

Migrant Resource Centre Tasmania is for all migrants

Migrant Resource Centre Tasmania (MRC Tas) has offices in both southern and northern Tasmania and is for all migrants, regardless of their visa status, arrival time and level of support needed. Diverse Tassie recently met with MRC Tas CEO Alison O'Neill, and was able to get great insight into the wonderful work of MRC Tas.

The MRC Tas office in Glenorchy, with its comfortable and spacious environment, clearly depicts the diversity that exists within the organisation. We noticed a sense of harmony and unity amongst the staff, which is also evident in the picture featured in this article.

Responses about certain topics by CEO herself:

Who does the organisation serve?:

Alison: MRC Tas is for all migrants regardless of visa type or length of stay in Tasmania. We offer an extensive range of services and projects to meet the needs of our community. We offer a multicultural youth program, aged care, employment assistance, mental health support, settlement assistance, information and referral to other services, and support for those impacted by COVID-19. Our services are responsive to what the person/client need is; we always look at how we can accommodate individual needs and circumstances.

"Our service is reflective of the demand that comes into the organisation."

No matter whether people are here on a skilled work visa, humanitarian visa, are a permanent resident, or are from a culturally and linguistically diverse background, they may require some level of assistance. The need for support can happen at any point in a person's life, so we evolve our services according to the need at that time. More recently with COVID-19, there are new needs and requests for support coming through. People on temporary visas who were confident about what their future might hold had that confidence impacted because of the pandemic and now require some assistance. MRC Tas has been providing emergency services such as food relief through our Food Box Program in this regard.

Phoenix Centre:

Alison: The Phoenix Centre

provides culturally appropriate mental health and wellbeing support to individuals and communities. It is internationally recognised and hosts a range of programs and projects, but is best known for its counselling service. Other programs delivered through the Phoenix Centre include wellbeing groups, the suicide prevention program, and community development activities. People can self-refer to access these services in Hobart and Launceston. We also provide training to mainstream service providers to improve their capacity to work effectively with people from culturally and linguistically diverse backgrounds.

We recently received funding from the Tasmanian government to support those impacted by COVID-19. Securing this funding required our advocacy and appeal to the government that people from a culturally and linguistically diverse background often struggle to reach out to mainstream services due to language barriers, lack of understanding, and trust. We sincerely thank the government for this support. Through our Cultural Community Connections program any person from a culturally and linguistically diverse background who is facing uncertainty or mental health concerns can contact us for support.

We have provided training to agencies such as Lifeline Tasmania and

partner with them and other organisations to assist their work. Our strength lies in that we have trained staff from culturally diverse backgrounds. Our diverse workforce enables us to provide quality services that align with our organisational values of diversity and inclusiveness.

"We are committed to having staff who reflect the communities that we are working with."

Encouraging Women's participation in sports:

We encourage and support women's participation in sports. Our Multicultural Youth program has formal partnerships with AFL Tasmania and Football Federation Tasmania, which enable scholarships and opportunities for young people to get involved in team sport. We look at how we can support from a couple of different perspectives, including how to get people involved and participate, and also how to build and enhance the capacity of clubs and trainers to support an inclusive and diverse sports sector.

"Ultimately if we are achieving our purpose we are not needed. That's our main goal."

On what excites/drives Alison in her role as CEO of MRC Tas.

Alison: I get really motivated and excited about finding a creative solution or a supportive platform for people to build their own capabilities and to achieve their own success. We are just a pathway through and my ultimate goal would be if we weren't needed and access

to culturally sensitive services and support was available for all community members. In the meantime I get excited about something like our State Government recognising in difficult times like COVID-19 that it is important that there is an appropriate service. One of my own primary values is around equity; I believe everyone should have an opportunity, and when given that opportunity people are able to succeed.

In my personal experience, I know someone who came to Tasmania to settle, and had to find appropriate employment while managing study and learning new skills. This person has recently been successful in attaining their permanent residency and knowing that I have been a support to them in this process has been incredibly satisfying. It a life changing opportunity for them. Positive outcomes like this keep me motivated.

Volunteering at MRC Tas:

Alison: We have an established volunteer program that plays a vital role in supporting our work in the community. About 50 per cent of our volunteers are from a culturally and linguistically diverse background and over 50 per cent speak a language other than English. Volunteering is a great way for people to get experience in supporting those who are more vulnerable. It is also a great platform to learn about Australian workplace culture and different ethnicities. Keep an eye on the MRC Tas website www.mrctas.org.au for upcoming volunteer opportunities.





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Australian International Youth Association Interview

August 26th, 2020

Diverse Tassie met with Li Yang, Operation Manager, The Australian International Youth Association and is delighted to know about the wonderful community work she is been part of. The way there are trying to give it back to the community will sure be a big inspiration to all our readers. Li Yang spoke to our team in detail about how this passion developed and their future aspirations.

