



Diverse Tassie

Bringing communities closer every day

Edition 25 October 2021

FREE

**THANK YOU
TASMANIA**

**DIVERSE TASSIE
2ND ANNIVERSARY**



Thank you Tasmania

A Big thank you to all our fellow Tasmanians. Thanks to all our readers, writers and supporters for your support and cooperation. Our ongoing journey to bring communities together was made possible only because of the inclusive atmosphere created by all the fellow Tasmanian. We are proud to be a part of this healthy community culture here in Tasmania. We pledge to take this forward.

Throughout this year we have been fortunate enough to showcase the growing vibrancy among the communities in Tasmania through the festivals and events that were celebrated year round, through the articles written by our wonderfully skilled writers, through the amazingly inspiring & motivating unknown stories of local community members.

During this pandemic times it was a challenging task to keep Diverse Tassie going. But the cooperation, encouragement and support shown by our writers, readers, local communities and organisations, elected representatives and local businesses kept us alive in this pursuit of providing equal opportunities to everyone irrespective of their diverse backgrounds.

As we always said, we are interested in hearing about unknown stories, real inspirational stories, they don't always need to be the winning stories/ ventures/ initiatives. We are interested in the journey you went through, the hurdles that came along, the way this ever inclusive state provided all the resources

to you in this journey, the people you met and communities you were a part of. Please send through your stories / views / opinions and we are always ready to provide you the platform. Our team is open to feedback, please help us to evolve better through your valuable suggestions.

In the next one year we are planning to reach as many people/ communities / organisations as possible. We will try to provide up to date information about the happenings on a daily basis through our social media platforms.

We would like to thank each and everyone of our supporters who have sent through messages congratulating Diverse Tassie on its 2nd anniversary. Thanks a lot for your encouragement, they mean a lot to us as they provide us the fuel to move forward. We have included some of the messages in this edition, because of the space restrictions we could not publish all the messages, but we will post them on our social media in the upcoming days.

Lastly we want to pledge that “ we continue to provide an unbiased platform for all Tasmanians to voice their opinions for building a stronger, diverse and harmonious Tasmania”.

— Team Diverse Tassie.

Diverse Tassie's Second Anniversary - Premier's Message for the October edition of the Diverse Tassie Newsletter

The Tasmania Government is committed to a Multicultural Island where every Tasmanian can belong, contribute, achieve and succeed.

Diverse Tassie provides a valued monthly community newspaper for Tasmania's migrant and multicultural communities. The news, events, stories and articles reflect Tasmania's growing multicultural diversity, a diversity that deepens and enriches our community.

Through the newsletters, website and social media, connections are made across multicultural communities, providing

opportunities to share perspectives, and to ensure multicultural voices are heard.

Migrants have made substantial contributions to Tasmania, bringing skills, cultures and traditions, and help to broaden our perspectives and knowledge of diversity.

Over the past two years, Diverse Tassie has shared many inspirational stories that highlight the continuing contributions of our multicultural communities.

We all have an important role to play in creating a strong, harmonious and

inclusive state, that values and shares our vibrant and diverse cultures.

I commend Diverse Tassie for keeping our communities informed, connected and engaged during these challenging times.

Congratulations to Diverse Tassie on its second anniversary.

Peter Gutwein MP Premier

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Andrew Wilkie



YOUR INDEPENDENT IN CANBERRA

Want to get in touch with Andrew?

- ✓ Drop into the office at 188 Collins Street Hobart or post a letter to GPO Box 32 Hobart 7001
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- ✓ Email andrew.wilkie.mp@aph.gov.au
- ✓ Ask for a meeting

Drop by Andrew's mobile office on the date and location below*:

Thursday 14 October 11.30am-1.30pm Rosetta/Montrose shops

*Weather permitting

www.andrewwilkie.org



Andrew Wilkie MP
Independent Member for Clark

Authorised by Andrew Wilkie MP 188 Collins Street Hobart 7000

Bec THOMAS

Mayor of Glenorchy

Genuine. Approachable. Responsive.



Congratulations Diverse Tassie!

Thank you for bringing communities together through sharing stories and perspectives that reflect Tasmania's growing diversity for TWO YEARS now!

'Glenorchy is rich with cultural diversity and this is part of what makes our City great! By sharing news, views and events, Diverse Tassie makes an important contribution to our community.'

e: bec.thomas@gcc.tas.gov.au | p: 0407 461 273

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Independent Member for Nelson

Congratulations to the Diverse Tassie team on a second successful year.



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Congratulations from Hon Elise Archer MP

The Tasmanian Government’s vision is for a strong, confident and inclusive society where all people in Tasmania are treated fairly, with respect and without discrimination. No matter what their cultural background, everyone should have an equal opportunity to engage in Tasmanian life.

I would like to personally acknowledge everyone who plays a role in advocating for and supporting members of our culturally and linguistically diverse (CALD) communities. You all ensure that the voices and views of all Tasmanians are heard and help to raise awareness of available government and non-government community services.

I recognise the importance of supporting and enabling our migrants and refugees to take up opportunities for economic and social participation, as it is important our Government responds to what communities tell us about their needs for places to meet, learn, share their faith and celebrate their culture.

