



HAPPY CHRISTMAS & HAPPY NEW YEAR

-DIVERSE TASSIE



Diverse Tassie

Bringing communities closer every day

Edition 15 December 2020

FREE

Let's Live in Harmony

Community Person from the Nepalese Community -- -- PUNAM PANTA

A video clip from a CCTV camera caught my attention last week on social media. It was of 2 youth breaking into an Indian Grocery store in Moonah. I was a little bit shocked specially because I read comments that it was the second time it happened to them. I really felt for the owners as I know them, and they are a hard-working family who have always been there for the community. Moonah is a suburb in Hobart which is only 5km north of the Central Business District. I arrived in Tasmania in early 2016 and have seen that suburb grow with people from different multicultural backgrounds. Our own Nepali community has grown in vast numbers in Moonah and Glenorchy. We currently have multiple Nepali Businesses in that suburb. Naturally I was very concerned to see that social media footage. Then I learnt two of our Nepali businesses were also vandalised that same week. We were only starting to talk about the vandalism in the community when I had a call from one of the Nepali Business owners in the area. What he told me; I was dumbstruck! In his case, it developed into an assault. Two youth came in, misbehaved and when they were asked to leave, he was dragged outside and beaten with a rod. This all happened early evening. One of his staff members had taken a video clip from the mobile.

The person who got attacked did the right thing and called the Police. It was good that there was a video clip. Police informed they may know the duo and then he was informed they were arrested. What he tells me is he did not feel the pain that day. He woke up the next day happy the duo was arrested but felt pain and went to the doctors. Mentally he was

feeling ok but then that did not last. He learnt in the afternoon that Police had released the two after 8 hours. That is all he knows! He does not know if they were charged or not, if they are on bail or not. One can imagine the fear now in him and the staff at the business. They are living with fear these two youths will come back to take revenge. The Police simply asked to go to the court to get an injunction order if they don't want those youths in there, a process that could take a good few days. He does not have the luxury of a few days because he had to open for business the next day.

Talking to people in that area, seems like everyone is now scared. When I got a call from the business owner, he was in shock mode. Not just mentally but physically too. He had felt no pain but went to doctors the next morning as he felt slight pain. By next night, he had started to come out of shock and was feeling the physical pain more. So much so that he went to the Emergency at the Hospital. After a week now, he tells me his legs still hurt. I did ask what we can do now and what would he like to see done? It is a tough one! In our country, with such proofs like video clips, charges can be laid. Here we don't know what has happened. In the process of trying to understand the system, we learnt from Mr. Josh Willie who is the Member for Elwick in the Tasmanian Legislative Council, that if charges were laid then he two youth would have been told not to enter the same business premises again. One of the youths did go back in there within 2 days (better behaved) so we just have to assume that charges were not laid. But if charges were not led, on what premises were they released?

This particular person that has gone through trauma has been talking to people in that area, talking to businesses in that

area. I have been speaking to people too. We just want to raise awareness of what is happening in the area. I know there are wonderful people that live in the area and now everyone should be visible and look out for each other. I also heard that other businesses from non-multicultural groups have been vandalised too. I don't know the exact total numbers of all businesses, but I do know 2 Indian and 3 Nepali Businesses have suffered with one assault case.

Moonah and Glenorchy are where a lot of different ethnic groups live. It is one of the most multicultural parts of Hobart.

I hope the government picks this up and starts looking at how to prevent these things. How to also install confidence in people that the system is with them and they don't need to be fearful. I did hear that the Police have also got a dedicated person to look after multicultural groups. I am not sure how true that is but sounds like a great plan to look into if it is not true.

For now, we continue to support the businesses that got attacked and are still scared of comeback attacks. I hope every business owner reading this is vigilant and all other community members are looking out for each other. I love going to Moonah for all the multiculturalism I feel there and want to continue to enjoy that feeling.



EAT, DRINK & BUY
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BUSINESSES

DIVERSE TASSIE

It's Time

Some say Cricket is a gentleman's game, Some say women are not strong enough to hit a boundary, Some say women's cricket is no fun, Some say women's cricket is boring, Defining all odds, having grown up watching mostly

men play cricket in their respective countries, Here we have the "Tassie Superstars" coming out in this land of equal opportunities and finally seeing a pathway where they can live their dream of playing the game they loved so much.

Tassie Superstars as of now is a team made up of players from 6 different

countries and ready to have more. The girls are out to have fun and break all the stereotypes

The Intercultural Sports league is proud to present Tasmania's first women's multicultural cricket team, powered by Expert Education and Visa Services, Hobart.

If you are keen to play please contact ICSSL for further details.

All the cricket lovers over there let's support these girls who are out to make a difference.



Josh Willie MLC

Labor Member for Elwick



"Proudly supporting Tasmania's multicultural communities."

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Christmas to you
and very best
wishes for 2021



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MENTAL ILLNESS IS COMMON.

One in five (20%) Australians aged 16-85 experience a mental illness in any year.

If you're worried about your own or someone else's mental health, start the conversation and access support. Visit www.staychatty.com.au/get-help for a list of services.
Source - The Black Dog Institute (1)

Philippines Association of Tasmania

Diverse Tassie team caught up with recently elected president Joel Ortiz of Philippines Association of Tasmania who is keen to build relationships across communities. Joel who is currently serving a Multicultural Pastor at Hobart Baptist Church & on board of Multicultural council of Tasmania is very passionate about being part of broader community and use his people skills to help those in need.

Please introduce yourself to our readers a bit about your move to Tasmania and your experience living here?

I moved to Hobart on 4 September 2011 from the Philippines. My wife, Tracy, and our two daughters, Ezzy and Kaya, who are Australian citizens, came in

January of that year; I was delayed due to the processing of my documents to migrate here. I 1 Tuesday, 1 December 2020 have always love Hobart, and Tasmania, it's natural beauty, where the old and new are creatively blended together. I've always been impressed by the friendliness of the people since my first visit in December 1992.

When was the Philippine association established in Tasmania ?

The PhilippinesAustralia Community of Tasmania, Inc., on 12 September 1996, Hobart.

Do you know the estimate of how many people from philippines are currently living in Tasmania?

As per data available from local government website on 1st December 2020 State Growth Tasmania: the Filipino Population 2,194 (profile.id.com.au)

4. What is the core vision and purpose of Philippines association ? How do you plan to lead as current elected president ?

"To protect and preserve the image of the Filipino culture." (Please see attached. Provisions from its constitution.) Together with the Board of Management we are committed to the objects and purposes of P.A.C.T., Inc. as stipulated in its constitution. I dream of leading PACT to be a home where everyone belongs, 3 Tuesday, 1 December 2020 where people from other cultures are welcomed; a haven for Filipino-Australians to

celebrate our identity and cultural mix; and to be a dynamic community where our faith, hope, and love for God and for each other are nurtured.

