



**Manawatu**  
Multicultural Council Inc.

**"We celebrate, support & connect  
multicultural communities in the  
Manawatu"**

# ETHNIGRAM

## Newsletter

*Te Kaunihera Ahumahi Manawatu*

August 2020



**Rana Naser**

### President's Message

While the health and well-being of our people comes first, we haven't lost focus on our mission or objectives. We held a few successful events when COVID 19 restrictions became a little bit relaxed, but had to step back again to look after our people. We continued with our work as before with some limitations, in specific gatherings where social distancing cannot be maintained. Some of our annual successful programmes such as the Parliamentary tour and the Marae visit were put on hold until further clearance from the government, as to when we can go back to normal, so our people won't be exposed to any risk.

The main event we held in collaboration with Manawatu Muslim Association was in August and has always been a catalyst for our city, and highlights the importance of our role in the diversity and cohesion in the Manawatu region. We work closely with our stakeholders, with plans underway for many projects, and have established new connections with new stakeholders and we have plans for new initiatives, so watch this space!

We have seen trust and demand on our services which have grown and we anticipated doing even more in the future. Therefore, our executive team is busy working with the staff in reviewing our strategy and exploring new ways to deliver our programmes, sessions and functions so that we can continue to support our communities. We expect a new plan in place soon which can be easily and professionally executed to meet our people's needs.

Among all of this work we are gearing up for the upcoming AGM and a notice will be sent out soon. We have a lot to share with our members and a lot more to learn. All we have accomplished was because of the support from our volunteers and members. These people who have given their time and effort to help and support our communities, are the backbone of our organisation. Hats off to all our volunteers, we would not have done this without your help. As we continue our journey towards the highest level of diversity and inclusion, we embrace the differences amongst our members. We hope to lead by example, to better ourselves and our people, and we promise that we will continue our combined efforts as before.

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**Volunteers preparations for the kids face paintings**



**The bet time of the day, sharing information's around the lunch table**



## Global Parents & MMC Volunteer's Fabric Mask Project

Since the COVID 19 level 2, the Global Parents and MMC volunteers made 150 fabric masks. The mask was going quickly as soon as we replaced them. They are free to take from Manawatu Multicultural Centre 77- 85 King Street Monday to Friday 10am-4pm. We appreciate those who donated their time and skills and to the Palmerston North community for donating the fabric. Using masks are highly recommended for elderly people, or any one with chronic illness and for pregnant women. Masks made from fabric is more convenient to wear than medical ones. We ran out of supplies and at the mean time the volunteers decided to take a break.

Steps of using reusable fabric mask.

- Wash the mask before using it
- Put a piece of paper tower or dry wipe into the pocket between the two layers as filter.
- After using it, throw away the filter and wash the mask. Then wash hands properly.

Stay safe. Keep well. Protect yourself, your families and our community.



*Fabric masks displayed at the MMC*



*Angel and Kathleen making colorful masks*

## Upcoming Events

### Sewing and Alterations

- The MMC have sewing machines available to use for alterations, mending or basic sewing.
- Monday to Friday 1 - 2pm.
- You will need to bring your own material, scissor and cotton.
- Previous sewing experience is required.
- To register your interest please contact the centre on 358 1572 or email: [info@mmcnz.org.nz](mailto:info@mmcnz.org.nz)



From the Office

## Keep Women Fit and Active

(Every Tuesday 11am-12pm)



### Yoga with Ambika "Women ONLY"

Ambika teaches Vinyasa Yoga, commonly known as "flow yoga".

With a small class size, safe, private environment and progressive hands-on teaching,

Ambika can help you to realize your full potential, whether you are trying out yoga for the first time or have been doing it for years.

It is \$8 per class. Payment can be made on arrival at reception, you can also buy a 10-pass concession for \$70.

### Venue and Time

Massey Sport and Recreation Centre, Tuesday's 11am-12 pm

Please check at the reception for the correct room!



## **Executive Member's Profile**

Hi, my name is Ebele Ezepue and I am the Secretary of the Manawatu Multicultural Council. I am a media practitioner with over ten years experience in broadcast, multimedia journalism, corporate communications, outdoor advertising and media research. I live in Palmerston North with my wife Grace and son, Gabriel. I am the Chairman of the Nigerian Community in Palmerston North. I am also a committee member and assessor for Creative Communities Scheme of the Palmerston North City Council. I am passionate about community development, promotion of arts/culture and cohesion in diversity. I have enjoyed being part of the executive committee of the Manawatu Multicultural Council for 2 years now. I look forward to contributing more to the achievement of the vision of our dear organisation. Aside work, I do some gardening, visit friends, read and watch movies. I appreciate the efforts of my team and staff as well as our esteemed volunteers who constitute the backbone of the organisation. As we live through this challenging time may we remain kind to one another.

**KIA KAHA!**



**Ebele Ezepue**

## **Multi-Cultural Eid Adha Celebration - (continued from page 1)**

The Manawatu Multicultural Council in collaboration with the Manawatu Muslim Association, opened the doors again this year to all communities to join the Muslims in celebrating Eid Adha which was delivered with a multicultural flavour. More than 2500 people visited Central Energy Trust Arena on Sunday 9th August to join the fun and entertainments. Carloads of visitors came from Wellington, Hawkes Bay and Fielding to join the celebration. There was a lot to do on the day, everything was free including lunch and food. Thanks to our supporters and helpers on the day. Thank you to Te Manawa's team, The City Library, Palmerston North City Council events team, the Police and the Arena. A special thank you to all those who worked hard behind the scenes to deliver such outstanding event.



**The Mayor Grant Smith, Councillor Lorna Johnson with the audience at the opening of the Eid Festival.**



## Multicultural Women's Group Monthly Basic Cooking

On Friday 14 July, 20 women of all ages joined the MMC monthly basic cooking class. We were fortunate to have Handi Majed who kindly offered to teach us how to make "Auzie" a Middle Eastern dish containing rice, green peas, minced beef, nuts, filo pastry and refreshing yogurt and cucumber salad.

A warm welcome was extended to the new arrivals to the Centre and to our City Palmerston North. We all enjoyed learning, exchanging recipes and mostly tasting other ethnic dishes "yummy"

Such afternoons are fun and exciting, and it encourages women to share information's and interact with one another, while making new friends.

Therefore you all invited to stay tuned to the MMC Monthly Basic Cooking Channel:

"The Ethnic Food Journey"



Handi Majed on the left, and the women enjoying her cooking on the right.

### Regular Events

#### SESSIONS & CLASSES

##### English conversation classes

Beginners: Tues, Thursday and Friday 10am-12noon

Advanced: Monday to Thursday from 1pm-3pm

##### Women's only Zumba class

Thursdays from 6pm-7pm at Carncot School, 263 Broadway Ave, Palmerston North.

##### Basic cooking classes

Every second Friday of the month, from 12-1pm at the Centre.

##### Potluck dinner

Last Friday of the month, 6pm-8pm at the Centre

To get updates on our activities,  
visit and like our Facebook page  
or email us on  
[info@mmcnz.org.nz](mailto:info@mmcnz.org.nz) to receive  
notifications

### Thanks to our Supporters

Palmerston North City Council

Palmerston North Community Services Council

Ministry of Social Development

Lottery Grants

Ethnic Community Development Fund

COGS

The Lion Foundation

Thomas MacArthy Trust

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Olive Tree Trust


East & Central Community Trust


NZ Federation of Multicultural Council

United Way & Pub Charity

## ETHNIGRAM

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