1. Please introduce yourself to our readers and how are you enjoying Tasmania?

Through following activities, I have built a solid social connection here in Tasmania and made a lot of friends. I now feel that I belong to Tasmania and becoming a part of the community.

During my studies here, I have worked with many volunteer organisation's. I am a social animal and I really like to communicate with people. This work allows me to connect local and international people with organisation's and businesses in Tasmania.

2. What's so different about Tasmania according to you?

I have lived in Tasmania for over two years. Unlike what is like living in Melbourne, crowded streets and annoying weather, I love Hobart for its distinctive weather and cosy neighbourhood. People here are more friendly and warm-hearted. Unlike living in Melbourne, the commute cost and time are very low in Hobart. Living in Tasmania has provided me a higher living standard and a healthy life style. I now have time to jogging and hiking and have more chance to explore the hidden beauty of Tasmania.

3. What interested you in seeing the positive effects of volunteerism and what prompted you to start AIYA?

When I was studying media in UTAS I was a member in TUU and during this times once in the process of organising an event, I saw how people are not willing to step outside of their comfort zone, or may be they just don't have chance to meet new friends. I was think about if I can make a platform for all difference cultural backgrounds people to do one thing together, they will have chance to get familiar with each other.

On the other hand, I did some research, that the average age of volunteer in Tas is above 50 years old, which means we need more energetic young people to contribute to the community

Additionally, we provide an opportunity for volunteers to build a better resume to find a job, practice their skills in a real word, expand their professional network. In return, AIYA and its volunteers are supporting local organisations, small businesses and community groups, for

example by digitalizing their store, and reduce their work load.

4. What is the Vision and Mission of AIYA?

AIYA responds to a gap in the connect of local cultural and event to internationals, and fill the shortage of young volunteers for NGO. To gain win-win result, AIYA targets on break down the barrier between new immigrants and local community.

By cooperating with the local community, internationals will grow to love Tasmania and become more involved in the community.

The highlight of our Association is the willingness of the Association, that is to serve all international youth in Australia and to guide them to participate in social and community activities actively, we strive to build a platform for communication and entrepreneurship, and provide well-rounded services for young people effectively and practically. We will strengthen the link and unity of international youth and young Australians by developing strong relationships and friendships. At the same time, The Australian International Youth Association will strive to become one of the important bridges for the economy and culture between new migrants and local communities.

5. Please share with our readers some of the exciting projects AIYA is been part-off?

We are the first Multicultural group to join Dark Mofo volunteering team in 2018.

We are the first one to do Individual parade group in dark mofo 2019.

We are associated with Falls

Festival and it was the first time Falls Festival partnered with other NGO.

We are partners with North hobart football club since 2019.

We participated in FIRST Lego exhibition 2019, and We helped in Open and Graduation ceremony for Children's Uni 2019.

By highlight our growth, We are very proud the number of participants has increased from 30 participants in 2018 to 80 participants in 2019 in Dark Mofo.

Each of program or actives we been involved have provided a unique experience for AIYA.

6. Do you believe that all members of our community are being having equal rights to be included in volunteering and experience the benefits, regardless of their background or current situation?

For each event, I highlighted the dead line, and encourage people to lodge their application early. And one of my colleagues will collect all the resumes and do the first interview, then my colleague will send me the information with with nationally and gender. And I make the final design base on the information

Additionally, AIYA assign people into difference categories based on their interest and skill levels such as photographers etc., to build our data base. So that in the future we can recommend the right person to right places.

7. Being from a diverse background did you or one of your volunteers ever encountered racism as part of your volunteer work?

Last September, during a football club completion, where we were

volunteering and were in serval groups for taking particular roles.

One of the roles was to collect parking fee from participants.

While one of my volunteer was collecting parking fee, he was assaulted by a local participant. At that time, host respond immediately, but the trouble maker has run away already, I believe the behaviour of the host was endearing and he came and consoled the volunteer, by making him realise that he has a strong back up.

When we reviewed the whole process with the host after the competition, we discussed how to resolve it and avoid it happening again. The solutions were, two people should be form a group, and supervisor should go around and inspect frequently. Moreover, AIYA has followed up the case, and informed the volunteer that we are going to support every member of us and ensure their work place safety.

8. What do you want see AIYA doing in 5 years time?

For each year, AIYA plan to get 20% increase of membership. We host small lectures, seminars and other events for engaging internationals settling down in local and also to support existing local events with skilled volunteers.

On one hand AIYA is always for offering opportunities for international's in practicing their skills in real world and help others, this way they can become more competent when they enter the market.

