

BRCSS New Settler Researchers Network National Conference

Final Report to BRCSS

The First National Conference of the BRCSS New Settler Researchers Network was held on 22-23 February 2007 at Fale Pasifika, University of Auckland. Over 80 people attended the two-day event. Two-thirds of the attendees were postgraduate students and emergent researchers. The rest were senior researchers, international scholars, practitioners from new settler communities (e.g. Chinese New Settlers Services Trust, Asian Services of the Problem Gambling Foundation of New Zealand), and representatives from government agencies and local organisations (e.g. Department of Labour, Office of Ethnic Affairs, Auckland City Council, Waitakere City Council, Auckland Regional Migrant Services, Auckland Museum). Full details of the conference programme and abstracts are provided in Appendix 1.

Keynote presentations

The Conference opened with a keynote presentation by Professor Peter Li of the University of Saskatchewan, Canada, on the topic of “World migration in the age of globalisation: Policy challenges and implications”. Another keynote presentation was delivered in Day Two by Associate Professor Wei Li of the Arizona State University, USA, on the topic of “Immigration and Pacific Rim diversity: Inside and beyond the academy”. The presentations provided insights into contemporary international migration trends and policies, and aroused considerable interests and discussions among participants.

Research seminars

Senior new settler researchers presented a series of five research seminars on practical research issues confronting postgraduate students and emergent researchers:

- “Developing as an Asian social scientist: Conceptual learning and social networking as Chinese-American-New Zealander in social and cross-cultural psychology”, Associate Professor James Liu, Victoria University of Wellington;
- “Data sources and issues for new settler researchers”, Dr Elsie Ho and Professor Richard Bedford, University of Waikato;
- “Publishing new settler research”, Associate Professor Samson Tse, University of Auckland;
- “Conducting surveys in new settlers communities”, Associate Professor Manying Ip, University of Auckland; and
- “An alternative methodology for ethnic minority researchers”, Dr Amritha Sobrun-Maharaj, University of Auckland.

Feedback from participants was very positive. They found the seminars inspiring and useful, and enjoyed learning about the speakers’ research experiences and their practical advice on choosing a research career, using extant data, conducting research and publishing research findings.

Concurrent sessions

A total of 28 postgraduate students and emergent researchers also presented their current or recently completed research projects over the two days. The student

presenters were from Auckland University (8), Massey (5), AUT (3), Waikato (2), VUW (2), Canterbury (2) and Otago (1). In addition, four presenters were practitioners from new settler communities and one was a private researcher whose project was funded by the York University, Canada.

The research projects were presented in four concurrent sessions. There were two concurrent streams of oral presentations within each session time. The presentations were arranged in these streams by themes at the time of abstract acceptance. There were 3-4 presentations in each session. Twenty minutes were allowed for each oral presentation. The 8 themed sessions were:

- New researchers' perspectives on international migration and acculturation
- The role of research in migrant community development: Practitioners' perspective
- Migrant employment and integration
- Asia Pacific themes
- Health and wellbeing in new communities (2 sessions)
- New settler community dynamics
- Researching new communities: issues and challenges

The quality of the presentations was high. Participants found it very useful to learn about each other's research, and to exchange ideas and information. Some student presenters would like to have more time to speak, more discussion time, and to receive more feedback on their projects from senior researchers.

Social night

The social night was held in the 12th floor common room of the University of Auckland's Engineering School. About 30-40 participants attended. Those who attended thought the event had provided great opportunity for networking and socialising.

Evaluation & future plans

A key part of the commitment of the BRCSS New Settler Researchers Network is to conduct an annual review of research strengths, identify current gaps and emerging needs, evaluate how BRCSS has contributed to meeting these needs and make suggestions on future BRCSS events. This conference had provided a forum for exchange between postgraduate students, emergent researchers and senior researchers. Feedback on the conference and suggestions for future activities are being collated and a detailed report will be prepared. In the meantime, the conference powerpoint presentations will be put on BRCSS website and a email database of participants will be circulated.

Prepared by

Elsie Ho
University of Waikato

2 March 2007

Appendix 1 Conference Programme & Abstracts



**BRCSS New Settler Researchers Network
National Conference
22-23 February 2007**

**Venue: Fale Pasifika, University of Auckland, 22 Wynyard
Street**

This conference is organised by the BRCSS New Settler Researchers Network. It will bring together postgraduate students and emergent researchers from new settler communities, as well as those who are working in new settler research areas, to present their research projects and discuss research capability issues. It will also provide an opportunity for participants to engage with established researchers and international scholars in the field of migration and settlement studies, and to share insights and experiences. Although the conference is designed for postgraduate students and researchers, we would welcome policy makers, practitioners and individuals interested in new settler research to attend.

*Dr Elsie Ho
Assoc Prof Manying Ip
Assoc Prof James Liu*

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Conference Programme

Thursday 22 February 2007

9:00am Registration

9:30am Welcome and introduction

Professor Richard Bedford, Dr Elsie Ho, Wendy Li & Charlie Gao

10:00am Keynote presentation

World migration in the age of globalisation: Policy challenges and implications

Professor Peter Li, University of Saskatchewan, Canada

Chair: Associate Professor Manying Ip

11:00am Morning tea

11:30am Research seminars

Chair: Professor Paul Spoonley

- Developing as an Asian social scientist: Conceptual learning and social networking as Chinese-American-New Zealander in social and cross-cultural psychology

Assoc Prof James Liu, Victoria University of Wellington

- Data sources and issues for new settler researchers
Dr Elsie Ho & Professor Richard Bedford, University of Waikato

12:45pm Lunch

1:30pm Concurrent Sessions

(1) New researchers' perspectives on international migration and acculturation

Chair: Assoc Professor James Liu

Venue: Pacific Studies 104

- The yellow dragon, the black box and the golden coin: New Chinese immigrant and their contribution to New Zealand's knowledge society

Hong Wang, University of Canterbury

- "Fish or bear's paw?"—Making sense of loss and gain in identity negotiation of Chinese migrants

Juan Chen, Massey University, Albany Campus

- The continuity of Kiwi Dragons

Michelle Amie Gezentsvey, Victoria University of Wellington

- The role of national migration policies in international labour mobility: The Bangladeshi migrant community in New Zealand

Carola Reyes, University of Auckland

(2) The role of research in migrant community development: Practitioners' perspectives

Chair: Dr Elsie Ho

Venue: Pacific Studies 107

- An innovative capacity building programme to enable older Chinese migrants to enjoy positive ageing in Auckland
Kitty Chiu, University of Auckland & The Chinese Positive Ageing Project
- How Problem Gambling Foundation of New Zealand makes use of research findings to develop services for new settler communities
John Wong, Problem Gambling Foundation of New Zealand
- The Chinese New Settlers Services Trust: The role of research in Chinese community development
Jenny Wang, Chinese New Settlers Services Trust
- A report on the project of “Chinese Wellness Recovery Action Plan Train the Trainer Package” in Auckland
Wenli Zhang, Affinity Services New Zealand

3:15pm **Afternoon tea**

3:35pm **Concurrent sessions**

(3) Migrant employment and integration

Chair: Professor Richard Bedford

Venue: Pacific Studies 104

- Migration and remittances in the Pacific
Halahingano Tu’akolo Rohorua, University of Waikato
- Polynesian migrant women at work in New Zealand: Self-perceived knowledge, skills and sense of identity
Karen Menon, Massey University
- Unpacking barriers to professional migrant employment: English language, work and integration
Judy Hunter, Massey University

(4) Asia Pacific themes

Chair: Assoc Prof Manying Ip

Venue: Pacific Studies 107

- Asian and Pacific arts as an avenue of inquiry into ethnic identity and acculturation
Stephen Fox, Victoria University of Wellington
- New Zealand fictional imaginings of Chineseness
Kathy Ooi, University of Auckland
- Imagining Chinatown: A critical study on the Chinese language media in Auckland
Phoebe Li, University of Auckland

4:45pm **Concluding remarks**

Assoc Prof James Liu

6:30pm **Social Night**

The social night is to be held in the 12th floor common room of the University of Auckland’s Engineering School, 20 Symonds St. All are welcome but conference presenters are especially encouraged to attend. Come and enjoy some food and drinks while chatting with

others in your field of interest. This will be a great chance to network, as well as to have some fun.

