

## How Are You Going, Mate ?

NRNA SCC Tasmania

The rapid spread of COVID-19 in India and Subcontinent is heartbreaking. We stand with our Indian-Tasmanian's and Nepalese-Tasmanian's whose families are affected with this second wave. Together we are in this & this too shall pass!!!

Mental Health during this time is of utmost importance. Please don't neglect it.

*It's OK not to be Ok...*

Please be mentally fit to support your dear ones struggling back home. Instead of talking about the pandemic let's talk to our mates affected by this pandemic and listen to what they are going through. If possible let's help our mates during this time.

*Special mention to Sandesh Pariyar,*

State Coordinator /VP Australia who is instrumental in bringing forward "Free Mental Health First Aid Training". A series of training sessions are going to be held all over Tasmania starting with one in Hobart on May 15th & 16th. NRNA SCC Tasmania is organising Mental Health first aid training in association with Australian Nepal public link. They are encouraging student/ temporary visa holders to grab this opportunity.

People like Sandesh Pariyar, are the need of the hour. People :

- Who care about their mates
- Who are willing to listen to their mates
- Who dare to take the initiative to provide resources for their mates for a better mental well being

Let's take motivation from people like him and check in with our mates and ask them "How are you going, Mate?"

## Great to see WOMEN POWER in Clark

FINAL RESULT IN CLARK:  
GRN Cassy O'Connor  
LIB Elise Archer  
LAB Ella Haddad  
LIB Madeleine Ogilvie  
IND Kristie Johnston



## "Personal attacks are never OK" - Lord Mayor Anna Reynolds

HOBART LORD MAYOR ANNA REYNOLDS -FAVOURS THE OUTCOME OF CODE OF CONDUCT INVESTIGATION - ORDERING SIMON BEHRAKIS TO APOLOGISE FOR SHOWING DISRESPECT TO LORD MAYOR BY POSTING MISLEADING AND DECEPTIVE POSTS ON SOCIAL MEDIA OUTLETS.

Late last year Councillor Simon Behrakis posted various articles and content which was challenged by Lord Mayor Anna Reynolds as baseless and damaging her reputation. Anna Reynolds who has been a champion for many causes in City of Hobart and greater Hobart region for many years. Lord mayor have served as CEO of Multicultural Council of Tasmania and supported diverse communities in advocacy and mentoring.

In the year 2020, during November time, Lord Mayor lodged

a complaint over media releases and Facebook posts made by Councillor Simon Behrakis between May and September which was also condemned by few other communities and councillors of Hobart city council. Few community leaders contacted Ms Anna Reynolds to show support as they deemed the posts were almost "Trump Style" attacks made for political mileage.

*"The complaint alleged that over the six months leading up to the lodging of the complaint, Ald Behrakis failed to treat Cr Reynolds fairly and caused her offence and embarrassment. Additionally, over this time the complaint alleged that Ald Behrakis breached the Code regarding his representation of the Council, its decisions and policies in ways which could undermine those decisions and bring the Council into disrepute".*

**The comprehensive report and investigation took almost seven months since day of lodgement by Lord Mayor Anna Reynolds. Panel for**

## Mental Health SERVICE PROVIDERS

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<b>Relationships Australia Tas</b> 1300 364 277 Services in Hobart, Launceston, Devonport and outreach	<b>beyondblue</b> 1300 224 636 24/7 general mental health and crisis support	<b>Lifeline crisis web support</b> 7pm - midnight <a href="http://www.lifeline.org.au/get-help/online-services/crisis-chat">www.lifeline.org.au/get-help/online-services/crisis-chat</a> Online crisis support
<b>Standby Response Service</b> 0400 183 490 Support for people affected by suicide	<b>Mental Health Helpline</b> 1800 332 388 Mental health phone line for advice, assessment and referrals in Tasmania	<b>headspace e-help</b> 9am - 1am <a href="http://www.eheadspace.org.au/">www.eheadspace.org.au/</a> Online chat support for young people 12 - 25
<b>headspace</b> • Hobart 6231 2927 • Launceston 6335 3100 • Devonport 6424 2144 Counselling for young people 12 - 25	<b>Kids Helpline</b> 1800 551 800 24/7 phone counselling for any issue	<b>Kids Helpline webchat</b> 8am - midnight <a href="https://kidshelpline.com.au/get-help/webchat-counselling">https://kidshelpline.com.au/get-help/webchat-counselling</a> Online counselling for children and young people
<b>Aboriginal Health Services</b> • Hobart 6234 0777 • Launceston 6332 3800 • Burnie 6431 3289 Services for Tasmanian Aboriginal people	<b>Suicide Call Back Service</b> 1300 659 467 24/7 counselling for people affected by suicide	<b>Head to Health</b> <a href="https://headtohealth.gov.au/">https://headtohealth.gov.au/</a> Web directory of mental health websites, apps and phone supports across Australia
<b>Rural Alive and Well</b> 1300 4357 6283 Mental health and suicide prevention outreach to rural Tasmanians	<b>SANE Helpline</b> 1800 187 263 Talk to a mental health professional weekdays 10am - 10pm	<b>Black Dog Institute</b> <a href="http://www.blackdoginstitute.org.au/">www.blackdoginstitute.org.au/</a> Web-based information on understanding, preventing and treating mental health issues