5. What are the key events celebrated in Tasmania by your group?

The two key events are: 1. Philippines Independence Day Celebration, June 12. 2. Christmas celebration in December. This year it will be a whole day family event on 19 December at the Montrose Bay Yacht Club. It will be festive, a fun day for families, friends, food, 4 Tuesday, 1 December 2020 and much more! Come and celebrated with us.

6. Would you like to add anything else ?

Merry Christmas to all! ! Maligayang Pasko sa lahat!



Bring the Culture of Afghanistan to Moonah

The Zafira Café, Tasmania's only Afghan café, located in Gormanston Road, Moonah has launched a new Cultural Experience for its customers. And it's proving to be a great success.

Zafira Cultural Officer, Najibeh Jafari introduces customers to the world of Afghan hospitality and traditions, talks about her experiences and challenges coming to Australia as a refugee, what it means to be from the Hazara minority of Afghanistan and being a Shia Muslim. Participants get the chance to do some cooking, see Afghan food being prepared and even learn some basic words and phrases in Hazaragi, the language of the Hazara people of Afghanistan.

As Najibeh explains: "Most people have

such a negative view of Afghanistan based on what they see in the media. We are trying to show people that there is more to Afghanistan than war and terrorism. We come from an amazing country with a rich culture and traditions!"

The café has hosted several school groups, groups of customers and even a couple of local politicians since launching the Cultural Experience in September. The authentic setting, the beautiful displays of Afghan costumes and photographs provide participants with a real insight in a very different world from Australia.

"By sitting in the traditional eating area of the café cross legged on the cushions, our students gained a different perspective on life in a very different

country from Australia. It's a really practical, enjoyable way for students to learn and they really enjoyed the hands-on experience," said The Friends School, teacher, Stacey Pryer.

Zafira Café has also just started Afghan Cooking classes where participants get to learn how to make a range of simple Afghan dishes including the popular bolani – a flatbread filled with potato, coriander, chilli and spring onion. These will take place on Saturday afternoons and Wednesday evenings with a schedule of classes being advertised in the New Year.

Currently the Zafira Cultural Experience operate twice a week, on Tuesdays at 11.30am and Saturdays at 2pm and goes for about 1.5 hours. The Afghan Cooking classes will run monthly.

There are discounts available to groups and for students. Adult prices start at \$30 per head for a one and half hour experience that includes a small meal of delicious Afghan food. Bookings for the Cultural Experience and Cooking Classes can be made by telephoning or messaging 0418990315 or by emailing Zafira Café on: zafiramoona@gmail.com.

Friends of Zafira (Zafira Dostan)

Zafira Café which employs people former refugees from Afghanistan is supported in its work by Friends of Zafira, which raises funds to provide training, employment and social connection for former refugees and refugees who have arrived in Australia by boat.

Its work has included funding an interpreter to work with women from the Afghan community in Hobart to learn food handling and infection control practices so that they can sell food in local markets around Hobart over Summer.

It has also established a thriving Community garden at the rear of Zafira Café where members of the Afghan Community can grow vegetables and herbs for their families and for use in the café. Members of the local Moonah community have been supporting the project establishing raised garden beds and landscaping the large area. It's also proving very popular with community members growing traditional Afghan herbs such as gandanah (similar to chives) and a range of leafy greens which are used in salads over Summer. Friendships and shared understanding are also being nurtured in the peaceful setting at the rear of the Zafira Café.

(continued on page 4)



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".

(Bring the Culture of Afghanistan to Moonah)

There's a lot happening at Zafira Café so if you haven't been in yet to check out this unique family friendly café, please make sure you drop in to check it out.

Zafira Café Opening Hours

Over summer Zafira Café is open for lunch Tuesday to Sunday (closed Mondays) and for dinner Wednesday to Saturday. It serves a wide range of healthy, traditional homestyle Afghan meals using halal food starting from only \$7. For bookings and enquiries call Zafira Café on 62 896633 or make a booking via Facebook: zafirafinefoods.

Written by Kirsten Singleton



Your Local Indian Grocery Store

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WOMEN'S BUSINESS IS BACK IN BUSINESS

After being postponed twice in 2020 because of COVID-19 restrictions and safety concerns, Women's Business has now confirmed that the show will go on in 2021!

Women's Business is an award-winning project which brings women together to develop public shows that celebrate cultural heritage through fashion, dance, song and story sharing. It's a powerful experience for both audience members and participants.

"This project was beyond my dreams. I really feel that I have a place here and I can give something to my new home."
(past participant)

Women's Business is currently looking

for women from diverse cultural backgrounds to be part of the show. Rehearsals will begin in January with performances in the first week of March. The shows will be part of the Moonah Arts Centre's International Women's Day week which will showcase the talents of local women.

There is an information session on Saturday January 16th from 4:30-5:30pm at the Multicultural Hub (65 Hopkins St, Moonah). Women from diverse cultural background of any age are welcome. If you are a multicultural woman who likes dancing, singing or storytelling, please come along! You can also get in touch now for more information by contacting Emalia on 6223 1025 or emalia@afairerworld.org

Women's Business is a partnership between not-for-profit organisation A Fairer World and anti-racism group, Students Against Racism, with support from the Multicultural Council of Tasmania and funding support from the Tasmanian Government.
Group photo by Amy Brown.



Advertisement



Andrew Wilkie

INDEPENDENT MEMBER FOR CLARK

Want to get in touch with Andrew?

- ✓ Phone 6234 5255 or 6234 5861
- ✓ Email andrew.wilkie.mp@aph.gov.au
- ✓ Post GPO Box 32 Hobart 7001
- ✓ Ask for a meeting

www.andrewwilkie.org



Andrew Wilkie MP

Independent Member for Clark

Authorised by Andrew Wilkie MP 188 Collins Street Hobart 7000





Elise Archer MP

Your local Liberal Member for Clark

Wishing everyone a Merry Christmas

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Make your Mum Proud

My friend the Editor, asked if I would write something about being a good Samaritan. To be honest, these days a Samaritan in the biblical sense is sadly seldom seen. Something as simple as common courtesy seems to be lost. A good example is the person who needs to merge into your lane, and it would matter very little if you decided to let them in. Let's face it, it's the nice and right thing to do. But how often do you find yourself trying to merge into a lane and a vehicle accelerates to try and fill up that empty pass so you can't fit in. And by some chance if you are fast enough, they get all upset and blast their horn and abuse you. I say what the hell is wrong with people these days?

Particularly at this time of year there is an increase in road fatalities. I guess this is a mixture of people trying to squeeze more into their Christmas, because there's relatives to see and places you need to be, and a million things to think about. Just remember rushing to get somewhere a few minutes earlier is not worth the life that could be lost, and even if it's not you that gets hurt, it will haunt you for the rest of your life. So, remember to be extra careful on the roads and try and always be kind to other motorists. It costs you nothing, and you will feel far less stressed.

