



# Diverse Tassie

*Bringing communities closer every day*

Edition 2 November 2019

## Tasmanian Leadership embracing Diversity

DIVERSE TASSIE launched its first edition at Government House, attended by more than 150 members from various communities. The evening's reception was hosted by Her Excellency, Governor Kate Warner. We would like to take this opportunity to thank everyone who attended the event and made it a success. Since the launch of Diverse Tassie's first edition, communities all across the state congratulated us on providing a great platform for everyone to share their voice and opinions. We are launching our second edition in Launceston on the 3rd of November. Tasmania hosted many functions in October and our media team was welcomed to cover these events so thanks everyone for your encouragement. Through our media grant we were able to support a number of diverse cultural events this month. A copy of the first

edition was also presented to Premier Will Hodgman at Parliament house at a Sikh community event. The Premier's appreciation about the newspaper has been a great encouragement for us. We promise to stick to our vision of creating platforms for social cohesion and integration of communities. Over the next few months our team will be meeting with different communities and leaders across the state to form small groups to discuss the future of diversity in our state of Tasmania and how the different communities can strive for the growth of the state. Thank you all for your suggestions and feedback, they have been our driving force. If you would like to connect with us or provide any feedback, contact us via email: [editorial@diversetassie.com.au](mailto:editorial@diversetassie.com.au)



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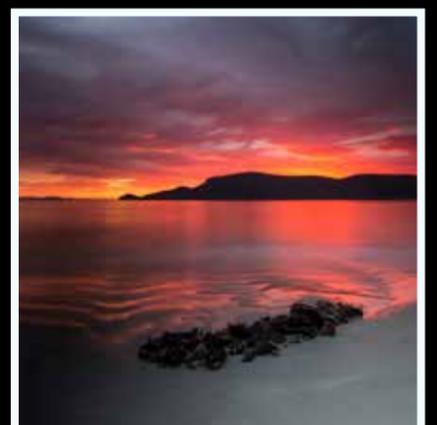
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# Prepare for bushfire season

With summer on the doorstep, residents living within or near bushland are reminded of the risks posed by the bushfire season.

The City of Hobart has been undertaking works within the council area to reduce the amount of fuel available to wildfire and has upgraded green fuel breaks near the entrance to Wellington Park.

To assist with preparations, residents living adjacent to bushland reserves are advised to cut back fire-prone vegetation on their land between their homes and reserve boundaries.

Tasmania Fire Service guidelines recommend reducing bushfire fuel levels around homes and buildings, particularly where they adjoin bushland. This includes the removal of shrubs and cutting grass to a height of below 10cm.

Do not dispose of garden cuttings in bushland and do not plant vegetation in, or adjacent to, an existing fuel break.

“Taking these actions now can make a big difference at the peak of the fire season,” the City’s Manager Bushland John Fisher said. “Our green fuel breaks create a buffer zone between the forest edge and nearby properties, in line with the Tasmania Fire Service’s guidelines. We are also undertaking controlled burns in strategic areas to reduce the risk of an uncontrolled fire.”

“We’ve done everything we can to protect people and their properties from bushfire. But for this to be effective, individual property owners need to do the same thing on their side of the fence.”

During controlled burns, smoke may be encountered in parts of the city.

Precautions are taken to minimise the impacts of controlled burns on nearby residents.

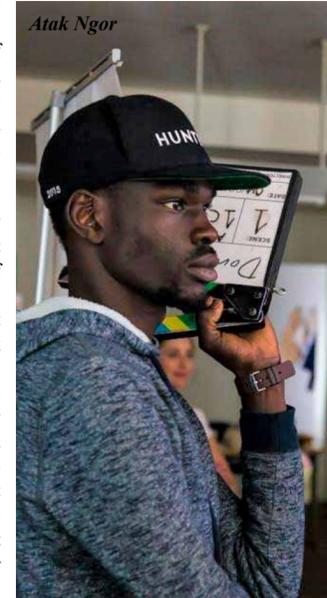
If a bushfire does approach homes,

residents should be prepared to leave quickly and safely. For more information on preparing for bushfire, visit [hobartcity.com.au/bushfire](http://hobartcity.com.au/bushfire).



# From Sudan to Hobart City Council?

Last year’s Hobart City Council elections were historic for a number of reasons. Hobart is not known as a hot bed of cultural diversity as you might find in the larger capitals of Australia, yet made headlines when it elected two Fijian born councillors – Michael Dutta and his daughter, Zelinda Sherlock. However, another piece of history was also made and yet was completely overlooked by local media at the time. For the first time in Australia, two candidates of South Sudanese heritage ran for office – Salpha Dut, who has been a resident of Hobart for around 20 years, and Atak Ngor. Given the relatively small size of Hobart’s African community, this seemed to be a remarkable event, worthy of further investigation, and so I decided to find out a bit more about these two candidates, representing quite different generations from the South Sudanese community of Hobart, and how the felt about the experience of running for council.



Atak : We are at a crossroad, South Sudanese and other African youth in Hobart are deeply struggling with unemployment, racism, police harassment and racial profiling, and mental illness. No one is speaking out about these issues.

For example, a friend of mine was assault by a gang of 8 white people on the street, and the police did not deal with. Now he has returned to South Sudan and may never return. If there was an African person on the Council or Tasmanian Parliament, they would be the first person we would contact but since we don’t, we have to deal with unhelpful ministers who are unwilling to hold Tasmania Police accountable.

*Would you run again?*  
Salpha : Yes, if the time is right I will run again.

Atak : I don’t know what God has planned for me. If I were to stand someday, I would stand, and win and would become the first black Lord Mayor of Hobart. Also maybe standing for that position might finally get The Mercury to have a sentence or two about me.

*Would you encourage others (particularly from diverse cultural backgrounds) to run for local government? Why/why not?*

Salpha : Yes, I will definitely encourage others from diverse cultural backgrounds to run for local government as we are being underrepresented.

Atak : I don’t see any African youths wanting to stand for local government because they are frustrated with everything we have to go through daily in this country. Many youths in Hobart including myself don’t feel safe here.

This year alone, things have happened that many other African youths and I are questioning whether Hobart is home or even Australia for that matter. A place where you’re targeted by police, randomly assaulted, drivers trying to run you over, you get called a nigger that’s not even a surprise anymore, and people looking at you while walking with some much hatred, and all these things happened to me. So, would I encourage someone from standing for local council; the answer is: No

*What made you decide to run for Hobart City Council? What did you hope to achieve?*

Salpha : I have called home Hobart for many years now, and I realised that the Council is not diverse that so I decided to run for Council election.

