

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

INSIDE THIS ISSUE	
President's Report	1/2
MMC Exec Profile	3/4
Citizenship Ceremony	5
Neo-Ethnic Project & ETC Notices	6/7
Maori Cultural Evening	8
Best for babies	9
Lunch Time Celebration	10
Arts & Craft Group	11
Newcomers & Women's Group Poster	12
Centre activities and events	13

We are now in the last months of winter and the days are getting longer with more sunny days.

This month we had lots of cultural activities that helped connect people of different ethnicities. The Cook Island community celebrated their Language week at Emmanuel Church Hall, then concluded with their Independence Day Celebration at the Pacifica Centre in Bill Brown Park.



Last weekend 19th of August, The Karen group filled the Activity Room at the Library with their wrist tying ceremony. They generously shared their culture through their food and were able to sell some of their crafts. It was good to see a big crowd of people just wanting to learn more about their culture.



The Pamanlahi group have yet again shown their skills in showcasing Filipino dances and imparting their culture to our young people. It was good to watch our young ones so gracefully dancing and some of the ladies took part in trying the tinikling dance.



This weekend the Indonesian students are celebrating their Independence Day and there are planned activities at Massey University

Our Network of skilled migrants had a successful workshop at the Globe theatre on August 3 and I was impressed listening to one of the speakers.



This was followed by a meeting with Jacqui Dean, Minister of Business and Innovation at the Library the week after. As many migrants come into the city, employment is one of the issues that they face and we need to be ready to support them.

Acknowledgement

- Palmerston North City Council
- PN. Community Service Council Small Grant
- Lion Foundation
- United Way
- Lottery Grant
- COGS
- Eastern & Central Community Trust
- DIA- Settling In
- Pub Charity

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President's Report Continues

The Celebration of Ethnic Songs and Praises last Sunday was a great success. We are so grateful to all the performers from different ethnic groups who gave their time for this occasion. The children from Little Palmy Chinese Choir and the Global Childrens' Choir truly captured everyone.

While the violin rendition of Hallelujah by Hannah Fang awed everyone. We are so blessed to be living in Palmerston North, where people are willing to share their talent, which adds to the richness of the culture of our city.



Palmerston North is one of the cities chosen to take part in Welcoming Communities Project of the New Zealand Immigration Department, and we are working with the Palmerston City Council to implement this project.



With this opportunity comes the responsibility on our part to deliver our services effectively, so I am asking our members to attend the,

Annual General Meeting on Wednesday 30th of August at the Multicultural Centre.

Starting with Potluck Nibbles at 5.30pm, and a short speech by the four invited MPs. This is then followed by the AGM.

We can give you the opportunity to serve our city, by being involved in some welcoming new people to our community.



History recorded that in 1994, when the Multicultural Manawatu was started as an organization, we only had 48 Ethnic Community groups and representatives in the Manawatu that were identified.

Nowadays we have more than 120 Ethnic groups that have been identified.

Meriam Findlay



MMC Executive Member's Profiles

One of my first experiences in New Zealand was when an elderly client asked me where I came from England I replied,

'Well never mind' she said. Even to this day I am still fathoming that one out!

A lot of people are surprised that I don't talk like some one from Coronation Street. To many it is hard to comprehend that in the UK someone living 50 miles away can speak with a completely different accent.

I was initially brought up in a city called Chichester, originally a Roman town in the South of England. Even the Cathedral is over a 1000 years old.



My Father was in the Police Force –so we moved around quite a lot. Some of you may remember the TV series called Heart Beat, a series about the English Police in the 1960s and 1970s. That was very similar to the time my Father was in the Force, nowadays that era seems much more innocent than the TV Police programmes of today.

He was in charge of a rural area, and I can remember coming down stairs in the mornings, we lived in a two storied house like many British people, to find a hedgehog or an injured bird by the fireplace, that Dad had rescued the night before.

One of the more notorious things that my Father did, and something that I didn't tell every one about, for obvious reasons, was arresting Mick Jagger and some other Rolling Stones, on drugs charges. They had a large country house near us, where they were arrested, and good lawyers!

