

Diverse l'assie

Bringing communities closer every day

Edition 24 September 2021

More than just cricket

it's all about inclusion. When History is associations in tasmania. being written no one recognises, but

league aimed at bridging the gaps and the name Hurricanes Champions League bringing the communities together and for the last 5 years. promoting mental and physical welldifferent national backgrounds.

Let's listen to what their founders have to say about the league.

number of teams consisting of players play for Australia / Indian premier league from India, Australia, Sri Pakistan, Bangladesh, Nepal, Syria, (Sydney thunders -current). Afghanistan, Cambodia, China, Greek, New Zealand....etc..,

Some of our achievements included but event was given a chance to host its not limited to:

- since its inception 6 years ago starting only for the way we promote mental with Tasmanian Human Rights Awards and physical health through sports like 2017 -biggest State award by Governor Cricket, Soccer, Futasl, Netball. of Tasmania.....Tasmanian Community Awards nominees for 2 years in a row.... with SBS in doing a movie which was Betta Make it Better Award 2016/ released in September 2019 it was about 2015.... Cricket Initiative of the year how ICSL changed the culture through award 2016.... Community Achievement sports. award 2018/2019.

Diversity is not about tolerance on par with 4 other major cricketing mental well-being through sports.

- 3) Hobart Hurricanes is the GCC) when it is DONE, people will know. naming sponsor of ICSL cricket league. ICSL is now a part of history in Tasmania we have been running this biggest cricket more than 20 players getting the benefit ICSL is a community sporting festival down under in Tasmania under of playing with GCC Club.
- 4) By garnering being in the community. Started with just Australia's National level accreditation huge success with more than 150 people 3 personnel...the competition grew big we are running "Don't Give up-Give in attendance. Cricket workshops for and now it caters to the local population Back Cup" through association with as well along with players coming from teams from other states like Victoria and for all those who were not playing the Western Australia.
 - as our Brand ambassador for the 2019-20 "Since its inception we had season(Only Indian origin -Australian to Lanka, (Delhi Daredevils) / Big Bash league
 - 6) 2020-21 grand final was held at Bellerive international stadium, which the first time a multicultural sporting grand-final at the biggest sporting centre 1) ICSL has won many awards of tasmania . This was made possible
 - 7) ICSL has collaborated
- 8) ICSL through its ongoing 2) ICSL has been recognised by collaboration with Speak Up Stay Chatty Cricket Tasmania as an prime association organisation promotes the importance of

9) Glenorchy Cricket Club(& ICSL launched Players Sponsorship in 2017 which has seen

10) ICSL in participation with WildLife Reserve organized an inaugural Cricket 20-20 cricket match. The event was a kids were organized and guided walks cricket match. It showcased Tasmania's 5) Signed up Gurinder Sandhu true multicultural spirit and bonds and

friendship developed over food and

11) For the first time in the history of Tasmanian cricket ,women from diverse backgrounds are coming together, erasing the boundaries to be a part of, first ever diverse multicultural women's cricket team."Tassie Superstars". Their are making their debut this season in SCA.

The League's 6 season was formally launched at Parliament House by Elise Archer MP. Cricket Tasmania CEO Dominic Baker, Glenorchy Mavor Bec Thomas, Councillor Mike Dutta, Councillor Zelinda Sherlock were among the others who attended the event on 22nd of September.



New psychology clinic officially opened

new psychology clinic has expanded professionals, while delivering increased psychological services to the community

The University of Tasmania's mental health services to the community. in the future.

and relocated to a larger fit-for-purpose times the capacity of the former in the former commerce building at the West, and for the first time, psychological facility, which will increase opportunities clinic, allowing the university to train for Tasmania's future mental healthcare more psychologists and provide more

The new premises has three

The new clinic is now located university's Sandy Bay Campus, and offers general and clinical psychology West, with students able to complete the services for general mental health issues degree on campus by 2023. like anxiety and stress.

There are for parenting and child behavioural postgraduate courses more accessible issues, the Cool for Kids program and for students in the North and Northsome specialised assessments like West of the state, where previously they neuropsychological assessments.