Tasmania is home to people born in more than 170 countries and our community is so much stronger because

of their contribution. Alongside our community partners, our Government is committed to supporting multiculturalism in our State and we are continuing to deliver a number of dedicated support packages to our CALD communities, including those outlined in the 2021-22 State Budget such as a Northern Multicultural Hub, our Delivering Local Jobs for Local People Plan and our Small Business Enterprise Loans Program, to ensure our migrants can realise their dreams of getting a job or owning their own business. For more information see: www.treasury.tas.gov.au/budget-and-financial-management/2021-22-tasmanian-budget.

As Attorney-General, I have also recently provided dedicated funding towards the Tasmanian Refugee Legal Service to assist our local Hazara community across Tasmania who have been deeply impacted by the incredibly devastating Afghanistan crisis. The Premier and I will also continue to personally meet with Hazara community representatives to ensure we are doing all we can to assist the extrication of

affected family and friends.

This year has been another challenging one due to COVID-19, and as the events in other states have shown us, the risk of the Delta strain of COVID-19 is certainly not over as its impacts continue to be felt in communities around Australia. It is still not business as usual and the key is getting vaccinated to protect ourselves and our loved ones, and to ensure we can open up our State again. I acknowledge and thank all service providers who have been ensuring that COVID-19 testing and vaccination information is reaching our migrant and multicultural communities, as well as identifying and responding to the specific impacts of COVID-19 on these communities.

Congratulations to Diverse Tassie on its second anniversary and for providing valuable information to our wonderful culturally diverse community. Together, we can all

continue to work towards building an inclusive and respectful island, where Tasmanians of all cultures have an equal opportunity to contribute and succeed in all aspects of their lives.

Hon Elise Archer MP
Attorney-General
Liberal Member for Clark



Congratulations from Ella Haddad MP

“For two years Diverse Tassie has been giving an important voice to Tasmania’s rich and diverse multicultural communities. Each month I look forward to the stories the paper will share and have enjoyed being given the opportunity to share my own. As Shadow Minister for Multicultural Affairs, I am proud to support the work of Diverse

Tassie. It has been a fantastic two years and I look forward to seeing how much it will grow in the future.”

Ella Haddad MP
Labor Member for Clark
Shadow Minister for Multicultural Affairs

Congratulations from Lord Mayor Anna Reynolds

Dear Diverse Tassie team,
What a fantastic effort to have reached two years already! It has been a really tough two years to operate any business, but particularly in the challenging environment of new media.

I want to thank you on behalf of the City of Hobart for bringing more diversity to our media landscape. Your publication reaches many Tasmanians that may not read other papers and provides a voice to many Tasmanians

who are sometimes left out of mainstream media.

The hard work that you put into Diverse Tassie is awesome and very much appreciated by myself and so many others in our community. I would like to wish you all the best for the coming years. Looking forward to the success and growth of ‘Diverse Tassie’ for many years to come.

Kind regards,
Anna Reynolds
Lord Mayor of Hobart



Congratulations from Hon Meg Webb MLC

Happy second anniversary Diverse Tassie.

A huge thank you to the Diverse Tassie team, Mohan Mattala, Rajat

Chopra and Johnpaul Varghese, for bringing this culturally rich and diverse publication to Tasmania.

Diverse Tassie has given a voice to the quiet achievers among us, sharing stories that reflect the growing diversity in our community and showcasing the many benefits this brings to our State.

I wish the Diverse Tassie team all the best for the future and look forward to many more editions in the years to come.

Hon Meg Webb MLC



The views and opinions expressed in the articles are those of authors and do not necessarily reflect the official policy or position of “Diverse Tassie”.

Record support for Tasmania’s legal assistance sector

The Tasmanian Government is delivering a more efficient and effective justice system for all Tasmanians.

“Our Government is delivering record funding to support Tasmania’s vital legal assistance sector with an additional \$2.2 million committed over four years in the 2021-22 Tasmanian Budget. This is in addition to the funding already committed to the sector by our Government and under the National Legal Assistance Partnership,” said Attorney-General and Minister for Justice, Elise Archer.

“This new funding will allow the sector to continue to provide free or low-cost legal services to Tasmanians who need it, helping more people navigate the justice system throughout the State,” added Ms Archer.

This allocation of the funding includes:

- Tasmania Legal Aid – \$523,270;
- Law Society of Tasmania, in partnership with the Hobart Community Legal Service and the Centre for Legal Studies – \$498,015,

- for the Magistrates Court duty lawyer service;
- Launceston Community Legal Centre – \$239,610 per year for two years, to provide funding certainty for four years;
- Office of the Director of Public Prosecutions – \$220,000, to support victim-survivors and witnesses in the Magistrates Court;
- Refugee Legal Service – \$148,015;
- Tenants’ Union of Tasmania – \$75,600;
- Women’s Legal Service Tasmania, Hobart Community Legal Service, and the North West Community Legal Centre – \$50,000 each;
- Community Legal Centres Tasmania, as the peak representative group for the community legal centres – \$50,000, contributing to their important policy work;
- Prisoners’ Legal Service – \$26,000; and
- Sentencing Advisory Council – \$10,020, for administration costs.

“Importantly, this additional support for the Women’s Legal Service



will provide them with the full additional funding they recently requested to deliver their vital services for Tasmanian women on top of their other funding,” said Ms Archer.

“The Department of Justice will also seek expressions of interest from the legal assistance sector regarding surplus funding under our \$2.2 million commitment. We will be writing to the

sector regarding the expression of interest process shortly,” added Ms Archer.

