



Diverse Tassie

Bringing communities closer every day

Edition 6 March 2020

FREE

Festive Mania

Tasmania is fast turning out to be a favourite destination which offers some great experience for both tourist and local people at a time when some of the big cities over the world are bogged down by major crises – from failing services and mounting disparities, to climate crises. The influx of varied and vibrant communities are providing the advantage in tackling these kinds of urban challenges in Tasmania.

Tasmania is widely known as a tourist destination, and resources are being poured into tourism by state government to attract several thousand visitors and through state government's participation in federal government regional visa program the growing number of international student's have added to the vibrancy by bringing in their own cultural festivals and celebrating

them with the locals.

Festivals showcase the opportunity to experience art, music, culture and film. At their best, they perform a transformative role in society, celebrating traditions and powerfully expressing the meanings that places hold for people.

Festivals can challenge established ways of thinking about heritage. Taking place in streets, pubs, houses, boats and doorsteps, they can help residents explore different ways of belonging in cities, re-engage with the past and imagine the future.

Festivals are also about fostering connections between people and places. Festivals such as Italian fiesta, Nepal Fair, Colours of Holi, Estia Greek festival have the power to bring diverse groups of people together, often with a shared

commitment to better lives and places.

Few of these festivals struggle for regular funding and are mostly run through sponsorships from local business and support of local politicians and provide opportunity to showcase Tasmania as welcoming and diverse state.

(Photo credit for Nepal Fair 2020 Muthu Guna).



Coronavirus MythBusters:

Can food and water spread coronavirus?

Some coronaviruses can potentially survive in the gastrointestinal tract however, food-borne spread is unlikely when food is properly cooked and prepared. With good food preparation and good hand hygiene, it is highly unlikely that you will become infected with coronavirus through food.

It is unknown at this time if the virus is able to survive in sewerage. Those who work closely with sewerage should take the same precautions as those outlined above for cleaners. Drinking water in Australia is high quality and is well treated. It is not anticipated that drinking water will be affected by coronavirus.

How can we help prevent the spread of coronavirus?

Practising good hand and sneeze/cough hygiene is the best defence against most viruses. You should:

- wash your hands frequently with soap and water, before and after eating, and after going to the toilet
- cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser
- and if unwell, avoid contact with others (touching, kissing, hugging, and other intimate contact).

(See Page 13 for more information).

Protect yourself from getting sick

Avoid unprotected contact with sick people (including touching one's eyes, nose or mouth) and with live farm or wild animals



Harmony is better than Unison

By Matt Garvin

What do the Beatles, The Beach Boys, Queen and Simon & Garfunkel all have in common? They knew how to sing in harmony.

Harmony is what happens when different sounds come together in a way that is deeper, richer and better than any individual sound on its own. To play or sing in harmony is harder than singing in

unison (which means "the same").

Like Harmony in music, Harmony Week is a reminder that the best societies are ones in which different voices come together to create something better than any one voice could possibly do on their own.

At the heart of the Christian faith is a call to harmony rather than unison. Jesus told his followers "if two of you on earth

agree about anything they ask for, it will be done for them by my Father in heaven." (Matthew 18:19-20)

The original word for "agree" in the bible actually doesn't mean what the English word agree means. In English to agree is to think the same, or to think 'in unison'.

When the bible was originally written in Greek, the word for agree that was used by Jesus was symphōneō - which literally means 'in harmony.'

A society based on unison is not healthy. Society needs difference. We need people who think differently, eat differently, play differently and talk differently. Difference though, without the work of harmony, sounds terrible. Have you ever heard an orchestra tuning up? It's awful.

As Tasmania gets more and more different it will take more and more work for us to be in Harmony, but the sound will be far sweeter.

Elise Archer
Your Liberal Member for Clark

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A Virus that Fetched Millions Under Physical and Mental Outbursts - - People who look Chinese are “paying the price just because other people are scared”

If it weren't for the novel coronavirus outbreak, Shin Lyang (name changed) would be working in a private college in Hobart.

Instead, the 22-year-old has spent the past three weeks confined to her family's house in Wuhan, the Chinese city at the centre of the outbreak, which is currently on lockdown to prevent the virus spreading.

But even if Xu could leave home and take flight to Australia she won't be allowed to enter due to strict travel ban.

Over 1,300 students who were supposed to start their studies in Tasmania are now waiting in anxiety how this whole coronavirus things unfold ?

As novel coronavirus spreads, over 60 countries have imposed travel restrictions on Chinese citizens, hoping to limit their exposure to the virus that has killed more than 1,600 people, almost all in mainland

China, and infected over 68,000 worldwide. Australia has put temporary bans on foreign nationals who visited China in the 14 days prior to their arrival.

That has locked Lyang & hundreds of students out of their studies & work-- and they are by no means alone.

The virus outbreak coincided with the Lunar New Year -- the most important holiday in the Chinese calendar, when many students and migrants (on temporary and work visas) go home to see their family, However 2020 brought a longer and even indefinite stay in their home country.

In Australia, 23.3% of universities' total revenue came from international students in 2017 -- and Chinese students made up over 38% of all international enrolments in 2018. In total, international education contributed 37.6 billion Australian dollars (\$25 billion) to the Australian economy in the 2018-2019 financial year.

Overall distress and anger towards Chinese individuals

The coronavirus crisis struck at a time when hostile debates over Chinese Communist Party influence on Australian business were already complicating life for Chinese students overseas. Last year various articles were published on influence of China in Tasmania and other states. Last week in Hobart somebody painted racial remarks against Chinese migrants on newly constructed remembrance bridge.

For Chinese people in Australia that public debate has sometimes been alienating.

Now, the coronavirus outbreak has prompted more anti-Chinese sentiment in various parts of the country.

One of the local Chinese migrant who we spoke to said “It's waves and waves of hatred he said, pointing to online

observers who argued that Chinese people deserved the outbreak because they eat bat -- something that has not been linked to the outbreak. “I felt misunderstood, I felt abandoned. I felt I don't matter.”

Alex says that on her social media feeds the situation has been turned into a Chinese versus Australian dichotomy, when really, it's about the virus versus people.

Few students from a local college said that “Studying abroad can be a positive experience, but it also carries the risk of racial abuse, especially now that people of Asian origin are viewed with suspicion as the virus spreads.

Shin is not only worried about coming to back Australia but believes that being a resident of Wuhan could lead to discrimination within China as well.