AIYA will also provide outstanding AIYA members with industry networks and contacts thus helping internationals in finding a partway to career.

On the other hand, We strive



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(AIYA Interview continued from page 3)
to build a platform for communication and entrepreneurship, and provide well-rounded services for young people effectively and practically. We will strengthen the link and unity of international youth and young Australians by developing strong relationships and friendships. The Australian International Youth Association will strive to become one of the important bridges for the economy and culture between Australia and other countries.

9. How can people get to know more about AIYA. What should one do to be a part of the wonderful work AIYA is doing?

We have some promotion in social media, and connection with other communities, we are big on word of mouth promotion.

For example, Hobart football club know us from the day we helped North Hobart Football Club in their competition. AIYA were going to engage as volunteer for Hobart football club, and unfortunately it got canceled because of COVID-19.



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**MRC Tas
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Migrant Resource Centre Tasmania (MRC Tas) has been helping migrants, humanitarian entrants and refugees to settle and stay in Tasmania since 1979. We have offices located in Glenorchy and Launceston.

The MRC Tas Board currently has vacancies for Directors who have experience in either community development, business development, governance or financial management.

MRC Tas is committed to the election of a Board which has an understanding of and reflects our community's diversity.

Expressions of Interest must be received by 25 September 2020.

For more information please visit:
www.mrctas.org.au/job/voluntary-board-member/



DIVERSE TASSIE

Abu's diary

The diary of a free spirited Maltese Shih Tzu. Adopted daughter to a Chinese accounting student and a tall hairy social worker - Looks a little like a spring onion

Tenth diary entry:

This week, - I was excited to hear my parents will make the most of the Tassie government's offer of travel vouchers! We are hitting the road again, awoo woo woo woo! I am already fantasising about what kind of stinky delights the mighty Arthur river has in store for us! My parents keep saying how happy they are that they secured a spa retreat with a beach view and wood fire – place and how they look forward to being lazy-bum heads!

I say, good luck to them! They got another thing coming, if they think we will be lounging around for four days in-front of the fire, stuffing ourselves with treats from land and sea. Okay, I am cool with stuffing our faces with treats. But lazing around all day? No way. I am keen to explore the famous “End of the World” beach that Todd, (speaking of lazy) the cat from next door keeps telling me about. He reckons the winds are so strong, that I will be whisked into the air like a balloon.

Speaking of being whisked into the air – My mum, dad and I met Tasmania's angriest dog at the beach the other day. We do not blame him for being so grumpy – because his human owner behaves like a big smelly poo. His dog attacked me for no reason when I was minding my own business – it was scary. I have never met such an aggressive dog who wanted to bite my cute fluffy body in half and toss me out to the nearby seagulls for an afternoon snack. Luckily, my dad hoisted me into the air just in time. As the angry dog lunged at me – up I went like a yo-yo.

I heard my parents and the other dog's owner having a little quarrel. All he kept saying was that his dog was allowed to be off-lead, as it was an off-lead beach. I'M AFRAID – IT'S NOT THAT SIMPLE MR “Poo-poo”. Your dog's behaviour is like that of a spoilt kid who is not allowed any lollies - ready to hurt anyone nearby - just so they too suffer. You did not apologise or express any concern for me. You do not deserve a dog. Control him, so that he won't hurt another and be punished for your lack of insight, guidance and care. He obviously is crying out for attention. You know what they say about those that hurt others. Often – they just need some love!

I could have died. My parents could not stop hugging me. I returned the favour and planted my slobbiest kisses all over their happy, loving faces.

“Dogs do speak, but only to those who know how to listen.”– Orhan Pamuk



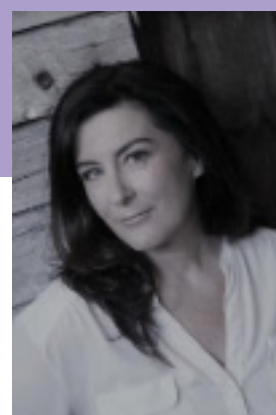
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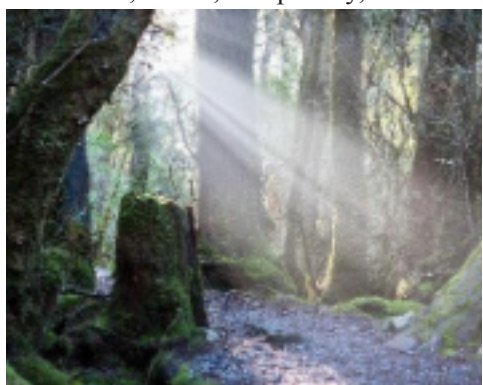
3 Reasons the Pandemic is Affecting our Mental Health

By Tara Bufton



We are so lucky here in Tas, an Island protected from many of the difficulties of living through Covid 19. We have zero, zilch, not even one new case (or at least at the time I am writing this we don't). Nevertheless, like the rest of the world, our mental health is being impacted in various ways.

