



THE RAINBOW QUILL

OCTOBER 2010



SOUTHLAND MULTI-NATIONS COUNCIL INC

Southland Multi-Nations Council
46 Kelvin Street Invercargill
(03) 2149296
E-mail: multinations@woosh.co.nz

Potluck Dinner

Saturday, 16 October, 6.30pm
Holy Trinity Church Hall,
King Street, Windsor, Invercargill



Please bring a plate of food to share

Entertainment: Members of the Tongan community will bring us some entertainment from Tonga

Everyone Welcome

Members of Southland Multi-Nations—free
Non members—a gold coin donation

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Coming up on Saturday October 30

A great opportunity to be informed and upskill.

Remember to register with Violet at Southland Multi-Nations to ensure there are enough photocopied handouts and morning tea, plus you will be able to get your certificate on the day if you have registered.

FREE workshop on
The Treaty of Waitangi
Sat. October 30, 9.30am to 12.30pm
at Lindisfarne Community Centre
corner Lindisfarne & Miller Street, Invercargill

Workshop Presenters:
Bill Hamilton, Kaiwhakarite, Human Rights Commission
Karolin Potter, Advisor for Human Rights Commission

Programme outline:

9.30am	Mimihi and Karakia The Treaty belongs to all of us What does it say?
10.45am	Kapu ti Relevance of the Treaty to my whanau and community Applying the Treaty to my workplace Open dialogue
12.15pm	Concluding comments

Everyone welcome

FREE but please register with Violet at Southland Multi-Nations tel 214 9296 or email multinations@woosh.co.nz
Those completing the workshop will receive a certificate of attendance & participation

Southland Multi-Nations Council Inc. is funded by Community Trust of Southland, GOGS, Lottery Grants Board, United Way, ILT Foundation, Invercargill City Council

Maori clip art from www.maori.org.nz

DISCLAIMER—

The information disclosed in this publication does not necessarily reflect the view of the Southland Multi-Nations Council Inc.

Southland Multi-Nations Council Inc does not support any particular political party.



Thanks to the International school at SIT for the printing of this

SOUTHERN INSTITUTE OF TECHNOLOGY
TE WHARE WANANGA O MURIHIKI

Photo Gallery



Coordinator Violet trying to get the heavy snow off the trees so they wouldn't break



(above)
XingDong

The Chinese Mooncake Festival also known as the Lantern Festival



Fan dance by Lin

From President Brian

Tena Koutou, Greetings to the Southland Multicultural family

The big issue as I write is the weather – snow, hail, rain, wind, and very cold temperatures. The recent snowfall was extraordinary, and its like has not been seen in Invercargill in all of my seventy years. Although snow is a novelty for many of our people who come from warmer climates, it also presented challenges in terms of transport, shopping and just keeping warm. Road safety for our members played a large part in the decision to cancel the last pot-luck meeting. To those who did not hear the cancellation notice on the radio and bravely turned up at the venue, I offer my sincere apologies.

Many of us have friends and relatives living in the Christchurch area, all of whom have been affected by last month's earthquake in some way or other. Although thankfully there was no loss of life, the damage to property and stress suffered by residents has been extreme, and our thoughts are with those who will need help and support for some time to come. Sarah and Mary, Angela, Isaac and Carroll, Catalina and Tim, Avinash and Katie and Fasil and Helen have all been in touch to let us know they are safe and well.

Looking ahead, I remind you of the Treaty of Waitangi seminar coming up. This is an opportunity for us all to learn more about the history of the Treaty, the founding document which enables all of us to hold up our heads and live with pride in Aotearoa New Zealand. I strongly recommend it to you as an empowering experience which will add to your understanding and knowledge. I have attended similar sessions in the past run by the Human Rights Commission, and find, although I have lived here all my life, there is so much more to learn. Bring a friend!

Kind regards to all.

Brian Bellett



**Eastern Southland
Newcomers Network**

Connecting People

New to Eastern Southland?

Visit <http://easternsouthland.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

If you'd like to share a story with readers of this newsletter— something that has helped you to settle into New Zealand, a good news story, a recipe, something else of interest and appropriate for the newsletter — you can email it to me at multinationations@woosh.co.nz and I will include it as space permits. Thanks. Violet

**Tax Credit for
Donations**



Southland Multi-Nations Council Inc. is an incorporated society and is registered under the Charities Act 2005.