The Tasmanian community can postgraduate options. access the clinic with a referral from Masters of Psychology Students under psychologists.

The clinic will provide both health services. face-to-face services and some telehealth services, which can be delivered to people right across the state.

psychological services will boost workforce. mental health services in Tasmania and support the university's commitment to Jeremy Rockliff, Minister for Mental increasing the supply of psychologists in Health and Wellbeing.

Tasmania.

The university is also growing the number of psychology courses available to study in the North and Northsciences has been offered in the North-

Currently, the school is piloting also strategies strategies to make the clinical psychology had to travel to Hobart to undertake

The next few years will see their GP and will receive care from significant reform arising from the Tasmanian Mental Health Reform the supervision of experienced registered Program which will result in significant growth in clinical positions across mental

As a Government we are very pleased to be expanding the ranks of our mental health staff, and this clinic will This increased capacity for be important for the development of our





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Authorised by Andrew Wilkie MP 188 Collins Street Hobart 7000

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Beauty of Nature — Rod.G.

leaves me with admiration as to their during winter. natural aeronautical ability. It would be a very sad world without hearing and driving into town, about 3 kms from my seeing them when you visit the ocean.

I find they can be a pain in the bum. I he is flying next to my car about 10 feet have a lot of wild native birds that I feed in the air, all the way to my house. Then

are such greedy pricks. They swoop in and take all the food. much more than they need, and they shit over everything.

T h e previous winter there was this Pacific young gull. They're larger much than the normal seagull, and in the first season brown they're white. not Anyway, seeing this youngster

They are some of the most was new to finding himself a meal, I majestic birds in the world. Their flying took pity on him, and started feeding him

One early Spring Day I'm home, and I spotted this gull on top of a I also see another side to them. post on the side of the road. Next thing

the edge of my property.

Now on that day I had something feeding time.

it's time for you to start finding fish or is getting too fat.

whatever you do to survive."

I gave him something to eat I needed to do on the internet so after for his efforts, but I'm reminded of making a coffee I went upstairs to my the signs in America that say "Don't desk, which is close to a window and feed the bears!". They need to learn to the upstairs balcony. Next thing this survive in nature. It took a few weeks bloody gull was tapping on the window but he eventually gave up on me. Just as and making typical gull sounds when it's well, because now I have a very jealous little dog who objects to my feeding any I thought, "Hey buddy, the other animals but for himself. Although months of a free meal have ended, and It would be good for him to share, as he





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

A Letter to Your loved Ones.

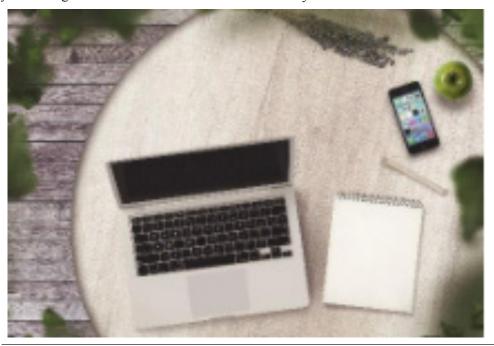
By Tara Bufton

experiencing mental distress isn't easy. And often finding anyone who will understand and carry out what you've asked for is another thing altogether.

you through a stressful mental health us as they would like.

phase, you would think just telling your My suggestion is that you write a letter to loved ones what to do to help would be your loved ones telling them a few things Communicating your needs when your enough. But often they just don't seem to they can do to help. Keep it to a maximum be able to hear what we say we need in of 3 things. Explain what, how and why these times.

Often our loved ones are so stressed Keep it in a good place you both choose about how we are struggling, that they - on the fridge, on a bookcase etc. Once you've worked out what will help are not able to be as good at supporting



as simply as you can. When you send it to them, or give it to them, be patient.

When things getting difficult to handle again, ask them to read it again with you.

Here's an example of one paragraph to my loved ones.

Dear Loved Ones:

1. When I'm stressed my brain is very susceptible to the power of suggestion. Please say reassuring things like "You're doing well. You are stable and coping well. You are beautiful. You are intelligent."

Please avoid criticism for a while until support that you need most.



