



ETHNIGRAM



Te Kaunihera Ahumahi Manawatū



NEWSLETTER

MAY – SEPT 2023



Manawatu Multicultural Council

HIGHLIGHTS

MMC Visits

Japanese Massey students
Japanese Teachers and
High School students

Kids Market Day

World Refugee Day 2023

World On Stage 2023

Poipoia Te Pitomata



Manawatu Multicultural Council

UPCOMING EVENTS

OCTOBER

- 19 Raising Kids in Bilingual Environment Workshop
- 25 3 Steps for Life CPR Awareness Session
- 27 Vietnamese Culture Night (Potluck Dinner)

NOVEMBER

- 11 Palmy Play Fest
- 24 MMC Annual Dinner
- 30 Marae Visit



DECEMBER

- 3 Christmas Parade
- 9 Awapuni Day
- 13 Christmas Shared Lunch



KIA ORA

Warm greetings to you all!



It's been a very busy few months since our last Ethnigram with many different events, meetings, and functions, where we are thrilled to celebrate the achievements of our Multicultural Community, and in this issue, we are very proud to recognize those events in the past few months.

My highlights are when I was able to attend and witness the citizenship ceremony, where over 150 people became New Zealand citizens, and when we welcomed the FIFA La Roja team in July and the newcomers to Palmy with Pōwhiri at Te Manawa in the week of Welcoming Week in September, where it was followed by the launching of our Welcoming School Report and finished off by having potluck dinner! Nau mai rā - we're glad you're here!

I hope you enjoy this edition of Ethnigram, and you continue to join us in building a more inclusive and equitable society for all. To all our members and key stakeholders, many thanks for attending our AGM in August. It was great to reflect on what we have achieved this past year. In collaboration with our community members and stakeholders, I feel privileged to continue to serve the MMC family as President.

I would also like to extend my congratulations and a warm welcome to our new elected Board members at the AGM, with Noor Fatima as Vice President, Izza Atif, Tanim Hossain, Mohamad Ali Karimi, and we are delighted to introduce the new approved Board members, Vikram Govindasamy as Treasurer and Ranjita Sengupta as Secretary.

My acknowledgement and thanks to the previous Board members for your contribution, commitment and dedication during your tenure. I'd also like to acknowledge all the hard work of our staff members and the amazing support of MMC volunteers, funders and sponsors, without whom, none of this is possible.

Nina Kirschbaum
President MMC



MMC VISITS

At MMC, we are passionate about sharing our knowledge and culture with visitors from all over the world.



>>> INTERNATIONAL STUDENTS MASSEY



International students from Massey University in Palmerston North with MMC staffs.

Our team was thrilled to welcome the International students from Massey University and to introduce services provided by the MMC. We had a chance to interact with the students and learn about their cultures, backgrounds, and aspirations. It was a delightful experience to see how they embraced the local culture.

We were pleased to offer Arisa an internship opportunity with our team. We look forward to staying in touch with all the Massey International students.

>>> JAPANESE TEACHERS FROM MASSEY



Japanese Teachers visit at MMC

On the 4th of August, MMC had the privilege of hosting 33 Japanese English teachers from Massey University. Our team was thrilled to have the opportunity to exchange knowledge and expertise, and help the teachers develop their global competence. The visit became a valuable cross-cultural learning experience for all involved.

We are grateful to Donna from Massey University for coordinating this visit with us. We hope that their time in New Zealand will continue to be enriching and fulfilling.

>>> JAPANESE HIGH SCHOOL STUDENTS



Art work activities during MMC visit

We welcome a group of Japanese high school students on a short course at Massey University on 27th of September. During their visit, we had the pleasure of introducing the students to the work we do and sharing our experiences with them.

We extend our gratitude to Phil from Massey for bringing the students to us and giving us the opportunity to connect with them. It was a pleasure to see their enthusiasm and interest in our work, and we hope that their visit inspired them to continue exploring different cultures and communities.

WORKSHOPS

>>> IRD WORKSHOP AT MMC



IRD workshop session at MMC

At MMC, we believe in empowering our community members by providing them with access to important resources and information. We were delighted to host the Inland Revenue Department's workshop on the 13th of July, which focused on addressing IRD-related issues. The workshop was well-attended by members of our ethnic community, who took away valuable insights and information from the event. We extend our heartfelt gratitude to the IRD for partnering with us and making this workshop possible. We look forward to continuing to collaborate with organizations like the IRD to empower our community members and make a positive impact in our community.