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

The purpose of Southland Multi-Nations is to promote and protect the interests of ethnic people in Southland



**From the Coordinator
Greetings to everyone**

I'm sure that all of us who were in Invercargill on the day of the big snow September 18th will remember what we were doing. As well as shovelling snow, I decided it would be a good day to try out a new recipe which sounded fun as it was made in a mug. I found a mug with straight sides which I thought would be big enough, but it wasn't! I've put the photo and the recipe on page 8. My husband George and I laughed and laughed and despite its looks the cake tasted great, especially when it was still warm!

Coming up in October we have the monthly potluck dinner on October 16th with entertainment by the Tongan community. Then on October 30 there is a free workshop on The Treaty of Waitangi. This is a great opportunity to find out more about The Treaty. It is good to have this training for your workplace and a certificate will be issued to those who attend the whole workshop. November isn't that far away and on Sunday November 7th we have *Rainbow Praise* In First Church which will be an opportunity to hear some lovely singing from different cultures.

Hopefully our new name and logo will be in the November newsletter.

Violet Stewart



Rainbow Praise

**Sunday November 7, 2.00pm
First Church, Tay St., Invercargill**

**Enjoy choirs/singing groups from
Christian ethnic churches which include:**

- Cook Islands
- Philippines
- Tonga
- Zimbabwe
- Samoa
- Kapa Haka

Many Peoples, Many Songs

Followed by afternoon tea in the church hall

Everyone Welcome

FREE entry

**a koha/donation to help with
expenses would be appreciated**

Organised by Southland Multi-Nations Council Inc, 46 Kelvin St, Invercargill
Tel 03 214 9296, multinations@woosh.co.nz, www.multinations.co.nz



Southland Multi-Nations Council Inc. is funded by Community Trust of Southland, COGS, Lottery Grants Board, ILT Foundation, Invercargill City Council, United Way

Cost of Emergency Health care

We have heard of someone who recently went to A & E (Accident & Emergency), the emergency department of the hospital and received an invoice for \$700.00. We understand that this is a minimum charge for a consultation at A & E. If you need tests that will be extra.

If you don't qualify for free healthcare and need to visit A & E be aware of what the cost could be. A visit to a GP would be a cheaper option if it is not an emergency.

In the Multi-Nations May 2010 newsletter there was an article "Do I need to Pay for My Healthcare". You can also find it on the Multi-Nations website www.multinations@woosh.co.nz under publications.



FREE Smoke Alarm

If you have **NO** smoke alarm in your home please read this.....

The NZ Fire Service will supply one FREE smoke alarm (which includes the battery) for houses which have no smoke alarms. If you live in Invercargill they will come to your house and put it up for you.



If you qualify for a free smoke alarm and would like one phone the NZ Fire Service in Invercargill and talk to Jules 218 4209 or email Cathy at the Fire Service, catherine.trevathan@fire.org.nz. You can also let Violet at Southland Multi-Nations know and she will pass your name and address on to the Fire Service.

Smoke alarms need to have their battery checked every 6 months. It is good to do this at the time when we change our clocks for daylight saving in September and April as it's easy to remember.

NZ Fire Service website has more information about smoke alarms. <http://www.fire.org.nz/Fire-Safety/Safety-Devices/Pages/Smoke-alarms-installation.aspx>

What to do when Renting

The website www.dbh.govt.nz has very good information for those who are renting the property (the tenants) and those who own the property (the landlords).

The booklet ***Renting and you—a guide to the law about renting*** is in English but it is also in Maori, Samoan, Tongan, Korean, Simplified Chinese, Traditional Chinese, Arabic, Cook Island. You can download this publication (32 pages) from the website or if you would like a hard copy phone the free phone number 0800 83 62 62. Southland Multi-Nations also has some copies of these two publications in English if you want to get one from there.

Another publication ***What to do when you're renting—a guide for tenants*** also gives lots of useful information, including what to do when you want to move out?

On the website there are also the following information sheets (2 pages each): ***Tenancy Information, Tenant and Landlord Rights and Obligations*** and ***Tips for Hassle-free Flating.***

For more information see www.dbh.govt.nz

Department of Building and Housing
Te Tari Kaitiaki Whānui

Renting and you – a guide to the law about renting

0800 TENANCY (0800 83 62 62)
www.dbh.govt.nz



Simple, tasty recipe Butter(less) chicken

Serves 4

- 2 teaspoons canola oil
- 1 medium onion
- 2 cloves garlic, peeled, crushed/chopped
- 2–3 teaspoons grated ginger
- 2 teaspoons curry powder (mild or hot according to taste)
- 1 teaspoon cumin
- 1 teaspoon ground coriander
- 300g boneless, skinless chicken breasts,
- 400g can whole or diced tomatoes in juice
- 1/2 cup light and creamy evaporated milk
- 1 tablespoon tomato paste
- 1–2 teaspoons garam masala (optional)
- 1/4 cup plain unsweetened low fat yoghurt
- 1/2 teaspoon iodised salt, to taste
- 1 tablespoon tomato paste
- 1–2 teaspoons chopped fresh coriander (optional)

