the group. We welcome all women to take advantage of this opportunity to meet with other women, make new friendships and even learn new skills.

The finished works will be on display following the Festival of Cultures next year.

The planning for the trip to Parliament on October 12th is well underway. We would like to thank the students from the English Language Partners who will be travelling to Wellington for this conducted tour of Parliament.

The group responsible in organising the Ethkick Festival is busy planning this annual event. I would like to thank Hazim Arafah for all the work he puts into making this a really great day for all the family.

The Muslim community had their open day last week, in Cook Street. It was a very interesting day and I am sure that many people learnt a lot from the day.

It was also good to see some of the Afghani women selling some of their delicious home made food at the Hokowhitu Market.

The Indian Community will also be celebrating Diwali soon. Truly Palmerston North has come along way in welcoming migrants to our city. This week we had a visit at the centre from our local List MP Jono Naylor and Melissa Lee National MP and Parliamentary Secretary .

Finally we have our Multicultural Dinner at China Town on November 4th. This is our way of showing our appreciation to the volunteers and a pleasant way to network with other community organisations. Please phone the office on 06 3581572 to reserve your seat. I believe they are selling out fast.

As I grow older I find this saying true "A critic is a man who knows the way but can't drive the car". Lesson learnt, before you judge, be in the shoes of the person you are judging.

Meriam Findlay



MOU Signing.

On Wednesday the 14th September was the signing of the Memorandum of Understanding (MOU) between Palmerston North City Council and the Manawatu Multicultural Council on the Festival of Cultures.

From the Palmerston North City Council, the MOU was signed by Grant Smith, our City Mayor and Councillor Tangi Utikere and from the Manawatu Multicultural Council, it was signed by Meriam Findlay President and Christine Mukabalinda. The MOU sets the terms for involvement of MMC to the event Festival of Cultures which is a community event funded by the Council in which many ethnic communities take part.

The Meeting and subsequent signing of the MOU was a result of an earlier meeting where Meriam and several MMC members outlined some concerns expressed about the organisation around the Festival of Cultures

The Festival of Cultures is an annual event in the city to celebrate the diversity of cultures, which make up the community of Palmerston North City. The event attracts many thousands of people including many ambassadors from numerous countries who reside in Wellington and travel up to Palmerston North for the day. The emphasis is on the different ethnic cultures that make up our vibrant multicultural Palmerston North. On the day people are encouraged to participate in many ways by performing, singing, dancing and holding displays as well as selling their own ethnic food.

It was good to see so many councillors and members of the Manawatu Multicultural Council at the signing of the MOU. The festival of cultures which has been a vibrant part of our community for many years will gain renewed momentum and continue for many years to come. A copy of the document can be seen at the office of the MMC in the community House.

A big thank you to Lisa Guthrie and PNCC for providing morning tea.

Angela Joblín



The Visit of the MPs.

Where do you find two MPs together? At the MMC, of course!

On September the 19th we had a visit from Jono Naylor the List MP for the Palmerston North area and Melissa Lee a National MP from Auckland who originally came from Korea.

It is always good to have visitors that can see some of the many activities of the centre first hand. On this particular afternoon Eunice Rodsjo, the English Teacher, had about 12 overseas students for the regular afternoon lesson, coming from a variety of countries including Vietnam-China- Brazil-Iran-Uruguay-and Thailand.

After an informal chat to the students , some expressing surprise that they were able to speak to the MPs so freely, we had another visitor namely Paul Mitchell a journalist from the Manawatu Standard.

Paul was working on an article about Immigration and the fact that `roughly half of all immigrants settle in Auckland`

Meriam spoke very truthfully and with insight about this topic which is on the front page of Tuesday's Standard, dated 20/9/2016.



WE NEED YOU !

As a group of enthusiastic members of the MMC and after having gained confidence in making our beautiful Quilt of many cultures (which you can see at any time in the Centre)

We thought we would do something completely different-exciting and most of all FUN! We plan to present a project called Multiclothes for Multipeople shortly after the Festival Of Cultures in the Square in March 2017

We will show Ethnic Costumes ,handmade , hand designed and in some cases hand woven from Native Flax. We will even have a fun section, all modelled by MMC members and their spouses and children. That's why we NEED YOU !

We want you ideas and your help in making this a great success.