1. The economic downturn is creating financial stress for many people. Families are under pressure and relationships are strained by tenuous employment status. There are 3.5 million Australian sitting on Jobkeeper payment, unsure if the work will still be there when it ends. People in airline and travel, retail, hospitality, the arts



and sport, just to name a few, are not worried about whether they'll still have a job after Jobkeepers ends, because they have already lost their livelihood to the virus. Lack of financial security has a significant impact on our mental health. A sense of the unknown isn't easy for most people. It creates stress. And this stress creates tension in relationships, which in turn creates more stress. The demand for Couples Counselling has increased due to the economic implications of Corona Virus. Singles seeking mental health care is also on the rise. When future finances are uncertain so is our ability to stay mentally well. Speaking openly with friends and family, seeking professional help and giving ourselves an extra dose of self-care is the best we can do to stave off the onset of a mental health condition in this environment.

2. Worry and concern regarding family and friends experiencing the effects of Covid more acutely. Many of us here on our safe island are not feeling the concern that we may catch the virus and

spread it to one of our much loved grans, gramps, older uncles or aunts. In places like Victoria, there is concern around that; concern around the lockdown; and the ominous feeling committed-mask-wearing brings. Many Tasmanians have relatives on the Mainland, some even further away. Our worries about the impacts they are experiencing raise unsettled feelings. When will we get to see them again? Will they be ok? When will life return to normal? Our most useful way of easing mental distress around these concerns is to find the positives in what is. Holidaying on our island, talking regularly to our mainland loved ones on the phone or zoom and enjoying the slowed pace the pandemic has brought are some of the many ways we can focus on what is ok right now.

3. Social Isolation. Due to job losses, Universities going online, and fear of the spread of corona virus many people are isolating. That disconnect from society causes issues. Humans are social beings by nature. Even people who seemingly

want to be home alone by preference, suffer when they withdraw. To feel content, well, and balanced we need social contact. Our older generation, especially people living in retirement homes, are experiencing detrimental effects of being cut off from others. It can become more difficult for people to go out amongst it when they become used to being home alone. We need to work as a community to help people who have lost jobs, studying from home and isolating to avoid being at risk.

We are the lucky island in the lucky country. But we are susceptible to mental health triggers. If you or someone you love is struggling, reach out. Call your GP and connect.



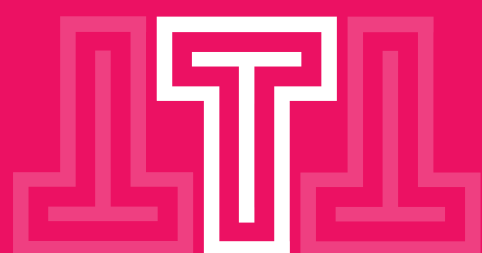
MRC Tas Aged Care Services

Migrant Resource Centre Tasmania (MRC Tas) provides a range of Aged Care Services to anyone aged 65 and over, as well as HACC services for those under 65 with certain health conditions. We specialise in supporting culturally and linguistically diverse (CALD) older people who want to remain living at home as long as possible. We encourage independence and focus on mental and physical health, social connections, community involvement and physical activity.

Navigator Program: Older Tasmanians from CALD backgrounds, their family and carers can access free assistance to register and understand the MyAgedCare government portal.

PICAC Program: MRC Tas provides cultural education and support to aged care service providers through the Partners in Culturally Appropriate Care (PICAC) program.

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HOBART SRI LANKAN LIONS

Hobart Sri lankan Lions cricket club came into existence in 2019 when few community members got together and launched a team in ICSL-Hurricanes Champions League tournament. The team performed exceptionally well and became recipient of the Best Debutant award 2019-20.

To acknowledge the work of community members and players Hobart SL lion club hosted an award night which was attended by team members and chief guest was Clive rose (Former Hobart Hurricanes player).

Club president Krishan Harshana said “ It’s great to see the community gathering together and thanked all volunteers for their work”.

The award night was made spicy by delicious SL Cuisine and Live band -Tassie Ceylon Jam who played till 11 pm.

ICSL founders Raj Chopra & Mohan Kumar attended the event to present the best debutant award.

“ We are always ready to support community clubs from diverse backgrounds and help aspiring players to show their talent to local communities” said Raj chopra.





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A Silent Achiever

Dancing for some people is just an entertainment. For her it's a passion, a dream, a walk of life, a platform to give it back to the community. Having learnt tap and jazz, ballet, ballroom dancing, Indian traditional and Bollywood dance, she feels dancing is not just an art it's an emotion. An emotion that helps her to better understand herself and understand people around her.

