

**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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Last month we got to know more Refugees from Feilding, and their volunteers who work with them as well as migrants and students. All had braved a very cold night to come to our Pot Luck Supper which ended with Karaoke at Te Manawa. Our night was filled with laughter and singing, and for those that were reluctant to sing they enjoyed dancing their own National Dances.



Our night was filled with laughter and resultingly the night went quickly which is always the case when one is enjoying other peoples company.

Our communities have had lots of celebrations this month. There was the Bastille day ball organized by the French community and held at The Coachman Hotel. It was popular not only on social media but it also grabbed the attention of one of our local newspapers namely The Guardian. Our congratulations go to Isabelle Poff-Pencole and her team for organizing such an event.

The Global Festival for our young children at the Library on the 21st of July was very popular. I admired the dedication of the parent volunteers who worked along with Angel Kwan in getting this activity off the ground, it must have taken them weeks to research, collate and collect photos and materials to be able to present them as activities for our young children. It was a great way of learning about our world. Even myself have learnt something and it was good to have the strong support from our Maori Community through the children kapa haka group. The global passport have motivated the children to do the activities just to get the sticker. I thank the school that participate in this initiative.



**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

Hancock Community House  
77-85 King Street  
Phone #  
(06) 358 1572  
ask@mmcnz.org.nz  
www.mmcnz.org.nz

## President's Report Continues

On the same day the Bhutanese youth event was arranged at the Rangiora Hall, the hall was overflowing with people. There were lots of talented young people dancing and singing and some Burmese people joined in.

It was good to see young people keeping their cultures alive. Congratulations to Deven and his community.

We also had the opportunity to raise the profile of our organisation, by speaking to a large group at the Supergrans group and 45 members at the Greypower meeting. We emphasized the need of our local population to connect with migrants and refugees coming to our city. The next day we had a visitor from Greypower who joined us for lunch.

My holiday in Melbourne gave me an opportunity to learn more about migration in Australia. The Immigration Museum presented a lot of information about trends in migration and featured some migrants that contributed a lot to make Australia a better country nowadays, we too can do the same here in Palmerston North, New Zealand.

Our city has a lot to offer to migrants. Next month on August 3rd Networks of Skilled Migrants is having a Kiwi Culture In The Workplace at the Globe Theatre, so for those who are looking for a job, this a good opportunity to network and learn more about kiwi cultures in working places.

On in August 10, we are holding a Maori cultural night, at Te Manawa. If you want to know about the Maori culture, here's a chance to get to know the different protocols. It starts at 6 pm with a Potluck dinner Please bring a Koha.

There will be lots of singing at St Mary's on Sunday August 20. so join us in listening to praises in different languages

On our Annual General Meeting on August 30, we will have the chance to listen to our four representatives from 4 political parties. Our MP Iain Lees Galloway, from Labour, Adrienne Pierce from National, Thomas Nash from Green Party and MP Darroch Ball from New Zealand First Party.

So please come along and listen to the different policies that each party has to present.

The longer I volunteer, the greater I learn more about the beauty of giving.

Meriam Findlay  
MMC President.



## MMC Executive Member's Profiles

"I shall pass this way but once; any good that I can do or any kindness I can show to any human being; let me do it now. Let me not defer nor neglect it, for I shall not pass this way again."

Etienne de Grellet/Quaker Missionary

I have always tried to live my life by this passage by Etienne de Grellet, a Quaker missionary, as a guiding principle. I do believe that each one of us have been put on this earth for a specific role and purpose no matter how insignificant we may think it is to be.

My story begins 60 years ago in 1957 when my mother experienced birth pains while my father was preparing to travel with the Philippine President to a city in the southern part of the country. Because I was being born, my dad decided to stay behind in Project 6, Quezon City.

On the way back from Cebu City, the plane that was carrying the Presidential party crashed with no survivors.

My parents were so grateful because my dad's life was spared and added "Salvacion" (meaning rescue or save) to my already kilometric name of Maria Theresa. Coming from a big family of eight (8) siblings with six (6) brothers and a sole sister, I grew up knowing a lot about the male gender and how to deal with them.

My father was from a military background and my mother was an educator and a journalist. Thus, this pretty much influenced my choice of careers.

Architecture, Teaching and Journalism with a strict, regimented lifestyle.

