

DIVERSITY WEEK 2020

EDITORIAL:

Cultural Diversity week is celebrated each year in Australia to eliminate racial discrimination among people. Cultural diversity week is held in March to accord with the United Nations Day and Harmony Day on 21st March and is considered as Victoria's largest culturally diverse festival.

Cultural diversity week this year is based on the theme 'Curiosity. Conversation. Community.' This theme is based on the conversation regarding multiplicity and talk about the benefits it provides to Victoria and how it boosts our community.

Proudly displayed by the Victorian Multicultural Commission, in conjunction with the Victorian Government, the Week invites Victorians to embrace and celebrate our cultural diversity. In this diversity week, various Programs will include cultural performances across multiple stages, dance workshops, a cinema, kids' activities and endless opportunities to explore the many cultures and traditions that make Victoria state such an incredible place to live.

Australia is one of the popular multicultural countries in the world. Since 1945, more than 7.5 million people have migrated to Australia. Migrants to Australia bring in with them most of their own cultural and religious customs, along with carrying on many new practices.

RMCN strives to provide culturally and linguistically appropriate support to the migrants to have a greater knowledge of their culture. We assist the recently arrived settlers to achieve their aspiration and understand their rights in social and economic participation.

RMCN has initiated many important community developments and social support services including planned elderly activities, women's social support groups, computer digital team literacy

T pre-vocational English classes, healthy eating's, healthy ageing and employment support, art and craft activities etc.



Picture : Multicultural people happy together

RMCN has the support of the government and non-government agencies, volunteers, local support providers and academic institutions to assist newly emerging communities who make their new country Australia. We also encourage newly emerging communities to be proud of their culture and identities, and assist them to retain their cultural values and Norms.

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(Wyndham City Council)

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Picture : Women's Group engaged in Sewing activity

Somalia Group

As part of the services provided by RMCN ,we got to interview one of our member from the sewing group. She joined the organization last year .She is enrolled with the Somalian group. We got to know about Saud and her passion for sewing. When asked her about the services and activities she said that she is feeling good here and is proud to be a member of RMCN .She feels like she is still in touch with her community . Saud and her community members performs the activities they used to do back in their home . All group members do sewing here she learns so much from the facilitator as well her group members. Saud is very happy with the services and is excited that RMCN has provided her the opportunity to set up a sewing accommodation where she can excel her skills would highly recommend the organization to everyone.



Picture : Weekly Group Meeting

Karen Group

we got a chance to get an interview from another member of the Karen Group who is engaged in sewing classes. She arrived in Australia in 2010 .She stayed in Werribee with her family. She learned English here for two years to make her settle according to the Australian life. While taking classes her friend told her about the services provided by RMCN. She enrolled her in the sewing classes and sha has been a proud member of RMCN for two years . She is stitching clothes for herself and her family members. She said “ I am pleased that RMCN provided me a chance to continue my hobby here in Australia , I am very happy and here I am getting everything that is required for stitching .I would recommend RMCN to everyone .

Multicultural Cuisine Cooking Group

This activity for women's is mainly for them to keep active and healthy. All the women's participate enthusiastically tin this activity .Each group prepares dishes from their own culture .

This session lasts 2-3 hours and the women's are really appreciated The motive for this activity is to keep them active and to make them engaged in some kind of the work and keep them touch to their culture



Picture : Delicious food made by Group

Community Outreach Programs & Activities

Seniors Group



Seniors activities are planned and performed by the volunteers Of RMCN. Activities include Gardening, crafts-making, exercise/chair Yoga, English literacy lessons, basic Computer based activities & meals.. While having a conversation with one of the respected seniors ,Mr Maung Chit shared his experiences with RMCN .He said that he has been enrolled in the seniors group from last two years . He said that UNHCR recommended him about RMCN. He said that he is “very happy , everything is good here . I feel like it is the worth place for seniors to enjoy various activities. Every week different activities are planned by the volunteers and are successfully carried out .

REFUGEE CORNER

We would like to share a story about our friends journey from the African country of Ethiopia to the Australian city of Melbourne. His name is Abdul Ahmed. He started his journey at a young age of 23 when he decided to move to Australia. It was in year 2001 when he finally set out for the voyage, which was about 8 months long. His struggle started when he moved in to Australia and he was assigned to a refugee camp. In this camp, there were many people who shared the same ethnicity as Abdul. Most of them were sought out to get settled in Australia in one or the other way due to ample of opportunities offered by the country.