Friday 23 February 2007

8:45am **Welcome and introduction**

9:00am **Keynote presentation**

Immigration and Pacific Rim diversity: Inside and beyond the academy
*Assoc Prof Wei Li, Arizona State University, USA & Fulbright Visiting
Research Chair of Queen's University, Canada*
Chair: Dr Elsie Ho

10:00am **Research seminar**

Chair: Professor Paul Spoonley

- Publishing new settler research
Assoc Prof Samson Tse, University of Auckland

10:40am **Morning tea**

11:10am **Research seminars**

Chair: Professor Paul Spoonley

- Conducting surveys in new settlers communities
Assoc Prof Manying Ip, University of Auckland
- An alternative methodology for ethnic minority researchers
Dr Amritha Sobrun-Maharaj, University of Auckland

12:30pm **Lunch**

1:30pm **Concurrent sessions**

(5) Health and wellbeing in new communities

Chair: Assoc Prof Samson Tse
Venue: Pacific Studies 104

- Border crossings: Discourses of migrant motherhood
Ruth DeSouza, Auckland University of Technology
- Understanding Chinese international students' gambling experiences in New Zealand
Wendy Li, University of Waikato
- There's no health without mental health: One size doesn't fit all— Innovative approaches to primary mental health for new settlers
Kathryn Johnston, Massey University
- Working out together: A case study of a partnership between new settler communities and health organisations in New Zealand
Jody Lawrence, University of Auckland

(6) New settler community dynamics

Chair: Assoc Prof Manying Ip
Venue: Pacific Studies 107

- The everyday challenges of immigrating: Experiences of immigrant Indian women
Shoba Nayar, Auckland University of Technology
- Exploring research methods of examining new Chinese migrant studies
Sally Liu, University of Auckland

- Return migration of 1.5 generation Korean New Zealanders
Ellie Seo, University of Auckland
- 'Return' to India: Negotiating the field
Karishma Kripalani, University of Auckland

3:15pm Afternoon tea

3:35pm Concurrent sessions

(7) Health and wellbeing in new communities

Chair: Ruth DeSouza

Venue: Pacific Studies 104

- Understanding health, illness and health seeking behaviours of Indian, Korean and Chinese migrants in Auckland, New Zealand
Anneka Anderson, University of Auckland
- 'It's a way of life': The relationship between food health and illness from the perspective of an Indian migrant in New Zealand
Shireen Tresslor, Massey University
- Effects of diet on future health: Interrelationships among diet, energy expenditure, body composition and risk factors for lifestyle diseases in Indian preadolescent girls
Chhichhia Purvi, Auckland University of Technology

(8) Researching new communities: issues and challenges

Chair: Dr Amritha Sobrun-Maharaj

Venue: Pacific Studies 107

- Thinking across the international/local binary: Emerging themes in doctoral research with international/New Zealand women students
Vivienne Anderson, University of Otago
- Agency and uncertain resettlement: Perspectives of migrants and teachers
David Cooke, York University
- Being sensitive to ethical issues when conducting research with Asian older people: A case study of research on elder mistreatment
Hong-Jae Park, University of Canterbury

4:45pm Evaluation and Closing

Dr Elsie Ho & Assoc Prof Manying Ip

Biographical Sketches of Keynote Speakers

Peter Li is Professor of Sociology at the University of Saskatchewan, and Chair of Economic Domain, Prairie Centre of Excellence for Research on Immigration and Integration, Canada. His research areas are race and ethnicity, especially the Chinese overseas, immigration, and multiculturalism. Among his books are *Race and Ethnic Relations in Canada* (Oxford University press, 1999), *The Chinese in Canada* (Oxford University Press, 1988, 1998), *The Making of Post-War Canada* (Oxford University Press, 1996), *Racial Oppression in Canada* (Garamond, 1988), and *Ethnic Inequality in a Class Society* (Thompson, 1988). His latest book is *Destination Canada: Immigration Debates and Issues* (Oxford University Press, 2003). In 2001, he was given the 'Living in Harmony' Recognition Award by the City of Saskatoon, Race Relations Committee, in recognition of a distinguished record of academic research, publication, and policy-related work on race and ethnic relations, immigration studies and racism in Canada. In 2002, he received the 'Outstanding Contribution Award' from the Canadian Sociology and Anthropology Association. Currently he is the editor of the *Journal of International Migration and Integration*.

Wei Li is Associate Professor at the Asian Pacific American Studies Program and School of Geographical Sciences in the Arizona State University, USA and is currently the Fulbright Visiting Research Chair of Queen's University, Canada. Her research has focused on urban ethnicity and ethnic geography, immigration and integration, and financial sector and immigrant community development, using the Chinese and other Asian American communities in major American metropolitan areas as primary case studies. She is the editor of "*From Urban Enclave to Ethnic Suburb: New Asian Communities in Pacific Rim Countries*" (2006) and co-editor of "*Landscape of Ethnic Economy*" (2006). She also has a forthcoming book entitled "*Ethnoburb: The New Ethnic Community in Urban America*". Her scholarly articles have appeared in *Annals of Association of American Geographers*; *Environment and Planning A*; *Urban Studies*; *Urban Geography*; *Social Science Research*; *GeoJournal*; and *Journal of Asian American Studies*. She is the recipient of the 1999 Nystrom Dissertation Award by the Association of American Geographers. She is re-appointed for a second term as a member of the U.S. Census Bureau's Race and Ethnic Advisory Committees (REAC; Asian Population) by the U.S. Secretary of Commerce, and was elected as its vice chair in 2004; and appointed as the spokesperson for REAC's language working group, and co-spokesperson for content working group.

Abstracts: Keynote Presentations

World migration in the age of globalisation: Policy challenges and implications

Professor Peter Li, University of Saskatchewan, Canada

Date: 22 February, 10:00 – 11:00 am
Venue: Fale Pasifika
Chair: Associate Professor Manying Ip

Economic globalization has changed the nature and volume of world migration. The world migrant population reached 190 million in 2005, but migration tends to be from less developed to more developed regions. Changes in world migration are related to fundamental features of economic globalization, but also influenced by demographic transitions in immigrant-receiving societies. Declining fertility and population aging compel many advanced industrial countries to rely on immigration for growth in labour force and population, but the demand is largely for highly-skilled immigrants. Globalization produces contradictory tendencies, making it easier for highly-educated professionals to migrate while displacing unskilled workers in traditional economies. Immigrant-receiving countries are confronted with issues related to international migration, including the need to develop a long-term immigration policy to attract immigrants with substantial human capital and to strengthen security to bar the entry of unskilled migrants and asylum seekers. Competitions among immigrant-receiving societies for highly-skilled workers would increase. Future brain drain likely would be multidirectional and the world community would be compelled to agree upon a universal framework under which world migration could be regulated.

Immigration and Pacific Rim diversity: Inside and beyond the academy

Assoc Prof Wei Li, Arizona State University, USA & Fulbright Visiting Research Chair of Queen's University, Canada

Date: 23 February, 9:00 – 10:00 am
Venue: Fale Pasifika
Chair: Dr Elsie Ho

Given the increasing scope and pace of contemporary cross-national movements of population, goods, information, and financial resources – that is, given the trend of accelerated globalization – communities and nation-states in the world have been facing unprecedented opportunities and challenges regarding population movements. While traditional “immigrant countries” such as the United States, Canada, Australia, and New Zealand continue to receive large influxes of immigrants, some countries in the Pacific Rim traditionally sending large emigrant waves have now become immigrant receiving countries as well. Many countries have remade their laws for regulating international migration flows, so as to lure “desirables,” however defined, while keeping unwanted people away. A variety of integration policies have been implemented to handle arriving migrants, based on principles of either assimilation or multiculturalism. As result of such policies, source country development and economic globalization trend, contemporary international migrants have become

increasingly heterogeneous regarding their source and destination countries, their own socio-economic and demographic profiles, and their impacts and imprints in both source and destination countries. The diverse immigrant profiles have contributed to the demographic and ethnic diversification of and, have changed the socio-economic and political dynamics, in immigrant-receiving countries. While such countries used to absorb labor immigrants and expect only later generations to fully incorporate to their societies, contemporary immigrants, especially those arm with higher education, technical know-how and/or financial resources, have the capacity to incorporate into and transform destination countries at much faster paces; whereas large influx of labor migrants also change social-cultural needs, occupational structure, as well as consumer markets. Therefore, the increase of both highly-skilled and low-skilled immigrants has had major impacts on destination societies

This paper will address some of these issues with comparative perspectives. It will start with a brief overview on immigration policies within the Pacific Rim; then discuss the spatial and socio-economic consequences of contemporary international highly-skilled and low-skilled migration, including changing community forms, social hierarchy and local landscapes. It will then move on to explore the study of such phenomena, including data sources and methods, and how new settler researchers can make differences beyond academy in the communities and policy arena.

