

NEWSLETTER

The monthly newsletter of Southland Multicultural Council

46 Kelvin St Invercargill (03)2149296 or 027-214-9296 ✉office@southlandmulticultural.co.nz 🌐www.southlandmulticultural.co.nz



UPCOMING EVENTS

1 Women's Group

September 14
6 pm
Southland Community House
46 Kelvin Street

Guest Speakers:
Ngaiwa McCallum
Kaylene Barbour
(Family Support Fieldworkers, ABLE)

Alison
(Women's Self-Defence Network)

2 Youth Group

September 16
2 pm
Southland Community House
46 Kelvin Street

Icebreaker: Team Building activity
Quiz Time using "Kahoot App"

3 Men's Group

September 29
6 pm
Southland Community House
46 Kelvin Street

Potluck Dinner with special speaker

Potluck Dinner

Join us to celebrate the Malaysian and Thai cultures, enjoy some cultural and musical performances and taste some authentic Malaysian and Thai Cuisine

**THANK YOU
FUNDERS!**

ILT FOUNDATION

COGS
Community Organisation
Grants Scheme

Invercargill
CITY COUNCIL

Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY

Community of Southland
Te Pou Aotahi Pounamu o Marikau

**THE OFFICE OF
ethnic communities**
Te Tari Matawaka

**SOUTHERN
INSTITUTE OF TECHNOLOGY**

DISCLAIMER

The information disclosed in this publication does not necessarily reflect the view of the Southland Multicultural Council Inc.
Southland Multicultural Council Inc does not support any particular political party

WATCH OUT!!!

Southland Multicultural Council in association with Tutor Tracey is hosting regular 'IELTS: Tips and Techniques' sessions

"Topic Based" by Tracey

Session topic: Environment

At the session, Tracey will discuss what works for you.

Come with your ideas
Date: 10th of October

PRESIDENT'S MESSAGE

Kia Ora, Mabuhay

As we welcome spring, with warmer temperatures and bulbs about to bloom, I hope that you all had an awesome winter and got out and about on those crisp blue-sky days to explore the region and enjoy Southlands snow covered mountain vistas.

SMC has been very busy for the past month participating in community events. We continue to work in collaboration with other external organisations and groups to actively promote cultural diversity in our community and assist migrant settlement in Southland. The office continues to be a busy hub for our activities, with regular visitors and enquiries.

It is pleasing to see that our membership has been steadily growing in past months. We are also very appreciative of a recently received grant from COGS. This funding is crucial to enabling the SMC to function effectively.

Recently, we had the pleasure of visiting Kea Scouts and promoting children's activities from different cultures. It was a fun way for the children to learn about differences and similarities among people and to introduce the concept of diversity. The children were very engaged in the activities.

SMC were once again in attendance at Polyfest. It is overwhelming to see our young people contributing to a richer community by celebrating Maori and Pasifika cultures.

One of our Youth Leaders, Ashvin, has also attended Youth Mentoring Network Training. This training provided an opportunity to learn about different cultures, values and perspectives, and effective skills for working with New Zealand's diverse young people.

The SMC Men's Group electoral forum was an opportunity to meet local candidates in the upcoming election and gain a better understanding of party policy on immigration and refugee resettlement. This was a very informative event.



“*Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another*”
ERMA BROMBECK

The Indonesian / Vietnamese potluck dinner was a fantastic evening. I am amazed at the enthusiasm each ethnic group showed promoting their respective cultures. To everyone who contributed to making this a successful event – a massive thank you.

As we move forward into September, we look forward to our monthly potluck dinner which will be a celebration of Malaysian / Thai cultures. Our Women's, Men's and Youth group sessions are ongoing however it is proposed that the day for sessions will be Tuesday instead of Saturday.

In collaboration with English Language Partners, a Professional Speaking course is scheduled. This course is designed to help you express your ideas in an appropriate, effective, clear and professional way. Finally, in association with Arts Murihiku there will be an opportunity for all of you who have a passion for arts, to showcase your talent in an upcoming community exhibition.

Until next time, take care and always remember – ethnicity matters!



