



**Manawatu**  
Multicultural Council Inc.

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

# ETHNIGRAM

## Newsletter

*Te Kaunihera Ahumahi Manawatu*

July 2020



**Rana Naser**

### President's Message

As we all come to terms with our new normal, looking back to 3 months ago where every single fact of MMC's functions were disrupted, but the one thing that has not changed is our commitment to having the wellbeing, connections and support to our communities paramount in our thoughts, work and doings. While some functions that are special to MMC and close to our hearts had to be put on hold during that time, such as the potluck dinner, coffee morning, weekly and bimonthly gatherings due to the restrictions in group gatherings.

Some of our community members, staff and executives worked really hard with other community groups, and governmental organisations during the lock down to support and provide help for our community where it was needed, mental, physical or financial, we were there and as always we would never say no.

We have been busy since life came back to "normal" and we will be busy for the coming few months for all those activities that were ceased during the lockdown, they are back up and running again, so watch the space and check our Facebook and email communication for all the updates.

Our big event for this period will be held on 9th of August, "Multicultural Eid Community fair", everyone is welcome, lots of activities, prizes, games, performances and much more, so don't miss out on this awesome event.

The Festival of Cultures is the biggest multicultural festival in the region and we work in partnership with the Palmerston North City Council to organise it. The planning for 2021 event has already started and we would love to see more of our communities involved, sharing their cultures, cuisine and art.

If you think your group would love to participate but don't know how or have the resources to do so, please get in touch with us, it is our mission to help and support.

We always encourage everyone to share and promote their own events and activities through our communication channels, so get in touch with us to help you in promoting your functions.

My last words will be a special thanks to all our volunteers and members who have supported our organisation for years by all means and what ever capacity whether visitors, providers, students, or any other area they helped MMC. Another special welcome for our new volunteers who have joined us recently and to all others out there thinking to join. It is very rewarding when you help someone in need.

We wish you all the best and I am sure we will meet every now and then in the future.

FREE COMMUNITY EVENT

# MULTI-CULTURAL EID ADHA FAIR

**SUNDAY 9 AUGUST | 10AM-5PM**  
Arena 3, Pascal Street, Palmerston North

Delicious Food | Refreshments | Bouncy Castles | Quizzes & Games  
Cultural Performances | Cool Prizes | Relaxing Fun and Safe Environment

**ALL WELCOME, WE'D LOVE TO SEE YOU THERE!**



## Centre Manager's Message

Welcome everyone. It is wonderful to be back to some sort of normality after the COVID-19 lockdown. During the lockdown our priority was to keep our communities connected while adhering to the rules.

We helped with the translation of the official COVID – 19 updates, as well as completing the social well fare forms for food parcels, warm clothes and other needs. some art and craft items to around 220 children from more than 90 different families, after the lockdown,

MMC's regular activities resumed as normal with FREE English Conversation sessions providing a great opportunity to build networks and connections vital for integration in the community as well as refugees to express themselves and know their new environment The outdoor English conversation session every Friday in the Esplanade is a great opportunity to meet other people and make connections in an outdoor setting.



The workshop on how to reduce stress and anxiety in an uncertain time with Lauren Parsons was very successful, well attended and very informative.



### **A Victory walk after COVID 19**

It was a great opportunity to discover positive and practical ways to help thrive and boost our health and happiness. MMC raised funds from Education New Zealand to help some international students experiencing unusual hardship because of changes to their personal circumstances, due to the global impacts of COVID-19 resumed as normal.

### **Stress & Anxiety Management Workshop**

MMC hosted the "Inclusive Collective Aotearoa Conversation Group" to talk about, when do you feel like you belong, what hinders this and what needs to be changed. The conversation was facilitated by Anjum Lead, the project Leader and Nona Morris ,the project Associate. "Meet and Dine" is a new initiative where MMC students and volunteers meet in a local restaurant, to enjoy a meal and each others company. Since the end of the lockdown, Layani, her friend Nirthyra and their children visited the centre for information about our activities. We then invited them to join the Multicultural Women's Sewing & Alteration Group, which meets every Friday from 1-3pm.