A few important things about my bipolar I get my stability back. Don't mention that you think I am demanding or want to control others or am needy and attention seeking. If you do, I am likely to become more of what ever you say I am because I am very open to suggestion in stressful times.

If you can find a way too explain to your loved ones what they can do to be helpful, 2. I respond really well to positives. you can advocate for yourself and get the



Liberals Elise Archer MP Your Local Liberal Here every day for you Member for Clark

Authorised by Elise Archer, 62 Main Road, Moonah, TAS 7009

Abu's diary

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

23rd diary entry:

Last entry was all about the census. How dare they don't ask about animals. We are at the very centreof most families in Australia. Without us in their lives - humans would be all the more selfish and boring. They would smell so dull, how sad!

This entry? Well, can you believe it? My grandparents are in town! I get double the attention and triple the treats. Granny appears to have endless amounts of treats stocked away in her deep pockets and grandpa's voice sounds just like my dads. I love sitting on his lap and sniffing his silver beard. Sucha vast array of exotic aromas enthused among there!

My most beloved folks trusted me to stay behind and guard our wonderful house, while they went away and celebrated my dad's birthday on the West Coast! Grrrrrrr....the bravery to leave me behind. Did they not know that I would be planning how best to attack their vulnerable feet upon their return.

But behold everyone...I adore my grandparents. Not nearly as much as my folks...but I have accepted them into my most powerful and well renowned pack. They are my family and I am theirs. I have observed several differences between them and my folks. Mostly - they move through life at a slower pace. My golly - this suits me just fine. It allows me more time to sniff all the lovely smells which flowfrom the bush and gifts me more time to claim my land.

When my folks take me for walkies - I usually do about 5 wee'weees...but with my grandfolks - Omy golly - I reckon I pooped and weed over the entire valley! Now all the creatures from near and far will smell my ferocious scent and join my band-wagon of admirers. I don't wish to be feared like a God - rather, I aim to inspire all who visit my lands - they will know me as the dog of great surprise. Fluffy, short-legged, equipped with razor sharp teeth and the most gorgeous innocent eyes.

To top it all off, I come with a pack consisting of the most wonderful folks & grand-folks. Wow, what a lucky one I am!

"Love is the greatest gift that one generation can leave to another."— Richard Garnett



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Opening of Years 11 & 12 Learning and Housing dashboard shows more new homes Community Centre at Dover District School being completed

22 September 2021

Sarah Courtney, Minister for Education

plan to improve education outcomes.

remain in their local community

(VET) programs.

shared enrolments with other specialised over four years to \$271.8 million. providers including the Huon Valley

Trade Training Centre, Huonville High School, Hobart College and TAFE Tasmania.

The Years 11 & 12 Learning and It was great to be a part of today's Community Centre at Dover District celebration and acknowledge the vision, School has been officially opened as part support and expertise from builders of the Tasmanian Liberal Government's Tascon Constructions Pty Ltd and Bence Mulcahy Architects.

The \$1.1 million expansion offers highly With a new cohort of students set to join flexible and personalised learning, where next year's program at Dover District individual educational needs are met School, the aspirations, expectations and while participants are largely able to needs of the local community will be well served.

Dover District School extended to Through our 2021 election commitments include Years 11 and 12 in 2015 and on- the Government is investing a further site in 2020 offering a mix of Tasmanian \$116.2 million in education infrastructure Certificate of Education (TCE) courses to ensure we are providing students with and Vocational Education Training the best possible learning environments.

In combination with other infrastructure The school offers a range of Years 11 and projects, this additional investment takes 12 core subjects through establishing the total Capital Investment Program

Tasmanian Government Investing in the Development of the Community Service New Community Care Pilot launched for for Impact. **Industry**

Tasmanians experiencing disadvantage receive support from a diverse range of community services. These services are provided by almost 18 000 local workers and 35 000 volunteers statewide. They work in roles that provide both direct support such as education, child and home care, allied health and organisational leadership and governance like strategic project management and

To ensure all Tasmanians have the opportunity to participate in the social and economic life of Tasmania, the Tasmanian Government is investing in the development of the community services industry; one of the fastest growing industries in the State.

membership.