Sajitha Ferry
Coordinator

The winter has just come to an end and the spring is back. It is the wonderful time of the year when snow finally melts, trees begin to blossom and the streets look lively and green again!

August was the busiest month of the year filled with some interesting activities such as 'Meet the people from other culture' at Kea Scouts for kids aged 5 to 7 and 'Travel to Asia' at Peacehaven for aged people. We also had successful Youth, Men's and Women's group gatherings. We also participated in the Citizenship ceremony held at Invercargill City Council on 15th of August and presented the new citizens with native trees contributed by the Southland community Nursery. We are most proud of how the Indonesian and Vietnamese Communities helped us to organise the Indonesian and Vietnamese Night in August.

We encourage you all to take part in the upcoming Youth, Women's and Men's group activities and look forward to see you all at the celebration of Malaysian and Thai cultures on 23 September 2017.

Southland Multicultural Council Is Looking For Volunteers!!!



Connecting to local organisations is mutually beneficial and strengthens our community.

You will be amazed how **LITTLE** can make such a **BIG DIFFERENCE** to our community.

An opportunity to learn new skills and meet new people from different cultures.

COULD YOU VOLUNTEER WITH US?

IF SO, please contact our office

P: 03 214 9296 or 027 214 9296

E: office@southlandmulticultural.co.nz

Add: 46 Kelvin Street, Invercargill

Or Meggy, the President at 021 557 527



Tushnika Dissanayake
(Sri Lanka)

PGDipBE student, SIT

It was really amazing that how I met this friendly council in Invercargill.

After arriving Invercargill, the second week I, was roaming with my Friend and we stopped at the door of the Southland Community House, and we went to the reception and I understood that it was a community house and we can volunteer. I have been directed to the Southland Multicultural Council, where I got a warm welcome from Meggy, the President and Sajitha, the Coordinator of Southland Multicultural Council. From that day I became the family of SMC volunteers. I started our volunteering as star weavers by joining the Star Weaving sessions which the Council was enduring as a part of "One Million Stars Campaign" to End Violence by weaving the stars as a message to end violence.

It was very interesting & fun, I have been volunteering for SMC at ILT Kidzone which was an energetic and remarkable event where I met some new people and made new friends.

The monthly Potluck Dinners arranged by the council had made us confident of handling events, activities and meeting new people. I believe this is a good opportunity for anyone who joins SMC as volunteer, as Invercargill is a small city it is an easiest way to know each other.

Attending YOUTH, MEN'S and WOMENS Group gatherings gave me a lot of useful information. I encourage you all to participate and get involved.

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Nirmal K. Manoharan
Committee Member, SMC

“

If our hopes of building a better and safer world are to become more than wishful thinking, we will need the engagement of volunteers more than ever.

” - Kofi Annan

Great August has passed and Super September to come, a busy month for us with more events. My observation in this month was different after writing about multiculturalism, on thinking why these events are so successful and how to build a community stronger. The answer is volunteering, gathering some facts and observing some events through Southland Multicultural Council, I was able to find and calculate the work done through implementing plans. As an engineer, you can plan, but nothing can be built without laborers. In a similar way observing past three months the volunteers have been the brick for us to support and build events through dedication.

Spending time with computers and software make the work easier, but it is always hard when you do cleaning, decorating and unpacking. But this was made easy with the volunteers who came forward and spent their time without looking for any personal gains, it was beautiful and an outstanding example for building a great community. Particularly, during our potluck dinners, it is beneficial for volunteers to improve their skills on serving and greeting customers. The kitchen area would be a great place to start who is shy and it was helping them to come out of that fear when their contribution is respected and recognized. This is a great place to build skills and to improve your social contacts and make new friends.

At Southland Multicultural Council we plan and craft every event carefully to bring the benefits for the community that would help volunteers build their skills for their life. I simply ask you to consider joining Southland Multicultural Council as a volunteer and also to consider being financial member to increase our support to build events at a greater level. I thank all volunteers for your dedication, support, and care for the community.