It seems around this time of the year, all

of a sudden people have no time for their pets, and this is evident by the number of cats and dogs being dumped around Christmas. One would think this is the time of year when we should show our love for one another, and maybe to be extra kind to your cat or dog.

They say the average dog has the intelligence of a three-year-old. Try to imagine the heartbreak and mental anguish of dogs and cats that have given nothing but love to a family, only to find themselves discarded.

I think it was a few years ago when I read about an American police officer on the beat at Christmas. It was snowing, and he came across a homeless man who was without any form of footwear, not even a pair of socks. This officer took it upon himself to buy the man a pair of boots and several pairs of thick warm socks.

I must say I thought what a wonderful human being. Why can't we all be like this? I think often we just don't want to see the problem because then we are faced with either doing something about it or trying to ignore it.

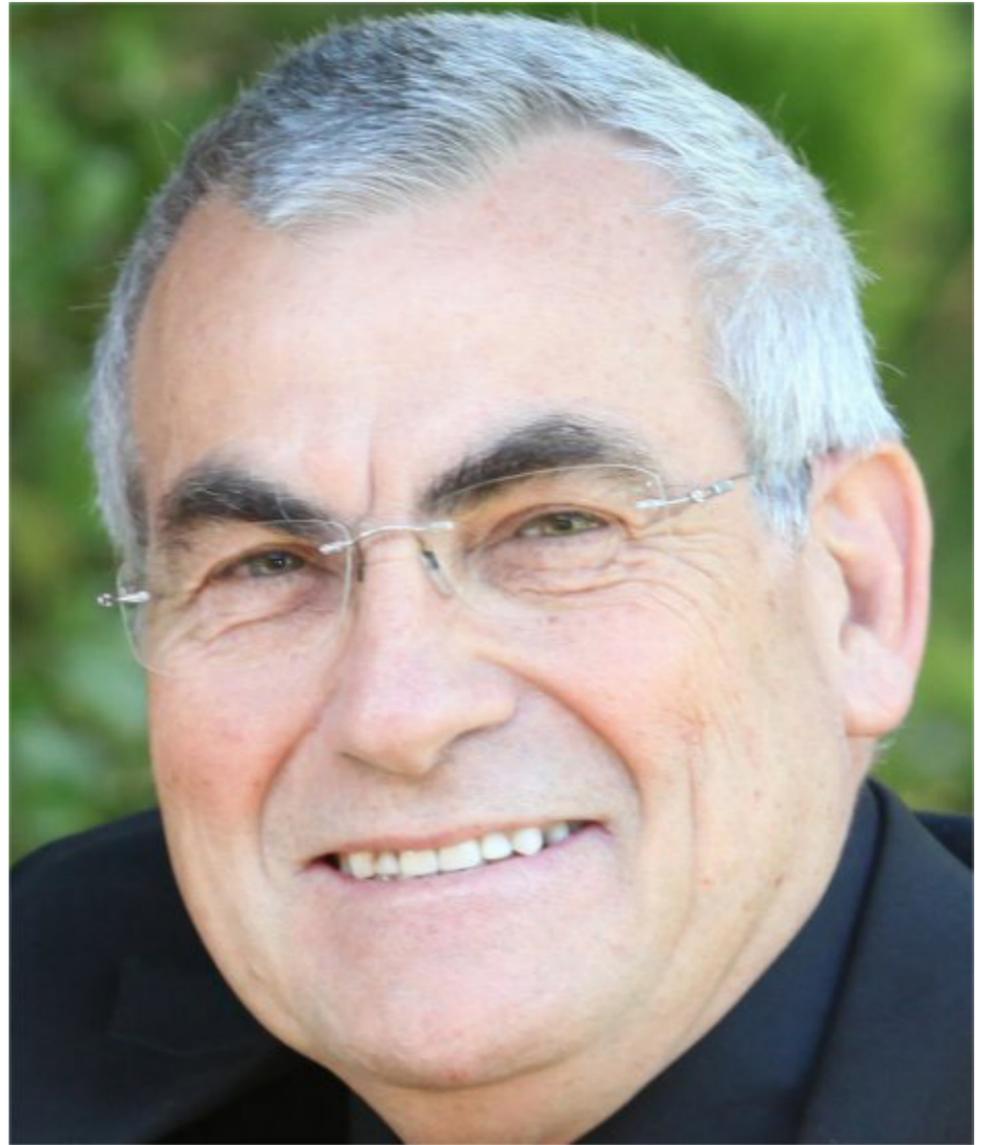
Please try to see the problem, and if you can do a good turn, just do it and you'll be surprised at how good it makes you feel to make a difference in someone's life.

So, I ask that during this wonderful time of the year, don't lose sight of the good that life has given to you, and try and be just that little bit extra kind to one another, and make sure those little four-

legged friends know they're loved too.

God Bless & Merry Christmas

Rodney G



Mental Health and Medication

By Tara Bufton

On my Youtube channel, <https://www.youtube.com/c/TalkingBipolarwithTaraBufton>, my most viewed videos are reviews of medications I have taken. Olanzapine, Seroquel, Lithium and various other psychiatric medications.

People want to know the good, the bad, and the ugly of the meds their doctor prescribes. I'm happy to share what the medications are like from my perspective – but that's the thing – it's just my perspective.

Our reactions to medications can be as varied as our reactions to alcohol. Some people get happy after a stubby, some people are ready to hit the nearest wall when they've had a bundi and coke, some are asleep on the couch when the first glass of wine has done its thing in their bloodstream.

We aren't all the same. Our response to psych meds – not the same. The side effects we suffer – not the same.

One thing that is often the same is the "trial and error" factor. Often, we don't find the meds that suit us first up. Often, we have to try a few different

medications to find the right one or the right combination of a few. When we find the ones that help; life with a mental health conditions gets a whole lot easier.

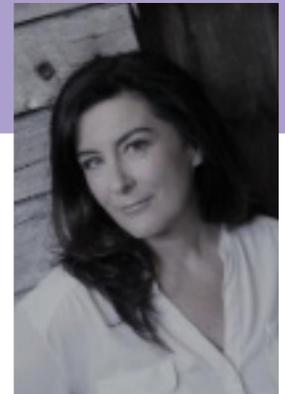
Some important things to consider when taking psychiatric medications are:

1. Finding the right medications for you can take some time.
2. Medications have side effects. You will need to learn to manage those, (for example many cause weight gain...but with focus and support, this side effect can be managed).

3. Don't stop taking meds abruptly. The withdrawal can be worst than the symptoms you are taking it for.

Your journey medication may be short, to get through a rough patch. It may be lifelong if you have a chronic condition.

Medication may be what helps you do life with more ease. For me – tablets help me manage stress and change with a much more stable approach.



