



Diverse Tassie

Bringing communities closer every day

Edition 16 January 2021

FREE

DON'T LET THE OLD MAN IN

by Rodney G

When I was a young man, the very notion that one day I would be a senior citizen was something I avoided thinking about, because all the elderly people I knew were physically handicapped to various degrees, and most seemed well past the ability that they could do any of the sort of activities I loved to do, and I still intend to do.

I remember my dear old father saying, "Remember son when I used to say, "When you get to ninety, you're better off dead. Well, I can tell you, now that I have past that age, that's just how you feel until you get to the age of eighty-nine."

The point I'm making is that most people focus on their financial future, but don't think about maintaining their physical capabilities and their general and mental health as they age. Those senior years come your way very quickly. One minute you're young and having fun, and the next you're turning down the car stereo to see better.

As far as I'm concerned, the secret to surviving old age, is that you should focus with the determination that you will still be able to be both mentally and physically capable to do the things you once enjoyed. Now maybe some of those activities you may never get to do again,

but you need to look at keeping in shape as if you'll still be able to do them in the future.

The goal is to build up that motivation to the point that nothing is going to stand in your way of achieving your goal.

If you're over weight, do something about it, and seek dietary advice from an expert. If you're unfit join a gym, and get some professional advice on what exercises are safe for you.

Look at where you want to be in 5 to 10 years' time. You have to have a dream to focus on, and get determined.

If your overweight, you say to yourself, "This fat is coming off, one way or another, but it's coming off. No excuses."

I headed this article "Don't let the old man in." It could be "Don't let the old woman in". The message is the same. That's my mental stimuli that I say to myself, because once you start saying, "Oh I can miss the gym this week, one big slice of cheese cake won't matter, let's have pizza for dinner again," it's the slippery slope to going backwards with all you have achieved. It's not like you can't enjoy these things, but you must limit yourself.

Now that I have past middle age, and now at the ripe age of seventy-two, I

have a few friends, who like myself, are determined to enjoy life to the max, while we still can. We meet at the gym to exercise three times a week, and this helps with the commitment to stay in shape, and it will help you greatly if you can talk a few friends into getting in shape, and exercise as a group. Also, the stimulating conversations you'll have with your friends, and also with the gym staff, will help to keep your mind active.

The interesting thing is that my friends, like myself, keep very active, and we are always looking for the next exciting challenge. David who is a close friend, a few years my senior, travelled with me across India a couple of years ago, and we had a wonderful time. This included attending a massive Hindu wedding. I seem to recall he also did the Kokoda trail not that long ago, which is very demanding, with lots of climbing over what are more like mountains, rather than hills. A few years ago, I spent many months learning to fly a plane, but my long-term ambition is to go cruising on a large live aboard catamaran. I used to be a very active scuba diver, and I still think I will be doing this again at some point in the future.

I have just completed building a motorcycle camper trailer, and with the company of my little dog, I plan to ride across Australia from Hobart to Perth Western Australia and back. Now I do have a very comfortable four-wheel

drive, but life is not about being in a rush to get to the end, it's about enjoying the adventure of the journey.

To some, all of this is crazy talk. At my age I should just take the safe option, sit back and take life easy... WRONG!!! As I see it, there are two options. One is striving to improve your health, and physical capabilities, and the other is letting that old man in, and become less active day by day, until you become reliant upon others to do simplest of daily tasks.

If you're thinking of starting this at some time in the very distant future, know that the longer you put this off there are parts of your body that once you let them become dysfunctional, it can be almost impossible to get them back. Simple things like being able to get your shoes and sock on, cutting your toe nails, having enough balance to get your underpants on without leaning on something. This may sound a bit of a joke to some, but if you plan to stay as independent as long as possible, lots of every day seemingly unimportant little things like this can make your independence very difficult.

Life is what you make it, so focus on your dream, and be determined to make it happen, and whatever you do, don't let the old man in.



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Support for migrants in Tasmania

Migrant Resource Centre Tasmania has a range of programs for people from a multicultural background living in Tasmania, regardless of whether they are a temporary or permanent migrant. These include:

- Mental Health support through the Phoenix Centre
- Support for those impacted by COVID-19
- Information and referral to other services
- Employment assistance
- Aged Care
- Multicultural Youth Program

For more information and assistance please contact us on (03) 6221 0999 or email reception@mrctas.org.au

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Computer and Mobile Phone Skills for Seniors

Learning how to use your mobile phone, computer and basic internet skills is not only useful for accessing information, it is a great way to keep in touch with family and friends. It also helps to keep your mind active by learning new skills!

Migrant Resource Centre Tasmania is offering a series of workshops for Seniors starting in February 2021.

When: Every Tuesday from 11:00am - 12:00pm

Where: Migrant Resource Centre Tasmania, Level 2, 1A Anfield St Glenorchy

To register, contact: Nicole Turner on 03 6221 0999 or agedcare@mrctas.org.au



Strength of Unity

NRNA Australia is to unite all Non-Resident Nepali (NRNs) people and Nepalese organizations throughout Australia under one umbrella organization to form a unified and institutional movement to achieve the mutual benefit between all NRNs and people of Nepali origin in Australia. At the same time, to be inclusive in this multicultural Australia by promoting Nepalese culture at the same time embracing other cultures and respecting the values and law of Australia. In addition to this, NRNA Australia also looks at the interest of second-generation people of Nepali origin and beyond.