Abstracts: Research Seminars

Date: 22 February, 11:30 – 12:45 pm
Venue: Fale Pasifika
Chair: Professor Paul Spoonley

Developing as an Asian social scientist: Conceptual learning and social networking as Chinese-American-New Zealander in social and cross-cultural psychology

Assoc Prof James Liu, Victoria University of Wellington

Many social scientists of Asian ethnicity working in Western countries experience a winding career path encompassing many elements of both professional development and personal identity growth. My assimilationist aspirations peaked in 1985 with a high-paying job as a computer programmer in the defense industry, a Redondo Beach address, a white girlfriend, and a bright new Mazda 626 with a sunroof. Subsequently I quit my job, married a Pilipino American, got a PhD in mainstream social psychology at UCLA, and moved to New Zealand in 1994 as a lecturer. My PhD, using the individualistic cognitive paradigm that dominates American social psychology, was never published, unlike other research I did for "fun" as a post-graduate. It was my good fortune to "discover" culture through adventuring with Maori friends in Te Urewera, and then by chance attend the first meeting of the Asian Association of Social Psychology (AASP) in Hong Kong in 1995 because my parents happened to live there. From that point forward, I have slowly been developing a more integrationist approach to being an Asian and a social scientist. Conceptually, this has involved learning about the society-centered approach to social psychology favoured by Europeans, and the culture-centered approach favoured by Asians, reading widely in history and sociology, and fusing these with the research skills I

acquired as an American. Socially, this has involved moving away from an assimilation-oriented identity and building a powerful international network in social psychology represented by AASP (www.asiansocialpsych.org), and locally volunteering time to groups like the New Zealand Federation of Ethnic Councils (NZFEC), the New Zealand Chinese Association and BRCSS in my role as Deputy Director of the Centre for Applied Cross-Cultural Research (CACR). I have moved towards a humanistic conception of social psychology as social science by focusing on our contributions to society rather than on methodology as religion. The most valuable aspect of my intellectual heritage as an Asian has been for me a humanistic rather than analytical approach that privileges relationships and their consequences within their social and historical contexts. My advice to emerging young researchers: play with ideas, cultivate spiritual interconnectedness, and make friends that reflect your aspirations for your life and your career.

Date: 23 February, 10:00 – 10:40 am
Venue: Fale Pasifika
Chair: Professor Paul Spoonley

Data sources and issues for new settler researchers

Dr Elsie Ho & Professor Richard Bedford, University of Waikato

Over the last two decades major changes have occurred in the sources and compositions of new migrants to New Zealand. Census data, arrivals and departures statistics, and data on residence approvals and temporary permits approvals, are some of the popular datasets for studying the changing nature of New Zealand's new settler communities. However, the range of information provided in each dataset is different. In this seminar, practical examples are used to highlight the advantages and constraints of the three datasets.

Date: 23 February, 11:10 – 12:30 pm
Venue: Fale Pasifika
Chair: Professor Paul Spoonley

Publishing new settler research

Assoc Prof Samson Tse, University of Auckland

Identifying a manageable topic need and finding the support to conduct a piece of settler research is always a challenge. Disseminating and publishing research result is yet another critical step to complete the research cycle, at least for now. The specific issues to publish settler research include: selecting a shortlist of relevant journals, finding the right angle, preparing the manuscript, dealing with rejection(s) and finally finding an innovative and meaningful way to disseminate the work back to the communities concerned. Then it is useful to ask: why publish, who is my mentor and how I can publish as part of a team. This paper will be a mixture of personal reflection and discussion of standard steps in publishing research work.

Conducting surveys in new settlers communities *Assoc Prof Manying Ip, University of Auckland*

Research design and questions are interdependent

“In research, different question yield different types of information. Different research problems lead to different research designs and methods ...” (Leedy and Ormrod, 2001: 100)

New settler communities are notoriously difficult to conduct surveys with. They are challenging to approach, and are often rather suspicious of the intentions of the researcher. Some carry with them strong cultural baggage from their homelands, and tend to apply the ‘home standards’ to the New Zealand situation. Some might be too eager to please, and tend to offer answers which they feel the interviewer wishes to hear. Many new settlers often feel rather unsure of themselves, and therefore tend to choose ‘the middle ground’ when answering multiple choice survey questions. They would try to be ‘polite’ and not pass negative comments about others.

Researchers need to be mindful of all these potential pitfalls in order to design the most suitable research questions. They also need to take the above cultural factors into account in order to interpret the survey results meaningfully. Of course, there is no substitute for a robust survey design in the first place.

Manying Ip will share with the audience some of her experiences in conducting surveys, both quantitative and qualitative, amongst new settler communities. She will offer practical examples, and suggest possible ways of overcoming the difficulties.

An alternative methodology for ethnic minority researchers *Dr Amritha Sobrun-Maharaj, University of Auckland*

Studies on ethnicity have produced knowledge that is culturally biased with social, political and economic consequences. This is because it has always been the norm in the social sciences to assume that Eurocentric empirical realities can be generalised to explain the realities of people of colour.

Ethnography is the traditional method employed in the study of the ethnic ‘other’. It is essentially a description of ‘other’ ethnic groups written by people from western groups, and was born out of the unbalanced relationship between Europeans and non-Europeans. The goal of the traditional ethnographer is to describe a way of life of a particular group from within, that is, by understanding and communicating not only what happens, but how the members of the group interpret and understand what happens. Supposedly objective data about that group is gathered and presented from the ethnographer’s perspective. However, the data that is produced by western ethnographers is their subjective interpretations and representations of the social ‘realities’ of the ethnic ‘others’, shaped by their likes and dislikes, stereotypes, beliefs and such like.

The justification for ethnography has been, and still is, that minority cultures are supposedly incapable of representing themselves. However, globalisation and migration have now created an awareness of the capability of and need for non-western peoples to speak for themselves. Increasingly, peoples from these

communities are now presenting their own accounts of their worlds. Studies of ethnic minorities done by ethnic minority researchers have been described as ethnographies done by 'halfie' or 'indigenous' ethnographers, terms utilised by postmodern ethnographers Abu-Lughod and Limón respectively (Fox, 1991:4). Such descriptions of ethnic minority research now needs to be reconsidered and the research needs to be redesigned to incorporate the experiences and perspectives of traditionally excluded groups, and be done by minority scholars themselves, on the assumption that they are better able to understand the nuances of their situation.

The process used by ethnic minority researchers is completely different from those traditionally employed by ethnographers. It does not 'seek to understand' some other group of people through intense involvement with one's subjects, and the ethnographer's 'presentation of self' (Smith and Kornblum, 1996:2). Conversely, it involves representations of the communal voice of the community by one of its own who is an insider, and produces information that is unambiguous and authentic. Such a methodology needs to be recognised and labelled appropriately in order to separate the authentic work of ethnic and other minority researchers from those of the uninformed outsider. This paper identifies this methodology and method of research and proposes that it be called a communography.

Abstracts: Concurrent Sessions

(1) New researchers' perspectives on international migration and acculturation

Date: 22 February, 1:30 – 3:15 pm
Venue: Pacific Studies 104
Chair: Assoc Professor James Liu

The yellow dragon, the black box and the golden coin: New Chinese immigrant and their contribution to New Zealand's knowledge society

Hong Wang, University of Canterbury

This study explores whether and how skilled Chinese immigrants can contribute to New Zealand's knowledge society and economy with their knowledge and skills. When New Zealand is moving towards the knowledge society and economy, attraction of skilled migrants is one of its critical strategies of keeping competitive advantages. However, the results of socioeconomic integration of new skilled migrants always lead to the debates on the real role of skilled migrants in New Zealand society and economy. This study uses multiple research strategies combining analyses of historical and statistical materials, and a case study with fourteen interviews conducted with new Chinese immigrants, who came from Mainland China after 1990 and are working and living in Christchurch, to explore the relationship between these 'descendants of dragon' and New Zealand's knowledge society and economy. By this way, this study shows the role of knowledge in the emergence of New Zealand's knowledge society and economy, the value placed on knowledge and skills in New Zealand immigration policies and the change of the Chinese community with the growing demand of skilled migrants. It argues that tacit knowledge is not separated from but interactive with explicit knowledge through

cultural value, social networks and structures, and interpersonal relationships. Therefore, in the process surrounding the entry of new skilled Chinese immigrants into New Zealand society, the knowledge economy is not exclusively economic but socially and culturally conditioned and the knowledge society is not universal but diversified and interdependent.

“Fish or bear’s paw?”—Making sense of loss and gain in identity negotiation of Chinese migrants

Juan Chan, Massey University

Migrants experience a range of difficult life situations (varying from employment to inter-group communication), as well as changes in identities, values and behaviors as the result of acculturation during their resettlement into a different socio-cultural context. Adaptation to life in a new country becomes the most important task for migrants’ resettlement in the new environment. ‘Successful adaptation’ requires both coping with stressful life events, and negotiation of multiple identities in order to achieve a sense of belonging and integration in the new society. Increasing research on migrants’ resettlement has shifted the focus from identifying problems to understanding strengths and resilience. However, there is little research that examines how migrants make sense of the life-changing experience of migration, and their perspectives on how they deal with life difficulties as migrants in different socio-cultural contexts. The current study provides an analysis of how Chinese migrants in New Zealand understand their loss and gain during migration and how they negotiate multiple group-identities to achieve desirable outcomes of resettlement. Six focus-group discussions of first-generation Mainland Chinese migrants were used to produce accounts for analysis. The findings reveal how this group of Chinese migrants construct new meanings to understand themselves and their situations through constant and various comparisons with other reference groups. The Confucian saying regarding “fish or bear’s paw” is central to making sense of their losses and gains during migration. The social groups they invoke for comparison can be categorized as “Chinese” and “non-Chinese”. Participants compare themselves with “Chinese” to achieve a sense of belonging, and compare themselves with “non-Chinese” to facilitate a sense of integration. During these complex comparisons, Chinese migrants construct new meanings of themselves—a sense of being able to belong to different Chinese groups and a sense of being able to integrate with different non-Chinese groups in New Zealand.

