

**MISSION STATEMENT**

TO CELEBRATE,  
SUPPORT AND  
CONNECT  
Multicultural  
COMMUNITIES  
OF MANAWATU

# ETHNIGRAM



## President's Report

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### Acknowledgement

- Palmerston North City Council
- PN. Community Service Council
- COGS
- Lion Foundation
- United Way
- Lottery Grant
- Thomas McCarthy
- Eastern & Central Community Trust
- DIA- Settling In
- Mainland Foundation
- Pub Charity
- Hancock Community House  
77-85 King Street  
Phone #  
(06) 358 1572  
ask@mmcnz.org.nz  
www.mmcnz.org.nz

On the weekend, I had the privilege to watch The Yellow River Piano Concerto co hosted by the Manawatu Youth Orchestra, the Manawatu Sinfonia and many talented musicians from Wellington and Auckland.

This was presented at the Regent Theatre in collaboration with the Manawatu Chinese Community Trust and the China Cultural Centre in New Zealand. One of the instruments played was a pipa a Chinese instrument. While it was being played the orchestra and Sinfonia played their parts. The music lifted my spirit to a different place. It just dawned to me the importance of music to a movie, and it is the music that gives us the atmosphere in the movies. Beautiful scenery and good drama is essential for a good movie.

May has been a very busy month. I am grateful to everyone for pitching in so our organisation can run smoothly. Aidan Wong represented the MMC at the morning session of the Citizenship Ceremony. Angela Joblin contacted all the Rest Homes and the Schools to promote our Cultural evening our World on Stage. Mayette has now started our Hello Me project for the youth. Manmit helped in hosting the Masterton District Council who came to the Centre. Kheng also helped by sharing his ideas about the writing of the Long Term Plan and Pierre, despite his busy educational schedule, manages to write the MMC minutes. Everyone has a role to play, of which I am very grateful.

Recently, Rana Naser one of our Ethnic representatives, organised a healthy home workshop in collaboration with the Palmerston North City Council and Te Manawa.

Migrant and Refugee students of ETC and English Language Partners enjoyed the information given by Nelson Lebo. Rana also shared her expertise in drafting our Strategic Plan. Ari, who leads the Network of Skilled migrants is tirelessly organising networking and informative evenings for migrants seeking employment. In our office staff deal daily, and network, with agencies that ask for assistance on various issues.

Noorangi arranged for mentors for the First Voice project led by Barbara Drake of Palmerston North Intermediate Normal School. Christine is busy searching information for our strategic plan. Everyone has a role, no matter how big or small. Just like the keys in a piano, everyone is important to play a beautiful tune. This month we honour all Mothers and remember their important role in society. The Philippine Central Association celebrated Mother's Day at St Mary's Hall on Sunday May 12.



## President's Report Continues

This month our Muslim friends started fasting for Ramadan. We would like to congratulate Zoha Shuaib of Palmerston North Girls High School, for being one of the finalist in the Race Unity Speech Award held in Auckland, early this month.

Just like stones thrown in the ocean, our actions produce a trickle down effect.

At the moment many groups are busy preparing for their items for our Bi annual fundraising performance of "World on Stage" at the Regent Theatre.

I am grateful to Tania Kopytko for undertaking the task of organising this. I encourage everyone to support our efforts. Tickets are sold at a very minimal cost to give everyone a chance to watch this amazing show.

Also we are having our potluck dinner earlier next month, to give our groups and our staff time to get ready for this occasion.

Our potluck dinner falls on 15th of June, and we are having a storytelling time to share stories on how we celebrate our special occasions.

Looking forward to see you all at our potluck dinner and World on Stage.

Meriam Findlay



Mother and daughter celebrating Mother's Day

## First Voice Writing Workshop

### *"Congratulations and Happy 19th Anniversary"*

The First Voice Writing Workshop was held on Tuesday 15th May 2018 at the City Library with 57 students and 28 languages heard in this workshop.

The First Voice is a collection of writing by students whose first language is not English, and who attend Palmerston North Intermediate Normal School. It is an opportunity to encourage the maintenance of their first language both in the oral and written sense.

Barbara Drake contacted MMC to organise the mentors to help the students who speak their first language.

The topic this year is "Food" and I was so pleased to have a Cook Island student to mentor and encouraged her to be an inspiration to other Cook Island students. It was also an opportunity for me to meet with other mentors. As a Cook Islander working at the MMC, I am proud to say that MMC's involvement with this programme has been since its beginning 19 years ago.

After a discussion on the topic the students wrote a draft copy of their story. The mentors may need to support the student with vocabulary, spelling etc and to do the final proof-reading of the story. Encouraging the active use of their first language can have positive effects on the children's self esteem, their relationship with their parents and their eventual proficiency in other languages.

