



**Manawatū**  
Multicultural Council Inc.

**“WE CELEBRATE, SUPPORT & CONNECT MULTICULTURAL COMMUNITIES IN MANAWATU”**

# ETHNIGRAM

MMC Newsletter

*Te Kaunihera Ahumahi Manawatu*

**JULY – AUGUST 2024**

## Welcome to the Manawatu Multicultural Council Ethnigram!

We're thrilled to bring you the latest updates and highlights from our vibrant and diverse community. Our newsletter is your go-to source for celebrating culture, discovering new opportunities, and staying connected with the richness of our collective experiences.

As we bid farewell to the winter season, we warmly welcome the arrival of spring! This is a time for renewal and growth, and we're excited to embrace the fresh energy and possibilities that come with it. Stay tuned for upcoming events that will allow us to celebrate together and continue building our strong, harmonious community.

Whether you're a long-time member, a new face, or a key stakeholder, we invite you to join us in fostering a welcoming and inclusive environment here in Palmerston North.

Together, let's continue to build a stronger, more harmonious community where everyone feels valued and celebrated.

Thank you for being an essential part of our journey!

MANAWATŪ MULTICULTURAL COUNCIL  
presents

## SONGS AND PRAISES

*Cultural Faith Performances*

Saturday, 21 September 2024  
The Speirs Centre, Palmerston North | 2:00 PM

SECURE YOUR FREE TICKETS

FOR MORE INFO:  
(06) 358 1572  
WWW.MMCNZ.ORG.NZ

Book your tickets for the Songs and Praises Event. Here is the [link](#) or visit the MMC Facebook Page.

## UPCOMING EVENTS

*September*

**6** Potluck Dinner

**21** Songs & Praises 2024

*October*

**5** Kids Market

**25** Potluck Dinner

*November*

**2** Diwali Mela

**9** Palmy Play Fest

**14** Marae Visit

**29** Annual Dinner

## Kia Ora!

Wishing you all health and happiness!

A warm welcome to all of you to another instalment of Ethnigram for the year 2024. I feel humbled and privileged that I have the honour of being the President for MMC for another term, along with our Board members, who also have been re-elected and we will continue serving you to the best of our abilities. We would like to thank you all for your support and confidence in us, we could not do it without you.

We at MMC have been busy with preparations for our AGM, with our staff and Board members working hard, preparing MMC annual reports and administrative documents. The month of July was as usual busy with our regular weekly classes (English, Tai Chi, Yoga, Mind and Body) and in addition, we celebrated Happy Parents Workshop and Poipoia Te Pitomata (in collaboration with St John). We had Multicultural Pop-up Play, in collaboration with PNCC and Global Parent Support, who also helped us with Global Market and Kid's Market, where our young entrepreneurs get to hone their business skills. The month came to a glorious end with a sumptuous potluck dinner, featuring mouth-watering delicacies from Korea.

The month of August flew by with preparations for our AGM, our staff and Board members working hard, preparing MMC annual reports and administrative documents for presentations.

This month has also been busy with organising for the "Songs and Praises" event, which we are all very excited about and we are all looking forward to an awesome afternoon.

We look forward to the last quarter of this year, with many more such events that aim to unite all our communities, bring joy while educating and entertaining and creating a safe, all-inclusive and thriving global community.

I would like to thank all our sponsors, funding agencies and donors for your generous contributions and continued support. It is our privilege to be part of this beautiful community and I truly believe that us working together, with love and charity in our hearts, can help us build a better world.

*Dr Ranjita Sengupta*  
MMC President



Kia ora koutou,

Our ethnic communities were busy last couple of months. We're thrilled to see so many new families and community members joining us over the past few months. As part of our city's Welcoming Week, we invite all newcomers and those who know someone new to join us for a special City Welcoming Event on Saturday, 14 September, from 10.30am-12pm at Te Manawa, 326 Main Street, Palmerston North Central. It's a great opportunity to connect, meet new friends, and learn about the resources available to help you settle in.

Looking ahead, we've already begun planning for the 2025 Festivals of Culture, and we'll be sharing updates regularly as we prepare for another year of celebrating diversity!

Over the past few months, our MMC team, including community connectors and welcoming school coordinator have been hard at work, helping many of our members navigate the challenges brought on by social and economic changes. We understand that these times have been tough for many, and we want to assure you that we're here to support you.

If you or someone you know needs assistance, please don't hesitate to make an appointment with our team. We're here to help you find your way during these challenging times.

Let's stay connected and support each other!

*Kanchana Seneviratne*  
MMC Manager



# POIPOIA TE PITOMATA



We are thrilled to share the success of Poipoia Te Pitomata 2024, our comprehensive first aid training programme tailored for youth aged 14–25. From July 8th to 12th, our rangatahi embraced the opportunity to develop valuable skills in first aid, leadership, and wellbeing.

A heartfelt thank you goes out to Meghan, Hannah, and the St John team for their incredible support, and to Palmerston North Boys' High School for providing us with such excellent facilities.

We are incredibly proud of the achievements made and are excited to announce that Poipoia Te Pitomata will be expanding in 2024 to reach even more communities. Looking ahead, we are committed to enhancing the programme with more interactive sessions, hands-on practice, and opportunities for our rangatahi to connect with healthcare professionals. These additions aim to boost their confidence and equip them with essential life-saving skills.

We are thrilled to share the success of Poipoia Te Pitomata 2024, Stay tuned for updates on our upcoming workshops and events.

We encourage all interested youth and their families to get involved and seize this unique opportunity to learn, grow, and contribute to the wellbeing of our community.

Together, we can create a safer and more supportive environment for everyone. Your enthusiasm and participation are what make Poipoia Te Pitomata a resounding success.

Thank you to everyone who participated. Together, we are empowering our youth to become future leaders and caregivers.



Students receive lecture

Kia kaha, kia māia, kia manawanui.

## POP-UP PLAY

On the 11th of July, MMC joined forces with Global Parents Support and Palmerston North City Council (PNCC) to present our first Pop Up Play! Held at Rangiora Community Hall, we had an absolute blast playing with everyone, and learning more about the world! Thank you everyone for joining us, we had so much fun and we hope you did too! Our sincere thanks to all the volunteers who helped us on that day,



from start to finish – you guys are wonderful and your help is much appreciated! Thank you to Volunteer Central for their assistance in recruiting some of our volunteers, to Global Parents Support and PNCC for such an amazing collaboration and support – as always!

Lastly, thank you to Rangiora Community Hall and Rangiora Parks & Reserve for providing the venue and everything else we needed for a successful event.





## POTLUCK DINNER KOREAN FLAVOURS

In July, we were delighted to host a Korean potluck dinner in collaboration with the Palmerston North Korean Society. Our deepest thanks to the society for their incredible contribution of mouthwatering Korean dishes.

The evening was truly a culinary celebration. Attendees enjoyed a variety of delectable dishes, including Bulgogi, Kimchi, Tteokbokki, Kimbap, and a selection of other Korean favourites, complemented by an array of delicious desserts. Each dish showcased the rich and diverse flavors of Korean cuisine, and we extend our heartfelt gratitude to everyone from the Korean Society who prepared these delightful meals.

Beyond the exceptional food, the potluck was a vibrant celebration of community and culture. The room was alive with smiles and lively conversations, creating an atmosphere of warmth and camaraderie as everyone shared their culinary creations and cultural traditions.



We would also like to extend our deepest thanks to the Awapuni Community Centre for kindly hosting us for the potluck dinner.

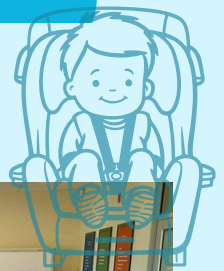
To everyone who attended and brought a dish to share, thank you for making this event a memorable celebration. We look forward to more opportunities to gather and celebrate our diverse communities in the future!

## HAPPY PARENTS WORKSHOP

On July 5th, MMC partnered with six fantastic organizations in and around the city to host the Happy Parents Workshop. The aim of this workshop was to provide families with preschool-aged children with comprehensive information about the range of available services. Special thanks to Plunket Manawatu/Tararua, HIPPY Palmerston North, Parentline Manawatu, Manawatu Toy Library, Little Buds, and Palmerston North City Library for their participation and showcasing their services. We appreciate everyone who attended the workshop and hope you found it informative and beneficial. If you missed the workshop, feel free to visit our office to collect brochures from the various organizations.



showcasing the safety of car seats.



# KIDS AND GLOBAL MARKET

MMC teamed up with Global Presents Support and Te Manawa to put together the Kids and Global Market. What an amazing day! We had a total of around 30 stalls participating this time, with an amazing turnout from the public to check out what our kids and communities had to offer. Thank you to all the stallholders for their hard work in preparing each stall and for everyone who came along. I hope you all had FUN!!

Lastly, we'd like to thank Te Manawa for their wonderful support in facilitating this event, ensuring all the details are covered so that everything could run smoothly.



One of the kid's stall at the market

People gathering at one of the stalls



Manawa Municipal Council

SEE YOU AT THE NEXT MARKET!

## COOKING DEMONSTRATION

We had two Chinese cooking demonstrations in July and August. A huge thank you to Hunter and Sue for hosting such fantastic demonstrations for us!

Hunter shared his delicious recipe for Fried Triangles and Money Cake. Sue showcased her skills and passion for Chinese cooking, along with her recipe for Shanghai Shrimp Fried Rice with Egg and Mochi. Your time and effort are greatly appreciated!

Cooking demonstrations are always a fantastic way to learn about diverse dishes from various countries. If you're interested in leading a cooking demonstration, please contact us.



Cooking demonstration by Sue in August

We are always looking for enthusiastic individuals who are eager to share their culinary expertise with our community. Whether you specialize in traditional dishes or have a unique fusion recipe, your contribution would be highly valued.

We believe that food brings people together and helps us celebrate the rich tapestry of cultures that make our community so vibrant.

We hope to see you at our next event, ready to embark on another delicious culinary adventure!



Cooking demonstration by Hunter in July

# MMC GRX PROGRAMME

MMC has collaborated with Sport Manawatu for the last 5 weeks (31st July-28th August) on the GRx programme at Barber Hall. We had classes every Wednesday comprising workshops with topics around food and nutrition, mindfulness, sleep, stroke awareness and lifestyle changes.



These workshops are followed by physical exercises, ranging from chair yoga, badminton, resistance band exercises and walking. Thank you so much to Sport Manawatu, Sport Manawatu Active Families advisor, Kauri Health Care, Stroke Foundation, and Massey University Psychology Clinic for giving us insightful workshops around their expertise areas.



We hope those who came along went away with some useful information and added knowledge.

Thank you also to Barber Hall for accommodating our programme. Finally, thank you to everyone who has joined us! We encourage you to maintain your exercise routine after completing the programme.



## SHARING INSIGHTS ON WELCOMING NEWCOMERS



Natsumi and MMC staff

On July 16th, Natsumi from Kurihara City Hall in Miyagi, Japan, visited the Manawatu Multicultural Council in Palmerston North. Natsumi was keen to explore international case studies on supporting new foreign residents, seeking to enhance services for newcomers in their city.

During the visit, we showcased the diverse range of services offered at the Manawatu

Multicultural Council, emphasizing our support for migrants, former refugees, international students, and other newcomers in the Manawatu region.

We extend our sincere thanks to Natsumi for choosing to learn from our experiences here in New Zealand. We hope your stay was enjoyable and insightful.

## MMC EXECUTIVE COMMITTEE



**DR RANJITA SENGUPTA**  
President



**MOHAMMAD ALI KARIMI**  
Vice - President



**TANIMA HOSSAIN**  
Secretary



**DR ANIL KAUSHIK**  
Treasurer



**DR FATIMA JUNAID**  
Board Member



**IZZA ATIF**  
Board Member

# ANNUAL GENERAL MEETING (AGM)

7

On August 30th, we had the pleasure of hosting our Annual General Meeting at Caccia Birch House, and we're thrilled to share the fantastic outcomes with our incredible community!

### **A Heartfelt Thank You**

First and foremost, we extend our deepest gratitude to our previous Executive Board members, with special appreciation for Nina Kirschbaum, who has served as MMC President for the past three years. Your time, dedication, and leadership have been invaluable, and we are truly grateful for your contributions.

### **Congratulations to Our New Board Executive Committee**

We are excited to announce our newly elected Board Executive Committee:

- **President:** Ranjita Sengupta
- **Vice-President:** Mohammad Ali Karimee
- **Treasurer:** Anil Kaushik
- **Secretary:** Tanima Hossain
- **Committee Board Member:** Fatima Junaid
- **Committee Board Member:** Izza Atif

### **Gratitude for Community Support**

A heartfelt thank you to Mayor Grant Smith, Councillor Lorna Johnson, Councillor Lew Findlay, and Councillor Orphee Mickalad for your presence and support. Your engagement helps us continue delivering essential services to our vibrant multicultural community.

We are also deeply grateful to all our members and stakeholders—your unwavering commitment allows MMC to thrive and grow.

A special shoutout to Super Mum's Kitchen for the fantastic catering that added a delightful touch to our event!

We also want to extend our heartfelt thanks to our amazing staff whose dedication and hard work make everything possible. Your efforts do not go unnoticed, and we appreciate everything you do.

Additionally, our volunteers deserve a huge thank you for their incredible support and enthusiasm!

Here's to another fantastic year filled with new opportunities and continued success!

# UPCOMING EVENTS



## Festival of Cultures 2025 – Get Ready for a Spectacular Celebration!

Palmy's biggest and most vibrant event is back, bringing the world and our community together in one incredible celebration of diversity!

This year, we're turning up the excitement with a brand-new twist for the **Friday, the 21st of February** Night Celebrations. **Say hello to the Multicultural Carnival!** We're calling on all cultural groups in Papaioea to join us in creating a dazzling parade that showcases the heart and soul of your heritage. March with your flags held high, your country's name displayed proudly, and express yourself through lights, music, dance – whatever makes your culture shine! The parade will take us around the Square, and once we return, the party keeps going with a global DJ set spinning tunes from every corner of the world! This is going to be a celebration you won't want to miss – a carnival of color, rhythm, and unity.

**On the Saturday 22nd of February the World Fair is back!** Indulge in flavours from around the globe, explore cultural experiences, and enjoy captivating performances throughout the day. Applications for food stalls, performances, and more will open in October, so stay tuned for your chance to be part of the magic!

**Teas and Coffees of the World is back on the Sunday, 23rd of February at Caccia Birch!** Join a celebration of global flavors and cultures! We invite communities to share in this vibrant experience, featuring teas and coffees from diverse regions. Whether you're a coffee enthusiast, tea lover, or simply curious, come connect, learn, and enjoy the warmth of community through the world's favorite beverages. Share your traditions, explore new flavors, and be part of a global celebration of taste!

We're creating a festival that reflects the diversity and vibrancy of Palmy, and we want YOU to be part of it. If you're as excited as we are or have any questions, reach out to MMC at [admin@mmcnz.org.nz](mailto:admin@mmcnz.org.nz), or to Henrique Beirão (PNCC), at [henrique.beirao@pncc.govt.nz](mailto:henrique.beirao@pncc.govt.nz).

Let's make this a celebration to remember!

**If you have any community updates to share, please forward them to [admin@mmcnz.org.nz](mailto:admin@mmcnz.org.nz).**



# UPCOMING EVENTS

## Te Wiki o Manaaki Welcoming Week

6-15 September



**NAU MAIRĀ, GLAD YOU'RE HERE**

**PALMY** Welcoming Communities

<b>Potluck dinner, Te Manawa Museum</b> Friday 6 September Starts 5:45pm	<b>Planting Session, Fredrick Krull Reserve</b> Saturday 7 September 11am-1pm	<b>Passport to Play launch, Central Library</b> 6-15 September	<b>City Welcome Session, Te Manawa Museum</b> Saturday 14 September 10:30am-12pm
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**YOU'RE INVITED!**

## Glappy Workshop

Workshop

“behind every happy & strong woman is HERSELF”

- Women's wellbeing
- Dose of happiness through fun exercise
- “talk therapy”
- Supporting Agencies

**SEPTEMBER 13** | 10:30 AM - 1:00 PM

**TE MANAWA MUSEUM**, 326 Main Street, Palmerston North

Enjoy delicious Lunch and win exciting prizes!

Limited Spots only



06 358 1572 | admin@mmca.org.nz

Manawatu | ARCS | Women's Refuge | Fitness 360

PHILIPPINE CENTRAL ASSOCIATION PRESENTS ANNUAL

# FESTIVAL OF TALENTS!

FREE ENTRY

**SATURDAY**  
14 SEPTEMBER | 6-8 PM

SPEIRS CENTRE - BOYS' HIGH SCHOOL  
236 FEATHERSTON STREET  
PALMERSTON NORTH



MANAWATŪ MULTICULTURAL COUNCIL presents

## SONGS AND PRAISES

Cultural Faith Performances

Saturday, 21 September 2024  
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SECURE YOUR FREE TICKETS



FOR MORE INFO: (06) 358 1572 | WWW.MMCNZ.ORG.NZ



Manawatu | mpr | PALMY | UCOL

REGISTRATION OPEN NOW until 25 September or full

## Kids Market

Saturday 5 October 1-4pm  
Te Manawa Museum

Enquiry: [globalparentsnz@gmail.com](mailto:globalparentsnz@gmail.com)

Registration



Global Parents Support | MMC

# GLOBAL MARKET

OPEN REGISTRATIONS!

We are excited to seize this opportunity to further recognize and respect the different cultures and to celebrate the cultural diversity in our community. In accordance with the idea of Global Market, we kindly ask that products be centered around cultural themes.

**5 OCT** | TE MANAWA MUSEUM  
1:00 PM - 4:00 PM

**REGISTER NOW**

<https://forms.gle/NjfsuneLrM3z0jKE8>



te manawa | Manawatu Multicultural Council Inc.

## ENGLISH CLASS



## YOGA CLASS



## SHARING ARTS & CULTURE



## Empowering Learning and Growth at MMC

At MMC, we are dedicated to providing educational and personal development opportunities for individuals of all backgrounds and residency statuses. Our mission is to offer inclusive learning and self-improvement resources through a diverse range of complimentary classes. Whether you're interested in enhancing your language skills, exploring fitness routines, delving into arts and crafts, or discovering new recipes and techniques in our monthly cooking demonstrations, we have something for everyone.

We warmly welcome all individuals to join our classes, regardless of visa status. Our programs thrive thanks to the dedication of our volunteers, who are the backbone of our organization. We extend our heartfelt gratitude to dedicated volunteers such as Shubangi, Kathleen, Kate, and Rita. Their tireless efforts and enthusiasm have been instrumental in our success and in making a meaningful impact in our community.

Join us today and embark on a journey of learning and personal growth!

## MIND & BODY CLASS

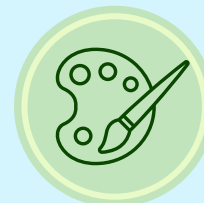


JOIN OUR...

## MMC CLASSES & ACTIVITIES



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



# COMMUNITY CONNECTOR SERVICES

At the Manawatū Multicultural Council, we understand the challenges of adapting to a new country. That's why our Community Connectors are here to provide support and guidance to newcomers in the region, including former refugees and migrant communities. Our goal is to ensure that everyone feels welcomed and supported as they adjust to their new environment. Our team of dedicated Community Connectors offers a range of services to help newcomers integrate smoothly into their communities. Here are some of the ways we can assist:



## IMMIGRATION

Navigating the visa application process and immigration system can be overwhelming. Our team provides support and guidance with completing forms, scanning documents, and communicating with immigration officials, aiming to streamline the process and alleviate your concerns.



## COMMUNICATION

For those who aren't proficient in English, engaging with various agencies, healthcare providers, and organizations can pose challenges. Our team offers language support to facilitate your access to necessary services.



## CULTURAL COMPETENCE

Familiarizing yourself with the new society is crucial for fostering connections and understanding deal to the culture and language differences. Our team supportd you to reach the social and public services and assists you to communicate with the service providers



## EDUCATION

Accessing quality education is vital for personal growth and development. Whether you're looking to enroll in language courses, vocational training, or pursue higher education, our team can guide you through the process, from researching institutions to completing enrollment forms. We are committed to supporting you in achieving your educational aspirations..



## HOUSING

If you're seeking affordable housing or struggling to navigate the rental market, our team is here to offer assistance and support, ensuring you find the ideal home that meets your needs.



## HARDSHIP SUPPORT

If you have immediate and essential needs like health, food, education, employment, or any personal concerns, our team is here to help you navigate through these challenges together.

## THANK YOU TO OUR SPONSORS



# What's on at MMC?

Visit MMC website  
<https://mmcnz.org.nz/>  
 for more information



## CONTACT US

**Manawatū Multicultural Council**

Hancock Community House

77-85 King Street - Palmerston North 4410

+64 6 358 1572

info@mmcnz.org.nz

facebook.com/mmznzpn/

### WEEKLY:

#### MONDAYS:

**English Conversation:** 10 – 11:30 am

**English Conversation:** 1 – 2:30 pm

#### TUESDAYS:

**DIGITS Computer Class:** 10 am – 12 pm

#### WEDNESDAYS:

**English Conversation:** 10 – 11:30 am

**Yoga:** 12:30 – 1:30 pm

#### THURSDAYS:

**Sharing Arts Culture:** 10 – 11:30 am

**English Conversation:** 1 – 2:30 pm

#### FRIDAYS:

**Mind & Body :** 6:15– 7 pm

### MONTHLY:

**Potluck Dinner:** every last Friday of each month

## WHY JOIN MMC?

- To practise 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 NZ culture and customs
- To work together with other community groups and organisations

## MMC NEWSLETTER

A bi-monthly newsletter published by  
**Manawatū Multicultural Council (MMC)**

**Manawatū Multicultural Council**

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