The continuity of Kiwi Dragons

Michelle Amie Gezentsvey, Victoria University of Wellington

My PhD research takes a novel approach to acculturation, developing the field of long-term acculturation and ethnocultural continuity. New constructs have been created that examine Motivation for Ethnocultural Continuity (MEC), and Social Representations of Ethnic History at the individual level, termed Ethnohistorical Consciousness (EHC). Three separate focus groups were conducted with Chinese, Maori and Jewish New Zealanders in my first year of research, followed by a pilot study of new scales in my second year, and large-scale data collection in my third year (n=700). 2007 is my fourth year, and cross-cultural analyses will be conducted to compare ethnocultural continuity models of Chinese, Maori and Jewish New

Zealanders, and also a four-nation within group comparison of Jews in New Zealand, Australia, Canada and the United States.

The role of national migration policies in international labour mobility: The Bangladeshi migrant community in New Zealand

Carola Reyes, University of Auckland

This study aims to explore the dynamics of international temporary labour migration from Bangladesh within the context of international labour mobility in the Asian region and their links to permanent migration in Organisation for Economic Cooperation and Development (OECD) economies, in this case, New Zealand. Impacts and effectiveness of migration policies in both Bangladesh and New Zealand are explored in the context of the market economy and international migration restrictions. The promoted freedom by market liberalisation of goods contrasts with the efforts of governments to regulate migratory movements in order to secure economic gains for their countries. While migration policy in Bangladesh focuses on increasing temporary labour migration and remittances, a key component in the Bangladeshi economy, New Zealand migration policy targets skilled permanent migrants in order to increase its human capital as part a long term economic development plan.

The theoretical framework driving this study focuses on the transformative force of temporary labour markets, which places an economic value on the socio-political rights of migrant workers, and the reconstructive process permanent migration to OECD countries may represent. The degree of this reconstruction is analysed from a human rights perspective following Amartya Sen's concept of freedom as a constitutive and instrumental component to human development. The study focuses on the Bangladeshi migrant community in New Zealand and their socio-economic outcomes.

(2) The role of research in migrant community development: Practitioners' perspectives

Date: 22 February, 1:30 – 3:15 pm
Venue: Pacific Studies 107
Chair: Dr Elsie Ho

An innovative capacity building programme to enable older Chinese migrants to enjoy positive ageing in Auckland

Kitty Chiu, University of Auckland and The Chinese Positive Ageing Project

Background and Objectives

The Ministry of Social Development contracted Mrs. Kitty Chiu to be the Consultant for the Chinese Positive Ageing Project for older Chinese migrants in Auckland for the period from Sept 2005 to March 2007.

In estimation, more than 4,195 Chinese aged 65 or over are living in Auckland Main Urban Area (Oct. 2004). 81% of Chinese aged 65 and over speak other languages but no English or Maori (Statistics NZ 2001).

Migration affects the ability to cope with changes – social, economic, cultural and ageing (Abbott, Wong, Au & Young, 1999). Language barrier and cultural difference make it difficult for older Chinese people to access social and retirement services and facilities.

The Chinese Positive Ageing Project conducted questionnaire survey in January 2004 and November 2005. Results indicate that strong needs exist for a culturally appropriate geriatric services centre to be set up in the Auckland region.

Survey & process

Many Chinese are unaware of existing social and retirement services and facilities. A review of existing literature (Chiu, K. 2004) shows an under representation of the needs of Chinese social & retirement services and facilities due to insufficient published statistics and research.

The survey results indicated that strong needs exist for a culturally appropriate geriatric centre to be set up in the Auckland region. One hundred and eighty-three completed questionnaires were returned out of two hundred and twenty. Most of the respondents did not consider the location of the retirement village or care centre an issue. Concerns the respondents appear to consider important include:

- Availability of Chinese doctors
- Bilingual staff
- Regular medical check ups by Chinese-speaking doctors
- Chinese meals
- High service standards
- Regular culturally appropriate social / recreational activities.

Key Findings

- Services are not always accessible to Chinese older people
- Barriers to geriatric, retirement or relevant social services and facility utilisation.

As a result, an Innovative Capacity Building Programme was proposed. A list of key successful factors to the pathway to capacity building for older Chinese people and community was outlined.

In July 2006, the Chinese Positive Ageing Charitable Trust (C'PA Trust) was set up by a group of health and social services Chinese professional in response to the need. In Oct 2006, C'PA Trust in partnership with the Little Sister of the Poor sets up the first Chinese geriatric day centre, which was located in Ponsonby, Auckland. The Centre consists Chinese or Chinese-speaking social and health professionals run the centre and using the Chinese philosophy and charge clients at a community rate. The Chinese older people associations' leaders are frequently consulted and involved in the process and development.

Summary

This project demonstrates how a practitioner has used research findings to aid and develop practical and innovative programmes to support migrants (in this case is the Chinese older migrants). The process was started with a survey and literature review

to identify the special needs and scoping the services' gaps, and then developing the community programme to meet the needs.

In summary, this has been the dream of the Chinese community for many years – that older Chinese people can achieve their fullness of life in their new home [New Zealand] with dignity.

How Problem Gambling Foundation of New Zealand makes use of research findings to develop services for new settler communities

John Wong, Problem Gambling Foundation of New Zealand

There has been a rapid increase in Asian immigration to New Zealand. Asian people are now the third largest ethnic group in New Zealand, just behind European and Maori. By 2006 the Asian population had reached 9.2% of the New Zealand population (Statistics New Zealand, 2006).

Most Asian people (70% to 80%) are born overseas. There are indications that this population has complex and multiple needs. This includes immigration and trauma-related stress, isolation and loneliness, boredom, language barriers, unemployment or under-employment, housing and finance. These factors make this group particularly vulnerable to social dislocation and subsequent social problems such as gambling or domestic violence.

Asian problem gambling is seen as being a social rather than an individual problem compounded by difficulties with post-migration adjustment. Contemporary public health perspectives are not limited to the biological and behavioural dimensions, but can also address socioeconomic determinants such as income, employment, poverty, and access to social and healthcare services related to gambling and health.

A research study on “*Chinese attitude towards gambling and their seeking help behaviour in New Zealand*” was done by John Wong in 2000 for his Master degree project with the: University of Auckland.

This presentation aims at discussing how the Asian problem gambling services of PGF makes use of the above research findings to improve their community development for Chinese new settler community. Other than treatment and interventions what adequate support the service should develop in order to meet the needs of Asian people residing in New Zealand.

The Chinese New Settlers Services Trust: The role of research in Chinese community development

Jenny Wang, Chinese New Settlers Services Trust

During the last decade, new settlers have come from every corner of the world, and they brought a richness and wealth to the cultural diversity that makes up New Zealand society today. However, many cultural, linguistic and social factors associated with settlement in a new country often prevent new settlers from a successful integration into the wider society. The large number of new settlers has tested the adequacy and availability of community services and social infrastructure.

This presentation gives my personal experience of developing the Chinese New Settlers Services Trust's programmes and services, and shows how research findings (both primary research from the agency's staff and secondary research from others) have been used to help the development of the Trust and the Chinese new settler community. It is hoped that this presentation will benefit participants and students who are working or is going to work in local community groups or NGOs.

A report on the project of “Chinese Wellness Recovery Action Plan Train the Trainer Package” in Auckland

Wenli Zhang, Affinity Services New Zealand

The objectives of this project were to increase the accessibility for Chinese mental health consumers to use the Wellness Recovery Action Plan (WRAP) (recovery key concepts and a symptoms monitor system developed by Mary Ellen Copeland and others who have personal experience of mental illness and recovery); and to provide research information ascertain of the helpfulness and effectiveness of WRAP programmes for Chinese consumers.

The outcomes of this project include a Chinese version “WRAP Facilitator Training Manual”, a three-days facilitator training workshop is delivered to ten service users in English, Mandarin and Cantonese, three new WRAP groups facilitated or co-facilitated by consumers who have completed the facilitator training and a written report on the research.

The targeted participants are Chinese consumers who have completed their own WRAP plan and have been continually using the plan to maintain their wellbeing at least for one month and are willing to share with others in need.

The content of training includes – being familiar with the WRAP programme; sharing personal experience of using WRAP programme; learning and practicing group facilitate skills. Each participant involved in facilitating a new WRAP group.

Research use the questionnaires at the beginning, the end of each group and a survey was carried out at the three-months after the group.

Social workers play a significant role in helping consumers to master the WRAP programme which empowers them to reclaim ownership of their life. The preliminary finding of the research indicates that WRAP is helpful and effective for Chinese consumers.

NB: This project was sponsored by the Auckland District Health Board and was undertaken by Affinity Service (formally Te Korowai Aroha - a NGO mental health service provider Auckland NZ).