Atak : I wanted to bring a different perspective to Hobart City Council.

*What do you think you could have brought to the council?*

Salpha : Inclusive Council, I will work for harmony in the way that Council operates, and for its responsibility in fostering an inclusive community.

Atak : I think I would have offered a perspective of a young person. It’s funny, I used to look at the Council’s quarterly publication paper and see all the aldermen, and I would research how long they have been in the Council and I was surprised that many of them had been there for over 20 years. To put that into perspective, some had been on the Council before I was even born.

*How was the experience? What did you learn from it? Was there anything you wish you’d known before you ran?*

Salpha : The experience was interesting

especially when I was doing door knocking, I thought I had known enough about our community, through my workplace but I was wrong e.g. one house that I went to was interesting, the owner want to talks about how European brought God to Africa.

Atak : To be honest, it was fun. I was extremely thankful to everyone who supported me, gave me words of encouragement and those who signed my form, Mark Thompson was one of the people. So, I am extremely grateful to everyone.

At my request, the Office of Andrew Wilkie, MP, also helped me get my citizenship papers, which the Department of Home Affairs were taking ages to process, and I think was the reason I got my citizenship in time. In the end, I went through it because of the overwhelming support I received from everyone. So, I did not want to disappoint them, the least I could do is stand.

I was talking to one of my friends, and he asked why I didn’t have posters and I told him that I just didn’t have any money. I only spend around \$126 on the

campaign (mostly on Facebook), it was a bootstrap project to the extreme with barely anything.

I think I would make a great campaign manager or chief of staff. I just did everything unconventionally because of the lack of resources and that’s a useful skill to have. Lack of money or resource shouldn’t stop you from achieving your dreams, and it’s an obstacle but any obstacle can be overcome.

*Do you think it’s important that local government has more diverse representation? Why? What do you think candidates from South Sudanese/African heritage can offer in local government that may be different?*

Salpha : No currently the local have less diverse representation. And we need more diverse representation to stop racism in our culture (e.g. assaults on taxi drivers, racial slurs...): Council needs to positively acknowledge our diverse cultural communities/religions, and to take a lead in promoting inclusivity. Council needs to work with community bodies and agencies to foster a strong, integrated community.

## Fostering Integration Grants - open for applications

The Australian Government is inviting applications through an open competitive process to apply to deliver services under the Multicultural Affairs and Citizenship Program: Fostering Integration Grants in 2019-20.

The objective of the grant opportunity is to facilitate the participation, integration and social cohesion of both newly arrived migrants and culturally diverse communities in Australia by: encouraging the social and economic participation of migrants by developing skills and cultural competencies to

integrate into Australian social, economic and civic life, and build community resilience, promoting and encouraging the uptake of Australian values and liberal democracy and amplifying the value of Australian citizenship promoting a greater understanding and acceptance of racial, religious and cultural diversity addressing issues within Australian communities that show potential for, or early signs of, low social integration. Applications close at 11:00 pm AEDT on 5 November 2019.

### Graham Legg, Managing Director of Business Software Tasmania congratulates the DiverseTassie team on the launch of their publication



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## Let's be Mates

Rodney J Goddard

I'm a retired businessman from the pharmaceutical industry and a Vietnam veteran.

I have been asked to express my views on the subject of immigration for a newspaper, something I thought I would never be asked to do.

One thing about most Australian's is the belief that all people should be treated fairly. This means that no matter what your skin colour, or language, where you came from, your age or sex, that rule normally applies as something which is at the heart of the Australian culture.

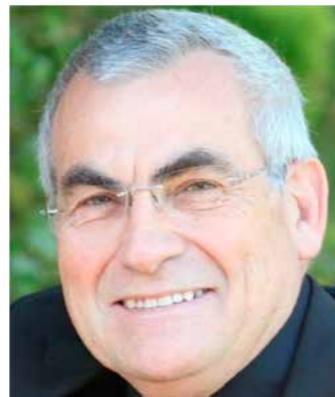
Unfortunately, there are always bigoted people who tend to stoop to the, "US & THEM" attitude, without understanding that all people no matter who or where they come from, are really chasing the same goals in life. Security for your loved ones, a place to call home, the freedom of religion, the feeling of accomplishment, appreciation, love and friendship. I say, we should all focus on what we have in common, rather than magnifying our differences.

Many migrants came from European countries initially, but later from all parts of the world. All integrated well, and this has worked very well for this country, enhancing our culture and all become valued Australian citizens, welcomed as one of us.

Part of Australian humour, is to give the new comers a bit of a ribbing. That means to have a little fun at their expense, but nothing more than the average Aussie does to his mates. This is just how we are, and is not to be taken to heart. We tease New Zealanders about their attraction to sheep, and I'm sure they tell the same jokes about us.

Australian's in general have a good heart, and we want to help the underdog. So, if you really are having a hard time in life, most of us want to step in and help in some way.

What we want to see from people who come here to live, is to mix in with Australian's. We don't want you carving



out a section of this country and turning it into a copy of the country you left behind and making it a place where Australian's are not welcome.

We have a culture we wish to defend, which identifies who we are as a people. To come here and decide to force your ideology upon us, will never be tolerated by the majority. And like wise, if we went to your country, and tried to force our beliefs upon your people, I'm sure there would be violence in the streets. So, we all need to practice some tolerance.

The assistance you receive when you come here, is money earned by Australians, and taken as taxation to help run the country. If you come here, and not work to contribute, but expect a free ride at our expense, we see that as a slap in our face, for what we have tried to do to help you. Currently we have homeless Australians, which includes many women, children and young adults. We have a responsibility for these people, in many cases before anyone else.

Many Australian's are without sufficient work to support their families. People who come here compete for what jobs that are available. The influx of people from other countries, places a lot of pressure on those who can least afford it. So, I ask you to appreciate the wonderful opportunity you have been given, and work to become a valued respected Australian member of our society.

## Celebrating Sikhism founder's 550th birth anniversary



Politicians, dignitaries, diverse community members came together in Tasmanian Parliament House, on October 15th to celebrate the 550th birth anniversary of Guru Nanak, the founder of Sikhism.

As the landmark birth anniversary of Guru Nanak draws closer, various events have been organised in almost every country around the world, and Australia is no different. In the times of changing demographics of Tasmania which is described as influx of migrants, events like this supported by State Government send a strong message of supporting

everyone is one of the founding principle of Sikhism" Amar Singh said is his addressing of the crowd.