### **Women's Sewing & Alteration Group**

**Christine Mukabilinda**

### Upcoming Events

- **Multi-Cultural Eid Adha Fair - Sunday 9 August 2020 from 10am - 5pm.**  
The event is hosted by the Manawatu Multiculture Council and the Manawatu Muslim Association
- **Women's Group Arabic basic cooking at the Centre on Friday 14th August at 1 - 3pm**
- **"Potluck Dinner" at St. John on 324 Church Street at 6-8pm.**
- **Parliamentary Visit - Thursday 27th August 2020. Its an opportunity for the migrants and refugees to visit the Parliament House**

## **Executive Member's Profile**

My name is Netra Ghimire and I am part of the Bhutanese Community here in the Manawatu. I am a second-year student at Massey University studying Sports and Exercises with a focus on Sport Development.

I would like to say a big thank you to Rana and the team at MMC, for giving me the opportunity to be a MMC member, and to work alongside such passionate and knowledgeable people. I am willing to learn and gain governance and leadership skills, so I can pass on the knowledge to the youth in our community to empower their personal development.

I am involved, not only with the youth in our community but, I but have a good relationship with other youth groups from different communities here in Palmy.



**Netra Ghimire**

## **Celebrating South African Community**

YES, we made it right here in Palmerston North at the Convention Centre. We proudly celebrated the day of the State's man, an international icon and the Father of the nation Tata Madiba Nelson Mandela in a Manawatu grand style of even more than 67 minutes recommended. My sincere gratitude's to all those who made it to this place on 18th July 2020 to join us in a commemoration of such magnitude. We truly demonstrated the power of unity and I hope we all can realize that we are strong together multicultural as we are. We all have the ability to make an impact in the world we live in by touching one life at the time. The Mandela Day campaign message is to acknowledge Nelson Mandela's dedication of 67 years of his life fighting for social justice, integration and solidarity Let's even make it more worthwhile everyday by dedicating ourselves and our resources to this noble initiative. Thanks to the local Iwi for welcoming us in the event, including Think Haura clinical staff for free health information and checks. Manawataki for the African drumming beats & groves and our local talented musicians and performers for entertainment. Thanks to The City council for some funding to make this day possible, Manawatu Multicultural Council for coming with the idea, their support and trusting us, that we can pull off this event.



**Cutting of the cake: from left Rana Naser Zulifiqar Butt, Iain Lees-Galloway and Vuyiswa Tulelo**



The African touch in the food made the magic and thanks to the cooks and decorators, techno gurus. Thanks to those who also contributed with none perishable food to donate to our local charities, including many who assisted behind the scenes. In all I would like to say your spirit of social cohesion gave hope for the future and I am inspired even more than before. Last but not least our NZ government for pulling us through this awful pandemic to be able to have mass gatherings with no restrictions either than tracing. People around the globe were deprived from celebrating as did. We were also very privileged to observe a minute of silence lead by SA High Commissioner Vuyiswa Tulelo for the passing of Mandela's last born Zindzi who was buried a day before our celebration. Kea leboga/ Kia ora (thank you).

Arise & shine and consider being a blessing to someone today ☐o

Nono Motsats

## First Voice Writing Workshop

The 'First Voice Writing Workshop' is an annual event, a collection of writing by students whose first language is not English, who attend Palmerston North Intermediate Normal School. There are many students in the school who can communicate in more than one language. The First Voice is an opportunity to encourage the maintenance of their first language both in the oral and written sense. The children's writing is valued and celebrated, encouraging the active use of their first language. It can have positive effects on the children's self esteem, their relationships with their parents, their eventual proficiency in other languages and their learning in general.



Some snapshots taken at the "First Voice Writing Workshop"  
Tuesday 23 June 2020

## 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


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NZ Federation of Multicultural Council

United Way & Pub Charity

## ETHNIGRAM

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