You don't have to have any previous expertise at sewing, as we have some amazing people at the MMC that will help you. We need your enthusiasm and if you have any children that would like to model some amazing clothes, that would be even better !

If you are interested please phone the centre and speak to Noorangi or Christine.

Angela Joblin

Creative Writing by the Afternoon English Conversation Group

Deserted town

Among the beautiful pictures on the table, here is a sad picture which shows a city which has just suffered from devastating tsunami or flood. The street is in a mess, wet and dirty with a broken chair and a collapsed traffic pole lying down on the road. Wood panels, probably from the ruined houses, are on the road everywhere. People living here are still evacuated, there is nobody back yet, and it is wet everywhere.

Somehow, nowadays, this kind of disaster happens often. Has that just occurred simply by the nature of geographic movements, or by human beings? I have heard from the news and some research articles that there are many nuclear testing facilities holding frequent tests in the ocean, far away from land, or deep underneath the sea. Will that activity aggravate unnatural and unexpected geographical movements? I don't know.

I feel sorry for the losses of the people living here. I hope that they will be able to recover from the disaster as soon as possible. If they need any assistance I'll do my best to help.

Joy



Aoraki Mountain

I'm watching scenery of a mountain, hills ground, forest and bushes where some sheep are grazing. Some ice rivers are flowing from the top of the mountain. It is the really wonderful beauty of nature. I can feel it from deep in my heart.

I can hear the sound of the stream and the leaves of the trees, which make a sound through the air. I can see it all from a close distance. The smell from the soil, flowers and vegetation make me feel at peace-I feel like I am in heaven.

Some plants are here that I can eat to get more taste. Actually I am lost in the beauty of nature; it gives me a new life. All the cells of my body are working differently. The vitality and the feeling is changing in a positive way. The splendid magnificent mountain encourages me to ease away from tension.

Aoraki/Mount Cook is the highest mountain in New Zealand.

Sushila



Meet Tamra Greed Pettersen

My name is Tamra Greed Pettersen. I am from the United States of America, but my husband is from New Zealand. We met in America because he was studying in the same city I lived in and we have mutual friends. When my husband's University lost their license that allowed them to have International students, he had to come back to New Zealand.



We both worked very hard to save up money for us to get married in America and then moved to New Zealand together. We have lived in Palmerston North for 5 months and started attending Crossroads Church. After talking to some new friends about my love of meeting people from around the world, I was connected to Meriam Findlay.

She told me about a volunteer needed at the Multicultural Centre where I could teach English to people from various cultures. I have enjoyed teaching there for the past month, and I love the eagerness that my students have to learn and their willingness to share stories and teach me about their home countries.

In my spare time, I also enjoy reading, writing and exploring beautiful New Zealand with my husband. In the future I hope to work with people from around the world to help bring various cultures together and I will try to demonstrate compassion and respect to others while having a genuine desire to learn what I can from different people.



Thank you Tamara, we appreciate your time given to help our Beginner's Conversation Group. We hear positive comments from the students, and how much they enjoy learning and listening to you. We hope you get to meet lots of new friends here at the Centre and also at your work place
Wishing you all the best with your future endeavors!!!

From Philippines Central Association

Filipinos from all over New Zealand gather each year to celebrate Labour weekend to honour our culture. The focus is to get together and celebrate our homeland. Each year a different city hosts the Labour day weekend bringing in Filipinos from all over the country to celebrate as one and display their talents in a weekend of sports, cultural events and even a beauty pageant. This is the weekend that many Filipinos here in New Zealand are waiting and preparing for.

This year, the Labour weekend celebration will be held in windy Wellington and will be hosted by the Wellington Filipino Sports Association. This event is called "Pistang Pilipino sa Wellington 2016". This



weekend involves a number of sporting competitions including, basketball, table tennis, badminton, tenpin bowling, golf and volleyball. Basketball is a true 'favourite' for Filipinos. As the number of Filipinos grows here in New Zealand, so too do the number of teams participating in the labour weekend festivities. It's such a great atmosphere with each team being cheered on by so many supporters and like many sports, the competition can be very intense with the winner of the game often being decided at the very last minute!

One of the other highlights of this event is the beauty pageant and festival parade. It will showcase nine of the most popular festivals celebrated in the Philippines and will be presented by the various Filipino community groups from all over New Zealand. The different groups will compete for the top prize to be awarded on Sunday night.