The Community Services Industry Plan 2021-2031 is a strategic approach to growing the skills and capacity of community services workers. It provides overarching framework to guide strategic industry planning and development through three strategic priorities: Local Solutions for Tasmanians, Workforce Development and Training and Leading

This support to the community services sector also recognises the ongoing road to recovery from the COVID-19 pandemic and the need for targeted investment in the community service industry workforce to meet increased demand for services.

The Tasmanian Government has provided \$3.3 million over three years towards the strategic priority Workforce Development and Training to assist meeting the community services industry projections of an additional 4 000 jobs by 2024. The funding will be administered by the Department of State Growth.

TasCOSS will partner with government and the industry to deliver this commitment which will form the first implementation tranche for the Community Services Industry Plan.

24 September 2021

Michael Ferguson, Minister for State Development, Construction and Housing

The Tasmanian Liberal Government is delivering a record number of homes for those who need it by providing unprecedented investment of \$615 million into social housing, home affordability and homelessness initiatives.

The updated monthly Housing Dashboard shows that we are continuing to build new homes and providing assistance to those most in need with 2,608 households assisted in the past year through a variety of programs that that have been made available.

A further 11 new homes completed in the month of August and 296 in the past year. There have also been a further 7 units of homeless accommodation secured to provide services to Tasmanians in need.

But we know there is more to be done with continued growth in demand for social housing, and we are working to grow our capability to meet that demand with an unprecedented investment to build housing supply.

We have built 1,124 homes, including 991 in social housing and 133 supported accommodation. An additional 889 houses are currently being built.

The results show that at the end of July 2021, the Affordable Housing Strategy has delivered a total of 1,818 additional new homes, lots of land and new places in supported accommodation and homeless services.

The number of households assisted, and properties secured has grown by 1,108 since the commencement of the strategy including 487 in the past two years.

The record funding included in the Tasmanian Budget will mean an extra 2,000 new homes built by 2027, on top of the 1,500 already on track to be built by 2023, bringing the total to 3,500 new homes by 2027 to help our most vulnerable.

Neighbourhood Houses

23 September 2021

Jeremy Rockliff, Minister for Community Services and Development

Neighbourhood Houses Tasmania play a vital role in community connections, as well as providing support to communities, which has been particularly important during the This is part of our \$5.2 million in additional pandemic.

role today, announcing the launch of the Neighbourhood House Community Care

Adviser Pilot at the Network conference in Deloraine.

Our investment of \$2.8 million for this Pilot will deliver practical support to meet across increased individual and community needs, building on the inclusive and open access model at the core of the Network.

support for the Neighbourhood House Network, which includes an additional It was a pleasure to recognise this vital \$2 million to bolster the Neighbourhood House Capital Improvement Program to further improve amenities at houses across the state, and \$400,000 to assist with governance across the Network.

> The Tasmanian Government values and thanks the Neighbourhood House Network, and their dedicated staff and volunteers for their commitment and contribution of the Neighbourhood House legacy.



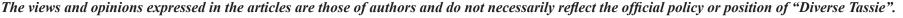


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25 and start Investing: Money and shares

By Yanziee Sherpa

I started investing a tiny part of the breakdown on how to get investing. my income in shares. One of my best 25 and wish I had started sooner. Only around April last year, I invested a total bite of different companies. of \$628.75 on shares for the first time So far I have made \$765 profit by selling bought it while it was \$67 per share. shares excluding brokerage fees and around \$80 on dividends. The reason I Two Reasons Why I was not Investing am disclosing this to you is to show that 1. I am still an amateur investor. Here, I or Money am NOT going to tell you how to make money but to share how I got started.

I am a big believer that our earned money on shares purpose in life is to make things simpler

cause life itself is complicated. Here, is I was 19 because I thought to start you check it frequently but I never bought

decisions till date even if it was at age of a company. The more money you have the bigger piece you can get for a bigger

Look out there and think which ever which included the brokerage fee. companies you want to own. For instance, this" has been my biggest excuse. Ever since I have invested in different I bought 10 shares of Commonwealth businesses and only sold shares twice. Bank where I do my banking and I

- 2. Fear and Risk of losing all my hard-

need a lot of money and I didn't have a the shares in hope of making quick Shares are bite-sized ownership lot. I would never think about investing money (Income). I bought shares to the \$50 on shares because I didn't know that companies for long-term capital gains was an option. The fact is you can start and learn compound interest. buying shares with even \$10.

trading account.