Objectives

- To promote and protect the rights and interest of people of Nepali origin residing in Australia
- To attract and facilitate NRNs investment including Foreign Direct Investment (FDI) for economic and social development of Nepal
- To promote tourism of Nepal and preserve Nepali culture, language and heritage in multiculturalism Australia
- To serve as the Australian Chapter of the NRNA and to support the objectives of NRNA within Australia, subject to the laws of Australia
- To be an integral part of the development and management of philanthropic and charitable projects in Australia and Nepal, for the benefit of people of Nepali origin
- To promote and further the interests, development, and welfare of the Nepali diaspora in Australia and help them to realize their full potential both individually and as a community
- To work closely with the Australian communities, charity organizations and not-for-profit organizations and the Australian State, Territory and Federal governments.

- To contribute to the overall development of Nepal by utilizing talents, knowledge, skills, capital and other resources of people of Nepali origin and Nepalese community living in Australia
- To advance the Nepalese language in different level of schools in all State and Territory in the multiculturalism Australia;
- To advance Nepali culture in multiculturalism Australia
- To promote reconciliation, mutual respect and tolerance between groups of individuals that are in Australia
- To bring together different Nepalese associations in different States or Territories together for common goal of utilizing resources, capital and skills for the interest of people of Nepali origin
- To advance social or public welfare by:
 - (a) providing care to people with a physical or mental disability who require continuous care
 - (b) arranging opportunities for people with a physical or mental disability, woman or man affected by domestic violence or financially disadvantaged people to live a respectable life either at school, work or society in Australia or overseas.

NRNA SCC Tasmania Annual Report 2019/2020:

We being the first elected team in Tasmania working very actively in bringing the local community together throughout the year. Being the guardian organisation, I myself as State coordinator along with the team are taking active participations in each and every activity happening throughout the state. Here are some of the most highlighted events done so far along with future programmes.

What happened so far :

1. 24 August 2019, Mental Health First Aid Training



2. 24 August 2019, Road Safety Intervention and water safety
 3. 29 September 2019, Dashain Saanjh with Pramod Kharel and Kamal Khatri 2019
 4. 25 January 2020, Blood Donation camp
 5. 29 February 2020, Welcome to His Excellency Ambassador Mahesh Dahal and NRNA President Keshav Kandel to Hobart during their unofficial visit to Hobart.
 6. Covid relief package for more than 50 Students
 7. Sports Activities throughout the year
- Finally, we have been working closely with all local communities respecting their values and objectives to keep the community vibrant in this island state, Tasmania.
- Sandesh Pariyar*
NRNA SCC Tasmania Coordinator



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DIVERSE TASSIE

Last Christmas by Juma Piri Piri

Mr Piri Piri is a President of Sudanese Community Northern Tasmania Inc, National President for Federation of Equatoria Community Association in Australia Inc, President of Young Seeds Foundation of Tasmania Inc, A Member of Advisory Committee of Federation of Ethnic Communities Councils of Australia (FECCA) – Advisory Committee for New and Emerging Communities, President of African Communities Council of Tasmania Inc, Inaugural chairperson Refugee Communities Association of Australia (RCAA) Cultural and Community Consultant, Principal Correspondent for Tassie Diverse Newspaper in Northern Tasmania and Deputy Treasurer for Federation of African Communities Council in Australia Inc-FACCA National Executive Council (NEC)

Christmas Dec 2020 31 marks one year since the World Health Organization was alerted of atypical pneumonia cases in Wuhan, China. Since then, the disease has been identified as a new coronavirus, COVID-19, and diagnostics, treatments, and vaccines have been developed to help reduce disease mortality and transmission. But while experts have gained a significant amount of knowledge of the virus, there is still a lot that is unclear and requires further evidence and research. That includes the virus’ origin, and when and how zoonosis occurred, if at all.

Remember last Christmas 2019?

Back before most of us knew what a coronavirus was, before “COVID-19” became a thing, and before all our lives were impacted by the pandemic. We will probably look back on last Christmas as we prepare for this year’s Christmas to come.

For most, it was a happy time. We still wanted to travel and see family and friends, especially after living so long with lockdowns and travel restrictions. But I ask that you think about what “last Christmas” can truly mean as you read the rest of this? With the coronavirus pandemic surging in many parts of the globe, world leaders were forced to the shut doors on many family gatherings and many traditional practices held during the holiday season. Everything looked “very different” than usual.

This, of course, was due to the growing concern of the impact of the pandemic on Christmas gatherings, a concern felt across political party lines. Many businesses rely on the holiday period for a spike in sales. With restrictions in place, every business or venue was required to comply with gathering restrictions and to some, this means that there was no “Santa Rally” for stocks preceding last Christmas. These restrictions made last Christmas unforgettable, as most events could not proceed as normal or, in some cases, most of our popular traditional

events were cancelled at the last minute.

This led us to question our knowledge of COVID-19 as even some politicians believed their countries would at least be “somewhat” open by Christmas and life would “somewhat” return to normal.

Every year, there are special days or events that outweigh others. Christmas is seen as one of those, as a time for people to come together with those that matter most to them. This is a period of joyous and immense celebration of family. No-one born in darkness will stay living in darkness. Whether you had a humble, poor or rich background, you must pass through days that are joyous and those that are terrible. Christmas is the day that doesn’t exclude anyone.

