

Manawatu Multicultural Council



Manawatu Multicultural Council

Multicultural Centre



Manawatu Newcomers Network  
Connecting People

# ETHNIGRAM NEWSLETTER

## President's Report

INSIDE THIS ISSUE	
President's Report	1/2
Talk by Helen Wong	2
MMC Picnic in the Esplanade	3
Refined Sugar Information	4
Sophia's Achievements	5
MMC Fashion Show Updates	6
English Corner Poster	7
NZ Youth Poster	8
CBA Poster	9
Women's Day Poster	10
Volunteer's Needed	11
Centre activities and events	11
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	
<b>Hancock Community House</b> 77-85 King Street Phone # <b>(06) 358 1572</b> ask@mmc.nz.org.nz www.mmcnz.org.nz	

Finally, we are experiencing summer weather in February. Our picnic at the Esplanade on February 12 was attended by 45 people.

We had lots of fun getting to know each other. The young people enjoyed playing both the longest line and egg race games.

Malcolm McDermott celebrated his 40th birthday and we all enjoyed the yummy foods that everyone brought to share. Nirmala who works for MidCentral Health was able to promote infused water which avoids sugary drinks and aims to improve one's health.

Noorangi and Angela are very busy organising the Fashion Parade on March 5, while the Art and Craft Women's Group are busy sewing their costumes. Christine has spent many hours doing funding applications for our Marae trip which is scheduled on Friday the 10th March. We are able to offer this opportunity to migrants and refugees at a small cost.

We are back on deck with our regular activities, which started with our monthly Potluck Dinner on Friday 24th of February and we had Carmela laylo from Futurisk sharing with us some tips on buying a house.

There is still a constant flow of migrants coming to learn English and we are very grateful to our dedicated volunteers who willingly give their time to teach.



*President's Report Continues*

Also on Saturday ,February 25, young people from different ethnic groups played soccer at the Arena Manawatu, Hazim Arafeh has represented the MMC for these games.

Our Festival of Cultures is smoothly coming into place, there are variety of activities around the city leading to the event on Saturday 4th March.

There is a Latin American dance workshop, Songwriting workshop and Lantern making workshop to go to, so you can pick and choose where to go.

There is a Holi Festival at IPU on Friday 3rd of March and followed by Lantern Parade at the square at night.

The Festival of Cultures on March 4 will be hosting ambassadors from different countries as well as superb cultural entertainment and food from all around the world. On March 8, will be International Women's day.

The Federation has also organised a workshop for young people, in conjunction with other government organisations on Saturday 11th March and it will be at the Copthorne Hotel Conference Room 110 Fitzherbert Ave Palmerston North.

I am encouraging each leader from the different ethnic groups to encourage their young people to attend this workshop. There are a lot of conflicts going on in other countries and I am happy to be in New Zealand where diversity is accepted.

Meriam Findlay  
President

*TALK by HELENE WONG*

WEDNESDAY 1 MARCH.

TALK by HELENE WONG " BEING CHINESE "

Central Library 6.30 pm Free

Writer, actor, director and NZ Listener film critic

Helene Wong grew up resisting

her Chinese identity, but in 1980 she travelled to her

Father's home village in Southern China

and connected with her ancestral past.

This memoir is a story for everyone.

Presented in association with Massey University.

Information supplied by the City Library





## *MMC Picnic in the Esplanade*

Sunday the 12 February came with the best possible weather and a nice breeze to keep the sun from making people uncomfortable, the perfect day for a picnic in the Esplanade Gardens.

From 12 noon migrants from various backgrounds as well as locals started gathering by the pool area bringing along their family and friends and a variety of delicious food to share.

After a warm welcome by Meriam Findlay, MMC President, people started catching up with each other and/or introducing themselves. Meanwhile, Booranee and Sophia set up the table and arranged all the dishes in the most attractive way.

On another table, Nirmala Nand from MidCentral Health and her team prepared fruit infused water for everyone to enjoy a healthy drink. Flavours included lemon, orange and watermelon.

Grace was said and we all gathered around the table to partake of the delicious food and enjoy each other's company.

Dessert was very special; it was Malcom McDermott's birthday and Sophia his lovely wife who is also an excellent baker made him a surprise beautiful cake for the occasion.

After a bit of a struggle lighting the "candle in the wind", we sang happy birthday and enjoyed the cake along with a wide range of summer fruit brought for the occasion.