Known for giving more than 200 performances in the last 20 years and Whether its rain, hail or shine she is always there to perform at nursing homes and delighted to spread the happiness through her performances. She is none other than Hobart's well known dancer Sujata Dasgupta.

Having been and done all her education and employment in Hobart, Sujata Dasgupta was always keen to do something for the community. She used her dancing expertise in this regard. She regularly visits nursing homes and gets the residents involved in dancing and she feels the joy among the residents is more rewarding than any other thing in the world.

We at Diverse Tassie last saw her dance at 2020 Indian Independence Day celebrations. Sujata and her daughter Anusha performed at this event, the most striking feature of this performance was the way both complemented each other

Diverse Tassie is grateful to Sujata for giving us the opportunity to interview her and know more about her.

On Being a Dance Teacher:

I am very keen to share my passion with all and I love dancing with my students on a voluntary basis at community events, schools, multicultural functions, child care centers and nursing homes. I never ask for any remuneration and I seldom refuse to perform.

“One of the residents was so happy with the dancing that she told please come back”

Dancing is my life and it gives me a sense of happiness in sharing my dancing with others. It gives me relaxation and gives me clarity in my thoughts. My dance school is open to all in the community and my students have been from different backgrounds over the last 22 years (Indian, Sri Lankan, Spanish, Australian, Dutch, Fijian origin to name a few).

I enjoy teaching people dancing. I just charge a very nominal fee for my lessons. When I teach dancing it's more like a meditation for me. If someone is interested in learning contact on sujatad@bigpond.com.

How did this interest in dancing come about:

No one in my family was into this. Don't know how it came about but I was always interested in dancing. I was into different forms of dancing as a kid, I learnt tap and jazz. Then learnt ballroom dancing later. But my real interest in Indian dancing came around in my late twenties. Back then in Tasmania there was no one to teach this form of dancing so I had to travel to Sydney & Melbourne and used to stay there for a week. I used to travel to India once every three or four years and stayed there for a while and learned more about this wonderful art.

I was working at the ATO for over 34 years and had to take care of my daughter and my parents and the working week used to be very busy for me. Dancing was 'THE' calming influence and recharger.

“I don't know what I will do without my dancing”.

On dancing with Anushua, her daughter:



Most of my dances are choreographed by myself, it's a fusion of traditional and Bollywood dance as people like more upbeat songs nowadays. Music is universal and language is not a barrier. With kids I start with teaching them Bengali traditional dance.

I am a carer of my parents and my daughter Anushua. Dance helps me in this process, it gives me the energy and boost to keep me involved and stay healthy.

With my daughter, she started dancing as a kid and I encouraged her. She learnt

and sense of purpose as she gets up early in the morning to go to her ballroom dancing, and does her dance practice later in the day. Whenever we both dance together I try to complement her in the dance moves. She has won many accolades with her dancing.

Over time, the community I am part of learnt to understand and accept Anushua's mental illness. This has been very important to me, as we can be relaxed and be ourselves when we are out. I find that to be very encouraging and accepting of the situation and not compare my daughter with others but rather focus on the positives.

We gave heaps of performances together. I encourage my daughter and try to complement her in all the things she does.

This Pandemic has been hard for us as we couldn't go out and dance. Getting used to the new normal now.

Dancing performances:

I want to do more dancing. I am often asked by different community groups to perform with my students and over the past 20 years I have performed on average about 10 years per year, each on a voluntary basis.

Diverse Tassie wishes Sujata Dasgupta all the best in all her future endeavours and hopes to see her inspire more and more people with her dancing.



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Self-Confidence In Children: A Father’s Tale - Mir Asad Ali Razvi, Walnutwiz Pty Ltd

Human life is packed with stress, challenges and struggle. Each human being faces thousands of lifetime obstacles and difficulties. To survive, one must painfully battle and conquer the forces of the elements. It has multiple issues and their sources to deal with. A person is a star in real life who has a great spirit, deep desire and a firm determination.

people who can decide the type of things to come in the future.

Yet, people who do not believe in themselves, do not trust their own skills, think they are frail and poor. They ‘re terrified of life’s challenges. They will run away from the responsibilities. By pessimistic feelings and hopelessness, they find simple jobs challenging. Their lives are spent in misery and violence.

A person’s good or bad luck rests on themselves. The achievement of all the world’s great people is attributed to their own faith, determination and untiring efforts.