Sudanese Community Launceston will always have a Christmas festivity with the aim of bringing families, individuals, politicians, service providers, friends and members of the community together in celebration. However, last Christmas was a new chapter in Sudanese Community Launceston life, as the Christmas celebration was cancelled due to venue availability. And it’s a reminder that we are living in a different world today where things can change from complete freedom to lockdown within hours.

Christmas celebrations are a global event bringing together many families including those from other communities and cultures as well as some Muslims who always will join in celebrating this joy filled moment of the year back in Sudan or South Sudan. Christmas festivities are always marked by several activities, to mention a few: dramas, dances, children’s games and many other kinds of events. Globally, Christmas is a marker for families to reunify with each other, to spend time in extended family gatherings and for young and old to reunite. Certainly, this was not seen last Christmas.

Christmas is a time when people around the world come together and, for most, is a time of forgiveness. In Sudan and South Sudan and other parts of Africa, the Christmas holiday extends from December 23 to January 3. During this period, everyone returns to their home village from wherever they live to reconnect with family and friends. Work in the fields and in the cities comes to a standstill as people make the rounds from house to house in their home village to visit with neighbours, to share news, and to party.

For Sudanese Community Launceston, Christmas celebrations are an event that always brings the community members from across the state together, giving people the opportunity to make new friends, reunite with old, and ensure everyone has a place and a sense of community. It is important to make

everyone feel safe, happy and welcome, particularly as we know Christmas is not always a cheerful time of year for everyone. These gatherings also remind people of the strength of community ties and are a way of keeping the community open and energised. Will the next Christmas be the same? This is the next question I am going to talk about and what this means for you and your family.

This brings us to vaccines and herd immunity. The speed with which vaccines have been developed for COVID-19 has been widely acknowledged by the scientific community. But there remain a lot of unknowns, including whether vaccinated individuals can transmit the virus to others, and how long vaccines induce immunity and protect people from getting infected with COVID-19, or it’s variants.

As higher-income countries are expected to roll out COVID-19 vaccines to their at-risk populations, many lower-income countries remain uncertain as to when their populations will get their first vaccines.

Other pertinent questions include whether vaccine booster doses will be needed, and whether virus mutations will demand regular changes in the vaccine and repeated vaccinations? Dr. Márcio Silveira da Fonseca, infectious diseases medical adviser for Médecins Sans Frontières - Access Campaign, has stated that “learning these will take time”. The recent virus mutation reported in the United Kingdom, which points to an increase in the risk of transmission of the virus based on preliminary data, has also raised questions on the impact of such mutations on COVID-19 vaccines.

Will 2021 be safe for you and your family? Uncertainties over these

questions have in turn affected the ability to estimate people’s immunity thresholds, which is not an easy calculation itself. According to Dr. Márcio Silveira da Fonseca, “if people’s immunity takes into account parameters such as the intensity of transmission and, depending on the parameters and assumptions used for calculation, one can get two very different numbers”. Dr. Silveira da Fonseca also added “that the threshold for herd immunity will also depend on population behaviour”.

COVID-19 recovery centres are now being established in different parts of the world, including United States, United Kingdom, Australia, Canada, New Zealand, and across the world to act as a one-stop-shop for patients suffering from longer term effects of the disease. A significant proportion of these centres are in some of the hardest hit communities infected with COVID-19. One of the challenges is knowing how many people are experiencing lingering health effects of COVID-19. People who may have been infected with the virus but never received confirmatory testing may already be experiencing longer term COVID-19 symptoms but attributing them to something else.

Dr. Javed Ali, International Medical Corps director of emergency response, stated that, “we haven’t seen enough of the long-term impacts of COVID-19 to truly measure it yet. We don’t have enough data to know what follow up will be required. When we do, we will provide it to the best of our ability”.

This concludes that last Christmas will not be the only time we are going to live with the experience of COVID-19.



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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

15th diary entry:

Last entry, well what can I say!? YUM, delisssh, juicy, devine grub. Food. Tucker....mmm – I love Christmas! Can't we have Christmas daily? One hour in the morning and one in the evening – purely for the purpose of tucking into tucker. That's not being over the top and indulgent as some might say, like Todd the grumpy cat from next door. What a hypocritical furr-ball. The only time I see him move off his giant foamy cushion is when he waddles over to his food-bowl to crunch down on those disgusting organic pellets his parents buy him. No wonder I don't trust him. It's because he doesn't stink. No yummy odors dancing off his food. I don't trust anybody who smells clean and acts dirty!

This entry? Well, a new year! Humans are obsessed with New Year's. They get all caught up in wishing each other a happy new year and day-dreaming about the delights and riches that will fall into their laps as soon as the clock ticks over to midnight on the 1st of January! I was turning into my favorite podcast today – “Furry delights” where I heard that most humans breathe a sigh of relief that the previous year has completed and a new one awaits. A sad way to live...always waiting for the perfect year, where happiness will float above their house like a giant magic balloon filled with endless amounts of magic goal-ticking potion.

Goals, goals, goals...blah blah blahhh – the downfall of humans. To set themselves ridiculous unachievable goals every January – only to fall-short 2 months later and dive bomb into self-loathing misery!

We dogs have a never-ending job, sent to earth to assist human-kind to let-go. Let-go of the need to compete with one-another, to compare; to search for meaningless acceptance from those that they despise.

