

**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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Happy New year everyone, Hope you had a break from your hectic lives and are energised and invigorated for any new challenges that 2017 will bring to you.

I will, in 2017, reconnect with my relatives that I met on my recent trip to the Philippines. It is such a joy to watch them grow and progress in life.



Being with the Multicultural Manawatu for more than 20 years, has given me a lot of opportunities to meet many people, both migrant and refugees.

While visiting a local chemist, I met one of the former refugees who used to attend my cooking classes, and it was a joy to know that both him and his wife are now working full time and own their own home.

They arrived here 8 years ago, during those 8 years, they have learned English and adapted to a new way of life. They are now contributing to our economy with their skills and with their taxes. All of this has happen through kiwi generosity where people gave their time to help refugees settle well in Palmerston North.

**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

Here at the Multicultural Manawatu, I am grateful for what our volunteers do to help migrants and refugees settle through the different activities that we offer everyday of the week. For the coming months, here are some of the activities written on our calendar.

We commence the year by celebrating the Chinese New Year. This week there are activities at the Library, a show at the Regent and a Dinner at Chinatown.

On February 12, we have a picnic at the Esplanade, and on February 23, there is Ethkick at the Arena.

On March 3rd there is Holi Festival at IPU and followed by the Lantern Parade in the Square.

On March 4 we have the Festival of Cultures in the Square, followed by our Fashion Parade on Sunday March 5, at the Globe Theatre.

On March 10 we are taking some visitors from Massey and some ETC students to Kauwhata Marae.

**Hancock  
Community House**  
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Phone #  
(06) 358 1572  
ask@mmcnz.org.nz  
www.mmcnz.org.nz

## President's Report Continues

In April we normally observe ANZAC Day, and in May we will be working with the Environmental Trust showing a film at the Downtown Cinema.

I hope that you and your group will be able to participate in many of the listed activities, especially the Festival of Cultures, where our city celebrates its diversity of cultures that live in Palmerston North.

Early this month, we lost one of our family members here at the MMC Elvira Olsen. She was a loyal member of the Scandinavian Community who have supported our potluck dinners every last Friday of the month for many years.

She will be greatly missed,

Meriam Findlay  
President



## Meet Frank and his mum

# !Congratulation It's a Boy!

Congratulations to Lilian and Roman on the arrival of your newest family member Frank Benedict.

May you both be filled with lots of joy and wonderful memories.

Your friends from the Multicultural Centre wish you every happiness in the future.



Concert in the Park

# Sounds of Summer

## FREE Esplanade Sunday Concerts 2017

Local Music

Family Friendly

Bring a Picnic

Sunday 15 January to

Sunday 12th February 2-5pm

By the café in the Esplanade



## LUNCHTIME CONCERT IN THE SQUARE

Monday 13th February to Friday 17th February @ 12—1.30pm

Bring your family and friends and BRING YOUR LUNCH



## How can we control our behaviour

**What is Anger and how we can control it and be safe.**

*“Bitterness is like cancer. It eats upon the host. But anger is like fire. It burns it all clean.” – Maya Angelou*

Anger is usually a normal and healthy emotion if we can manage it without harming anyone. But when it gets out of control and turns destructive, it can lead to problems. Problems at work, in your personal relationships, and in the overall quality of your life. And it can make you feel as though you're at the mercy of an unpredictable and powerful emotion. Uncontrolled anger can lead to physical, mental, emotional and social abuse and violence to you, your family, your friends or anyone you come in contact with. Any form of violence can often be avoided once we learn how to control our anger and frustration. Therefore we need to know, identify, understand and become aware of what triggers our anger. Remember anger is one letter short of danger !



Here are a few tips which hopefully you may be able to use next time you get angry.

**Relax** – Breathe deeply and count from one to ten. Tell yourself to ‘*Relax and Take it Easy*’. Respond assertively in a calm voice, do not suppress but express how you feel in a non aggressive and non violent way.