Pokies Policy takes Tasmania in the wrong direction

Meg Webb MLC says Tasmanians will be harmed by the Government's proposed approach to pokies.

Tasmania has a once-in-a-generation opportunity to make this state healthier, happier and better off by more effectively regulating poker machines.

The Gutwein government recently released a consultation paper on their approach to regulating poker machines in Tasmania for the next twenty years. And sadly, rather than base their approach on the advice of the Tasmanian Liquor and Gaming Commission or on any of the leading evidence about harm reduction, they've let industry write their policy for them.

Tasmanians would expect the State Government to use this opportunity for real reform that allows pubs and clubs to operate while effectively stopping the harm from gambling before it occurs.

Virtually no other country puts pokies in local suburbs and allows them to cause so much harm. With a tiny population, Australia has 20% of the world's pokies, and a huge 76% of the world's pokies that are placed outside casinos.

International evidence shows that when it comes to pokies, lower bet limits, slower spin speeds, lower jackpots, no near misses, and pokies only in casinos are the best ways to combat problem gambling. None of these measures are in the Government's policy.

The well-being of the Tasmanian people should be the top priority for the state government. We should be confident that the Government is choosing the best option for our state for the next twenty

years.

You can have your say on the Government's proposed approach here <https://www.treasury.tas.gov.au/liquor-and-gaming/gambling/future-gaming-market>.

FAST FACTS

- Every year pokies take \$175 million dollars from Tasmanians
- About half the money taken by pokies comes from people who are addicted
- Poker machines are designed to addict

and targeted at low socio-economic areas.

- Removing poker machines from our communities is the most effective way to reduce harm.

QUICK STATS

- 1 in 3 Tasmanians personally know someone that has been seriously harmed by gambling on pokies.
- 4 in 5 Tasmanians want pokies reduced in numbers or totally removed from pubs and clubs.

- At the 2018 state election, 6 out of 10 Tasmanians preferred removing pokies from pubs and clubs

Need some more evidence? Check out the Anglicare Tasmania website and reports - <https://www.anglicare-tas.org.au/pokies-cause-harm-key-facts/>

Send your views and stories on pokies reform to meg.webb@parliament.tas.gov.au.



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”.

Paw Nay – Journey from Myanmar to Tasmania Building Industry

Diverse Tassie reached out to Kelvin Smith who shared his experience about building industry and how Kelvin helped Paw Nay who took refuge in Tasmania as few of the first Karen Refugees from Myanmar.

What do you think Kelvin about the local Building Industry as a worker yourself?

Tasmania's building industry is almost completely Caucasian. I was flabbergasted by the lack of diversity. Having worked in the industry for about six months now as a brickies labourer, I've only encountered three non-Caucasian people – one Nigerian electrician, a Malaysian labourer, and Paw Nay an ex-refugee from Myanmar who has a job as a brickies labourer. There are people in community who due to language barriers are unable to get into jobs and connect with local employers.

Tell us bit about Paw Nay?

About three years ago, I met Paw Nay. Even as we shook hands, I immediately felt that there was more to this unassuming man than meets the eye. He couldn't speak English, and communication was a little awkward, but there was no doubting his capacity. In mid-2019, when a brickies labourer job was made available, Paw Nay accepted it gratefully and took on the challenge wholeheartedly and is now working as regular brickies labour in Hobart and surroundings. All the while, he knew that many difficulties would arise, particularly from communication. The workplace can seem rough for some, perhaps even a culture shock

Paw Nay who is now 58 years old is, however accustomed to challenges, He grew up in Myanmar within the Karen tribe, who are politically and militarily ostracised. His town became the target of an ethnic cleansing raid. He and his family ran for their lives, they were shot at, forcing them to live in the forests for four months. Eventually, he made his way to one of the refugee camps in Thailand. Paw Nay and his family was among the first Karen refugees in Hobart in 2009.

Since then, Paw Nay has helped more than 400 Karen refugees – all with similar stories to his – to settle in

Australia. His leadership and compassion are demonstrated by the stability of the Karen community in Hobart.

After getting his own driver's license three years ago, he has helped many Karen refugees to get their driver's license. He is currently studying a Bachelor of Ministries with Hobart Baptist Church which requires him to speak English – this has helped him to improve his English and break the communication barrier.

Did you get any support from any community organisation or person?

Hobart Lord Mayor Anna Reynolds

showed her support with a letter of gratitude for the employers, which enabled people in industry to realise just how valuable this opportunity was for Paw Nay.

How did Paw Nay adjust to local working culture?

A strong personality like Paw nay took the challenge to learn another language – 'tradie-slang'. Paw Nay has learnt to understand phrases and terms such as "chuck other mixes in", "beer o'clock", "grab us some mud", "get a scurry on", "jointin' up" – not referring to drugs! Along with this, he had to remember the English name for all those familiar work

tools, and Western worksites function differently to Asian ones. Even after six months, the problems are not all solved, there is always more to learn! Paw Nay is proving himself and doing great! It's our hope that, now the building industry door has been cracked open, the relationships he has developed and the things that he has learned will result in many more Karen entering that same industry in years to come.

If you have some similar experiences in your journey in Tasmania email us at editorial@diversetassie.com.au.



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The Coronavirus: Catalyst for change? Or another confronting mirror for humanity?

By Mike McGuire

I am sure you have seen, read, or heard some of what the Coronavirus (COVID-19) is doing to China and the mass hysteria it is creating around the globe, as it now begins to infect and kill people in other countries.

It is a wake-up call not just for the Chinese Government and citizens, but for the wider world population. I congratulate the Chinese Government on enforcing a “comprehensive” ban on the trade and consumption of wild animals, a practice believed responsible for the deadly virus outbreak. This was officially in place as of the 24th of February.

Let’s hope that this ban is effective and not just a Band-Aid maneuver, like it appeared to be when a similar prohibition was enforced after the SARS (Severe Acute Respiratory Syndrome) virus which killed hundreds of people was also traced to wild animal consumption in 2003. This 2003 prohibition was short-lived, most probably due to the billions of dollars it generates to the Chinese economy.

It certainly appears that “Mother Nature” is trying to send us a message in the early 2020’s, as there has been mass media coverage of several environmental related disasters, as we in Australia continue to mourn the loss of more than 1 billion animals in the January bushfires. Meanwhile, Australia, continues to experience unpredictable weather patterns, such as tropical low in Queensland’s Gulf Country which brought damaging winds and torrential downpours to the region at the end of January.