(3) *Migrant employment and integration*

Date: 22 February, 3:35 – 4:45 pm

Venue: Pacific Studies 104

Chair: Professor Richard Bedford

Migration and remittances in the Pacific

Halahingano Tu'akolo Rohorua, University of Waikato

Migration and remittances are very important to a number of Pacific Island countries. This paper sets out to illustrate that even though these countries currently receive a lot of remittances, there is still scope for further remittance growth due to the high costs of sending money from abroad. Using data from the Pacific Islands New Zealand Migrant Survey of Tongan migrants living in New Zealand, and Tongans living in Tonga, it is argued that there is still sizeable scope for policies to be designed to lower the costs of sending money from, say, New Zealand to Tonga, as well as improve the knowledge of migrants and their families about remittance products. For example, the expansion of ATM services, provision of information on exchange rate commissions, and the remittance options that are currently available, are considered as promising avenues for lowering remittance costs. The survey also matches a small sample of Tongan migrants living in New Zealand and their remaining family members in Tonga, on their different expectations regarding the continuation of remittances over the short to long term. On average the Tongan migrants in New Zealand and their families in Tonga share very similar expectations: both sets of people have high expectations of remittances occurring one year out, but lower expectations of remittances continuing in five and ten years time. That is, many remittance receivers in Tonga believe that remittances from New Zealand are merely a short-term source of income. In this instance, not only is the average expectation that remittances would decline over time but almost every family in the sample undertaken shares that expectation. This decay in the probability of sending remittances suggests that remittances are viewed as a rather transitory form of income, which also suggests that receiving households in Tonga should either save or invest a higher proportion of the income received from remittances than they would from a higher wage income. Nevertheless, this does not necessarily mean that the level of remittances received in Tonga from this particular group of Tongan migrants in New Zealand will decay over time – it may be the case that falling probabilities of remitting are accompanied by higher amounts sent when remittances actually occur. Most existing studies of remittance decay are cross-sectional in nature, and thus not able to capture these dynamic aspects. Therefore, the following paper also sets out to help contribute towards clarifying some of the 'missing' dynamics related to remitting money from Tongan migrants living in New Zealand to their remaining families in Tonga.

Polynesian migrant women at work in New Zealand: Self-perceived knowledge, skills and sense of identity

Karen Menon, Massey University

On the positive side, moving to another country can constitute an opportunity for migrating women to make use of their skills and knowledge in paid employment. However, migrant women are often negatively portrayed in literature and stereo-typed as skill-deficient or

difficult to employ. Such one-sidedly pessimistic accounts, omitting information on migrant women's potential skills and knowledge, construct and maintain imbalanced portrayals counterproductive to migrant women's identification processes in their work environment. It potentially limits migrant women's personal development and work opportunities - preventing them from contributing their knowledge, strengths, and skills they may have to offer. Such 'misery stories', feeding back into how migrant women experience themselves at work, tend to lead to a pessimistic sense of self and impair their psychological well-being.

To balance the circulating negative views about Polynesian migrant women's acculturation and identity processes, 18 Samoan migrant women have been interviewed about their perceptions of their personal strengths and competencies. An interpretative phenomenological approach has been used to explore their cultural knowledge and acquired work-related skills in relation to their identity processes. A preliminary analysis showed that those women, who felt acknowledged and supported in using their culture-specific and newly acquired skills, experienced a trust in their competencies and an increase in self-confidence. It further showed that this process, as part of a positive cycle, generated these women's interest in developing new knowledge feeding back into their work.

Considering the increasing number of migrant women in the work force, this knowledge will be useful to people working with migrants in organizations and also in the areas of employment and career counseling, immigration, and social services.

Unpacking barriers to professional migrant employment: English language, work and integration

Judy Hunter, Massey University

Underemployment and unemployment of highly qualified immigrants has been widely acknowledged as a problem in New Zealand for at least a decade. The popular press, government reports, academic research, and community and settlement groups have brought these issues to the fore. Reports attest to the emotional, social, and economic damage to individuals and their families (e.g. Butcher et al, 2006; Firkin, 2004; Lidgard & Yoon, 1999). Research has identified barriers to employment (e.g., Benson-Rea et al, 1998; Henderson et al, 2001; and Trlin et al, 2004): Employer attitudes, devaluing of overseas qualifications, and the paradoxical need to have New Zealand work experience in order to obtain a New Zealand job are often cited as reasons for their difficulties. English language proficiency, notably accent, is also at the forefront of reported obstacles to appropriate work placement. Recent findings from the Labour Market Dynamics Research Programme at Massey University show that employers identify language as crucial to hiring (McLaren & Spoonley, 2005; McLaren, Maidment, & Spoonley, 2004).

In this context, the current study investigates language and communication issues from the perspectives of tertiary-qualified immigrants employed in their field and managers in companies that employ migrant professionals. Phase 1 of the study included open-ended, themed interviews of 15 migrants and 10 employers in a variety of fields. Interviews focus on recruitment, the nature of communication at work, challenges for those who speak English as an additional language, and communication strategies. Phase 2, currently underway, involves ethnographic job shadowing of professional migrant employees at work. The study attempts to build on findings of the above studies and opens up issues for further questioning. It presents

insights, but also uncovers contradictions, and points to directions for further research and policy adjustment.

This study sheds further light on several issues named above. First, employers as well as employees interviewed alluded to risk aversion in hiring, especially when dealing with applicants' unknown backgrounds. Those who hired immigrants regularly had developed strategies for recruitment, contingent on the resources available to them. Second, employers' attitudes to acceptable levels of English competence varied considerably, and they appeared related to a constellation of factors. Moreover, quite understandably, their concepts of language development were unsophisticated, with implications for how they approached the issue. Third, employers and migrant employees seemed to hold different perspectives on social integration at work and its role in the workplace. These issues will be discussed, along with implications for further research, employment related language policy, and educational approaches to promote greater employment success.

(4) *Asia Pacific themes*

Date: 22 February, 3:35 – 4:45 pm
Venue: Pacific Studies 107
Chair: Assoc Prof Manying Ip

Asian and Pacific arts as an avenue of inquiry into ethnic identity and acculturation

Stephen Fox, Victoria University of Wellington

This presentation discusses connections of arts practice and participation with ethnic identity and acculturation. The underlying hypotheses anticipate that ethnic arts participation will be related to improved psychosocial health and well-being of immigrants, and may provide a platform for the building of more favourable intercultural interactions.

Music and other arts, due to their unique interpersonal content and cross-cultural diversity, are rich in descriptive information. Artistic experience and/or participation has been observed to support ethnic identity, alleviate anxiety, increase social bonds, transmit cultural values, etc. This research is based on the hypothesis that cultural arts encapsulate definitive and encompassing aspects of culture. Participation in indigenous arts by ethnic minorities may relate strongly with adaptive acculturation and identity formulation.

This presentation discusses ways in which Asian and Pacific arts practice explicate unique aspects of ethnic identity and acculturation and differ from European arts and practices as the basis of a qualitative inquiry. The future directions of this research shall include quantitative surveys of ethnic arts participants regarding ethnic identity, acculturative effects and psychosocial outcomes.

New Zealand fictional imaginings of Chineseness

Kathy Ooi, University of Auckland

This thesis analyses the textual representations of Chinese produced in New Zealand fiction over time. It unpacks the meanings and attitudes embedded in literary images and investigates why the place of ethnic Chinese in dominant notions of New Zealand nationhood has been tenuous. It argues that, in primarily fantasising about the Chinese as an unsettling presence in the nation, the New Zealand popular imagination has tended to locate Chineseness outside dominant definitions of 'New Zealander' and ideas of 'New Zealandness.'

The starting point for this project is the assumption that 'Chinese' is not a natural, biological state, but a dynamic construct that has acquired a naturalised status through persisting associations of certain characteristics with the ethnic/racial label. Consequently, this thesis suggests that *all* fictional renderings of 'Chinese', including those produced by writers of Chinese descent, are the result of what Chineseness is *imagined* to be, and these portrayals are therefore not evaluated in terms of 'authenticity.' Given that the primary interest is on ideas, imaginings, and ways of talking about Chineseness rather than the real-life experience of ethnic Chinese in New Zealand, fictional writings, in offering explicit license to make-believe, were chosen as the material that would most richly reveal popular New Zealand fantasies about Chineseness.

The examination of New Zealand fictional discourses of Chineseness will be divided under the following chapter themes: threat, language, body, miscegenation and binary opposites. This thesis employs a cross-sectional approach, in selecting, for each theme, between two to four particularly significant texts from different time periods to be closely analysed and compared with each other. The selected texts encompass a range of genres and span a wide timeframe, the earliest being written in 1890, and the most recent in 2005. It is precisely the breadth of the timeframe and range of genres examined which underscore how resonant some New Zealand ideas of Chineseness are, that they should re-emerge in different historical periods and literary modes.

Imagining Chinatown: A critical study on the Chinese language media in Auckland

Phoebe Li, University of Auckland

The Chinese population in New Zealand has been rapidly increasing through migration, especially within the Auckland region since the passage of 1987 Immigration Act. A wide variety of Chinese language media have flourished accordingly. In this paper, I intend to present my ongoing PhD research on these media on the basis of a wealth of empirical data. Quantitative data were primarily collected from the content of the Chinese talk-back radio program '*I Love New Zealand*' on AM936 Chinese Voice and the coverage in *The New Zealand Chinese Herald*. Data covers the period of the 2005 New Zealand General Election between 25th July and 21st October 2005, when the current Prime Minister Helen Clark announced the Election Day until the coalition Government was finally formed. Qualitative data was generated from two focus groups and a number of individual interviews with Chinese audiences and Chinese language media personnel.