We were not rich but my parents provided well for our needs and made sure we

I feel privileged that God has presented me with openings to pursue further study beyond my means that has taken me to countries overseas in my pursuit of knowledge and advanced skills. It is in one of these occasions that allowed me to come to New Zealand and eventually gave me the chance to live here permanently with my family of three (3) boys.

For my part, I made sure that I gave back to this community which has accepted me to be a part of it, by volunteering. I started by being the student representative for a local Filipino organization. Eventually I was elected to lead another Filipino association which led me to become more actively involved in wider community endeavours.

Currently, I serve as an Executive of the Manawatu Multicultural Council and Administrator of the Pamanlahi Cultural Group. I also teach computer-assisted learning to migrants, refugees and adult learners in connection with Adult Literacy Palmerston North.

Our family has always been sports-orientated. Each one of us were involved and excelled in a certain sport but as a family we played bowling and badminton together. Later on in life, I would get more involved in tennis, as a referee, when I felt that my legs and my body could no longer bear the rigors of competitive tennis.

Working with the Palmerston North community continues. It is my intention to resume broadcasting with Access Manawatu with a focus on more on the multicultural facets of our city.

I still would like to showcase small people with small successes within our small city.



## MMC Executive Member's Profile

I truly believe that without the small people that help run businesses and organizations, there would be no successes to boast of. For all that has happened to me I give all credit to God, who cares so much for me and has generously given me all that I have.

God most certainly hasn't finished with me yet, so please be patient with me. There is much more to achieve and to do to make our world a better place to live in.

I shall aspire to do my best to be a positive contributor to this goal. Join me in taking the small steps...

This life verse encapsulates what I want to continue to attain... 1 Peter 3:4 New Living Translation "You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God."

Mayette Mailing-Cope

Manawatu Multicultural Council Secretary



## A Talented Migrant Woman

In the previous Ethnigram we showcased Yoon Suh who had her own dress making label Aria - in South Korea. She not only designed and made patterns as well as sewed garments, but with an extensive portfolio, her clients included Korean models and actors that she helped dress for advertising shoots.

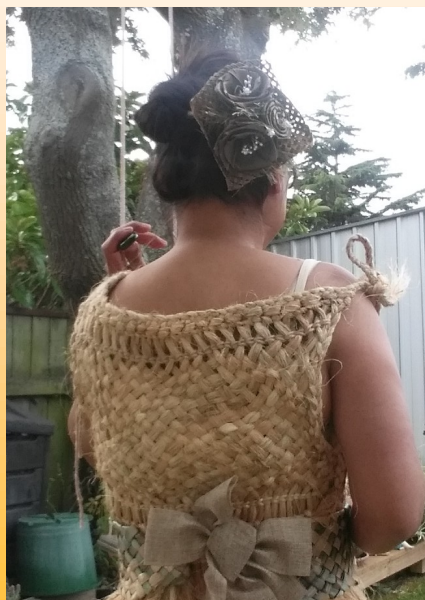
This month we showcase another one of our very talented members of the Manawatu Multicultural Centre namely Booranne Roskruge. Arriving in Palmerston North in 2006 she almost immediately signed on to a traditional flax weaving class at Te Whananga o Aotearoa which she loved, a far cry from her previous employment as a physical instructor with the Thai Army.

In 2010 she wore a hieke or cape for her diploma graduation and now she also works with wool and jute, making capes, a range of kete and even flax fascinators!

An amazingly versatile person, Booranne is also involved in all kinds of arts and crafts as well as being an amazing cook! Booranne was wearing what she designed and made for the Multicultural Fashion Show held in March this year.

Like Yoon and her husband, Booranne and her husband are great supporters of the Centre of which we are very grateful.

Angela Joblin



## Karaoke Evening

A KARAOKE evening at Te Manawa in the middle of the Winter Festival and the Lion's Rugby weekend. You must be joking !

Well over 70 people braved the cold and the other attractions, or distractions, to wend their way to enjoy a truly enjoyable evening. All ethnicities were represented, as well as all ages and all degrees of musical brilliance!

We ate an amazing array of ethnic food and sang ,even if one didn't really know the words, and two delightful Bhutanese women danced some of their native dances to rounds of applause. This was truly Multiculturalism at it's best.

It was also good to see students from the IPC and the ETC some singing very lustily!

It never ceases to amaze me that so many of the songs from the 1970's and even the 1960's are known to so many people from many different countries.