When I was 17 I went to Germany for two years prior to doing my State Registered and Royal Sick Childrens' Nursing Training in Brighton. Even at that time although Brighton was a very popular seaside town, it had a certain amount of notoriety. It was however a great place to be a student. Three of us, all Student Nurses shared a Terraced House, which was about 100 years old, near the Central Railway Station.

It was cold and damp in winter- so what's new! but one of a row of eight, that were originally workers' cottages in Victorian times. Nowadays they go for just under the equivalent of NZ \$1000,000 each.

We called the house 'Frisco Flower Cottage' after a somewhat memorable time in America's pop music culture, and yes we had great parties, but with very little alcohol, because we had very little money and we didn't need alcohol to have a good time!

We however had quite a reputation for a good party on a Saturday night providing we were not on Night Duty! We knew every one we invited and I'm sure if there were any gate crashers one of our Irish neighbours, nick named Spud, would have come to our defence.

Nursing, travel and teaching English as a second language, has taken me to such places as Nova Scotia in Canada, Japan, America, Germany and France and other European countries as well as Australia, where my husband who is a retired Scientist, like many Kiwis, has relatives and our son is finishing his Ph.D in Canberra.

MMC Executive Member's Profiles

Working as a Public Health Nurse in Palmerston North for 30 years was a very enlightening experience and a great introduction to New Zealand. In those early days we visited new born babies and elderly people and every one in between!

We gave injections in mass Immunisation Campaigns, visited Early Childhood Centres, did checks on School Children as well as teaching about Health in schools and to Trainee Teachers, Early Childhood Teachers and Student Nurses.

We were involved with the Refugees who came from Cambodia and Vietnam in the early 1980s and even gave Health talks at the local Prison and the Youth Institute. We also followed up cases of infectious diseases sometimes driving for hours to make sure clients took their medicine.

Another area was when we give monthly injections for Rheumatic Fever to School aged students. I also had the chance to write and publish a Health Education Resource about Sneezing! Complete with a story, poems and pictures, myself and two teachers were given some money by the Ministry of Education.

I really loved working with teenagers. We held Youth Clinics in High Schools. Even the really bolshi ones, after a few conversations, could turn out to have an amazing sense of humour even if they, in some cases, came from pretty horrendous back grounds. We also liaised with many other agencies, and I am glad that the Politicians are now realising the importance of Nurses in all High Schools and Colleges and hopefully in the future in Primary Schools as well.

In 2003 I did a TESOL course to teach English as a second language. Then came to the MMC one afternoon a week, as a volunteer, to take a Conversational English class. I saw a need for an International Group on the Council so several of us set one up as we did not fit into any of the established groups .

I am on the Executive Council and find it a very interesting experience. The MMC has an amazing amount and variety of activities that are undertaken every year.

Volunteers are always needed to help with these, especially as Noorangi and Christine are the only staff. As well as doing all the work for contracts to keep the Centre open they are the receptionists and the Faces of the Centre.

They are the first people anyone sees when they come to the MMC, and I have never known them be anything other than helpful and friendly, and the last ones when they leave.

So please think about volunteering, it's great fun and one meets lots of really interesting people.

Everyone has something to offer even if it's doing the washing up at the monthly Pot Luck Supper!

Angela Joblin



Citizenship Ceremony

Wednesday the 9th of August was a blustery, rainy day in Palmerston North. With the shaking of damp umbrellas and slight shivers from some of the lightly dressed people, the Citizen Ceremony was nearly underway.

The prospective New Zealand citizens were ushered into the main room at the Convention Centre. Set out with rows of chairs for the 60 people in the morning and another 60 in the afternoon that, as Mayor Grant Smith said "wanted to embrace the country as their own"

Being ushered onto the stage by two fully uniformed soldiers were the Mayor and Mayoress the Deputy Mayor Tangi Utikere, Rangitane Elders Wiremu and Trieste Te Awe Awe and a representative from us, the Manawatu Multicultural Council. Both Meriam and I were present for one of the sessions each Councillors and a JP plus a representative from the Pacific Islands were also present.

Meriam and I had the pleasure of handing out a potted plant to each family. They having been expertly wrapped by the centre staff and a volunteer. No small job, especially as there were 120 of them!