“We will continue doing all we can to support Tasmanians accessing legal assistance as we implement our plan to secure Tasmania’s future,” said Ms Archer.

Photo: Attorney-General and Minister for Justice, the Hon Elise Archer MP

Southern Tasmania Junior Football League Awards for 2021

The Southern Tasmanian Junior Football League (STJFL) Annual Awards and Presentation Night for the 2021 season was recently held at Blundstone Arena.

STJFL Patron and Liberal Member for Clark, Elise Archer, attended the Awards Night to present awards and medals to this season’s worthy recipients. “I have always been a strong supporter of our local sporting clubs

and, as Patron of the STJFL, it was also a great pleasure to be able to attend this year’s Awards to encourage and thank our young players and volunteers. Sport plays not only a vital role in our physical and mental health and wellbeing, but our local sporting clubs also provide mentoring and social support to those who need it,” said Ms Archer.

“The awards night is an important annual event to acknowledge and recognise the commitment of players, volunteers, coaches, trainers and umpires, and the battle for the Robert Beakley Best and Fairest Medal counts in each age category were an exciting way to finish the season. I congratulate all nominees, medallists and award winners,” continued Ms Archer.

“The Best and Fairest players in each age group are awarded the prestigious Robert Beakley Medal. This medal is named after the late Robert Beakley, a long time and dedicated supporter of junior football and cricket in the Northern Suburbs. The night also

recognises the STJFL Coach of the Year, STJFL Club Umpire of the Year, STJFL Sports Trainer of the Year and STJFL Volunteers of the Year,” explained STJFL President, Jim Horne.

“The STJFL congratulates all the winners on the night and thanks to our Patron, Elise Archer, for her continued support of the STJFL,” said Mr Horne.

“I commend all clubs, players, volunteers, coaches, trainers, umpires, families and supporters for a wonderful season of junior football. The number of players in the STJFL continues to increase year after year, especially in the girls’ competitions, which is a great sign for our local competition. The Tasmanian Government is also extremely proud and supportive of the STJFL,” Ms Archer said.

Photo: Liberal Member for Clark and STJFL Patron, the Hon Elise Archer MP presenting Kelly Males from Glenorchy District Football Club with the 2021 STJFL Volunteer of the Year Award.



Statewide campaign to ensure safety of solar energy systems

Ensuring Tasmanians are safe and healthy is a key priority for the Tasmanian Liberal Government.

Consistent exposure to weather including UV from sunlight, rain and wind causes solar energy system components to deteriorate or become damaged over time. This creates an electrical and fire safety risk.

“I encourage anyone with a solar energy system to have it regularly inspected and maintained for efficiency and safety,” said Minister for Workplace Safety and Consumer Affairs, Elise Archer.

Dust and debris also gradually build up on solar panels and this may affect how the system performs.

“Regular inspections and maintenance of solar energy systems will ensure that any issues are identified and fixed early, before they pose a risk or cause other problems which can be expensive to fix,” said Ms Archer.

“The maintenance of electrical installations in Tasmania, including solar energy systems, must be done by a licensed electrician,” added Ms Archer.

A statewide campaign to inform property owners is currently underway, with more than 40,000 households to receive direct communication over the coming months from Consumer Building and Occupational Services (CBOS).

Further information, including an online search tool for licensed electricians, can be found at www.cbos.tas.gov.au/solar

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Abu's diary

Diary of a wild Maltese Shih tzu - Mountain dog trained, strong and free. Raised by a goofy long-legged couple who spend endless amounts of energy fighting against their garden enemy no 1 – the Mighty Possum Army

24th diary entry:

Last entry was all about my grandparents arrival in town and the resultant double amount of loved up attention I got! The secret pockets of special treats they bestowed upon me and how they meander through life at a gentle pace - which suits me just fine. Allows me all the time in the world to mark my land and smell those bountiful amounts of sweet aromas.

My parents had the outrageous audacity to leave me behind with the grand-folks, whilst they went on a road-trip along the West Coast! Yes, you can just imagine how I attacked their vulnerable feet with a vengeance upon their arrival home!

This entry? Well, what can I say - Lock-down! Again! Todd, the lazy cat from next door reckons it was only a matter of time before some selfish human clown escaped quarantine to indulge his dirty, self-destructing habits and create havoc on innocent people in the wider community.

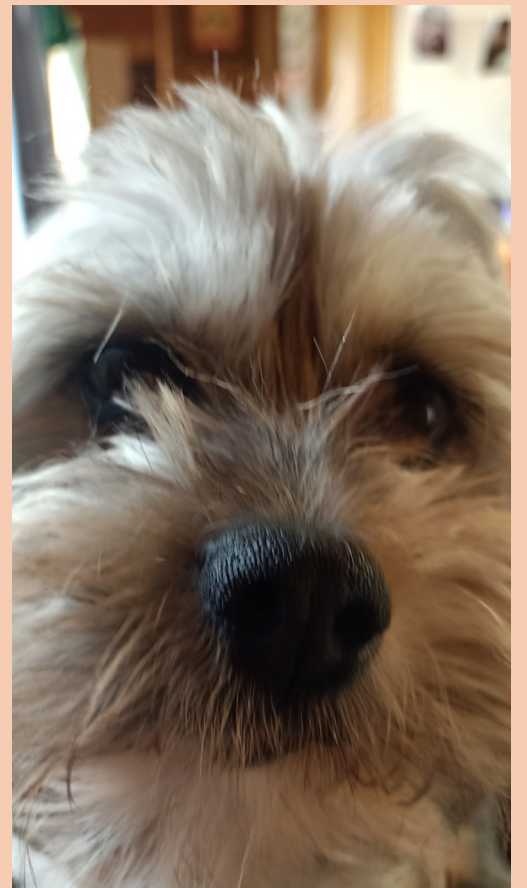
Seriously. To that clown who put everyone at risk by breaking the rules - I hope you change your attitude to life, and be a man. Right now, you are behaving like a spoilt, entitled rascal. You remind me of when I was a tiny puppy. My younger sister used to push the rest of us off our mother when trying to suckle milk. She was a bully! Worse still - she tried to justify her behaviour to the rest of us who she had shoved away from our tasty meal.

