

STAY HOME.  
STAY SAFE.



Happy  
Easter!



# Diverse Tassie

*Bringing communities closer every day*

Edition 7 April 2020

**FREE**

## This Too Shall Pass

We often wonder how and when circumstances will change during this pandemic. We all have hope that despite all of the darkness there is light and it's worth fighting for. We at Diverse Tassie are grateful and salute all the people who are fighting this battle from the fore-front and leading us towards that light and instilling hope in everyone that together we can succeed and "This Too Shall Pass". Nurses, Doctors, Paramedics, Health care workers, Teachers, Factory workers, Volunteers of non-profit organisations, Transport personnel, Security Personnel, Engineers, Technicians, Media-personnel, Religious leaders and many others are fighting it out day and night to keep our daily lives moving. The leaders and politicians with their decisiveness, vision and managerial competence, have been pro-active and were able to inspire and lead our nation during this crisis.

We salute the bravery and courage of each and every person who is thinking of him and thinking of his neighbours and staying safe and saving lives. Tasmanian's have risen to the occasion and are doing every bit they can to protect each other. Lots of local organisations to name a few, I Vouch for U, Khalsa Aid Australia Gurdwara Nanak Darbar Hobart, Spice House, KLM groceries, Tamil association of Tasmania, Indian cultural society of Tasmania, Nepali society of Tasmania, Sri Lankan Community of southern Tasmania, Local Council community Care associations have been taking care of their fellow Tasmanian's by helping them with their essential requirements.

Taking a leaf out of the remarkable services they are providing. In this 7th edition of Diverse Tassie we take privilege in introducing 7 different community organisations who are giving it back to community and helping to build a stronger Tasmania. We hope and believe that it was big inspirations to others. In the coming editions we will

be covering all the other organisations. Please see for their profiles in the inside pages.

Lastly we urge people to take care of their mental health and try to emulate whatever coping mechanisms that best suits them. Below are some helpful tips:

Outbreaks can be stressful:

Stress during an infectious disease outbreak can include:

Fear and worry about your own health and the health of your loved ones  
Changes in sleep or eating patterns  
Difficulty sleeping or concentrating  
Worsening of chronic health problems  
Worsening of mental health conditions  
Increased use of alcohol, tobacco, or other drugs

Everyone reacts differently to stressful situations

How you respond to the outbreak can

Children and teens

People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders  
People who have mental health conditions including problems with substance use

Take care of yourself and your community  
Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

Take care of your body.

Take deep breaths, stretch, or meditate

Try to eat healthy, well-balanced meals.

Exercise regularly, get plenty of sleep.

Avoid alcohol and drugs

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

Support your loved ones:

Check in with your loved ones often. Virtual communication can help you and your loved ones feel less lonely and isolated. Consider connecting with loved ones by:

Telephone

Email

Mailing letters or cards

Text messages

Video chat

Social media

Take care of your mental health

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

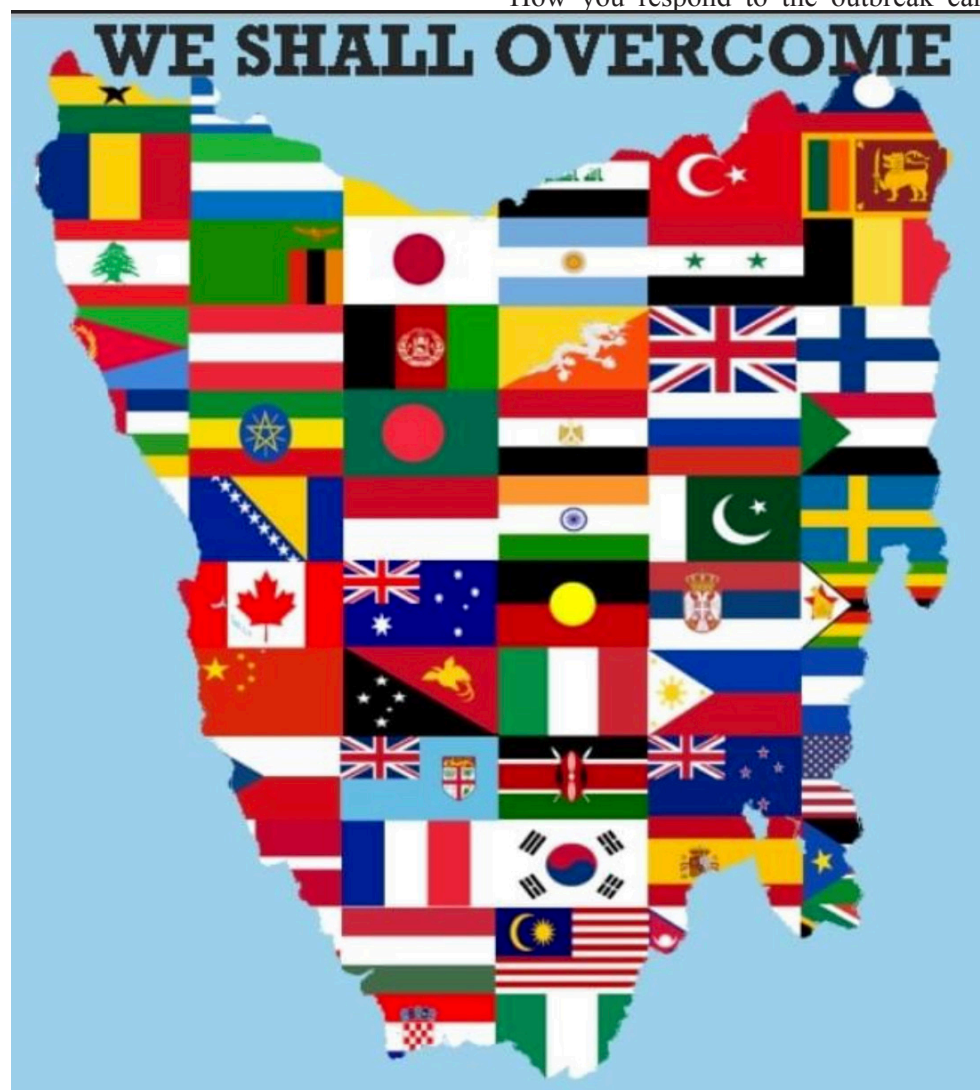
—Resources obtained from <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>.

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include:

Older people and people with chronic diseases who are at higher risk for severe illness from COVID-19





# 6 COVID-19 PARENTING Talking about COVID-19

Be willing to talk. They will already have heard something. Silence and secrets do not protect our children. Honesty and openness do. Think about how much they will understand. You know them best.

## Be open and listen

Allow your child to talk freely. Ask them open questions and find out how much they already know.

## Be honest

Always answer their questions truthfully. Think about how old your child is and how much they can understand.

## Be supportive

Your child may be scared or confused. Give them space to share how they are feeling and let them know you are there for them.

## It is OK not to know the answers

It is fine to say "We don't know, but we are working on it; or we don't know, 'but we think'." Use this as an opportunity to learn something new with your child!

## Heroes not bullies

Explain that COVID-19 has nothing to do with the way someone looks, where they are from, or what language they speak. Tell your child that we can be compassionate to people who are sick and those who are caring for them.

Look for stories of people who are working to stop the outbreak and are caring for sick people.

## There are a lot of stories going around

Some may not be true. Use trustworthy sites:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> and

<https://www.unicef.org/coronavirus/covid-19> from WHO and UNICEF.

## End on a good note

Check to see if your child is okay. Remind them that you care and that they can talk to you anytime. Then do something fun together!

For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE

# Isolated but not alone

Lifeline 13 11 14

Beyond Blue 1300 224 636

Kids Helpline 1800 551 800

MensLine Australia 1300 789 978

ReachOut [au.reachout.com](http://au.reachout.com)



## Your contribution matters.

As a bystander, you can send a clear message that racist behaviour is not okay. Depending on the situation, there are lots of ways to help.

### Be there

Speak to, sit or stand next to the person being harassed to show you support them. You do not have to respond directly to the perpetrator, if that feels safer.

### Call it out

If you feel it won't endanger you, tell the person who is being racist that they're out of line. Sometimes they'll back off. Or perhaps they'll reflect on what you've said later.

### Use your power

If you take action, others may too. You'll never know how much your intervention could mean to someone who's being harassed.