Being on the stage I looked at the people who would soon be citizens, and thought back to when I became one some years ago. No Civic Ceremony then in fact I can't remember getting anything except a very small certificate in an envelope. Certainly not a plant or a book about the area, plus afternoon tea!

One thing that stood out for me was the clothes of some of the audience.

The Asian women were resplendent in their bright clothes, the Europeans and I include myself here, looking with a few exceptions, somewhat drab in comparison. Being very critical, I thought that some people had not made much effort, but that is my opinion, some looked as if they had spent the morning at the supermarket!

It was good to see ex students from the MMC with their families, plus some families that had come to Palmerston North as refugees, and even some ex work colleagues of mine, and people that work in or own some of the restaurants that we sometimes frequent at weekends.

So from us all at the MMC, we wish you every happiness in your new country.

Angela Joblin



Neo-Ethnic Project Launch

The Pamanlahi Cultural Group launched on Saturday, August 19 showcased for its Neo-Ethnic Project, a new initiative focusing primarily on involving the youth in Palmerston North. It was held at the Youth Space from 1 to 4 pm.

Together with the partner organisations consisting of the Manawatu Multicultural Council, Youth Space, Te Manawa, Creative Communities New Zealand, the PN Library and the Youth One Stop Shop, the Neo-Ethnic Fusion showcased the different workshops being held to encourage the youth to participate.



The objectives of the Pamanlahi Cultural Group are as follows:

Historical Connectiveness - To retain, maintain, and transfer the cultural traits and traditions of one's country to the next generation in artistic form

Community Connectiveness - To develop the leadership and artistic skills of the younger generation, within the cultural groups of the city

Skills Development and Training - To transfer a range of skills and train the younger generations to utilise them effectively

The purposes of the Neo-Ethnic project which targets our youth are:

Enhance the relationships and partnerships within cultural groups. Develop personal and social skills that include artistic performance abilities, development of self-confidence and self-worth, and leadership skills that can contribute to future careers

We call this project the Neo-Ethnic Fusion because we want to connect the old traditions to the new ones, and fuse them together without the old ones losing their value.

Two workshops which were recently held at PN Library and one workshop held at Youth Space were open to the public. The workshops were conducted to develop the artistic abilities of the young ones for dance, pottery, beadwork, embroidery, papier-mâché and costume design.

During Saturday's showcase, Pamanlahi presented dances within different age categories.

Combining with the younger children, the teenagers then performed the Idaw, a Bontoc word meaning bird. This bird can be found in the Cordillera region, in the northern part of the Philippines. This dance portrays a war ceremony between fighters of rival tribes. The idaw is believed to bring the omen of war and becomes the lucky charm that can bring the tribe to victory.

The boys and girls who danced the Idaw, a Bontoc word meaning bird were so proud because they were able to display their costumes which they made themselves including the headdresses, spears, shields and feathers to their attire.



Neo-Ethnic Project

We received positive feedback from the audience. Eunice Rodsjo who is one of our English tutors wished that she could have brought her granddaughter's with her because she believed they would have loved the show.

Several people urged us to continue sharing our beautiful culture and on going hard work because they enjoyed the performances so much. Laki from Youth Space was so inspired he wanted to get the Bhuthanese youth to be involved as well.

This endeavour would have not been successful if we did not have a dedicated and hardworking team. If you want to join our group, or would like to give some helpful suggestions on how we can best serve the youth community.

Please do not hesitate to contact

Mayette Maling-Cope

Administrator

E-mail: mayettemc@gmail.com



You can also view our performances at our Facebook page. Just search for Pamanlahi Cultural Dance Group.



English Corner Notice

Want to help others practice their English

Do you sometime have a spare hour and a half on a Saturday morning from 11—12.30pm. The English Corner would love to hear from you.

The English Corner held on the

Second floor of the ETC Building, Corner of Rangitikei and Broadway Ave

It is a place where English second students can meet and talk in English to English speakers.

Meet people of all ages from all over the world and enjoy yourself!

So why not drop in?

Email: englishcorner.pn@gmail.com

Maori Cultural Evening

Maori Cultural Night Thursday 10 August.

One of MMC's aims is to provide opportunities for migrant and refugee communities to celebrate their traditions and identities and integrate into PN. As much as it is important for migrants to keep their culture and share it with the community, it is also very important for migrants and refugees to learn about the NZ Culture. Maori culture being an important part of it. A great way to learn about Maori culture is by visiting a Marae.