On February 25th, while Perth was suffering from an unexpected damaging storm, we had the obscure story about the three baboons which escaped while being transported to a hospital in Sydney, where one was due to have a vasectomy. The bizarre scene has put the microscope on the practice of animal testing and questions needs to be clearly answered around where they came from and what kind of research is performed on them. If this isn’t a case of “Mother Nature” prompting humanity to take a good hard look at some of its out-dated practices, I’m not sure what is.

I had a philosophical conversation with a Chinese student (does not want to be named), who chose not to travel to China for the Spring Festival in January and therefore is not one of the 1300 University of Tasmania students that will be confined to life indoors in their Chinese home for the foreseeable future. During our conversation, some surprising

themes popped up, and provided me with a rare “positive take” on the impact that COVID-19 has had on some Chinese families who aren’t allowed to leave their homes.

Her parents, who are both high school teachers are loving teaching online from the comfort of their own homes. They are still working hard and busy but can control their environment, and tweak it to allow for more comfort. This includes the fact they don’t have to wait around in the notorious traffic for hours on end, when instead they can be enjoying each-others company at home, or spending a little more time exploring hobbies and activities of leisure. I learnt too, about a couple whose relationship had been derailing for many years under the stress of being overworked and not spending quality time together. Due to the virus however, the couple have been forced to spend vast amounts of time together in the past few months. Alas behold, they have put their divorce plans on hold and have recently fallen pregnant.

The Chinese student told me about her days as a child, where she has fond memories of eating diner outdoors with her family.

“We would end up eating on my grandma’s roof, and as all our homes were so close together, it was easy to chat to our neighbors and friends who would also be eating on their roof tops. We would easily be able to hop across to their roof tops and share food and stories together,” she explains.

She goes onto to explain how, her parents, both High school teachers, are often forced to work over-time on weekends and over their leave, without extra pay. Most of her friends who in China work over-time, and it is well known that is it not unusual for a High school child to spend 77 hours a week at school and studying. As Angus Grigg from the Financial Review states, “It’s the type of schedule which would make a corporate lawyer or investment banker blush.”

Diverting the focus to the time we spend commuting to work, it is interesting to look at Denmark and see that they have an average commute time of 41 minutes in Greater Copenhagen (usually by bike). The average commute time in Australian cities, as of July 2019, is 66 minutes, according to the “House-Hold, Income and Labor Dynamics in Australia (HILDA). This is a 20% increase from the average of around 55 minutes in 2002.

Here in Tasmania, the average daily

commute time is 43 minutes. There is a growing need for the Federal Government to support the development and implementation of a long-term plan to combat the increasing congestion in the CBD of Hobart because as our population increases and more tourists visit the state, congestion problems will continue and worsen.

Denmark is well known for embracing technology which leads to a reduction in bureaucracy. Apparently it only takes a few hours to officially register a business online, which means, people can spend their energy on actual business, rather than getting lost in the dark world of bureaucracy. My friend’s parents who are enjoying more quality time with each other inside their home and less time, being stuck on the road, would love to continue to teach online. Together with killing thousands of people the Coronavirus is ironically bringing families closer together and reminding people like my friend, about the days where they shared meals with neighbors on roof-tops. Perhaps the virus is also highlighting to the world, how we could be investing our energy better, through the healthy use of technology, which could lessen traffic congestion and therefore, increase people’s overall quality of life, through increased time for exercise, healthy relationships and down-time.

It is pleasing to note that in September, 2019, the Hobart council unanimously voted through its Smart Cities Action Plan, reflecting the community’s vision and which focuses on several areas, such as, self-driving vehicles to park benches that could charge people’s phones. In April, 2019, the Bicycle Network of Australia, suggested that Australians should be paid \$5 every time they ride a bike to work in an attempt to address the cost of living, congestion and health. The Bicycle Network elaborated by explaining, research shows that for every kilometre cycled, society benefits up to \$1.07. An average bike commute of around 10km contributes \$10, but an average commute by car in Australia costs society up to \$9.30

2020 marks the “Year of the Rat” in the Chinese Zodiac system. Rats can symbolize those who are very quick-witted but just, as the ancient Chinese saying goes, “As changeable as the Rat”, referring to those who adapt themselves quickly to changing conditions. It is said, that because the Rat lives in nature and can react to natural disasters, such as earthquakes, flood and a “plague of locusts”, it is considered to be a Godly creature by the ancient people. Perhaps,

this is one of those coincidences that the Coronavirus is gathering momentum world-wide during the year of the Rat. By the time, this article goes to print, The Coronavirus might have been declared a pandemic. In the mean-time and therefore, like the rat, we will need to adapt to the changing conditions. But importantly, there are lessons to be learnt which are being highlighted by the impacts the virus is having on people’s lifestyles around the world and how we and the policy-makers among us, choose to run our lives and engage with the natural world and wild-life around us.



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Recipients Announced for the 2020 Australian Awards for Excellence in Women's Leadership

Women & Leadership Australia is proud to announce the winners of the Australian Awards for Excellence in Women's Leadership in 2020.

Zelinda Sherlock of Hobart is the recipient of the Tasmania Award for Excellence in Women's Leadership, in recognition of her work as a Councillor for the City of Hobart and as a leader in education, particularly for marginalised groups.

Suzi Finkelstein, Global Executive Director of Women & Leadership Australia, New Zealand and International, said of the awards; "This prestigious award is designed to recognise women who work hard to advocate for and include women's leadership in all facets of their personal and professional life.

Zelinda is to be recognized for her work in becoming the first non-European woman elected as a Councillor in Hobart. She advocates strongly for education, and in particular for marginalised groups using her influence and position to create awareness and change.

Zelinda said of the award; "I feel undeserving of receiving this important and prestigious award, and I am, deeply humbled and extremely honoured to be recognised in this way. This award is not for me or about me but for all the women out there who know what it feels like to feel racism in this country, to feel marginalized, but to get up every day and still give it your best.

"This award is for all those women who work within a system that potentially doesn't recognise their qualifications but marginalises them on the basis of their visa status or their phenotype.

"This award is for all the mothers, for all those who strive to balance family, study and work-life to contribute towards the betterment of all by fighting for

equity and access through positive role modelling and a deep compassion for humanity.