When we interviewed him, we came to know more and more about the problems he faced during his journey. So he started with telling us how he struggled in the refugee camp for things like food, water and clothing. “These problems had arisen due to the big number of people in the same camp, and there were limited resources to rely upon,” said Abdul. “To worsen the situation, the weather played its part. We used to sleep under tents, and the weather was not so very favorable for us. Due to the same

reason, the people living in the camp struggled for food and access to clean drinking water. This went on for almost 8 months and it was really hard to sleep at nights especially when it rained. We had a limited set of clothes to wear, but somehow we managed on a day to day basis. Food was another scarcity in the concentrated camps.

”Somehow, he managed to get in the urbanized Australia after 8 long months of living on the edges of the Australian continent. Nevertheless, Abdul was okay with these struggles once he got into the normal life after finishing his refugee journey.“ It was all right once we got settled down. It came back to normal once we all were set for finding some job for us to support our expenses. Some people came out with their families



Picture : Organization Manager engagement with the Group members

have been harder for them as compared to me because I was all by myself. I didn’t get any job in Australia at first because I had no experience at all. Also, my English wasn’t that fluent, so I struggled a bit. Eventually, I got a job in a factory where speaking in English wasn’t much required and it was more of mechanical work. Once I started the job, I managed to earn my daily expenses and living costs.” Also, Abdul appreciated about how the Australian government helped him through Centrelink when he didn’t have a job at all. Now Abdul is a happy man, aged 49, and he’s somehow satisfied even after the hard times he had to face a long time back. He finished saying “Now when I look back, I think the struggle and the fight was worth it.”

COMMUNITY PROFILE: NEPALESE COMMUNITY



Nepal, officially the Federal Democratic Republic of Nepal, is a landlocked country in South Asia. It is located mainly in the Himalayas but also has a plain area too. With an estimated population of 29.3 million, it is located between the two big countries in the east, west and south India and in North China. The capital city of Nepal is Kathmandu which is famous for its arts and diversity in culture.

Language

Although Nepal has a small geographical area of 147181 square kilometres, 126 different ethnic groups are living together in harmony. Among these ethnic groups, 123 spoken languages are used as the living languages that make Nepal one of the culturally diverse countries. 44.6 percent of the total population speaks the Nepali language that is the primary official language written in the Devanagari script. The second highest speaking language is Maithili (11.7%) that includes ancient values and identity. Besides these two languages, other ethnic languages are Bhojpuri, Tharu, Tamang, Newari, Bajjika, Magar, Doteli, Limbu, Awadhi, Gurung, Rai, Sherpa, Chepang and so on.

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Society and Culture

Nepal is a multi-cultural, multi-ethnic and multi-linguistic country. 80.6% of the population is practiced Hindu and 11% levels as Buddhism. Islam, Kirant and Christianity are the other religions that are followed in Nepal. Traditionally, Hindu and Buddhist philosophical traditions and ethos ingrain the practice of mantras and tantric which are exemplified by Pashupatinath temple and Buddhist monasteries in Lumbini.



Festivals and Celebrations

Different ethnic groups celebrate different festivals and celebrations in Nepal. Several festivals last from one to several days. Dashain is the longest and very important festival in Nepal. All ethnic groups celebrate this festival by not caring their religion. Generally, Dashain falls in late September to mid-October. It indicates a day of victory over demons. Tihar, Newar's Mohani, Chhath, Buddha Jayanti (The celebration of the Lord Buddha), Shivarathri and Mani Rimdu (Celebration in the high altitude of Mount

COMMUNITY PROFILE: NEPALESE COMMUNITY

Everest) are other festivals that have their own values and importance in Nepali culture. Teej is a festival of women that is celebrated by married women worshipping to the lord Shiva. With a belief that the lord Shiva may lengthen the age of their husband. The other prominent celebration in Nepal is the new year celebration. Nepalese new year celebration falls around 11th to the 15th of April. Basically, it is celebrated according to Nepal's lunar calendar of Bikram Sambat (BS), called Navavarsha.



Migration to Australia

The reason behind migration to Australia is the poor situation of Nepal. The political instability, the high unemployment rate among educated people, and unsecure life due to political clashes have made Nepalese people come to Australia. Although Nepal and Australia have established diplomatic links in 1960.

Nepalese in Australia

In Australia, Nepalese are settled well and are earning good to bear their expenses. Here is a Nepalese Association of Victoria with an aim to promote the interest of all the people of Nepalese origin living in Victoria (Australia) and promote Nepalese culture, heritage and goodwill between Australia and Nepal. It acts as a contact point and provides help and work to the newly migrated Nepalese.



We want to feature more stories and information about multiculturalism and our community!

Whether you are from an agency, service or group, or you are just an individual within the community with an inspirational story to share, we would love to be able to provide the opportunity to help you share your knowledge, experiences and services!