### Report it

You can report racism or discrimination, wherever it happens, to Equal Opportunity Tasmania via their website. If you're travelling on public transport, call on the driver to assist.

If the situation feels threatening, call for police assistance on 131444. In life threatening or emergency situations call 000.

If you wish to remain anonymous you can alternatively call Crime Stoppers Tasmania on 1800 333 000 in non-emergency situations.



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 City of **HOBART**



# Tamil Association of Tasmania – Interview with Bharathy (Ex-President)

## Community profiles by Mackenzie Stolp (Volunteer, Diverse Tassie)

*When did the association come into existence?*

“I was one of the founders of the association. It started about three years ago because there was a growing number of migrants from Tamil-speaking countries. Tamil is actually a language; it is not an ethnicity of any kind. We are a linguistic society. Tamil’s live mostly in India, the Southern part of India, Sri Lanka, Malaysia, Singapore” Says Bharathy.

*What festivals / key events are celebrated?*

A key even in the Tamil calendar is Ponga. During Ponga, everybody cooks outside in the sun, discards old things to start anew, go to temples and also wash and feed the cattle.

“One of the primary festivals for us is Ponga, it is a harvest festival and it comes in January. The month of January in Tamil is called Thai, so it is called Thai Ponga. It is a festival that is probably one of the oldest festivals in the world. Tamil being the oldest spoken language in the world today. It precedes all other languages in terms of continuity, still surviving and a language that is almost the same as it was spoken about 3,000 years ago.

Coming from that tradition it is perhaps okay to say that it has been going on for almost 3,000 years – the Ponga festival. As a harvest festival it happens for three days, it is a thanksgiving festival” Says Bharathy.

*Do you have a specific office space / hall for your community?*

The Tamil Association do not have their own space but meet at the Multicultural Community of Tasmania (MCOT) on Hopkins Street.

*What services you provide or can provide to your community members?*

The association takes care of it’s members greatly, by both helping them adjust to living in Tasmania but also continuing their culture. Bharathy says that for “A lot of the community are recent migrants so there is an adjustment issue.

There are a lot of cultural differences and a lot of social differences, a lot of economic differences, it is a whole different ecosystem.

We have Yoga classes because it is one of the things that helps support the mind and the body, not just thinking you will change. There is nothing that you can do other than face the challenge and change at the time. Every time you see something is different you have to recognise the differences and just go along with it. We do breathing and Yoga, which are very helpful for distressing. So, we have classes! For kids it is free and for adults it is around \$5 a class.

There is also an ancient drumming called ‘parai’. It is a very special type of instrument; it has antiquity and is about 3,000 years old. There is a special kind of drumming, it has its own beat and there are people from the mainland who have bought that art into Australia. We bought it here and got ourselves trained.

We also run a Tamil school, a language and culture school. It is run once a week at Dominic school for two to three hours. It is also free. We see to it that they do a little bit of yoga practice and then learn about the language and culture. They also practice Parai drumming so it more active than teaching the language alone. At the school parents can also come and chat and congregate separately.

The children use what they learn in school to perform a festival events such Ponga where they sing and dance among other performances. “It gives a purpose for the school, so they don’t just study and then go home”. In this year’s Christmas pageant, they even won an award!

“Having a school like this where their parents and mentors are the teachers helps because a lot of migrant students are shy, learning cultural things makes the student more confident”.

“We also take part in Diwali, this year it happened in Franklin Square on the first of November. About five thousand people were there. Diwali is one of the most popular festivals in India, we were there with the Indian association. All the children participated as well, doing

classical dances”

“You have to learn culture but you also have to practice it. When they [the children] are forced to perform in front of five thousand people you get quite a lot of confidence”

*Current Facebook*

The Tamil Association have a Facebook page ( <https://www.facebook.com/TassieTamil/> ) but within the group they use WhatsApp.

*Committee members*

The current presiden is Dr K.S Pjalayan

*Any other information*

Bharathy thinks it’s important that people understand that Tamil is a linguistic based community. He says “We come from about seven or eight countries. There are Singaporeans, Malaysians, Sri Lankans and Indians. This is a linguistic based society, so identity comes from the language and Tamil is one of the oldest languages, and some of the literature is very old but still be understood”.



## Need COVID-19 Information?

There is so much information about COVID-19, but it can seem overwhelming and tricky to find the information for your circumstances.

Your first step should be to visit [coronavirus.tas.gov.au](https://coronavirus.tas.gov.au) for up-to-date Tasmanian information. This site has advice for you, your family, your business and the community as well as the latest media releases, health alerts and government service closures.

Need specific info? Try these: Lost your job - Job seeker payment information Need Business Support - financial assistance, eligibility and timing for COVID-19 business information Are a Tasmanian small business impacted by COVID-19 and need help Required to quarantine or self-isolate – what you need to do Information on financial assistance

packages for individuals & households Want to check your risk of getting COVID-19 Looking to manage your mental health Need support and advice about family violence or relationships Just want to stay informed – locally and nationally Call for advice. If you think you might have COVID-19 because of recent travel or contact with a confirmed case, phone your GP or the Tasmanian Public Health Hotline 1800 671 738 for advice.

If you haven’t travelled or had contact with confirmed case, phone your doctor or healthdirect Australia 1800 022 222.

If you have concerns, questions or comments about the COVID-19 pandemic response - I am here to help, please call me on 6212 2290 or email [meg.webb@parliament.tas.gov.au](mailto: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”.*



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Stay home. Save lives. Authorised by Meg Webb, Parliament House, Hobart.



# Nepali Society of Tasmania – Interview with Punam (President of the Committee)

*When was community organization/society came into existence?*

The Nepalese society of Tasmania first started in 2012. As Nepalese population in Tasmania began to grow, and a group of people decided it was necessary to form a not-for-profit organisation and create a community.

*What festivals/key events are celebrated?*

The organisation celebrates important Nepalese festivals such as Dashain, Teej and Nepali New Year's throughout the year. Dashain is typically celebrated in late October and celebrates the good of victory over evil. The 2018 Dashain was celebrated at Tolosa park with kites and a free lunch that was open to everyone. Teej is celebrated mainly by women, to welcome the monsoon season with songs, dancing and prayer.

The committee's President Punaam says that the "festivals are open to the community" and while they love to celebrate their festivals, they also "do other things as well, like health camps for the community and recently we did a skills workshop as well. It is really food that we celebrate but then we try and do other things as we see fit".

*Do you have a specific office space / hall for your community?*

Unfortunately, the committee do not have a permanent area to meet but are lucky enough to have various members of the community who lend their own spaces to the group. They often meet in local businesses, people's homes or restaurants or office space. The group is both thankful and lucky to have a number of members willing to share their spaces to the community, for the benefit of the group.

"Usually we meet in one of the local businesses, Nepalese businesses or somebodies' homes or restaurant. We've been quite lucky because there is quite a few businesses so we will try and occupy somebodies' office" says Punam.

*What services you provide or can provide to your community members?*

The main service that the group provides is its support. As it is a voluntary organisation, many of the individuals are incredibly busy – but still manage to find time to help out each other. The main focus of the organisation is to bind the community, for people to be able to get in touch with other people who share similar experiences. Punam says that as president of NEST and he gets "questions like how do you go about finding a job, finding accommodation, there might be other problems that they will bring to me and I will tell them there is free legal advice. It's really about connecting the new-comers to Tasmania".

"Within the community there are a lot of students, but we have got professionals as well. The committee right now is made up of me, we've got students in there, we've got accountants, we've got business owners in there, we've got doctors in there" Says Punam

*Contact Information*  
Address: PO Box 100, Sandy Bay  
Email: nepstasi@gmail.com  
Facebook Page: Nepali Society of Tasmania (<https://www.facebook.com/NESTasmania/>)  
Website: [www.nepali-tas.org.au](http://www.nepali-tas.org.au)

*Any other comment of info you feel valuable to share?*

Punam highlights how the Nepalese has become an integral part of the Tasmanian community, and how the community is growing. He says that "We're growing really fast. We're probably one of the fastest growing communities now in Tasmania. The census said in 2016 that we [Nepalese] were the third most spoken language in Tasmania, but it has really grown since then, probably doubled if not more!

There are about 10,000 Nepalese in Tasmania, with a lot of them in Hobart. It is growing really fast and there are a lot of challenges within the community, as you can guess, as we grow. The Nepalese Society of Tasmania is really there to try and connect everybody.