*Noorangi*





## Environmental Health of Homes Workshop.

On Monday the 14<sup>th</sup> May, a group of 89 people mainly new migrants and refugees studying at ELP and ETC, along with their teachers gathered at Te Manawa for a workshop on healthy homes by Dr Nelson Lebo, Eco Designer Advisor at PNCC.

According to Nelson, research shows that many of NZ homes are cold and damp which contributes significantly to health problems such as asthma and respiratory illness.

### **The focus of the workshop was:**

Solutions on how to lower energy bills, and improve indoor air quality during winter. How to make houses drier and cheaper to run?

If you missed the workshop, here are the tips we learned:

### **Minimise or eliminate the sources of moisture**

Do not hang wet washing indoors, ensure that clothes are dried outside

Do not use un-flued heaters

Use an extractor fan while showering and keep showers short.

### **Insulate and heat your home adequately**

Adequate insulation and tightly fitted, lined curtains make it easier and more cost effective to heat your home.

The three most cost effective options of heating a home are a heat pump, a fuel gas heater or a wood burner. Heat pump being the most cost effective.

### **Manage the conditions for health and comfort.**

Keep beds and furniture at least a hands-width from external walls

Wipe condensation from windows as soon as you see it.

Leave wardrobe doors slightly ajar to allow air circulation

Regularly check for mould behind curtains and furniture.

Spray a mixture of 70% white vinegar and 30% water on mouldy surfaces, leave for 15 minutes to an hour and then scrub, make sure to rinse the vinegar/water afterward with a sponge. If there is no extractor fan in the bathroom, open windows during and after showering. Open all your windows and doors once or twice a day for 10 to 20 minutes.

During winter months, the best time to do this is around mid-day when outdoor temperatures are highest. It is better to flush your home with fresh air than to leave windows ajar all day and night.

The workshop was a huge success as it addressed the need of new migrants and refugees.

Many thanks to Dr Nelson Lebo for kindly facilitating the workshop, to Rana Naser for organising it and ELP and ETC teachers and Red Cross for encouraging new migrants and refugees to come and also providing interpreters. Thank you to Te Manawa for providing the venue.

Christine.



## Woman Only Zumba 2018

Zumba fitness classes for women are provided by Zumba certified instructors.

These one hour classes are held twice a week, Thursday 5.30-6.30pm and Saturday 4-5 pm at St Peter's Church hall, 229 Ruahine Street Palmerston North .

They are free to females of all ages

Women in the community (regardless of their ethnic group, religions or education levels) are busier nowadays either through employment or other activities, yet they still continue to be wives, mothers and daughters.

It is important for us women to stay healthy and to take care of ourselves before we can take good care of our families.

The program started in August last year ,and continues to be successful with an average of 18 women per class .The women come from different cultures and backgrounds( Egypt, Pakistan, Fiji, Malaysia, Iraq, Palestine, Yemen, Congo, New Zealand, Bhutan, Syria ,Morocco , etc) and the ages vary between 13 years old to 65 years.

We asked a few of the women who are regulars about the reason for them attending Zumba, they all agreed that Zumba combines a heart-pumping activity alternating from high intensity to low intensity. Burning calories and having fun at the same time makes them feel good after the session

While it engages the whole body from head to toe in intense activity, the women are having so much fun moving to the music, they do not realise how healthy it is.

For me working full time and being a mum and having other responsibilities, Zumba is my way of relieving stress .It also engages my mind and body, allowing me to relax and enjoy the release of mood-enhancing endorphins so that when I return home ,I am stress-free and much more relaxed and in a good mood.

These sessions have attracted so many women in the community that have never done any exercise or participated in any activities before. However they enjoy Zumba because they can do the moves even though their fitness level is very low. Everyone can get an equally good workout and as long as their feet are moving and they are having fun, that's all that matters! Another big bonus is getting the women to socialize and getting to know each other.

We have found that women attending the Zumba classes have become such good friends that sometimes sessions feel like one big dance party! A few women after the sessions go for coffee or organize another get together function .

In the long term, I have noticed that coming to Zumba has increased the self-confidence among women whose English is not their first language. Mixing with the group who English is also not their first language, has boosted their conversational and interaction skills, and lowered their inhibitions.

So in summary, these classes have proved to have lots of benefits for women in our community which have impacted on their social and communication skills ,as well as affecting many of the women in a positive way.