To respect Maori traditions, there are a few rules of etiquette that you need to know when visiting these Maori meeting grounds. It is in this context that on Thursday 10th of August, the MMC organized a Maori Cultural Evening with Wiremu and Trieste Te Awe Awe, Rangitane iwi representatives as our guest speakers.

After a welcoming introduction, the evening started with a potluck dinner which everyone enjoyed. Then Wiremu and Trieste invited us into Te Rangi Whenua Gallery where they showed us the photos of their ancestors and shared the stories of the Rangitane Iwi. A photo of their Marae in Rangiotu is at the entrance to the gallery.

Afterwards we all went back into the foyer where Trieste Te Awe Awe explained the protocol around a Marae visit: Before the Marae visit ceremony, a member of the iwi or whanau will come and greet the manuhiri (visitors) before taking them onto the marae. As you walk onto the marae, women leading the way, a woman of the host tribe will sing a karanga (a welcome call). Traditionally, a woman from the visiting tribe would respond with their own song. If you have a song, great! If not, the member of the iwi who initially greets you will tell you what to do.

Either on the grounds or inside the meeting house, the host tribe and the visiting tribe will sit on chairs and face each other. If going into the meeting house, it is customary to take off your shoes before entering. Women sit behind men, Speeches and song will be made. The host will speak and sing in their native language. The visitors will reciprocate with a song (Waiata) and also with a koha - a gift by the visitors to the Marae. It is placed on the ground by the final speaker from the visitors. Once the speaker is seated, someone from the Marae will pick it up. The welcome ceremony ends with a hongi (touching of nose and forehead) or a handshake or hug. Some of Maori etiquette:

Take your shoes off before entering the meeting house. Don't sit on a surface where food is. It is considered rude. Don't eat your meal before a blessing from one of your hosts has been said.

A big thank you to Wiremu and Trieste Te Awe Awe. We enjoyed your cultural presentation. Thank you to all who came and brought delicious food to share. We hope you enjoyed the evening.

Thank you to Te Manawa for the amazing venue.

Christine.



Why mothers need to breastfeed their babies ?

Because it is healthy, cheap, convenient, safe and best for the baby. It benefits the baby, the mother, the family, the environment and the nation too.

Breast milk is the best and most nutritious milk for your baby. Breast-feeding is a natural, instinctive and normal process to feed. Like all other mammals, human mothers also produce their own milk for their offspring.

The mother's milk is unique, because the first milk it produces in the first few days known as 'colostrums' is laden with antibodies which protect the baby from common colds and infections.

Breast milk carries all the nutrients such as proteins, carbohydrates, fats, vitamins and minerals in the right proportions that baby will require for its healthy growth for the next 6 months - including iron, which is not normally found in large amounts in other animal milk.

A mother who breastfeeds her baby experiences and enjoys the special love and bonding that only a mother and the baby are able to feel. Breast milk is nutritious, specifically made for your baby; it's economical because you do not have to buy bottles, teats or milk; it's safe and hygienic because you don't need to sterilize feeding bottles; it's easy and conveniently available whenever needed and it's at the right temperature and fully digestible.

Breastfeeding is beneficial for the mother as well. It gives you time to rest and relax; helps you to lose the extra fat gained during pregnancy, because breastfeeding draws energy from you; and protects you from certain illnesses like mastitis and even breast cancers to some extent.

It may also help you to prevent another pregnancy very soon.

Breastfeeding benefits the baby, the mother, the family, the community, and the nation. It has physiological, psychological, social, economical and environmental benefits.

All a mother need do is to ensure that she eats a nutritious diet and drinks plenty of fluids to maintain a good supply of breast milk; and let the baby drink such as much as it likes.

Try to breastfeed for at least 6 months if not more.

(From Nirmala Nand - Health Promotion Advisor -Public Health Unit.)