WORKSHOPS

>>> 3 STEPS FOR LIFE - CPR AWARENESS SESSIONS



CPR demonstration by instructor

The CPR workshop conducted by St. John was an exceptional opportunity for individuals to gain the knowledge and ability to perform CPR. With this new skill, not only can we feel more confident and prepared in emergency situations, but we can also potentially save lives and make a positive impact in our community. It is such a valuable workshop that can empower people with life-saving skills!

>>> TE TIRITI IN OUR LANGUAGE



Group photo with workshop participants (left) and workshop activities (right)



This workshop was organized by *Tangata Tiriti* from Hamilton on 21st of June. The programme offered our ethnic communities an opportunity to gain a deeper understanding of the *Treaty of Waitangi*. Acknowledging Dr. Ingrid Huygens and her team at *Tangata Tiriti* for their excellent programme. We would also like to thank all the participants for their valuable time and enthusiastic participation during the workshop. Dr. Ingrid and team have generously provided us with a plethora of *Treaty of Waitangi* resources in multiple languages. If you or your community are in need of these resources, please do not hesitate to contact us.

>>> BOWEL SCREENING



Group photo with the facilitator and ethnic group

In May 2023, Michael, a health promoter for the bowel screening programme in the Midcentral region, presented an educational workshop to increase awareness and educate individuals on bowel cancer. The National Bowel Screening Programme offers free cancer detection every two years to those aged 60-74 who are eligible for publicly funded health care. The event also focused on connecting with local ethnic groups to help prevent bowel cancer and promote knowledge of the screening programme.

>>> RAISING BILINGUAL CHILDREN



Material delivery by experts

The workshop was a great chance to learn from about bilingualism and gain valuable insights to encourage using heritage language in the family. Presentation delivered by Arianna Berardi-Wiltshire on "**A Little Language goes a Long Way**" highlighted the importance to expose children to multiple languages from early stage to improve their cognitive development and enhance their communication skills. Peter Petrucci's presentation on "**Encouraging the Use of the Heritage Language in the Home: What Works**" provided practical tips and strategies to promote the use of the heritage language at home.

>>> FAMILY VIOLENCE PREVENTION WITH NZ POLICE



Group photo with facilitators and participants

Sergeant Q and Cristina from the Family Harm team together with MMC hosted two incredible workshops on the prevention of family violence within ethnic communities. These workshops were held on 21-22nd of August at the PN ELP centre with more than 70 community member participants. Attendees learned about types of family violence, preventative methods, what to do if you are subjected to it, and where to get help if you are a victim or offender. Thank you ELP staff for providing the space and interpreting services.



MMC'S WORLD ON STAGE 2023: CELEBRATING CULTURE AND DIVERSITY



Various performances during the MMC's World on Stage 2023: singing (choir), dancing, drama, and music

On 30th of June, MMC held one of its biggest events at the grand Regent on Broadway. It was a vibrant show that aimed to celebrate the beauty of diverse cultures through music, storytelling, dance, and songs. As we commemorated our 30th anniversary, we were proud to showcase Phil Anstis' effervescent and colourful creation.

World on Stage 2023 follows the story of a young girl seeking answers about her heritage and ancestry. The show takes the audience on a journey through different continents, featuring performances from various parts of the world. Street performances kicked off at 6pm, followed by cultural displays and on-stage performances at the Regent's foyer. The event concluded at around 9pm with the dynamic rhythms of the Brazilian-inspired *Samba Ao Vento*, where many people danced!

We are grateful to all the individuals who made this event a success. For volunteers who offered their efforts, the performers who entertained us, and all participants, we extend our heartfelt appreciation!

WORLD REFUGEE DAY: TIME TO CELEBRATE RESILIENCE AND EMPATHY



Raffle draw by MMC president and manager (left) and MMC manager and community connectors (right)

20th of June is commemorated as World Refugee Day to pay tribute to refugees worldwide. This day acknowledges the bravery and resilience of individuals who have been compelled to leave their homeland due to conflict or persecution. The MRRF event on 24th of June was another resounding success, and MMC played a key role.