Previous recipients of the Tasmania Award include Bernadette Black, Marita Cheng, Lucy O'Flaherty, Susan Fahey, Christine Milne and The Hon. Lara Giddings MP. Author, commentator and

Chief Creative Officer, Future Women ,Priscilla Atkins (NT),CEO of the North Australian Aboriginal Justice Agency

The awards are presented to recipients at the Australian Women's Leadership Symposiums, which are held annually in every state and territory in Australia. Created in 2014 and nominated by

members of the WLA community, the underlying purpose of the awards is to increase visibility and momentum for the push for Australian women to receive equitable access to leadership positions across all industries and the broader community.



Fiji High Commissioner visit to Tasmania

Australia and Fiji share a strong bilateral relationship with extensive people-to-people links and important trade and investment ties.

Around 3,000 Australians are resident in Fiji and over 70,000 Fiji-born people call Australia home. Fiji is also a popular destination for Australian tourists with over 360,000 Australians visiting Fiji each year.

Australia is one of Fiji's largest trade and investment partners. Two-way goods

and services trade has been steadily increasing year-on-year, totalling \$2.13 billion in 2016-17.

The High Commissioner of Fiji, Luke Daunivalu recently visited Hobart to discuss long term relationships and attended two formal events hosted by Hon Governor of Tasmania and Hobart City councillors Zelinda Sherlock and Michael Dutta. The discussion around climate change and relationship with Tasmania were the forefront topics discussed.

Play is universal across age and culture

A recent meeting of cultures and ages at Barossa Park Lodge served as a wonderful celebration of diversity and life. Fifty people, aged from 9 months to 90 years and representing over 20 different countries, gathered to connect and play.

Clients of the Migrant Resource Centre Tasmania (MRC Tas) and Barossa Lodge joined a playgroup run by the West Moonah Community House. The playgroup is inspired by the ABC documentary *Old People's Home For 4 Year Olds*; its central question – ‘Could the solution to a healthier and happier life for older Australians be as simple as spending time with toddlers?’ Some elders were happy just to sit and watch the youngsters play, but many joined in - playing with balloons and receiving joyful smiles and hugs in return.

“It was wonderful to see everyone enjoying themselves, reconnecting with old friends, making new friends and discovering things in common with people from very different cultural backgrounds” said Nicole Turner, MRC Tas Day Centre Coordinator.

MRC Tas and Barossa Lodge will continue to come together to celebrate upcoming cultural festivals, such as the Hindu Festival of Holi and the Chinese Dragon Boat Festival. If you'd like to be involved, please contact daycentre@mrctas.org.au or phone the MRC Tas Aged Care team on 6221 0999.

By Ruth Osborne; Migrant Resource Centre Tasmania



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Support Groups

Welcoming anyone aged 65+ and those eligible for Home and Community Care (HACC) services

Migrant Resource Centre Tasmania hosts social support groups that provide participants with a range of fun activities both on-site and within the community. Transport can be arranged if needed.

- German – Every Wednesday 10am-2pm; Glenorchy
- Chinese – Every Thursday 10am-2pm; North Hobart
- Bhutanese – Every Thursday 9:30am-1:30pm; Various
- Multicultural – Every Friday 10am-2pm; Glenorchy
- Healthy Living – Every second Wednesday; Various

If you would like to join a group or want more information please contact our Aged Care team on 03 6221 0999 or daycentre@mrctas.org.au. We can also help you to register with My Aged Care to access services.



Professional Learning Workshop for Community Language Teachers

The Professional Learning Workshop for Community Language Teachers was held this Sunday 16 February from 10:00 am till 3:30 PM at Glenorchy Library theatre. This was successful beyond our expectations. There was never a dull moment in the lectures by Dr Maria Gindidis - it was inspirational, humorous, passionate and insightful and delivered with Elan. People were unprepared for this flow of energy. Mrs Neda Erjaei the child safety and compliance officer of CLA was brief, but drove the nail home about Child Safety in all its aspects, its policies, regulations related documents and the process of implementation - the compliance giving practical examples.

There were 30 attendees out of which 22 have hands on teachers from 6 mother language schools, and 8 are planning to start the schools soon. This is an advocacy and support workshop. Many attendees are already involved in teaching and running of mother language Schools. These people at times might have felt a lack of meaning or purpose in the enterprise - due to very few students, difficulties in getting venues and often changing venues, etc. Therefore it is necessary to build solidarity amongst us and re discover the meaning of the schools

and its importance to child development in this socio cultural environment. This is where workshop was inspirational. Dr. Maria Gindidis Senior Lecturer at Monash University in the faculty of Teacher Education also the Principal of a Large Community language School in Melbourne. Her lectures on educational leadership, Importance of language education in the emotional cultural and behavioural development of the child was insightful. The important message is that teaching in language school should not be trivialized. This teaching opens opportunity to explore innovative methods to deliver with fun the language and culture to kids in just couple of hours a week. The management courses operated by CLA are open to the Schools via CLT.

This workshop was arranged and funded by CLA - by Stefan Romaniw Executive Director of CLA. He is assisted by Fahry Abubaker his lead administrator and IT manager of CLA. We are grateful to them. In addition to negotiation for community school funds with governments - CLA has extensive network of educational leaders, educational bureaucracy and specialists in all fields of language education. Our specific request for help

could be reasonably fulfilled. In fact another area we have sought help is getting government Schools for weekend classes. CLA will facilitate closer working relationship with educational bureaucracy of Tasmania. "Grow your School with CLT and CLA"

At present there are different community language schools are running in Tasmania. The languages taught are Chinese / Tamil / Polish / Nepalese / Arabic / Bangla / Telugu/ Hindi / Greek. To get involved whether to teach , learn or start a school for your language contact Communities Language Tasmania.



COMMUNITY LANGUAGES
TASMANIA

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

Fourth diary entry:

Those stinky fat ants that pollute my water bowl and that greedy possum queen that steals my chicken; Todd, the cat from next door that thinks he is God's gift to humanity, dominated my last entry

This entry, I wanted to share the joy I had on a recent camping trip to Bruny Island. Besides being able to unearth a new flavor of possum poos, I got all smothered up in smoky flavoured chicken and corn bits!! A whoooooooooo...I even got to steal a massive pile of left-over barbecued Zucchini. My parents couldn't stop watching me, as I gulped down that scrumptious green slice of heaven, as apparently my kind aren't known for loving this sort of taste!