I don't have time to check if the diversify my investment. prices rise or fall.

I thought I did not have the Time sec for trading. It was super easy to which I didn't know earlier. create, took me 5 mins to set up and I just linked it to my personal bank account.

> Personally, Now I only health Just an Example: check the prices of the shares I bought S&P 500 ETF

To ensure you don't lose all your Secondly, "I don't have time for money. Remember the phrase, Do not put all your eggs in one basket. I only I don't have time to create a researched to buy shares from different business sectors i.e IT, health, etc, to

Good news for you, there is I use my Commsec and pocket an easier way to do this when you start

Invest in Index Funds

Firstly, I wasn't investing when once a month. In the beginning, I would (In simple words, this tracks & comprises

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Breakthrough cases of COVID-19 after vaccination usually happen before the body has had time to develop maximum immunity. Even with a highly effective vaccine, a small number of people will still get ill - no vaccine protects 100% of people. Get vaccinated as soon as it is your turn.



500 large companies listed on stock to keep emotions out of it". For example, exchanges in the United States.)

Another you bought it for.

People who invest wisely from the beginning. understand when to buy, when to sell and gave the greatest advice, "learning the same time.

simple way to definitely check if the share price is allabsolutely make sure you don't lose the time low or all-time high price for the money, don't sell at a lower price than company. Buying shares is a business

but most importantly how long to hold owner or want to be one, it's good to learn on to the shares. Controversial, in my quickly how to live better with risk and opinion, anytime is a good time to buy patience. I do believe a business owner I started, but then everyone is different. learn. I am a Business and Accounting a share. Recently, My friend disputed needs to be realistic futuristic person at If you have done your due diligence and graduate, but this doesn't mean I can

don't panic buy or sell any shares. Also, beginning, let's say you have \$5000 you Rich Dad Poor Dad and the parable of don't need anytime soon. So, Looking the pipeline. These books are really to invest in shares and you see potential helpful to get into the investing mindset growth in company A. If I were you, I and build a different attitude towards decision and I think like a businessman will not invest \$5000 in company A money and long-term security. at once. I would start with \$1000 this Lastly, if you are a business month, and make a recurring investment driving, No matter how much you study for the coming few months depending on the rules and mechanics you have to sit how it performs. This is what I did when in the driver's seat and actually drive to you are happy for that money to sit there drive. until it becomes fruitful. Go FOR IT!!

now you know enough to start investing.

To better manage risk in the I also recommend you to two books:

To sum up, Investing is like

If you are still not convinced that **Photo Credit:** Say Boon Lim Article





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All Costs of kits / registration and playing logistics are borne by ICSL.

Sisongke

Sisongke is a dynamic community choir based in Hobart, Tasmania. We are open to everyone, regardless of singing ability. The name "Sisongke" means "together" in Zulu, which reflects our origins as an "African" choir, 25 years ago. But now we sing all sorts of World Music, including music from the Pacific Islands, Aboriginal music, Italian, European Folk Music, etc.

We are an "a capella" choir, which means that (most of the time) we sing without any instruments.

We are very inclusive and keen for anyone to join without feeling scared. embarrassed or criticised. We even offer zoom participation for those who can't get to rehearsals.

Our musical director, Oliver Gathercole, is a professional pianist and music educator, with a delightful sense of fun! Our coordinator, Carol Robey, was recently interviewed by Amanda Sims on the World Music Show (ABC Hobart FM). For an entertaining account of our philosophy and origins, have a listen to our Facebook and Youtube Channels.

History:

Sisongke Choir started in 1994 after trade unionists from South Africa held a series of workshops teaching songs of protest from South Africa.

The workshops were a huge success and a small group decided to start a choir to sing the songs they had learnt. They received a grant from Arts Tasmania to help with the initial set-up costs. A copy of our constitution is here.