The strong people are never intimidated by difficulties. They have hope and self-confidence that leads through all life’s trials and tribulations. They will perform tasks that some find difficult. They are not like a stick in the huge ocean, which floats on the surface of the water with wind. They ‘re like a strong swimmer that has the powerful muscles and the courage & confidence that helps them to swim against the wind. These are the

Now that resilience and self-confidence are of immense value, it is important not to neglect that these traits are innate in the traits of any human being. However, they have to be nurtured and educated. The optimal and most important training cycle is the childhood.

The best time for the forming of personality and equilibrium in a child starts from four years to eight years of age. At this time the child is determined to be optimistic and compassionate and is willing to face the difficulties.

Even though children will understand



their insecurity and desire for dependency on a superior, they will have maturity and a harmony in their kind. They want to satisfy their needs. They are really excited to carry out new activities. You might have noticed these words from the children:

- Mom, I am doing a new thing?
- Have you seen how I jumped?
- Hey, I can wear a dress of my own.
- I’m going to put shoes on.
- I would like to eat the food on my own.
- Look at the beautiful picture I’ve taken.
- I want to climb on the tree.

The child’s attitude may represent the temperament of the parent. Parents should allow the child a degree of autonomy so they can grow with confidence. When a child learns something different, parents should show joy and gratitude. They should give child the duties they want and within their ken. Child’s talents are improved with feedback and motivation. The child gains confidence step by step through a process.

“A Fisherman sees a small kid catching fish quickly. He got good and big catches. The fisherman was fascinated. He commended the young fisherman ‘s performance. The boy thanked him for his praises and said, ‘My talent in fishing is nothing remarkable because I do it since I was very young.’ But what’s your age? The fisherman asked? ‘Six years, boy replied!

Had his parents not encouraged him, he wouldn’t have developed those talents at a very young age. Parents who support their children on each and everything cause them too reliant on themselves unintentionally. They don’t let the kids do any work on their own.

Many parents do not pay attention to the fact that children need to build self-confidence. They are unhappy about children’s mistakes, if they try to perform their own job. They don’t like child’s innovating and discourage them at all stages.

My dear parents our children are the future of our nation, we have a responsibility to nurture them as the future depends upon them. We have to react favorably to the independence of the child. There is no fault with the desire for independence. This independence expresses the desire to achieve excellence through one’s efforts. We need to make sure our child can wisely exercise independence. Parents should not insist on making decisions for the children as the child is capable of making their own decision. One must explain the children’s the pros and cons and permit them to decide.





Australian Government
Department of Social Services



Domestic and Family Violence

In Australia, domestic and family violence is not accepted.

Domestic and family violence are crimes against the law.
A person who commits these crimes can go to jail, whether they are a man or a woman.

If you or someone you know is in danger call the police on **000**.

Police in Australia are safe and can be trusted.

For free, confidential counselling and information call 1800RESPECT on **1800 737 732**.

If you need a free interpreter call **131 450**.

The Australian Government does not tolerate domestic and family violence under any circumstances.

Domestic and family violence includes behaviour or threats that aim to control a partner by causing fear or threatening their safety. Domestic and family violence can include:

- hitting;
- choking;
- denying essential money to the partner or family;
- isolating the partner from friends and family;
- insulting or constantly criticising the partner;
- forcing the partner to have sex; and
- threatening children or pets.

Women have the same rights as men.

The law in Australia treats women and men equally.
Everyone has the right to experience positive and safe relationships with their families, friends and loved ones. Violence is never okay. No-one should accept being treated badly or harmed.

There are culturally sensitive services in Australia that can help.

1800RESPECT is Australia’s national sexual assault, family and domestic violence counselling service. It provides free, confidential telephone and online counselling and information. Counsellors will listen to you, answer questions and can refer you to other support services in your local area.
Call **1800 737 732** or go to the **1800RESPECT website** at **www.1800RESPECT.org.au**.

Do you need an interpreter?

Call the **Translating and Interpreting Service (TIS)** on **131 450**. An interpreter from TIS can help you to communicate with other services, however TIS does not provide counselling. All calls are free and confidential.

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Economic impact of COVID-19 on asylum seekers in Australia—Md Juman Hussan.

An asylum-seeker is a person who has left their country and is seeking protection from persecution and serious human rights violations in another country, but who hasn't yet been legally recognized as a refugee and is waiting to receive a decision on their asylum claim. Seeking asylum is a human right. This means everyone should be allowed to enter another country to seek asylum. Laws for migrants, refugees and asylum-seekers

The rights of migrants, refugees and asylum-seekers are protected by international law, regardless of how and why they arrive in a country. They have the same rights as everyone else, plus special or specific protections including:

The Universal Declaration of Human Right (Article 14), which states that everyone has the right to seek and enjoy asylum from persecution in other countries.

The 1951 UN Refugee Convention (and its 1967 Protocol), which protects refugees from being returned to countries where they risk being persecuted.

The 1990 Migrant worker Convention, which protects migrants and their families.

Regional Refugee law instruments (including 1969 OAU Convention, 1984 Cartagena Declaration, Common European Asylum System and Dublin Regulation).

The main concern is the economic impacts of COVID-19 on asylum seekers and refugees. Refugees on permanent visas (those granted visas under the offshore humanitarian program or asylum seekers who have been granted permanent protection visas) are able to access the full range of government support available to people facing economic hardship. However, asylum seekers living in the community on bridging visas while they await processing of their claim, and refugees who have been granted temporary protection visas, are (like other temporary visa holders) not eligible for income support, such as the job seeker and job keeper payments. Charities that support refugees and asylum seekers have reported significant increases in demand from asylum seekers in need of assistance due to the pandemic.

Some state and territory governments (for example, Victoria and the ACT) are assisting charities in supporting asylum seekers and temporary migrants who have lost their income due to COVID-19, but these measures are relatively small and do not extend nation-wide. Accordingly, refugee advocates, human rights groups and charities have called on the federal government to extend the full range of income support measures to refugees and asylum seekers on temporary and bridging visas.

The world's leaders are grappling with serious issues that threaten our health and financial security. There is no doubt that these are unprecedented and challenging times. However, we must pause and consider those whose vulnerability may be compounded during such times. Australia, and governments across the world, should heed the advice of medical professionals and lawyers alike, in order to protect the health and internationally recognised human rights of those who are exercising their right to seek protection.

Source: wiki, Amnesty international etc.



Technology and Higher Education - Md Juman Hussan.

Technology can be most broadly defined as the entities, both material and immaterial, created by the application of mental and physical effort in order to achieve some value. In this usage, It refers to tools and machines that may be used to solve real-world problems.

Higher education is tertiary education leading to award of an academic degree. Higher education, also called post-secondary education, third-level or tertiary education, is an optional final stage of formal learning that occurs after completion of secondary education.

Now, researchers at the University of Missouri have found that activity-based learning, rather than lecture-based, enhances student creativity and learning by allowing students to use technology to develop their own original ideas.

the history surrounding the Berlin Wall. Rather than simply lecturing the material to the students, Jahnke found that allowing them to use technology in a collaborative way enhanced the students' creativity and understanding of the content.



Isa Jahnke, associate professor in the MU College of Education's School of Information Science and Learning Technologies, collaborated with former doctoral student Julia Liebscher to study how higher education professors in Europe use mobile technology in their classes. She found that student creativity was most enhanced by professors who allowed their students to use technology in a team setting to come up with a novel product or idea.

For example, one group of students in a history class developed an app that virtually teaches users about

“This research is useful for professors to rethink how they design their existing courses,” Jahnke said. “We need to shift away from purely lecture-based learning where students are just consumers of information toward a more meaningful learning approach with technology where students are able to come up with creative and novel solutions in a team setting.”

Jahnke added that there are resources at MU, such as the Teaching For Learning Center, to help professors rethink their course designs amidst the ever-changing educational landscape.

“If we have universities that are producing more creative-thinking students, then we have more people who can help come up with solutions for all of society's grand challenges,” Jahnke said. “Creativity will lead to better innovators, entrepreneurs and business owners, but first we need to ask ourselves as educators if we are using technology to put our students in positions to be creative in the first place.”

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Groundbreaking, Bridge-building, Stereotype - shattering, Tasmanian cricket competition about to turn 5

Five years ago a small group of friends decided to launch an experiment in community building through cricket, five years later the Intercultural Sports League 20/20 competition has gained national prominence as a model of what is possible.

President of ICSL, Raj Chopra, says “Our vision always was to create a platform for people from various Culturally and Linguistically Diverse communities to interact and feel part of the broader community through sport.”

The ICSL competition was the focus of a short but powerful SBS documentary released last year (“sidelines”) that followed the journey of a working-class white Australian team, the Derwent Scorpions, as they interacted with players from a wide range of cultural backgrounds.

The competition has grown from 6 founding teams to a competition that has had to draw the line at 14 teams because of the facilities available. Some teams are made up of people from different cultural backgrounds while proudly representing their nations including Nepal, India, Pakistan, and Sri Lanka.

The captain of one of the teams (the Annapurna Stars), Surinder Singh Manral says “We are proud to be part of ICSL from past 5 years and every year we look forward to the summer

season. I would also like to congratulate the ICSL team for creating such a vibrant platform for people to come together.”

The General Manager of Community Cricket for Cricket Tasmania, Ben Smith, says “Cricket Tasmania has supported ICSL since its inception and will continue to work with ICSL team to bring more sustainability and ways for more people from CALD communities to play and participate in Cricket.”

