

**MISSION STATEMENT**

TO CELEBRATE,  
SUPPORT AND  
CONNECT  
Multicultural  
COMMUNITIES  
OF MANAWATU

**ETHNICGRAM****President's Report****INSIDE THIS ISSUE**

President's Report	1/2
Joy He's Final Message	3
MMC's Dedicated Volunteer	4
Thank you Meriam	4
Monthly Potluck Dinner & MMC Participation	5
Hello It's Me Project	6
Women's Group Basic cooking	7
Centre Activities and Events	8
Women & Potluck Dinner Poster.	9
What's on in the community	10

**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

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

Designer/Editor

Noorangi Puleosi

Angela Joblin

**Reaching Out to You**

I am honoured to be elected as the new president of Manawatu Multicultural Council and privileged to have the support and trust given by the council members. I am deeply grateful to my predecessor, Meriam Findlay for her contribution and dedication to MMC during her presidency, and the members of the Executive Committee for the last three years. I am joined by my Executive Committee:

Aidan Wong, Abdul Rashid, Angela Joplin, Kheng Lim, Manmit Singh and Pierre Hussein. With their continued support and our dedicated MMC staff, I am confident that we will be steadfast in addressing the challenges and finding solutions for all matters in the future.

We have developed a new strategic plan that is aligned with the City Council priorities and vision, reflecting MMC constitution to maximise the benefit to the ethnic communities here in Palmerston north. In the next few months we will be busy analysing the status of the organisation and after that we will commence implementing the new plan under a new direction. We at MMC understand the challenges of our multicultural communities and will continue to create opportunities to support, help and embrace our diversity. The migrants, refugees and new settler's community is getting bigger and there is a need for more in-depth approach to integrate those communities by building their capacities, empower and connect them within Manawatu region.

With the active collaboration of the executives and council members, I will work to promote the organisation profile across & among broad range of governmental and non-governmental agencies; establish and reconnect with all stakeholders and improve our communication internally and externally. The implementation of the strategic plan has been initiated. Our first step is to reach out to our ethnic communities and other organizations. We share passion and compassion and ensure our voices to be heard and our needs to be met. We are blessed by living in a vibrant safe city such as Palmerston North.

Together, we can make things happen. Hence, we all have roles to play and we will be all working towards a common goal. There will be more initiatives that we will support, new programmes that we will provide and various projects that we will deliver besides some of current successful programmes that will be kept but reshaped to attract more interests.

Your support, ideas, advise is always welcome, you can reach me by email and always remember that our organisation exists to serve you, so let us work together and let our communities be part of this success

Rana Naser

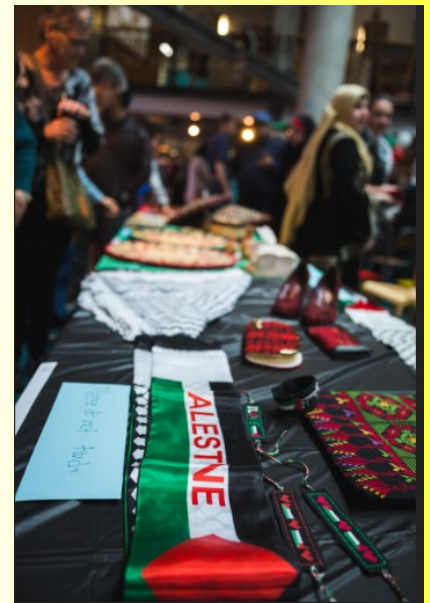
email: president @mmcnz.org.nz



### MMC September Highlights

Palestinian Day was a successful event attended by more than 300 people.

From Palmerston North, Feilding and its surroundings showed case Palestine's history, culture and folklore.



## Joy He's Final Message

My name is Joy, from China. On February 2014, I came to New Zealand as a guardian taking care of my son, who was completing his high school studies in Palmerston North. Time flies. Like a blink of an eye, my son has grown up and no matter how reluctant I am, the day of my departure is brutally approaching.