Sumesh Pokhrel
(Nepal)

Migrant Story (Reporter: Kumaran)

One of our financial member Sumesh Pokhrel has been in New Zealand for more than five years. His passion in Information Technology made him come to Southland to pursue his studies. It is his first visit to Southland since he came to New Zealand years back. Sumesh with great excitement spoke to us in his interview for Southland Multicultural Council and began to speak on his experience as a migrant. He said, “As a Nepalese, I am proud of my country and happy to see a lot of Nepalese in Invercargill, years back when I moved to New Zealand, I had intriguing thoughts about the opportunity in New Zealand. I didn't find anything difficult because whatever problems I faced, I have solution.”

“Though I miss my authentic food recipes of Nepal, I am confident that one day there will be a potluck dinner for Nepalese culture. My favorite recipe is Momo's a Nepalese version of dumplings and Gorkhali Lamb curry which I really missed.

I have a lot of kiwi friends now through community works, sports and this has further improved after my visit to Southland where I was able to find a diverse culture at SIT, Invercargill. It made me comfortable to speak with different people from different culture. This also gave me an encouragement for sharing my culture, I was attracted when I heard about Southland Multicultural Council on their events and support for migrants. I congratulate President Meggy for her great efforts and allowing her committee member to gather stories on migrants and the entire SMC who has been dedicated to conducting events for all to prosper in their life by valuing their culture.

SMC newsletters are informative and has more valuable contents. This is a great chance for me to share my experience in this interview. I suggest all migrants become a part of our SMC family.”



Master Gichin Funokushi(1868-1957)



Venura Gamwasan Gamage

SMC Committee Member
[3rd Degree Black Belt (Affiliation from Iran)]
Learning to achieve the 4th Degree
Sri Lankan National Champion of 2000
20 years of experience as Karate Instructor]

Development of Karate

In common terms karate can define as a martial art, sport, fighting style and series of techniques which are useful for self-defence. But in broader terms Karate is a mix of all, and Karate can be broadly defining as a series of techniques and movements which blends the body and the mind together to perform a series of physical activities.

As most of the martial arts originated from Japan and China, there is a common belief that Karate was also originated from those two countries in few decades back. But karate has got a wider history than that. According to historians and ancient books written on the evolution and development of Asian cultures and martial arts, the basics of the karate was originated in ancient India thousand or more years back. A Buddhist monk named Bodhi dharma moved to China with that knowledge of fighting and defencing techniques and taught those techniques and series of exercises to monks in shaolin temple to protect themselves from enemies like thieves and wild animals and also to increase their physical strengths to practice rigorous meditations.

Few decades back in 1700's more developed version of this martial art moved to Japan with the cultural exchange of China and Japan. In a small island in Japan so called Okinawa, this martial art developed secretly among the people in the island and they called it as Okinawa-te means the "hand of Okinawa".

After another one decade of development, in 1800's Karate slowly began to spread all over the Japan and the term Okinawa-te change in to "Kara-te" which represent the meaning of "Empty hand". After 1800's Karate started

“*Nothing is more harmful to the world than a martial art that is not effective in actual self-defence.*”

- Choki Motobu ”

to develop rapidly and more and more people started to learn and practice karate under several teachers and this made the martial art to grow and reach much broader extent with the creation of different styles like Shitho ryu, Goju ryu, Riyu kyu etc. These teachings were also from the same karate background with minor differences.

After this evolution also there were no records or proof about public karate demonstrations until master Gichin Funokushi (1868-1957) has done the first recorded public karate demonstration in Keio University, Japan in 1917. In 1922 all the universities in Japan began to start karate clubs and that increase the number of students and practitioners of karate significantly. Since then Karate has developed immensely and expanded all over the world and according to the WKF (World Karate Federation) currently more than 100 million people all over the world practising karate and the figure is 50 million according to the records of Japan ministry of foreign affairs.

Regardless of what is the exact figure it is obvious that karate has become a globally accepted martial art and sport and that is why the Karate will start taking part of the Olympics from 2020 and this will also be a significant step of the history of the Karate.