Preliminary findings show that these Chinese language media play an important role in providing essential information to assist the New Chinese migrants' initial settlement in New Zealand. However, a commercial focus has largely constrained the Chinese media professionals from performing high standard of journalism. It has caused the content of Chinese language media to be largely parochial. The manner in which New Chinese migrants consume particular types of media offers a revealing reflection into migrants' information needs, modes of thinking, sense of identity, and the strength of ties with their countries of origin. It indicates that the Chinese language media may contribute to the construction of an 'imagined Chinatown' in Auckland, which may affect the acculturation of New Chinese migrants into New Zealand.

(5) *Health and wellbeing in new communities*

Date: 23 February, 1:30 – 3:10 pm
Venue: Pacific Studies 104
Chair: Assoc Prof Samson Tse

Border crossings: Discourses of migrant motherhood

Ruth DeSouza, Auckland University of Technology

Migrants cross not only physical external borders, they traverse emotional and behavioural boundaries. In the process of becoming a member of a new society, the boundaries of possibility are stretched as lives, roles and identities change. When migrant women give birth in a new country they are stretched physically, emotionally and behaviourally. The performance of birth which is regulated through gender, social and cultural practices changes too. Drawn from preliminary PhD findings regarding migrant motherhood using a discourse analysis methodology, this presentation will highlight the dominant discourses that contribute to the understandings and experiences of migrant motherhood

Forty migrant mothers were interviewed in focus groups about the adjustment to parenthood in New Zealand. Early motherhood was chosen as a focus because New Zealand migration policy selects healthy women and maternity is often when many migrant women first encounter the New Zealand health system. In consultation with the Royal New Zealand Plunket Society, five groups were chosen for the study: three were from the largest Asian communities: Chinese, Indian and Korean and two other new migrant groups were selected. European migrant women were chosen because they are the largest migrant group yet little is known about their needs and Arab Muslim women were chosen because their faith and cultural needs are not well understood.

Motherhood is an area where there are many competing discourses. When women become pregnant, they are confronted with and inserted into the discursive practices surrounding motherhood. Certain discourses are preferred over others and are considered the truth, usually those linked with systems of power such as health systems; however they are subject to contestation. How such discourses are made apparent in the maternity practices that migrant women receive will be discussed.

Understanding Chinese international students' gambling experiences in New Zealand

Wendy Li, University of Waikato

The purpose of this research was to investigate Chinese international students' gambling experiences in New Zealand. It aimed to explore why and how Chinese international students become involved in gambling, to document experiences of gambling across contexts by comparing accounts of participants' gambling in China and New Zealand, to examine if there are any links between gambling problems and experiences of studying in New Zealand, and to investigate gambling behaviour change among Chinese international students who may have a gambling problem. Attention was also focused on the influence of socio-cultural factors on Chinese international students' gambling and gambling problem. Twelve in-depth interviews were carried out, including nine men and three women, all of whom had gambled at least once in New Zealand. The methodology and analysis of the research were underpinned by a qualitative, narrative framework.

Findings suggest that Chinese international students rarely have problems relating to gambling in China. There are a number of reasons to protect them from problem gambling. First, the motivation of playing the game of mahjong is for pleasure, and developing and maintaining friendships and social networks. Second, community attachment enables the achievement of personal wellbeing, thus protecting the individuals from gambling problems. Third, parental supervision and social regulation are associated with non-problem gambling. Moreover, the basic betting rule of the game of mahjong also serves as a protective factor.

With respect to Chinese international students' gambling experiences in New Zealand, findings suggest that some Chinese international students experience gambling problems in New Zealand, although others do not. The primary motivation of gambling to win money, wagering greater amounts of money for prolonged periods of time, and unable to stop gambling at will after starting a single gambling session are indicators of the shift from recreational gambling to problem gambling. Findings also indicate that study shock, acculturation stress, not feeling welcomed by the host society and achievement anxiety contribute to Chinese international students' problem gambling in New Zealand. This research also suggests that some CISs who may have gambling problems have achieved some success in changing their behaviour.

A number of recommendations are made for preventing and reducing harm caused by problem gambling. The recommendations include: that Chinese international students be more proactively integrated into the larger society; that educational institutions to develop more programmes aiming at upgrading Chinese international students' acculturation and coping strategies, that professional services be more culturally responsive to Chinese clients, and that programmes be organised in host communities to promote positive attitudes towards Chinese international students. In addition, recommendations are made for the evaluation of intervention programmes to reduce harm caused by problem gambling among Chinese international students. Further research into female Chinese international students' gambling experiences and gender comparison is also recommended.

There's no health without mental health: one size doesn't fit all—Innovative approaches to primary mental health for new settlers

Kathryn Johnston & Mary Nash, Massey University

Flora Toma, Assyrian community worker and interpreter

South East City Primary Health Organisation (SECPHO) has a high percentage of refugees and migrants enrolled for health services in central Wellington, many of whom have high physical and mental health needs. The SECPHO primary mental health initiative is a pilot scheme that is being evaluated nationally using a pre and post treatment measure called the Kessler 10 that measures anxiety and depression. This scheme aims to develop and implement innovative solutions so that we can improve access for people on low incomes in the PHO population (with a focus on Maori, Pacific and refugees/migrants) who have mild to moderate mental health issues including depression & anxiety. In this presentation we wish to introduce our organization as an example of innovative government health policy and share with you some of the initiatives, options and programmes we offer. We will discuss our work and our key learning/findings so far. It's early days but but we find that

- Refugee/migrant population are identifying and selecting culturally appropriate options (Assyrian/Somalian)
- People know what they need (importance of choice)
- Social isolation/poverty/debt/long term conditions/co morbidities are major contributors to stress, anxiety, depression & reduced mental health (require significant social work input)
- Complexity of cases and barriers to access mean we need to host people into services;_we have to go out to people
- We cannot underestimate importance of relationships that build on trust
- Exercise and complementary therapies are featuring as options (confirming physical and mental health connection)
- Training and employment options (Paths) are fruitful strategies
- We have particular experiences of the tyranny of the urgent and the siloing off of funding through contracting

Our research is based on participant observation type methods, in which we have observed and recorded our mental health programmes in action and reflected upon them.

Working out together: A case study of a partnership between new settler communities and health organisations in New Zealand

Jody Lawrence, University of Auckland

The arrival of growing numbers of new settlers in New Zealand since the early 1990s has resulted in new sets of health needs and experiences which need to be addressed. Published data suggests that many new settlers, and women in particular, face numerous challenges in accessing physical recreation opportunities (Hillary Commission (2001), Migrant Information Centre (2001), Genet (2000). This paper profiles the development of a Muslim Women's Swimming Programme started in July 2004, in response to requests from women from the Somali Community in Auckland. The Programme was established by ProCare Network Auckland and Auckland Regional Public Health Service in collaboration with non-funding partners

including Watersafe New Zealand, Refugees as Survivors and Sport Auckland. Not only has the programme delivered wide-ranging health benefits to participants but it is also an example of the ways in which health providers and refugee communities can successfully work in partnership. This paper outlines the establishment of the programme and key findings from two programme evaluations undertaken in November 2004 and 2005.

(6) *New settler community dynamics*

Date: 23 February, 1:30 – 3:10 pm
Venue: Pacific Studies 107
Chair: Assoc Prof Manying Ip

The everyday challenges of immigrating: Experiences of immigrant Indian women

Shoba Nayar, Auckland University of Technology

Immigrating to a new country is an increasing trend worldwide and can be considered part of the human experience. However, the transition is more complex than many immigrants anticipate. Their values and beliefs may be confronted by the commonplace practices and assumptions of the new community, requiring adaptation and adjustment of everyday activities (i.e. self-care, leisure, and work tasks). For some individuals, this change is easily accommodated. However, for others, due to the influence of environmental change or a lack of personal skill and knowledge, doing things in a new environment, may present as a challenge, giving rise to feelings of incompetence, frustration, foreignness and 'dis-ease'.

This paper describes the findings of a small scale qualitative study into the things Indian women who have recently immigrated to New Zealand do when settling in a new environment. The paper describes a number of everyday activities that present challenges to the women as they endeavour to settle into New Zealand society.

Semi-structured interviews were carried out with eight women of Indian origin who had immigrated within the past five years and were residing within the Auckland region. Using grounded theory methodology involving constant comparative analysis, a model explaining the everyday activities that these immigrants experience was generated. Three interconnecting processes were identified. The first process women experience is 'Oh God, Where Did I Come?', which describes some of the disruptions to everyday activities that occur soon after arriving in New Zealand. Many of these activities revolve around the home setting. The second process, 'Being In The Change', sees women getting to know their wider environment and facing challenges with everyday activities within a community setting. 'A New Zealander With An Indian Soul' highlights some of the longer term daily activities that the women spoke of as being challenges to their settling and living in New Zealand. Central to these processes is the core category Two Becoming One. This process is a commentary on the women's journey of integrating two cultures, finding ways of continuing with traditional tasks while meeting the challenges of doing new activities in an unfamiliar environment.