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(Lord Mayor Anna Reynolds -Wall of Friendship Indian Independence day)

**Code of Conduct Investigation state the following.**

- The Panel accepts that discourse between political opponents may be strongly worded. What the Panel does not find acceptable is the

publication of false and misleading material, or the selective quotation or manipulation of words, or the misrepresentation of events, which may prove damaging to other elected (continued on p3)





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The Safe Haven Hub is funded by the Department of Communities Tasmania | [safehavenhub.org.au](http://safehavenhub.org.au)



# Mental Health Services in Tasmania – The Emergency Department

By Tara Bufton

Picture this. A man walks into ED. Let's call him John Citizen. He's elevated, bipolar his illness. He waits, agitated already (agitation being a common symptom of bipolar). He waits in a que of 10. The woman in front of him, blood pouring from an open wound in her right cheek, soothes her bubbly baby with a sway. John diverts his focus, smiles, coos and play peekaboo with baby bubble. Happy to be entertained - baby smiles back and reaches his tiny blood-smearred hand out to his new friend John. John feels his power to heal rise. He can heal the sick! He made this baby smile!

John makes cooing noises and flails his arms in the air, flapping around the waiting room aisles. John believes he

is spreading the healing energy around.

Everyone's eyes are on him. Some laugh, some look away, some look scared...most look scared. The baby cries. The babies' cry sets his nerves on end. John snaps back to reality. His agitation returns twofold as his magical healing powers subside.

"HELP" he yells, "This hospital is fu#\*ed!"

This is only the beginning of John Citizen's struggle in the Emergency Department. The Emergency Department doesn't work so well for anyone who goes there. The wait times are just too long. But for a person seeking help with moderate to high episodes of a mental health condition, ED is triggering, and worse yet, many people leave before they are even seen. Waiting in a room full of people with bleeding wounds and sickly slumped carcasses is not conducive to improving anyone's mental health.

And for those people with the

patience and perseverance to wait in ED? They may be moved through to the treatment area. And in there you can look forward to a stark room with a bed to keep you company for 10-20-30 hours before a CATT team member or a psychiatrist comes to assess your needs.

Too often you are not assessed as needing a week in the non-existent hospital bed in the full-to-capacity psych ward.

There is no denying there are highly effective and skilled nurses, doctors, psychs, orderlies (yes the orderlies can make a huge difference to a mentally unwell person). There are people who provide safety and care.

BUT our hospital admission through ED- and our lack of beds to provide the hospital stays needed -has been a real concern for me and many of the people I speak to about mental health.

The Federal Govt has funded a hub in Launceston. It is being planned



, designed and resourced and will be complete by December this year. Part of the plan is to have a triage service available there – Triage meaning people will be assessed and then provided with alternatives for finding help. This will include admission to hospital.

I hope it is a genuine option for hospital admission because the system I have had to access for 26 years is humiliating, ineffective and damn right bad for your mental health.



## “Personal attacks are never OK” - Lord Mayor Anna Reynolds (continued from p1)

members or to the Council. Nor does the Panel consider that a failure to monitor a Facebook page on the grounds that to do so would be too time-consuming for the publisher is a reasonable defence, implying as it does that other people who may be affected have to take on that responsibility themselves.