This year, there will also be a "Philippine Pavilion" where there will be a range of displays that will captivate your sense of sight, sound, smell, taste and feel. The Philippine Central Association, Palmerston North is going to play the Banduria (musical string instrument). We will play many songs, some will be a traditional song and the other will be a Maori song. The Pavillion will also have plenty of food stalls where you can taste a variety of Philippine delicacies. You might wonder what "Pistang Pinoy" means. Basically it translates to "Filipino Festival". Next year Christchurch will host the festivities and planning is already underway.

If any of you happen to be in Wellington during labour weekend, I encourage you come along and join us in our festivities. I really do think that it's a unique experience and I'm sure that you will enjoy it.

Angel Carambas
23 Puriri Terrace
Palmerston North

Iranian Cultural Night

On Friday 9 September, City library and MMC held an Iranian Cultural Night which attracted more than 170 people from different walks of life in Palmerston North. The program started at 6:30 with Miriam welcoming the crowd and for the first half an hour everyone enjoyed a taste of Iran before settling in to watch a movie.



The Iranian community had prepared some traditional food and sweets which was washed down with a cup of aromatic cardamom tea. Some of well-known Persian artefacts were also on display accompanied with brief descriptions. There was also an opportunity for people to have their name written in Farsi calligraphy, which attracted lots of interests. Throughout the night Iranian classical and pop music was played while pictures of Iran were displayed on the big screen. The



night finished by a few happy music and Iranian dance and it was lovely to see some brave people joining the group on stage and show their amazing talents. Palmerston North City Library took this opportunity to show their new Farsi collection and lots of (Iranian and Afghani) children and adults were assessing the books enthusiastically. All in all it was a great night and a fabulous support from the community. A few people also expressed their interests in visiting Iran after the program.



I wish to thank Jeremie and Christine for their coordinating and hard work and hope to be able to continue this successful working relationship in future with both the library and MMC.

Mojgan Sadighi

Public Meeting

On Thursday the 15th September 2016 I, with other members of local NGOs, such as the Red Cross Association, a local GP who has a specific interest in Refugee Health and members of the Nepali/Bhutanese Community as well as a Social Worker and a Student Social Worker, attended a meeting at the Education Centre at Palmerston North Hospital. The meeting was arranged by Public Health Nurse Margaret Sheridan, whose area of work is Refugee Health.

We at the Multicultural Centre have been attending these meetings on a regular basis. A recent survey of Bhutanese Women's Health issues was distributed.

The survey is part of the Ph.D project of Jagamaya Shrestha-Ranjit.

The title being:

EFFECTIVENESS OF PRIMARY HEALTH CORE SERVICES IN NEW ZEALAND FOR MINORITY REFUGEE POPULATIONS; A CASE STUDY OF BHUTANESE REFUGEE WOMEN.

Several recommendations have been put forward from this document for people working with the Bhutanese Communities, which will be discussed at the next meeting.

In the document it also recommended that the Bhutanese Community may like to consider some measures for their own community that they may be able to initiate amongst themselves.

The next meeting will be held at the Ed Centre Palmerston North Hospital on November the 10th at 9 am.

Angela Joblin

Manawatu Multicultural Council Committee Member

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.**

Nutrition and Cancer

Global cancer rates could increase by 50% to 15 million by 2020

World Cancer Report provides clear evidence that action on smoking, diet and infections can prevent one third of cancers, another third can be cured



"Cancer is a disease characterized by the uncontrolled growth and spread of abnormal cells. Around the world, over 10 million cancer cases occur annually.

Half of all men and one-third of all women in the United States will develop some form of cancer during their lifetime.

It is one of the most feared diseases, primarily because half of those diagnosed with cancer in the United States will die from it.

Cancer is a leading cause of death around the world, causing over 6 million deaths a year.

The exact causes of most types of cancer are still not known, and there is not yet a cure for cancer. However, it is now known that the risk of developing many types of cancer can be reduced by adopting certain lifestyle changes, such as quitting smoking, avoiding too much alcohol and eating a better diet.

(<http://www.faqs.org/nutrition/Ca-De/Cancer.html>)

The following lifestyle changes may protect you from cancer: making healthy food choices; eating wholesome, unprocessed, natural food; consuming more fresh fruit and vegetables; eating less processed meats like ham, sausages, bacon; cutting down on sugar; drinking clean pure water; controlling weight; consuming less alcohol; not smoking; increasing daily outdoor physical activity; and enjoying a happy, stress free life.