When I came here 3 and a half years ago there was just one business, but now there are probably about 25 and forever growing. There's a lot going on, people are staying on, people are buying homes and people are investing, people are creating jobs – it's become a very vibrant community!"

# Fiji Associaion of Tasmania – Interview with Donald (president)

Community profiles by Mackenzie Stolp (Volunteer,Diverse Tassie)

*When did the Association come into existence?*

In 1972 the horrific Hurricane Bebe destroyed Fiji and had devastating effects on the entire population. A group of Fijians in Tasmania (now known as the 'Club of Ten', gathered together formally on 31st of October of the same year to help Fiji people who had been impacted by the hurricane, and to bring together ex-fiji residents in Tasmania and the general Tasmanian community. This is how the association first began.

*What festivals and key events are celebrated?*

The association have annual formal dinners and host many other events throughout the year. The Independence Day of Fiji is celebrated each year on the 10th of October.

*What services you provide or can provide to your community members?*

The Association holds regular meetings and forums and creates regular newsletters to keep the community involved and well-connected. It organises social activities for members and friends, and special functions to embrace the wider Tasmanian community to showcase Fiji culture through music, dance and a variety of food.

*Who are the key leaders in the association?*

The ten founding members of the association were Ram Chand, Ram Jatan, Bob Laeef, Mahmound "Silver" Nabi, Rajendra Prasad, Donald Ramritu, Raja Ram, Jaswant Singh, Uppi Singh and Robert Surendra.

The current president of the Association is Donald Ramritu JP, and the current Vice president's are Parshu Ram and Reshma Dutta.

*Contact Information*  
Phone number: 03 6223 3000  
Postal Address: 375 Macquarie Street, South Hobart 7004

*Any other comment of info you feel valuable to share?*

The Fiji Association of Tasmania has a long-standing relationship with the Tasmanian community. Evidence of this rich bond can be found in history such as Fiji's inclusion in the Tasmanian Government's Wall of Friendship, President of the association Donald Ramirtu is a founding member of the Ethnic Communities Council and the late Shiddiq Koya who became leader of Fiji's National Federation Party gained a law degree at the University of Tasmania. The connection between Fiji and Tasmania will only continue to grow.



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# We sit together

By Mike McGuire

I sit by myself. My body aches and my head screams, my mind teases me; poking me relentlessly, until I feel it creaking and calling out, finally: Some kind of authenticity

I sit by myself, and ponder, why is it so hard to be with myself, to be still in a world that preaches happiness?

I need to be happy; I need to be smiley; and I need to be jolly, but this sitting and

this stillness - boy o boy, what an ache, what a sorrow; what pain

Wait a second, another perspective tugs at me, while I sit with myself; still and achy, not as jolly, as the world commands me to be. That virus, how dare it stop me from feeling like an Iris - free and wild. Those around feed my ego, so I can feel safe and content that I have a place in the world, where I hide away my true sorrow

Here in my home; I sit alone, with those I love, by my side. We have a television, of which we have the urgent need to turn on, to help us feel connected to those on the outside. Before you know it, a powerful need drifts into our home that reminds us that by far, the most effective means of staying connected, is with each-other. Old style, in our cabin home. We bake and we boil together, we dance and we be silly. We create and we rest. How lucky we are to have one-another.

I sit alone, with myself. By my side, she sits alone by herself. Our little doggy sits by herself.

We sit together, with ourselves. We connect, we play. We be sad. We be happy. This is life. In our home. And so it goes,

## 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

### Fifth diary entry:

Last entry, I sent out ambitious wishes that I would sleep in a tent more often with my amazing, lovely parents.

Whoah, holy woofing woofster, bow wow chucka whucka doooo! Whatsup with the virus yo??

That thing has thrown my little doggy world into some-kind of half-fantasy-horror reality. Is this real? Are they filming us? Is this how Jim Carey felt, in the Truman Show?

My deck. My wonderful days on the deck, where I could wander around, pooping and sniffing as I please, striking up as much chemistry with Todd the cat as I could muster and snoozing till the scrumptious roast chicken came into my diner bowl are over!

My parents, my lovely, beautiful parents. I love you. But seriously. Give me space yo. You are crowding me. Just because you humans aren't able to be with yourselves, to sit with yourselves, without going ballistic. May I need to remind you that:

**“Sit with yourself and you will discover the universe. Explore the universe, and you will discover yourself”**

Now before you get all overly emotional and tell me no-one is exploring the universe any-time soon. Don't take it so literally. Explore your universe, in your home, tap into your wild, free imagination. You can go anywhere you please! How do you reckon I get too eat so much yummy food and smell all them yummy socks? Three ways. Firstly in real life, secondly, when I day-dream and finally, when I dream!

Perhaps we dogs are being made to sit with you, and hold your poor little helpless human paws, as we show you the art of discovering yourselves. On the plus side, now you won't yell at me, when you get home from a day indulging yourself in the future, to find I have chewed your couch. What am I supposed to do right?

Now, refrain from running your dirty little paws over my shiny most delightful coat whenever you feel a touch of boredom coming on. Just be. Sit. Relax. Chill. Grow a plant. Sing a song. Who gives a rat's bum, if you suck at all of it. Just do it.



Chow for now!

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# Greek Association Tasmania

*When did the community organization/ society come into existence?*

“Its our 27th year this year. We get a lot of support from the local Greek community regards to sponsorship and other businesses.

I think it was just started from the point of view that the guys wanted somewhere to celebrate their culture. Initially, the whole thing was set-up as something for members of the Greek community, where they could hang out, because this was back in the fifties that they built this”

The Greek community in the fifties faced racial discrimination from the wider Tasmanian community, so the building on federal street became a safe haven where Greek people could gather.

“These guys were also Australian, so I think they decided let’s just show these guys what were about ... I think it was one of the first cultural festivals. That was part of feeling a bit more comfortable and that integration into our community, into the broader Tasmanian community, but you’ve still got to maintain your heritage” Says Nick Theodropolous,

*What festivals /key events are celebrated?*

“There’s St Georges Day of course which is what this particular group is centred on. The church is a very big part of it, which is down on Antill Street” Says Nick, however it is “The big

festival” that is the communities “main fundraising event”.

The community do have special events throughout the year where functions are held, but Estia is the biggest marker on the calendar.

If you live in Hobart, then you have no doubt seen the Estia festival in action. Federal street is blocked out and decked out with Greek food, dancers and music! This year the festival will feature dancers from mainland Tasmania, and a number of lectures held at the University of Tasmania all about Greek history and culture! The festival always draws a large card and is a must-do Hobart event!

The festival will be held on the 15th of March this year and there will of course be plate-smashing as well!

*Do you have a specific office space / hall for your community?*

Hellenic House is an iconic Hobart building and is the centre of the Greek Orthodox Church and Benevolent Society of St George in Hobart. The huge blue and white house is located on Federal street and is open to all.

“A mixture of culture’s come here to actually support it, I’m Italian and I’m here everyday” said a gentleman sitting outside the Greek community’s building.

*What services you provide or can provide to your community members?*

Many of the older men in the community hang out at the Hellenic House regularly. There is a café at the front, and it is a great place for the community to socialise and play cards.

“We’ve got a little school, a Hellenic cultural studies school. We do the dancing; we’ve got a little church” Says Nick.

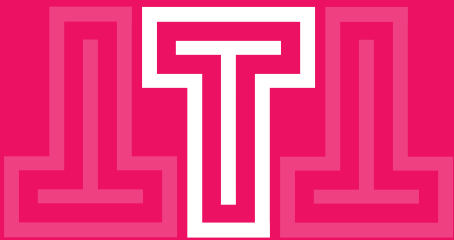
“We have kid’s classes after school, where they come here for an hour or so, and then after that we have adult classes that anyone can come too”

The Italian club and the Greek club also join forces in their love of soccer. When Juventus play Olympia, the very first game of the year it’s a spectator event.