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Palak Paneer Recipe

Famous North Indian Cuisine. Paneer (Indian cottage cheese) is cooked with spinach and spices in this creamy and flavorful curry

Prep & Cooking: 45mts

Serves 5-6 persons

Ingredients:

Palak Rassa , Spinach rasdar, Palak Paneer saaru

- Palak - 5 bunches.
- Onion (chopped) - 1 number.
- Green chillies (chopped) -2 .
- Red chilli powder - 1/2 teaspoon.
- Ginger garlic paste - 1 tablespoon.
- Tomato (chopped) - 1 number.
- Salt - to taste.
- Coriander powder - 1 teaspoon.
- Cumin powder - 1 teaspoon.
- Dry garam masalas (4 cinnamon sticks, 7 cloves,4 cardamom) - 2 numbers.
- Cream fresh - 1 tablespoon.
- Garlic - 5 numbers.
- Turmeric powder - 1/4 teaspoon.
- Paneer (chopped) - 250 grams.
- Cumin seeds - 1 teaspoon.
- Garlic (chopped) - 3 cloves.



Heat ghee in a heavy bottomed vessel, add cumin seeds and let them splutter. Add the onions and green chillies, saute them till light brown. Add ginger garlic paste and saute further for 3 minutes. Add red chilli pwd, cumin powder and coriander pwd and mix well. Add the tomato paste and let it cook for 5-6 mts on medium heat. Add the palak paste and let it cook further for another 4-5 mts. Add the fried paneer cubes and mix. Cook covered on low heat for 3 mts. Add the palak water and salt and cook on medium heat for 10-12 mts. Add garam masala pwd and fenugreek pwd and mix well. Reduce flame, cover and cook for 2 mts. Add fresh cream. Serve hot with rotis or white steamed rice or rotis.

Note:

You could also add paneer directly (without frying in ghee) to the cooked spinach. Another variation you could do with the spinach is coarsely chop the spinach and stir fry in a little ghee instead of pureeing it and add it (instead of the palak paste). But to get the creamy consistency, you have to blanch and puree the palak.

— Chef P.L.Venky.

International Women's Day Small Grants Program open

Sarah Courtney, Minister for Women stereotyping.

The Tasmanian Liberal Government is committed to creating a more inclusive Tasmania that empowers and enables women and girls to fully participate in our economic, social, political and community life.

Applications are now open for the International Women's Day Small Grants Program 2021.

International Women's Day, held on 8 March each year, is an opportunity to celebrate the economic, political and social achievements of women, past present and future.

The theme for International Women's Day in 2021 is #ChooseToChallenge. A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day, including:

We can choose to challenge and call out gender bias, discrimination and

We can choose to seek out and celebrate women's achievements. Collectively, we can create an inclusive and more gender-equal world.

The International Women's Day Small Grants Program provides grants of up to \$300 to organisations to support and build International Women's Day events across Tasmania.

For further information about the International Women's Day Small Grants Program, please contact the Department of Communities Tasmania on 1800 204 224 or email csrgrants@communities.tas.gov.au

Applications close 11 January 2021.

An advertisement for Mornington Tyre Service. The top section has a yellow background with the company logo, which is a stylized 'M' with a red and black tire tread pattern. Below the logo, the text reads 'MORNINGTON TYRE SERVICE' in large, bold, black letters. Underneath, it says 'TYRES & AUTO REPAIR' and 'OPEN MON-FRIDAY 8-5 PM & SAT 8-12 PM'. The address '131 Mornington Rd, Mornington TAS 7018' and phone number '(03) 6244 1313' are listed. The middle section shows a photograph of the service center's exterior, a yellow building with blue signage that repeats the company name and phone number. The bottom section features a row of four Dunlop tires on black alloy wheels. At the very bottom, the Dunlop logo and the text 'DUNLOP SUPER DEALER' are displayed in a yellow and black banner.

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Abu's diary

The diary of a free spirited Maltese Shih Tzu. Adopted daughter to a Chinese accounting student and a tall hairy social worker - Looks a little like a spring onion

13th diary entry:

Last entry, it was all about my disgust towards my usually wonderful and most gorgeous parents for locking me inside a house, while they dared to lavish their attention on other animals - Those most weird looking penguin creatures in Bicheno! What sort of creature walks around with no hair covering their private bits?? And the way they waddle over the land like a rusty old tractor trying to look useful – gosh! It took me an entire 5 minutes to forgive my parents for such poorly placed admiration.

This entry? Well, it's Christmas! It's so important to remember the true meaning of this holiday...FOOD! For the past week, I've over-heard my parents talking about the most important decisions they've faced for 2020 – what to cook on the 25th of December. Mmmm, I've heard of them floating around such options, roast duck; roast chicken; roast lamb...and then my dad made what I can only think was a lame attempt at a joke – he reckoned they would roast up a bunch of veggies for ME TO EAT!?! GRRRRRR, As much as I love that gorgeous man – I wanted to leap up into his face and slap it with a hard boiled carrot!

Apparently, we are going for another road-trip during Christmas – towards the Tamar Valley near Launceston and back up through the East Coast on our way back. I can't wait to explore those wonderful beaches and sniff up all those diverse smells. I've been exercising my nostrils in anticipation. I experience the most amazing hit of endorphins thanks to them -my most powerful biological asset. I love to wonder up to other dogs and take a whiff of their most glorious odors. For some reason, - my parents tend to think it is a little disgusting. Can you believe it? Humans...such a confusing species. They spend countless hours at work, saving money to pay of endless debts and working towards their next toy just to get a superficial hit of joy! Cars; houses; babies; ...and other items that only bring more stress. Although this Coronavirus seems to have taught them some things about life. Such as making the most of your own grass, before wanting to invade the "greener grass on the other side". Enjoying the simple things, such as baking food; roasting food; trying out new recipes; using old favorite recipes; eating...snacking...feasting!

O yes, and...lazing around...belly rubs...crazy hair styles/ connecting with neighbors/ and appreciating those close to us. So here's to Christmas 2020. I look forward to the simple things with my most beloved parents.

All I want for Christmas? Mmm...well, you can probably guess ☺

“Gratitude turns what we have into enough.” - Aesop



#coronavirus
#combatcovid19
#travel



TAKE CARE BEFORE YOU TRAVEL

Travel only if it is necessary, as your risk of being exposed to the COVID-19 virus increases while travelling.

Do not travel if you have COVID-19 or have a contact with COVID-19 patient.

Do not travel if you show symptoms of COVID-19 (such as sore throat, fever, cough, difficulty in breathing).



#coronavirus
#combatcovid19
#travel



TAKE CARE BEFORE YOU TRAVEL

If you are at high risk of COVID-19 (over 60 years or with pre-existing illnesses), do not travel unless absolutely necessary.

Reduce physical contact as far as possible; consider online bookings, web check-ins and self-tagging of baggage.