Potluck Dinner

Please bring a plate of your favourite dish to share

Malaysian & Thai Night



Join us as we explore and celebrate the Malaysian and Thai Cultures and grab the excellent opportunity for intercultural exchange and understanding.

Bring along your friends, family and neighbours to celebrate and support the Malaysian and Thai Communities, have a festive evening and create your own lasting memories.

SEP 23 2017

Hansen Hall (SIT)
133 Tay Street
6.00 pm

Venue Sponsor



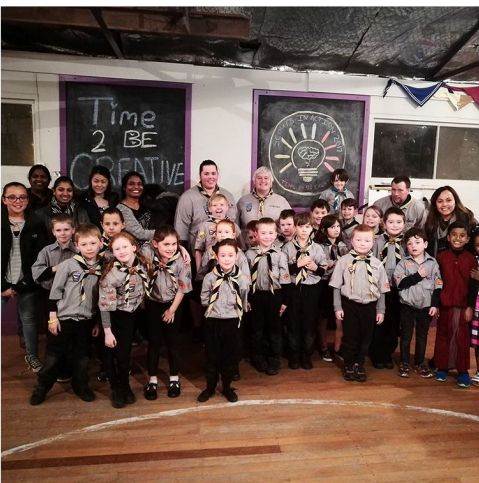
SOUTHERN
INSTITUTE OF TECHNOLOGY
TE WHARE WANANGA O MURU KŪ

Entry

Members : Free
Non Members : Gold Coin



SMC participated in the **Kea Scouts'** Activity "**Meet the people from other cultures**", where we taught the kids aged between 5 and 9, a Sri Lankan Song, Sri Lankan greetings and using Chopsticks as well as **Peacehaven** activity 'Travel to Asia' where we did a presentation on some important things to know about Asian Culture, a presentation on Sri Lankan Culture and also engaged the aged people with chopsticks and some entertainment



Indonesian And Vietnamese Night 2017

Southland Multicultural Council celebrated the Indonesian and Vietnamese Night as a part of our mission to protect and promote the interests of ethnic communities in Southland and it was a colourful evening with some lovely performances, food and some information on Indonesian and Vietnamese Cultures.

Thank you all for joining us and supporting the event



ICC Citizenship Ceremony

We participated in the Citizenship ceremony held at Invercargill city council on 15 August 2017 and presented the new citizens with a native tree contributed by the Southland Community Nursery.



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WOMEN'S GROUP

Another successful Women's Group gathering with Healthy Cooking demonstration of Sri Lankan dishes by Grace Peries on 5th August 2017 at Southland Community House.

YOUTH GROUP

August Youth Group was the continuation of Personality development: Key Success factors by Fred Musika, People Skill trainer SIT. We also had Kristie, the advocate of National Health and Disability Advocacy Centre as Guest Speaker who gave an idea about the services they provide and encouraged the group seek help if needed.



MEN'S GROUP

The Southland Multicultural Men's group started with Migrant and Electoral Forum held on 25th of August 2017 at Invercargill Library, where National MP Sarah Dowie, New Zealand First MP Ria Bond, Labour Candidate Dr Liz Craig and Green candidate Rochelle Surendran explained their stance on the migrant and refugee issues.



**SOUTHLAND
MULTICULTURAL
COUNCIL INC**
*Blue anaka
Unity in Diversity*



Professional Speaking for Migrants

Designed by Speech New Zealand and offered in Invercargill by English Language Partners in collaboration with Southland Multicultural Council, this course is aimed at giving migrants from a non-English speaking background, confidence and clarity in spoken English and public speaking.