"I am smaller, you are bigger...I deserve more...I just wanna eat. My body, my rights...!" What a load of tosh! I'm not sure how my younger canine sister learnt to speak like a trumpet - it still remains a mystery to this day.

Your body, your rights...yes, sure. But, - not if you are using your body to put others at risk in the community, walking around like a headless chook - and in the mean-time - letting rip with all sorts of disgusting rhetoric - like a giant worm that's just slid out of a decomposed sheep's bum-hole. Not even I enjoy that sort of bullshit. That kind of stink just doesn't float my boat. Give me organic possum poo any-day!

On a positive note - mostly...the Tassie humans seem to be coming together collectively - being considerate towards one another and adopting a mentality that recognizes that we as individuals are bigger than ourselves...really, at the end of the day - we are all connected. Therefore, we all need to be kind to one another.

This doesn't mean we can't come down hard and yet fairly on those "adults" that behave like a toddler who can't reach the lolly-pop.



"Everything is connected. How you live your life, effects all other life." Joseph Kauffman

2021 Young Archies Awards

The 2021 Young Archies award winners were recently announced at a presentation day at the Hobart Town Hall. Based on the famous Archibald Prize, the Young Archies is a portrait competition open to all students in Tasmanian Government schools and colleges.

Liberal Member for Clark and Minister for the Arts, Elise Archer attended the 2021 awards and announced the winners. "The Young Archies Awards provide a wonderful opportunity for students from Kindergarten to Year 12 to experience participating in what can only be described as an impressive art exhibition," said Ms Archer.

"The arts provide students with so many benefits, such as exploring and communicating meaning, promoting

emotional intelligence, and developing innovative thinking, all of which provide a strong foundation for important life skills," added Ms Archer.

This year saw 66 schools from across the State participate, with 567 entries from students received from Cape Barren Island, Wynyard, Swansea, Bicheno and Bruny Island, to name a few.

The awards are presented in year categories, for the best portrait of a person the artists know personally, created by a student from Kindergarten to Year 12 in a Tasmanian Government School or college, over the past 12 months.

Due to COVID-19, the Young Archies Awards exhibition went virtual this year on Monday, 6 September 2021

for each of the year categories as follows:

- 2021 Young Archies Awards – Kindergarten to Prep;
- 2021 Young Archies Awards – Year 1 to Year 2;
- 2021 Young Archies Awards – Year 3 to Year 4;
- 2021 Young Archies Awards – Year 5 to Year 6 and
- 2021 Young Archies Awards – Year 7 – Year 12.

In addition to the virtual exhibition, a touring display of the 2021 Young Archies Awards recipients will be shown around the State:

- Hobart Library – Tuesday 07 September to Saturday 18 September 2021;
- Launceston Library – Tuesday 21 September to Saturday 02 October 2021; and

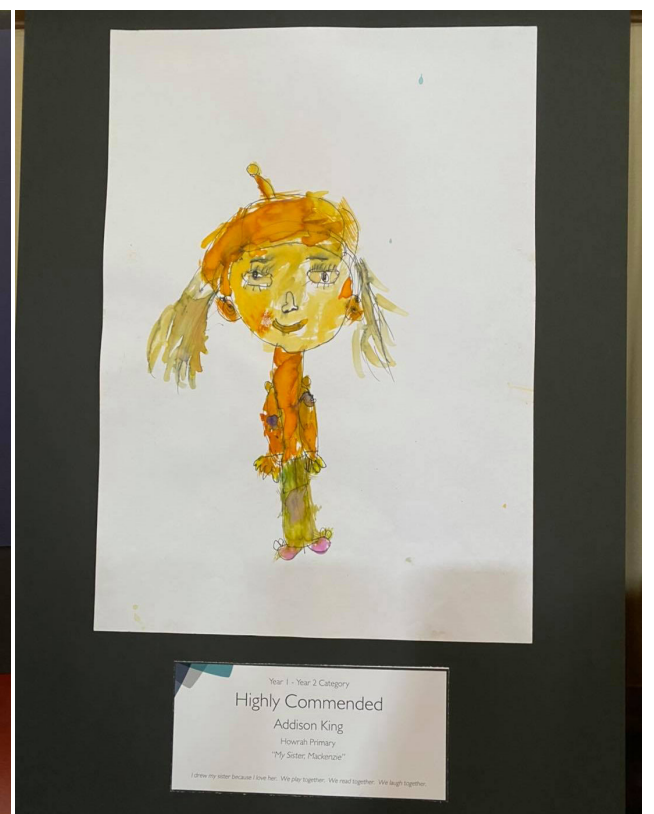
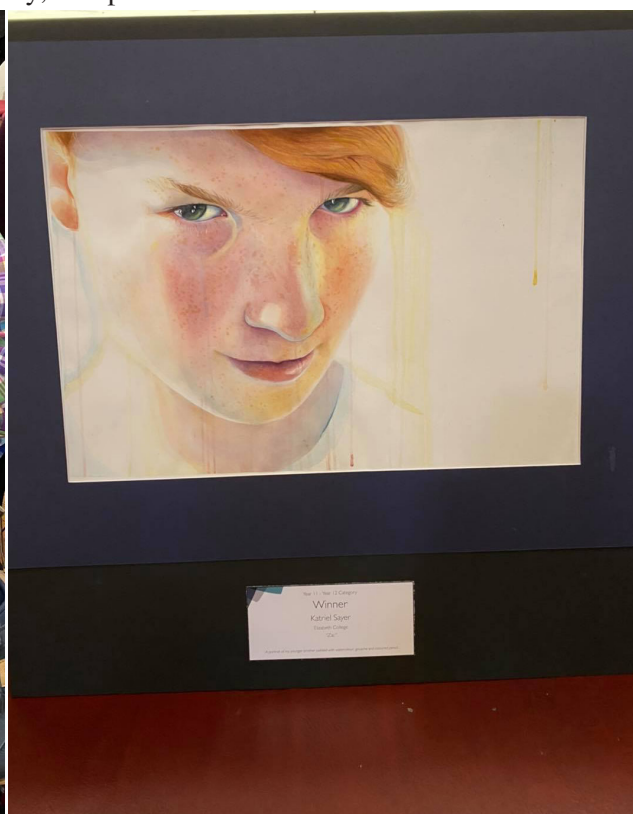
- Burnie Library – Tuesday 05 October to Saturday 16 October 2021.

