

**MISSION STATEMENT**

TO CELEBRATE,  
SUPPORT AND  
CONNECT THE  
MULTICULTURAL  
COMMUNITIES OF  
THE MANAWATU



**Manawatu**  
Multicultural Council

**Multicultural  
Centre**



**Manawatu  
Newcomers Network**  
Connecting People

# ETHNIGRAM NEWSLETTER

## President 's Report

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This month we celebrate our Volunteers 'contribution to our society.

Volunteers are the backbone of our organisation, without their contribution we will not be able to do much so we need to treat them well and show our appreciation. Here in Palmerston North, we have a Volunteer Resource Centre which helps us show our appreciation.

We have put forward Booranee, Eunice, Bal & Mike's name for the award, and as organisation we are grateful to have Bal & Mike's effort in organising the Ethkick recognised during the ceremony while Booranee and Eunice were mentioned in the programme.

The Filipino Communities celebrated also their Independence Day, and we were able to send Christine to represent us on this occasion. Our Muslim community also celebrated the end of the Ramadan.

This month, we also celebrated the World Refugee's Day and on Saturday 24<sup>th</sup> of June, many Afgani, Burmese, Nepalese, Syrian, Congolese, Palestinian former refugees gathered to celebrate this occasion. It was interesting to watch an Afgani girl singing a Maori song, most performances were dances from their own ethnic origin.

On the same day Christine and I were invited to a private citizenship ceremony for elderly Bhutanese people and I admire Indra Dulal for giving his time to conduct this. I arrived late bringing with me a bag of yam, I had an interesting conversation as some of them had never seen the NZ yam before and I was asked questions on how to prepare it and if they are able to plant it.

From my observation and personal experience we all want to eat the same food that we are used to eat at home but due to different weather and location, not all food is available here in New Zealand so we learn to adapt to what is around us.



**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 Tuesday the 27<sup>th</sup> June, I had the opportunity to have a community breakfast with the Myanmar Young Leaders who are here to learn how to run a democratic country. It was also an opportunity to work closely with staff from PNCC, Refugee Services and Red Cross. We watched the Karen ladies do some weaving; their weaving skills have given them an opportunity to sell their products and opportunity for employment.

Our centre has been busy Promoting our coming Ethnic Songs and Praises event on Sunday 20 August 2017.

With everyone's busy schedule the groups that participated two years ago are not able to do it this year, but we are fortunate to have new groups willing to participate in this celebration.

Meriam Findlay



## Community Development Workshop

Community Development Practice and Practices Workshop was held on Wednesday 31 May from 9am to 12 noon, Pascal Francois, Community Groups Advisor, PNCC and Nathan Cross, Community Advisor, DIA ran a workshop on Community Development Practice and Principles at the Pacifica Centre. Pascal and Nathan shared their knowledge, experience and passion for Community Development

It was an opportunity for us to learn about the history and context of Community Development, to discuss what Community Development looks like in the Palmerston North community and explore opportunities to make positive changes in the community we live in. After introductions, we split into small groups to discuss about the concept of Community : 3 types of communities were discussed:

Geographic communities share physical space, so that residents come into contact with each other by virtue of proximity, rather than intent. Communities of interest are sometimes referred to as "communities within communities". Members of these communities choose to associate with each on the basis of a common interest (e.g. model railway club) or shared concerns (e.g. poor air quality). Virtual communities are groups of people that primarily interact via communication media rather than face to face.

Development can be defined as: "A process where community members come together to take collective action and generate solutions to common problems. " (United Nations) "The key purpose of community development is to bring about social change and justice by working with communities to tackle inequalities and challenge discrimination and oppression". (National Occupational Standards for Community Development Work) Citizen participation, both in purpose and function, distinguishes community development from other types of interventions. We also learned about principles, practice, values and history of community development. The workshop was very informative and interesting.

Christine.

**A Talented Migrant Woman**

Over the months we will take the opportunity of telling you something about some of the different people who have found the Multicultural Centre

This month we will tell you about Yoon Suh

Yoon Suh and her husband have only been in Palmerston North for 7 months.

In Seoul Yoon Suh had her own dress designing label called ARIA, where she was a designer and pattern maker for a range of Children's Clothes, and new Mother's clothes for the traditional Korean first Birthday Celebrations of the children.