- Panel requires Ald Behrakis to apologise to Cr Reynolds for causing her offence and embarrassment, and for failing to show respect in expressing his personal views publicly. Ald, Behrakis is also to apologise to the Council, for failing to accurately represent the decisions of Council, and for expressing his personal views publicly in such a way as to undermine the decisions of the Council and to bring the Council into disrepute. This apology is to be made without reservation at the ordinary Council meeting at which this report is tabled.

At last council meeting Councillor Simon Behrakis apologised as per the order given by code of conduct

panel. Recently Mr Simon also fought elections for the seat of Clark on Liberal party ticket, however unable to secure a victory.

Diverse Tassie contacted a few community leaders who had interactions with Lord mayor Anna Reynolds on many occasions to take their viewpoint on the decision.

### Mr Bharathi ( Tamil Association of Tasmania):

“Said his dealings with Lord Mayor Anna Reynolds have also been responsive and very respectful, Mr Bharathi also said, it was good to see the panel ordering Mr Simon to apologise as she has a passion for the city which he has not seen any other mayors.

### Prakash Upreti TNCA President:

“Said he has very high respect for Lord mayor Anna Reynolds, as she was always available to support whenever they approached her for anything, and she has been very respectful towards Nepalese community and has even attended a few events on weekends. Mr

Prakash said it's good that the code of conduct panel has found comments made by Mr Simon Behrakis as objectionable and ordered to apologise.

### Cr. Dr Zelinda Sherlock

There is perhaps always a time and a place for robust political discussions, but when information within the political domain is reframed or used misleadingly - it must be called out. Rightly so, it has been called out, because the language we use and the manner in which we communicate is important to advocating for social cohesion. As part of the human condition, we may not always be patient - but repeated and calculated attempts of inappropriate actions, must be addressed. It must be noted that many are displeased with the processes of the Code of Conduct procedure. However, this procedure, and the argument of allowing robust political debate does not legitimate blatant potential bullying, especially if repeatedly asked to refrain. Nor should the former or latter argumentation be used to justify atrocious behaviour.”

### JADE LI - PROJECT MANAGER MULTICULTURAL START UP COMPETITION

From my experience, the Lord Mayor of Hobart has always been very supportive to the local multicultural community. For example, the round-table community meeting during COVID last year allowed us to voice concerns and call for help. Following up on discrimination incidents towards Chinese Tasmanians, Ms. Reynolds held a special meeting with several local Chinese community leaders to search for solutions. We appreciate such an approachable and caring mayor. This Sunday, the Lord Mayor will also come to support a Multicultural Startup Competition's launch event. So my interactions with the mayor have also been very positive. She has my support.

Sources : Determination\_Report\_5\_May\_2021\_-\_Hobart\_City\_Council\_-\_Complaint\_by\_Cr\_A\_Reynoldgds\_against\_Ald\_S\_Behrakis\_-\_Partially\_Upheld\_-\_Tabled\_10\_May\_2021.PDF (dpac.tas.gov.au)

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# Abu's diary

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

## 19th diary entry:

Last entry? Was that amazing Easter holiday road-trip to Mole Creek! Seems like dog years ago now... time zooms by – before I can even think about sniffing out the latest organic possum poos...pfffft, it is but a distant memory. Does not matter what your spiritual views are...but it seems like most of us appreciate the symbolism of the easter egg. The crispy crack of the shell – as the old dies off and new is born! The shedding of those outdated habits and the birth of new dreams, - the ship of hope, skimming over those wild seas – battling the currents of self-doubt – that we so masterfully whip up ourselves, creating seeds of horrible, stinky virtues like envy; bitterness and ...the ones the human species crave like nothing else – power and acceptance of others!

Apologies folks – seems this entry has gotten off to a rather gloomy start. You can blame the recent elections for that. Seriously! Everywhere my most beloved, beautiful parents took me for walkies – there were hundreds of **giant ugly political posters**.