We had a stall, conducted a raffle draw, and gave away 10 hampers to lucky winners. We extend our gratitude to everyone who participated and contributed to make the event a success. There were various communities also gave a memorable performance. World Refugee Day serves as an opportunity to showcase empathy

and understanding for the struggles that refugees experience, as well as to recognize their determination in rebuilding their lives. This day illuminates the rights, requirements, and aspirations of refugees, thereby encouraging political commitment and resources to ensure that refugees do not just survive, but thrive. While it is essential to safeguard and better the lives of refugees every day, global observances such as World Refugee Day bring attention to the situation of those fleeing conflict or persecution. Numerous events held on this day create opportunities to show support for refugees.



OUR ROUTINE EVENTS

>>> MULTICULTURAL PLAYGROUP



Kids activity with our facilitator (Tessa)

We're excited to continue our Multicultural Playgroup programme, bringing families from different backgrounds together to play, learn and connect. The programme provides a safe and inclusive space for children to explore and discover, while parents and caregivers can socialize and build relationships with others in the community.

We're grateful to have Tessa as our facilitator, whose enthusiasm and dedication have helped to make the programme a success. *Te Manawa, Te Patikiti Library and Hancock Community House* have also been a wonderful partner, hosting our events and providing invaluable support to ensure everything runs smoothly.

>>> POTLUCK DINNER



Potluck Dinner Malaysian & Indonesian Flavours



Potluck Dinner Middle Eastern Flavours



Potluck dinner Bangladesh & West Bengal flavours

Potluck Dinner is always a hit! We have Indonesian and Malaysian theme in May hosted by Manawatu Malaysian Society, Community Indonesian Manawatu (PREMIUM) & PPI Palmerston North. June's Potluck Dinner was hosted by the Middle Eastern Communities. Manawatu Bengalee Society hosted July's Potluck Dinner at the Community Leisure Centre.

In September, MMC & PNCC hosted Potluck Dinner as a celebration of welcoming community week with "a taste of home" theme at Youth Space. We are grateful for the venue vendors and participants for sharing *kai*. Stay tuned for more information on our Facebook page about monthly potluck dinner. We hope to see you all next time!



Potluck Dinner "A Taste of Home"



Cooking demo

>>> COOKING DEMO

Delicious Recipe of Rajma Curry & Rice had been shared by Anjana in May, while Nagar shared a mouth-watering Persian dishes such as the *Raninak* (Traditional Iranian Dessert) and *Yatimcheh* (Persian Aubergine Stew) in June 2023. Everyone thoroughly enjoyed the meals, and we are looking forward to trying them out at home.

MMC host monthly cooking demo where volunteers prepare dishes from their respective cultures and bring them to the Centre for everyone to try. This is an excellent chance to promote cultural diversity through food sharing while meeting new people and forming connections. If you're interested in presenting a dish from your culture, please contact us **06 358 1572** or email **admin@mmcnz.org.nz**.



Group photo with all language programme participants

>>> MMC'S FIRST LANGUAGE PROGRAMME: CELEBRATING COMMUNITY AND DIVERSITY

As part of our First Language Programme, MMC has been actively supporting First Language classes within our communities. Recently, we had the pleasure of visiting several active classes, including Portuguese, Arab, Chinese, and Tamil. We have several new language courses in development, so stay tuned for further details. A huge shout-out to the Brazil, Chinese, Arab, and Tamil communities, schools, and teaching teams. We are proud of the great work you do!

OUR ROUTINE EVENTS

>>> KIDS MARKET DAY



Children had a fun experience selling various types of goods.



Mom & daughter were selling handmade earrings and bags of walnuts.

We want to extend our heartfelt gratitude to all the participants for their hard work in setting up their stalls, and for their cooperation during the event. We also want to thank everyone who came to support the kids- it means a lot to us. Last but not least, we would like to express our appreciation to Youth Space for generously letting us use their venue.

Stay tuned on our social media pages for updates about the next Kids Market.

At MMC, we are committed to providing education and personal growth opportunities to all individuals, regardless of their background or residency status. We believe that everyone deserves access to learning and self-improvement, which is why we offer a diverse range of free classes. Our classes are designed to cater to a variety of interests, from language skills to fitness to arts and crafts. We also recognize the importance of healthy eating habits, which is why we offer monthly cooking demonstrations where you can learn new recipes and techniques.

To make our classes possible, we rely heavily on the dedication and hard work of our volunteers. They are the backbone of our organization and we are incredibly grateful for their contributions. Some of our long-standing volunteers include Rita, Kate, Shubangi, Kathleen, and Grey who have been with MMC for many years. Their passion and commitment to our cause have helped us achieve success and continue to make a difference in our community. Join us today and discover the joys of learning and personal growth!