Last but not least participants played two games: an "egg and spoon race" and "the longest line" kindly prepared by Meriam Findlay. We all had a lot fun playing the games and the creativity for the longest line game was just amazing.

*Christine*



## *Picnic in the Esplanade*

Birds chirping, flowers blooming, fresh air breezing through faces with delightful smiles. On 12<sup>th</sup> February, people from different countries gathered together for a lovely picnic hosted by Multicultural Centre at the Esplanade.

While chatting with old friends and getting familiar with new friends, enjoying tables of delicious foods and playing exciting games, not only did we practice our English skills, but we also found a sense of belonging to the multi-cultural city Palmy.

A huge thank you to the staff from MMC who worked hard preparing this enjoyable gathering.

We're looking forward to the next outing soon.

Written by Joy He



## Why is refined Sugar bad?

There are many types of sugar, namely fructose, lactose, sucrose and glucose. **Fructose** is sugar found in fruits. Although fruits are sweet, they are full of vitamins, minerals and fibre which make fruit a better choice.



**Lactose** is sugar found in milk. Of course milk has so many beneficial nutrients and that is why milk is a good choice. **Sucrose** is **refined** sugar derived mainly from sugarcane, after a refining process which removes any small amount of natural nutrient that it may have. So food with lots of sucrose is a bad choice. All of the above sugars are converted into **glucose**, which is the simplest form of sugar that the body can absorb to meet its energy needs. Even fructose and lactose are turned into glucose before being used.



So the question is "**which sugar should we restrict and why?**"

The simple answer is – restrict refined cane sugar (sucrose). Why? because it has no other nutrient except calories. Many sweet tasting foods like cakes, pies, biscuits, sweets, lollies and fizzy drinks carry large amounts of sugar (sucrose) that is why these foods must be restricted, if we want to reduce our sugar intake. Next question is "**why should we reduce refined sugar or sucrose?**" Because refined sugar or sucrose provides 'empty' calories which most of us do not need. The body's requirement for glucose is met daily by consumption of natural unprocessed foods like fresh fruit, vegetables, milk and carbohydrate foods, like rice, roti, bread, potatoes etc. All types of sugar are converted into glucose before being used. So the need for glucose is adequately met by the different food that we ingest daily. This is why we do not need to add extra, unnecessary refined sugar which is devoid of other nutrients, but adds a lot of **empty calories** to our diet.



Sugar if eaten in small amounts, say 1-3 teaspoons a day, may not be as bad as taking 10 teaspoons of sugar in a can of fizzy drink, in tea, coffee, or rich cakes, pies, puddings and ice creams etc. **on a daily basis**. This is when refined sugar becomes harmful. A lot of sugar taken daily will affect our weight, our pancreas, insulin production, and may cause or lead to more serious problems. Large amounts of sugar on a daily basis, increases the demand for insulin to get rid of the sugar from the blood stream. This places an excessive strain on the pancreas to keep producing extra insulin to regulate the blood sugar. Over a period of time the pancreas may slowly give up and be unable to produce more insulin to meet this demand. This is when the sugar remains in the blood streams and one is diagnosed as having type II diabetes.

Therefore, if we wish to avoid gaining weight or having diabetes later on in life, reducing refined sugar in our daily diet is a good habit. However, this practice needs to start early in life. So restricting sugar and sugary foods to young kids is important in order to help them develop a healthy lifestyle and lay a healthy foundation for their future. At the same time adults need to restrict refined sugar to prevent obesity, diabetes and other serious health problems, and to help them lead a healthy



## Sophia's Great achievements

The citizenship ceremony is a significant and special events to all those who receives their New Zealand Citizenship in Palmerston North, and every new citizen is presented with a native plant.

On Wednesday 2nd February Sophia McDermott became one of us when she receives her New Zealand Citizenship 2017. Congratulation and best wishes Sophia.

Sunday the 5th of February was too early to be Valentine's Day, so we saw a different celebration in the De Coree Restaurant in Palmerston North.

Sophia McDermott who now holds of a Restricted Driver Licence and New Zealand citizen on her CV was, along with her husband Malcolm ,and many relatives, whanau, ex English tutors and friends, celebrated another two milestones in her life.

Sophia and Malcolm have always been very supportive of the Centre, in fact since Sophia first came to Palmerston North.

With very little English she somehow found the MMC and even then, she had the amazing ability to be able to communicate with other new migrants who also had limited English, and you could swear that they all understood each other!

Sophia and Malcolm are always welcomed visitors at our monthly Pot Luck Suppers on the last Friday in the month, as well as many other activities put on by the Centre.

Sophia, now being a qualified cook, sometimes used to bring to the MMC the most delicious cakes and pastries that she had perfected at her UCOL Baking Course.

Luckily being situated just up the road! So to both of you, thank you allowing us to share in your celebration meal and Sophia ,we are really glad you found the MMC when you did!

Ange Joblin (one of Sophia's early English Language Tutors!)



## MMC Fashion Show Updates

During the Festival of Cultures, Palmerston North is celebrating cultural diversity through Art, Cultural Performances, Food, Education and many other activities.

The three day Festival starts on Friday 3 March in The Square, with the Lantern Festival from 7 pm to 9.30 pm complete with entertainment for all the family and food trucks for the hungry !

Saturday 4 March is the highly acclaimed WORLD FOOD,CRAFT and MUSIC DAY, starting at 10 am with the opening ceremony, there will be over 80 cultural food and craft stalls, situated THE SQUARE.

Look out for the one from the Centre. Finally on Sunday 5 MARCH From 11 am to 3 pm it will be Fiesta time at Te Manawa and The Globe Theatre. including our very own Manawatu Multicultural Centre's Fashion Parade entitled " MULTICLOTHES FOR MULTIPLE PEOPLE "

Who can resist with all these incredible sights, tastes and sounds ?

So give it a go and bring the Family and have a great weekend!

Below is the poster of the Fashion Parade, designed by our very talented people at The Multicultural Centre.....

Please come and join us at this free, colourful, extravaganza.

Ange Joblin

**The Manawatu Multicultural Council's  
Fashion Show**

**Sunday 5 March 2017  
At The Globe Theatre  
12-2pm**

## MultiClothes for MultiPeople



**FREE ENTRY**



**Te Manawa**  
art science history PALMERSTON NORTH

Palmerston North City  
**creative**nz  
COMMUNITIES





# Kauwhata Marae Visit

An opportunity for newcomers to learn about Marae Protocol, Culture and Customs



Friday 10 March  
From 10am to 2.30pm.

## A Marae Visit with Hangi Experience

*It is a unique opportunity for newcomers to experience Maori culture and protocol. We will travel together on a bus to Kauwhata Marae (near Feilding). The cost of the trip is \$15/each. Please book your seat on time by e-mailing the Centre on [info@mmcnz.org.nz](mailto:info@mmcnz.org.nz) or call the Centre on 3581572. Dress code: Semi-formal*



# Multicultural BOOK GROUP

**Mix**  
with other people

**Talk**  
in English

**Enjoy**  
new connections

Thursdays  
12pm - 1pm  
Central Library

March 2, 16, 30  
April 13, 27  
May 11, 25



For more information and booking contact Jeremie [jeremie.corroenne@pncc.govt.nz](mailto:jeremie.corroenne@pncc.govt.nz) | 06 351 4100



# English Corner



**Practise your English conversation  
with native English speakers.**

Free entry.  
Relaxed and informal.  
Small groups.  
Everyone welcome.

**11:00am to 12:30pm  
every Saturday  
(except public holidays)  
from March to November**



**Where: 2<sup>nd</sup> floor of ETC (English Teaching College)  
Corner of Rangitikei Street and The Square (above Inspire Me)**

If you have any questions, please email us at [englishcorner.pn@gmail.com](mailto:englishcorner.pn@gmail.com).

## **Want to help others practise their English?**

If you're a native English speaker and would like to be a volunteer for English Corner, please email [englishcorner.pn@gmail.com](mailto:englishcorner.pn@gmail.com) or come and see us on a Saturday to find out more. No previous experience required. This is a great way to meet people from other countries and help them adapt to life in our community.



## Youth Engagement Poster

# YOUTH ENGAGEMENT PARTICIPATION DESCRIPTION

## Who can attend?

**Youth leaders and advocates aged 14 – 25 years.**

### Youth active in their community and networks who:

- Support and advocate on behalf of young people facing challenges including welfare, behavioural, social and protection issues.
- Regularly work with young people offering practical and emotional support.
- Problem solve and are team players.
- Culturally aware and respectful of diverse communities.
- Understand the barriers of youth particularly from Maori, Pacific and Ethnic communities in using services and solutions to overcome these barriers.

### The aims of the one day regional workshop is to:

- Update an information resource for New Zealand Youth published in 2012 (<http://www.southlandmulticultural.co.nz/files/2012042690547-1335387947-0.pdf>).
- Inform the development of an APP which will include relevant information on youth support services, welfare support, suicide prevention, racism and discrimination, bullying and harassment, safety information, linking with local youth organisations.
- Educate about youth rights and responsibilities and the enquiries and complaints process.

### Regions:

Workshops will be held in Porirua, Palmerston North, Hastings, Nelson, Christchurch, Dunedin, Whangarei, Mt Roskill, Counties Manukau, Gisborne, Rotorua, Hamilton.

### Costs:

Workshops are free to attend and meals provided. Limited spaces and registration essential.

### When:

Saturday 11 March 2017

9:00am - 4:00pm

Venue: Copthorne Hotel Palmerston North.

110 Fitzherbert Ave, PN.

### Register at:

[www.facebook.com/pg/youthaoteareo/events](http://www.facebook.com/pg/youthaoteareo/events)

Or for Workshops contact: Peter Foese 027 410 5697

MulticulturalNZ contact: Tayo Agunlejika 021 0295 5148

### Like us on Facebook:

[www.facebook.com/youthaoteareo](http://www.facebook.com/youthaoteareo)



New Zealand National  
Commission for UNESCO

Te Kaitiaki Matua o Aotearoa me UNESCO



Multicultural  
New Zealand

Te Rauwhakaitiaki o Aotearoa - Counties



Human Rights Commission  
Te Kaitiaki Matua



Te Kaitiaki Matua

Hui E!  
Community Aotearoa



## NEW TO NEW ZEALAND? VOLUNTEERING CAN HELP YOU SETTLE IN

Free Information Session



Migrant

Connect

**TOPICS:** CAB is hosting an informative session on volunteering in New Zealand. A speaker from the Palmerston North Volunteer Resource Centre will tell you all you need to know about volunteering in our city. You will also be given an opportunity to ask questions.

**WHEN:** Thursday 16 March 2017 from 9.45a.m to 11a.m.

**WHERE:** Hancock Community House, 77 King Street, Palmerston North.

**CONTACT:** To register your interest, please telephone Wendy (between 9a.m. and Noon) on (06) 3579273 no later than Monday 13 March 2017.

Citizens Advice Bureau Palmerston North  
offer free, face to face support to new migrants.  
Hancock Community House, 77 King Street.  
Palmerston North – Phone 357 0647

0800 FOR CAB (0800 367 222)  
[www.cab.org.nz](http://www.cab.org.nz)

Funded by Immigration New Zealand





Women's Day Poster

Laugh

Share

Dance

# INTERNATIONAL WOMEN'S DAY PARADE & PICNIC

PAPAIOEA / PALMERSTON NORTH  
MARCH 8, 2017

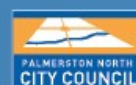
12 NOON  
PARADE TO  
TE MARAE O HINE  
FOR A SHARED PICNIC  
& CELEBRATION



BROUGHT TO YOU BY



New Zealand National  
Commission for UNESCO  
*Te Kōwhiriā Matua o Aotearoa mō UNESCO*



te manawa  
art science history PALMERSTON NORTH

See [eventfinda](http://eventfinda) for further information

## Volunteers Needed

**The Anglican Social Work Trust** is looking for Volunteer helpers for our:  
**English Language Class for Senior Refugees.**

No experience is needed, just a willingness to help with these lovely people.  
 The Class runs every Tuesday (not in school holidays) from 9.30 to 11.30am at  
 All Saints Community Centre (parking available).

*If you think this is  
 something you may be  
 interested in*

*Please contact :  
 Theresa on 355-1204*

*Or email:  
 aswt@inspire.net.nz*



## Postage Stamps Needed

### STAMPS

Unfortunately nowadays postage stamps are sometimes a thing of the past.

However some charities are still collecting them for specific projects.

The LEPROSY MISSION is one of these charities that is collecting for two projects in Bangladesh. One to reduce the prevalence of Leprosy and one to establish 86 self help groups to provide help to approximately 3,375 people affected by this disease and the resulting disabilities. So if you get any stamps with your mail please can you save them for the Multicultural Centre.

If you work with other people please mention this to them .

Maybe even put an envelope in a prominent place, for people to put any stamps into.

Many thanks  
 Angela Joblin



*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**

**Afternoon English Conversation Group**

**Monday , Tuesday, Wednesday  
and Thursday from 1- 3pm**

**Morning English Conversation Group**

**Monday 10am-12noon**

**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**