Michael McCarthy, a lecturer in a Capella singing and conducting, got us started as our musical director. Michael stayed with the choir for 4 years, culminating with the production of a CD.

One of the principal organisers was Victoria Rigney and the choir benefitted from her energy and dedication for many years. Over the years, many other people have devoted their time and energy to the choir and we owe them a vote of thanks. Sisongke has had several music directors since that time, including Isobel, Adele, Greg, Adrian Reader, Lyndall Edwards and now Oliver Gathercole. The music we learn and sing varies depending on the taste and interest of the current music director and the current members of the choir, but the common theme remains songs of peace and justice from around the world sung a Capella.

In 2004 Sisongke put on a 10 year it, we try to ensure that anniversary concert at Hobart Town Hall rehearsals are fun and and many of the golden oldies were sung relaxed, but stimulating during that year. It was a very special and challenging enough to night of celebration.

Another precious memory involves Community singing at Hastings Cave in the dark. They hadn't set up lights, so all the choir could see was the light of Adrian's mobile Choir would like to advise phone as he held the phone in his hand. We came up into the daylight after the first break to be told by Adrian, "Smile - they can hear that you aren't smiling!" The committee tries to organise special from around the world events for the choir and over the years including folk songs of have sung at peace rallies, travelled to Europe, exotic music of Zeehan and Queenstown, Burnie and Ulverstone and sung at Launceston markets and at the Gorge (magnificent). The music has travelled all over the The Choir will be joined world, from Africa to South America, from USA to Europe and from the Middle East to the Far East – we love variety!

Philosophy

Sisongke Choir has a social justice world. You are invited to platform. We also believe that everyone lunch at 1pm before the should have the opportunity to experience concert at 2pm. the pleasure of singing. One of the aims of the choir is to provide people who At the concert, Melihave never sung before an opportunity Melo will sing a selection to sing and perform. Therefore, there are of songs. The WENYI no auditions, and membership fees are Tas Arts Group will kept as low as possible. We encourage demonstrate anyone to join regardless of their musical Chinese dancing knowledge, skill or experience. We sing some songs. Then only ask for a willingness to learn! We Sisongke enthusiastically want everyone to Choir will experience being part of the process that bracket. At the end the results in beautiful music and wonderful WENYI Tas Arts Group harmonies. And we want to share the joy will join us to sing Mo Li of performance with as many people as Hua. Then we will all sing possible.

Songs are selected using various criteria, mainly whether they fit our social justice platform and avoid discrimination LOCATION against any person, ideology, country, Saturday 16th October at religious beliefs, family circumstances the Multicultural Hub, 65 or sexual orientation. sure that the Music Director likes the Lunch starts at 1 pm song. Then we check whether the choir Concert starts at 2 pm likes the song. Then we learn it!! We Trybooking link is www. especially like songs that are inspiring trybooking.com/BUEFK

Songs are in many languages so they are Concession \$20.00 taught phonetically. Songs are taught to Family \$40.00 us by the Music Director who teaches Group \$15.00 notes and words to each voice group and then gradually gets us all singing our — Robert Thompson parts together - and, hey presto, there is Events Facilitator harmony! The meaning of the song is Robert's explained during the learning process. Technology We do not require members to be able to w read music.

On the basis that singing is "better than therapy" as one choir member put

keep members interested.

Concert Moonah:

Sisongke Community an afternoon of song, expressing harmony and joy through music. The concert will present songs China and the exciting beat of Africa; celebrating life, love, peace and hope. by Meli-Melo Choir and the Glenorchy WENYI Tas Arts Group to provide an delightful afternoon of music from around the

traditional Community sing our "We Stand, We Stand, We Stand". Hopefully this will be a fun afternoon.

Then we make Hopkins Street, Moonah Costs are: Full \$25.00

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sisongke community choir about our choir



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- Strip Banner (full colour) \$84 for 1 placement on 2 editions*
- Quarter Page (full colour) \$152 for 1 placement on 2 editions*
- Half Page (full colour) \$266 for 1 placement on 2 editions*
- Full Page (full colour) \$532 for 1 placement on 2 editions*
- *All prices are full colour, inclusive of GST and are per placement. Other size options are available upon request at \$2 per column cm.

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