*Current Postal address / website*

Postal Address:  
Hellenic House, 67 Federal Street,  
North Hobart TAS 7000

Website:  
<https://www.greekcommunitytas.com.au>



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## Association of Ukraines in Tasmania – Interview with Marina (President)

*When did community organization/ society come into existence?*

The association of Ukraine’s has a long history in Tasmania. Marina explains “We are a state-wide body but when it first started there were two associations – one in Hobart and one in Launceston. That arose because people came to Tasmania after WWII, so 1948-1952, and then they formed their own bodies. The one in Hobart started in 1954 and the one in Launceston in 1959 and then they came together in 1961”

*What festivals /key events are celebrated?*

The association of Ukraines in Tasmania have three key events that they gather for. “One is Malanka, which is New Years and that’s held on the 14th of January. Then the Ukrainian independence day which is only recent, from 1991, and we celebrate that on August the 21st. We also have a gentlemen called Taras Shevchenko who is the William Shakespeare of Ukrainian

literature, if you like, but also was a prominent freedom fighter and artist and political thinker, so we celebrate his day in March”

“We usually commemorate the Holudomor which was an enforced famine imposed by Stalin from 1932 to 1933 in Ukraine which killed millions of people, so we commemorate that on the 24th of November”

“For the first three dates we have an event of sorts, Malanka and our independence are probably the biggest. The Holudomor is a commemoration so it is a church service, or we screen a film or something to acknowledge it” says Marina.

*Do you have a specific office space / hall for your community?*

The community have a building at 185 Main Rd Moonah. Marina says “It’s a hall and it has a tenant in it so if people want to, so if the community want to

book it they can get in contact with us if they want to use it for a community event”

*What services you provide or can provide to your community members?*

“We meet once a month as a community, on the fourth Sunday in the month. We usually have a barbeque and people bring a plate to share or a salad or desert, and we just gather. It is quite informal

“We have a church service! So, we have a priest who comes down from Melbourne on the fourth Sunday of the month, usually, and we have a chapel and the service starts at 10 – that is the Catholic Ukrainian rite, Byzantine.

“Basically, if people need help or want to find out information about migration services or they want to connect with family, these sorts of things, then we can provide advice around they can find information

“We also have a choir as well called the Ukrainian Community Choir which people, if they know Ukrainian can participate. We have had a dance group at various times but not at the moment. We also can tell people about where they can go if they want to learn Ukrainian as well. We have a group that meets on Thursday nights at seven, who are intermediate speakers of Ukrainian and they meet together to practice” Says Marina.

*Current Contact Information*

Email Address: [ukesintas@gmail.com](mailto:ukesintas@gmail.com)

Phone number: 62734471

*Any other information*

“The community welcomes all descendants of Ukrainian settlers, new arrivals and those interested in learning more about Ukrainian language and culture to contact the association!”

*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”.*



# Sikh Society of Tasmania – Interview with Kushpreet (vice president)

*When did the Sikh community come into existence?*

Sikh’s have a long history in Tasmania; however, the society is only a recent establishment. Sikh’s have been in Tasmania since 1949, says Kush, but they only “established the Sikh Society of Tasmania in 2011 or maybe 2012. A guy named Marinder Gill, he started the association”

Tasmanian Sikh’s started meeting casually every Sunday and eventually started meeting as a society in Seven Mile Beach, where they are located at the moment.

*What festivals / key events are celebrated?*

“There is a big festival called Vaisakhi, that we celebrate every year on 13th of April. It is celebrated all over the world,

wherever Sikhs are actually. In India at that time of year, the crops are harvested and that is the farmer’s festival” says Kush.

Vaisakhi is also known as Baisakhi or Vaishakhi and is a historical festival celebrated in both Hinduism and Sikhism. The festival is a commemoration of the formation Khalsa Panth of Warriors under Guru Gobind Singh in 1699. It is considered the event that birthed Sikhism as a faith.

*Do you have a specific office space / hall for your community?*

“We go to 126 Seven Mile Beach Rd. Every Sunday we get together there. More than 200 Sikh people who are living in Hobart get together, they do prayers and cook food for all the people and eat together.

Everyone is welcome and we actually have been getting a lot of visitors recently, they want to know what we do down here.

So, we meet every Sunday but also on special days. Sikhs have a long history, so lots of special days”. Says Kush.

*What services do you provide or can provide to your community members?*

The Sikh community is inclusive of everyone and very welcoming. Kush says the community “do Punjabi classes for the kids who are born and brought up in Australia, so we do Punjabi language classes for them.

We do free kitchen and food services, for anybody! Anybody can come and join.

Some of the festivals in Tasmania like

Harmony week, we participate in that. We bring chai and teach people about Sikhs and this is where most people know us”

*Contact Information*

Website:  
<https://gurdwarananakdarbarhobart.com>

Facebook: Guru Nanak Society of Tasmania – <https://www.facebook.com/hobartgurdwara/>

Email:  
[info@gurdwarananakdarbarhobart.com](mailto:info@gurdwarananakdarbarhobart.com)

*Any other comment of info you feel valuable to share?*

“We welcome everybody” says Kush.

# Tasmanian Muslim Association – Interview with President Kazi

Community profiles by Mackenzie Stolp (Volunteer,Diverse Tassie)

*When did the community organization/ society come into existence?*

“The association started a long time ago – in 1972. At the time there was a small number of Muslim’s living in Hobart. One of them was Imam Sabri Samson who is the main Iman of the Hobart Mosque.

Imam Sabri came to Tasmania for his bachelor’s degree, studying as a schoolteacher. Now he is 73 years old” Says President of the Tasmanian Muslim Association, Kazi.

*What festivals / key events are celebrated?*

The Muslim association celebrate the key events within the Islam calendar, but also holds importance to celebrating with other communities in Tasmania.

“We have a few. The biggest festival we have is a celebration. One is just at the end of Ramadan, and the other one is when Islamic people go for pilgrimage, we remember the sacrifice of Prophet Abraham.

A long time ago, we didn’t have the kind of celebration where all the people come together. It was not like that. People used to enjoy the day with their people only. For example the Bangladeshi’s would celebrate with Bangladeshi’s only, Indians with Indians only. But then

from last year, we started a celebration, multiculturally, where we just organise a venue and all the people from different communities come, enjoy the day and share food. We did it last year and had around 450-500 people attending. This year we had almost 1,000 people attending” said Kazi.

*Do you have a specific office space / hall for your community?*

“The Hobart Mosque was opened in 2001. Before that people used to pray in very small facilities, but then they built the Hobart Mosque. When it was built there was only around 20 people that would come on Friday, we usually get most of the people on Friday prayer and at the time that was only 20 people. But the Mosque is big and can hold actually 280 people.

People asked why we built this mosque so big for only 20 people, but gradually the people have increased and now we are actually getting two Friday prayer sessions – we have made it two because we have the numbers. Each session we get around 300 people, so a total of 600” Says Kazi.

It is also important to note that the University of Tasmania has provided a prayer room for Islamic students. What services you provide or can provide to your community members?

“At the Hobart Mosque we have 5 prayers every day, but the Friday prayer is the special prayer where most of the people come. It is compulsory for all Muslim men to attend the Friday prayer.

Every day you will find people going to the Mosque. We will have meetings and other sorts of activities. We also have a kids school every Saturday at the Hobart mosque where a lot of families come and leave their children for Islamic educations and the parents of the children also have a ‘meet and greet’.

We also have Hobart Mosque open days every year. Occasionally we have speakers from the mainland for a seminar kind of talk on important topic, where all Muslims and non-Muslims can come. We also sometimes do sausage sizzles at the Mosque for the community”

Many private schools contact us and bring their school children to the Hobart Mosque as a part of their education and learning and Iman Sabri will explain the basics of Islam, what Muslim means, what we do as Muslims, and that sort of thing. After giving the basic information, then he allows the students to ask questions. Sometimes we get three to four batches [of children] every month” Says Kazi.

*Contact Information*

GPO Box 434, Hobart 7001

The Hobart Mosque Facebook page is the easiest way to get into contact with the Tasmanian Muslim Association and where to find upcoming events,

*Any other important information*

Kazi wants people to know that “Our Mosque is a very welcoming place. If anyone wishes to visit the Mosque, with their families and children, we are very happy to welcome them. If they let us know earlier then we will make sure someone is there to welcome them, then we can provide them with a visit and some generic information about who are we and what we do as Muslims. We don’t mind having any questions, we respond to questions with respect and honour.

When the Christchurch shooting attack happened, we received lots of flowers, lots of papers and pamphlets from lots of communities and people have come to show their kindness. Together with the support of other communities we feel really strong.