Keep a physical distance of at least 1 metre during pre-boarding procedures.

Follow local guidelines at stations, ports and airports for COVID-19.



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The Tasmanian Refugee Legal Service

The Tasmanian Refugee Legal Service (TRLS) is now open 5 days a week for the first time in the history of the case work service and we are looking forward to assisting new and existing clients in 2021. We will be writing a column for Diverse Tassie each month and have some exciting news about a new area of assistance that we can provide and will update the community in the January edition.

2020 has been a difficult year for so many. TRLS have however managed to assist with; Judicial Reviews that occurred online, several Ministerial Intervention requests, onshore and

offshore protection and partner visa applications, citizenship applications and bridging visa requests amongst other work.

Whilst staffing was reduced for the majority of 2020, TRLS have now employed a new Principal lawyer, Patrick O'Connor who joined us in the office in late November after a period working from home in Victoria.

Patrick has practiced predominantly in immigration and human rights law. He has experience representing clients at all stages of the immigration process including at the Administrative Appeals Tribunal,

Federal Circuit Court, Federal Court of Australia and with the Department of Home Affairs. He has experience in employer sponsored, family and protection visa applications.

Patrick has travelled extensively and in 2017 spent a year working as a lawyer in Europe at the Aditus Foundation based in Malta giving legal advice to refugees entering Europe. With a passion for social justice, human rights and refugee issues, Patrick has worked pro bono at the Asylum Seeker Resource Centre and Refugee Legal and is excited to bring his wealth of knowledge to TRLS. He joins Donna, casual lawyer

Taya and TRLS' team of volunteers to assist Tasmania's refugee, humanitarian entrant and asylum seeker communities. The team is working hard to address our backlog of work from earlier in 2020.

The TRLS Office is closed for the holiday season from the 23rd December and re-opens on the 11th January 2021. If you are a refugee, asylum seeker or humanitarian entrant seeking migration related legal assistance, please don't hesitate to call our office on 6169 9473 or email Patrick on Patrick.O'Connor@trls.org.au or Donna on Donna.Woodleigh@trls.org.au and we look forward to assisting.

Seniors Card Directory

released

-Jeremy Rockliff, Minister for Disability Services and Community Development

Over 116,000 Tasmanian Senior Card holders now have access to benefits at over 550 local and interstate businesses with the release of the 2021-2022 Seniors Card Directory today.

The Directory is packed with hundreds of discounts and offers from businesses, encouraging older Tasmanians who are retired or semi-retired to continue to remain active, try new experiences and to engage with their local community.

It comes as part of the Tasmanian Liberal Government's plan to make our State the best place to live, work and invest, supported by our Strong Liveable Communities: Tasmania's Active Ageing Plan 2017-2022.

I take this opportunity to acknowledge and thank all the businesses registered with the program for their ongoing support of the Seniors Card Program and promotion of participation of older Tasmanians.

I also acknowledge the role of Council of The Ageing Tasmania in supporting active ageing through their Age Friendly Business project, which promotes age-friendly businesses in response to the needs of an ageing demographic.

The new 2021-2022 Seniors Card Directory is available at Service Tasmania shops, Libraries Tasmania, Tasmanian Visitors Information Centres and offices of Members of Parliament.

For more information go to seniors.tas.gov.au

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Madeleine
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TAKE CARE DURING TRAVEL

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



#coronavirus
#combatcovid19
#travel

World Health Organization
REGIONAL OFFICE FOR South-East Asia

TAKE CARE ON REACHING YOUR DESTINATION

| | | |
|---|--|---|
| Keep physical distance of at least 1 metre while de-boarding, in queues and in conveyances. | Follow local authority regulations when you disembark at stations, ports & airports. | Report to medical authorities if you have any symptoms of COVID-19. |
|---|--|---|



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Value of volunteers recognised

8 December 2020

John Tucker, Parliamentary Secretary to the Premier

The Tasmanian Liberal Government strongly supports and recognises the value of volunteering in Tasmania through its relationships with Volunteering Tasmania and other Tasmanian volunteer-based organisations.

Volunteering is a vital part of the social fabric of Tasmania. Without the many unpaid hours contributed by volunteers in our community, many of the events, services and supports we access would simply not be available.

The Tasmanian Government is also extremely proud to support the Tasmanian Volunteer Awards, now in their fifth year, and acknowledge the work of Volunteering Tasmania in co-ordinating the Awards, and all the Awards sponsors for supporting such a worthwhile initiative.

This year was, of course, extremely

different because of COVID-19 and the 'virtual' ceremony was hosted by Volunteering Tasmania CEO Dr Lisa Schimanski.

Congratulations to Dianne Reynoldson who was today named as the Premier's Volunteer of the Year.

Dianne has been actively volunteering for the Annie Kenney (AK) Young Women's Emergency Accommodation shelter in Southern Tasmania which provides crisis accommodation 24 hours-a-day for women aged 13-20 years who are experiencing homelessness or at risk of becoming homeless.

Dianne has been volunteering at AK for more than 9 years and through her weekly arts sessions and her professional and nurturing approach she has made a huge impact on the lives of many young women and helped them develop a belief in themselves and their abilities.

Congratulations also to all of the category winners and finalists for your incredible

work and sacrifice.

The 2020 Volunteering Tasmania Awards Winners are:

Premier's Volunteer of the Year Award: Diane Reynoldson

Spirit of Tasmania Arts, Heritage, Tourism and Events Volunteer Award: Jasmine Power - Tasmanian Parks and Wildlife - Discovery Ranger Program

Anglicare Tasmania Community Care and Health Volunteer Award: Diane Reynoldson - Annie Kenney (AK) Young Women's Emergency Accommodation

Tasplan Super Education, Science & Technology Volunteer Award: Xiaoxiao Xu - The Story Island Project Tasmania

Lifeline Tasmania Emergency Services Volunteer Award: James Smith - Tasmanian Fire Service

AON Environment, Animal Care and Conservation Volunteer Award: Toby

Thorpe - Tasmanian Climate Leaders

VIRA Service Groups, Sport & Recreation Volunteer Award: Michael Griffiths - Judo Tasmania

Aurora Energy Lifetime Achievement Volunteer Award: John Thorne - Rotary Club of North Hobart

Hydro Tasmania Best Practice in Volunteer Management Award: Rhianna Airey - Clarence City Council

CatholicCare Tasmania Volunteer Program of the Year Award: The Fairy Godmothers

Local Government Association of Tasmania Corporate and Civic Volunteer Award: Hazell Bros

The Premier's Volunteer of the Year Award is chosen from the category winners.

More information is available on the Volunteering Tasmania website: www.volunteeringtas.org.au

How can I easily tell if I am sick with COVID-19, a cold, flu or any other disease?

You can't. Even a doctor can't tell just by looking at you. The only way to tell is to be tested. In the meantime, just to be safe, you should isolate yourself so that you don't accidentally spread the illness to other people.