1. Heat the oil in a large pan, then add the onion and garlic. Cook, stirring frequently until the onion is clear and soft but not browned (about 5 minutes).
2. Add ginger, cumin, curry powder and coriander and cook stirring constantly for about a minute.
3. Cube chicken and tip into the pan and cook, stirring, until lightly browned.
4. Stir in tomatoes, juice, evaporated milk and tomato paste. Bring to the boil, then reduce heat and simmer gently for 8–10 minutes or until chicken is cooked through. Test by cutting a larger piece in half and checking there is no pink in the middle.
5. If milk has separated slightly, mix a few teaspoons cornflour with cold water and add to the chicken.
6. Stir in remaining ingredients, taste and add salt if required. Reheat but do not boil.
7. Serve over steamed rice with steamed vegetables such as broccoli and cauliflower.

From The New Zealand Diabetes Cookbook: Easy Everyday Recipes for the Whole Family, by Simon & Alison Holst.



**October
2010**



School Holidays are about to start again for the 3rd term break

Starting Friday 24th September then back to school for Monday 11th October

Drivers Licenses



If you're working or living in Southland, you'll need to gain a New Zealand driver licence.

Here for a year or more? If you'll be in New Zealand for more than a year, you need to gain a New Zealand driver licence. If your overseas licence is still current or expired less than 12 months ago you can apply to convert it to a New Zealand licence.

How to convert your overseas driver licence to a New Zealand licence:

- Apply at any [driver licensing agent](#).
- Complete an [Application for conversion of an overseas driver licence form \(DL5\)](#) (either download this form, or get a copy from any [driver licensing agent](#)).
- Present your overseas driver licence (if your overseas licence is not in English you'll also need to present a translation of your overseas licence by an [approved translator](#)).
- Present evidence of your [identity and your address](#).
- Present photocopies of all of the original evidence above.
- Present a [current medical certificate](#), if required.
- Pass an eyesight screening check - unless you provide a current eyesight or medical certificate.
- Pay the [licence fee](#). The amount will depend on the type of licence.

There are a few things that you may not be used to when driving in Southland for example:

- If you are involved in an accident you must stop and help. If someone is injured this must be reported to the police within 24 Hours.
- When turning right at intersections you must give way to the vehicles that are coming from the opposite direction and turning right.
- Watch out for farm animals on the road. Slow down do not sound your horn. You may need to stop and let the animals go past or move slowly up behind them.
- Slow down on wet, snowy or frosty roads and avoid braking. Be aware that a wet rainy night and a following frost in the early morning can create black ice on roads which creates hidden slippery patches on the road (especially beside trees and tall hedges).
- Southland also has 2000km of unsealed roads which are made of gravel and care needs to be taken as it is easy to lose control if travelling too fast.

Drive Carefully

Sue Morrison-Bailey 03 2111803 sue@venturesouthland.co.nz
Southland Settlement Support, 143 Spey Street, Invercargill, funded by Department of Labour

Notice Board

Citizen's Advice Bureau corner of Dee & Gala streets

This agency has been set up to assist people with enquiries for services and for referral to other agencies.

Specialist service include:

Justice of the Peace clinic– Saturday 10am until noon. (no appointment necessary)

Consumer clinic- every Wednesday 3pm- 4.30pm, Friday 12pm-1.30pm- call to make an appointment

Legal services- free legal service on Thursday night. An appointment must be made.

Telephone: (03) 218 6648 or 0800 367 222

Southland Community Law Centre

5 Tay Street

Invercargill (just along from W.I.N.Z)

Ph 03 214 3180 or 0800 55 0800

Services include:

- providing legal information
- advice and assistance
- promoting legal education and law reform
- and in some cases representing people in court.

These services are usually provided free to eligible members of the public. Check with your local community law centre to see what services they offer.

October Birthday Greetings

To:

- 😊 Catherina
- 😊 Kristin
- 😊 Katrine

Congratulations everyone else young and old having a birthday in October.