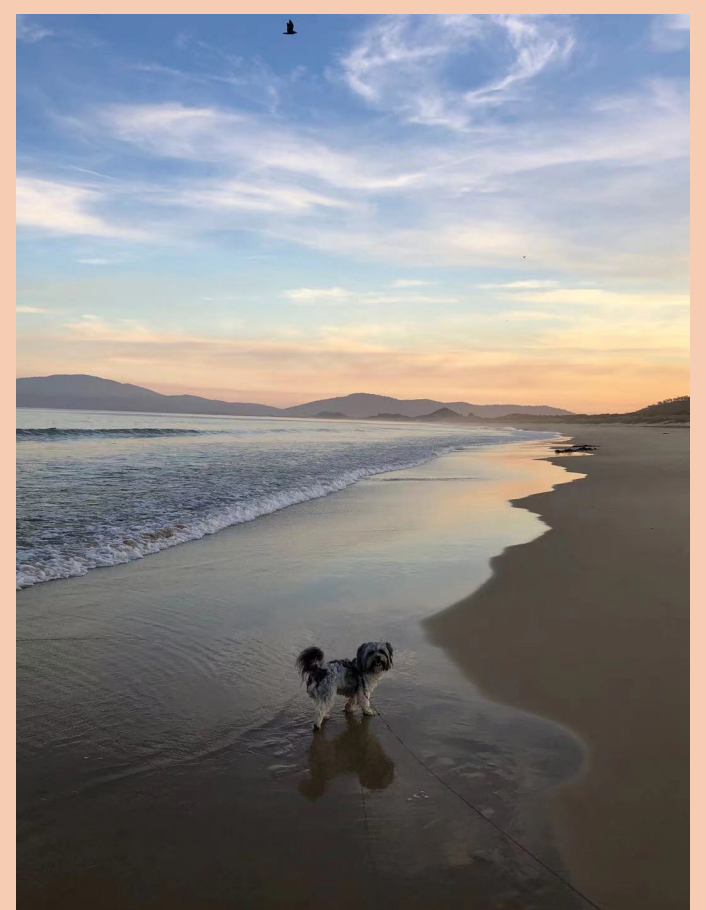
Even as a politically naïve dog – I can read between the lines – to me, the posters scream out, - “Vote for me! I am an attention seeking, money hungry person – who doesn’t care about giving my beautiful pooch all the food and attention they deserve! Instead, I invest my time planning how best to trick the common person on the streets. Like a hypnotist – I spin my jargon and in the process tangle up people’s brain cells and chip away at their hearts, like an evil termite choosing to dedicate their lives to chewing away at people’s dream homes!”

It is obvious who to vote for though! I would ignore the people who have the most posters plastered all over town. They are obviously filthy rich and are in the game for the wrong reasons. Seriously – if you can spend so much money on putting posters on walls – I bet you do not feed your most precious pooches the food they deserve. I am onto you, you greedy bunch.

I would vote for the people who can only afford tiny posters and who only invade our spaces with one or maybe two at the most! Those are the people to vote for. They obviously have our best interests at heart. No flashy, shiny posters with false, exaggerated promises. And most importantly – I repeat, most important – they obviously choose to spend most of their money on feeding their most precious pooches!! You get my drift.

Where one invests their money – they invest their heart!

**“Look for the hidden gems.” - John Neff.**



## There's no one-size-fits-all solution to health

Building a fairer, healthier world means ensuring everyone has access to health services no matter how far the distance.



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# Eri's colum; I love traveling

I love traveling. Since a young age I have been fortunate that my parents were always supportive of me going overseas and experiencing new and different cultures. My mother had a dream as a young lady to become fluent in English, which she later perhaps subconsciously planted in me and I seem to have gently moved towards that direction. When I was in Junior High school, I already knew that I wanted my future Uni studies to include a year abroad. When I was 21 I told my parents I wanted to go to Germany as an exchange student, they were both positive about it. This was my first long-term stay away from Japan.

From then onwards, I have spent lots of time abroad, both short-term and long-term. Traveling always makes me feel fulfilled, bold, and nourished. Following my outflowing curiosity and chasing the wonders that tickle my heart. The flow of moving often frees my mind as well as forcing me to be very adaptable and flexible. It challenges my habits, nudging me to constantly reconstruct who I am. In a way, it is like a continuous self-discovery process because we tend to be in much more unexpected and changeable situations when we are away from home, which often requires us to act the way we probably wouldn't in

our normal life. In return, this can also serve as a great platform for easing ourselves away from all the familiar cultural norms, rules, and expectations attached to our daily lives. I think this helps us become bolder and less worried, and many people seem to refer to this as "feeling light" when traveling.

These experiences, coupled with the heartfelt joy of encountering something new, attracts me very much.