Little research has been undertaken that focuses primarily on the everyday activities of new immigrants. The study highlights some of the challenges to everyday activities that immigrating can present. Understanding this dynamic is essential for all those involved with working with immigrants, from health practitioners to policy makers.

Exploring research methods of examining new Chinese migrant studies

Sally Liu, University of Auckland

This paper will focus on the approach to be applied in my PhD research. My PhD research is to explore New Zealand's new Chinese immigrants' transnational activities as individuals or as members of a family unit. In the New Zealand context, this is a research to explore the migration decision-making processes in new Chinese immigrants' households, their settlement strategies, their mobility patterns and motivations of their choice. It will also study their family dynamics, engagement with the wider community, and what factors influence their sense of belonging.

The traditional approach, such as neo-classical economics and new economics of migration, which regards migration process as economically driven, seem to be inadequate to explain the complex phenomenon of contemporary Chinese immigration. While permanent migration was an enduring feature of immigration practice, transnational migration seems to be more in line with the multi-faceted nature of contemporary Chinese immigration. The complexity of current Chinese immigration to New Zealand requires a shift of approach to understand the patterns, trends, and reasons for these immigrants to stay relatively permanent, or to return to their places of origin, or to continue commuting. Taken these into consideration, Chinese immigration to New Zealand should be examined in the context of transnationalism.

The mobility of Chinese migrants is affected by the economic and political environment in both New Zealand and migrants' countries of origin. The economic development in "Greater China" is a pull. New Zealand's economy is one of the most open market economies, with extensive overseas linkages and high export dependency. New Zealand remains relatively low on the priority list of potential long-term high-skilled settlers. Skilled immigrant flow of New Zealand will be likely dominated by short to medium term residents.

Apart from the contradiction between traditional and contemporary immigration theories, another aspect worth noticing is the family context in immigration. Traditional assumption is that the family is always an integral unit, even when it moves. However, the recent transnational phenomenon adopted by many immigrant families have interrogated this assumption, and suggested that locations of family individuals are probably dictated by particular needs at a certain stage of career development, and family links stretch across continents.

In summary, migration is the result of individual behaviour, but equally it has an aggregate social form. Thus, migration can be analyzed not only at the individual level but also at family and broader social group levels. It is necessary to develop a new approach to study contemporary Chinese immigration in New Zealand and explore the factors affecting Chinese migrants' movement.

Return migration of 1.5 generation Korean New Zealanders

Ellie Seo, University of Auckland

This research contributes to current theoretical debates surrounding concepts of transnationalism through an in-depth, qualitative analysis of the experiences of 1.5 generation Korean New Zealanders who have returned to Korea. The findings are based on the nineteen semi-structured interviews conducted in April and May 2006, with 1.5 generation Korean New Zealanders between the age of 23 and 32 who were working to establish a career in Seoul. The term “1.5 generation Korean New Zealanders” refer to those who immigrated to New Zealand with their parents as children or adolescents in the early and mid 1990s. More than a decade later, many of the 1.5ers are returning to Korea while many of their parent/s continue to reside in New Zealand.

The exploration of the transnational lives of 1.5 generation Korean New Zealanders indicates that their decisions to return to Korea were made in relation to the extent to which their lives are embedded within transnational social fields. To be specific, most participants were influenced to pursue their careers aspirations in Korea rather than in New Zealand because of their experiences of growing up in the transnational ethnic community. Also holiday trips taken to Korea and social connections in Korea played significant role towards their decision for the return migration. At the same time, the majority of the participants aspired to return to New Zealand for their future children’s education prospect or for their retirement. So this paper argues that the return migration of the 1.5 generation Korean New Zealanders to Korea needs to be viewed as temporary or transmigration, rather than as permanent movement.

‘Return’ to India: Negotiating the field

Karishma Kripalani, University of Auckland

This paper engages with the politics of ‘return’ of migrants. Working through questions of power and representation, this paper discusses some of the epistemological and methodological issues encountered during 6 weeks of data collection in Mumbai earlier this year, for research toward a Masters thesis on the cultural implications of working within the call centre industry. There are approximately 300, 000 transnational call centre workers in India, representing corporations including HSBC, Citibank and IBM. Since the mid -1990s, the ex-colony’s educated, English-speaking population and significantly lower comparable wage rates have proved to be an increasingly attractive option for off-shoring and outsourcing by companies based in the UK, USA and Australia. Within India, the call centre industry has created employment opportunities and an upwardly mobile – and young - middle class. My Masters thesis research employs qualitative methods to investigate the production of a work culture defined by fictions of Anglicised pseudonyms and the cultivation of “neutralised” accents. With a consideration of space as a social product, employees at transnational call centres in Mumbai were interviewed on performative aspects of their jobs. In this paper I reflect upon the negotiation in the field of my own various performances; including researcher, New Zealander, Indian, woman and postgraduate student. The complexities of an “insider/outsider” status in this context are interrogated, alongside the effects of my identities as constructed by interview participants. Employing a self-reflexive

methodology, I turn the analytic frameworks I use upon myself - as a diasporic “inauthentic native” (Lal, 1996) - to examine the implications of going ‘back’ to India for research. What follows is a non-sanitised account and analysis of the embodied research experience and the power dynamics of the interview process. I conclude with a consideration of the benefits and risks of autoethnography.

(7) *Health and wellbeing in new communities*

Date: 23 February, 3:30 – 4:45 pm
Venue: Pacific Studies 104
Chair: Ruth DeSouza

Understanding health, illness and health seeking behaviours of Indian, Korean and Chinese migrants in Auckland, New Zealand

Anneka Anderson, University of Auckland

The primary aim of this research is to elucidate the complex relationship between health, national and international policies, transnational experiences, social networks and local, cultural influences by looking at the life experiences of Indian, Korean and Chinese migrants in Auckland, New Zealand. The study addresses this aim through the analytical framework of political ecology and incorporation of interviews, participant observation and media analysis.

Political ecology is an approach that integrates political economy with human ecology into a coherent analytical framework (Mayer 1996). From a medical anthropological perspective where health is contextualised within a model of culture, political ecology can provide insights into “multiple levels of well-being, illness and disease” (Harper 2002:27). I have used this theoretical framework in my research as it elucidates how historical and contemporary factors can impact on the daily lives and experiences of migrants in New Zealand, and also how migrants can influence their environment through local agency.

At its most simplistic health can be viewed as a continuum ranging from “wellness at one end and illness at the other” (Manderson 1997:25). Yet health is a complex concept and as a result there are many understandings of health often depending on who is using the term and in which context it is used. From an anthropological perspective health is considered a cultural construction and varies in definition and meaning from one society to another (Baer *et al.* 1997). Therefore, health can not be defined as a single concept, fact or idea but includes myriad perceptions and images influenced by historical, social and political agendas (Manderson 1997).

Indian, Korean and Chinese migrants’ understanding of health, illness and health seeking behaviours are embedded within systems of knowledge based on previous experience of health care systems from their countries of origin and reinforced by lack of knowledge of New Zealand’s health care system. Language barriers and divergent cultural understandings of health are also influential factors. When reviewing health and illness discourses, health maintenance and health seeking behaviours, it is clear that to some extent cultural discourses and health practices do influence immigrants’ health in New Zealand. However, these ‘cultural’ influences

must also be viewed within the context of political and economic practices of both their countries of origin and in New Zealand. It is also important to note the variable and dynamic nature of migrants' health seeking behaviour in New Zealand. Migrants exhibit a large variety of health seeking behaviour and often contest and redefine their health beliefs, perceptions and behaviours depending on their personal experiences and knowledge of health care systems in New Zealand.

'It's a way of life': The relationship between food health and illness from the perspective of an Indian migrant in New Zealand

Shireen Tresslor, Massey University

The Asian population group in New Zealand is at a high risk for diseases such as coronary heart disease, obesity, vitamin deficiencies and osteoporosis. This can be linked to the way in which food is consumed despite the wide availability of nutritional information. It has been argued that the reduction of health inequalities in New Zealand could be better achieved through a focus on the community rather than on specific health problems. This must begin with an understanding of beliefs surrounding the connection between food and health. The Indian migrant group was considered to be important in this respect, because, not only is food a central part of the culture and cultural practice, it is also widely accepted in ancient Indian medicinal systems such as Ayurveda and Unani as being significant in the preservation of health and the treatment of illness. This study set out to explore the way in which Indian migrants construct the connection between food and health or illness and the way in which these constructions are maintained or transformed within the context of migration.

Participants were migrants from India who ranged in age from thirty to seventy, and represented a range of religions and geographical locations within India. Data was collected through semi-structured interviews that were taped, transcribed and then analysed. Three ways in which food was talked about were identified; as a *source* of health, as a *remedy* for ill health and as a part of *social relationships*.