We can have different ideology and different backgrounds, different views, and it is okay to disagree, but we all need to respect each other”

*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”.*



# 491 VISA DECODED

Recently, the Australian Government has made changes to visas which encourage migration to Regional Australia. There are many advantages in migrating to Regional Australia as anyone who lives in Tasmania would recognise. However, simply being willing to migrate to Tasmania does not guarantee the grant of a visa. Potential applicants should be very cautious of promises that visas will be granted simply because a potential applicant is willing to live in Tasmania. It is very important for potential applicants to determine whether their specific circumstances make them eligible to apply for a certain visa. Determining eligibility is, in our experience, best done in consultation with a Registered Migration Agent who will take the time to assess each applicant's eligibility. An in-depth consultation may reveal other

visas for which a potential applicant may be eligible.

Registered Migration Agents are often best placed to advise potential applicants about their visa options. A Registered Migration Agent is not required to have any legal training outside of the training to become a migration agent. Lawyers are generally not permitted to offer migration assistance unless they are also Registered Migration Agents. An Immigration Lawyer is typically a lawyer who is also a Registered Migration Agent. Immigration Lawyers are well placed to advise potential applicants about their visa options and the intricacies of migration law.

It is suggested that a Skilled Work Regional (Provisional) (subclass 491)

visa ('491 visa') is a wide-ranging and easily granted visa for applicants who want to live in Tasmania. This is not the case. Before an application can be made for a 491 visa, applicants need to submit an Expression of Interest for Skilled Migration ('EOI'). An EOI is not an application for a 491 visa. It simply informs the Australian government that a potential applicant wants to migrate to Australia and settle in a specific Regional Area. After an EOI has been lodged, a potential applicant **may** be invited to apply for a 491 visa if they are identified as a skilled worker that a State or Territory government wishes to nominate to migrate to a specific Regional Area. Lodging an EOI **does not** guarantee that an invitation to apply for a 491 visa will be made. Importantly, lodging an EOI does not entitle a potential applicant to a Bridging visa. Potential 491 visa applicants who have lodged an EOI will need to enter or remain in Australia by

holding a different valid visa. There is no cost to submit an EOI and they can be lodged from outside Australia.

Visa Assist Australia has been providing professional services to Permanent and Temporary visa applicants and Citizenship applicants for over 10 years. We also assist current visa holders whose visas have been or may be cancelled on character grounds. Our team of Registered Migration Agents and Immigration Lawyers is well-placed to assist anyone wanting to migrate to Australia. Our head office is in New South Wales and we have been working in Tasmania for over 2 years.

- **Manfred Ewikowski, Visa Assist Australia**

**Solicitor, LLB (Hon D),  
GradDipLegalPractice.**

## A Piano of Tasmania.

Piano's are not meant to move around very much, but since COVID-19 started I've been trying to amuse the residents of Hobart and the Channel by carting my 250kg piano into the streets and onto the beaches and playing: Coningham Beach, Nth Hobart residential areas, Kingston dog beach, Woodbridge just to name a few. You can see video of these events on facebook @APianoofTasmania.

My real purpose has been to simply give people a reason to smile and to know that the world is still beautiful and that current events should not define us. To be honest, I love playing piano, and really enjoy playing everywhere!

It's was fun to watch people respond I stop the car at the beach. "Is that a piano?" they'd be thinking. Then I would start to

unload it "that is a piano!" they'd still be thinking, and they would start to smile. Then as I would start hauling it down to the beach it would tickle something deep inside them – "this guy is going to play a piano on the beach?". They would find a seat somewhere within earshot as I set it up and start playing my first piece. And then people would carefully gather, making sure to remain a good social distance from each other. Even people who wouldn't normally listen to contemporary classical piano would love

But lately, even though I want to play at the top of Mt Wellington, due to the lock-down, I've been playing at home and in my front yard. Hobart Hit 100.9 Jimmy and Nath have promised to make Mt Wellington happen after the virus. I also have plans to have the piano on a wooden boat on the Huon River, and in a Cow paddock at the foot of Mt Rowland. Actually, followers have suggested more than 100 locations for me to play at once we are allowed out – and it will be my pleasure to oblige them!

it just because of the novelty value. It was so much fun! —Kelvin Smith.



### 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](mailto:daycentre@mrctas.org.au). We can also help you to register with My Aged Care to access services.



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# CULTURE CLUB

This exceptional time during the Covid 19 pandemic has meant I am spending my days at home:

I feel very restricted in what I can do and I miss connecting face-to-face with my community.

The first weeks I had to stay at home I felt especially sad and upset about this, now I am trying to make the best of this new reality.

I love food. My passion is fermenting food. Fermenting food helps me connect with my culture.

5 years ago I migrated to Tasmania from The Netherlands, where there is a strong tradition of preserving food through fermenting.

Back in The Netherlands we would get together and ferment cucumbers into sweet and sour pickles, cabbage into sauerkraut and tea into kombucha.

As a way to connect with people in Tasmania, and as a way to share my cultural background, I started a monthly gathering with friends called 'Culture Club' at Source on the UTas campus in Sandy Bay, Hobart.

It is an informal gathering where we share food, recipes and make ferments. Every one is welcome, and the people that come are different every month, but always from many different cultural and socio economic backgrounds, for example international students, older Tasmanians, medical doctors, young mothers and professional chefs.

Some of these people have lots of experience fermenting food and demonstrated their dishes confidently, others share traditional recipes and some people just ask really good questions.

And I have learned a lot about the health benefits of fermented foods too.

What I love especially is that people share about their culture and their country's traditions. I have learned about many traditional foods, including the traditional way to make dosa. And injera. Mustard. Yoghurt. Tempeh. Miso.

I have been learning so much every month the past 5 years. And I have made many friends during these gatherings.

Now that we are not gathering anymore, I very much miss these meetings.

I am trying to navigate the new technology to continue connect with my community. For the first time this month my friend Jo and I are sharing recipes from our personal kitchen via Facebook Live videos on Tuesday 7 April at 6pm. I feel nervous about talking in front of a camera, and I expect I will still be missing



the people connection. But people will be able to watch and comment directly, so I hope they will watch and ask questions.

And it is an opportunity to share what I am currently fermenting at home and ask for tips and ideas. If you missed our April session, you can watch the videos later via our Facebook page 'Culture Club Tasmania'. The next live session will be Tuesday 5th May at 6pm.

At the moment I am fermenting apples from roadside trees into apple cider and vinegar, cabbage, zucchini and carrots from my garden into kraut and pickles and hot chili peppers into a hot sauce. Do you have any good ferments to share?

Please write to [cultureclubtasmania@gmail.com](mailto:cultureclubtasmania@gmail.com)

Take care everyone!

Nico works with the Multicultural Council of Tasmania (MCOT) as Multicultural Community Development Manager, managing the Multicultural Hub in Moonah which is now closed under the current COVID 19 measurements.

During this exceptional time of social distancing Nico is working from home researching and reaching out online to multicultural community groups across Tasmania. MCOT is continuing to advocate and lobby for human rights,

social justice, respect, equality and dignity for multicultural communities via online channels. MCOT asks people to share how the current reality is affecting them MCOT can share cases and raise issues in conversations with government departments. MCOT also has some food vouchers available to offer direct support if needed.

Nico's contact details at MCOT are: [nico.vanleeuwen@mcot.org.au](mailto:nico.vanleeuwen@mcot.org.au) and my number is 0436 360 818



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## JOBKEEPER PAYMENT — INFORMATION FOR EMPLOYERS

## OBLIGATIONS ON EMPLOYERS

To receive the JobKeeper Payment, employers must:

- Register an intention to apply on the ATO website and assess that they have or will experience the required turnover decline.
- Provide information to the ATO on eligible employees. This includes information on the number of eligible employees engaged as at 1 March 2020 and those currently employed by the business

(including those stood down or rehired). For most businesses, the ATO will use Single Touch Payroll data to pre-populate the employee details for the business.

- Ensure that each eligible employee receives at least \$1,500 per fortnight (before tax). For employees that were already receiving this amount from the employer then their income will not change. For employees that have been receiving less than this amount, the employer will need to top up the payment to the employee up to \$1,500, before tax. And for those employees earning more than this amount, the employer is able to provide them with a top-up.
- Notify all eligible employees that they are receiving the JobKeeper Payment.
- Continue to provide information to the ATO on a monthly basis, including the number of eligible employees employed by the business.

## BACKGROUND ON JOBKEEPER PAYMENT

Under the JobKeeper Payment, businesses impacted by the Coronavirus will be able to access a subsidy from the Government to continue paying their employees. Affected employers will be able to claim a fortnightly payment of \$1,500 per eligible employee from 30 March 2020, for a maximum period of 6 months.