Funding extension for Lifeline hotline

11 December 2020

Jeremy Rockliff, Minister for Mental Health and Wellbeing

The Tasmanian Lifeline service has been extended with a further \$300,000 investment until 30 June 2021, to continue providing mental health support to Tasmanians impacted by the changes COVID-19 has had on their lives.

The 1800 98 44 34 service was established as part of the Government's response to the coronavirus pandemic, and provides support to those facing challenges including social isolation, loss of employment, and drug and alcohol issues.

The service, which is staffed from 8am to 8pm seven days a week, has been invaluable in providing support and information regarding the resources available for people needing additional assistance.

Three types of support are provided through the service including:

- Call in – people receive psychosocial support from a trained support worker to discuss their concerns, and if appropriate, are linked in to a referral service;

- Call out – contacting socially isolated older Tasmanians to check in on their welfare. These people are identified

either through existing services, concerned family and friends, or other health professionals; and

- Reach out – in partnership with industries significantly impacted by coronavirus, individuals who may need support are identified and reached out to and provided counselling or linked in with employee assistance programs.

Tasmanian Lifeline took 100 calls in May when it commenced, and the monthly average number of incoming calls has increased to more than 170, with as many as 80 reach out calls also being made.

While the service commenced specifically in response to the mental health and

wellbeing impact of coronavirus, more recently callers have identified general mental health concerns, not necessarily related to coronavirus, as their primary reason for calling.

The additional funding will allow the service to plan for further engagement with key Tasmanian industries and continue to respond to the general mental health and wellbeing needs of Tasmanians.

More than 25 new jobs were created to deliver this important service, with social work, psychology and counselling students from the University of Tasmania professionally trained to help staff the call centre.

More export choices for Tasmanian businesses

11 December 2020

Jeremy Rockliff, Minister for Trade

Tasmanian businesses will have more choices to help get their products and services to international markets through the Tasmanian Trade Alliance Program.

The Trade Alliance Program supports the connections and shared services designed to help individual businesses and industries team up to reach target markets, overcome logistics barriers and take advantage of economies of scale.

Under the first round of funding six Tasmanian industry associations are sharing in almost \$130,000 to develop partnership opportunities across

promotional, freight, distribution and quality assurance projects.

Through our extensive consultation process on our COVID-19 economic recovery, our exporting sectors told us they wanted more support in finding, entering and growing export markets, and the Trade Alliance Program does just that.

This round of funding will see:

The Tasmanian Seafood Industry Council extend the Eat More Seafood campaign into key domestic and international markets;

Wine Tasmania investigate the establishment of a mainland-based

collaborative Tasmanian freight and logistics hub;

The Tasmanian Oyster Research Council (Oysters Tas) develop digital supply chain traceability and quality assurance systems;

The Tasmanian Fruit and Vegetable Export Facilitation Group establish a specific pest- and disease-free registration system;

The Tasmanian Maritime Network develop a new digital campaign to increase awareness of Tasmanian capacity and capability; and

Fermentation Tasmania establish a new B2B eCommerce platform to connect Tasmanian businesses with buyers around the world.

Importantly, the second round of the

Trade Alliance Program is now open to Tasmanian industry associations and regional organisations with funding of up to \$25,000 each available to successful applicants to support new collaborative projects that will help grow Tasmanian exports.

Applications for the second round of funding close on Friday, 15 January 2021 with more information available at www.trade.tas.gov.au

The Tasmanian Alliance Program is part of our more than \$2.6 million Interim Trade Action Plan to empower local businesses to take their world class products and services to customers around the world.

More supported housing for Tasmanians in need

13 December 2020

Roger Jaensch, Minister for Housing

The former Waratah Hotel in Hobart is now operational as a long-term supported accommodation facility, as part of the Tasmanian Government's plan to increase the availability of supported accommodation in Tasmania.

The refurbishment has delivered a 24-unit facility for single men who are homeless, or at risk of homelessness and require supported accommodation, with the first tenants expected to be allocated before Christmas.

The site will be managed by Bethlehem House, with the Government committing \$1.7 million to support its operation over the next three years.

It adds to other measures we are taking to alleviate homelessness right around the State, including:

18 temporary accommodation units for homeless men at Bethlehem House;
10 two-bedroom accommodation pods at the Hobart Women's Shelter;
7 additional family sized units to be managed by the Hobart Women's Shelter;

Partnering with with Hobart City Mission to provide 31 supported accommodation units at the former Balmoral Motor Inn; and

Expansion of Thyne House and Magnolia Place in Launceston, a new men's shelter in Devonport and new youth foyers in Burnie and Hobart.

The recent Budget also committed \$16.8 million to continue the Safe Space program as a 24/7 wrap-around service in Burnie, Launceston and Hobart, ensuring that Tasmanians who are sleeping rough can access a safe overnight refuge, and the supports they need to access other health and housing services.

The Budget also locks in more than \$300 million to deliver new housing and homelessness initiatives to help our most vulnerable, including \$100 million to build up to 1000 new homes over three years, with an EOI currently underway.

We will continue to do all we can to help Tasmanians in need into safe and secure housing that meets their needs, right across the State.

A decade from now, how would you want to look back on the pandemic?

During the pandemic, I:

- ✓ Chose to stay strong
- ✓ Focused on solutions
- ✓ Reached out to others in my community and offered assistance
- ✓ Protected those around me
- ✓ Felt a sense of contribution and belonging

#InThisTogether

World Health Organization
Western Pacific Region

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Support for migrants in Tasmania

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

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

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

www.mrctas.org.au



Social Groups

Migrant Resource Centre Tasmania provides fun activities through its social support groups. During January and February 2021 a range of activities will be on offer, including walking, gentle exercise, health information sessions, lunch outings, garden visits, fishing and bowling, just to name a few. Transport can be arranged if needed.

Eligibility: Anyone aged 65+ and those eligible for Home and Community Care (HACC) services. Visit www.mrctas.org.au/aged-care/ for more information. Help is available to register with My Aged Care to access services.