If anyone would like to have birthday greetings in our newsletters please let Violet know at the office, 214 9296



ENGLISH
LANGUAGE PARTNERS
NEW ZEALAND
Working with Migrants and Refugees

Southland Centre

184 Esk Street, Invercargill

Tel/fax: 03-2182736

email southland@esolht.org.nz

*Free English language classes for people from non-English speaking backgrounds**

- Home tutors
- Social English Groups
- (in Invercargill & Gore)
- English for Employees
(a specially designed programme for people in employment)

*conditions apply



SOUTHERN
INSTITUTE OF TECHNOLOGY
TE WHARE WAIWANGA O HURUNUI

Learn English at SIT

ZERO FEES FOR NEW ZEALAND CITIZENS AND PERMANENT RESIDENTS

The SIT English language school provides new & old residents of Southland the best educational opportunity in the country to improve their English language learning at no cost.

Full time students can apply for study allowances to assist them through their study.

SIT offer? Full & part-time Intensive English language certificate, NZQA approved with part-time afternoon IELTS program.

Beginning any Monday-Times are:

Monday– Thursday 9am-3pm and
Fridays 9am-12pm.

For further information call 03 2112699 extn. 8770 or email overseas@sit.ac.nz

Membership of

Southland Multi-Nations



If you aren't a member of Southland Multi-Nations and would like to be you can either phone Violet at the office for a form, come into the office and collect a form or download a form from our website www.multination.co.nz. On the website you will find the membership form under the heading of publications.

Annual Membership is \$15 per family

Kids Korner

Hi Everyone

I wonder what you did when we have the big snow on September 18? I found I needed to put my gumboots on to be able to walk anywhere outside without sinking into the snow which was very deep and getting wet. This started me thinking about the history of gumboots.

Gumboots were originally called "Wellingtons" after the Duke of Wellington who lived in England about 150 years ago. He asked his shoemaker to make him some special boots which became known as Wellingtons. These boots were very useful to keep your feet dry and they began to be popular in different countries. In different countries they were called different names.



My father had gumboots like these

It is not exactly certain how the word "gumboot" came about in New Zealand. According to Wikipedia, one idea is that the name came from the 19th-century Kauri-gum diggers in New Zealand, who wore this kind of footwear. Sometimes gumboots are called "gummies". In the North Island there is a town called Taihape, which calls itself the "Gumboot Capital of the World". They have a Gumboot Day with competitions, which includes seeing how far people can throw a gumboot. If you try that at home make sure you do that outside with plenty of room so you don't hit the house, or anything else you could damage. Best to check with your parents first.



Most gumboots are black but people in some jobs wear white gumboots. The manufacturers started making coloured gumboots for children. Now you can get gumboots in all sizes and colours and with some amazing designs on them.



Violet 😊

Chinese Mooncake Festival (also known as the Lantern Festival)

In September the Invercargill sub-branch of the Otago Southland Branch of the NZ Chinese Association celebrated the Mooncake Festival at Ocean Seafood Restaurant. There was some very tasty Chinese food and at the end of all the courses was the mooncake, especially obtained for the occasion.



The Mooncake is quite filling. It is to be cut diagonally and shared with family and friends. Although the mooncake is approximately the size of a human palm one mooncake can be shared by eight people. The mooncake has a thin skin but contains a dense filling. It may contain one or two salted egg yolks in its centre to symbolise the full moon. Traditional mooncakes have the word "longevity" or "harmony" (in Chinese characters) printed on it. Traditional mooncake flavours are lotus seed paste, red bean paste and five kernels (5 varieties of nuts and seeds mixed in maltose syrup). Nowadays there are many new flavours for mooncakes.

The Mooncake Festival is about reunion with family and friends. It's about unity and togetherness.

Information about the mooncake from <http://hubpages.com/hub/Chinese-Mooncake-Festival>

Family News

* Congratulations to Farin & Shane Wixon on the arrival of baby Abraham, born 20 August 2010.

If you have any news you would like to go in our monthly newsletter please let Violet know at the office, either by phone or email.

Please return to:
Southland Multi-Nations Council
Southland Community House
46 Kelvin Street
Invercargill

Chocolate Cake in a Mug in 5 Minutes

4 tablespoons self raising flour
2 tablespoons cocoa
3 tablespoons milk
1 large mug

4 tablespoons sugar
1 egg
3 tablespoons cooking oil

Mix flour, sugar, and cocoa together; stir in egg, milk, oil and mix well.

Put in a large mug. Microwave for 3 minutes on maximum power.

Wait until it stops rising and sets in the mug.

Tip contents out of the mug onto a plate and enjoy as a cake or enjoy with cream as a dessert.

You can put a tablespoon of jam into the bottom of the mug before you add the mixture.

If you don't have any cocoa, you can use milo.



This is what happens if the mug is too small !

Enjoy!