Taking care of our physical, mental, emotional and spiritual health is in our own hands and we all have the capacity to do that for ourselves.

Determination is the key factor in making these changes possible.

Contact your health care provider if you need assistance to make these changes.

(Nirmala Nand – Nutritionist –Health Promoter, Public Health)



A Programme of 4 free seminars

**All Saints Community Centre
338 Church Street, Palmerston North Wednesdays 2.15 – 4.00pm**

This seminar series is funded by Eastern & Central Community Trust and is open to the public

This series looks at four very different examples of the rise, nature and consequences of cultures, both in New Zealand and overseas.

October 12th: Diversity, dynamics and despair: culture, identity and society in the Middle East and North Africa

Dr. Nigel Parsons, Senior Lecturer in Politics, Massey University

The Middle East and North Africa (MENA) region comprises a vast array of ethnic, linguistic, religious and class identities. The peoples range between the ancient Persian cultures in the east to the Berbers or Amazigh of the Atlas mountains in the west; the Turkish and Kurdish peoples of Anatolia in the north and the various Arab and non-Arab Sudanese peoples in the south, and many other Arab, non-Arab, Jewish and Christian groups in-between. Cultural diversity is compounded by hyperdynamic economic, social and political upheaval.

October 19th: Impacts of political decisions in the 1990s on contemporary New Zealand culture

Guy Donaldson is a local concert performer, conductor, teacher and music coach Although technology has contributed significantly to societal and cultural change in New Zealand, calculated political decisions made from the mid 1980s, and particularly during the 1990s, have also significantly shaped New Zealand's contemporary culture and its values, and not always for the best. The seminar draws on a range of those decisions to demonstrate their immediate and long-term effects.

October 26th: Swagnificent – understanding the swagger of youth gang culture in NZ

Dr. Moses Ma'alo Faleolo, Lecturer in The School of Social Work, Massey University

According to the Urban Dictionary the term 'swagger' refers to how one presents him or herself to society in terms of the way they think, act, speak, dress and so on. This seminar examines the role that culture plays in NZ urban ethnic minority youth gangs and why some Samoan young people consider gang culture as more important than being a Samoan.

November 2nd: Travellers' tales: the invention of Latin America

Dr. Leonel Alvarado, Senior Lecturer in Spanish, School of Humanities, Massey University

Leonel will discuss how Latin American people, landscapes and cultures have been defined through the writings of European, North American, and Australasian travellers. Columbus's Diary, Raleigh's quest for El Dorado, the Scottish adventure in Panama, the Humboldt effect on Latin American nature, an American traveller purchasing a Mayan city, Victorian women dining in Patagonia, an Australian traversing the 'Camino de la muerte' in Bolivia and a kiwi traveller cycling through the Andes have contributed to the 'invention' of an entire continent.

Admission Free: Gold coin for tea/coffee and biscuits.

All Saints Community Centre is at the rear of All Saints Church, next to Square Edge, just off The Square. There is parking alongside the driveway, and in the row immediately behind the building.

Parliament Visit

Parliament Visit



**Manawatu
Multicultural Council**

When:

Wednesday 12 October 2016

An opportunity to take a trip to the Parliament and watch the Parliament proceedings from the galleries.

Don't miss the fun travelling on the bus with other migrants. Book your seat on time now by calling the Centre on 358 1572 or e-mailing Christine on info@mmcnz.org.nz

The trip will cost \$20 for each

The bus will leave the Centre at 8.30am and will be back at 6pm

MMC Annual dinner

Manawatu Multicultural Council

Cordially invites you to its **Annual Dinner 2016**

Friday 4 November, Chinatown Restaurant, 156 Cuba Street, PN, from 6.30 to 9.30pm

A night of ethnic food and fun, to acknowledge MMC volunteers, community members, strategic partners and sponsors.

Speaker : Mayor Grant Smith
Guest Performers : Burmese Dance Group,
AZIZA Belly Dance

Ticket price: \$25 per person

BYO: corkage fee: \$3

Dinner tickets are on sale at MMC, please contact the Centre for further details



To book your preferred tables please call the Multicultural Centre on 3581572 or e-mail ask@mmcnz.org.nz by the 28 October



**Manawatu
Multicultural Council**

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 10-12noon

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