The other speeches were made by Honourable Elise Archer Member of Clark, Harsimran Singh (President of Guru Nanak society of Tasmania) and both acknowledged that equality among human race is the foundation to build a strong community.

"It was an honour to welcome members of the 'Turbans 4 Australia' organisation and the Sikh Temple Hobart Committee to the Tasmanian Parliament on Tuesday 15 October, to celebrate the 550th birth

anniversary of Guru Nanak, the first Sikh Guru and founder of the Sikh religion, the fifth largest in the world" Attorney General Elise Archer said.

Diverse Tassie media team attended the event to capture the memories and support the event under their media grant.

The guests were given a box full of sweets specially made for the occasion as per Sikh Tradition at the end of the event. Guru Nanak Birthday will be celebrated at Sikh Temple in Lauderdale on 10rd November from 10-3 pm with vegetarian food served for all attendees.



## Happy Fiji Independence Day 2020

The lovely people of this lovely country will be celebrating their 50th Independence Day on Thursday, October 10, 2020. This special day is a great source of pride and joy to all Fiji citizens, as it marks the end of dark clouds of colonialism.

Reception was held at Hobart city council hosted by Lord Mayor Anna Reynolds and was attended by 50 people. Councillor Michael Dutta who hails from Fiji conducted the formal proceedings and spoke about his journey from Fiji to Australia.

Councillor Michael Dutta and Zelinda sherlock father and daughter duo created

history in last year Hobart city council elections. This is the first time in history of Tasmania anyone from Fiji formally elected by people of Hobart.

The event was catered by Annapurna Indian Restaurant and the media team of Diverse Tassie captured some amazing memories of the evening.



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## Reconciliation Plan

FECCA has welcomed the announcement by Queensland Minister for Multicultural Affairs Stirling Hinchliffe that Queensland will host a Ministerial Forum for Multicultural Affairs in 2020. The Forum will be the first of what FECCA hopes will become a regular, standing series of forums to be shared between the states. Minister Hinchliffe made the announcement this morning at the FECCA National Conference, which this year is being held in Hobart on 10-11 October. FECCA has also used its national conference to launch a Reconciliation Action Plan (RAP) designed to help foster a culture of mutual respect and harmony between Aboriginal and Torres Strait Islander peoples and culturally and linguistically diverse people in Australia. The FECCA Reconciliation Action Plan is available at [http://fecca.org.au/wp-content/uploads/2019/10/FECCA-RAP\\_WEB.pdf](http://fecca.org.au/wp-content/uploads/2019/10/FECCA-RAP_WEB.pdf)



# My 'Uber inspiration'

Six months ago, I found myself sliding off a windy road in Lenah Valley and ending up in a ditch down below, where even the robust possums might not wander. Since then, I have been lucky enough to have a loving partner who has shared her car with me. This has halved our fuel costs every week and led to other unexpected benefits of not owning my own vehicle. Experiencing life on the bus, which means, travelling to my favourite bookshops, - so as to have a book to dip into and feed my imagination whilst travelling to and from work. Which has led to torturing my aging neck less, due to more book time and less screen time. Most of all though, I found great satisfaction in meeting several inspiring Uber drivers from several different cultures across the world who have brought their rich cultural diversity to our little island.

I met 5 different Uber drivers across the week. From Nepal, Pakistan, India and Sri Lanka. Being a cricket lover, we had no problems finding common ground to have a meaningful chat. Talking game tactics; our favourite teams and players and our thoughts about New Zealand and how we each of the 5 drivers and myself admire the manner in which the Kiwis play the game, with such grace, gamesmanship and humility. I couldn't help appreciating how each of these 5 men from across the globe had these admirable qualities in common with the Kiwi cricket team. That despite working long hard hours during the day, with little pay, they carried themselves with grace and humility. The spoke fondly of their home countries and openly about their heartache in missing friends and family. They shared with me about their dreams for their new

life here in Tasmania and how much they loved the beautiful landscapes and our relaxed lifestyle. They emphasised how they wanted their children to be happy and safe and perhaps one day, go to University. They spoke about their responsibility to work hard, so that their families could prosper. After each of these 5 Uber trips, I felt inspired and grateful to have crossed paths with these five gracious and humble men. Earning money for their families by driving around for hours on end. Driven by love. And I realized that I should be grateful for that morning back in Lenah Valley, where I slide off the road and, because of that, I got to travel with these inspiring men - who have had to overcome more than just a windy road.

**Mike McGuire**



# Onam celebrations in Hobart

Hobart Malayali association celebrated Onam on 28th September in Hobart. Traditional activities and games along with traditional Kerala vegetarian feast were the highlights of the event. The significance of the festival was addressed to all the attendees. Onam brings together a multitude of colours and flavours from across God's Own Country, and the celebrations reach their apex on the auspicious day of Thiruvonam. Onam commemorates the return of a mythical, righteous king - King Mahabali and

brings together communities across the landscape in unified revelry that is unheard of across the planet. Households are adorned with exquisite floral carpets (Pookkalam), traditional art forms and games are seen everywhere and homes are cleaned and impeccably maintained. One can see elaborate sumptuous feasts (Onasadya) served in every single home, with the feast ending with delicious Payasam (Kerala dessert), which ensures that the message of oneness and hope is spread far and wide.



# Family violence and the law in Australia

The law in Australia is different to the law in other countries. Especially in relation to violence against women and between members of the same family, the law in Australia is very strict to ensure women and children are safe in their family. Australian law refers to this as "family violence."

Family violence is more than physical violence, but also includes how money and finances may be treated, how people feel or are made to feel, and damage to certain property. Someone who creates a threatening situation for their spouse or partner may be committing family violence. A person must not pursue a course of conduct that he or she knows, or ought to know, is likely to have the effect of unreasonably controlling or intimidating, or causing mental harm, apprehension or fear in, his or her spouse or partner.

Family violence can be any of the following if done by a person against their spouse or partner, directly or indirectly:

- assault, including sexual assault;
- threats, coercion, intimidation or verbal abuse;
- abduction;
- stalking;
- coercing them to relinquish control over assets or income;
- selling, destroying or giving away

property that is owned by or jointly with their spouse or partner or owned by an affected child without consent.