Talk surrounding food as a source of health revealed a complicated decision-making process where cultural and religious understandings about 'good' and 'bad' food are balanced against problems such as financial worries, time constraints, responsibilities and expectations. The 'proper' way to eat is described, as well as what were considered to be acceptable substitutions and the way in which the pleasurable and experiential aspects of food influence its consumption. Food is also believed to be an effective treatment for illness and described as having various medicinal properties such as antiseptic, cleansing and balancing. It is used in daily life to both treat and prevent illness and this is based on culturally derived understandings of the roots of health and disease and involves a process to identify the health problem and the appropriate method for treating it.

Food also plays an important part in social relationships. Participants hold shared understandings of food that serve to validate them as Indian people. The use of food for health is portrayed as a way of life that is typically Indian with rules and guidelines that direct what is to be done to stay healthy and to treat illness. Food is thus used as an expression of cultural identity and provides a sense of continuity and belonging with the past and with India. At the same time, new ideas are incorporated to create

a new post-migration identity that is rooted in India but is uniquely related to the position of being Indian in New Zealand.

Effects of diet on future health: interrelationships among diet, energy expenditure, body composition and risk factors for lifestyle diseases in Indian preadolescent girls

Chhichhia Purvi, Auckland University of Technology

A vegetarian diet of mother and child may influence cardiovascular and diabetes risk factors in the child's later life. A reduction in Vitamin B₁₂ has been suggested to increase the risk for the metabolic syndrome (dyslipidemia, insulin resistance, hypertension and central obesity). World-wide, the Indian population is largely lacto vegetarian and exhibit greater health risks than other ethnic groups. This feasibility study sought to investigate the differences between vegetarians and non vegetarians with respect to metabolic syndrome factors. It is hypothesized that, preadolescent (Tanner Stage 1) Indian girls who eat no meat will have higher central fat, lower levels of vitamin B12 and less time in activity than non vegetarian.

Six vegetarian (9.8±0.9 y) and six non-vegetarian (10.0±0.6 y) girls participated in the study. Mothers and their daughters in each group had followed the same dietary pattern from birth. Anthropometry including bioelectrical impedance analysis and resting energy expenditure was measured. Biomarkers like serum B₁₂ methylmalonic acid (a classical marker of vitamin B₁₂, increases in case of vitamin B₁₂ deficiency) were measured. Blood analysis was done to check for anaemia. Time spent in sedentary activities and dietary information were extracted from 7-day physical activity and food diaries respectively.

Although not substantial, there was an overall trend towards higher values for the vegetarian group as compared to the non-vegetarian in body fat percent (29.7±6.6 vs. 29.0±6.2 %), and waist to hip ratio (0.89±0.12 vs. 0.84±0.07) but the non-vegetarians weighed more (31.2±5.5 vs. 33.3±9.6kg). Initial bioimpedance measurements showed a high level of fatness in all girls (Mean 29.4±6.1%). Compared to British reference ranges, girls in both groups had a higher %BF of 29±6% which was equivalent to 34 percentile points above the British median adjusted for age. Both groups spent 21 hours in non-moving/sedentary activities. These initial findings provide early evidence that metabolic syndrome risk factors are present in preadolescent Indian girls. The small sample size limits conclusions drawn but results suggest that vegetarian girls have lower vitamin B₁₂ levels and girls in both groups exhibit high fatness and sedentary lifestyle.

(8) *Researching new communities: issues and challenges*

Date: 23 February, 3:30 – 4:45 pm

Venue: Pacific Studies 107

Chair: Dr Amritha Sobrun-Maharaj

Thinking across the international/local binary: Emerging themes in doctoral research with international/New Zealand women students

Vivienne Anderson, University of Otago

International education research in New Zealand to date has often drawn on an international/local student binary, assuming homogeneity across either one or both groups. International students' experiences are read through a 'cultural difference' lens, with New Zealanders positioned as the unspoken norm against which difference is read. This is inherently problematic, in that 'New Zealanders' and 'international students' are people with multiple national, linguistic, religious, social, cultural and familial identities; enrolled in different levels and courses of study under diverse financial circumstances. Prior education, expectations, age, and gender are just a few of the other factors that may shape students' study and living experiences in the New Zealand context. Interpreting international students' perspectives primarily in terms of cultural difference overlooks both differences and commonalities across all students, and allows educational institutions and policy makers to abdicate responsibility in terms of marketing approaches, pedagogy and student support.

In this paper I present preliminary findings from my doctoral research that challenge the international/local student binary and assumptions of cultural difference in relation to international students. I begin by outlining the theoretical framework informing the project, including poststructural, postcolonial and critical feminist theories. I then describe the project itself, conducted during 2005 and 2006 with international and New Zealand women students and partners of students. Data collection involved two aspects: participant observation in a social group setting; and in-depth interviews with 19 women over two years. Participants were women associated with Dunedin's public tertiary institutions, including full-fee paying, exchange and postgraduate international students; and New Zealanders from 'new' and 'old' settler communities at both postgraduate and undergraduate levels. In the paper I discuss themes emerging from ongoing data analysis in relation to the participants themselves, and the current New Zealand (international) education context. I conclude with some tentative suggestions as to how this research may inform (international) education policy and practice beyond an international/local student binary, in such a way as to benefit *all* students at a tertiary level.

Agency and uncertain resettlement: Perspectives of migrants and teachers

David Cooke, York University

This paper analyses viewpoints on migrant resettlement in New Zealand, drawing on the concept of *agency*, defined as "the socioculturally mediated capacity to act" (Ahearn, 2001). The data consist of transcribed interviews with 50 tertiary and secondary ESOL learners and their teachers, collected in the period, 1998 – 2001. Previous reports in New Zealand and Canada on this research have concentrated on the reported experience and outlook of tertiary migrants from within the study (e.g., migrant professionals such as doctors and engineers).

The paper is a re-interpretation of the data, with a focus on both critical theory (Brookfield, 2005) and agency (Thorne, 2005), locating the information in its sociocultural context (Lantolf & Pavlenko, 2001) and comparing the various viewpoints of tutors, tertiary and secondary students in New Zealand. In general, results indicate that tutors and migrant students in tertiary education recognise sharp constraints on migrants' agency in language development and resettlement, largely because of restricted contact with NZ residents, changing immigration policies, and protective procedures on the part of professions (e.g., medical). By contrast, migrants in secondary education can be seen to have increased facility in agency,

reporting greater ease and progress in learning English, in acceptance into peer groups and in resettling in NZ.

The discussion prompts disturbing questions on a range of inter-related issues, including language teaching and education; residency, citizenship and belonging in NZ; the construction of the migrant in society; concepts of integration, acceptance and opportunity; interaction of migrant and NZ communities; and the role of the state in fostering benefit for migrants and the nation (see e.g., McMillan, 2005 for background). This critique suggests some relevant recommendations, including ways of promoting agency through education, work and community experiences (Watts & Trlin, 2005); the role of sociocultural context in both education and resettlement; inclusive social practices in professions and elsewhere in society; and the responsibility of the NZ state.

Being sensitive to ethical issues when conducting research with Asian older people: A case study of research on elder mistreatment

Hong-Jae Park, University of Canterbury

The purpose of this paper is to review ethical issues in the conduct of research with Asian older migrants in Aotearoa New Zealand. Because Asian older people are often 'invisible' in research, building up ethical, cultural and practical knowledge for studies with the population is inevitably limited and complex. In writing this paper, I draw upon my own experience not only in conducting research on elder abuse among Korean immigrants but also in working with older people in dementia care and social work.

Research involving with Asian elderly immigrants raises significant ethical challenges since the study population includes many vulnerable people with various mental, physical and social difficulties due to both age and race in their host society. From my own perspective, doing research with Asian elders is in part similar to doing social work with them. Research is required to be designed, reviewed and undertaken in a way that not only ensures its integrity and quality but also enhances dignity and empowerment of Asian older people who are likely to be marginalised, isolated and disempowered in society. How ethical issues can affect the study population and how ethical problems can be solved has been reviewed by appropriate ethical bodies prior to research implementation. In addition, I have paid more attention to how culture, race and ethnicity influence ethical issues because cultural factors play a large role in how people perceive what is right or wrong. Some of ethical agreements such as autonomy, non-maleficence, beneficence and justice can be differently understood by Asian older people who have retained their unique cultural characteristics. Building up a trust relationship with a participant is particularly crucial to gain accurate, meaningful information without exploiting the subjects. Because of certain Asian cultural features including reverence for authority, a sense of shame and familism, repeat interviews would be more likely to reach Asian participants' private accounts in an equal relationship than the conventional approach of doing a single-contact interview per person.

Attempting to conduct research without regard to the ethics would be, literally, unconscionable. Protecting the right and wellbeing of participants is a fundamental keystone of ethical research. Being culturally sensitive is an ethical requirement as

well. Some pragmatic suggestions are presented to help researchers to deal with the ethical issues involved in conducting research with Asian older people.

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