In other news, my most lovely, magnificent parents and I are lucky to be alive! During our recent glorious, sunny and delicious road-trip (Christmas and after Christmas yummys) – my dad obviously forgot he was driving! I still blame that buzzing bee for endangering us. Or mum for alerting him to the fact the bee was inches away from nipping his neck. My dad proceeded to calmly turn his head behind – whilst throttling down the highway at a healthy speed. Luckily for us, my mum tugged frantically at his arms – and alas – he turned around in the nick of time – avoiding a tragic end to our year! My dad being the goofy philosophical creature he is – informed us that “we have nothing to worry – for the bee symbolized we are on the right track towards a sweet spot!”

Mmm, not sure about that. More like – avoided becoming a sweet road-kill meal for those circling scavengers soaring in the sky.

A perfect reminder to be mindful in everything we do! I sure am – when I devour anything that satisfies my taste buds or when I get those soothing belly rubs just before nap-time!

Here's to 2021! All the best everyone ☺

“The most beautiful moments in life are moments when you are expressing your joy, not when you are seeking it.”
— Jaggi Vasudev



The Moonah Bazaar is coming!

A new, vibrant multicultural market in the heart of Moonah showcasing:

- Food
- Clothing
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- Tea ceremony
- Arts & crafts, and lot's more!

The Multicultural Hub
Hopkins Street, Moonah

On the 1st Saturday of every month commencing 6th March

Members of the CALD community interested in running their own market stall are welcome to contact julie.race@aohtas.org.au

SUPPORTED BY Tasmanian Government

The Safe Haven Hub is funded by the Department of Communities Tasmania

safehavenhub.org.au

CatholicCare TASMANIA



#coronavirus #combatcovid19 #travel

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TAKE CARE DURING TRAVEL

If possible, try to keep a distance from others.	Avoid touching your eyes, nose or mouth.	As much as possible, avoid touching common area surfaces like door knobs, staircase railings.	If you feel unwell inform the crew. Seek medical assistance immediately on reaching your destination.
Do not touch, hug or shake hands with others.	Always wear a mask or face covering.	Clean hands with soap and water, or alcohol-based hand rub, frequently.	



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A safe and happy Christmas to you and very best wishes for 2021

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Authorised by Meg Webb, 3/32 Channel Hwy, Kingston.

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Intercultural Arts and Crafts Fair

REGISTER NOW TO SHOW AND SELL YOUR ART & CRAFT!

From Friday 19 March 2021 there will be an Intercultural Arts and Crafts Fair at the Multicultural Hub in Moonah. Tasmanians from a culturally and linguistically diverse background are invited to show and sell art and craft work. An interview with initiator and organiser Robert Thompson:

Question #1: Hello Robert! Can you please introduce yourself?

I am active in the arts, film, theatre and community for many years. I also sing with Sisongke Choir. Hoping to give back my knowledge and experience with people interested in showing their art and craft, and are interested in selling to have some income.

Question#2: Where did you get the idea for the Intercultural Arts and Craft Fair? I thought people would like to develop their own art and craft ideas for sale or show in an exhibition.

Especially, if it shows a link to country of origin and/or life in Tasmania.

Question#3: What are you hoping the Intercultural Arts and Craft Fair will achieve?

A beautiful display of art and craft work from Tasmanians of a culturally diverse background. New outlooks of cultures and a better understanding of Tasmania.

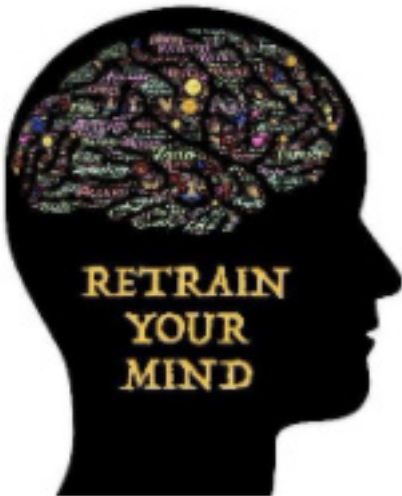
Question #4: Anything else you would like to add, Robert?

I will be pleased to meet you and can assist to register. If you are interested, I may be able to introduce you to tutors, support, sources of material and supplies.

To **REGISTER NOW** and for more information please contact Robert Thompson via roberts4u2@gmail.com or Nico van Leeuwen at the MCOT Office via nico.vanleeuwen@mcot.org.au 03 6170 9196 or at the Hub



Changing the Brain By Tara Bufton



I'm reading an interesting book called 'The Brain That Changes Itself'. The chapter on pain was suggested to me by my psychiatrist. You see, I was experiencing pain down the right side of my body, that seemed to have no cause. The pain has appeared out of nowhere every so often for the last 20 years. Dr Hyde (yes that really is my psychiatrist's name) suggested it may be a phantom pain related to stress.

He suggested that I could use the onset of the pain to help me monitor when I need to de-stress. Do some calming activities, like get a massage, meditate, go for a walk with a friend.

In fact, I could look at the pain as my amazing body warning me. I could even be thankful for the pain because with an early warning sign of stress I could take action to avoid an episode of mania or depression.

In seeing pain differently, I can train my brain to experience it differently. Our brains are not simply receiving messages from our body that we have pain. They determine whether we feel the pain and to what extent we feel it. So, by seeing my pain as a tool which warns me to lower my stress levels, I can also experience the pain differently. Three hours after my psychiatrist shared



this insight with me, my pain decreased significantly to a ghost of itself.

Our mind is an amazing thing. Our brain's capacity to change, and consequently change our experience of life, opens so many possibilities.