It feels strange not having searched online for a flight ticket since late 2019. When my husband and I moved back to Tasmania in 2019, we kept our plans open. We wanted to see how it would feel to be here this time. Depending on that, the length of our stay was going to become clearer. I was keen to stay here for a sufficient length of time, especially for my carrier path. My profession is Dance Movement Psychotherapy. I wanted to plant its seed here in Tasmania and I knew it would take time. Before migrating I had been shifting places frequently. Therefore it had been difficult to establish something long-term, so I was ready to finally have a stable base.

However, this was based on the premise that I would visit my parents and friends in Japan regularly. I didn't calculate that this would become



impossible. In one way I feel ambivalent about the current flight situation. It is so great for the environment that we collectively fly so much less now. But... it means I can't see my family and friends. As we have no idea when we can freely move around again, there is a dawning realisation in my mind. I must say I was aware of this before, but now I can feel it deeply and almost painfully in my heart. On top of the reasons why I love traveling, there is an underling significant fact. I enjoy going away because I know there is home I can always return to.

Tasmania has been slowly

becoming my second home. I have made precious friendships, met many beautiful people, found a fulfilling job I am passionate about, and a Bollywood dance group I really enjoy being part of. I am already quite accustomed with the landscape. I have become more used to the accents and slang of OZ English. In my case, I am very fortunate to have my parents-in-law nearby. My family connection here makes me feel so much more part of the local community and society.

In the first place I came here upon my own decision. However, even with all these privileges, I can't deny that I am missing my home in Japan so much under this circumstance. It is my root and identity. The very primitive base of who I am, which will never change or be surrendered. Therefore, not being able to access to my homeland within an unknown timeframe is very difficult. A few weeks ago I was talking to my friends here from overseas and we all shared that we tried not to think about it because it's too confronting.

I think, for us as migrants, now it is ever so important to find and become part of likeminded communities, no matter how small they are. Obviously I adore my small Japanese connections here and it is just great being able to talk in regional dialects and understand each other without needing to be conscious of our cultural habits. However, I believe true connection exists beyond this scope and if we feel the "click" it doesn't matter where we come from. Cultivating these sorts of deep, trusting, and nourishing connections will help us feel safe and grounded, despite the distance from our homeland. They will provide us with the sense of belonging which we so especially need in these times.

If we belong to an understanding and empathetic community, I think we can all move forward together through our support and care for each other. On reflection, one of the lessons to take from the pandemic is this: perhaps it is time to review our individualistic societies and re-recognise the value and importance of communities and community spirit.

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**Congratulations**

**Majority Gutwein Liberal Government**

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# Moonie and Sunnie

By Mike McGuire

untouched Australian jungle.”

“Moonie & Sunny” – two free-range chickens who scratch away at the earth all day, - seeking their little discovery of gold – showing the rest of us what true leadership is made of

\*Dear reader, please interpret this story as you want. The message of this piece is yours for the creating. P.s – you would have created your own meaning without permission anyways!\*

WARNING: This story is full of metaphors

The elections are over. How fantastic. But here comes the next “road weather” like alert.

“Attention. Be on the look-out for overblown promises and bucket-loads of a deadly, soul crushing phenomena. It seems that there has been a discovery of great proportions in a dense previously

**Fear.** We’ve always had it and it serves us well. It keeps us alive. We wouldn’t be here if it wasn’t for fear. Our ancestors used it well – to escape those unwinnable battles with those ferocious beats and wild weather.

Perhaps though, what has gone missing for us in the 2021 – is fear’s distant relative – “wisdom”. You know that quietly spoken, slightly eccentric character that we have all had amongst our family? They linger happily in the background, content to gaze upon the gardens, as the rest of us – together with our other not so distant relative – “Ego” jump head-first into fighting fear (our step sibling). It’s an ugly, never-ending fight.

This is the story of Moonie and Sunny. Two free-range, clucky, rebellious (non-egg laying hens). At just 9 weeks of age,



Moonie – a beautiful black and white speckled hen was viciously attacked by a young curios possum. It was late at night, when the possum had managed to creep into Moonie and Sunny’s house. The possum squeezed through the front gate and crept up the steps. Moonie shrieked like a wolf and fluttered her wings everywhere, as Sunny hid in the corner, waiting her turn to be torn apart.

The possum dragged Moonie out by her neck, shaking and tossing her sideways... it all seemed like a terrifying, painful end for her. The innocent, gorgeous bird. Somehow, – she survived. The Possum must have gotten bored or miraculously doesn’t have a taste for chicken!