"The Young Archies Prize is a wonderful initiative that places high value on all the benefits a creative life can bring. Congratulations to the winners and all students who participated in this year's awards, and I encourage everyone to jump online and view the virtual expedition," said Ms Archer.

Photo 1 (L-R): Minister for the Arts, the Hon Elise Archer MP with Year 1-Year 2 Category Highly Commended award recipient, Henry Maskell.

Photo 2: Year 11 - Year 12 winning entry, Katriel Sayer

Photo 3: Year 1 – Year 2 Category Highly Commended entry, Addison King.



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Mental Health month-Tasmania

Date: 1 October 2021
Mental Health Foundation Australia

Join the Mental Health Foundation Australia MHFA as we officially launch National Mental Health Month in Tasmania on the 1st of October 2021. Through these proceedings, we formally kick off our month-long campaign by engaging the community and it's leaders in exploring the importance of promoting better mental health for all.

Our theme for this years Mental Health Month is 'Post Pandemic Recovery, Challenges and Resilience'.

OFFICIAL LAUNCH OF MENTAL HEALTH MONTH - TASMANIA
Friday 1st Oct 2021
6:30 pm - 8 pm
Hobart Function & Conference Centre

The Mental Health Foundation Australia was established in 1930 as the nations first formal organisation with the key

objective to support people facing mental challenges.

90 years on and the MHFA is still proudly researching for the newest best-practice ideas, and advocating for better mental health & support services across Australia. Did you know that many of the well-known mental health support services and organisations you hear of today were originally formed as part of a MHFA project or initiative?

We are incredibly proud to have promoted this growth and will continue to empower others to succeed as the key national mental health service connector and provider in Australia.

AGENDA

6:30pm Registration + Network

6:45 Tas Project Lead & MC Kelly Sims Welcome + Acknowledgment of Country.

6:50 MHFA Video

6:55 Welcome - Director MHFA

7:00 Governor of TAS - MC to read formal Address

7:05 Honourable MP Ella Haddad - Labor member for Clark

7:10 Dr Zelinda Sherlock - Hobart City Council & UTAS

7:15 Mike Hutton, Sponsor - Australian Unity, Squire-EGM Health Services (Vid)

7:20 Sarah Ellis - Relationships Australia

7:25 Dr Bastian Seidel - GP and (Former) Shadow MH Minister (read out by Ella)

7:30 Esra Gunyel – Lived Experience

7:35 Presentation of Mental Health Advocate of the Year Award TAS -

winner: Jeff Milkins of the Salvation Army

Presentation of Schools Creative Writing Competition - winner: Nina Hasdell from Riverside Primary School

Both pictured below FYI

7:45 Natalie Belbin, Sponsor - Chemist Own

7:50 Wrap up + vote of thanks: Close

Pictured (L-R):

1. Nina, her father and brother
2. speakers & some participants
3. Cr Mike Dutta & Hon. Rob Valentine MLC
4. MHFA State Project Officer & Glenorchy City Councillor (Cr) Kelly Sims, Jeff Milkins (award winner) & Cr Zelinda Sherlock
5. Participants
6. MHFA State Project Officer & Glenorchy City Councillor (Cr) Kelly Sims



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What is Mental Health?

Are there any specific signs that individuals should not ignore in regards to mental illness & is there any way one can notice the mental health status of their friends/partners/colleagues in aim of helping them?

Yes, I've broken this down into 8 keys points;

1. Anxiety & Worry

These days our lives are so busy that there's always something to be concerned about. But if those feelings of concern persist and start to interfere with your relationships or daily routine, it may indicate an underlying issue that needs addressing or support.