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NEW MARKET SHOWCASES CULTURAL DIVERSITY & INGENUITY

18 December 2020
Media contact: Mark Franklin 0408 300 148

A new, vibrant market showcasing the ingenuity and skill of people from culturally and linguistically diverse (CALD) backgrounds, is set to open at the Moonah Multicultural Hub in March 2021.

Multicultural food, clothing, arts and crafts, massage and an opportunity to enjoy a traditional Chinese Tea Ceremony are just a few of the microbusinesses that will join stallholders from the broader Glenorchy community at the new market.

An initiative of CatholicCare Tasmania's Safe Haven Hub, and with funding from the Tasmanian

Government's Multicultural Grants Program, the Moonah Bazaar Project helped to establish sustainable microbusinesses operated by refugees, asylum seekers, recently arrived migrants and others identifying as being of a CALD background.

A group of refugees and people from multicultural backgrounds were chosen from a field of applicants who lodged an expression of interest in the project in July 2020. They received small business training from mentors who have at least five years' experience in operating their own business, and from those working in the finance, legal, and marketing professions.

The market is being established in collaboration with the Community Development Officer at the Multicultural

Hub in Moonah. It is anticipated the market will become sustainable and ultimately run by the community, for the community. The market will be held on the first Saturday of every month commencing on 6 March 2021.

Members of the CALD community interested in running their own market stall are welcome to contact julie.race@aohtas.org.au for further information.

Image and caption information:

Joanne Gao #2 + #9: Project participant Joanne Gao is keen to teach others how to prepare and serve a traditional Chinese Tea Ceremony.

Billy Li #2 + #3: Project participant Billy Li hand paints customized clothing for customers.

Moonah Bazaar Project: Project participants received training in small business management from experienced tutors in 2020.



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Pause, Look Around and Introspect - My Time In Tasmania.

By Pravallika Anjuri.

I was born in one of the world’s most populated countries and lived in a highly competitive metropolitan city all my life. If the hustle had taught me anything, it is survival. I thought it was my biggest apparatus when I first decided to move to a far off country and chose an island like Tasmania. But the place defied my perception, shaking me to my core.

It did not take a long time to understand that all my survival instincts are contradicting my personality. Tasmania has taught me to live, and I identify myself with the place for more than one reason.

Initially, I hated having much leisure. So, I thought of exploring the place a bit and have begun traveling. My first learning was co-existence. You don’t see a bird every day in the concrete jungles; forget about the animals. Naturally, shooing away the birds or animals that cross our path became an instinct. I have abandoned these internalized traits almost immediately after moving to Tasmania.

We coexist with other species. All you have to do is, go in your path and respect their privacy, and they mind their business. With one-fifth of Tasmania’s

landmass listed as a World Heritage Area, the state expects you to understand certain things.

Like David Attenborough, the famous natural historian, explained in one of his documentaries, the Natural world is the most significant source of learning, excitement, visual beauty, and intellectual interest. It is the greatest source of so much in life that makes life worth living.

I was dead scared of the isolated environments and pitch-dark roads because I am used to having large crowds anywhere and everywhere. My mind was conditioned to think that empty areas meant a possible danger. After a couple of anxious drives around Tassie, I became nonchalant because the number didn’t matter when anyone coming to my proximity was warm enough to greet and ready to offer to help. I felt embraced by the locals and nature.

It reminded me of a Sanskrit Verse - ‘Athidi Devo Bhava,’ that became a huge part of my country’s code of conduct. It means the guest is equivalent to god, prescribing a dynamic relationship between the host and the guest. Though the concept was originally found in religious scriptures, it goes beyond the belief system. It mainly encourages reverence and acceptance of one another.



Unknowingly, Tasmania also echoes the same. People here are accustomed to hosting tourists from different parts of the world and hence became highly welcoming.

Some of these experiences provoked a thought in me to relate my rich cultural heritage and its teachings to the surroundings in order to attain a powerful living motivation. I became closer to my culture and ethnicity than I could ever have come living in my city, chasing big dreams. I saw an opportunity to utilize my diversity to make a difference by combining my foreign learnings to enhance the local lifestyle.

When covid-19 hit, Tasmanians sacrificed a lot to protect their neighbours, making this one of the world’s safest places. The disastrous year has disturbed small businesses and hurt the livelihood of many, including me. When I lost my job because of the pandemic, I kept myself together and decided to volunteer. I

contributed technically and creatively to a Tasmanian art bar that taps into local artists’ talents and encourages them with regular art prizes. Though the state was hurting itself with the border closures, it did what it had to do, and we obeyed the restrictions whether it made sense to us or not. I displayed the same resilience, and today, I continue to volunteer even after finding a job because I found joy in interacting with the art community.

When I look back at my year in Tasmania, I can proudly say I used the downtime for inner-engineering. The slow-paced lifestyle in Tasmania could come as a blessing in disguise for people like me, who never paused to introspect. All it takes is a thought, and I think we as a diverse group have great potential to utilize what Tasmania has to offer and multiply it with the good part of our past.

Let’s continue to learn, inspire, and encourage one another on this island of difference in the new year.



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Tasmania’s economic recovery continues

12 January 2021
Peter Gutwein, Premier

Strong results in a number of recent economic reports has confirmed Tasmania’s economy is continuing to recover from the COVID-19 pandemic

ABS data released yesterday confirmed retail trade for November grew 3.4 per cent, the third highest growth rate in the country and 13.6 per cent higher than this time last year and also higher than the National growth rate, with spending in cafes, restaurants and takeaways growing to \$66 million.