JOIN OUR...

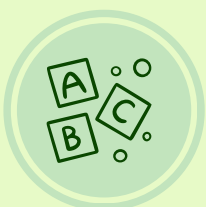
MMC CLASSES & ACTIVITIES



"To Lead, Support and Celebrate multicultural communities in the Manawatu"



COMPUTING COURSE



ENGLISH CLASS



ENGLISH CONVERSATION AT THE PARK - TALK & WALK



ARTS & CRAFTS



YOGA CLASS

YOUTH EVENTS

>>> POIPOIA TE PITOMATA



Group photos with participants

MMC in collaboration with St John present "Poipioa te Pitomata" programme (Harnessing Potential) to our youths. Programme for this year focuses on Empowering Youths and designed to help young people develop skills in self-determination, first aid, and overall wellness. This program aims to enhance confidence and encourage positive steps towards their future for all *rangatahi* involved. We extend our gratitude to St. John and Kings Grace Church for their contributions and support in making this programme possible. Special thanks to all of the *rangatahi* who participated.

>>> ACTIVE COMMUNITIES PROGRAMME



Dance activities with participants

We want to thank Sport Manawatū, Niuvaka Trust, and Bestcare Whakapai for their collaboration in organising a successful event. The coaches, volunteers, and extended team are also thanked for their hard work in making the event run smoothly. Thank you to all the parents and children for their enthusiastic participation in the programme. Thank you the Massey University Rec Centre for providing a great venue and support throughout the programme, making it a positive and impactful experience for everyone involved.

>>> BOOK BUDS



Book Buds and Palmerston North City Library

We're excited to announce the successful completion of our Book Buds journey with the PN City Library, and we couldn't have done it without the amazing librarians who took the time to engage with the children on their reading selections. Congratulations to the parents and children who completed our Book Buds programme this year – keep up the passion for reading! A special thank you to the team at PN City Library for their unwavering support and collaborative efforts throughout this journey.

>>> BOARD GAME NIGHT



PN board game night

On 19th of August, MMC hosted a Board Game Night for the youth of Palmerston North. The programme aimed to foster a sense of community among the diverse participants hailing from different places, speaking different languages, and embracing different cultures. The event was a resounding success, with attendees enjoying a fun-filled evening of cross-cultural bonding. The accompanying photo serves as proof that board games can break down language barriers and bring people together. MMC is committed to continuing this initiative as part of its broader mission to promote cultural diversity in the Manawatū community.

>>> WELCOMING SCHOOL PROGRAMME REPORT LAUNCH



Welcoming School Programme report launch PN 2023

On the 5th of September, PNCC Welcoming Communities hosted the launch of the Welcoming Schools Programme (WSP) Inclusivity Strength Analysis Report at PN Central Library. The event was a huge success and we appreciate the support of everyone who attended. A special thank you to Mayor Grant Smith, MP Tangi Utikere, Councillor Lorna Johnson, Councillor Orphee Mickalad, Councillor Rachel Bowen, the WSP stakeholders, and guests for being part of this event. We also want to extend our gratitude to the performers who added a touch of entertainment and made the event even more enjoyable. Thank you all for your contribution!

MEETINGS

>>> COMMUNITY GROUP LEADERS & MMC COMMUNITY CONNECTORS

During the meeting between MMC Community Connectors and Community Group Leaders on 28th of September, the focus was on enhancing communication between MMC and Community Groups. The participants discussed the current needs of the community groups and explored the best ways for MMC to assist them. Through this collaborative effort, MMC aims to establish a stronger relationship with the community and provide better support to its members.

>>> ANNUAL GENERAL MEETING



Group photo with annual general meeting attendees

We are thrilled that our Annual General Meeting held on August 25 was a remarkable success, with an impressive turnout of members and visitors. We would like to express our gratitude to our distinguished guests, including Member of Parliament Tangi Utikere, Councillor Lorna Johnson, Councillor Orphee Mickalad, and many others who graced us with their presence. The President and Treasurer delivered presentations during the session, highlighting MMC's activities, achievements, programmes, and financial reports for the year 2022-2023. We would also like to thank the previous Board Members for their contribution, commitment and dedication.