If you would like to join a group, please call the Aged and Community Services team on 03 6221 0999 or email daycentre@mrctas.org.au



EMERGENCY RELIEF - SOUTHERN TASMANIA

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

| | |
|--|--|
| St Vincent De Paul Society 6234 4244 www.vinnies.org.au | Hobart City Mission 6215 4200 www.hobartcitymission.org.au |
| The Salvation Army Tasmania (03) 6228 8400 www.salvationarmy.org.au | Uniting Victoria Tasmania 6234 1296 www.unitingvictas.org.au |
| CatholicCare Victoria Tasmania 1800 819 447 or 6278 1660 www.catholiccaretas.org.au | |
| Australian Red Cross www.redcross.org.au For temporary visa holders | Rural Relief Fund www.ruralbusinessstasmania.org.au For farming families |

EMERGENCY RELIEF – NORTH WEST TASMANIA

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

| | |
|---|--|
| Youth, Family & Community Connections 6423 6635 www.yfcc.com.au | City Mission 6335 3000 www.citymission.org.au |
| The Salvation Army Tasmania 6430 4100 www.salvationarmy.org.au | St Vincent De Paul Society 6435 2323 www.vinnies.org.au |
| Wyndarra Centre 6452 2722 www.wyndarra.org.au | CatholicCare Victoria Tasmania 1800 819 447 or 6431 8555 www.catholiccaretas.org.au |
| Australian Red Cross www.redcross.org.au For temporary visa holders | Rural Relief Fund www.ruralbusinessstasmania.org.au For farming families |

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People's Goals and Personalities

A new study by researchers from the University of California, Davis, suggests that people's life goals largely depend on, and change along with, their personality traits over time.

The study was carried out via surveys given to more than 500 students at the time of enrolment in college, each year during college, and then 20 years later. Results showed remarkable correlations between people's overall personalities and the types of goals they set for their lives.

"This study was a unique opportunity to examine how individuals' personalities and major life goals were related to each other across two decades of life," said lead author Olivia E. Atherton. "We found that, in many ways, one's personality shapes the types of life goals that are valued, and as a result of pursuing those goals, personality changes."

Along with participants' scores on the "Big Five" inventory of personality, which measures where an individual stands with regards to neuroticism, extraversion, openness to experience, agreeableness, and conscientiousness, the study also tracked their goals divided into several different categories.

More specifically, the surveys examined the students' aesthetic goals (desire to



be creative and artistic), economic goals (desire for wealth and a successful career), family/relationship goals (desire to get married and have children), hedonistic goals (desire to have fun and experience pleasure), political goals (desire to have influence in public affairs), religious goals (desire to take part in religious institutions), and social goals (desire to help others in need).

"We found that, on average, individuals increased in agreeableness and conscientiousness, decreased in neuroticism, and showed little change in openness to experience and extraversion

from age 18 to 40," wrote the researchers in their paper published in the Personality and Social Psychology Bulletin.

The findings indicate that as people's personalities change, so do their goals – e.g., those who become more agreeable and compassionate over time put more emphasis on social and family/relationship goals, whereas those who gain in responsibility and self-control begin to value economic and family goals over others.

In addition, as people age, all goals become increasingly less important,

which could be explained, at least in part, by them achieving milestones associated with those goals and therefore becoming less motivated to continue pursuing them.

"By identifying their own personal strengths and limitations, middle-aged adults may place less importance on certain major life goals because some goals may no longer be viewed as self-relevant," researchers said.

Source: ucdavis.edu

Nature On Your Mental Well-Being

MD JUMAN HUSSAN

"Research shows spending about 15 to 20 minutes in green space or a park can actually significantly lower stress hormones,"

Nature helps in emotional regulation and improves memory functions. A study on the cognitive benefits of nature found that subjects who took a nature walk did better on a memory test than the subjects who walked down the urban streets (Berman, Jonides, Kaplan, 2008).

Nature walks benefit people suffering from depression (Shern et al., 2014). Studies had shown that people suffering from mild to major depressive disorders showed significant mood upliftments when exposed to nature. Not only that, but they also felt more motivated and energized to recover and get back to normalcy (Berman, Kross, Kaplan, 2012).

Nature can bring a lot of beauty into our lives. Nature has a way of affecting our moods and it can force us to change our plans. Nature is responsible for the sun, clouds, rain, and snow. When it is sunny and bright outside, we feel cheerful inside. When it is cloudy and rainy,

we often feel gloomy. When there is a beautiful and starry night, the moonlight makes us feel romantic. When we see the leaves budding on a tree or when a timid flower pushes through the frozen ground, or when we smell the freshness of spring, new hope will always come to us. Nature is truly an intrinsic part of our lives. When we wake and see a sunrise, when we walk and feel a breeze, when we gaze at the mountains and the splendor of the seas, when we see the earth renew its beauty at each season of the year, and when the stars shine at night, we should be so very thankful to the Lord for giving us all these wonderful and miraculous things. Learning to become more aware of nature can truly have a good effect on our lives in the way we look at things and in the way we feel about ourselves. All around us, we see it every day, but hardly observe it. We hear it, but never listen to its sweet calls. We feel it everywhere, but how many times have we really experienced it? Ever since the dawn of time, we were gifted with its presence. Sadly, we never understood its worth, till our very own actions started questioning its existence. What is it? Nature! The sunset and sunrise, the song of birds, their evening gatherings, the breeze that sways trees and the winds that blow your mind away...it's all nature and beauty divine. Nature is everywhere and not just in resorts, parks, forests and mountains. It's even in the cities. How many times

a day do we come across places that have gardens, trees or even plants and how many times do we notice them and relish their serenity? Sometimes even our homes have gardens. In the midst of our busy, hectic, stressful lives, we fail to think about anything other than duties and few priorities. We spend all our free time watching TV or playing on the internet. If we spent some of this time tending gardens or walking in the park, we'd find it way more relaxing, if not entertaining, than anything else. Nature is serene, beautiful, lovely, unique and a gift to every one of us. Experiencing it should be a part of our lives. The next time you are bored or stressed, take a break and listen to the birds tweeting, the wind blowing, water lapping on the shore, the crickets

cricketing all night long and the trees swaying. See the breathtaking sunrise and sunset-how in minutes a blanket of darkness overcomes light and how the light wins over darkness. See the birds in tens, hundreds and thousands, flying away home, the clouds each of them, having their own story to tell, the plants growing greener by the day, the flowers smiling, the stars twinkling in complete darkness. Feel the waves of the sea, the shades of the trees and the lovely gentle breeze. Take a closer walk with nature.

Source: ABC Australia, [positivepsychology](http://positivepsychology.com)



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HADDAD Multicultural Sports League

The Hobart Thunders are the Tasmanian Multicultural Sports Cricket League champions after defeating the Tasmanian Wallabies in the final in late November.

The Thunders came out on top of the 12-team competition, with games running over a two-month season.

Local member for Clark Ella Haddad attended the final game of the season, which doubled as the league's awards presentation.

"I was lucky enough to join the Multicultural Sports League for their

end of season match and awards," Ms Haddad said.

"I congratulate the hard-working volunteers and sponsors who worked tirelessly to organise a good season of cricket for everyone to enjoy.

"The league was started after COVID restrictions eased and had a goal of lifting people's spirits after lockdown.

"I think I speak on behalf of everyone who attended in saying it certainly succeeded in its goal, and will hopefully be back bigger and stronger next year."



Waterfront partnership to make night safer

Under the Safer Nights Partnership, additional security and service providers will be on site in Hobart's waterfront precinct from this weekend.

The aim is to provide a calming effect and offer people a safe point of contact if they are experiencing any problems

during their night out.