We know our retail and hospitality sectors were hit hard last year, and these figures are very positive and confirms Tasmanians are getting out and about and doing their bit to help them recover.

Tasmania also exported \$3.66 billion

in the year to November, which is 1.1 per cent higher than the previous year, bucking the national trend, and dwelling approvals were 8.1 per cent higher than the same time in the previous year.

With the economy recovering, we are also seeing more Tasmanians return to work. Employment grew 0.8 per cent in November, higher than Australian growth of 0.7 per cent, with nearly three quarters of Tasmanians back to work since May.

And importantly, the Sensis Business Index found that more Tasmanian businesses have recovered since COVID-19 than elsewhere, and it is Tasmanian businesses that are most confident in the country.

As we enter 2021, we will continue to focus on growing our economy and getting more Tasmanians back into work through our landmark \$5 billion infrastructure program that will support 25,000 jobs over the next four years.

Tasmanians supporting local and exploring more of our State

Peter Gutwein, Premier

New data released today shows that Tasmanians heeded the call to get out and about and support their local businesses when they needed it most last year, inspired by the Tasmanian Government’s tourism voucher scheme.

National Visitor Survey data for the month of October shows the number of overnight intrastate trips was 188,100 – up 19 per cent for the same month the previous year and the second highest intrastate growth in the nation.

Most importantly, the number of nights spent intrastate also increased by a significant 43 per cent, and expenditure by overnight intrastate travellers was \$106.8 million - up 28 per cent compared to the previous year.

There is no doubt our tourism and hospitality industry was one of the hardest hit by the COVID-19 pandemic, but we have an incredibly resilient industry here in Tasmania and an amazing community

that is willing to support their fellow Tasmanians.

The figures released today demonstrate that Tasmanians got out and about, explored their backyard and assisted the industry’s recovery in uncertain times.

It’s also a clear endorsement of the success of our \$12.5 million Make Yourself At Home travel voucher program that was launched in September and encouraged Tasmanians to travel local and support local businesses.

An estimated \$27.5 million in additional spend is estimated to have been generated by travel voucher holders, with people spending on average, more than \$3 to every voucher dollar.

While there is no doubt the industry continues to be impacted by the uncertainty around COVID-19, the Tasmanian Government will continue to support and back the sector as we continue to recover and rebuild a stronger Tasmania.

Tasmania’s NBL dream another step closer

7 January 2021
Jane Howlett, Minister for Sport and Recreation

I would like to extend my congratulations to inaugural Tasmania JackJumpers head coach Scott Roth following the club’s announcement this morning.

Mr Roth’s basketball resume is as impressive as it is extensive having held assistant coaching roles for several NBA teams, as well as playing 160 NBA games.

Hailing from the United States, Mr Roth

is currently assistant coach with reigning NBL Champions the Perth Wildcats, and I am confident he will bring a wealth of knowledge and professionalism to the JackJumpers franchise.

Mr Roth will begin as JackJumpers head coach on March 1 ahead of the clubs entry into the 2021-22 NBL season.

Along with many keen basketball fans, I look forward to cheering on the Tasmanian JackJumpers and seeing more young Tasmanians taking up the sport as a result of having our very own team back in the National Basketball League.

Grants to get Tasmanian events back on the calendar in 2021

7 January 2021
Sarah Courtney, Minister for Small Business, Hospitality and Events

Tasmania is recognised nationally and internationally for delivering a range of vibrant and bespoke events, reinforcing our strong brand and providing significant economic and social benefits to our State.

As we work to recover from the impacts of COVID-19, getting our home-grown events back up and running is also a key priority in rebuilding visitation as part of the Government’s T21 Visitor Economy Action Plan.

The Ultimate Showdown to be hosted on Saturday night at Carrick Speedway is an example of what can be achieved through the organisers working with Government to ensure the event can be delivered in a COVID safe way.

The Ultimate Showdown has been given approval to go ahead under the Tasmanian Liberal Government’s Framework for COVID-19 Safe Events with organisers submitting a COVID safety plan for a level 3 event that details their approach to managing an event in a safe environment. Carrick Speedway received a \$5,000 Event Ready Grant to help meet the additional expenses associated with developing their COVID-19 safety plans and managing COVID safe events. This Tasmanian Government grant program assists event organisers to identify and implement COVID-19 safe practices and has already supported a number of events with their safety planning.

We set up the Framework for COVID-19 Safe Events and Activities in Tasmania, to support event organisers to plan for larger events while ensuring the safety of our community remains paramount.

Of the 41 events already submitted, I’m pleased to announce 28 have been approved with further assessments underway.

Among those applications approved so far are:

- Botanical Gardens Concert Series

- Wellness Expo
- Street Eats
- Devonport Cup
- Latrobe, Carrick and Hobart Speedways
- Rowing Tasmania’s Regattas
- BBL10
- Hobart Regatta

The purpose of this Framework is to outline the thresholds, principles and requirements to assist event organisers identify and manage the risk of COVID-19 for a range of event and activity types in a diverse range of settings.

The Framework establishes three levels of events and the assessment that is required before they can proceed. This means events are being delivered in a different way than they were prior to the impacts of COVID-19 to ensure compliance with all the COVID-19 safety measures.

