



JUNE 2011

YOUR VOICE

NEWSLETTER OF THE BLACK & MINORITY ETHNIC FORUM

NORTH SOMERSET

Welcome to the latest edition of the Forum newsletter, with news about the various groups in North Somerset and a special feature on the Philippines. We hope you find it interesting and would welcome your views and contributions for future newsletters. Please get in touch by phone or email.

We now have a website up and running at www.ns-bmeforum.org where you can find out more information and give your views. Why not have a look at it, let us know what you think and tell us what you would like to see there?

The Forum is making plans for its future so that we can make sure we are able to keep going and keep growing! We are going to have a Special General Meeting on Thursday 30th June at 6.00pm where we will explain what is being planned and ask for your views. This will be held at the Badger Centre, Wadham Street, Weston.

This is the last edition of the newsletter to be produced with the financial backing of our current sponsors. We would like to thank the Environment Agency for their support and interest in recent years. We are now looking for new sponsors and would welcome any offers or suggestions!

We had a very successful Annual General Meeting and 4th anniversary celebration in November with some 150 people attending and nearly 40 different nationalities. Wonderful food from various parts of the world was provided by the Multicultural Friendship Association and a generous donation from Pappadoms Takeaway in Milton Road for which many thanks. A new management committee* was elected with members from across North Somerset, and there was a great range of entertainment. We look forward to seeing you at the 5th anniversary in November!

*We now have a new Chairperson – Carmela Kellaway, Vice – chair – Concie Keay, Secretary – Patricia Shayler and Treasurer – Quentin Isaac. The committee meets monthly on the first Monday of the month. If you would like the committee to know about something that concerns you please get in touch.



The environment is our shared heritage, and like all things precious we all have obligations to look after it. In that shared aspiration, we look forward to more engagement with all the communities of North Somerset in the coming year and beyond. **THE ENVIRONMENT AGENCY**

Standing Together

“Standing Together” is a local charitable organisation that is support for people affected by domestic abuse with no recourse to public funds. We raise funds to help local victims (i.e. home or former home in North Somerset) into emergency safe accommodation whilst other support is explored with statutory agencies.

We are a small committee of just 7 and we aim to do one large fundraiser per year. This has become well known over the last 3 years and the event is NOT QUITE STRICTLY COME DANCING. This year we held the event at Weston's Grand Pier and raised approx. £1000. We had a range of dancers*, some had never danced before! With practice sessions (which we offer with support from a local teacher) the competitors soon get confidence to dance in front of an audience! There were 140 people this year supporting us and we had a guest compere and judges. Even a trophy for the winner! The couples who take part are very brave as it takes a lot of courage to dance in front of an audience – I know as I am a past dancer! Roz Willis, Chairman, Standing Together.

*The Forum sponsored Tes and Manuel (see photo) who were brilliant and were runners up!



Nailsea Intercultural Dancing Association (NIDA)

NIDA was established in early 2010 under the support of the Somerset Racial Equality Council (SREC). The group has been organising regular dance sessions in Nailsea on Friday evenings since early 2009, with the members from Nailsea & Backwell, Clevedon, Portishead, Weston-super-Mare, and other surrounding areas. NIDA's dance sessions are open to all public with a wide range of cultural background and age levels.

NIDA members have regularly participated in regional social activities and charity events. Some recent events include “Your North Somerset – Bring Communities Together” (23/1/2011) (see picture below); “North Somerset Local Strictly Come Dancing - Standing Together Charity Evening” (5/3/2011) and “Nailsea School Community Show” (12/3/2011).

NIDA has provided a fantastic social platform for people to meet, share their knowledge and experience, and have good times. People who have participated in these activities have found it very interesting and useful. NIDA warmly welcome more people to join our group. For further information please visit NIDA web site at: www.nida.site40.net



Multicultural Friendship Association

The main purpose of MFA is to promote friendship, mutual respect and understanding between people of different cultures in Weston-Super-Mare and the surrounding area.

We provide social occasions for people to meet and exchange their experiences of living in a new country, as well as learning about other people's traditions, customs and beliefs.