Finally thanks to the staff of Te Manawa and a big thank you to Chantelle, Noorangi and Christine Angela Joblin



## MMC Arts & Craft Sewing Group

The Arts and Craft Sewing Group decided to enter the Bra Artz 2017 fundraiser, organized by Heartland Lions Palmerston North.

The Bra Artz was displayed at the Home Show Manawatu Arena 2 Pascal Street Palmerston North from 21st—23rd July 2017 10.00—5.00pm.

The exhibition was free, therefore no excuse and if you had nothing planned for that weekend! This is an annual event. MMC made three covered fabric bras, one called Pinkies Bra, one a Multicultural coloured bra and a Crochet Bra.

All proceeds went to support local breast cancer patients in the Manawatu.

These enthusiastic and creative women were busy creating ethnic designs to decorate their art work. But there's nothing too big or too small that our Booranee can not handle. Thank you Booranee for your availability and willingness to transfer your skills and help others.

Well! We met the dead line and completed three beautiful masterpieces in a short time. We had great fun making and wearing these masterpieces!

If you are a craft minded person, you are most welcome to join us and see what we can create for the 2018 Bra Artz Exhibition.

Noorangi



## Time Out For Your Kids

To be a more effective parent and enjoy a closer family relationship, and keep our children safe we need to spend quality family time together. Teenage children are bound to stray if they do not feel loved and well connected with their parents, siblings and families. In this busy world eating together is one way to stay close and connected with our children.

Research shows that teens do better when their families eat together at least 5 times a week. It doesn't have to be only dinners. It could include shared breakfast or lunch on the weekends.

The key is to do it together. Kids who share regular meals with their family are:

More likely to do better at school – by making sure that they have had a good breakfast

Less likely to smoke or abuse alcohol or other drugs – more chances of being found

Less likely to become obese or overweight – by eating healthily with the rest of the family

Less likely to have suicidal thoughts or behaviours – by feeling wanted, cared for and loved

More likely to develop better manners and learn to respect others

Feel better about themselves, and feel more connected to their parents, siblings, grandparents and other elders.

*( By Nirmala Nand – HPA – PHS- adapted from 'Tools for Families and parents with teenagers ' )*



## 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](http://www.FIGHTFLU.CO.NZ)

(Information obtained from the National Influenza Specialist Group)

## Celebrations & Farewell

I would like to thank God firstly, because without him me and my family would not be in New Zealand. I thank the MMC family Christine, Noorangi and all the volunteer Teachers. All of you are wonderful, I had a lot of time learning here at the MMC.

The MMC is, and always will be very important for the immigrants that arrive here. I love you guys. God bless your life's for ever.

From Nana Botasso De Almeida



## Celebrations & Farewell message continues

The Multicultural Centre has recently been very busy with various celebrations.

We send our congratulations to all those people who have found full or part time employment like one of our Voluntary English Language Tutors, Cristina from Brazil, who has found a job at one of the Scientific Centres.

Those who have had their work visas extended, some who have celebrated birthdays. Many were also unhappy to leave the MMC and to say goodbye to all the friends they have made.

On Thursday the 6th of July we farewelled Nana Botasso Almeida, who came to New Zealand twelve months ago with her husband and two teenage boys.

Her husband working at Massey University.

During her stay she attended most of our Centre's activities, such as the English Conversation Groups, the Women's Art and Craft Group and our Monthly Potluck Dinners.

She interacted very well with all our staff and students, and was a popular member of the Centre.

In March of this year she even modelled at our very popular Fashion Parade, wearing a long multi-coloured skirt that was made by the Arts & Craft Group and a large Sun Hat. Oh for the sunny days again!

We also said farewell to Josimari Regina Pascholoto and her partner who are returning to Brazil. Thank you Josimari for bringing your Brazilian sun shine to our cold winter. Josi is friendly, bubbly person she brought much laughter to the Centre, and both Nana and Josi will be sorely missed.

Finally we celebrated two birthdays, those of Pinky from the Philippines and her friends who brought Philippine Humba and salad for lunch Yum! Then and finally our Centre Manager Christine's birthday celebration.

Noorangi



## Are You A New Voter

Dear all.

You may be aware that we have a General Election, here in New Zealand , on Saturday the 23rd of September.

If you are eligible to vote you may have already received a letter. If you are unsure you can check with any Post Shop as to whether you are eligible to vote. You can also find out addition information on Google.

Richard Mays who is a well known Journalist on the Tribune weekly newspaper, is interesting in writing an article about Migrants and Voting, and what it means to them.