- preventing them from participating in decisions over household expenditure or selling or giving away joint property;
- preventing them from accessing joint financial assets for the purposes of meeting normal household expenses;
- withholding, or threatening to withhold, the financial support reasonably necessary for their maintenance or an affected child.
- emotional abuse or intimidation;
- damage caused to property that is owned by or jointly with their spouse or partner or owned by an affected child;
- contravening a condition of a family violence order that is in place.

The Police can help

Police have wide power to prevent family violence. If a police officer reasonably suspects that family violence is being committed, has been committed or is likely to be committed, the police can use such force as is necessary to enter and remain on a premises to prevent family violence.

In deciding whether to arrest a person, the police officer will give priority to the safety, well-being and interests of any affected person or affected child.

A person charged with a family violence offence is not to be granted bail unless a judge, court or police officer is satisfied that they are not likely to adversely affect the safety, well-being and interests of an affected person or affected child.

Protecting families

Family Violence Orders (FVO) act as a strong warning against someone committing violence against their family.

A court may make an FVO if satisfied that a person has committed family violence; and that person may again commit family violence. People who can apply for an FVO include the Police, a spouse affected by violence, a child affected or any other person who the court deems appropriate to make an order - this may include someone from the wider family or community. There are other types of FVO, including Police FVO and interim - or short-term - FVO.

An FVO will identify specific things that the person cannot do, which may include not going to certain places (a spouse's workplace or a child's school) or contacting specific people. If an FVO has been made on someone and they do any of the specific things on the FVO, that person may be fined or even imprisoned.

**Where to go for help if in crisis:**

**Police (24 hours)  
131 444**

**Family Violence Response and Referral Line (24 hours)  
1800 633 937**

**Family Violence Counselling & Support Service (9am-midnight weekdays, 4pm-midnight weekends)  
1800 608 122**

**Where to go for legal help:**

**Legal Aid Commission Tasmania (9am-5pm weekdays)  
1300 366 611**

**Hobart Community Legal Service (9am-5pm weekdays)  
6233 2500**

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# Futsals Rising Star – Dipendra Kunwar

Interview by Diverse Tassie -Creative Director Raj Chopra

Can you tell our readers bit about yourself? (Your background/why choose to stay in Tasmania)

My name is Dipendra Kunwar, but most people know me as Dipper. I was born in Nepal and I migrated here to Tasmania with my family 20 years ago. We came to Australia as most migrants do searching for a better way of life.

When we first arrived in Tasmania it was very hard, as we had no one that could support us, so we had to make do with what we had. There were no other Nepal family, so we didn't celebrate really celebrate any of our cultural festivities.

Over the years that have passed Tasmania has grown to be more multicultural and I've made friends with people from other

countries. The friends that I've made are mainly through soccer. I have played been playing soccer my whole life and have represented Tasmania on many different levels.

Tell us about your association with Futsal Tasmania and your current role?

I've been playing futsal for around 15 years. I started playing for fun with friends at first but as I grew a passion for it, I decided to play competitively. I've been away with the Tasmanian Futsal State team a few times now. The first time I went to represent State when I was 18 years old. We were unlucky not to win the competition as we were undefeated but lost the final. I had offer from Futsal Australia to further my Futsal career by competing in leagues in China, Brazil and America but couldn't go due to Ankle injury. I will be coaching the under 12 Tasmanian State team as well as playing in the men's State Team Next year in the Australian Futsal competition. There will be over 150 teams participating in the competition, so it is going to be a massive event.

What drives you to be involved in these projects?

What drives me to get involved in this sport is my passion for the sport. I love watching and playing and I believe that one that Futsal will be one of the main sports in Australia.

What's your vision for your future career with Futsal?

My aim is to represent Australia on a worldwide stage and help the younger generation of Tasmania

understand and enjoy this great sport. How can people get involved?

There are many ways people can get involved through playing, coaching or even supporting. If you are interested in playing in a competitive tournament you can contact Romeo Frediani on 0438735562 or email him at Romeo@australianfutsal.com

Do your family & community support your passion?

My family and my community both support me in my endeavor to help the younger generation of Nepali and other Tasmanians to understand and love this great sport.

Are there any messages for Diverse Communities of Tasmania?

My message for the diverse communities of Tasmania is just go out there and grab a soccer ball and play. Its great for your fitness and it's a nice distraction from your everyday difficulties. Just get your mates and play the beautiful game, just as the famous saying goes 'Joga Bonito'.



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# Open Mosque Day in Hobart

Hobart Open Mosque Day in Tasmania 26th October 2019 was attended by more than 200 people who enjoyed sausage sizzle, face painting and jumping castle for kids and many other activities. People from different communities engaged in conversation with volunteers and staff of Hobart mosque. Diverse Tassie team caught up with Kazi Sabbir -President of Tasmanian Muslim association for a short interview.

1. What is Hobart Mosque Open Day

This is an event where all the people of Hobart are welcome to come to the Mosque and meet with the Muslim community. It gives people an opportunity to find out something about the Islamic religion and Muslim people.

2. Why do you think that it is needed?

Australia is increasingly becoming a multi faith society. It is important that all Australians can find out about various faiths that are now an important part of our religious landscape. It is also a great opportunity for Muslims to discuss issues of faith with members of other religious traditions. This event assists in developing an understanding of what all people of faith have in common.

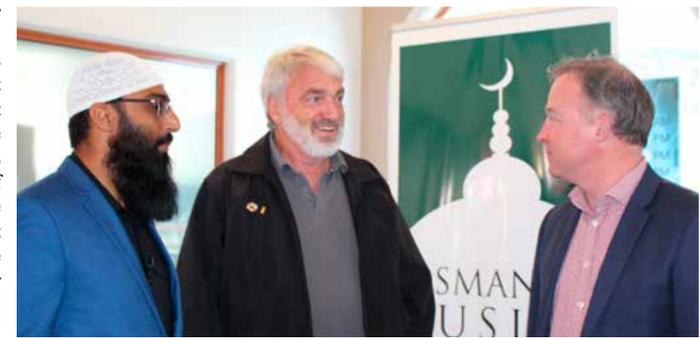
3. Is it done in other parts of the country? Mosque Open Day is a national event and most Australian Mosques participate in it. The program is coordinated by the Lebanese Muslim Association in Sydney.

4. What are the major highlights of the event?

A major highlight is a sausage sizzle. People as you can see today gather together in an informal setting with food and refreshments. It provides an opportunity for people of different faiths to get to know each other and develop ongoing relationships. Today we have few religious scholars attending who can answer questions about the Islamic faith.

5. What do you wish to achieve from the event?

We wish to breakdown the stereotypes that many people of faith may have about each other. We want to demonstrate that Hobart Mosque is welcoming to people of every faith background and wants to work with them to address issues of common concern. We wish to provide people with basic knowledge of what types of activities happen at a Mosque and how religious observances differ from those of other faiths.



# Cooperation amongst Tasmanians and Nigerians

With the slogan 'Fostering cooperation amongst Tasmanian's and Nigerians', the Nigerian community in Tassie comprising of Nigerian immigrants, students and associates of the Nigerian community celebrated the inauguration of "Nigerian Community in Tasmania INC." on 12 of October 2019 at Moonah Arts Centre.

The event was well attended with special Guests:

HE Bello Kazaure Hussein's, Nigerian Ambassador to New Zealand, Papua New Guinea and Fiji. Who requested everyone to protect, improve and uphold the good name of Nigeria by being good and law-abiding citizens and thus contribute to Tasmanian's growth.

Dr David Onu, president of the organisation handed over the association documents to Minister Elise Archer and the Nigerian High Commissioner. Goodwill messages were given by Senator Eric Abetz and Minister Elise Archer. The event continued with a keynote speech by Assoc. Professor Enoch Aduli advocating "Fruitfulness in a diverse but united entity". The rich Nigerian culture was clearly reflected through traditional dances performances and the different varieties of Nigerian foods that were served.

Contact: [www.nigeriatas.org.au](http://www.nigeriatas.org.au); [info@nigeriatas.org.au](mailto:info@nigeriatas.org.au)



# Enough of the hiding

By Tara Bufton



need and probably even save lives.

Mental illness is historical a hidden secret. It was the aunty we don't talk about who lives in the asylum. It was the whispers - behind closed doors - using words that were seldom heard in open conversation ... "manic depression shhh" ... and if used they were said quietly.

I still feel a little cautious, like I'm saying Voldemort out loud, when I use the word bipolar in a public setting. When I talk to people about the fact that I have bipolar, they often avoid using the word in their reply.

Enough of the hiding. Hiding these words and what they mean. Hiding that you have a mental illness. It all just continues the problematic lack of understanding around mental health conditions.

Open conversations allow connection and understanding. For people with mental health conditions, the stigma is genuinely as difficult as the symptoms of the disorders. So, by normalising mental health conditions we also make them much easier to live with.

It was mental health week from the 6th of October to the 12th Of October. There were 80 different events running around the state to acknowledge the week. It is fantastic that mental health is now being talked about more openly and is gradually being normalised.

I saw on The Gruen Transfer that companies such as Ford are actually identifying mental health issues in their advertisements. The push to reduce stigma and open up conversations around mental health is definitely going to help people get the help they



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# A TAKE ON MENTAL HEALTH

Will Braid speaking from the heart about his own life

Normally today is a great day. 10 October was World Mental Health Day and I usually celebrate with a couple of posts, photos of odd socks and attempt to #BustTheStigma of mental health problems.

Today though, I find myself tucked up in bed at home, run over by a depressive phase that I didn't see coming. It's more than just feeling a little blue, it's the full on "if I don't burst into tears soon it will be a miracle."

I am not resentful, or all woe is me about my condition. I consider myself high functioning and sometimes even have a slight edge when the mood takes me into a creative space. I don't sit back and think, "oh, if only I wasn't carrying my mental everywhere I go." I simply do what I do to get myself through and that's why my doona and I are best mates today.

Over the past almost three years I've written about manic phases and the good and bad of them but rarely written about the other end of the spectrum, the dark times.

I am lucky, for the large part, I've only been into a phase like this a handful of times and normally can find a way to put an end to it if there are signs through increased doses, music, movies and, on occasion, exercise.

When I get flattened by something like this, it's hard to talk about, hard to write about and very tiring. For example, I spoke to a couple of people yesterday about it and Sarah this morning and that's it.

Writing, this has taken me twice as long as usual without the creative juices flowing to make it happen. Tiring because each person you come in contact with gets the façade that everything is ok. I do remember speaking of the "Superman Suit" in the past where you dress up outwardly to succeed but are wearing underwear with more holes than a colander.

Putting on the suit to go out and about is the hardest part. The physical and emotional toll of dealing with other people while trying to maintain a front is absolutely exhausting. I came home from work yesterday having dealt with ten

clients or so and crashed out in my chair. On a normal day I can handle heaps more people and have had days with 100s.

I felt like crying halfway through the day, not because anybody had done anything to upset me, but because it was all just too much. I guess you could relate it to a child who has had too much red cordial and when the sugar high wears off they crash in a big way and start crying because their brother had the green Matchbox car. There is no need for tears but everything just seems to pile on top.

If there is to be a positive in all this, the experience of feeling this low is humbling. I like to think I can manage my mental well through acute knowledge of triggers (like going to Adelaide), eating decent food as much as we can, medication, music and having a sensational support network.

Up or down, bipolar disorder is a strange beast but with all those systems in place I am able to, generally, lead a very normal life. But the humbling part is that even though all these things are in place, it can still hit you like a freight train. Despite my pride in trying to manage it, I am just like any other patient experiencing depression or a depressive phase, the black dog does not discriminate and can come from nowhere to hit anybody at any time.

I have nothing to be sad about. We just had a brilliant holiday, I'm writing more, cricket season is rapidly approaching, and I work with wonderful people. It shows that no matter how you try and control it, depression is a scary foe because it's like fighting a ninja. One minute he is in the shadows and the next minute he is making your face look like an origami swan with one punch.

The take out from this and my message for World Mental Health Day is to take the time to look after your mental. If that means sticking the headphones in and listening to your favourite album, rewatching a favourite tele show, doing yoga, spending time with loved ones or speaking up about what you are feeling, do it. Just bloody do it.

It might not be the silver bullet, but it could be the path to a better version of yourself sooner rather than later.

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# Producing a documentary - inclusiveness through sport

By Mark Thomson



Tasmanian-based Creative producer, Paul Moran (pictured at right), has recently produced a short documentary, along with director Eliya Cohen and writer, Mark Thomson (pictured above) for SBS On Demand.

The film "Sidelines" is about a pair of local guys, Zac Wilcox and Shaun Williams, who draw on the help of the Hobart migrant community to fulfil their dream of having their own cricket team.

Paul shared some of his thoughts on making the documentary.

*What motivated you to make the documentary 'Sidelines'?*

This is the first documentary I've ever made. I think the stories that I went to tell as a filmmaker I want to have a strong social resonance and impact. The initial intrigue of the regular Aussie blokes playing in a multicultural league was fascinating on the outside. But the deeper story was powerful and moving and it deserved to be told to a wider audience.

*What were some of the steps need to put this documentary into production? Can you tell us a bit about this process and the SBS Diversity Initiative?*

I think in total the film took an entire year to produce from conception. The SBS Short-form Factual Initiative was a joint initiative with SBS and Screen Tasmania

to put more diverse people behind the camera and tell more diverse stories from underrepresented communities. A film in the context of the ICSL was a no brainer to fit the bill. We firstly had to find the story and meet some of the people within this community. F

rom here we successfully applied to the initiative where we were supplied with a small amount of money to be able to shoot some preliminary interviews and cut together a short teaser as an example of what the film could be like. From here we then had to pitch the idea



to SBS which ultimately secured us the production.

*Can you tell us about your background? Did you have any interest in cricket? Has that changed through the documentary? Was this an advantage/disadvantage?*

I grew up in Scotland in a town on the outskirts of Glasgow. I grew up with strong sense of community and an understanding of the hardships and attitude required of a working class heritage. I have never had any interest in cricket throughout and was only really exposed to it since moving to Australia in 2015. I was brought up on Scottish football and I'm a die-hard fan of Celtic Football Club. My beloved Celtic was founded on and maintains the

principles of empowering and enriching the local community through sport. I think these teachings have stuck with me through my life and this is what really captivated me with this story in the context of a sport that I had no previous connection to.

I think going into making the film without this connection gave me an outsider's insight where I was able to look at the big picture and really see the roots of what was happening, rather than getting caught up in the action of it all. However, not having this knowledge proved to be somewhat embarrassing when I had no idea whether or not to cheer or empathise with the team as I really couldn't tell what was going on.

*Why were Shaun and Zac and the Scorpions chosen as the main focus of the story? How would you describe Zac and Shaun?*

Shaun and Zac are true battlers. They've had their fair share of life's misfortunes fall upon them, but do they drop their heads? Absolutely not! They will keep fighting for their dreams and for what they believe in. For Zac in particular, seeing his own personal



struggles and how he never gives up is so inspiring. For Shaun, being able to juggle so much and have so much going on in his own life whilst still opening up his heart and giving time to other people

is so commendable. These are a pair of fascinating, kind and inspiring lads who would otherwise go unsung.



*Why do you think the story is important? What key message would you like viewers to get from it?*

There are various strands to this story which I think are important. First of all, there is the importance in understanding the power of sport to break down social barriers and create a more inclusive society. This also provides the backdrop for the second reason why this story is so important: community. Particular for people who suffer from mental health issues, it's important to have a sense of community, be that through sport or otherwise, and to have a support network to work through these personal battles.

This isn't a film just about cricket, cricket just happens to be in it. It's a film about the power of resolve and inclusivity.

*What feedback have you had so far about the film? Have you heard anything from SBS about the response?*

The feedback has been phenomenal, so many people have resonated with Zac and Shaun's story. The film got a great review from the Sydney Morning Herald who said I was one of the most moving films of the short film festival. SBS have equally said how proud they are of the film with one of the senior staff even unofficially letting on that Sidelines was his favourite short of the entire festival.

# Tell me a story - but make it a good one

If I asked you to tell me a story, what story would you tell? What's the best story you've got?

Now if I asked you to share a great story about your business, what story would you give me?

Storytelling is often overlooked, but it's a powerful way to market your business. If you have a great story, people will relay it, share it, and generally get excited about it. That's the power of storytelling marketing.

In this article, I'll share with you the key elements of a great business story. First, though, you need to understand that stories are simply vehicles for communicating messages about what matters to you and your business: it could be great customer service; or it

could be that you are an ethical business. Whatever matters most, that's your message.

Now, let's look at how to craft a business story that communicates your message. Step 1) You need to have a relatable lead character. If your story doesn't have a lead character that your audience will like, it will be that much harder for them to connect with your story and your story's message.

Step 2) A story isn't really a story if a journey isn't taken. The journey doesn't have to be a literal journey from A to B; it can be an emotional journey or spiritual journey. But it has to be a journey of some kind.

Step 3) So your lead character is on a journey. But something has got to HAPPEN on the journey for your story

to be interesting. This means an obstacle needs to be encountered by your lead character, AND your character needs to overcome that obstacle.

Once your lead character has been on a journey, and overcome the obstacle, that's where you finish your story — hopefully leaving your audience with the seed of a thought in their head about what your story 'meant'.

Remember, communicating your message is the whole reason why you told your story in the first place.

But, be careful: a message is best when it's implicit in the story. That way, an audience gets to understand the message on THEIR terms. Which is how it should be.

The dividend for you is: you have a growing number of people who want

to share your story because it tells them something important about you — and about themselves.

Rohan Kay is a Glenorchy-based communications specialist and published writer. If you'd like help developing your business story, email Rohan at [rohankayconsulting@gmail.com](mailto:rohankayconsulting@gmail.com).



# Interview with Lisa Gormley from Tas Casting

Mark from Diverse Tassie recently sat down with Lisa Gormley, director of Tas Casting, a Hobart-based agency that has cast recent big shows such as The Gloaming and Rosehaven, as well as local and mainland advertising agencies. With Tasmania's local screen industry going through something of a boom period, and Tasmania also becoming increasingly more culturally diverse, I was interested to find out what this meant for diverse communities, who have traditionally been left out of a lot of Australian TV shows and film. I was also keen to find out more information that might help artists and performers from these backgrounds to participate in the arts scene in Tasmania.

*Could you just give us a bit of an overview of what Tas Casting does?*

Lisa : Tas casting is a casting agency. We find the right talent for producers or directors or ad makers and sometimes live stuff, but mainly screen things. They come to us and say : "We have this advert. We need these types of people these age groups", and we run auditions for them. They choose who they like and then that's sort of our job done. We're the person in between the talent and the producer and I guess the filmmaker.

*So what could you give us an idea of some of the clients that you cast for ?*

Lisa : So we got a lot of advertising agencies down here : Before Creative, The 20 are some of our biggest. And then we are actually really lucky that we're getting a lot more mainland things coming down to shoot down here. Audi shot a campaign up north recently. So we got to do a lot of casting for that.. Sometimes we sister with mainland casting agents so we do Tasmanian casting and they do mainland casting. We did that for The Gloaming and are doing it for Rosehaven as well.

It's still Tassie so it's really small industry but we are able to sustain ourselves and get more and more things sort of happening down here. My main thing was to have a casting agent that replicated what was happening on the mainland so that they could see that structure. So people could say : "OK, I see what's going on, we can use them", and that's going really well.

Because we don't have any acting agents down here, we do still have to maintain a database so we can get in touch with people. So we have a performer register which is not how it normally is on the mainland. That's one of my main things .We just have to be able to keep track of everyone and be able to get in touch with them when we need them. And it also really helps me. I'm the one typing everyone in and making sure everything's updated with photos and things that helps me stay up to date with what everyone's doing and who we have. So yeah it's been really good. I'm really happy.

*I've noticed more, or maybe it's just my perception, but there seem to be more call outs for a more diverse range of*

*actors, is that right?.*

Lisa : Yeah I think things are really changing and it's very very far behind time. But I think a lot of industries in so many ways are behind times. In the Arts industry and on screen it no different. It has never been the casting agents.

We're aware of talent of all ethnicities but I call them "the grey suits upstairs" and that doesn't pinpoint anyone in particular, but the people making the decisions on what their concept of good stories were and what an audience looks like, and what an audience wants to see, I think it is about 40 50 years outdated, but I really feel that that's shifting and there's a big pressure on the gray suits upstairs to actually re-evaluate what Australian stories are and what worldwide stories



are. So it is shifting quite a lot.

I've only been a casting agent for a year or so now but every single brief that I've got is all ethnicities and that makes me really happy.

And that's coming from the clients which is such a relief. It's that that's what's being requested. So we're always looking for people who are interested in working in screen. And get involved because when the call is out there I think it's so important to see all of Australia on screen rather than this sort of like the version that we've all kind of just accepted for too long. I really enjoy it because I feel like we're actually starting to get closer to telling Australian stories in their entirety rather than just one small facet.

*So then would you say that there seems to be increasing demand for people of*

*different ethnicities in screen here ?*

Lisa : Yes absolutely. We get briefs that are all ethnicities or ages. That's my most exciting thing because that means I can put everyone forward. It's always called for.

*So most people sort of see Tasmanians as kind of whitebread kind of state. Is it hard to find people here from different ethnicities?*

Lisa : It's not hard to find people from different ethnicities but it's hard to find people who are interested in being in the arts from different ethnicities because they do tend to be working or they're studying and it's sort of not on their radar because, yes, it is a smaller percentage of course. My main thing is : a) They don't

consist mostly of a chat to camera, chat to us and see who they are. Being excited is kind of the main prerequisite. Be excited and be on time and that's it. Yeah I think that's it. Just following instructions and being positive.

*Well it's good to know. So if people were interested in being part of Tas Casting, how can they register?*

Lisa : If they're only interested in sort of extra work and things that might pop up randomly just the Tas Casting Facebook page. We always have free links to submissions for extras work and sometimes just like fast turnaround call outs for adverts. And if I don't want to keep submitting themselves each time then they can register on the website and then we have them sort of in the database and then we can contact them.

*So, for one-offs they can go through Facebook, but if they are interested in more ongoing work they should go to the website? Is that right?*

Lisa : Yes. And if they want to keep sending different things that they do, I can now attach video and multiple photos and all kinds of stuff to their profile. At the moment we have our eyes open and we've got a free link for Rosehaven, that's just for extras work. I'm pushing that.

*How's that going ?*

Lisa : I think we did so well on The Gloaming and a lot of those people have come back, which is great. But there's always room for more and especially in older age groups as well because at the moment we have a lot of students and young people in their 30s. But the call is for all ages and especially even in the 50s and above.

You know it's a lot of fun. You hang out with a lot of people. You bring friends. It's nice to be on. It is a unified front and they've got some big stuff coming out like corporate stuff coming up. So they need a lot of new faces for that because it's outside of Rosehaven. So that's why they're hunting for new faces.

*Why is it important for you as a casting agency to have a diverse range of talent?*

Lisa : Because Australia is diverse. And when casting adverts and things like that. It's important for clients as well to be able to reach everyone when they're advertising or when they're making a film you know to have all of the options, even short film makers. You know people who are doing amateur stuff, it's just so wonderful for them to have the ability to connect with a wider range of people. If you only have a certain type of people who look a certain way you're only going to connect really well with a certain type of person, so the more varied diversity we have the more reach and the more inclusiveness and acceptance. I mean it is Tassie and we are small but I do believe that we have a lot of acceptance and love. I'd like to support it being more positive.

When you walk down the street it's not it's not hard to see how much richness we have. But we tend to get those people who are sort of in the same circles of seeing posts or calls out or having the confidence.

Another thing is we do a lot of "street casting" in Tassie because we don't have acting agents. We don't have many professional performers. So a lot of our advertisers are happy for us to have people who've never had experience before and get them in. An audition would just

**For more information about Tas Casting [www.tascasting.com](http://www.tascasting.com)**

# Makings beats from Rwanda to Tasmania

Aidan Tkay is a musician and songwriter of Ugandan and Rwandan heritage who made Tasmania his home 3 year ago. He writes and performs a blend of Afrobeats and contemporary pop music and has performed at events such as Dark Mofu, Taste of Tasmania and Harmony Week and recorded albums with producers based in Africa which are downloadable on online platforms such as Spotify and iTunes.

TKay's musical career started with performing in church in Uganda, his country of birth. He did some studio recordings while at school, but things got more serious after he graduated from university and moved to Rwanda, his parents' country of birth. There he formed a duo with an old friend called "Tufor Real" and starting working with producers.

At that time, Afrobeats, originating in Nigeria, was sweeping across Africa, but was just new to Rwanda.

"It took you away from western music and had something unique about it", Tkay said.

Afrobeats is a style influenced by Jamaican Dancehall while incorporating traditional African beats and instruments. This, combined with western pop

music, is what influences to Afropop style of music that Tkay writes.

But how does an African musician based in Hobart produce music ? Technology has removed many barriers and Tkay is able to write and develop his music with producers in Uganda through online communications apps like Skype.

"Technology has really taken over. You don't have to go to a studio anymore to produce the beats. You can just talk to the producer and send them the raw footage, raw vocals"

"I give ideas to the producers. I call them and I tend to record the tempo on the phone. And then they send me a draft" Through this process, Tkay has produced albums for Spotify and iTunes and has produced a video for a recent single called "Call Me" , which can be viewed [here](http://www.youtube.com/watch?v=Cot9kE6iUQM)

"All I need is a skeleton for me to sing on and then they review the piece and we have a kind of back and forth"

His goal for the future is to expose more Tasmanians to Afrobeats and Afropop music.

"Music needs to be out there. People need to see it. Outside the African community,



people here aren't aware of this music because they have not been exposed to it."

"I'm the kind of person, I don't take in negativity. I don't really give negativity a chance," With this goal in mind, Tkay hopes to organise an event in Tasmania next year where people will be able to experience a range of African-inspired genres.

"I know people have heard me at the Taste of Tasmania and so on, but they only know me, I am just one artist. I want them to know the whole genre"

It's an ambitious goal, but it reflects the positive attitudes that come out in his

music. Tkay says are "songs that uplift people".

"Discouragement is your choice. When I look at life , I look at it like a flowing river. It has hurdles that stop it flowing, but it persists."

In between producing and performing music, Tkay works as a disability support worker while studying at the University of Tasmania Conservatorium of Music .



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# FAMILY /SOCIAL EVENTS

## Kokoda Trail Information Session - Free

Hosted by Adventure Kokoda & Paddy Pallin

Thursday 14th November (6pm to 8pm)  
Venue: Paddy Pallin Launceston  
110 George Street, Launceston

The Battle of the Kokoda Trail in Papua New Guinea holds a special place in Australia's history and each year hundreds of Australians, young and old, make the pilgrimage along this primitive jungle track to honour the memory of the men who fought and died there in 1942 defending our country.

For those interested in participating in one of these historic pilgrimages a free information night will be held on Thursday, 14th November at Paddy Pallin, 110 George Street, Launceston TASMANIA commencing at 6:00pm. Hosting the night will be ADVENTURE KOKODA Trek Leader Peter Morrison.

ADVENTURE KOKODA has 28 years' experience, leading over 560 expeditions and is Kokoda's most trusted operator offering the best value, most professional all-inclusive treks on the Kokoda Trail.

We specialise on the Kokoda Trail – we do not go to any other location – Kokoda is all we do!

Charlie says the Kokoda trekking experience has no equal anywhere else in the world.

Trekking through pristine rain forest and primitive native villages, it is a real wilderness adventure and to walk in the very footsteps of the men who fought and died there, and to hear their incredible story, is a life-changing experience.

People need not be daunted by what they might have heard about the Kokoda Trail, we have had people from 12 to 75 years complete the trek.

If you have harboured the thought of trekking the Kokoda Trail on your 'bucket list' - come along to the free information night and have all your questions answered.

Paddy Pallin staff will be available on the night to assist with recommendations on clothing and equipment for Kokoda.

PLEASE REGISTER to attend via Facebook or Eventbrite by clicking on the following link <http://adventurekokoda.events/Kokoda>

Any questions please telephone Adventure Koko

## Protect your business from a cyber threat

Hosted by Business Tasmania along with: Digital Ready, Enterprize, FutureFest

Wednesday 13th November (5:30pm to 6:45pm)  
Venue: Macquarie House (Level 2, Enterprize Space), Civic Square, Launceston

This informative and interactive session will help you consider a tailored cyber security solution for your business, big or small. We will examine cyber threats, then discuss effective protection and prevention. There is no silver bullet, so come along and talk with Andrew about what matters to your business.

About the Presenter:  
Andrew Quill is an ICT Network Engineer, with 20 years' experience designing, operating and managing

environments for organisations across a wide range of industries. Through his business AQ Advisory, Andrew is now focusing on professional Technology Advisory Services tailored to the client's needs, focusing on Cyber Security, Architecture, Strategy, Process Improvement and Project Management solutions.

About FutureFest:  
Business Tasmania is proudly collaborating with FutureFest to deliver this event.

Held from 11-15th of November, 2019 FutureFest will provide an opportunity for many to experience the future of Tasmania powered by technology. It will be a week-long celebration of Technology in Tasmania.

For more information and the full program head to <http://www.futurefest.com.au>  
Light refreshments are included.



The Onam organisers provided us with a certificate of appreciation for the media grant we provided. Being received here by Diverse Tassie's Johnpaul Varghese

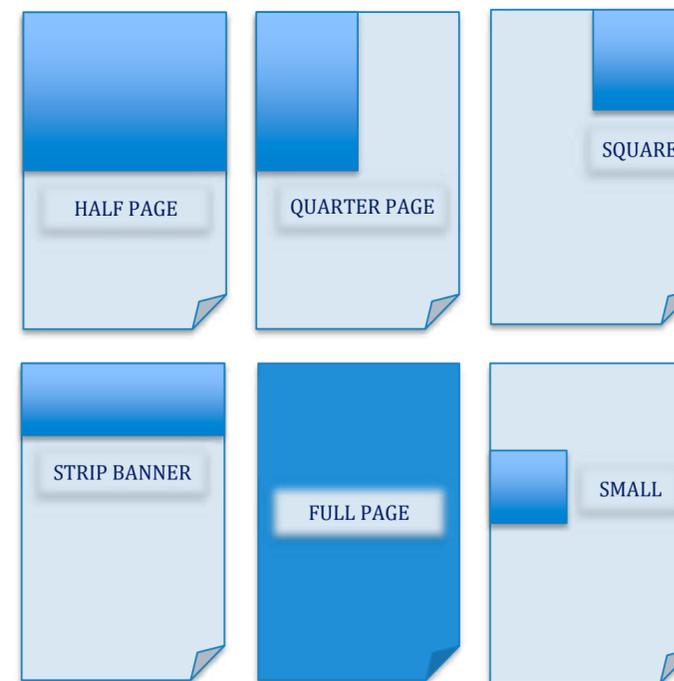
If you would like your family, social or cultural events/festival pictures published in our newspaper please contact us. This edition features adorable 1st birthday celebration pictures of Krisa Rimal along with the family.  
Father - Krishna Rimal  
Mother - Sushmita Rimal  
Aunt - Tika Dabadi  
Sister - Khusi Rimal.



## Newspaper Rate Card

Diverse Tassie reaches across Tasmania especially in some of the major communities of Hobart, Glenorchy and Launceston region. DT is a free newspaper delivered to the community through local community outlets.

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# Cricket knows no boundaries

Pictures from 'Intercultural Sports League presents Hurricanes Champions League', the biggest multicultural sports carnival in Tasmania. With the slogan of 'Bridging the gap and bringing the communities together', this league acts as a vehicle to engage culturally diverse and migrant communities. Started in 2006 with 6 Cricket teams, this year the number increased to 13 teams. The photos are from the first few rounds..