Lunch Time Celebration (Pork Humba)

Ingredients

2 lbs pork belly
 1 cup Pineapple juice
 1 large onion, diced
 5 cloves garlic, minced
 2 tablespoons salted black beans
 2 tablespoons soy sauce
 2 tablespoons vinegar
 2 ½ tablespoons brown sugar
 ½ cup dried banana blossoms
 2 pieces dried bay leaves
 1 teaspoon whole peppercorn

**Filipino Pork Humba Dish****Methods**

Heat the cooking pot then brown the pork belly

Add the onions and garlic and cook until the onions are soft

Put-in the soy sauce, peppercorn, bay leaves

Pour-in the pineapple juice and let boil. Simmer until the pork is tender (add water as needed)

Add the vinegar and wait for the mixture to re-boil. Simmer for 3 minutes

Spoon-in the salted black beans and brown sugar then simmer for 5 minutes

Add the dried banana blossoms and simmer for 5 to 8 minutes

Transfer to a serving plate and serve.

Share and enjoy



Students and volunteers at the Centre are enjoying a Filipino Pork Humba dish made by Rose Kingston for Pinky's birthday. Please note that we all wearing something pink!

This is a favorite dish amongst all Filipino people. We also enjoyed it so much that we thought we would share the recipe with you.

Please Enjoy!

Arts and Craft Sewing Group

We plan to have a Christmas Stall at the Christmas "Fair in the Square" in December to publicize the Manawatu Multicultural Council as well as raised a little money.

If you have anything that you would like to donate such as home made cakes, ethnic breads and biscuits or jams and pickles etc. please contact Noorangi on 358 1572.

The Arts & Craft Group which meets the first and the second Friday of the month at 1-3pm is always looking for interested people to join them.

They will be making hand made fabric brooches, crochet hats and scarf, headbands, fabric bags, placemats etc.

All donated goods must be new or in really good condition.

Thank you to those who have already donated to our stall

Arts & Craft Sewing Group



Be Wise Immunise

INFLUENZA FACTS also known as THE FLU

Influenza is not a cold , it can be a very serious illness and can kill.

Many people in NZ ,who are healthy get annual vaccines as the viruses can change every year. Being young or old and fit or healthy will not stop you getting Influenza.

Immunisation is the best form of protection.

It helps your body's defence against Influenza.

The Immunisation does not give you the Flu and is recommended for Pregnant Women.

The Immunisation does not contain a live vaccine.

It is important that people with ill health of all ages, people over 65 years and pregnant women contact their clinics to speak to the Nurse about getting an Immunisation. Some people qualify for free Immunisations.

Also check your Health policies if you have Medical Insurance coverage.

More info can be obtained from: Phone 0800 466 863

www.FIGHTFLU.CO.NZ

(Information obtained from the National Influenza Specialist Group)

Newcomers Potluck Poster

Newcomers Potluck Dinner

To be held at the Multicultural Centre
77-85 King Street

Friday 29th September 2017 @ 6pm

Meet and Greet New Arrival to Our City.
Enjoy shared meal with other migrants.

Bring your family and friends
Bring a plate of food to share

For more information contact 3581572
Email: ask@mmcnz.org.nz



Women's Group Poster

Multicultural Women's Group

At the Multicultural Centre
Friday 15 September 2017 1 – 3pm

!Dance & Dance For Fun!

Meet dance Teacher Tania Kopytko
For an hour of fun and easy dance.

Come and join us and enjoy rhythm,
music and dancing together.

Just wear comfortable clothing



For more information contact the Centre 358 1572
Email: ask@mmcnz.org.nz



Multicultural Centre Activities & Events

Manawatu Multicultural Centre

Opening Hours: Monday—Friday 9.30am—4.pm

Practice your English

Make new friends

Share information

Learn about New Zealand and other cultures

Use your interpersonal skills

Advanced English Conversation Groups:

Monday morning 10am—11.30am

Monday—Thursday afternoon 1pm—3pm

English Beginner's Conversation Groups

Tuesday, Thursday and Friday

10am—11.30am



Lunchtime Conversation—Shared Lunch

Every Friday 12—1pm

Multicultural Arts & Craft Group

Friday 1pm—3pm

Newcomers Morning Tea

3rd Wednesday of the month

10am—12noon



Multicultural Women's Group

3rd Friday of the month 1-3pm

Newcomers Potluck Dinner

Last Friday of the month

6pm— 8.30pm