2. Feelings... Worthlessness & Guilt

Unfavourable 'thoughts' can infect any one of us, but a persistent thinking pattern of "I'm a failure" or "I'm worthless" may be a symptom of a larger issue (disorder) eg. as depression. Constant criticism of oneself and negative self-talk can lead to a people harming themselves, it may also drive suicidal thoughts - This situation shouldn't be taken lightly.

If you, your family or friends notice this, please seek (emergency) mental health support ASAP

3. Personality Changes

Mental illness often occurs slowly over time, a person can experience subtle and gradual changes in their feelings, thought patterns and behaviours that don't seem "typical". A drastic change in personality can also be an indication that an individual already has, or is developing a mental challenge.

4. Sleeping Patterns

A restful and full night's sleep is crucial to having a healthy, well-balanced life. The average person will ideally sleep seven to nine hours a night, depending on your individual needs, daily activities and energy use. When a person sleeps too little or much, it may be an indication of

a deeper issue, such as anxiety, sleeping disorders, substance abuse or depression.

5. Social Isolation

A major warning sign can be isolating yourself and withdrawing from social interactions. It's not unusual for any of us to need some 'personal time', but there may be a serious underlying mental health disorder when social withdrawal is a major change or persists over time. Spending an excessive amount of time alone can be symptomatic of mental ill-health or other untreated (unrecognised) behavioural challenges.

6. Mood Swings

Take notice if you or someone you know has sudden outbursts or mood-swings. Life is hard & brings many challenges that can impact our mood and behaviour, but extreme mood-swings can be a sign of a mental health challenge, especially when the behaviour is detrimental, sudden, dramatic, or occurs "out of the blue." Eg. Expressing a lot of anger about something that you/they wouldn't normally.

7. Weight Changes

Extreme fluctuations in weight can also be cause for concern. Large weight losses are specially noted as it can be linked with severe depression or even a (eating) disorder. Some health challenges (both physical & mental) can cause people to eat more than typical, usually as a means of comfort. This can in turn, result in a substantial or rapid weight gain. In either instance, a mental health assessment or seeking professional advice is highly recommended.

8. Silence Killer

Many people face mental ill-health issues at some point of their life and talking about them or suicide (in contrary to many myths) does not promote them, in fact it's proven to do the opposite. So if you or someone close to you is experiencing

one or more of these common mental health symptoms, chat about it and seek support from a mental health professional who can properly assess & treat help you to treat the underlying cause.

Do all mental health problems require treatment?

Most require some form of support or treatment, but many can be 'self-addressed' if captured early, recognised & are well-understood by the individual. The first steps of self-care I always take is to assess the issue. I do this by ensuring that I'm eating, sleeping and exercising well enough. This tends to reflect that my issues are often easily self-treated by simply taking the time to 'look after myself' better. If for some reason it doesn't remedy the issue or thought pattern, I can proactively seek a chat with a professional for general guidance and this will usually set me (and most people) with minor challenges, back on their way to building resilience and/or managing it better.

Did you know... The World Health Organisation reported in 2019 that in low & middle-income countries, between 76% and 85% of people with mental disorders receive no treatment for their challenges. A further problem driving this outcome is the poor quality of care for those who do manage to receive treatment.

Can individuals be assured of confidentiality when they speak about their mental health to a professional?

Absolutely, anything within the law or that doesn't immediately harm others (please tell them if you take drugs etc). Anything you talk about with your doctor or healthcare professional is private and confidential.

The only exception to medical confidentiality is if someone is at serious risk of harming others or themselves. Even then, the law was predominately created to make sure you are safe.

Support Services Available;

For advice, assessment and referral for Mental Health Services in Tasmania call the Mental Health Helpline (24 hrs) on 1800 332 388 for interstate callers phone 03 6166 6333

For intake and referral information for Alcohol and Drug Service in Tasmania phone the statewide service hotline during business hours 1300 139 641

For help after hours phone Alcohol and Drug National Hotline 1800 250 015

Please see the following weblink to access the full list of services available to Tasmanians https://www.dhhs.tas.gov.au/mentalhealth/mhs_tas

Mental Health Foundation Australia 'Multicultural Mind' online national support groups for most challenges;

<https://www.mhfa.org.au/Servicesmenu.aspx?Id=178>

Mental Health Support Groups (MHSG) are among the best and most widely proven methods for empowering and connecting people. In these groups, participants can open up, realise they are not alone, address past unresolved issues in a safe space, set new goals, learn new skills & take charge of their lives.

For many people, the support group is the best environment to accomplish these changes.

The support groups allow members to exchange new methods, skills and strategies to cope with current challenges. Interaction within a structured group is particularly useful for group members to learn self-care.

Kelly Sims
MHFA TAS Project Officer
Alderman GCC
Educator & Community Advocate



Elise Archer

MP

Your Local Liberal Member for Clark



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Tasmanian Malay Cultural Society – Sharing the Malay Culture and Tradition with local community

By: Zafni Aziz and Lokman Norazmi

Historically Australia is linked with her regional Malay Archipelago countries covering Malaysia, Singapore, and Indonesia through social, educational, and economic relations. The Malays or *Orang Melayu* who predominantly occupied the Malay Archipelago was believed to have had contact with Australia since the eighteenth and nineteenth centuries through pearling industry and the collection of trepang

(sea slugs) off Australia's northern coast. Based on information from the Department of Home Affairs, early colonial census records in 1871 showed 149 people born in the Federated Malay States and straits settlements residing in Australia. By 1911 census recorded 782 'Malayan-born' (included persons born in Singapore, Cocos Island and Christmas Island).