**Don’t respond in anger** – Count to 20, or 100 or walk away or whatever it takes. Give yourself time to calm down and maybe reconsider the situation, or your reaction, before you respond.

**Communicate** – listen carefully and take your time before answering, don’t blame or shame others. Write a letter to your enemy in anger but never send it to them !

**Surrender** your anger; let it go, though it may be most difficult for you to do it. Remember only a strong and respectable person can do that.

**Interrupt** the cycle of negativity, only focus on positive outcomes. **Reframe** your memories, and the better things that have happened between you and the other person, try to see things from their perspective.

**Stop and think** how you would handle the situation better by not becoming the same angry person yourself.

**Reconsider** how you feel about past events; do not feel resentful, aggrieved or jealous.

**Resentment** is like taking poison yourself and waiting for the other person to die. Resentment and anger lead to or aggravate many health and physiological issues as well. For example high blood pressure, ulcers, cancers and even your appearance shows when you are angry.

## How can we control our behaviour continues

**Holding** onto anger is like grasping a hot coal with the intent of throwing it at someone else, but you are the one who gets burned first. If you become angry with someone, try to deal with the issue or problem at hand, rather than accuse or attack the person.

**Try to keep calm**, talk and negotiate or just walk away, if possible at that time.

**Change your environment**, take a break or go for a walk.

**Use humour**, learn how to laugh at yourself and see humour in situations.

**Forgive** and try to forget, give yourself time, as time is the greatest healer of pain.

**Value** yourself from inside out, not outside in.

**Bring in your spiritual beliefs.** That may be the savior in difficult situations.

**Remember Anger can be managed.** It may help to seek outside help either for controlling anger or for dealing with a difficult situation that is causing you pain.

**Talk to a counselor** or someone close in whom you can confide and release your tension.

*Nirmala Nand [Health Promotion Advisor]*

## Cheese Puffs

**Quick, Fast and Delicious – for breakfast, lunch and supper**

### **Ingredients:**

- 1 cup flour
- 1 tsp baking powder
- 1 tsp salt
- Pinch pepper
- Pinch ginger
- 200g tasty cheese
- 1 egg
- 1 tbsp oil
- ½ cup milk

### **Method**

Mix dry ingredients and stir in cheese.

Whisk egg, milk and oil and add to dry ingredients and mix with fork.

Heat oven at 200 degrees

Drop table spoons on tray.

Bake approx. 8 mins until puffed and golden brown

*Eunice Rodsjo*



## Nutritious Vegetarian Dish

### Dhal – nutritious vegetarian dish for young and all

The humble Dhal is high in protein, low in fat, low in carbohydrate, moderate in vitamins and minerals and high in fibre.

A very healthy and nutritious dish for the entire family including children and sick people. Dhal is a basic, highly digestible and tasty dish served with most Indian meals.

This recipe can serve a family of 4-5 adults.

#### **Ingredients:**

- 1 cup whole moong, chick peas and red lentil mix ( washed and drained)
- 1 tsp turmeric powder
- 1 onion sliced
- Few curry leaves
- 2-4 cloves garlic ( crushed)
- ½ tsp chilli powder or sliced green chillies (optional)
- 1 cup chopped tomatoes
- 1 tbsp lemon juice
- 1 cup carrot, capsicum and peas
- 1 ½ cup coconut milk (optional)
- ½ fresh ground pepper
- 2 tbsp ghee
- 2 tsp cumin, mustard and fenugreek
- 1 tsp salt (to taste)



#### **Method**

In a large saucepan, heat ghee, add cumin, mustard, fenugreek, curry leaves, then garlic and onions. Sauté for 2-3 minutes

Add turmeric, chillies and tomatoes.

Add lentil mix and fry for a few minutes. Add chopped vegetables and fry for 1-2 minutes

Add 4-5 cups of hot water, bring to boil.

Reduce heat to low and simmer for 1 hour or cook in a pressure cooker for 4 minutes.

When dhal is soft add coconut milk, ground pepper, lemon juice and dhania leaves and simmer for 2-3 minutes more.

Serve hot either as a wholesome soup on its own or accompanied with boiled rice, roti, or naan and chutney.

(By *Nirmala Nand*)

Ethkick Poster 2017



# ETHKICK 2017

SATURDAY 25<sup>TH</sup> FEB 2017

Ethkick is an ethnic football tournament promoting a positive image of friendship through football and diversity.

- 6-ASIDE FOOTBALL
- ARENA MANAWATU
- JUNIOR ETHKICK
- FREE TO ENTER
- FOOD AND DRINK
- FUN FOR ALL

LIMITED TO 40 TEAMS - GET IN QUICK TO SECURE YOUR SPOT!

CONTACT BAL SHIVA - ETHKICKPN@GMAIL.COM  
FOR REGISTRATION AND MORE INFO VISIT  
WWW.SPORTMANAWATU.ORG.NZ

PROUDLY SUPPORTED BY



**RICOH**



New Zealand  
**POLICE**



**Manawatu Growler**  
Multicultural Council



**bnz**



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



United Nations  
Educational, Scientific and  
Cultural Organization

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



# Emergency Checklist poster

## HOUSEHOLD EMERGENCY CHECKLIST

### WHAT YOU WILL NEED TO GET THROUGH

#### EMERGENCY SURVIVAL ITEMS

- Torch with spare batteries or a self-charging torch
- Radio with spare batteries
- Wind and waterproof clothing, sun hats, and strong outdoor shoes
- First aid kit and essential medicines
- Blankets or sleeping bags
- Pet supplies
- Emergency toilet - toilet paper and large rubbish bags
- Face and dust masks

Check all batteries every 3 months.

#### FOOD AND WATER FOR 3 DAYS OR MORE

- Non-perishable food (canned or dried food)
- Food, formula and drinks for babies and small children
- Water (at least 3 litres per person, per day) for drinking
- Water for washing and cooking
- A primus or gas barbeque to cook on
- A can opener

Consider stocking a two-week supply of food and water for prolonged emergencies such as a pandemic. Check and replace food and water every twelve months.

#### HOW TO STORE WATER

- Wash bottles thoroughly in hot water. Fill each bottle with tap water until it overflows. Add five drops of household bleach per litre of water (or half a teaspoon for 10 litres)
- Store in a cool dark place and replace the water every 12 months

#### GETAWAY KITS

Everyone in the house should have a packed getaway kit in an easily accessible place which includes:

- Torch and radio with spare batteries
- Hearing aids and spare batteries, glasses or mobility aids
- Emergency water and easy-to-carry food rations
- Extra supplies of special dietary items
- First aid kit and essential medicines
- For infants or young children – formula and food, nappies
- Change of clothes (wind/waterproof clothing and strong outdoor shoes)
- Toiletries – towel, soap, toothbrush, sanitary items, toilet paper
- Blankets or sleeping bags
- Face and dust masks
- Pet supplies
- Important documents:
  - Identification (birth and marriage certificates/driver's licences and passports)
  - Financial ( insurance policies and mortgage)
  - precious family photos

#### IF WE HAVE TO EVACUATE WE WILL:

- Take our Getaway Kit
- Turn off electricity and water
- Turn off gas only if we suspect a leak or if asked to do so by the authorities
- Take our pets with us

For more information visit the Civil Defence Emergency Management Office at your nearest council or

[www.getthru.govt.nz](http://www.getthru.govt.nz)

PRODUCED BY THE MINISTRY OF CIVIL DEFENCE AND EMERGENCY MANAGEMENT

**GET READY  
GET THRU**



## *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](mailto:aswt@inspire.net.nz)*



## *Up Coming Events*

### **Newcomers Potluck Dinner**

24th February 2017

### **Lantern Parade**

3th March 2017

### **Festival of Cultures**

4th March 2017

Registration closes 13th February 2017

### **Multi-Clothes for Multi-People Fashion Parade**

Sunday 5th March 2017

### **Newcomers Marae Visit**

10th March 2017

**For more information contact the Centre on 358 1572**

*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**