We all have a responsibility to keep on top of COVID-19, and the way Tasmania’s event organisers have embraced the Framework is a promising sign as we look to host more events.

Tasmanians love their events, whether it’s a local footy game, motorsport, theatre production or favourite food and wine festival, and as we continue the commencement of larger scale events I encourage Tasmanians to keep showing their support, be responsible and to follow COVID safe behaviours to keep doing the things we love.

I’d like to thank the organisers around Tasmania who have worked very hard to adjust to the changes by bringing forward a raft of innovative ideas to ensure Tasmanians can once again attend the events they enjoy.

Event organisers can continue to register their events and submit their COVID-19 Safety Plan through the Business Tasmania website.

For more information please visit: www.business.tas.gov.au/eventsframework



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Labor Member for Elwick

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Labor 

Tasmania—Given a different perspective to My Life

Ailing from a small village (in South East Asia) rich in sports culture, I always felt that some fantastic sports persons from our village had missed an opportunity to compete with the best in the business only because of early injuries and lack of proper leadership in the rehabilitation area. Injuries were neglected and proper rehabilitation methods were never put into use ultimately ending an individual's sports career at even early stages. I strongly believed this situation can be improved, and improving this situation could produce some life changing results for individuals and the community as well. Very soon realized nurturing fresh, young, raw talent by creating a less-injury-prone (if not an injury-free) environment is absolutely at the crux of producing world class athletes. As much as this basic foundation criterion is easily prone to be neglected, it is very clear to me that it inhibits the growth of an athlete

at a very early stage. This prevailing dire situation in many communities along with my passion towards sports instigated me to take up physiotherapy during my bachelors. My strong pursuit to learn more in the field drove me overseas to pursue a Masters degree. I gained ample clinical knowledge in rehabilitation through my academics and thorough hands on experience for several years. I had a completely different experience when I came to Tasmania. I had ample opportunity to work with clients from different backgrounds and with different disorders. All this usual and unusual experience enabled me to understand and delve more effectively under stressful situations. Experiences enabled me to be able to understand the human side of the injuries which was completely new to me till then. I saw how passionate people are living their lives and how involved they were

in their community. The importance people gave to their community and to the environment gave a whole new perspective on looking at life. Be it be working and interacting with several people like community leaders, care coordinators, team coaches or be it be seeing how people care for each other. All this provided a different understand of health. As W.H.O states health is "A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". I realised the importance of stable healthy community in shaping up an individual health. The human aspect of dealing with people was noticed to be prime factor in treating a person but not the injury/disease. This "human aspect" encouraged me to manage, interact and build relationships in community and fostered a new dimension for me. The likes/dislikes, satisfaction/dissatisfaction of

the patient/athlete have now become the center of my treatment process. The rich community sports culture in Tasmania was very welcoming. People of all ages and from all walks of life engaged themselves in some sorts of sport. It was so enduring to see so many sporting club's. There was always a place/space to be a part of it. People were seen not just playing for winning but there a sense of enjoying the game and cherishing the mental and physical benefits that came along with it. I don't say my dreams/aspirations have changed but Tasmania with its rich cultural diversity, captivating natural scenic beauty and welcoming communities have given a different and right dimension to my dreams/aspirations.

Ways to reduce your cancer risk



Do not smoke or use any form of tobacco



Avoid too much sun, use sun protection



Make your home smoke-free



Reduce indoor and outdoor air pollution



Be physically active



Breastfeeding reduces the mother's cancer risk



Limit alcohol intake



Vaccinate your children against Hepatitis B and HPV



Take part in organized cancer screening programmes

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".

If you are at higher risk of severe COVID-19, protect yourself:

- Wash your hands often
- Clean and disinfect frequently touched objects and surfaces
- Avoid touching your eyes, nose and mouth
- Keep a distance of 1m from others, and avoid crowded spaces
- Avoid close contact with anyone who has fever or cough
- Maintain a healthy routine – e.g. exercise daily and eat nutritious food