As it hit my tongue, my inner beast was soothed by the delightful balance, of flavors, - the bitter, sweet, moistness and the soft, lovely texture. Mmmmm, wahooooo

- perhaps, the possum queen has missed a beat, by only going for the meat of the day!

It's odd, how my parents appeared to love camping "out in nature". They kept on tilting their heads up to the skies and scanning the stars, and made lots of "ooooo and wowwww" sounds, as if they had discovered a river of poo soup - that would be my ultimate fantasy!!

I wish we could sleep together in that "tent" more often. I woke up at midnight and licked my parents to death, I reckon they loved it! They were yawning heaps the next morning, during our beach walk. They kept talking about snakes in the nearby bush, and were worried about me. How dare they patronize me with such poor insight into my awesome prowess. I'd knock out those slithery demons with my kung-fun like maneuvers, before slurping them up like a Wok-in-the box- noodle soup! Maybe, I misunderstood their anxiety and more likely, they were trying to forewarn the slimy demons of my furry fury

That's it for now. Until next time

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The Stake of Building Community Spirit, for the Community with the Community

By Mr Juma Piri Piri

Juma Piri Piri has served in many capacities including Deputy Chair of Migrant Resource Centre (Board of Directors), President of African Communities Council of Tasmania, President of Sudanese Community in Launceston, President of Young Seeds Foundation of Tasmania, and a Member of Advisory Committee of Federation of Ethnic Communities Councils of Australia (FECCA) – Advisory Committee for New and Emerging Communities, Inaugural chairperson Refugee Communities Association of Australia (RCAA) and Principal Correspondent for Tassie Diverse Newspaper in Northern Tasmania.

On the 8th of February 2020 marks *The Stake of Building Community Spirit* by the communities with the communities and for the communities. On this day a very loud sound of communities' voices was heard by dignitaries, service providers, friends and community members across Australia who have travel from all over Australia to witness this significant eminent sound of community's voices. Of which I 'm truly grateful to be part of this day.

We are all aware that Melbourne is indeed the melting pot of Australian multiculturalism and we are very grateful to see the birth of communities' voice become a symbol to the birth of its own much needed voice. The birth of Refuges Communities Association of Australia RCAA. The community spirit was celebrated among friends and it gives much pride that after many years of consultation finally much needed independent communities' voice was formed a new advocacy body, as the theme and motto states loudly "For Refugees, With Refugees and By Refugees".

The launch of RCAA marks the start of a new period in refugee and asylum seeker advocacy – a transition from others advocating on our behalf to the voices of those with the lived experience being heard directly. I would like to acknowledge those not-for-profit and NGOs which have worked tirelessly for our communities over many years and have been so supportive of us in finding our own voice until the sound of the loud voice was heard on the 8th February 2020 the formation of Refuges Communities Association of Australia RCAA. RCAA presents plenty of productivities through shared values and aspirations.

RCAA will draw on the vast resource of communities which arrived in Australia as refugees and asylum seekers over past decades and successfully re-established their lives in Australia. Focusing in strengthening the connections between these more established communities and

the newly and emerging communities. As newly establish Association RCAA's presence, will build solid relationships with government, government agencies, service providers and the broader community, earning our community's spirit a place as a trusted partner and source of authentic advice. At even broader level, we hope, over time, to be part of the development of a bipartisan approach to the support of refugees and asylum seekers communities in Australia. We are truly fortunate in Australia to have people of good will on both sides of politics as well as in minor parties.

Briefly how RCAA come about.

From 2013 many community leaders from refugee and asylum seeker backgrounds have been involved in informal discussions on creating an entity that would provide a much-needed united voice at state, territory, national and international level to:

- Give a platform for refugee communities to work together and raise the voice of the voiceless.
- Advocate for the communities with relevant stakeholders.
- Help communities find common ground to support each other and drive social cohesion.

- Work towards a bipartisan support for the communities.

Through this shared vision, with the help of Refugee Council of Australia, in 2017 the Refugee Communities Advocacy Network (RCAN) was official formed. It was intended that RCAN would have chapters in each state and territory.

However, the formation of RCAN was indeed a positive step towards giving those with the lived experience a platform to advocate for their communities. After two years the communities were able to reflect on what had been achieved and wanted to take their advocacy to the next level.

Today is an exciting day because we now could further connect our communities, allowing them to leverage off the strengths each community has developed. We are passionate, we are committed, and we are ready to help the voices of our communities be heard.

We seek to work and collaborate with you. We invite you to join us on our journey. I know that this journey will be a long and tiring one, but with your support I strongly believe that we will be able to make our initial step forward and continue to take bigger steps in the right direction.

I would to pay enormous tribute to my colleagues who have put faith in me

to lead the interim committee and the advisory board. Over the last few months I have been truly honoured and humbled to be part of this amazing team. No one is bigger than our objectives and values. To look back to where we started, I am so proud to see the efforts of so many people coming together as we work towards our shared vision.

We stand for refugees, with refugees and by refugees we are none political, none religious denomination and our only objective is to raise our community voice. Where to from here later this year RCAA will be holding a national conference and have already commenced the consultation process, details will be uploaded on our website and on our newsletters.

To conclude I cannot stress enough that *The Refugee Communities Association of Australia* (RCAA) supports a productive, harmonious and diverse society for all Australians. We value all of our communities. I am proud that in this country we respect and embrace the rights of all Australians to celebrate, practise and maintain their cultural traditions within the law and free from discrimination. I commend the work of RCAA intern committee and the advisory board. We look forward to working with your organisation, department or community to give those with the lived experience a voice.



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Take Part in The Bloody Unknown

As it's been a relatively quiet month, apart from the warming experience of joining the Women's Friendship Group in Launceston for their Monday meeting, we'd like to take the opportunity to tell you all about what we do and how you might like to get involved.

The Bloody Unknown is a storytelling project where people in Tasmania with refugee background can share their stories to foster positive connections and build understanding in society. It is a flexible project that respects the varying needs and desires of each person.

Our participants develop a piece of writing about their life. It may be that the participant produces some writing from first-person perspective, which they then workshop with our editor and writer, Madeleine Rojahn. Participants may also wish to have Madeleine articulate their experiences after getting to know them.