## ELIGIBLE employers

Employers will be eligible for the subsidy if:

- their business has a turnover of less than \$1 billion and their turnover will be reduced by more than 30 per cent relative to a comparable period a year ago (of at least a month); or
- their business has a turnover of \$1 billion or more and their turnover will be reduced by more than 50 per cent relative to a comparable period a year ago (of at least a month); and
- the business is not subject to the Major Bank Levy.

The employer must have been in an

employment relationship with eligible employees as at 1 March 2020, and confirm that each eligible employee is currently engaged in order to receive JobKeeper Payments.

Not-for-profit entities (including charities) and self-employed individuals (businesses without employees) that meet the turnover tests that apply for businesses are eligible to apply for JobKeeper Payments.

## ELIGIBLE employees

Eligible employees are employees who:

- are currently employed by the eligible employer (including those stood down or re-hired);
- were employed by the employer at 1 March 2020;
- are full-time, part-time, or long-term casuals (a casual employed on a regular basis for longer than 12 months as at 1 March 2020);
- are at least 16 years of age;
- are an Australian citizen, the holder of a permanent visa, a Protected Special Category Visa Holder, a non-protected Special Category Visa Holder who has been residing continually in Australia for 10 years or more, or a Special Category (Subclass 444) Visa Holder; and
- are not in receipt of a JobKeeper Payment from another employer.

If your employees receive the JobKeeper Payment, this may affect their eligibility for payments from Services Australia as they must report their JobKeeper Payment as income.

## APPLICATION PROCESS

*Businesses with employees*

Initially, employers can register their interest in applying for the JobKeeper Payment via [ato.gov.au](http://ato.gov.au) from 30 March 2020.

Subsequently, eligible employers will be able to apply for the scheme by means of an online application.

The first payment will be received by employers from the ATO in the first week of May.

Eligible employers will need to identify eligible employees for JobKeeper Payments and must provide monthly updates to the ATO.

Participating employers will be required to ensure eligible employees will receive, at a minimum, \$1,500 per fortnight, before tax.

It will be up to the employer if they want to pay superannuation on any additional wage paid because of the JobKeeper Payment.

Further details for businesses for employees will be provided on [ato.gov.au](http://ato.gov.au).

*Businesses without employees*

Businesses without employees, such as the self-employed, can register their interest in applying for JobKeeper Payment via [ato.gov.au](http://ato.gov.au) from 30 March 2020.

Businesses without employees will need to provide an ABN for their business, nominate an individual to receive the payment and provide that individual's Tax File Number and provide a declaration as to recent business activity.

People who are self-employed will need to provide a monthly update to the ATO to declare their continued eligibility for the payments. Payment will be made monthly to the individual's bank account.

Further details for the self-employed will be provided on [ato.gov.au](http://ato.gov.au).

*Employer with employees on different wages*

Adam owns a real estate business with two employees. The business is still operating at this stage but

Adam expects that turnover will decline by more than 30 per cent in the coming months. The

employees are:

- Anne, who is a permanent full-time employee on a salary of \$3,000 per fortnight before tax and who continues working for the business; and

- Nick, who is a permanent part-time employee on a salary of \$1,000 per fortnight before tax and who continues working for the business. Adam is eligible to receive the JobKeeper Payment for each employee, which would have the following benefits for the business and its employees:

- The business continues to pay Anne her full-time salary of \$3,000 per fortnight before tax, and the business will receive \$1,500 per fortnight from the JobKeeper Payment to subsidise the cost of Anne's salary and will continue paying the superannuation guarantee on Anne's income;

- The business continues to pay Nick his \$1,000 per fortnight before tax salary and an additional \$500 per fortnight before tax, totalling \$1,500 per fortnight before tax. The business receives \$1,500 per fortnight before tax from the JobKeeper Payment which will subsidise the cost of Nick's salary. The business must continue to

pay the superannuation guarantee on the \$1,000 per fortnight of wages that Nick is earning. The business has the option of choosing to pay superannuation on the additional \$500 (before tax) paid to Nick under the JobKeeper Payment.

Adam can register his initial interest in the scheme from 30 March 2020, followed subsequently by an application to ATO with details about his eligible employees. In addition, Adam is required to advise his employees that he has nominated them as eligible employees to receive the payment. Adam will provide information to the ATO on a monthly basis and receive the payment monthly in arrears.

*Employer with employees who have been stood down without pay*

Zahrah runs a beauty salon in Melbourne. Ordinarily, she employs three permanent part-time beauticians, but the government directive that beauty salons can no longer operate has required her to shut the business. As such she has been forced to stand down her three beauticians without pay.

Zahrah's turnover will decline by more than 30 per cent, so she is eligible to apply for the JobKeeper Payment for each employee, and pass on \$1,500 per fortnight before tax to each of her three beauticians for up to six months. Zahrah will maintain the connection to her employees, and be in a position to quickly resume her operations.

Zahrah is required to advise her employees that she has nominated them as eligible employees to receive the payment. It is up to Zahrah whether she wants to pay superannuation on the additional income paid because of the JobKeeper Payment.

If Zahrah's employees have already started receiving income support payments like the JobSeeker Payment when they receive the JobKeeper Payment, they will need to advise Services Australia of their new income.



# Information on COVID-19 for pregnant women

By Harmony Alliance: Migrant and Refugee Women for Change & The Royal Australian and New Zealand College of Obstetricians and Gynaecologists

Pregnancy is a time of great joy and expectation for most women and their families. Following the declaration of the COVID-19 (coronavirus) pandemic, we understand that all pregnant women will feel a great sense of anxiety, about their own health, and that of their unborn, or newborn, baby. The following information summarises our current knowledge of the impact of COVID-19 and pregnancy on you and your baby.

## Are pregnant women more vulnerable to COVID-19?

Pregnant women should be considered a vulnerable, or at-risk group, due to changes that occur in a woman's body during pregnancy. However, at this time, pregnant women do not appear to become more severely unwell if they develop COVID-19 infection than the general population. It is expected the large majority of pregnant women will experience only mild or moderate cold/flu like symptoms. Unfortunately, no vaccination is currently available for COVID-19.

## Does COVID-19 cause miscarriages?

For women who are trying to conceive, or who are in early pregnancy, there is no evidence to suggest an increased risk of miscarriage with COVID-19.

## Can I pass COVID-19 to my unborn baby?

There is no evidence that the virus can pass to your developing baby while you are pregnant (this is called vertical transmission) or that the virus will cause abnormalities in your baby. There is no evidence that caesarean section or induction of labour is necessary to reduce the risk of vertical transmission. If a woman has COVID-19 infection, or has had significant exposure, unless there are immediate risks to her health, or other obstetric indications, elective caesarean section or induction of labour should be delayed, if possible.

## Does COVID-19 cause birth related complications?

Some babies born to women with symptoms of COVID-19 in China have

been born prematurely.

It is unclear whether coronavirus was the causative factor, or the doctors made the decision for the baby to be born early because the woman was unwell. Newborn babies and infants do not appear to be at increased risk of complications from the infection.

## Should I continue my antenatal care during COVID-19 pandemic?

Routine antenatal investigations, ultrasounds, maternal and fetal assessments should continue, allowing for the modifications below. While it will not influence response to COVID-19 infection, whooping cough and influenza vaccination should continue to be administered in pregnancy.

Changes to routine antenatal care, that have been suggested, but are not limited to, include:

- Reducing, postponing and/or increasing the interval between antenatal visits
- Limiting time of all antenatal visits to less than 15 minutes
- Using telehealth consultations as a replacement, or in addition to, routine visits
- Cancelling face to face antenatal classes
- Limiting visitors (partner only) while in hospital
- Considering early discharge from hospital

## Is it safe to give birth in hospital?

The safest place to birth your baby is in a hospital, where you have access to highly trained staff and emergency facilities, if they are required. A woman's experience of labour and vaginal birth, or caesarean section, including use of analgesia e.g. epidural, should not be significantly impacted and women should be encouraged, and supported, to approach their birth as planned.

## Is it safe to breastfeed?

Women who wish to breastfeed should be encouraged and supported to do so. There is no current evidence that the virus is carried in breastmilk and, therefore, the well-recognised benefits of breastfeeding outweigh any potential risks of transmission. If the mother has COVID-19 infection she should not be automatically separated from her baby, but should take enhanced precautions with general hygiene and consider a face mask when feeding.