World Health Organization
Western Pacific Region

#COVID19 #coronavirus 25 March 2020

HOW TO REDUCE THE RISK OF HAVING DIABETES



BE PHYSICALLY ACTIVE



ACHIEVE AND MAINTAIN A HEALTHY BODY WEIGHT



EAT HEALTHY, AVOID SUGAR AND SATURATED FATS



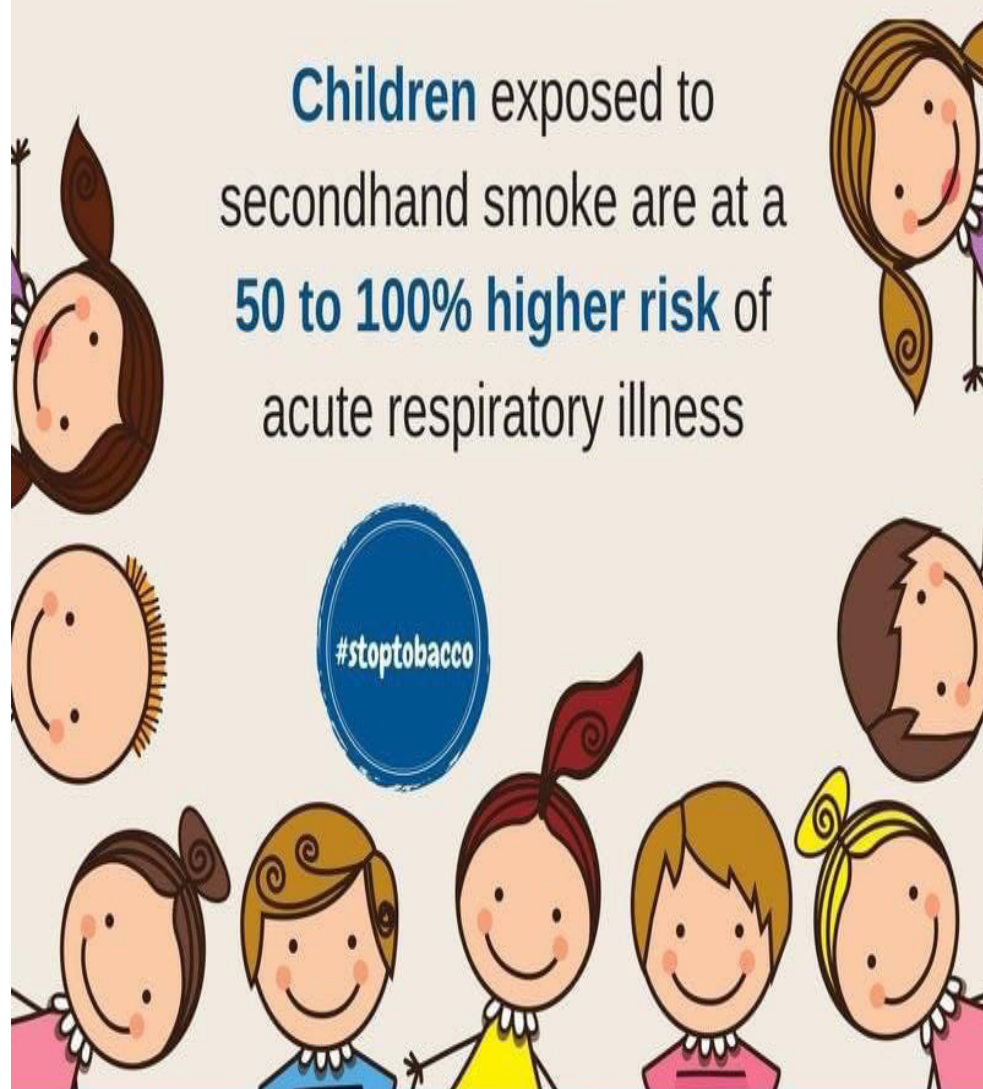
DO NOT SMOKE AND AVOID HARMFUL USE OF ALCOHOL

World Health Organization
Western Pacific Region

Secondhand smoke is harmful

Children exposed to secondhand smoke are at a **50 to 100% higher risk** of acute respiratory illness

#stoptobacco



World Health Organization
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EMERGENCY RELIEF - SOUTHERN TASMANIA

  Do you need help? 		
information 	food 	meals 
bills 	furniture 	transport 
chemist voucher 	budget support 	clothing 







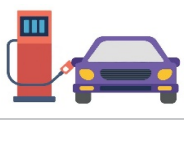



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The Salvation Army Tasmania (03) 6228 8400 www.salvationarmy.org.au	Uniting Victoria Tasmania 6234 1296 www.unitingvictas.org.au
CatholicCare Victoria Tasmania 1800 819 447 or 6278 1660 www.catholiccaretas.org.au	
Australian Red Cross www.redcross.org.au For temporary visa holders	Rural Relief Fund www.ruralbusinessstasmania.org.au For farming families

EMERGENCY RELIEF – NORTH WEST TASMANIA

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information 	food 	meals 
bills 	furniture 	transport 
chemist voucher 	budget support 	clothing 

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The Salvation Army Tasmania 6430 4100 www.salvationarmy.org.au	St Vincent De Paul Society 6435 2323 www.vinnies.org.au
Wyndarra Centre 6452 2722 www.wyndarra.org.au	CatholicCare Victoria Tasmania 1800 819 447 or 6431 8555 www.catholiccaretas.org.au
Australian Red Cross www.redcross.org.au For temporary visa holders	Rural Relief Fund www.ruralbusinessstasmania.org.au For farming families

EMERGENCY RELIEF - NORTHERN TASMANIA

  Do you need help? 		
information 	food 	meals 
bills 	furniture 	transport 
chemist voucher 	budget support 	clothing 

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The Salvation Army Tasmania 6323 7500 www.salvationarmy.org.au	St Vincent De Paul Society 6326 5551 www.vinnies.org.au
The Helping Hand Association 6391 2498 www.findehelptas.helping.hand	CatholicCare Victoria Tasmania 1800 819 447 or 6332 0600 www.catholiccaretas.org.au
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HOBART SOCIAL FOOTBALL WORLD CUP JANUARY & FEBRUARY 2021



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What you need:

- A squad of 16 to 20 players of the same national heritage (eg. Chinese, Dutch, French, Brazilian, Sudanese, etc);
- To pay a squad entry fee of about \$25-35 per player;
- Availability to play weekend games, and weekday evening games, in January and February next year.

We are seeking three tournaments - men, women, and youth - subject to entry numbers. Only one side admitted per nation, and places are limited... so don't miss out!

Please submit expressions of interest to **HobartWorldCup2021@outlook.com** by Friday October 23rd, 2020

For more information, please contact **HobartWorldCup2021@outlook.com**

NOTE: Competition is intended for social standard players and/or people who don't play competitive football, not elite competitive players (NPL, WSL, Championship, etc).



Soccer





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