Yoon Suh's clients included Korean models, whose clothes she made for advertising shoots.

Arriving in Palmerston North when we were organising the MMC's Fashion Parade for the Festival of Cultures, Yoon Suh made these 3 dresses in the photo and she also made an old dress into a beautiful fashionable one for the Parade.

Yoon Suh says she would like to eventually start her label up again in New Zealand, but in the meantime she is concentrating on her English Language, and looking after their newly acquired dog!

We wish her all the best and we are really glad she found the MMC.

Angela Joblin



**From left is Yoon Suh the Fashion Designer with cousin Laura and her friend Shen.**

## My Aotearoa Journey

"It's a dangerous business, Frodo, going out your door. You step onto the road, and if you don't keep your feet, there's no knowing where you might be swept off to."  
 — [J.R.R. Tolkien, The Lord of the Rings](#)

### **Nau Mai! Haere Mai!**

The words that I saw when I arrived at Auckland International Airport were in the Maori language 'Welcome!' As this was my first trip overseas, I was both worried and excited as the plane came into Auckland Airport. I was leaving the comfort zone of my home in the Philippines and entering a completely new world.

The experience felt surreal. I couldn't believe that I was here in New Zealand (Aotearoa), the Land of the long white cloud. I was

flooded with euphoria that still lingers to this day, over a year later. I still remembered 14 years ago when I first discovered J.R.R. Tolkien's epic masterpiece. The Lord of the Rings Trilogy, and was amazed by the stunning scenes of in the movies, now affectionately known as the home of 'Middle Earth'. It never occurred to me that someday I would travel here and witness the spectacular scenic beauty and dramatic scenery, and would see 'Middle Earth' for myself.

When I arrived in Palmerston North it was winter time of July 2016 and my haven was The Victoria Esplanade Gardens, where I found a spectacular display of Roses, my namesake. I enjoyed the simple pleasures of 'Palmy' in the library.

The Square, and (of course) the Plaza. More than this, Palmy's great location allowed me to travel to the National Aquarium of New Zealand in Napier, where I fell in love with the first encounter of kororā or little blue penguins and saw my first kiwi bird, as well as experiencing the unique Art Deco architecture of the Marine Parade and the warm welcoming atmosphere of the city. Not to be forgotten was my discovery of the wonders of New Zealand wine, with tastings in the Mission Estate and the Sileni Estates wineries. Heaven!

Another memorable trip was my first experience of snow in Ohakune, Whakapapa ski fields (some Mordor scenes), Turoa ski fields. It was so odd, and so novel for me that it is almost beyond description, but I can say it was amazing. Perhaps the best analogy was opening my Christmas presents when I was a child.

And this is not to forget the amazing scenery of Mount Ruapehu, and the spectacular Chateau Tongariro.

And of course, we are in the land of Middle Earth, where scenes from the movies could come to life in front of me; Tukino ski field were the gates of Mordor, and The Hobbit scenes could be found at the Huka Falls and Aratiatia Rapids.

It goes without saying that any visit to Middle Earth would be incomplete without a trip to Hobbiton in Matamata, and a pilgrimage to the Weta Cave Workshop, where I met some Trolls and Gollum.



## My Aotearoa Journey Continues

Returning back to Aotearoa, I visited Te Puia (Rotorua) and was astonished by the geothermal activity and Geyser and I dropped by and saw lions in the Paradise Valley Springs Wildlife Park then I experienced nature's tranquillity in Tauranga.

And Wellington, stunning and vibrant Wellington was 'absolutely positively Wellington'.

Te Papa, Mount Victoria lookout, the Beehive, the vibrancy of Cuba Street, the great food, aroma of coffee, the wine, the scenery, the views, the cable car ride. Absolutely positively Wellington, as I said. And I shall not forget the tastes, and the smells of New Zealand.

The crystal clear air, stunning lakes and reserves, long-wide sand dunes, the smell of Lavender at Purple Haze Lavender & café, the taste and fragrance of Alpha Domus rosé and my first taste of lamb!

But always, I come back to the people.

The warm, friendly and kind people of New Zealand, who have made me so welcome here.

It starts with my partner Mark, a Senior Lecturer at Massey University, and the reason why I migrated here. But it is also the kindness of strangers. It is the people who, when visiting a scenic reserve, and with a car stuck in some mud, came to our aid. This is the heart of New Zealand, a heart that sits in amongst the beauty, the spectacular scenery, the wonderful food and wine; the people of New Zealand.

The final part of this picture is the satisfaction that I found in my volunteering as an English Teacher in the Manawatu Multicultural Centre (MMC). I was on my way to PN Library when I met Meriam Findlay the President of Manawatu Multicultural Council and she kindly invited me to the centre where I met the MMC staff. It is more than just the teaching, it is also being part of a community. I joined the Multicultural Fashion Show Parade held in the Globe Theatre last 5<sup>th</sup> March 2017, an event hosted by MMC as a celebration of Palmerston North's Annual Festival of Cultures.

I had a published article in tearaway magazine entitled "Young filmmakers and environmentalists unite at Reel Earth film festival" (<http://tearaway.co.nz/young-filmmakers-environmentalist-unite-reel-earth-film-festival/>) for Palmerston North's annual Reel Earth Film Festival 2017 and also did volunteered for the entire film festival event. Helping and contributing something to my new home is the final satisfaction in my journey through life in New Zealand.

As Bilbo Baggins said, you never know where you may be swept off to once you step on a road, and I am happy that I took the first step on the road that led me here.



**Pinky is wearing a Contemporary Philippine Baro At Saya at the Fashion Show**

## Multicultural Women's Group

Wow! it's great to see so many people obviously enjoying themselves at any one time, in fact not a few but 26! This was at our recent Dance session at the Centre.

One never knows how many people will turn up for the different activities and the MCC is very lucky in that if a poster is put out—the people come!

Friday the 16th of June was definitely Tania Kopytko's afternoon. Tania is very well known in Palmerston North, as a Dance Teacher, Choreographer and Contemporary Dance Instructor.

We were very pleased that she agreed to take this session at the Centre for all our lovely—mainly young and energetic ladies, and a few not so young!

It certainly was a fun filled hour, with nothing too strenuous—thank goodness!

As one gets older one wonders what such a session will mean, but this was really a communal and joyful time for us all.

So thank you Tania and a thank you also to Noorangi and Christine for organising the afternoon.

We enjoyed the music, dancing and the rhythm so much, that we agree to have another dance session.

Our next "Dance and Dance for Fun" session will be Friday the 7th July here at the Centre, from 1-2pm

Angela Joblin



## MMC Quilt on Display

Our very own Multicultural Quilt made by women from the Arts and Craft Group at the Centre is on display at the Palmerston North City Library.

If you haven't seen it yet, please pay a visit to the Library.

Also, how about taking one of the free monthly programmes outlining the activities that are available in the Library.

I think you will be pleasantly surprised—after all Our Library is the "Living Room of the City"

Angela Joblin



See if you can identify your countries symbol on the quilt.

## Child & Adolescent Dental Health

The Child and Adolescent Oral Health Service provides quality dental care for all children and adolescents in the MidCentral DHB region. Looking after your child's smile begins with the following early oral health habits.

Tips to keep your child's beautiful smile:

Brush teeth twice a day with fluoride toothpaste.

Your child needs your help until they are 8 years old.

Your child also needs a soft bristle brush.

Give milk or water to drink - cordial, fruit juice and fizzy are bad for their teeth.

Choose health-friendly snacks such as pieces of cheese or raw vegetables instead of biscuits.

The public health nursing team, has a number of hand washing kits which are a fabulous resource for classroom teaching. Contact: 0800 153 042 for details.

Just remember that dental appointments are free until your child turns 18 years.

For an appointment please contact us on 0800 825 583 (0800 TALK TEETH)



Source:- PH School Newsletter-13th Edition - Nirmala Nand, Health Promotion Advisor)

## Stamps Collection

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

## My Dubai Holiday

One of the few benefits of having your children and grandchildren living overseas is that you have to go and visit them in some great places. So when my eldest son and his family moved to Dubai last July, it was obvious where I would be spending Christmas.

The flight to Dubai was long but non-stop and I was pleased I had opted to take it. Emirates airline staff lived up to their reputation, and the 17 plus hours really passed quite quickly.

On arrival I was surprised at the speed that we cleared customs and immigration, and spent the one hour car trip to my son's house admiring the sun rise over the city and the desert.

My son and his family live in a new housing complex quite some distance from the central city, and with no public transport, which I found a bit restricting as I like to get myself out and about. However my son and his wife made sure I saw plenty of the city and its surrounding countryside.

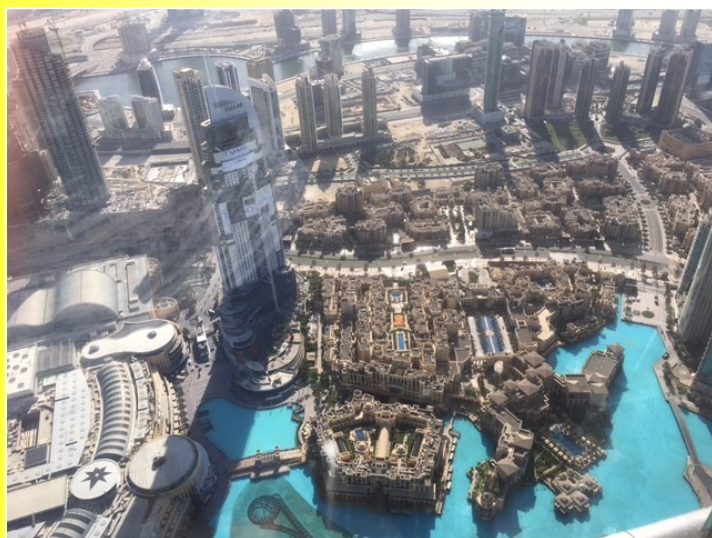
The contrast between the beautiful green lawns of the complex and the desert right across the road, complete with camel farm, was quite extreme. We visited the Burj Khalifa, the tallest building in the world, taken up to the observation platform on the 125th floor in a matter of seconds by a silent, rapid lift. The view of course was amazing, from the coast to the desert and below us, the city.

We twice visited Abu Dhabi, once to take in the beauty of the Sheik Zayed Al Kabeer Mosque, and the other to watch Wilfred Tsonga and Rafael Nadal compete in a tennis tournament.

Not being a great shopping person I found the huge shopping malls rather overwhelming and quite boring. The shops were all European, British or American, and finding something locally made was not easy. The one time we found a local souk, or market, it was closed for a private function!

There are plenty of Theme Parks for holidaymakers, and desert adventures for those who want to experience something different. Dubai is certainly an interesting place to visit, and I will take the opportunity to go back again, but only because I have family living there.

Eunice Rodjso





## Hello from the UK!!

Hi all!! Irene here!

My life has changed a bit in the past months. I worked in Madrid in a meat company for almost a year, not the best of jobs really but paid money and was helping me survive. In November my contract was coming to an end and I didn't really have any other jobs lined up after that, so I saw myself with some savings and spare time, and decided to go to Lesbos (Greek Island), and volunteer for a month in a Refugee Camp named Kara Tepe.



The best experience of my life to be honest, is that I worked for an organization that distributed clothes to the residents at the camp and also had a Tea Point in the main area, where some refugees came to get some Chai tea and chat with volunteers.

There were refugees from all nationalities, they pretty much travel from their home countries up to Turkey, where right now once they arrive they are stranded there for a period of time.

Some of the people I met have been in the island for a year now, waiting for their asylum applications to be processed. All in all, a very upsetting situation for them. It was a hard experience, but I really can't wait to come back and continue helping, people was so nice and positive.

After that I came to the UK, I'm currently in Wales, and worked with horses all this time. I hack horses through the woods to help them condition a bit for the events season that has just started.

My contract is over now, Friday was my last day at work and I am now waiting to get paid before I head back to Spain, although I'm not sure what to do now yet will figure it out I guess!

I miss you so much, I hope you are all well. Big big hug from Wales.

Take care and please Keep in touch!

Love you! xxx

Irene

## English Corner Notice

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

Its free entry, relaxed and informal small groups, and everyone welcome

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

**Where: 2nd 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)

## Farewell– Cristina Santo Winkworth

On Friday 9 June we farewelled Cristina, our volunteer Teacher for the Friday beginners group.

Cristina came to the Centre early this year to join our activities. She attended our conversation classes and art and craft activities. She was one of the amazing women who worked in preparing and modelling at the Multicultural Fashion Show that took place on the 5 March.

Because of her friendly and fun nature, it didn't take long for her to make new friends at the Centre. Later on, Cristina kindly offered to help tutor the Friday morning class working with Yoko Avci and later Pinky Rose. The group is quite large with a very different level of English.

Cristina has now found a job at Massey University working on a project to protect New Zealand native trees from the Myrtle Rust.

Congratulations Cristina, we are very happy for you. Thank you very much for all you time and skills, you have been so dependable, supportive and encouraging during your time with MMC. Massey University is very lucky to have you.

We hope to see you again in your spare time.

Christine



**Cristina is wearing a patch work summer sarong at the MMC Fashion Show**



**Congratulation Cristina, you're truly an inspiration to other migrants. Wishing you all the best for your future.– From your MMC friends**

## Network of Skilled Migrants

The **Network of Skilled Migrants** Manawatu (NSMM) supports skilled migrants in Palmerston North to become both socially and economically active, and contribute to the local community. The Network of Skilled Migrants Manawatu (NSMM) is organising Networking events with the local businesses.



The organisation of these events is funded from the PNCC and executed under the umbrella of the Multicultural Centre. The next networking event will be 3 August 2017. Watch the space. The NSMM supports skilled migrants by providing:

Networking opportunities with local businesses and supporting startup businesses

Facilitating meetings where people in a similar situation can exchange their experiences

Promoting and enhancing public awareness on challenges and opportunities of skilled migrants

Profiling of migrant job placements in the business community  
Helping with CV and cover letters (through HR professionals)  
Participating in projects where you can use your professional skills

Evening English classes

Establishing a skilled migrant resource hub in Palmerston North (long term)

Come and have a chat: every Thursday from 6.30pm at the City Library Tech Area Ruahine Meeting Room

Contact us on [info@skilledmigrants.org](mailto:info@skilledmigrants.org)

Like us on Facebook: <https://www.facebook.com/skilledmigrantsnetwork/>

### **Snapshots from the last NSMM networking with local businesses event with KAREN BLAIR/CEDA at the Globe Theatre**

Karen Blair Regional Business Advisor at the Central Economic Development Agency was the speaker at the last month's event. Karen has been giving advice for over 4 years and brings with her vast experience in banking and self-employment. It was good to find out that before you start a business it needs a good strategy, a business plan and most importantly you need to have a passion and drive. Our guests were able to browse through displayed promotional materials of local businesses at the entrance and enjoy the Russian biscuits made by NSMM member Diana S.

We are planning to get more businesses involved and exhibited. If you want to let us know about your business please pass on to us your business promotional materials (name card, prospects, and flyers). At every event there are spot prizes to win. This time the lucky winners were Caius (International student) and Allen who arrived in Palmerston North three months ago.

At the end of the event guests and members were mixing and mingling while enjoying yummy nibbles from the Sri Lankan traditional cuisine organised by our member Himani S.

If your community want to introduce your national food at our events please contact us.



Photo's from June's event

# Multicultural Women's Group

At the Multicultural Centre  
Friday 7th July 2017 1–3pm.

## Dance & Dance For Fun!!

Meet dance teacher Tania Kopytko  
For an hour of fun and easy dance.  
Lets 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)



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.



Talofa Lava, Fakalofa lahi atu, Ni sa bula vinaka,  
Malo e lelei, Kia orana, Taloha ni and warm  
Pasifika greetings



# Koko and Computers

One-on-one Computer /Technology Classes for  
Pasifika elders in the community

**Wednesdays**

11.00am – 12.00pm

Drop-in session ~ bring your own devices ~ any questions  
Tea and biscuits

**Te Pātikitiki Library**

Monrad Park, Highbury Avenue  
Phone: 06-357 2108

Contact: Rhia Taonui - Pasifika Community Liaison Coordinator  
P: 06 351 4100 extn. 7704  
E: rhia.taonui@pncc.govt.nz





Travel around the world in a day. The volunteers from different countries/ethnics will share different cultures about **PEOPLE, FOOD AND WONDERS** together. Come to explore and have fun.



**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**