## What general hygiene measures should I take?

- Hand washing regularly and frequently with an alcohol-based hand rub or soap

and water

- Avoidance of anyone who is coughing and sneezing
- Avoid touching eyes, nose and mouth
- Social-distancing and reducing general community exposure
- Early reporting and investigation of symptoms
- Prompt access to appropriate treatment and supportive measures if infection is significant
- Limit support person to one and if your partner has COVID-19, or is symptomatic, they should not accompany you to the hospital
- Avoid all non-essential travel. Generally speaking, it is safest to stay at home and to avoid public spaces. Reduce your use of public transport and work from home, if possible.

## What should I do if I have COVID-19 symptoms?

If you develop cold/flu symptoms (fever, cough, sore throat, nausea, vomiting, diarrhoea, fatigue, difficulty breathing) please arrange an urgent medical review (fever clinic, GP practice, Emergency Department). If you have any of these symptoms, or are required to self-isolate, or are diagnosed with COVID-19, you should notify your healthcare provider.

## Who should I talk to if I have concerns?

Pregnancy and parenting are associated with anxiety and depression and the current environment will only exacerbate this risk for women, their partners and families. Screening, diagnosis, management and services for perinatal anxiety and depression, substance misuse and domestic violence must continue. Seek advice and help from your health professional if you are concerned.

Your doctors, midwives and other health workers care about you and your baby. We understand that you will feel worried. Rest, eat well and maintain your interests, where possible. Your baby's best protection is you, so caring for yourself, your emotional and physical health, is what is most important. We want to reassure you that the risk to you, and your baby, is extremely small and wish you every happiness.

*Harmony Alliance: Migrant and Refugee Women for Change is a member-driven organisation, providing a platform for women from migrant and refugee backgrounds to advocate on issues that matter to us.*

*The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG) is the lead professional training and standards body in women's health in Australia and New Zealand.*



**The Royal Australian and New Zealand College of Obstetricians and Gynaecologists**  
**Excellence in Women's Health**





Australian Government  
Department of Health

## FACT SHEET NATIONAL HEALTH PLAN

### SUPPORTING TELEHEALTH CONSULTATIONS

#### Helping you get your medicine if you are confined to your home

As part of the National Health Plan, telehealth can now be bulk-billed and Electronic Prescribing is being fast-tracked, with work to upgrade the doctor and pharmacy software well underway. It is expected to be ready by May 2020 (refer to the fact sheet here) but there are options immediately available to support telehealth services so you can get medicine sent directly to you at home.

#### How do I get medical services if I can't leave my house?

Doctors, nurses and mental health professionals are able to deliver bulk-billed services via telehealth until 30 September 2020 via phone or video conferencing. More information on telehealth can be found here.

#### How do I get a prescription if I have a telehealth consultation?

Your doctor will still create a paper prescription during your telehealth consultation.

They can also create a clear copy of the entire prescription (a digital image such as a photo or pdf) to send to your preferred pharmacy via email, text or fax for delivery of your medicine to your home.

If you prefer, your doctor can send your paper prescription to you in the mail, allowing you, a family member or friend to obtain your medicine from the pharmacy of your choice.

Prior to your telehealth consultation, you may wish to consider the following:

- If you do need a prescription and would like your medicine delivered to your

home, which pharmacy would you like your doctor to send your prescription to?

- You may also like to contact your pharmacy and ask if they have your medicine in stock and confirm if they are providing home delivery services.

- Confirm that your doctor has your current address on their system.

#### How do I get my medicines if I'm confined to home?

If you have asked your doctor to send on a copy of your prescription to your pharmacy, your pharmacy will deliver your medicines to the address on your prescription and discuss payment arrangements.

If you have chosen to receive your prescription via mail, a family member or friend can obtain your medicine from your pharmacy on your behalf.

#### How do I fill an existing prescription or repeat if I am confined to my home?

If you have an existing paper prescription or repeat and are confined to your home, you will need to ask someone to visit your

pharmacy on your behalf with the paper prescription. If this is not possible you can obtain a new prescription from your doctor via a telehealth consultation and ask your doctor to send on a copy of your prescription to your pharmacy.

*Please note: these interim arrangements are temporary and will cease in accordance with the COVID-19 National Health Plan telehealth measure (currently ceasing on 30 September 2020).*

**Guide issued 2 April 2020**  
<https://www.health.gov.au>

ADVERTISEMENT

**Madeleine OGILVIE MP**

**YOUR INDEPENDENT MEMBER FOR CLARK**

Please get in touch if I can help

Ph 03 6212 2383

[Madeleine.Ogilvie@parliament.tas.gov.au](mailto:Madeleine.Ogilvie@parliament.tas.gov.au)



## Murals for Hobart Baptist Church—Michael Henderson



*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".*



# How do we build community online?

By Matt Garvin, Senior Pastor, City Wide Baptist Church

As I write this my head is spinning a little. It is Good Friday and I have just conducted my first statewide online church service attended by about 200 people.

The service featured bible readings and prayers in both Nepali and English as well as a children's song, a number of reflections and a beautiful rendition of "Amazing Grace" on the saxophone. There were about 20 people actively involved in leading the service... and none of them (or the other 180 people joining us) left their homes.

This is the new normal.

One of the questions facing religious leaders like me, but also leaders of community organisations and businesses is "How do we build community online?" It is a vital question because all the research shows just how dangerous social isolation is.

So far I have been pleasantly surprised by what is actually possible through software platforms like Zoom, Skype, Facetime, Youtube and Facebook. Most of our church members have made the transition, and some are already starting to talk about keeping some kind of digital connection in addition to face to face meetings when the restrictions are lifted.

The way we think about building community has had to change. Normally churches like ours are focussed on the once a week meeting, with perhaps one other small group through the week.

In this new digital world we are finding that we need more regular, and shorter, communication than we were previously used to.

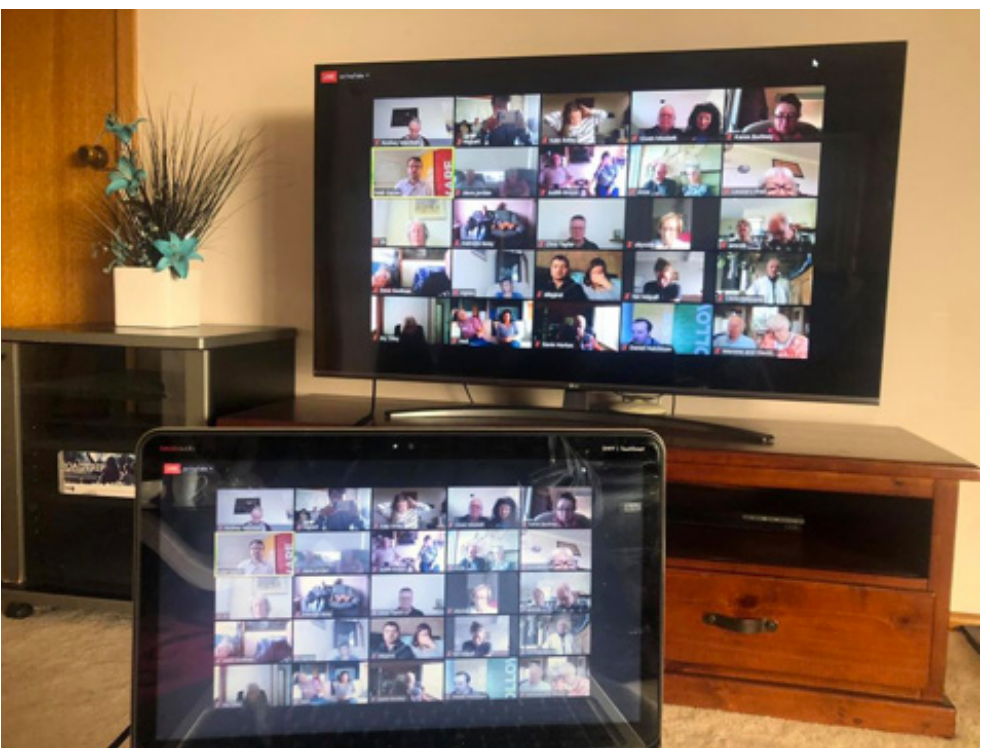
Something else has changed too. I have been fascinated to watch American talk show host, Jimmy Fallon, who is recording 'the Tonight Show' from his home, filmed by his wife and starring his daughters. I have a sense that this might be the new kind of leadership that is needed in this moment: heavy on authenticity, and light on perfection.