If you would like to share your experiences about voting, whether this is the first time you will vote in NZ, or whether you have voted in NZ in the past, Richard would like to contact you.

If you are interested, I can let Richard know or you can contact Richard on [richard.mays@fairfaxmedia.co.nz](mailto:richard.mays@fairfaxmedia.co.nz) or The Tribune office, on 06 355 8788 directly.

If you would prefer not to talk to Richard, can you please pass this email to someone you know, that you think may be able to help with the article.

Many thanks in advance and I do hope that you agree, as I think it will be an interesting article, as so many of us have come to New Zealand as migrants.

Angela Joblin

## Newcomers Potluck & Women's Group Poster

# Newcomers Potluck Dinner

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

**Friday 25th August 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](mailto:ask@mmcnz.org.nz)





Songs and Praises Poster

Manawatu Multicultural Council

proudly presents

# A CELEBRATION OF ETHNIC SONGS AND PRAISES

Sunday 20 August  
St Mary's Church -  
Ruahine Street (Opposite the Hospital)  
From 2-4pm

A celebration of ethnic songs and praises featuring choirs from some of Palmerston North's diverse ethnic groups.

Entry: Gold Coin Donation.



ST. MARY'S PARISH



Maori Cultural Poster

# MAORI CULTURAL EVENING

Powhiri, Whakataua, Waiata, Karakia etc



An opportunity to learn about the rich Maori Culture and Protocol carried out over 1000 years. The evening will start with a potluck dinner followed by the presentation by Wiremu and Trieste Te Awe Awe - Rangitane Iwi representatives.

Thursday 10 August

From 6.30 - 8pm

Te Manawa, 326 Main Street

Potluck Dinner: 6 - 6.30pm

Presenters: Wiremu & Trieste Te Awe Awe.



# Invitation



NETWORK OF SKILLED MIGRANTS  
MANAWATU

## KIWI CULTURE AT THE WORKPLACE

Date: 03 August, 2017  
Time: 6.00p.m. - 7.30pm  
Venue: Globe Theatre

### Speakers

#### NICKY DARGIE

Owner  
WorkSkills Training

Nicky Dargie has owned and operated businesses for the last 17 years, employing a varied and diverse staff in many roles. Nicky founded WorkSkills Training and started to train people along-side her own staff in a working environment. She will talk about WorkSkills, give an insight into 'Kiwi Culture in the Workplace' and provide testimonials from some of the people who she has helped into work

#### WAYNE DELLOW

Business Development Manager  
Good Communications Ltd.

Wayne Dellow is a senior strategist and has worked with many businesses over the past 20 years helping them with strategy and creating targets. He helps recruit the right staff and he will show you how to identify your strengths, what to look for within a company to see if it the right "fit", & how to increase your communication skills with different types of people.

Kiwiana nibbles provided by local kiwi business

For more information and registration contact:  
[info@skilledmigrants.org](mailto:info@skilledmigrants.org)



Manawatu  
Multicultural Council



# Multicultural Women's Group

At the Multicultural Centre  
Friday 18th August 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](mailto:ask@mmcnz.org.nz)



## Cook Islands Language Week Poster

# Te Epetoma Reo Kuki Airani

## “Taku Korero Taku Peu Kuki Airani”

You are invited to join us  
Celebrate & Enjoy our Music  
Dancing & Cultural display  
Kai – food

**Saturday 5th August 2017**  
**12 – 3pm**

Emmanuel Congregational  
Church Hall  
Corner of Victoria and Broadway  
Palmerston North





# Join our team

**& MAKE A  
DIFFERENCE AS A  
RED CROSS  
REFUGEE  
SUPPORT  
VOLUNTEER**

**Next Volunteer Training Course**

**Starts 22 Aug 2017**

@ 6.15pm, 245 Main St PN

Be the friendly face and supportive guide for new Kiwis as they settle into New Zealand.

FOR MORE INFORMATION VISIT  
[REDCROSS.ORG.NZ/VOLUNTEER](http://REDCROSS.ORG.NZ/VOLUNTEER)



NEW ZEALAND  
**RED CROSS**  
EIREKA WHERO AOTIAROA

Refugee  
Programmes  
Ngā kaupapa hanga whakarae

## Multicultural Centre Activities & Events

### Manawatu Multicultural Centre

Opening Hours: Monday—Friday 9.30am—4pm

**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**