We have various activities such as guest speakers from organisations with which our members have vital contact, and outings, workshops, crafts, cooking demonstrations, with meals from many countries, and dancing & singing performances.

MFA meets every week on Tuesday at the Badger Centre, Weston Room, 3 – 6 Wadham Street, BS23 1JY, 12 – 2 O'clock.

Contact: SREC Office @ the Badger Centre and/or Triliria Newbury (Chairperson)

Mobile no. 07896937390

Email: dnewbury@madasafish.com



The Philippine islands in a coconut shell

Once known as 'The Pearl of the Orient' the Philippine Islands are the second-largest archipelago in the world, with over 7000 islands. Only about 7% of the islands are larger than one square mile, and only one-third have names. The largest are Luzon, in the north, Mindanao, in the south, and Samar.

The majority of the 97.9 million population identify themselves as Catholics although there are a number of indigenous religious sects (Christian and non-Christian). There is also a strong Muslim population in Mindanao and an ongoing movement for independence.

The Philippines' aboriginal inhabitants arrived from the Asian mainland around 25,000 BC. They were followed by waves of Indonesian and Malayan settlers from 3000 BC onward. By the 14th century AD, extensive trade was being conducted with India, Indonesia, China, and Japan.

Ferdinand Magellan, the Portuguese navigator in the service of Spain, explored the Philippines in 1521. Twenty-one years later, a Spanish exploration party named the group of islands in honor of Prince Philip, who was later to become Philip II of Spain. Spain retained possession of the islands for the next 350 years.

The Philippines were ceded to the U.S. in 1899 by the Treaty of Paris after the Spanish-American War. Meanwhile, the Filipinos, led by Emilio Aguinaldo, had declared their independence and conducted guerrilla warfare against U.S. troops that persisted until Aguinaldo's capture in 1901. It gained full independence on July 4, 1946.

Its first president was Manuel A. Roxas y Acuña followed by Quirino (1948–1953), Magsaysay (1953–1957), García (1957–1961), Macapagal (1961–1965), and Marcos (1965–1986).

In Sept. 21, 1972 Marcos declared Martial law and he remained in power until the 'People's Power' revolution ousted him and he and his family fled to Hawaii and democracy was once again restored.

References: Lonely Planet, Philippine Tourist Board

Philippine Traditional Dances

The Philippines consist of 7107 islands, which are broken down in three groups of islands, namely the Luzon, Mindano, and Visayas. Each of these regions contains different languages, history, religion, and traditions, with each region having different influence in their arts, crafts, and traditional dances.



Filipino has great passion for dance. Traditional dances show influence of the Malay, Spanish and Muslim culture. Native dances depict different moods of the culture and beliefs, tribal rites or sacrifice, native feast and festivals, seek deliverance from pestilence, flirtation and courtship, planting and harvesting.

A dance with sticks (Sakuting).

On Christmas, boys and girls go from one house to another to perform this special dance with sticks in return they receive many gifts. Rhythms is provided by hitting the sticks in time with the intricate but lively steps.



FILIPINO CUISINE

Filipino food recipe can be described as a mixture of Eastern and Western influences that provide a range of rich flavor, color and spices. Thus making Filipino cuisine unique, mouth watering, delicious and tempting.

One of the most common food that can be done and cooked in various ways either fry or fresh is LUMPIA or SPRING ROLLS. It depends what kind of appetizer suits best for the occasion. Below is a sample recipe for spring rolls.

FRESH SPRING ROLLS (LUMPIANG SARIWA)

Ingredients:

3 cloves garlic, minced; 1 small onion, finely chopped; 100g ground pork; 10 pcs runner beans, sliced; 2 medium potatoes, sliced; 1 medium carrots, sliced; 1 Knorr vegetable cube

Wrapper:

1 cup plain flour; 1 cup corn flour; 2 cups water; 2 eggs, beaten; a dash of salt; butter

Lumpia Sauce:

1 cup water; 5 tbsp soy sauce; 5 tbsp sugar; 3 cloves garlic, minced; 3 tbsp flour, dissolve in water

How to cook:

- To do the wrapper, mix well all the ingredients together until smooth.
- Lightly grease the frying pan with butter.
- Put 5 tbsp of the mixture onto the pan. Leave for about 2 minutes then cook the other side. Set aside.
- To cook the sauce, boil 1 cup of water.
- Add soy sauce, sugar and minced garlic.
- When boiling, flour and boil until the sauce thickens.
- For the filling, sauté garlic and onion until fragrant.
- Add ground pork and let simmer for about 5 minutes. Add vegetable cube.
- Add the beans, carrots and potatoes and sauté until cooked.