For those of us trying to hold communities together things have become busier than ever. Each day I talk with 40 - 50 different people, most of them in little boxes on my screen. I also seem to be sending more email and responding to more Facebook, google and text messages than I ever considered possible.

All of us have been adjusting to a lot lately, and we will all continue to adjust. While we all look forward to the day we can meet in person once more, we will continue to explore what it means to build community in a digital world, because we must.

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## INTRODUCING - COMMUNITY ACTION GROUP COVID- 19

*Deepavali Tasmania Inc, Diverse Tassie, Guru Nanak Society of Tasmania Inc, Gujarati Community of Hobart Inc, Hindu Society of Tasmania Inc, Hobart Malayali Association Inc, Indian Cultural Society of Tasmania Inc, Inter Cultural Sports League Inc. Nepali Society of Tasmania Inc, Sri Lankan Community of Southern Tasmania, Tamil Association of Tasmania Inc, Telugu Association of Tasmania, Tasmania Kannada Association*

CAGT is the joint front of Indo-ethnonym Cultural community Organisations formed to respond to issues affecting the communities.

We as humanity realise that we are facing an unprecedented crisis in the history, which affects one and all without exception. Shocked by this colossal fact, some of our communities have formed an action front 'Community Action Group Tasmania- COVID 19' (CAGT) for responding to emerging issues to the extent we could. This is a forum open to all communities.

The impact of Coronavirus is so profound that it has affected every level of our existence as nothing else before. We as

humanity are in this together and resolve to stand firm in togetherness to meet the challenges as long as it is necessary. We draw strength and sustenance from each other while embracing the community at large. First time we realise that there are no individual solutions and humanity is facing this together. The crisis is not somewhere out 'there' but it is 'here' in our consciousness-in each of us. What each of us do, matters more than at any other time.

It's important to establish communications amongst ourselves and with the leaders of the Governments, the Local Councils and mentors as we face the challenges ahead. Crisis is here for a long haul. The communities need to come together in drawing strength and support from each other. We are already rallying together (as individuals and communities) in acts of kindness to the vulnerable by providing food groceries and financial help.

The journey to recovery and resurgence is arduous and demands a level of patience which we are unused to. Our lifestyles would be changed radically? We have to learn to live with ourselves, family and communities in

new ways eg. Become teachers for kids and so on .....

The post virus world would change beyond belief starting with the change of values - way of all life sharing the planet. As these changes unravel we have roles to play - we need the grace of insights.

In a Crisis of this scale, we are humbled and unconsolated. We invoke the guidance of the light of infinite compassion and wisdom which is the source of one life of which we all are a part.

The objectives of the CAG COVID -19 Group:

1. Provide support to all the Governments' efforts to Control Covid 19 and to encourage the members to actively participate in these efforts.

2. To establish dialogue with governments, Local councils, media and any other institutions to bring up the issues faced by the community, especially the vulnerable sections of the community.

3. To form volunteer groups to help weaker members of the community food groceries delivery etc.

4. Campaign relentlessly to promote the health and safety measures that are notified by the Governments' and all allied institutions. Take all efforts to disseminate and educate communities on the need to change to new habits of observance of procedures and practices.

5. To keep the spirits of the communities up and optimistic. An anxious community is unlikely to observe the vigil - to stay animated and engaging. How ?



*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".*



## RECIPE OF THE MONTH

Authentic Traditional Immune Boosting Drink:

### Ingredients

¼ cup ginger (peeled and washed)  
¼ cup garlic cloves  
1 cup lemons (juice)  
1 cup apple cider vinegar  
½ cup honey  
2 cups water

### Preparation

Blend the ginger and garlic in a blender with 2 cups of water  
Transfer these into a frying pan  
Add the apple cider vinegar and stir continuously  
Boil this on simmer until it reduces to half  
Pass this through a strainer  
Add lemon juice and honey while concoction is still hot  
Store this concoction in a glass jar after it cools down to room temperature

### Consumption

Adults – A tablespoon of this drink every morning on an empty stomach.  
Kids (3 years and up) – 1 teaspoon every day after a meal.

—By Chef John paul (<https://food.manoramaonline.com/food.html>).

## Coping with Corona

By Tara Bufton

Watching as the world learns to cope with a pandemic has given me some insights into mental health care that I didn't really have before.

When I say I didn't really have the insights before, I mean I understood on some level that humour helps us cope with fear; I understood on some level that everyone is susceptible to mental health challenges; and I understood on some level that we all have different needs when we feel stress coming on. But I didn't fully get it until the last few weeks.

My son was unsure about his work situation, things were slowly eroding his sense of certainty and ease about the future. Meanwhile I was feeling the same about my own future. I was constantly checking covid-19 updates with some sense that I could have more control over the outcomes if I knew every progression in the spread of the virus- how, who, what, where and when.

I needed to talk. I needed to share. I needed to talk some more.

When my son asked to be left alone – to be given some space just to be in his own company in his own room – I didn't understand. I thought that it couldn't possibly help – because it was the complete opposite to what makes me feel better.

I tried to make conversation with him to help him – to chat – and even to broach some discussion about work and corona virus and future plans.

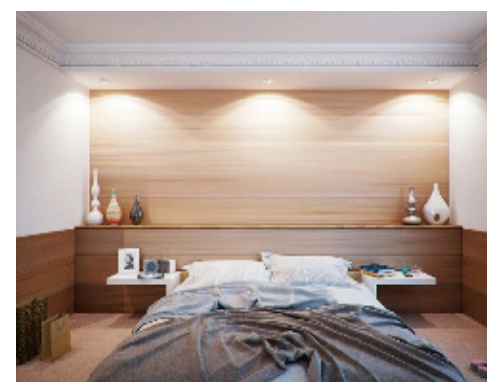
He stared at me – silent but clear. He wanted me to leave him the fuck alone – like he had asked me to.

And that's when I really got it – although we are all the same in many ways, we are also very different. Talking it out helps me. Finding quiet and peace alone helps my son.

What helps you?

I think we kinda all know what we need to manage our mental health – it's just about finding how to ask for it... and then finding how to keep asking until other people understand that what you need is not necessarily the same as what they need.

So, tell me again – what helps you feel a little better?



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## Business Tasmania—Small Business Emergency Grants round 2 open

8 April 2020

Sarah Courtney, Minister for Small  
Business, Hospitality and Events

Further support for Tasmanian small  
businesses

The safety and security of Tasmanians is  
our number one priority as we face the  
challenge of the coronavirus pandemic.

The Tasmanian Government recognises  
the significant impact the unfolding  
COVID-19 situation and the associated  
trading restrictions are placing on  
Tasmanian small businesses.

To ensure we continue to be responsive to  
the current gaps and needs of Tasmanian  
small businesses, further support is  
being made available for Tasmanian  
businesses through the extension of the  
Small Business Emergency Grants, and  
the introduction of the Small Business  
Hardship Grants.

Round 2 of the Emergency Grants are now  
open, with grants of \$2,500 available to  
those businesses under severe hardship  
and who have not yet received funding  
under the first round.

For the purpose of this Round, the  
definition of small business has been lifted  
to having less than 25 FTE employees,

and the eligibility is no longer limited  
to targeted areas but is available to any  
business experiencing severe hardship  
that meets the criteria of a loss in revenue  
of greater than 30 per cent.

In addition, we will be opening the Small  
Business Hardship Grant, where \$20  
million has been allocated to provide one-  
off grants of \$15,000 to those businesses  
who have been highly impacted by the  
COVID 19 restrictions and experiencing  
significant hardship.

To be eligible for the Hardship Grant,  
businesses must demonstrate severe  
hardship, show they are able to operate  
in the current environment and provide  
necessary products and services to the  
community, or are in strong positions  
to continue to support local jobs and  
economic growth into the recovery  
phase.

Applications for the grants will be  
individually assessed on a case-by-  
case basis, with payments to be made  
to approved applications as quickly as  
possible.

All applicants are recommended to  
register for the Australian Government's  
JobKeeper payment.

Further information about the grants is  
available at [www.business.tas.gov.au](http://www.business.tas.gov.au).



# EXPERT<sup>TM</sup>

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