Rana Naser  
Coordinator



## Reji Thomas Story

I am Reji Thomas and I come from the South part of India which is in Kerala. I am a Chef by profession. I am now working as a Chef in the South India Restaurant in Palmerston North. In my free time before I commence work I attend the English Conversation Class at Multicultural Centre.

I am going to share with you one of my favourite dishes from Kerala.

Kerala is known as the "Land of Spices" and the food is rich with vitamins and minerals and also the dishes are tasty and yummy too. Kerala is covered with coconut trees. So coconut milk and coconut oil had been the main ingredient in these dishes, which helps the food taste more appetising and tasty. Therefore we can not imagine food without coconut.

Keralite are mostly fish and rice eating people apart from the wide variety of vegetables, meats and seafood that are eaten. There are several dishes prepared by using steam. These are very special foods for Keralites, for example: idli—rice cake, puttu—steam cake, idiyappam—steam noodle etc. More over Jack fruit, Tapioca and Yam are truly traditional foods for Malayalee's. Believe it or not I cannot imagine Kerala food without chilies, curry leaves, mustard seeds, tamarind and asafoetida which increases the taste of foods. This is the reason most of the tourists come to visit my homeland and enjoy the "taste of food". Last but not least Kerala is commonly known as the "taste of land".



### Kerala Fish Molee—Recipe

#### Ingredients:

Fish— 500gm	Salt— to taste
Onion— 80gm	Turmeric— 2gm
Ginger— 10gm	Coconut— 1no.
Green chilli— 10gm	Curry leaves—1sprig
Garlic— 3gm	Vinegar—15ml
Tomatoes—100gm	Coconut oil—30ml

Clean and wash fish and cut into round pieces

Cut onions and tomatoes into round rings

Slice ginger, garlic and green chilli

Take two extract of coconut milk

Heat oil, sauté onion, ginger, garlic, curry leaves and green chilli

Add tomatoes and turmeric. Add second extra coconut milk. Add fish and salt.

Cook gently for 5 minutes.

Add thick first extract of coconut milk and vinegar.

Remove from fire and serve hot.





## Arts and Craft Women's Group

The women decided to do something different from sewing, painting and embroidery.

How about an afternoon tea each one bringing a tea cake, scones, pikelets and home made bread.

On Friday 11th May Booranee taught us how to make "homemade butter."

Learning how to make butter looks simple, with only two ingredients. "A piece of cake" most people say. Just put cream into a bowl, blender or food processor and whip it on high till it's thick and turns into butter then add salt to taste.

Here's one simple way of how to make butter.

Put 2 litres of cream into a bowl.

Mix it with electric beater.

Allow your mixer to continue to whip the cream until the butter and butter milk start to separate

Remove the butter and add salt to taste, you can save the buttermilk for baking, as you can see in the photo off the finished product.

Noorangi



## World on Stage Promo

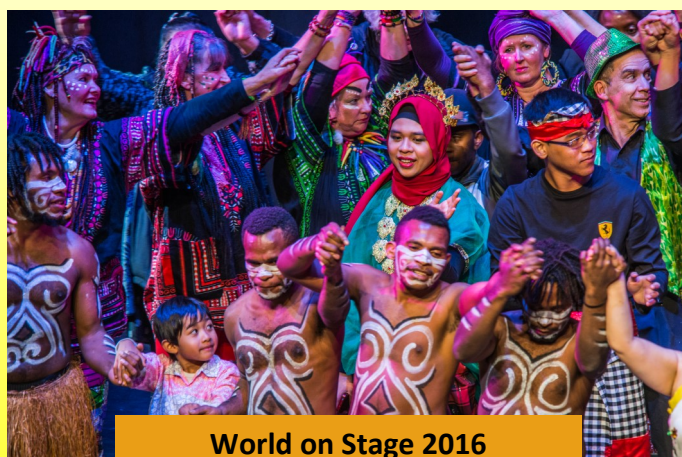
Come, join us for World on Stage 2018! Celebrate our cultures through music, dance and song. From Brazil to the Punjab, the Cook Islands to Japan, Ireland to the Philippines and much more- glittering, exciting, stylish, pulsating, we embrace the world at the beautiful Regent on Broadway. Performances, costumes and crafts, it will all be there at World on Stage.

World on Stage 2018, 7pm Saturday 30 June, Regent on Broadway - Adults \$10, children and senior citizens \$5

Tickets available from TicketDirect

<http://www.ticketdirect.co.nz/> the Regent on Broadway, 06 357 9740, 0800 224 224 (service and credit card fees may apply) and also available at MMC 06 358 1572 [info@mmcnz.org.nz](mailto:info@mmcnz.org.nz)

And we invite you to wear a little of your cultural heritage on this festive occasion – a scarf, a brooch, a costume, it's time for us all to celebrate our cultures. You can't miss this show. Brought to you by the Manawatu Multicultural Council. Kindly supported by Palmerston North City Council.