But it was not until the 1950s where a Colombo Plan was initiated by the

Australian Government, that created a massive of 17,000 overseas students mainly from Malaysia to Australia. Many of the students married locally and later sponsoring their parents. Since then, the Malay community has increased significantly and many who now call Australia home has very much formed part of Australia's dynamic multicultural society. In Tasmania, the current data based on the society's registration record showed that there are at least 180 Malays originating from Malaysia and Singapore are living in this island predominantly in Hobart with few in Launceston, Deloraine and Burnie. Since the 1960s, the Malay community has integrated with the local community and contributed to Tasmania economic, education and social development. One of the main figures of the Malay community in Tasmania is Sabri Samson who is the Grand Imam and founder of the Hobart Mosque.

The Tasmanian Malay Cultural Society Inc. (TMC) was established in 2020 to support the Tasmanian Multicultural Policy in building a harmonious, inclusive, and respectful multicultural island through participation and contribution from the Malay communities living in Tasmania. According to its President, Zafni Aziz, the society envisages promoting the Malay culture, language and tradition that will foster a good relationship between the Malay communities and the Tasmanian community. Since its inception, TMC has been organising various cultural workshops involving the local community such as *Kompang* Workshop in September last year held in the Multicultural Hub in Moonah (*Kompang* is a Malay traditional musical instrument with a circular membrane made from goatskin, arguably the most popular Malay traditional instrument, for it is widely used for all sorts of social occasions).

During the Chinese Lunar Year celebration in February, TMC was invited to showcase the Malay traditional wedding ceremony at the event held in Hobart Town Hall. During the event, TMC performed cultural activities that formed part of Malay traditional wedding covering *Kompang* performance, followed by *Zapin* traditional dance, and other traditional rituals. The performance provides an opportunity for the locals to indulge in the Malay cultural experience. The society members are also actively volunteering with a local institution to promote Malay culture. For example, during the Harmony week, one of TMC members, Diana Wahid volunteered for a storytelling session at the Hobart Library where she shared a Malay folktale entitled '*Kisah Semut dan Belalang*' (the story of the ant and grasshopper) in Bahasa Melayu (Malay Language) and English. Besides that, the society also organized gatherings during a festive celebration such as eid where during these events, the local community were invited to experience the tradition and food. The most recent event organized by TMC was the '*Rumah Terbuka Aidilfitri*' (Aidilfitri Open House) where everyone from all walks of life gathered at the Multicultural Hub in Moonah last July to celebrate Eid (also known as Raya in the Malay language) where they were served with an array of traditional delicacies and performance.

Malay Wedding Tradition was shared to the community during the Chinese New Year Concert earlier this year.

Next month, the society will be organising the first-ever Tasmanian Malay Cultural Festival 2021. The festival will showcase the Malay culture through food, art, traditional dance performance, games, and fashion. For the food section, registered attendees will be given a chance to taste traditional delicacies such as '*dodol*' (a traditional toffee-like dessert) and '*sambal*'. In the traditional games and fashion section, attendees will be given a chance to play traditional games like '*Batu Seremban*' and '*congkak*' (a game involving marbles) and also try on traditional Malay dresses while posing for photographs in front of a Malay traditional house photo booth. There will also be traditional dance and music performances where attendees can join in to dance with the performers. A booth will also be set up to demonstrate the art of '*batik*' colouring where attendees will be given the chance to paint the batik themselves. This event is supported by Hobart City Council under the Events Grant Scheme. This Festival is also in partnership with the Multicultural Council of Tasmania, Malaysian High Commission Canberra, Tourism Malaysia Sydney, Taste of Malaysia Restaurant and Little India Restaurant both of Hobart.



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The views and opinions expressed in the articles are those of authors and do not necessarily reflect the official policy or position of "Diverse Tassie".

Congratulations from Josh Willie MLC

Congratulations to the Diverse Tassie team on reaching your 2nd anniversary.

Here in Tasmania, we recognise our state as one that celebrates and respects social inclusion and diversity. This is evident in the electorate of Elwick, where our community has been the beneficiary of varying cultures and traditions.

In these times, it is now more important than ever for us to unite, be kind and show compassion toward one another. Diverse Tassie has successfully created an outlet to do just that.

Again, congratulations on your 2nd anniversary.



Josh Willie MLC

Labor Member for Elwick

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Congratulations from Mike John McGuire

"Diverse Tassie continues to fill an important space in our community in Tassie - to share important stories about people from diverse backgrounds! And to celebrate differences. It's so important we as a state continue to value people from diverse backgrounds - for they can contribute new ideas, amazing food/languages/music and valuable talents to our beautiful island! Keep up the coverage Diverse Tassie!. Don't underestimate the impact of what you do."

—Mike John McGuire



Hobart Hurricanes women's big bash players



I Just Want a Cigarette

By Tara Bufton

Smoking is a crime worse than murder rape or embezzlement these days. So much so that people in psychiatric care have strict limitations on their right to smoke.

Now let's pause for a minute and let me help you understand.

When you are going through emotional and mental pain, smoking provides relief. It is enough to be going through distress. That takes energy and work, focus and care.