Congratulations for the newly elected Executive Board Members: Noor Fatima, Izza Atif, Mohamad Karimi, and Tanimia Hossain. We are confident that they will infuse fresh ideas and perspectives and make significant contributions to our organization's growth and progress.

COMMUNITY CONNECTOR SERVICES

Here at Manawātū Multicultural Council, we understand that navigating life in a new country can be a challenging experience. That's why our Community Connectors are here to provide support and assistance to our newcomers, former refugees, and migrant communities. We believe that everyone deserves to feel welcomed and supported in their new home. Our team of Community Connectors is dedicated to providing a range of services to help newcomers settle into their new communities with ease. Here are some of the specific ways we can assist you:



IMMIGRATION ASSISTANCE

Applying for visas & navigating the immigration system can be overwhelming. Our team can provide information and support to assist with filling out forms, scan documents, and help communicate with immigration officers.



LEGAL SUPPORT

Finding out the needs and issues of community people and connecting them to respective organizations.



TRANSLATION SERVICE

Communicating with different agencies, healthcare providers, and organizations can be difficult if you are not fluent in English. Our team can provide language assistance to help you access the services you need.



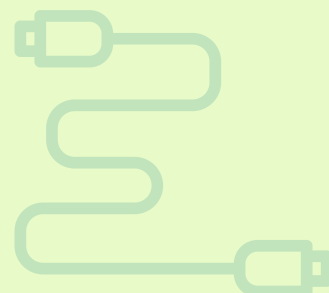
HOUSING SUPPORT

Whether you need help finding affordable housing or navigating the rental market, our team can provide guidance and support to help you find the desired home for you.



CULTURAL ORIENTATION

Understanding the customs, traditions, and social norms of your new community is essential for feeling at home and building relationships. We can provide cultural orientation to help you navigate new environment with confidence.



WHAT'S ON AT MMC?

WEEKLY:

All our classes here at MMC depend on the availability of the Volunteer teachers

Mondays:

English Conversation – 10 am
English Conversation – 1 pm

Tuesdays:

Computing Class– 10 am

Wednesdays:

English Conversation – 10 am
Yoga – 12.30 pm
Advanced English – 1:30 pm

Thursdays:

Sharing Arts & Culture – 10 am
English Conversation – 1 pm

Fridays:

English Conversation – 10 am

MONTHLY:

- Cooking Demonstration – any Friday
- Potluck Dinner– every last Friday
- St. John's 3 Steps for Life (First Aid)



3 STEPS FOR LIFE
Oct 25, Wednesday
1:30 - 2:30pm
Double Room,
Hancock Community House,
77 - 85 King Street

Get free CPR awareness sessions and save lives in our community

Register now
admin@mmcnz.org.nz
Limited to 12 people
Registration closes on 20 Oct 2023

St John's First Aid



Vietnam Culture Night
POTLUCK DINNER
FRI | OCT 27 | 6 PM
UCOL Main Atrium, King St.

Vietnamese Cultural Displays & Performances

Come along with a plate to share and enjoy a night of Vietnamese Culture! Enjoy learning about Vietnamese arts, crafts, costumes, performances and more!

WHY JOIN MMC?

- To practice your English in a safe and friendly environment
- To interact with other people and make new friends
- To get information and build networks and connections
- To share, learn and celebrate each other's culture
- To learn about New Zealand culture and customs.
- To work together with other community groups and organisations

CONTACT US



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Community Languages

RAISING BILINGUAL CHILDREN
Continuation Workshop & Round Table Discussion

Are you a parent/caregiver who is raising or would like to raise your child bilingual?
Come along to our third workshop to gain more insight and discuss your progress.

THU | OCT 19 | 5:30 PM
Mezzanine FL PN City Library

"Spanish in the Front Door"
Andrea Ceron
"Encouraging the use of the heritage language in the home: What works?"
Arianna Berardi-Wiltshire
Round Table
Discussion, Questions & Answers

Kids welcome: Activity for kids to keep them busy and occupied
Light Refreshment provided

THANKS TO OUR SPONSORS



- Palmerston North City Council
- Palmerston North Community Services Council
- Ministry for Ethnic Communities
- Ministry of Business, Innovation and Employment
- Ethnic Community Development Fund
- Ministry of Social Development
- NZ Federation of Multicultural Council

- United Way & Pub Charity
- East & Central Community Trust
- The Lion Foundation
- Lottery Grants
- COGS
- Thomas MacArthy Trust
- Mainland Foundation
- Olive Tree Trust