The Director of Cricket for Glenorchy Cricket Club, Simon Stebbings, says “Glenorchy Cricket Club are very proud to be involved with the ICSL for the 5th year. Our partnership has allowed us to leverage a joint love of cricket to bring communities together. It has also provided opportunities for many multicultural cricketers to participate in Premier League Cricket at our club.” Maintaining harmony among the different groups has not always been



easy, however gradually a very positive culture has emerged that results in many more benefits than just the chance to play sport.

The Head Coach of the Margate Cricket Club and supporter of the competition, Eric Monaghan, says, “The ICSL in the five years since its establishment has provided for all its participants an opportunity to assimilate into society, meet new people, make friends and share in a cricket passion common to the many different walks of life that are involved. They have tried to create an opportunity for all residents of Southern Tasmania to be part of a cricket competition that promotes participation, fair play and inclusiveness. All involved deserve to be congratulated for all their efforts in making the ICSL cricket competition one that has so many positive outcomes.”

With all that this year has meant, and with the challenges that have faced people with families overseas, ICSL has chosen to highlight mental health coping strategies and resources for everyone involved. Raj says, “Mental health remains an uncomfortable topic in many CALD communities and we see that we have a chance to open an important conversation.”

The CEO of the Mental Health Council of Tasmania, Connie Digolls, says “The Mental Health Council is proud to support the Intercultural Sports League’s upcoming cricket tournament, and their focus this season on the importance of checking-in on your own mental health and wellbeing, and the mental health of those close to you.”

“Mental health and wellbeing matters to all Tasmanians and is particularly important for people from diverse backgrounds at the moment, with many being away from their friends and family during this uncertain time. The Mental Health Week theme “We all have a role to play”, which ICSL have adopted as the theme for their tournament, acknowledges that as a community we can all be actively doing things every day to check-in on and support our own mental health and wellbeing, and the mental health of those close to us.”

Raj says “We are amazed at the success of ICSL over the last five years. It clearly met a big need. We believe the level of cooperation and bridge-building in this cricket competition is ground-breaking and something that all Tasmanians can also be proud of.”

The season will be launched on 3rd October at KG-5 OVAL FROM 12.00 pm to 3.00 pm and a big launch is planned for October. We would be please to arrange other media availabilities on request.

ICSL major sponsors are Hobart Hurricanes, Annapurna Indian Restaurant , Set Right Automotives for the year 2020-21

For more information or to arrange an interview: Raj Chopra President of the Intercultural Sports League 0405 668 155



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Diverse Tassie Congratulates Krisa Krishna Rimal on her 1st birthday.

Father Krishna Rimal, Mother Susmita Rimal, Sister Khusi Krishna Rimal, and Aunt Tika Dabadi organised a grand celebration to celebrate the occasion. The Family with the little princess are seen in the pictures.



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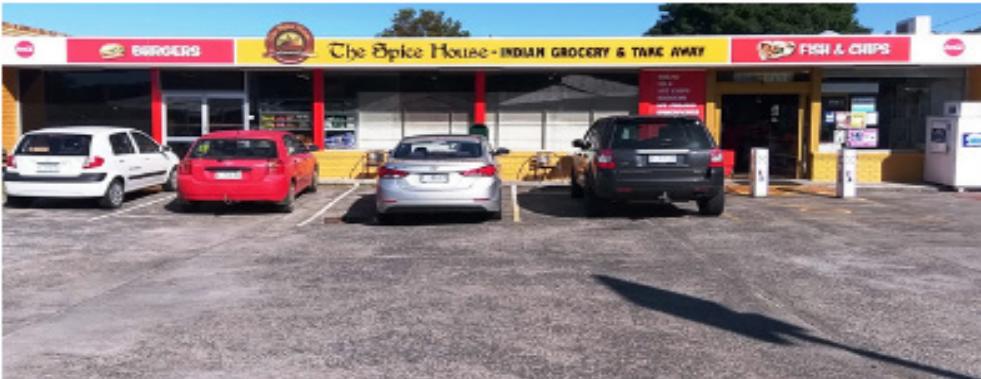
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Diverse Tassie reaches more than 5000 homes across Tasmania in major communities such as Hobart, Glenorchy and Launceston.

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*All prices are full colour, inclusive of GST and are per placement.
Other size options are available upon request at \$2 per column cm.

Please email your advertisement enquiries to
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Photos to be taken only on 3rd Oct at ICSL Launch at KG-5 Oval between 12-3 pm

Each photographer submits 8-10 photos for judging by 7th October 5 pm.

Judging will take place on 9th Oct and the winner announced on 10th Oct.

Photographers will give full rights to use photos taken on day to ICSL & Diverse Tassie for marketing and promotions purposes.

www.interculturalsportsleague.com | www.diversetassie.com.au