Moonie, although not dead, lay battered and shaken at the bottom of the fence. For the next 3 days – she hid under the house – back to the world – staring into oblivion. Along with her right wing - Her safe, peaceful world-view had been shattered. She officially had post-traumatic Stress disorder written all over her.

Enter, the hero of the story: Sunny who had stood by Moonie for days on end. She gave up her free-ranging ways to guard her chicken sister all day and



all night (luckily their room had been properly secured now). Sunny wasn’t going anywhere, until Moonie’s mental health and physical well-being returned.

Fast forward 3 months later and Moonie is back to full strength. Together, with Sunny – she is the bird of the jungle. Fierce and proud. Fat and happy, as she parades around her land – unearthing juicy worms with a new found gratitude for her second shot at life!

Even a chicken isn’t afraid to stand by those who are most vulnerable in our society. Even if there is some risk. Sunny, Moonie’s trusted friend obviously had done the maths, confronted “fear” and flown in some “wisdom”!

Although, we look to the official leaders in our society, often the true leaders are the ones we least expect to be. Maybe we all need to embrace our “Inner sunny”. Confront our fear and fly in some wisdom!



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

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# Summerleas Eagles makes club and association history!

The Summerleas Eagles Cricket Club (SECC) has become the first club in the Huon and Channel Cricket Association (HCCA) to win three premierships and have four of its teams in the grand finals in one year. For a club that started only 9 years ago, this is an extraordinary achievement. The club has also managed to win nine premierships since its inception.

SECC is a community cricket club that encourages multiculturalism and social integration. Based out of Lightwood Park 2 in Kingborough sports prescient, the club has been instrumental in providing a social platform for new Tasmanians. The club’s member base is very diverse, in addition to having members from the Kingborough area, it has almost become the preferred club for expatriates and new migrants to the Kingborough and Greater Hobart region. Cricket gained its popularity globally during the expansion of the British empire, hence is it no surprise that playing members of the club include migrants and international students from mainly Commonwealth countries such as India, Bangladesh, Nepal, Pakistan, Sri Lanka, South Africa, Kenya, UK origins who now reside in Tasmania.

Diversity and equal opportunity are


deeply engraved in the club’s core culture and is demonstrated throughout its operations. The club founders have worked hard to materialise their vision of creating a welcoming and harmonious community group where the love of sport crosses the boundaries of culture, religion, age and background.

Club President Mandeep Wadhwa was very thankful to all and said, “it’s taken a remarkable amount of planning, improvisation and sacrifice from every member of our club — from players to their families, to sponsors, to coaches, to committee members, to volunteers, to the council — to get to this point, which in itself is a monumental achievement.

Head Coach and Club Captain Prajit Parameswar credited this success to disciplined performance, irreplaceable belief, amazing teamwork and most of all, the want of every player to get better and play their best cricket. He also thanked the association and its chair Fahim A Chowdhury for providing the platform that enables social cricket clubs like the SECC to play this beautiful game of cricket. Cricket is not just a great game; it helps build character, provides opportunities to make friends and importantly unites people.



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# Andrew Wilkie

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Drop by Andrew’s mobile office on the dates and locations below\*:

<b>Thursday May 6</b>	<b>11:30am-1:30pm</b>	<b>Claremont Main Road near KFC</b>
<b>Thursday May 20</b>	<b>11:30am-1:30pm</b>	<b>Glenorchy Main Road near police station</b>

\*Weather permitting

## [www.andrewwilkie.org](http://www.andrewwilkie.org)



### Andrew Wilkie MP

Independent Member for Clark

Authorised by Andrew Wilkie MP 188 Collins Street Hobart 7000

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# Historic third term for majority Liberal Government

12 May 2021

Peter Gutwein, Premier

The election result has confirmed Tasmanians have voted for the stability and certainty that only a majority Liberal Government can provide, at a time when Tasmania needs it most.

This is a historic result for the Tasmanian Liberal party, having never before secured three consecutive terms of majority Government – and we have done it with an outstanding statewide result, including swings to the Liberal party in Bass, Braddon and Lyons.

We have laid out a clear plan to secure Tasmania’s future, and I thank Tasmanians for showing faith in my Government and providing me the privilege of being your Premier and I will not let Tasmanians down.