Our participants tell their story in whatever way they feel reflects their identity. They may focus on their journey of leaving their home country, or of arriving in Tasmania. They may talk about their hobbies, jobs, or aspirations.

They may talk about their struggles. There are no boundaries or requirements on how someone tells their story. We are also looking for maximum diversity – for varying ages, genders, backgrounds and experiences – to reflect the Tasmanian identity.

The project serves the participant, and they must approve the final piece.

Our participants are also photographed by our photographer and graphic designer, Joshua Quigley. These stories will then be presented together in a coffee-table book, of which all the proceeds from will be donated to the organisation, A Fairer World, which strives for equity in our community.

If you'd like to know more about The Bloody Unknown and how you can get involved, please email madeleine.rojahn@gmail.com or phone 0437 865 393.

Like 'The Bloody Unknown' on Facebook

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Medication, weight gain and hypnosis *By Tara Bufton*

Weight gain can be a side effect of some mental health meds... and a symptom of some mental health conditions. I have always struggled with my weight yo-yoing. I thought about doing a before and after story about using hypnosis to lose weight...I thought about it and changed my mind. Not because I'm embarrassed to take the obligatory 'overweight body in my bra and undies shot' (oh ok ...a little bit because of that) ...but mostly because I don't want to approach weight loss as a goal directed activity again.

My psychiatrists explained to me that diets are designed to work and then fail. The satiety system gets confused when you diet and restrict what you eat. Denying your body food makes your body override your brain and when the diet is finished and you've reached your goal weight - your brain relaxes the restriction a little and then the body sends the message to the brain to eat, eat, eat, eeeeeaaatttt - because food is scarce and food availability is unpredictable.

Food insecurity is a real problem for many people in our world. It is a fact that causes me severe distress. When I am becoming manic, the idea that we need to create a fair world - sharing the food evenly - becomes an obsession. The food insecurity some people experience is out of their hands, they have no choice. When I diet, I choose to make my mind and body think that food availability is unpredictable and that messes up my ability to read my own hunger.

What's more, I am an emotional eater. I eat to rebel against the awful strict diet I put myself through - and I eat to give myself pleasure and comfort if I feel vulnerable.

So, I am learning how to manage eating in a more consistent way. No radical changes to my generally healthy way of eating... but some consistency in the amount I eat and what I allow myself to have. Consistency that is going to result in me being the weight I like - give or take a kilo or two.

I've been having hypnosis to help train my brain to see all of this differently and be consistent and easy about food and weight. I've had about 30 years of training it to feel insecure about food so it may take a few sessions.

Two sessions in and I am beginning to prioritise alternative ways of experiencing pleasure and I am beginning to feel that the long-term goal is more important than the quick weight loss.

Louise, at Awaken Hypnosis, has given me some coaching as well as the hypnosis. I can feel some shifts and it's helped me find more ease about the way I manage stress, sleep and food. The weight loss may be slow this time, but it will be sustainable. Bye bye yo-yo weight... hello consistency.

I'll keep you posted.

In the meantime - Check out my YouTube videos at <https://www.youtube.com/c/TalkingBipolarwithTaraBufton>



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The Baboon, Pangolin, Rat, grasshopper and duck

“Walk into a bar and tell us to WAKE-UP!” *By Mike McGuire*

If you look close enough, our world is full of symbols and omens and even experiences which could easily be mistaken as having happened in a dream or, only made real in a metaphoric story. Humanity, across all religions and cultures have a love of story-sharing, which have often incorporated a level of fantasy, and littered with deeper more philosophical meanings behind them.

Whether you believe in Jesus or not, he spoke in parables, as it was a way of illustrating profound, divine truths and the stories he told were easily remembered, due to their rich symbolic meaning. Parables were a common form of teaching in Judaism.

The Lord Buddha taught in a similar way to Jesus, in that he referred to various animal symbols such as the elephant which symbolizes mental strength in Buddhism, due to its strength and steadfastness.

In Chinese Astrology, the 12 Zodiac animals have lucky meanings. Chinese people associate each animal with certain characteristics. It's believed that people born in a given year have the personality of that year's animal. And then there are the dream interpreter's in the world, who go into great detail in unpacking the deeper symbolism and messages our dreams can have for us.

In 2020, Mother Nature has recently put five animals into the world-wide spotlight, - the Pangolin, otherwise

known as the scaly anteater, the only mammal in the world to be covered head to toe in keratin scales. It has drawn attention from the world, due to the fact it shares 90.3 % of its DNA with the Coronavirus (COVID-19). This whole-genome comparison was conducted by researchers at the South China Agricultural University in Guangzhou. Pangolins are highly sought-after in China for their meat and their scales; the latter are used in traditional medicine. Although sales of the animal are forbidden in China as part of a worldwide ban, they are still smuggled in from a handful of Southeast Asian and African countries.

Going back to symbolism, it is interesting to note that in some areas, such as in Zimbabwe, the Pangolins are seen as an enigmatic creature and a symbol of good-luck, while killing one invites bad luck and regarded as a taboo act. Perhaps we are being reminded about the need to monitor and hold countries accountable to illegal animal trafficking and poaching.

The second animal referred to earlier and which has grabbed headlines around Australia, is the baboon. In this case, three baboons. The Baboon held several positions in Egyptian mythology. By the time of the Old Kingdom, the baboon was closely associated with the God of Wisdom, science and measurement, Thoth.

It can be easy to read too much into this, but this is an ironic event, seeing as the three Sydney baboon escapees, apparently are a part of the National Baboon colony at Wallacia, West of Sydney, which supplies baboons for scientific testing. Information about the colony is hard to find. Perhaps, we are being reminded about the world of using animals for scientific testing and the need for these organizations to be more transparent about their practices.

There is a third animal, which is perhaps indirectly being put into the spotlight, through the Chinese Zodiac system, as 2020 is the year of the rat. Similar to how the Old Kingdom in Egyptian mythology prayed to the baboon for its wisdom, the rat was worshipped as a god by ancient tribes in China, as they asked for increased success and prosperity. The rat is well known for adapting to changing environments and dealing with natural disasters and locust plagues. Perhaps, we are being reminded about the need for us to review how we choose to live in this world and how we relate to our environment.