Date : 11th September to 20 November 2017
Time : 5.30 pm to 8.30 pm
Day : Monday - 10 sessions
Venue : Invercargill Public Library
Teacher : Angela Newell
Course fees : \$40 for NZ permanent residents/citizens
: \$70 for others
NZ Speech Board Exam fees \$134

For further information/ to register for the free workshop email southland@englishlanguage.org.nz

Or Nalini Varghese 029 771 0950/ 03 2182736

Course benefits

Participants will

- Gain confidence in communicating in English in one-to-one conversations
- Be given voice exercises for English sounds which they need to practise
- Learn to speak with clarity about their qualifications and work experience
- Role play job interviews, telephone calls, and dealing with customers in work situations
- Learn to give a talk to an audience about their career or community interest
- Learn to use PowerPoint and other visual aids; speaking without notes
- Learn to do social speeches (e.g. to introduce a speaker or to farewell a colleague)
- Learn to read aloud from a publication related to their career, hobby or community work
- Learn how to make small talk at networking and other events
- Learn how to relax before a job interview or other stressful speaking events
- Be able to sit the Speech NZ exam and on passing the exam will receive a nationally recognized NZ Speech Certificate.

Note: Applicants for the course will need to have at least an Intermediate level of English.

Applicants should be NZ citizens / permanent residents / work visa holders

CALLING ALL MIGRANT ARTISTS

Would you like to be part of an Arts
Exhibition that celebrates
Murihiku/Southland's Migrant
Community?

You Could be a sculptor, painter, potter
or crafts person...

The Southland Multicultural Council in
association with Arts Murihiku and City
Gallery are looking at hosting an
exhibition in 2018

We would love to showcase your
talents!

For further information please contact
Lisa at Artsmurihiku@gmail.com or Sajitha
at office@southlandmulticultural.co.nz

**ARTS MURIHIKU PROUDLY
SUPPORTING THE ARTS IN
SOUTHLAND**

Workplace English



Work Talk

Job-seeking skills for the Kiwi workplace
Four-week course (12 hours a week)

English for Employees

Improve your workplace English
For people with NZ residency (2-3 hours a week)



Phone 03 218 2736 / 029 771 0950
Email southland@englishlanguage.org.nz
Web www.englishlanguage.org.nz

ENGLISH LANGUAGE CLASSES

Name of the class	Day	Time	Classes	Start date
Reading & Writing (Intermediate and Above) Class Invercargill	Wednesdays	10 a.m. to 12 p.m.	8	26/7/17
Listening & Speaking (Intermediate and Above) Class Invercargill	Thursdays	10 a.m. to 12 p.m.	8	27/7/17
Conversation Class Invercargill (Beginner – Elementary)	Fridays	12.30 to 2.30 p.m.	8	28/7/17
Conversation Class Gore	Wednesdays	6.45 to 8.45 p.m.	8	2/8/17
Pronunciation Class	To be held in September			

WORK BASED PROGRAMMES

English for Employees 45 hours, 2.5 hours per week, small groups of 3-4, flexible timings.
(NZ permanent residents /citizens only)

Work Talk 48 hours, 12 hours per week, flexible timings.
(NZ permanent residents/citizens and work visa holders only)

HOME TUTORING English language lessons delivered by trained volunteer tutors at the learner's home.

For more information, contact: English Language Partners Southland, 184 Esk street Invercargill
Phone 03-216 8765 / 029 771 0950 / email: southland@englishlanguage.org.nz

Courses start mid-July
Get in touch soon



Eastern Southland Newcomers Network
Connecting People

New to Eastern Southland?

Visit <http://www.newcomers.co.nz/>



If you would like to talk to the police about anything you can phone me on 215 0311 or Invercargill Police Station 211 0400.

Remember, if it is **urgent**, dial **111**
Community Constable, Anthony Hogan

Tax Credit for Donations



Southland Multicultural Council Inc. is an incorporated society and is registered under the Charities Act 2005, CC27119.

Donations of \$5 or more are eligible for a donations tax credit from the Inland Revenue Department. A receipt will be issued so you can claim the rebate.

The purpose of Southland Multicultural Council is to promote and protect the interests of ethnic people in Southland

SEPTEMBER BIRTHDAY GREETING

Sparsh Chandra 16 Sep
Brando Palling 22 Sep
Meggy Bartlett-McBride 27 Sep

If you are not a member of Southland Multicultural Council or your membership is due for renewal, call us **03 214 9296** or **027 214 9296** or post the application form to **46 Kelvin Street, Invercargill**. You can also email us at office@southlandmulticultural.co.nz
ANNUAL MEMBERSHIP IS \$15 PER FAMILY