To serve:

- Put 4 tbsp filling to the wrapper then roll.
- Serve with sauce.



Nailsea Intercultural Friendship Association

This group was formed a year ago and it has grown very well since then. We meet once a month at Fire Station and on average have 12-14 people. We do lots of intercultural activities, lunches and craft classes. Recently we have formed and approved constitution and have managed to receive £900 grant.

We are helped regularly by Miriam and Jane. You can contact them (through contact details on back) if you wish to join us. We are now organising for summer events and we are growing from strength to strength.



North Somerset Cameroonian Association

The Cameroon Association has relaunched its activities, with a meeting on Cameroon's national day on 20th May. The Forum sends the Association its warm wishes and support and looks forward to reporting on its activities in future newsletters.

Portishead InterCultural Network (PIN)

Our vision is to provide a place to meet, learn and share different languages, cultures, music and food tasters .

As requested by North Somerset residents we will continue offering Spanish and salsa lessons.

June sessions are on Wednesday 08/06.2011 and 22/06/2011

July sessions are on Wednesday 06/07/2011 and 20/07/2011

Where? @The Folk Hall, 95 High Street, Portishead Bristol BS20 6PR

We meet fortnightly from 10:00-12:00 Just drop in, come and have a cuppa!

Sponsored by North Somerset Council & BME Forum

For more information call Patty at **07861757146**

www.portishead.webs.com

North Somerset Polish Association

In March 2011 our members of NSPA form Adrenaline Fight Club in Weston-Super-Mare visited Nottingham Uk Championship in Kick Boxing.

We have got a few medals and the trainer Tomasz Michalowicz is very proud of his students. The most important is we have been invited at the next Championship Tae-Kwon-Do which will be probably in May. We hope it'll be so successful too! Finger crossed! They are very good fighters!

Jystyna Pecak-Michalowicz, President of North Somerset Polish Association in Weston-Super-Mare

BME SENIOR COMMUNITY LINKS

Monthly Meetings

We invite you to join us to look at issues that affect the BME over 50's community. Come and have a chat, meet others, share ideas and concerns. Listen to speakers. Learn about available support services and help.

Have your views heard. Find out about learning opportunities, volunteering, useful services. Tell us what sort of services and activities would help you to be healthier and happier.

Every first Wednesday of the month.

You are warmly welcome to come!

Badger Centre 3-6 Wadham Street, Weston-super-Mare, BS23 1JY

More information from Miriam Robertson

01934 414455 - 07894586752

A Message from Avon Fire and Rescue - Spring clean your smoke alarm

Avon Fire & Rescue Service (AF&RS) is reminding people carrying out spring cleaning to check their smoke alarms are working.

Last year there were 614 fires across the AF&RS area. Of those 57% (349) either had no smoke alarm or a smoke alarm that didn't work.

Smoke alarms can only save lives if they're working.

If you already have smoke detectors in your home, check them once a week to ensure they are working, as part of your weekly housework routine.

For more information visit www.avonfire.gov.uk

Call **0117 926 2061**.

A message from NHS North Somerset

Hello, I am Jay from NHS North Somerset. Some of you will know me from taking part in some of SREC's activities. NHS NORTH SOMERSET is planning to host a Health Day event for the BME residents of North Somerset. As this event is for you please could you let me know which health talks or activities you would want on the day? For example a talk on healthy eating, healthy lifestyles or stopping smoking? Last year we did a stroke awareness talk and had nurses taking blood pressure measurements.

Please contact me: Jay Akerele, NHS North Somerset, Waverley House, Old Church Road, Clevedon BS21 6NN

Email jay.akerele@nsomerset-pct.nhs.uk

Phone **01275 547106**.

Please contact me as soon as possible. Thank you, Jay