When the nurse tells you, "No, you can't smoke," your body clicks into fight or flight mode. The exact thing that adds fuel to the fire when you're talking mental illness. Your sense of autonomy

is threatened. And the relief you could have found at the end of the last draw - is taken away from you.

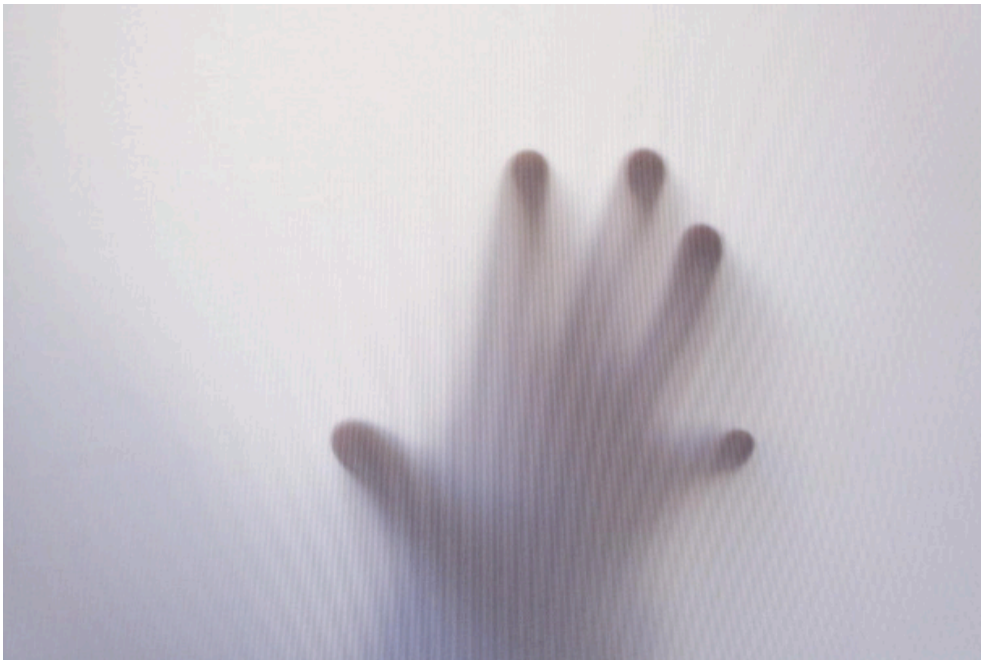
So, next time you stand in a place of judgement and think, "It's great, people should stop smoking!" try to imagine having a broken leg and every time you ask the nurse to help you do physio, they say, "No, you can't do that. But here I've got a sledgehammer to give it a big tap!" We all know that a tap from a sledgehammer won't fix a broken leg.

I hope you understand that restricting cigarettes to people in psychiatric wards will make their mental health condition worse. Whispered conversations with patients, cleaners, orderlies and some nurses taught me a lot. Most agree this law needs to be changed. What are we to do? Smuggle the contraband in to inhale

our guilty pleasure at the risk of being locked in confinement for breaking the protocol?

The question is how can we best support people in a psych ward If smoking restrictions are lifted there would be a lot less meltdowns in these places that are supposed to be a sanctuary.

If you understand, please start advocating with the Tasmanian government to change this counterproductive law.



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Sporting Clubs Award Nights in 2021

It's that time of the year when end of season sporting awards presentations are aplenty. The Southern Tasmanian Netball Association (STNA) and Hockey Tasmania annual awards and presentation nights for the 2021 season are just two of them.

Liberal Member for Clark, Elise Archer, attended the Awards Nights to present a number of awards to worthy recipients.

"With so many clubs unable to hold their annual awards nights last year due to COVID-19, it was even more important to be able to acknowledge award winners and nominees at these events this year," said Ms Archer.

"As a sponsor and supporter of many local sporting and community clubs in my electorate, I was delighted to be able to attend in person again to show my support for the positive impact sport can play in our lives. I had the pleasure of presenting the Elise Archer STNA Club Championship shield to the Bendigo Bank South East Suns. I also had the opportunity to present the Play the Whistle Award to North West Hobart Graduates at the Hockey Tasmania – Southern Hockey League Presentation and Awards evening," continued Ms Archer.

The STNA is the largest netball association in southern Tasmania with 12 netball clubs affiliated, with teams from 11 and under through to the State League.

"The STNA Awards importantly

recognise Umpire Excellence, Service Award, Coach Award, Life Membership and Club Championship," said Ms Archer.

At the Southern Hockey League Presentation and Award evening, awards were given to Leading Goal Scorers, Best & Fairest, Perpetual Awards, Premiers and Minor Premiers as well as Junior Umpire Academy graduates and Certificates of Appreciation.

"Congratulations to all recipients and those acknowledged and celebrated for their contributions to our community," Ms Archer said.

"Our local sporting clubs provide a significant role in the health and wellbeing of our community. The Tasmanian Government recognises the importance of sport and recreation and is committed to assisting the sector by continuing to provide significant financial assistance by way of grants and other funding opportunities," added Ms Archer.

Photo 1 (L-R): Liberal Member for Clark, the Hon Elise Archer MP presenting the Elise Archer STNA Club Championship shield to Bendigo Bank South East Suns. Photo 2: Liberal Member for Clark, the Hon Elise Archer MP presenting the Hockey South "Play the Whistle Award" to North West Hobart Graduates Hockey Club





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