The partnership is facilitated by the City of Hobart and funded by nearby

Mayor Anna Reynolds said. "But like in any city, there are challenges that come with having large numbers of people in one area late at night.

EMERGENCY RELIEF - NORTHERN TASMANIA

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| <p>Do you need help?</p> | | |
| <p>information</p> | <p>food</p> | <p>meals</p> |
| <p>bills</p> | <p>furniture</p> | <p>transport</p> |
| <p>chemist voucher</p> | <p>budget support</p> | <p>clothing</p> |

| | |
|--|---|
| <p>Launceston City Mission 6335 3000 www.citymission.org.au</p> | <p>Launceston Benevolent Society 6344 4213 www.lbs.org.au</p> |
| <p>The Salvation Army Tasmania 6323 7500 www.salvationarmy.org.au</p> | <p>St Vincent De Paul Society 6326 5551 www.vinnies.org.au</p> |
| <p>The Helping Hand Association 6391 2498 www.findehelptas.helping.hand</p> | <p>CatholicCare Victoria Tasmania 1800 819 447 or 6332 0600 www.catholiccaretas.org.au</p> |
| <p>Australian Red Cross www.redcross.org.au For temporary visa holders</p> | <p>Rural Relief Fund www.ruralbusiness Tasmania.org.au For farming families</p> |

licensed venues and accommodation providers.

HOBART'S waterfront will be safer this summer, under a partnership arrangement to increase the presence of security and support services around licenced venues.

Under the Safer Nights Partnership, two security officers will be on site around the waterfront precinct on Saturday nights – in addition to an existing security presence at Salamanca – as part of a three-month trial.

There will also be an increased presence by the Salvation Army Street Teams who will be joined by volunteers from the St John Ambulance Party Safe initiative across both Salamanca and the waterfront.

The new partnership, which focuses on the area around Brooke and Despard streets, is facilitated by the City of Hobart and funded by an alliance of nearby licenced venues and accommodation providers that have come together to improve safety for their patrons.

"Our late night venues play an important role in the economy and the identity of our city," Lord

"The key element of this arrangement is that it's not about being the fun police or trying to stop people from having a good time. It's a harm minimisation approach to help keep people safer on their nights out.

"We hope it will create a calming presence in the precinct and provide a safe point of contact for anyone who might be having a bad experience.

"If you're feeling uncomfortable in a situation; if you're feeling unwell or worried about how you'll get home safely, there are people to assist you."

Licensee of Post Street Social and the Telegraph Hotel Ian Vaughan initiated the partnership as a means of improving safety for patrons impacted by COVID-19 restrictions.

"With venues complying with gathering restrictions, there are often large numbers of people who can't get into the venues and we want to make sure everyone is safe," Mr Vaughan said.

"The harm minimisation method has been effective in Salamanca over the years and we're confident it will be successfully extended into the waterfront precinct."

The Safer Nights Partnership is a joint initiative between the City of Hobart and Customs House, Gold Bar, Lower House Bar and Night Club, Mobius Lounge Bar and Night Club, Post Street Social, Telegraph Hotel, LuXXe Apartments, Quest Waterfront Apartments and Sullivans Cove Apartments.

The program will initially run as a three-month trial, ending in March 2021.

MYER PAGEANT SHRUNKED INTO A SHOPPING MALL

Naomi Marantelli a local artist who has been at forefront of helping Myer pageant in city of Hobart from past many years had to readapt to a new reality due to Covid-19. The whole idea of Myer Christmas pageant is to bring communities across the city together to celebrate the start of holidays.

To keep this long-standing artist Naomi, shrink the pageant into a shopping mall. A miniature pageant designed and installed by Naomi Marantelli brought joy to many.

Here is what Naomi Marantelli had to say about her work this year.

Events such as Christmas Pageants give us many opportunities to share cultural traditions and create new experiences through participation and engagement. With all the restrictions I had been wondering what I could do to keep this tradition alive, on the 9th of October the ideas for this Miniature Christmas Pageant began to form, I began rummaging through my collection

of the Christmas decorations and began visiting opportunity shops for trucks and small boxes to make trailer's, the little floats took over the house. The miniature parade starts with a little police car to close the road; you will find kangaroos and a horse drawn cart, trucks and snow men, lots of details for the kids young and old. The collection of floats is now 9.6m long and encased in Perspex Cabinets is on display in the Icon Complex Basement off Murray St, down the escalator from the big gold star.

Naomi Marantelli works as a Community Artist and looks forward to working with the community again. Art sector has been struggling due to recent pandemic crisis and they need to be supported by local communities and councils for them to keep going.

For more pictures and information look up Miniature Christmas Pageant on Facebook and give a shout out to Naomi Marantelli for her exceptional work.



MULTICULTURAL CAROLS – A SILENT AND SPIRITUAL NIGHT OF CAROLS

It has been a stormy year for our State, but that didn't stop the crowds attending Multicultural Carols held by IC-Church on 28th of November in Moonah.

Due to covid-19 restrictions the Multicultural Carols had to be limited to attendance of only 90 people like many other events.

Pastor Joel, Hobart Baptist Church who

was MC for the evening, told those gathered, that the Carols were a very special annual event for the Diverse Communities of Tasmania.

“This is a very important event and also a very spiritual one,” he said.

“It brings us all together for Christmas and tonight we'll reflect on the spiritual meaning of Christmas and being together

as one community.”

Pastor Joel invited people to enjoy the carols, but also to take some quiet prayerful moments of reflection.

Among the groups taking part in the carols were All Nations choir lead by John Kamara and musicians from a range of different cultural backgrounds.

Nepalese and Philippines Choir also performed with members of their Church communities.

The evening finished, as is now traditional at IC-Church with gifts from man in the suit -Santa for all the kids while Dj Artula played jingle bells.



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 (03) 6236 9500
 305 Elizabeth Street, North Hobart
 Lunch Mon – Fri from 12pm
 Dinner 7 nights 5-10pm

Salamanca
 (03) 6224 0400
 93 Salamanca Place, Hobart,
 Lunch Fri & Sat from 12pm
 Dinner 7 nights from 5pm

Bellerive
 (03) 6251 1818
 54 Cambridge Road, Bellerive,
 Dinner 7 nights from 5pm

Whether it's big or small, formal or casual, Annapurna can organise in house functions or outside catering for your event. We have a variety of set menus to choose from or we can tailor a menu to perfectly suit you and your budget. We can also cater for vegetarian, vegan, halal and other dietary requirements. To enquire about spicing up your event with Annapurna contact our Manager directly on 0477 116 888



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✉ tas@experteducation.com.au
 📍 Ground Floor, Murray House
 73-81 Murray Street, Hobart
 Tasmania 7000

📘 experteducationhobart
 📷 expert_education_hobart
 🖱 www.experteducation.com.au