We will continue building on our strong economic position, so we can create more jobs and ensure we have the skills and training pathways Tasmanians need.

This will allow us to continue investing strongly in health, in education and in

housing, and to continue delivering our record infrastructure program, which is building better and safer communities.

We have worked hard since 2014 to turn Tasmania around, and our plan has worked, with our economy leading the nation and 26,800 more jobs in Tasmania today and business confidence driving investment and opportunity.

But we know there is more to do and I will continue to lead a government of conviction and compassion to ensure Tasmanians, no matter their circumstances or background, will have the opportunity to benefit from our growing State.

I would like to acknowledge members of my team, and all those who put themselves forward this election – regardless of their political colours.

It’s no easy thing to put yourself forward and stand for Parliament, and I know all share a common goal to be a strong voice for our communities and for Tasmania.

We now await the finalisation of counting later this week and the declaration of the polls.

# Mental Health funding welcomed

12 May 2021

Jeremy Rockliff, Minister for Mental Health and Wellbeing

The Tasmanian Liberal Government is working to ensure Tasmanians who need mental health support can get the right care, at the right time, in the right place.

That’s why we welcome the funding announced in the 2021 Federal Budget of \$2.3 billion for mental health care and suicide prevention, including urgently needed crisis services and the establishment of a National Suicide Prevention Office.

We also welcome the \$26.9 million over four years from 2021-22 to provide additional support for people with eating disorders and their families, and to establish a National Eating Disorder Research Centre.

An additional \$500 million has also been announced to deliver on the ground services to regional and disadvantaged areas which will be delivered through Primary Health Networks.

These announcements build on the Tasmanian Liberal Government’s

election commitments to deliver mental health services to Tasmanians when and where they need it.

This includes \$40 million for the first stage of a new Mental Health Precinct adjacent to the North West Regional Hospital, along with the appointment of a new Mental Health Peer Workforce Coordinator, recruitment of a locally-based mental health specialist for the Circular Head region, and the initial scoping of the operational model for the \$5.1 million Emergency Mental Health Co-Response Team pilot.

We look forward to working with the Australian Government and health service providers to deliver on these commitments to meet the needs of the Tasmanian community.

I also welcome the prioritisation of funding for people with disability. The additional \$13.2 billion announced for disability supports through the NDIS will complement the election commitments made by the Tasmanian Liberal Government including the establishment of a Tasmanian Disability Services Commissioner.

# Federal Budget 2021

12 May 2021

Peter Gutwein, Premier

The Tasmanian Liberal Government welcomes the strong investment in the 2021 Federal Budget that will help create jobs, strengthen our economy, and deliver the essential services that Tasmanians need.

With the economy bouncing back and significant increases in consumer spending, the Australian Government has forecast GST pool growth averaging 6.7 per cent from 2019-20 to 2024-25. This includes growth of 15.8 per cent in 2020-21.

Tasmania’s share of the GST pool is expected to remain relatively consistent at approximately 4.1 per cent over the Budget and Forward Estimates period, providing increased GST revenue to Tasmania of \$846 million to that estimated in the recent Pre-Election Financial Outlook.

Total Payments for Specific Purposes to Tasmania have also increased by \$163 million over the same period, including \$53 million for education and \$10.5 million for the extension of the Jobtrainer program.

We particularly welcome that the Budget provides additional support for addressing women’s safety and family violence, as well as other measures to support women.

Changes were announced to superannuation to help women boost their retirement savings. The removal of the \$450 per month superannuation threshold will expand the superannuation guarantee, improving coverage and increasing retirement savings, particularly for women.

The Budget includes a statement on women’s safety and health, with funding of a further \$1.1 billion through the Women’s Safety Package to address and prevent family and domestic violence. The Commonwealth Government is also committing \$146 million to enhance national law enforcement child protection capabilities.

There is also \$10.7 million over four years from 2021-22 to establish Veteran Wellbeing Centres in Tasmania and South-East Queensland that will provide veterans with access to local support services.

The Tasmanian Government also welcomes the retention of the Low and Middle-Income Tax Offset for the 2021-22 financial year to stimulate the economy and put downward pressure on the cost of living across the State.

This will impact almost 210,000 Tasmanian taxpayers with the average

earning full-time worker in Tasmania to receive the full benefit of \$1080 per year.

Further, a major measure to continue to support all Tasmanian businesses includes the one year extension to 30 June 2023 of the instant asset write off for the full cost of capital assets to help businesses with cashflow.

The Budget also includes an additional \$322.6 million investment in roads and infrastructure that will reduce congestion and travel time, while creating jobs for Tasmanians across the long term.

We also welcome the massive investment into aged care, with over \$17.7 billion committed across the Budget and forward estimates to employ more staff into the sector, and reduce the backlog for those needing help to stay in their own home.

With an older and more vulnerable population and with an estimated over 8000 Tasmanians utilising aged care services, this is very good news for Tasmanians and their families and will address skills and staff shortages, helping the sector with their needs well into the future.

Additionally, the changes to superannuation will allow retirees to downsize their family home five years earlier at age 60, allowing them to boost their super while importantly, freeing up more housing stock for Tasmanian families.

The first-home guarantee will also be expanded with another 10,000 places made available, allowing even more people to build a new home, or purchase a newly built home with a deposit of as little as five per cent.

These measures will complement our initiatives to boost housing stock and alleviate housing stress across the State, including boosting the First Home Owners Grant from \$20,000 to \$30,000 and increasing the property value threshold for our 50% stamp duty concession for first home buyers and pensioners downsizing.

The changes to childcare will also be warmly welcomed by Tasmanian families. These changes mean that over 7000 Tasmanian families will receive a 95 per cent subsidy for their second and subsequent children.

This Budget delivers for Tasmania and is another demonstration of State and Federal Governments working together to Secure Tasmania’s Future.

*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”.*



# Massaman Curry Chicken

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

### WHAT YOU WILL NEED

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

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

If you do want to try and roast

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

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

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

### PREPARE THE CHICKEN

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

### PREPARE VEGETABLES

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

### START TO COOK

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

Once you have a good rich odour



add chicken, potato, and peanuts. Then stir around to cover most of the meat.

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

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

Place a lid on it and slow cook for 45 minutes. Once the potato is soft

enough it is time to eat. (Test with fork )

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

ENJOY

# South Indian Egg Omelette Curry:

### INGREDIENTS

- (1) 4 eggs
- (2) 2 onions
- (3) tomatoes
- (4) 2 green chillies
- (5) ½ cup Tamarind Paste
- (6) Coriander leaves.
- (7) 1 teaspoon ginger garlic paste.
- (8) Turmeric powder

Preparation Time : 20 mins.

### METHOD

In a microwave safe bowl crack eggs and whisk it well until a batter forms.

Put it in a microwave for 1:30

mins and let it cool down.After it cools down, cut it into 4 pieces and set-aside.

Take a fry pan and heat the oil in the pan and add chopped onions.Once the onions turn into golden brown add ginger garlic paste and turmeric powder.

Then add chillies and tomatoes and cook until the tomatoes are soft and pulpy.

Now slowly start adding tamarind paste and mix the gravy ...let it cook for another 3-4 mins and add omelette pieces

Close the lid and let them cook for another 3 mins...now serve with rice or roti.



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# Expert Education Flu Vaccination Program in Association with BUPA

INSTRUCTION FOR CLIENT expert-education-visa-services/  
REGISTRATION pharmacy voucher. (please check the  
next page for further instruction).

**Step 1:**  
The reception team will ‘check-in’ the  
visitor in CRM.

**Step 2:**  
Designated counsellor will attend the  
client in the system and collect the  
following  
additional details:

- Current visa type
  - Visa expiry date
  - Degree completed in Australia (if any)
- These details must be included in the  
‘Visit Purpose’ section and NOT in the  
comments section.

**Step 3:**  
Ask clients to complete the registration  
form from this link;  
<https://bupa.ausvacs.com.au/2021/>

After the registration is complete, the  
voucher will be emailed to the clients.  
The clients are then required to book an  
appointment with the selected pharmacy  
later at their time.

**Step 4:**  
Provide clients with a goody bag.

WHEN COMPLETING  
REGISTRATION FORM

**Step 1:**  
Select their nearest pharmacy on the  
map.

**Step 2:**  
Complete the requested details





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- Graduate /Post Study Work (TR)
- 491/190 Nomination and Visa Application



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DIVERSE TASSIE - the newspaper for everybody

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## Newspaper Rate Card

Diverse Tassie reaches more than 5000 homes across Tasmania in major communities such as Hobart, Glenorchy and Launceston.

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