Please contact us, if you have stories or content you'd like to share, on 03 8742 7738 or at admin@hacn.org.au.

Events on around Wyndham . . .

15th March 2020

Wyndham Rotary 2020 Fun Run/ Walk

Timing : 6:00 am –
11:00 am

Location : Chirnside
Park , Werribee
Victoria

7th March 2020 and 8th

Wyndham Holi

Timing : 11:00 P.M

Location : Presidents Park
Wyndham vale Victoria

1st March 2020

Clean up Australia Day

Timing : 10:30 A.M –
12:30 P.M

Location : 86 Manor
Lakes Blvd, Manor
Lakes VIC 3204

6th March 2020

International Women's Day

Timing : 5:00 PM –
9:00PM

Location : Murnong St ,
Pop Up park , Point
Cook Victoria

14th March 2020

Wyndham Relay For life

Location : Victoria University ,
Werribee Campus

16th March 2020

Kids Activitiy

Timing : 10:00 AM -
11:00AM

Location : Murnong St ,
Pop Up park , Point
Cook Victoria

15th March 2020

Mandala Meditation Workshop

Timing : 9:30 am –
11:30 am

Location : 1 St Heliers St, Ab-
botsford VIC 3067

8th March 2020

ECC Monthly meet up

Timing : 11:00 am –
1:00pm

Location : 323
Princes Hwy,
Werribee VIC
3030

3rd Feb– 2nd March

NDIS - Families as Planning Partners Course

Timing : 5:45 pm – 9:00 pm

Location : 150 Sunset Views
Blvd Tarneit VIC 3029

29th March 2020

Kensington Community Festival (KCF)

Timing : 10:00 am – 4:00
pm

Location : 67-121 Ken-
sington Rd, Kensington
VIC

3rd March ,2020

Walking the Camino de Santiago, Scotland &Japan.

Timing : 6:00 pm – 7:30 pm

Location : 152 Bourke St, Mel-
bourne VIC

5th April , 2020

Small Boat Festival

Timing : 9:00 am – 3:00
pm

Location : J D Bellin Reserve,
Werribee South VIC

29th April 2020

**Low Cost Marketing Tools
for your Small Business - Wyndham**

Time : 6:00pm – 8:00pm
Location : 45 Princes Hwy,
Werribee VIC 3030

11th April 2020

**Boishakhi Multicultural
Festival 2020**

Timing : 12:00 pm – 10:00
pm
Location : 2-10 Bulban Rd,
Werribee VIC 3030

26th April 2020

Wyndham – Mass

Timing : 12:00 pm – 1:00
pm
Location : 11 Norwood St,
Wyndham NSW 2550

25th April 2020

**Wyndham City
WERRIBEE MANSION
RUN**

Timing : 10:00 PM – 3:00
AM
Location : Main Dr,
Werribee South VIC 3030

ADVERTISEMENT

***Women's support
Group***



SOMALIA GROUP

Activities include sewing , Cooking, English classes

JOIN Today !

Email: admin@hacn.org.au

3/9 Motto court ,Hoppers crossing 3029



03 87427738

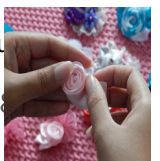
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Phone : 3 03 87427738



ELDERLY SUPPORT GROUP

Multicultural Group !

*Recreational Activities performed are Gardening ,
games , cooking, computer classes and much more.*

Want to join ? Contact Us ...

Email: admin@hacn.org.au

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GROCERY SHOP**

T131/250 HEATHS ROAD

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(03) 9395 4657

E-mail: admin@greatcare.net.au

Website: www.greatcare.net.au



HELP US HELP OTHERS!

RM CN is looking for volunteers to help us in 2020.

To join us in providing valuable Community Outreach programs such as our CALD Seniors Social Group, Women's Cooking & Sewing Groups, Interpreters or any of the other support services we offer to the refugee & migrant communities of Melbourne, please contact RM CN on (03)87427738 TODAY!



ABOUT RM CN

The Refugees & Migrants

Communities network is a not-for-profit community organisation.

Our mission is to provide practical and moral support to refugee and migrant communities, of all nationalities, that now call Australia home.

Covering all areas of Melbourne, we offer a number of services to community members including advocacy, referrals to social support services, community based programs and general advice and information.

If you or someone you know is in need of help, please consider contacting us either in person, via phone or email.

**Contact Us ; 3/9 Motto Court, HOPPERS CROSSING Ph: (03) 87427738 or 0490080933
Email: admin@hacn.org.au / Website: www.hacn.org.au**

RM CN would like to acknowledge the support provided by staff, volunteers and participants in the preparation and distribution of this Newsletter.