The fourth creature that popped up into world-wide media in February is the locust/grasshopper. Firstly on February 18th, we heard about how swarms of desert locusts are spreading through the East African regions, in Kenya and also in Ethiopia, destroying crops and pastures. Experts explained the outbreak

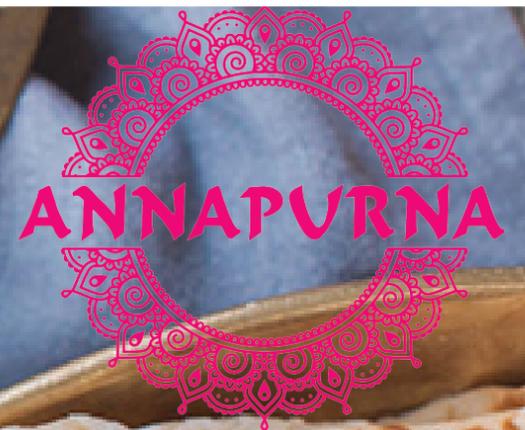
was caused by an increased number of cyclones. If the weather trends continue, there may be more to come.

“There is a link between climate change and the unprecedented locust crisis plaguing Ethiopia and East Africa,” UN Secretary General Antonio Guterres said. “Warmer seas mean more cyclones generating the perfect breeding ground for locusts. Today the swarms are as big as major cities and it is getting worse by the day.”

Ironically, the Grasshopper is the Chinese symbol for good-luck and abundance. It is said if the grasshopper-locust leaps into your life, then you do something without fear – this will generally be something that you have avoided doing and is often linked to a change in direction on a grander scale.

Finally, we heard about the duck. How China considered sending an “army of ducks” to assist Pakistan with their locust invasion as well, which has occurred in February. It is said that as totem animals, they symbolically represent the period of growth and transformation you go through in life to improve yourself and your life as well.

In summary, these five animals have varying connotations and symbols attached to them, but interestingly, all their meanings appear to complement each other perfectly, with the current world-wide events that have gained media attention in 2020. Perhaps we are being reminded about why some of these animals were worshipped by Ancient civilizations and what we can learn from the deeper symbolism attached to them.



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Multicultural Hub Open Day - Harmony Week, 16 -17 March

Itinerary for 16 March 2020

9.30am	Set up Booth
10.30am	Open stalls
11.15am	Karate workshop
1130am	Performance – Belly Dancing
11.45am	Performance by – Sri Lankan Community
2.00pm	Lunch/ Hub Open day continue
3.00pm	Closing

Itinerary for 17 March 2020

9.30am	Set up Booth
11.00am	Tai- Chi
11.30am	Performances - Dancing Diva
11.45am	Karate workshop
12.00pm	Performance by – Sri Lankan community
1.30pm	Community Education Session – Tenant’s Union
2.00pm	Lunch/ Hub Open day continue
3.00pm	Closing

**HARMONY WEEK
TASMANIA**

**CALLING ALL TASMANIANS!!!
MULTICULTURAL HUB
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**GLENORCHY
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*Glenorchy Cricket Club & ICSL – a community partnership working
together to grow cricket and community participation.*

Glenorchy Cricket Club provides opportunity for cricketers from four years old and up for boys and girls to realise their dreams and reach their potential in cricket. We cater for developing kids through to serious representative cricketers.

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Coronavirus MythBusters:

continued from front page

Coronavirus : FAQ

What are the Symptoms?

- Runny nose
- Sore throat
- Headache
- Fever
- Cough
- Feeling of being unwell

How is it transmitted?

Human coronaviruses most commonly spread from an infected person to others through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, eyes without washing your hands
- Rarely, fecal contamination

Protect others from getting sick

Avoid close contact when you are experiencing fever and cold or flu-like symptoms

Avoid spitting in public

Seek medical care if you have a fever, cough and difficulty breathing



How is a someone classified as a Epidemiological criteria suspected case?

As the full clinical spectrum of illness is not known, clinical and public health judgement should be used to determine the need for testing in patients who do not meet the clinical criteria below. If the patient satisfies the epidemiological AND clinical criteria (listed below), they are classified as a suspected case:

- Travel to Wuhan City (Hubei Province, China) in the 14 days before the onset of illness. OR
- Travel to an area* with evidence of sustained human-to-human transmission, or a declared outbreak, within 14 days before onset of illness. OR
- Close contact in 14 days before illness onset with a confirmed case of 2019-nCoV.

Clinical criteria

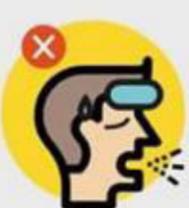
- Fever or history of fever (≥ 38 °C) and acute respiratory infection (sudden onset of respiratory infection at least one of: shortness of breath, cough or sore throat). OR
- Severe acute respiratory infection requiring admission to hospital with clinical or radiological evidence of pneumonia or acute respiratory distress syndrome (i.e. even if no evidence of fever).

The above criteria are provisional only. They will be revised by public health authorities over time as more precise information emerges on the outbreak including characteristics of transmission, incubation and infectivity period and geographical spread. Updated information will be communicated when available.

Sources: WHO & www.health.gov.au

How can you reduce the risk of coronavirus infection?



-  Wash your hands regularly with soap
-  Cover your mouth and nose when coughing or sneezing
-  Thoroughly cook meat and eggs
-  Avoid contact with anyone showing flu-like symptoms
-  Avoid unprotected contact with live wild or farm animals

Source: WHO

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RECIPE OF THE MONTH

MASSAMAN CURRY CHICKEN

This Thai dish is virtually so bullet proof anyone can cook it, with a very professional result.

WHAT YOU WILL NEED

1. 5 X chicken Maryland or 12 x chicken drumsticks
2. A small 114g can of Masaman Curry Paste. Best to buy the one made by MAESRI that comes in a red and yellow tin. Normally available at Woolworths.
3. 1 x 400 ml can of Ayam Coconut Milk, also available at Woolworths.
4. Tamarin paste. (Available as Asian shops) Not a lot is required but it can be used in so many Thai dishes. In this case some paste about the size of a slightly rounded dessert spoonful. This needs to be dissolved into a liquid state with a small amount of hot water. (2 to 3 dessert spoonful's) It should have the same consistency as tomato sauce. There may well be left over paste which you can keep in the refrigerator for another time.
5. ½ x dessert spoonful of raw sugar
6. ½ cup of raw peanuts
7. 2 x potatoes
8. A sizable pot with a lid to cook in.

Now to start with, this dish requires roasted peanuts, but if you don't have the patients to roast them or are allergic to them, then just delete them from the cooking.