World on Stage 2016

THE MANAWATU MULTICULTURAL COUNCIL  
PRESENTS



# WORLD ON STAGE

SATURDAY 30 JUNE - 7 PM  
REGENT ON BROADWAY

Tickets available from TicketDirect [www.ticketdirect.co.nz](http://www.ticketdirect.co.nz) | 357 9740 | 0800 224 224  
Service and credit card fees may apply. Tickets also available at MMC: 06 358 1572, [info@mmcnz.org.nz](mailto:info@mmcnz.org.nz)

Adult: \$10 - Children and Senior Citizens: \$5





# TOGETHER

- Shared Stories for the Soul -

You are warmly invited to share, listen to and connect with stories from the Manawatu:

**Come join us**

**June 15 - Manawatu Multicultural Council**

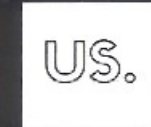
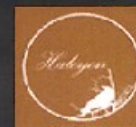
*6pm - Potluck Dinner*

*7pm - Shared Stories*

*Hancock Community House, 77-85 King Street*



*For more information or to register your interest please email [jennakelly93@gmail.com](mailto:jennakelly93@gmail.com)*



Please note: There will be **NO POTLUCK DINNER** on Friday 29th June.

This will be replaced by the Story Telling Event here at the Centre.

starting with a potluck dinner at 6pm.



## Women's Group Poster

# Multicultural Women's Group



For more information phone  
Centre: 351572, Email: [ask@mmcnz.org.nz](mailto:ask@mmcnz.org.nz)



Come and join us.

Meet Tania Kopytko for an hour of fun.

To explore dance and our cultures

There's two session this month

**Friday 8th June 2018**

&

**Friday 22nd June 2018**

For English Language Beginners **10.30–12pm**

For all Migrant Women. **1– 2pm**



## Women's Group Time table

### Our Place - Dance and arts project Timetable 2018 updated

Exploring our cultures through dance

Tutor/arts/dance coordinator Tania Kopytko

For the Manawatu Multicultural Centre Women's group

We may also need to meet on Friday August 3<sup>rd</sup> to prepare for the exhibition and showing

Friday October 20 <sup>th</sup> 1 to 3pm 2017	Dance and discussion; exploring our cultures
Friday November 17 <sup>th</sup> 1 to 3pm 2017	Exploring our cultures dance
Holiday break	Holiday break
Friday February 16 <sup>th</sup> 1 to 3pm 2018	Exploring our cultures through dance
Friday March 16 <sup>th</sup> 1 to 3pm 2018	Exploring our cultures through dance and language
Friday April 6 <sup>th</sup> (20 <sup>th</sup> is holidays) 10.30am to 12 and 1 to 2.30pm 2018	Exploring our cultures through dance and language
Friday May 18 <sup>th</sup> 10.30am to 12 and 1 to 2.30pm 2018	Exploring our cultures through dance and language
Friday June 8th 10.30am to 12 and 1 to 2.30pm 2018	Exploring our cultures though dance and
Friday June 22nd 10.30am to 12 and 1 to 2.30pm 2018	Exploring our cultures through dance and language
Friday July 27 <sup>th</sup> (20 <sup>th</sup> is the holidays) 10.30am to 12 and 1 to 2.30pm 2018	Exploring our cultures through dance and language
Friday August 10 <sup>th</sup> 10.30am to 12 and 1 to 2.30pm 2018	Rehearsal
Friday August 17 <sup>th</sup> 11am to 12noon	Exhibition and showing

# RICOH

## BIG GREEN DAY OUT

Kia Ora, Ricoh Palmerston North and The Green Corridors program are holding our 8th annual Tree Planting Day on Sunday 24 June.

We would love for you to join us.

To date we have planted 7,700 native trees - this year we are revisiting the Cashmere Drive, Summerhill site to add to earlier plantings.

One lucky volunteer will plant the **10,000th tree**—it could be you!

To help with catering please

**RSVP before Wednesday, 20 June to:**

[vsteele@ricoh.co.nz](mailto:vsteele@ricoh.co.nz)

10.00am - Midday  
Sunday,  
24 June 2018

Gourmet Pizza lunch provided.

Car parking:  
See the Ricoh signs on  
Cashmere Drive.



Come and enjoy the great outdoors along with your family and friends. This is your chance to enjoy the scenery, meet new friends, get your hands dirty and give back to the environment by having fun and planting trees.

Gourmet Pizza lunch provided.



# HELLO, IT'S ME

## WRITING AND ART WORKSHOP

To all our international students with English as their second language... Come introduce yourself and your culture at our free art and creative writing workshop!



**When: Tuesday 5TH June, 10AM-4PM**

**Where: Tutorial room 1, IPU library**



### Red Cross Book Sale

#### Red Cross Book Sale 1st-4th June 2018

This annual book sale held in the Barber Hall Waldegrave Street is asking your organisation whether you would like any of the thousands of **Free Books** available at the end of the book sale. Fiction large print, non fiction magazines and children books. Non-fiction and fiction will be available both in English and other language.

If you or any group you know would be interested in selecting books at the end of the sale on Monday the 4th of June please phone Melva on 356 8219 in the evening. Also if you or any one in your organisation wishes to volunteer to help at the Red Cross Book Sale, anytime during the 4 days, and it can be a couple of hours at a time, or a morning or afternoon.

**Please phone Melva on 356 8219.**

# Foreign Currency Exchange with



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✓ **Not sure how much cash to take? - Return home with left over currency and we'll buy it back commission free<sup>5</sup>.**

✓ **Buying travel money couldn't be easier** - simply, pre-order and collect when you pick up your travel documents

✓ **Need to send money overseas to friends and family?**



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**TRAVELEX SPECIALIST NADIA O'CONNELL | T 06 350 7373 | E 1673HOTPalmerstonNorth@travelex.com**

**MONDAY TO FRIDAY, 8.30M - 5.30PM | SATURDAY, 9.30AM - 4PM**

*The best holidays are created together.*

**CNR MAIN ST & THE SQUARE (LIBRARY SIDE), PALMERSTON NORTH  
06 356 7051 | 0800 509 444 | STEPHENPARSONS@HOT.CO.NZ**

**HOUSE OF TRAVEL**



## Currency Exchange



ARGENTINE PESO	HONG KONG DOLLAR	PAPUA NEW GUINEA KINA
AUSTRALIAN DOLLAR	NEPALESE RUPEE	PHILIPPINE PESO
BAHAMAS DOLLAR	HUNGARY FORINT	POLAND ZLOTY
BAHRAIN DINAR	INDIA RUPEE	QATAR RIYAL
BARBADOS DOLLAR	INDONESIA RUPIAH	RUSSIAN RUBLE
BERMUDA DOLLAR	ISRAEL SHEKEL	SAUDI ARABIA RIYAL
BRAZILIAN REAL	JAPAN YEN	SINGAPORE DOLLAR
BRUNEI DOLLAR	JORDAN DINAR	SOLOMON ISLAND DOLLAR
CAMBODIAN RIEL	KUWAIT DINAR	SOUTH AFRICA RAND
CANADA DOLLAR	MACAO PATACA	SOUTH KOREA WON
CFP FRANC	MALAYSIA RINGGIT	SRI LANKA RUPEE
CHILE PESO	MAURITIUS RUPEE	SWEDEN KRONA
CHINA YUAN	MEXICAN PESO	SWITZERLAND FRANC
COLUMBIA PESO	MOROCCO DIRHAM	THAILAND BAHT
CROATIAN KUNA	NEW TAIWAN DOLLAR	TONGA PA'ANGA
CZECHOS KORUNA	NEW TURKISH LIRA	TRINIDAD & TOBAGO DOLLARS
DENMARK KRONE	NEW ZEALAND DOLLAR	UK STERLING POUND
EGYPT POUND	NORWAY KRONE	UNITED STATES DOLLARS
EURO	OMAN RIAL	VANUATU VATU
FIJI DOLLAR	PAKISTAN RUPEE	VIETNAM DONG
		WESTERN SAMOA TALA

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**HOUSE OF TRAVEL**

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**WESTERN UNION**  
**MONEY TRANSFER**

## Multicultural Centre Activities & Events

### Manawatu Multicultural Centre

Opening Hours: Monday–Friday 10am–4pm

- Practice your English
- Make new friends
- Share information
- Interacts with other migrants
- Use your interpersonal skills
- Work together with other community groups and organization
- Learn about New Zealand customs and culture

### Weekly Activities

**Advanced English Conversation Groups:**

Monday morning 10am–11.30am

Monday, Tuesday & Thursday 1pm–3pm

**English Beginner's Conversation Groups**

Tuesday, Thursday & Friday

10am–11.30am

**Lunchtime Conversation—Shared Lunch**

Every Friday 12–1pm

**Women's Sewing Group**

Wednesday 12–2pm

**Arts & Craft Group**

1st & 2nd of the month Friday 1pm–3pm

### Monthly Activities

**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