I still remember clearly that around three years ago, the day I made the first phone call to MMC to enquire about the English class, I was so nervous due to my poor, broken English. The beautiful voice answering my phone was patient and soothing, it largely encouraged me. So I gathered my courage, I stepped into MMC and since then, I attended almost every advanced English class until now. During my time in MMC, I met a lot of good friends who are from various nations. Sometimes in a class of ten students and one teacher, that might be eleven nationalities, how amazing was that! Together we not only encourage each other to study English, but also share our unique cultures. Thank you, my dear friends, our friendship will always be deeply rooted in my heart.



Teaching people who are at different English levels is absolutely a big challenge. Besides, teachers must prepare teaching materials by themselves to teach us both English language and New Zealand culture, it's time consuming and energy consuming. So, thank you my lovely teachers in MMC, your dedication is much appreciated by your students.

Thank you, beautiful staffs in MMC. You have the most beautiful heart with empathy and sympathy. You are always diligently organising various activities to help new comers to be able to integrate into the new society faster and better. Every time people come to you, you are always there listening to them and trying your best to help them. You truly are a bless for everyone.

To my students, yes! Can you believe it? I'm able to teach English now! This never occurred to me as a possibility when I first made the phone call. It's a definite pleasure to be able to teach and learn along with you all. Please don't be shy, but keep on coming to the classes, not only will this be very beneficial for learning English, but you will also be able to make wonderful friends, learn about different cultures. Most importantly, get to know New Zealand. All the best for your future endeavours! At the same time, I'd also like to present the utmost gratefulness to MMC funders.

Your generosity is fundamental to an operational MMC. Helping new comers to be able to adapt into New Zealand's society is not easy, but it's essential for a safe, dynamic and prosperous New Zealand.

Finally, it's time to say good bye.

Goodbye, my dear friends, wish you all have a splendid life in the peaceful land;

Goodbye, my dear teachers, may health and happiness be upon you at all time;

Goodbye, New Zealand, may wealth and peace be full in the Land of the Long White Cloud.

Joy He



**Thank you Joy for you contributions to the  
Centre activities.  
We wish you every success for your future endeavours  
"Ka nui te aroha"**

**Your friends at the Multicultural Centre.**

## MMC's Dedicated Volunteer

It was with reluctance that we had to farewell Joy as she had to go back to China. Joy came to the Manawatu Multicultural Centre, where we held both Beginners and more advanced English Conversation Classes for Migrants and Refugees, on a daily basis. She quickly settled into the routine of the centre, as well as being a very popular member of all the classes she attended.

She participated in literally everything that she could, but at the same time was a very conscientious mother to her son.

In the MMC's English classes, one can have up to twelve different ethnicities and more, of all ages and genders.

Joy showed great tolerance with all her fellow students and also an intelligent understanding of the multicultural students she was learning and socialising with.

She maintains an interest in the language and all aspects of it, from learning, to her latest venture, which is teaching the beginners. This requires a great deal of patience, as some of the students have no written language experience, in their own languages. We want to take this opportunity to express our warmest gratitude to you Joy. We wish you all the very best for her future.

Christine.



## Thank you Meriam

Meriam has just stood down as the President of the Manawatu Multicultural Council after her present term of 3 years.

She is an amazing person a bit like the energizer Bunny—Advertising Batteries on TV—she never stops! Even before becoming President she was fully involved with the organization. Not only was a hands on President she was always very approachable to the many people she came into contact with. Meriam attended many Ethnic festivals and meetings.

She also visited migrants in their own homes who were new to the area or country. Many people do not realize that the President of the MMC is not paid, Meriam like all the Executive Councillors and teachers are volunteers. Meriam is married to Councillor Lew Findlay and they have 3 adult children. She works part-time as a Caregiver as well as helping Lew with the Street Van Organization.

One wonders how she can fit everything in, especially as Meriam's mum came from the Philippines and spent 3 months with the family and Meriam was able to introduce her to many of the people and activities of the MMC. Meriam also accompanies Lew on many of the Council related functions he attends, and participates in all of the major activities such as the Festival of Cultures, the World on Stage, Fashion Parades, the ANZC Day Service, Potluck Supper and many more.

So thank you Meriam for your passion in relation to the MMC. You certainly deserve another photograph, in a frame on the office wall.

Angela Joblin



## Monthly Potluck Dinner

Where there is food, there are people. Food is a strong magnet that brings people together, this is the main objective of having potluck dinners every last Friday night of the month.

It is to bring new migrants, or new arrivals to the city whether they have just shifted from another city or are new to the country.

Newcomers potluck dinner is a way of connecting new people to the local people.

In the month of August we had visitors from Korea, Palestine, Chile, the Philippines, the Czech Republic, Thailand, China and many more that enjoyed the evening. Getting to know each other they enjoyed both singing and the sumptuous food that people brought.

Rana and Pierre, our new President and Vice President introduced themselves to the crowd. Rana asked to suggest any activities that they would like implemented in the Manawatu Multicultural Council that would bring people together.

Nick our Bulgarian and English Language Learner, brought his guitar along to accompany Booranee in singing some Thai songs.

Somayeh from Iran enjoyed chatting and getting to know some more people. While 2 couples from Korea were busy telling me the reasons why they had come to New Zealand.

Having conversations like these makes us get to know more people, and build better societies.

It is by getting to know each other that we are able to find out ways to help them and some times connect them to different agencies that they may need.

Truly food has many purposes for bringing people together!

Meriam Findlay



## MMC Community Participations

- Meriam planted a camellia plant in commemorating Women's Suffrage in New Zealand
- Trust Power Community Awards Ceremony
- Westpac Business Awards
- First Voice Magazine Launch in the City Library



## “Hello, It’s Me” Project

The Manawatu Multicultural Council started a new project in May 2018 which main focus are the migrant, refugee and international students of Palmerston North. The main objectives of the Hello It's Me/One Voice Multicultural Project are the following:

To offer opportunities for migrant, refugee and international students to positively assimilate themselves in their new community. To build connections and offer interaction between recent migrant, refugee and international students and the Palmerston North community.

To find a medium for migrant, refugee and international students to introduce themselves through creative writing and express their culture in other literary and creative art form.

Access and participation: Create opportunities for local migrant/refugee and international students to engage with, and participate in local cultural and arts activities

The target participants of the project are migrant, refugee and international students from universities and high schools within the city. MMC wants to expose and assimilate these students to the community and help them be integrated to the city.

We also want to expose and inform the Palmerston North community to the cultural diversity that evidently come from the migrant, refugee and international student population, apart from letting the public be informed of the various services that MMC can provide for them.

For the initial phase of this project, the Institute of the Pacific United (IPU) was very willing to be the pilot university.

Head Librarian of IPU Mojgan Sadighi organized the work from the institute's end. It started with an orientation-workshop with Christine Mukabalinda, MMC Office Manager, enlightening the student participants about what MMC is and how we can help them with their student life while studying. Mayette Maling-Cope, Project Administrator, then discussed the mechanics of the seminar-workshop.

There were several mentors/tutors that came to help the student participants with their English and creative writing. Artistic mentors/tutors also came to discuss with students options for showcasing their talents which ranged from dancing, painting, calligraphy, and even magic tricks to name a few.

Nick Watson was one of the mentors for English writing while Raine Symons mentored two groups of dancers. IPU English lecturers also gave a hand to make the seminar a success.

The project was received warmly with more than 15 students participating.

The students' work will be displayed during the Sakura Spring Festival on Saturday, September 29 from 11 am.

Here are some of the comments from our IPU student participants:

**Ohga:** "This writing workshop was an opportunity to train my creativity. I appreciate to give me a chance to join this event. Thank you!"

**Prisilia:** "I think this workshop has helped me a lot and it also improved my English better and I really enjoyed to work with a new friends from other countries."

**Kanon:** "It was a valuable opportunity to share cultures. Also, was a good time to think about my own hobby, calligraphy, and Japanese culture, and to explain them in writing. I'm the 4th year student, and I usually write paragraphs for essays and reports. However, some new students are not really used to writing long sentences. So, I think it was a good chance to practice writing for them. And appreciate the checking of grammar by native speakers.

Lastly, I recommended increasing events like this cultural display to show off students' hobbies and special skills!"

We also aim to have several secondary schools within Palmerston North to participate in this project with a target number of at least 20 student participants per school. Currently, we are communicating with Freyberg HS, Palmerston North Boys HS and Awatapu College. MMC foresees to have this project continuing as a regular project that we will collaborate with other schools where there is a considerable percentage of migrant, refugee and international students in the schools' population. As the project progresses, we intend to compile all the students work into a book.

Mayette Cope-Mailing



## Monthly Women's Group Basic Cooking Activity

The Multicultural Centre runs three programmes for Migrant and Refugee Women once a month.

**Basic cooking— 1st Friday of the month**

**Basic sewing —2nd Friday of the month**

**Basic Fun Exercise—3rd Friday of the month**

These are held at the Centre, mothers and their young children and women of all ages are welcome to attend, either on a casual or a regular basis. We offer a wide range of activities such as sewing, crocheting, embroidery, painting and cooking.

It gives women an opportunity to meet and develop friendships and prevent isolation. This will also encourage women to be more confident in their abilities as well as learn from each other, showcase each other's hidden talents and experience something new and inspiring.

For the past two months, cooking had been very popular and lucky for us Booranee Roskruge has offered to show us some basic Thai cooking. On Friday 7th of September we learned how to make and taste Thai Som Tum.

The women brought all sort of vegetables and helped with the preparation. Booranee demonstrated step by step how to make this Thai super food, ideal for lunch, dinner and late night supper. Som Tum can be eaten on it's own but, Booranee spoiled us and served the Som Tum with cooked chicken and sticky rice. !Yummy!

It might be a little bit too hot for Angela Joblin! but, for the rest of us it was greatly enjoyed.

This is definitely on our next month's agenda.

### Booranee's Som Tum Recipe

#### Ingredients:

- 1) medium swede or three small carrot shredded
- 2) 4 long beans, chopped
- 3) 2 garlic cloves
- 4) 4 tomatoes cut into quarters
- 5) Red or green chilly to your taste
- 6) tbsp. palm sugar or tbsp. regular sugar
- 7) tbsp. lime or lemon juice
- 8) tbsp. fish sauce and soy sauce
- 9) Hand full of peanuts, roasted

For garnishing— fresh lettuce, cucumber, green beans, lime wedges, celery, chilly etc

#### Method:

- Peel and shred the swede or carrots and put in the bowl
- Crush garlic in the mortar then add tomatoes, sugar, lime or lemon juice, soy sauce and fish sauce and pound a few times to release juice.
- Add the chillies and crush lightly to release the heat
- Mix all ingredients together and toss to mix.
- Serve in a shallow bowl and top with garnish

Noorangi



**Multicultural Centre Activities & Events**

**Opening Hours: Monday—Friday 10am—4pm**

**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**

**Multicultural Women's Group**

**Basic Arts & Craft— 1st Friday**

**Basic Sewing—2nd Friday**

**Basic Fun Dance—3rd Friday**

**Basic Exercise—4th Friday of the month**

**Only Women's Zumba Classes**

**Thursday 5.30—6.30pm & Saturday 4—5pm**

**St. Peters Church Hall 229 Ruahine Street**

**Monthly Activities**

**Newcomers Morning Tea**

**3rd Wednesday of the month 10am—12noon**

**Newcomers Potluck Dinner**

**Last Friday of the month 6pm—8.30pm**

**Benefit in Participating in MMC's Activities**

**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**



# Multicultural Women's Group

At the Multicultural Centre  
Friday 19th October 2018 1 – 2pm

## !!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)



# Newcomers Potluck Dinner



Join us for an evening of fun and celebrations

**Friday 26th October 2018 @ 6pm**

Meet new arrivals to our city

Enjoy a shared meal with other migrants

Bring your family and friends

Bring a plate of food to share

For more information contact 3581572

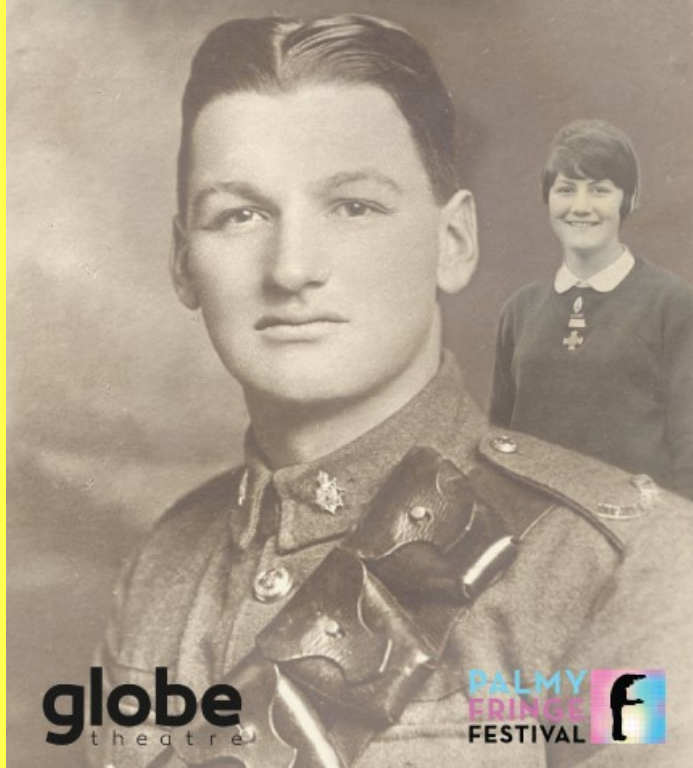
Email: [ask@mmcnz.org.nz](mailto:ask@mmcnz.org.nz)



## Bill Massey's Tourists

A granddaughter tells her grandfather's story

Written and performed by Jan Bolwell



**globe**  
theatre

PALMY  
FRINGE  
FESTIVAL

## Bill Massey's Tourists

A granddaughter tells her grandfather's story

Jan Bolwell's 60 minute solo play, *Bill Massey's Tourists* has left audiences laughing and weeping up and down the country.

Bolwell plays her adolescent self trying to get her grandfather Arthur to talk about the First World War. After much pestering he succumbs.

What follows is a gripping, painful and sometimes hilarious tale of a young Kiwi soldier from the Otago Mounted Rifles (one of *Bill Massey's Tourists*) and his survival from the tragedy of Passchendaele. It is a story that also features song and dance.

Written & performed by Jan Bolwell

Directed by Kerryn Palmer

Technician: Neal Barber

*"This exceptional performer, Jan Bolwell, is blessed with an irrepressible joie-de-vivre that communicates itself instantly to the audience, so that her grandfather's story is illuminating and memorable, but also surprisingly enjoyable."* -Theatreview

*"A terrific script. A great performance. A tale well told. Knocked me for six."* - Raymond Hawthorne, veteran Auckland theatre director

Friday 12 October 7.30pm

Saturday 13 October 8.00pm

Globe Theatre, 312 Main Street, Palmerston North

Tickets: \$20/\$15 (concession)

Bookings: [www.globetheatre.co.nz](http://www.globetheatre.co.nz) - 06 351 4409

## ONCE UPON A DANCE

A dance story by Jan Bolwell and Mona Williams

**globe**  
theatre



## ONCE UPON A DANCE

Written & performed by Jan Bolwell & Mona Williams

Directed by Ralph McAllister

Lighting & technicals: Neal Barber

Jan Bolwell and Mona Williams weave a dynamic tale about their dancing lives. In this hour long show they tell stories, dance & sing.

They discover that while their lives are very different, they also have a lot in common. The first ballet they both saw was *The Nutcracker* and they both grew up loving American musicals.

They are members of Crows Feet Dance Collective, a contemporary dance company for mature women in Wellington. Jan is also a playwright and actor and teaches dance exercise classes for older women on the Kapiti Coast. Mona is a well known professional story-teller touring around Australasia.

*"This is the kind of show you should see if you love women, dance, politics, being alive, New Zealand, rebellion, music, strength, history, stories – if you thrive on being part of the world around you and embracing everything it throws at you, you'll find something that resonates."* Theatreview 20/3/18

*"These are two very strong, brave, life mature women. They come from such very different cultural backgrounds and have both faced fierce adversity. This production tells those stories with depth, humour, generosity, honesty and joy."* Theatreview 14/3/18

PERFORMANCE: GLOBE 2

Thursday 11th October 12:30pm & 6pm

Tickets: \$20 & \$15 (concession)

Bookings: [www.globetheatre.co.nz](http://www.globetheatre.co.nz)

06 351 4409 312

Main Street Palmerston North

PALMY  
FRINGE  
FESTIVAL