If you do want to try and roast peanuts may I suggest you spray some cooking oil into a frypan and heat over a moderate flame, and then add ½ cup of peanuts. (Don't try using salted nuts)

Now while they are roasting you need to be constantly turning them over by stirring or shaking the pan so they get an even roast. Some will get burnt and they will need to be thrown out. When the outer husk is a darker red, take them off the heat and placed on a dish to cool down.

Once cool you will need to rub them between the palms of your hands to remove the husks. Obviously, a few at a time. Find a way to separate the husks from the nuts. I normally pour from one dish to another in a moderate wind.

PREPARE THE CHICKEN

First step is to take off the chicken skin and remove any obvious large lumps of fat. Chop Maryland pieces in half.

PREPARE VEGETABLES

Peel and chops 2 x potatoes into 1-inch size pieces.

START TO COOK

Now place a dessert spoonful of vegetable oil in the saucepan or pot you have chosen to cook the dish, half of the tin of Masaman paste with the ¼ cup of coconut milk over a moderate flame

Once you have a good rich odour add chicken, potato, and peanuts. Then stir around to cover most of the meat.

Then mix the rest of the paste with the rest of the coconut milk together so no lumps and add to the dish.

At this stage you need to add the ½ dessert spoonful of raw sugar and 2 x level dessert spoonful of tamarin liquid, and stir the dish.

Place a lid on it and slow cook for 45 minutes. Once the potato is soft enough it is time to eat. (Test with fork)

This dish can be served with steamed rice or noodles. (Remember to cook your rice/noodles in time for the dish, which should take around 20 minutes)

ENJOY :) — Recipe by Rodney.G.

Koonya Garlic Festival



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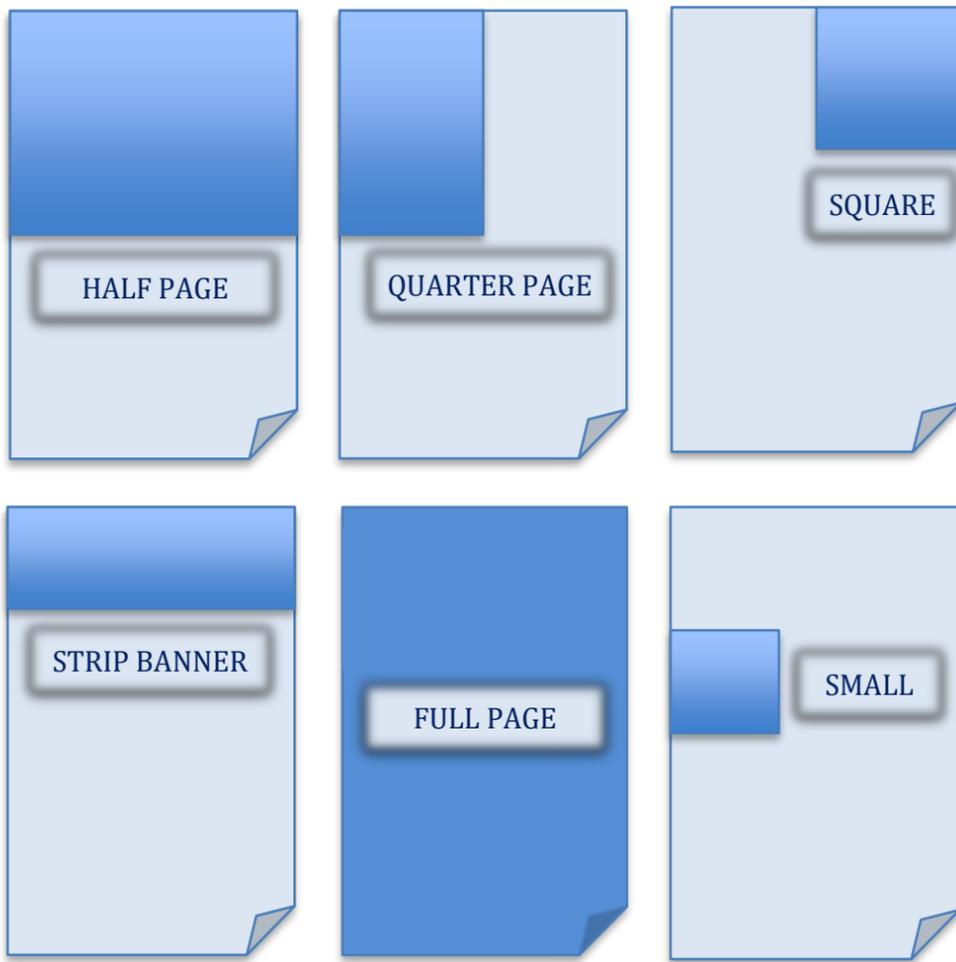
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Diverse Tassie reaches across Tasmania especially in some of the major communities of Hobart, Glenorchy and Launceston region. DT is a free newspaper delivered to the community through local community outlets.

Standard Sizes for Advertising and Pricing



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ICSL - Award Night

Hurricanes Champions League finished with award nights hosted by Lord Mayor Anna Reynolds at Hobart Town hall. The night was to acknowledge the volunteers and players for their performance in the tournament.

The reception opened with speech from Lord Mayor Anna Reynolds and ICSL President Raj Chopra. Hobart Sri Lankan Lions won the Best Team Debut award as they finished on number five on the ladder & Hobart Bengal Tigers won the Best Spirit Team award for their excellent character displayed during the tournament.

Man of the Series & Best Batsman Award recipient was Manpreet Mahla (Team TPS) who scored 525 runs with an average of 52.40 and took 11 wickets for the season. The award was in the form of Bat signed by Hobart Hurricanes squad 2019 and provided by

The bowling award went to Brad Tilbury of International raiders for 18 wickets for the season. Guests enjoyed the canapés and drinks served by Olive tree.



Turbans 4 Australia:

Established in 2015, Turbans 4 Australia is a Sikh charity organisation that helps anyone in need regardless of their race, religion or ethnicity. We raise awareness about important social issues, fundraise for worthy causes and participate in charitable works, all while promoting multiculturalism and religious tolerance.

T4A were present at Hurricanes champions league Grand Final 2020 and showcased their passion for community and helped lots of locals to put on a turban for the evening.

A few of the pics from the event where we can see locals Tasmanian's embracing Cultural Diversity:

