

**AL AFRAH**

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On Australia Day we come together as a nation to celebrate what's great about Australia and being Australian. It's the day to reflect on what we have achieved and what we can be proud

of in our great nation. It's the day for us to re-commit to making Australia an even better place for the future.

*Continued page 10*

## US President Joe Biden has already overturned Trump policies

Freshly inaugurated, US President Joe Biden has signed his first executive orders and has already reversed some of Donald Trump's policies on immigration, climate change, racial equality and coronavirus.

The new President entered the White House with first lady Jill Biden on Wednesday (Washington time) and wasted no time getting to work.

He began signing 15 executive orders from the Oval Office, the first related to the coronavirus pandemic, saying there was "no time to start like today."

Mr Biden signed an order for the US to rejoin the Paris climate accord, undoing the move made by

*Continued page 10*



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## Margaret Court defends right to religious freedom of speech



Former tennis great Margaret Court has welcomed the decision to promote her to the highest level of the Order of Australia, after the decision came under fire from two state premiers and LGBT groups concerned about her past criticisms of same sex marriage.

Earlier on Friday it was revealed Ms Court is set to be promoted from an Officer of the Order of Australia, to a Companion.

The information was embargoed but was tweeted by a freelance journalist, and then put to Victorian Premier Daniel Andrews at a press conference.

Ms Court said the early

announcement of the honours was “sad” and was not fazed about the backlash.

“I’m not upset and I haven’t even read it,” she said.

“I am disappointed in the media that it was released because they’re not supposed to do that.”

Ms Court said her views were based on her religious beliefs, and it was important for freedom of speech that she could share them.

“I am a minister of the Gospel, I have been a pastor for 30 years,” she said.

“I teach the bible, what God says in the Bible and I think that is my right and my privilege to be able to bring that forth.

## Trade Minister Dan Tehan writes to new Chinese counterpart in attempt to end



The new Trade Minister Dan Tehan has written to his Chinese counterpart in a fresh attempt to re-establish lines of communication and convince Beijing to halt its mounting campaign of trade punishment against Australia. Australia and China have been mired in multiple trade disputes as the bilateral relationship deteriorates. Beijing has hit Australia’s wine and barley industries with devastating tariffs, as well as blocking or delaying some Australian lobster, beef, cotton and timber exports.

Around 60 ships carrying Australian coking coal also remained effectively stranded off the Chinese coast due to an informal ban imposed by Chinese authorities.

Several Australian Government Ministers — including the former

Trade Minister Simon Birmingham — have repeatedly tried to contact their Chinese counterparts, but have been ignored.

Mr Tehan — who took over the Trade portfolio in December — said he wrote to China’s new Commerce Minister Wang Wentao because the turnover might offer an opportunity to break the impasse.

“My hope is that with the appointment of a new Minister in China, at the same time as my appointment, that we will be able to get a dialogue in the relationship happening again,” he said.

“I’m very keen to start a dialogue with Minister Wang but it’s something I’m happy to be patient for in waiting for a reply and then seeing what form that dialogue takes.”

## Tasmania, Victoria agree quarantine swap deal, awaiting visa approval

The Tasmanian and Victorian governments have brokered a quarantine-swap deal in an effort to address a shortage of farm workers and bring home more stranded Tasmanians.

Tasmania has agreed to quarantine farm labourers heading for the Victorian harvest, while Victoria will provide quarantine facilities for Tasmanians wanting to return from overseas.

An initial 1500 workers from the Pacific Islands will undergo quarantine in Tasmania before taking up harvest work across Victoria.



Tasmania has committed to the program for the first half of 2021, with the cost of the farm worker quarantine shared by the Victorian government and the farm industry.

In return, 330 Tasmanians who are stranded overseas will undergo 14-day quarantine in Victoria’s hotel quarantine system, paid for by the Tasmanian government.



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By Mamdouh  
Sukkarieh

## Australia Day a time for hope

The date of January 26 marks the anniversary of Captain Arthur Philip's arrival with the First Fleet at Port Jackson, New South Wales, but for many Aboriginal and Torres Strait Islander people, it is seen as the loss of their land, people and culture.

Indigenous people have called Australia home for more than 60,000 years, being custodians of the world's oldest continuous living culture. When the First Fleet arrived there were more than 500 Indigenous groups and about 750,000 people. The colonisation of Australia was done through force, displacing Indigenous communities from their ancestral homelands.

Every year Australians debate over whether to celebrate Australia Day on January 26.

There are many opinions in the communities about celebrating Australia Day at this time or not:

\*For many people, Australia Day is about celebrating for all Australians to be able to enjoy and show their gratitude for this nation and also to celebrate the values, freedoms and pastimes of our country. It's a time for gathering and enjoying time with family and friends and proudly flying the flag. On the surface, Australia Day seems to be about unifying all Australians, so we need to change the day of Australia Day for everyone's interests.

\* For others see Australia Day as a day to celebrate modern Australia. We celebrate our Indigenous heritage, our cultural diversity and our Australian way of life, however they believe that the campaign against celebrating Australia Day or change has been taken away from the reason we celebrate at this time. It should be about celebrating our society as it is now.

\* Others saying, no matter what day you change it to it'll still be a day of oppression and mourning for the Indigenous people, so I think deleting it all together is the way to go.

You may have heard it said, "Why are Indigenous people making this an issue? After all, isn't Australia Day for all Australians to come together and celebrate? isn't Australia today shining and something we should be proud of? isn't about the story of Australia- the story of an extraordinary nation.

"Others see the critique of Australia Day celebrations as excessive political correctness and governments pandering to the whims of minorities.

It's true, that as Australians, we should be able to come together and celebrate the story of Australia- the Story begins 60,000 years ago. New chapters are written every day.

We should enjoy the things about our nation that we are proud of and grateful for. However, celebrating these things on the 26th January can divide us as Australians by marginalising and offending many Indigenous people who see this date as commencing a chain of events that had disastrous consequences for many Indigenous people. On Australia Day, we should reflect on our history, its highs and its lows and not harm for anyone to change the day of Australia Day to something which encompasses the history and traditions of our multicultural Australia.

Australia Day can be a time for hope, not resentment and how nice if we all sing in Australia Day the popular song I am Australian

We are one, but we are many

And from all the lands on earth we come

We'll share a dream and sing with one voice

"I am, you are, we are Australian"

## Scott Morrison fires back at Google over threats to disable search engine



Prime Minister Scott Morrison has pushed back against a threat by Google to stop making its search engine available in Australia if it is forced to pay news outlets for showing links to their websites and stories under a new media code.

"Let me be clear, Australia makes our rules for things you can do in Australia. That's done in our Parliament," the Prime Minister said.

"It's done by our government and that's how things work here in Australia, and people who want to work with that, in Australia, you're very welcome.

"But we don't respond to threats."

The comments come after Google insisted during a parliamentary inquiry that it would stop making its search engine available in Australia if the federal government proceeded with its planned digital media code.

The code would see digital giants

such as Google and Facebook pay local media companies for providing their content in search and sharing their content on social media.

Managing director of Google Australia and New Zealand Mel Silva told a parliamentary hearing into the proposed scheme that it was unworkable and "untenable" for them.

"The principle of unrestricted linking between websites is fundamental to search and coupled with the unmanageable financial and operational risk," she said.

"If this version of the code were to become law it would give us no real choice but to stop making Google Search available in Australia.

Ms Silva said the company was willing to strike deals with news publishers to direct users to their content and had already made similar arrangements around the world.

## The Sydney suburbs hit with most parking fines

Think parking rangers in your Sydney neighbourhood are tough?

Maybe drivers in your suburb just ignore parking rules more than others?

Or perhaps there's simply not enough parking in your local council area to go around.

Whatever the reason, nine.com.au has obtained data to settle once and for all which parts of Sydney are being slapped with the most parking infringement notices.

Unsurprisingly, the City of Sydney, responsible for parking in Sydney's CBD, topped the infringement

categories analysed by nine.com.au over the 2019/20 financial year.

Inspectors in City of Sydney doled out a whopping 230,773 tickets to drivers who broke parking laws in that period.

Sydney's Inner West ranked second with 92,097 offences, with Waverley in the Eastern Suburbs clocking up 57,948 breaches for third.

Out west, Parramatta, with 48,586, and Canterbury-Bankstown rounded out the top-five, with the Northern Beaches next on 40,077.

Across the entire state of New South Wales, more than 1.1 million parking tickets were issued in the past year.



## Chris Bowen MP

Federal member for McMahon

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*Happy Australia Day*  
Wishing you and your family  
a Wonderful Australia Day

**عيد استراليا سعيد للجميع**

Authorised by Chris Bowen MP, ALP, Shop 3&4/ 398 Hamilton Rd, Fairfield West NSW 2165

ADVERTISEMENT  
**HAPPY  
AUSTRALIA  
DAY** 



**JASON CLARE MP**  
FEDERAL MEMBER FOR BLAXLAND

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## Guy Zangari MP

State Member for Fairfield

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I would like to wish you and your family  
a *Happy Australia Day*



**تمنياتي لكم ولعائلاتكم  
عيد استراليا سعيد**

Authorised by Guy Zangari MP, 55A Smart St Fairfield NSW 2165  
using Parliamentary entitlements, Jan 2021



## Tania Mihailuk MP

Member for Bankstown

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I Wish you and your Family  
a wonderful  
**Australia day**

**كل عام  
وأستراليا بخير**

**Julia Finn MP**

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Happy  
Australia  
Day

كل عام وأستراليا بخير

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Whether you were born here, recently settled or have been living here for a long time, Australia Day is a time to come together to celebrate the values of kindness, generosity and mateship that we all share as a community

**!Happy Australia Day**

سواء كنت قد ولدت هنا أو استقرت مؤخراً أو كنت تعيش هنا لفترة طويلة، فإن يوم أستراليا هو الوقت المناسب للالتقاء والاحتفال بقيم اللطف والكرم والصدقة التي نشاركها جميعاً كمجتمع.

**يوم أستراليا سعيد!**

**Jihad Dib MP**

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LIVERPOOL  
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COUNCIL

Happy  
Australia Day

From the Mayor of Liverpool and Councillors



Mayor  
Wendy Waller



Deputy Mayor  
Mazhar Hadid

[www.liverpool.nsw.gov.au](http://www.liverpool.nsw.gov.au)

Watch the Australia Day Awards Ceremony 2021

▶ **FACEBOOK LIVE** Tuesday 26 January | 10.30am

f [facebook.com/LiverpoolCityCouncilAustralia](https://facebook.com/LiverpoolCityCouncilAustralia)



## Message from Jason Clare and Tania Mihailuk



Over the last week, The Federal Member for Blaxland Jason Clare and the Member for Bankstown Tania Mihailuk have been at train stations handing out masks and hand sanitisers to help keep everyone safe.

They encouraged anyone have got any symptoms, even if they are mild, to isolate & get tested.

If you're in the Bankstown area, there is a walk in clinic at Bankstown-Lidcombe Hospital in the Allied Health Outpatient Building (Eldridge Rd, Bankstown) open 8:30am-5pm every day.

If you're in the Berala area, there is a walk in clinic now located at Berala Community Centre (98-104 Woodburn Rd, Berala) open 8am-8pm every day & a drive through clinic at Sydney University's Cumberland Campus (39 Weeroona Road, Lidcombe) open 8am-5pm.

If you're in Auburn, there is a drive through clinic at Auburn Community Health Centre (Norval Street, Auburn) open 8am-8pm every day, & a drive through clinic on Boorea St (48 Boorea Street, Auburn) open 8am-4pm every day.

Remember the test is free and you don't need a Medicare card.



### Media Release

Friday 8 January 2021

## WHO LET THE DOGS OUT! UNLEASHED PARKS: HAVE YOUR SAY

The City of Canterbury Bankstown has released a new Plan that details its vision for providing quality and accessible off leash dog parks across the City.

Currently on public exhibition, the draft Off Leash Dog Park Action Plan gives community members the chance to help Council decide how to best manage these facilities and identify the need for additional infrastructure, such as lighting or shaded areas.

"We currently have 10 off leash dog parks across the City and know that demand for open spaces will only increase in urban environments," Mayor Khal Asfour said.

Mayor Asfour said this community consultation phase is critical to inform Council on how to better balance users' needs of all open spaces, and encouraged everyone to have your say.

The draft Action Plan has identified potential ways Council can improve its existing facilities, such as trialling the inclusion of separated dog play areas for large and small dogs, as well as identifying gaps in provision across the City.

"We have a great opportunity to improve our existing facilities and introduce a new standard that meets community expectations here," Mayor Asfour said.

"Hearing what you want us to deliver for you, both for now and long into the future, is vital for creating a healthy and active City and in order to do so, we need to hear from you."

Council will be undertaking targeted engagement in early 2021 on some of the key actions identified in the Plan.

Council has three major focus areas: how it provides people with access to these parks, how they are designed, and how they're managed and maintained, while promoting responsible pet ownership and good dog park etiquette across the community.

"Visiting these parks is a fun and free activity that brings just as much benefit to dog owners as it does to their pets," Mayor Asfour said.

The draft Off Leash Dog Park Action Plan is on public exhibition until Monday 1 March 2021. To view the full Plan and make a submission, visit [cb.city/haveyoursay](http://cb.city/haveyoursay)

## AUSTRALIA DAY 2021



A day every resident, whether you were born here or overseas, should celebrate what it means to be living here and to call Australia home.

Our freedoms, our living standards, our acceptance in the community, all of which are sometimes taken for granted. We are indeed the lucky ones and should be proud of this great Country and embrace all that it has to offer.

I hope you celebrate the day with your family, friends and your neighbours.

**Happy Australia Day!**

Yours sincerely

Clr Khal Asfour  
**MAYOR**



**CLR Rachelle Harika**  
Deputy Mayor

Happy  
Australia  
Day

Australia Day

يوم استراليا سعيد



## Wendy Lindsay MP State Member for East Hills

### FESTIVAL GRANTS TO CELEBRATE OUR EAST HILLS SENIORS

Organisations in East Hills can now apply for a share of the \$200,000 NSW Seniors Festival Grants Program to help older people get active and connected. Local State Member for East Hills Wendy Lindsay MP said the 2021 festival will have an added focus on accessibility, with organisers encouraged to add an online option.

“We want to get local seniors dancing, learning, cooking or exercising so I encourage East Hills organisations to apply for a grant if they have creative COVID-safe ideas to help our seniors get active and connected,” Mrs Lindsay said.

“These grants support seniors from all walks of life including initiatives that enhance technology skills so they can stay engaged with friends and family.”

Acting Minister for Seniors Geoff Lee said grants of up to \$10,000 will help local councils, small businesses and not-for-profit organisations engage seniors in COVID-safe activities during the NSW Seniors Festival from 13-24 April 2021.

“This last year has been really tough on NSW seniors and staying connected, active and social is pivotal to seniors’ wellbeing while remaining COVID-safe,” Mr Lee said.

“The NSW Seniors Festival recognises the importance of seniors to the community and provides initiatives that keep the mind and body healthy while combatting social isolation.”

Festival ideas can inspire older people to get involved in activities including art, sport, music, technology, travel, recreation and health.

The grants program provides opportunities for all seniors to be part of the festival, including those from regional and remote areas, culturally and linguistically diverse backgrounds and Aboriginal communities.

“NSW has a diverse seniors community and we need to ensure all older people have the opportunity to participate

no matter where they live, what language they speak or how mobile they are,” Mr Lee said.

The NSW Seniors Festival has been running for over 63 years and is the largest festival for seniors in the Southern Hemisphere.

Grant applications are open until 4 February 2021. More info at: [seniorsfestival.nsw.gov.au/events/nsw-seniors-festival-grants](https://seniorsfestival.nsw.gov.au/events/nsw-seniors-festival-grants)



## Australia Day 2021

*Australia Day is a time to reflect  
on how fortunate we are to live  
in such an amazing country.*

*Enjoy celebrating all the things  
we love about Australia!*



## Wendy Lindsay MP State Member for East Hills

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f WendyLindsayMPEastHills

Authorised by Wendy Lindsay MP, 20 Revesby Place, Revesby NSW 2212. Funded using parliamentary entitlements.

*A true  
LOCAL*





## Rafat Yacoub



Artist RAFAT YACOUB, grew up with strong artist influence from his family members, the first teacher was his father . Professor DR . Yacoub, Rafael Received his formal education at Philadelphia University where he perused graduate in Accounting and Finance, he Become a certified Financial consultant in 2012. Recently he is graduated the master of Professional Accounting from Western Sydney University.

Rafat's work is a blend of conceptual art and impeccable technical skills. He produces works that tells secrets, complex stories in the mood that is influenced by his use of overcast lighting and nearly monochromatic color scheme. He merge realism, fantasy and psychological depth

In the last few years, the artworks of Rafat became center of attention in several houses where his works presented in many galleries such as Sydney, Amman, Abu Dhabi, and Dubai. The most attractive exhibitions were:

- \* Affordable Art, Beauty of Women
- \* Commercial Art Show Exhibition
- \* Absence of reality exhibition
- \* Oxford Art Prize exhibition
- \* Sydney Pride Festival
- \* International Women day art Exhibition
- \* 61th Art Prize Exhibition
- \* fantastic fake arts show
- \* Windsor Mall Art Tours Exhibition
- \* Orange Blooms Art Award Exhibition
- \* Pyrmont art Award Exhibitions
- \* Thousands of Males Away art exhibition
- \* The road less travelled exhibition

The artist rewarded the highly recommended annual price of Victor Veinberg Memorial Award for the year 2019 -sponsored by Canterbury – Bankstown council and art center - Sydney.

“I felt a different type of energy when I focused on my artwork. I felt a flow of inspiration running thought me, and I almost seemed manic when I was at my prime in any creation process, I strive to create arts that speaks to the audience about the beauty that I create.



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Instagram: rafat\_artist

Facebook: Rafael Jacoub

0449116064



## Chickens the latest animals to be threatened by climate change

Climate change is responsible for threatening countless species around the world. But some are being damaged in strange and unexpected ways.

Climate change is now affecting chickens. Researchers at Macquarie University have found that higher temperatures could be dangerous for hens.

Parent birds normally lay only one egg a day and control incubation by modifying the temperature that triggers embryo development to produce a clutch of around five chicks that all hatch at the same time.

But according to researchers at the Royal Society of Open Science at Macquarie University, climate change is taking hens control away and causing eggs to hatch earlier.

“If global temperatures were to increase it could play havoc with the family dynamic of these birds, creating situations where a single nest contains chicks from different ages, even causing some embryos to die,” said Professor Simon Griffith.

If one egg hatches before the rest, the first chick will have a monopoly on food. And if temperatures rise above 40.5C researchers say it could be “lethal” for chicks.

But it's not just chickens that are being affected by climate change.

The increasing price of corn due to drought has previously caused farmers in the United States to come up with a cheaper way of feeding cattle, which included lollies.

Yes lollies. Gummy bears, snakes, chocolate bars, ice cream and sprinkles. The sugary confection is cut with an ethanol byproduct and a mineral nutrient.

The sugary diet increases milk production and fattens up the cattle. Nutritionist Chuck Hurst, owner of Nutritech, Inc. in Carmen, Idaho told CNN that it provides “the same kind of energy as corn”.

But cows aren't even made to eat corn. They eat grass and if they don't eat enough of they can develop E.Coli.

Squirrels are fatter than ever due to warmer weather. Mild winters in the Northern Hemisphere have left an “abundance of food for squirrels”, wildlife presenter Iolo Williams told Wales Online.



Grey squirrels can double their weight in winter and the maximum weight ever recorded was 800 grams. Look they're everywhere: cute, cuddly and ... chubby.

Animals are turning up in the strangest of places. Perhaps one of the most significant was a sighting of a grey whale in the shallow waters of the Mediterranean. The mammal got as far as Israel

There are no grey whales off Israel, in the Mediterranean or even in the Atlantic. The grey whale hadn't left the Pacific for 200 years until May 2010.

Aviad Scheinin of IMMRAC said: “Due to climate changes and the melting of the ice in the Northwest Passage, a corridor could have been created in the summer, enabling the whale to travel through it to the North Atlantic.”

Experts from Australia have discovered warmer waters and ocean acidification can stunt the growth of sharks and affect their sense of smell while hunting.

“In warmer water, sharks are hungrier but with increase CO2 they won't be able to find their food,” said Associate Professor Ivan Nagelkerken.

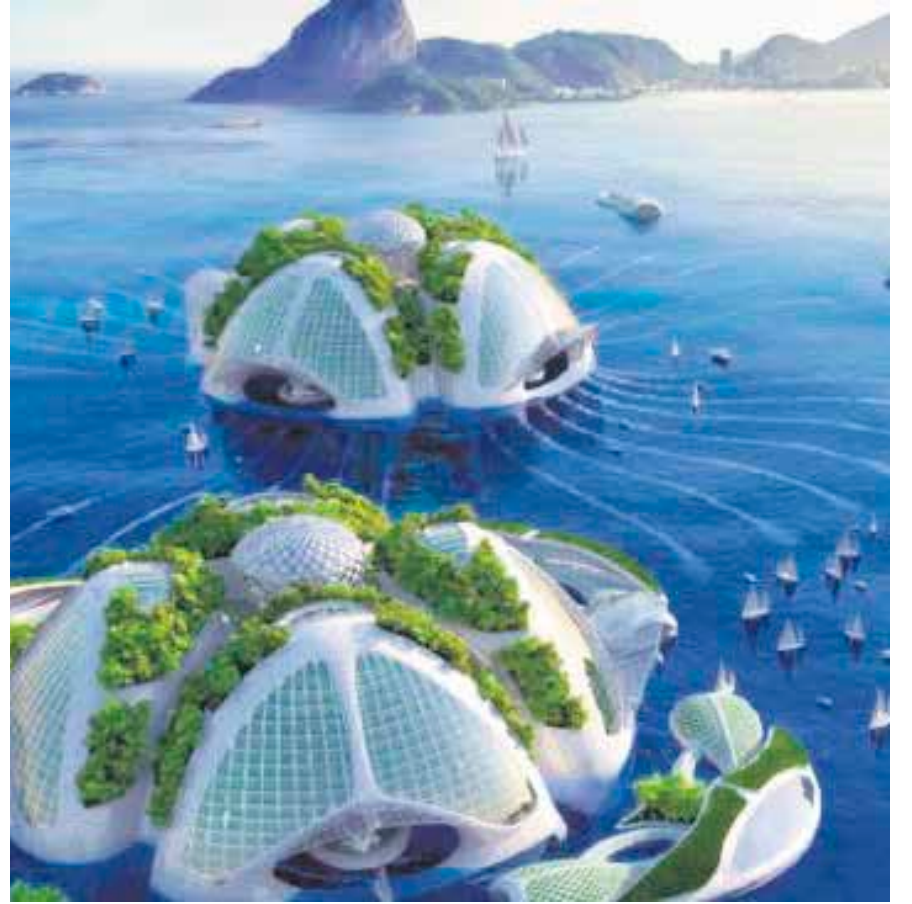
Researchers also found that sharks with more exposure to CO2 had more damaged liver, kidneys and were often abnormally shaped and developed slower.

The good news: nature's saving grace is the sea otter. The fuzzy animals help protect kelp forests which maintain our climate and prevent storm damage.

Kelp forests act as a storm buffer and process carbon as tropical rainforests. But in some places forests are disappearing and being mown down by an army of sea urchins.

Sea otters eat sea urchins which would otherwise devour the forest and help provide another solution to keeping forests growing.

## The huge new 'oceanscrapers' that will mean we can live underwater



BEFORE we get to live on Mars, we should make the most out of living underwater.

Belgian architect Vincent Callebaut has come up with ambitious plans to build futuristic ocean skyscrapers made from 3D-printed plastic waste that extends 1km below the water's surface.

Aequora, the water city would be situated off the coast of Rio de Janeiro and its name comes from a type of jellyfish called *aequorea victoria*.

The structure would be made from recycled plastic removed from the ocean and would house 20,000 people.

As well as housing, the Aequora would be home to science labs, offices, hotels, sports fields and farms across 250 floors.

Those concerned with changes in the weather should not worry.

According to Callebaut, the structure's strange jellyfish-like geometry is meant to help with high currents, storms, earthquakes and other natural water movements.

Life underwater means you would need gill masks to breath underwater and food would come in the form of algae, plankton and molluscs, while vegetable gardens 'farm-scrappers' would be grown on top of the structures.

Transport system would be powered by seaweed and the city would be running on renewable energy.

Callebaut added: “Never forget this: oceans produce 50 per cent of our planet's oxygen.

“They are its most active lung! It was really worth cleaning them, and fighting their acidification, thus re-enchancing our living together — don't you think?”



### IWPG Hosts the 4th International Branch Annual General Meeting "Peace for the world that is paused due to COVID-19"

Women's peace activities from 131 countries shared in era with COVID-19 Active emergency blood donation, anti-discrimination campaigns, and more in each nation

On January 19th at 2PM(Local Time in South Korea), the International Women's Peace Group (IWPG, Chairwoman Hyun Sook Yoon) hosted the 4th International Branch Annual General Meeting online.

This year marks the 4th General assembly event hosted by the International Women Peace Group (IWPG) on the 19th of January on Peace Education. Some of the best practices were highlighted in the conference from Women Members of Parliament in Jordan and Ethiopia to Women Peace Educators working within the slum areas of India to IWPG women in South Korea saving lives through blood donations and voluntary works. The 4th General Assembly saw how women all over the globe are united through IWPG for peace to be a reality through the unique Peace Education Program delivered by members of IWPG globally.

IWPG is an NGO in special consultative status with the UN Economic and Social Council (ECOSOC) and registered with the Global Communications Agency (DGC). With a motherly heart, IWPG mainly focuses on carrying out initiatives such as urging support for the International Peace Law(DPCW), Women's Peace Education, exchange and cooperation, and spreading the culture of peace.

### From page 1

## Happy Australia Day

Australia Day, 26 January, is the anniversary of the arrival of the First Fleet of 11 convict ships from Great Britain, and the raising of the Union Jack at Sydney Cove by its commander Captain Arthur Phillip, in 1788 Though 26 January marks this specific event, today Australia Day celebrations reflect contemporary Australia: our diverse society and landscape, our remarkable achievements and our bright future. It also is an opportunity to reflect on our nation's history, and to consider how we can make Australia an even better place in future.

On Australia Day, over half of the nation's population of 25 million attend either an organised community event, or get together with family and friends with the intention of celebrating our national day. Many more spend the public holiday relaxing with family and friends.

Yet Australia Day is much more than barbeques and fireworks. It is more than another public holiday. It is more than the pride and excitement of new citizens who call themselves Australian for the first time on 26 January after being conferred citizenship.

At its core, Australia Day is a day driven by communities, and the celebrations held in each town, suburb or city – unified by the celebration of what's great about

Australia and being Australian – are the foundation of its ongoing success.

We wish all the Australian a Happy Australia Day

### From page 1

## US President Joe Biden...

Mr Trump to leave the agreement.

The steps Mr Biden is taking will also end a travel ban Mr Trump put in place on some majority-Muslim countries.

In his inauguration speech, Mr Biden offered a message of unity and restoration to a deeply divided country reeling from a battered economy and the raging pandemic, which has killed more than 400,000 Americans.

"To overcome these challenges, to restore the soul and secure the future of America, requires so much more than words," he said.

"It requires the most elusive of all things in a democracy: unity.

"We must end this uncivil war that pits red against blue, rural versus urban, conservative versus liberal. We can do this. If we open our souls instead of hardening our hearts."

The themes of Mr Biden's 21-minute speech mirrored those at the centre of his presidential campaign, when he portrayed himself as an empathetic alternative to the divisive Mr Trump, a Republican.

The inauguration ceremony itself served as a stark reminder of both the tumult that defined the Trump era as well as the pandemic that still threatens the country.

Amid warnings of possible renewed violence, thousands of armed National Guard troops circled the Capitol in an unprecedented show of force.

The National Mall, typically packed with throngs of supporters, was instead filled with nearly 200,000 US flags.

Those attending, including former presidents Barack Obama, George W. Bush and Bill Clinton, wore masks and sat several feet apart.

Mr Biden's running mate, Kamala Harris, the daughter of immigrants from Jamaica and India, became the first black person, first woman and first Asian American to serve as vice president after she was sworn in by US Supreme Court Justice Sonia Sotomayor, the court's first Latina member.

The President spoke forcefully about the Capitol siege, when Trump-supporters breached the building on January 6 resulting in five deaths.

But Mr Biden never mentioned his predecessor by name.

The violence at the Capitol prompted the Democratic-controlled US House of Representatives to impeach Trump last week for an unprecedented second time, accusing him of incitement after he exhorted his backers to march on the building to press false claims of election fraud.

"Here we stand, just days after a riotous mob thought they could use violence to silence the will of the people, to stop the work on our democracy, to drive us from this sacred ground," Mr Biden said.

"It will never happen. Not today, not tomorrow, not ever."

Mr Trump flouted one last convention on his way out of the White House when he refused to meet with Biden or attend his successor's inauguration, breaking with a political tradition seen as affirming the peaceful transfer of power.

Mr Trump, who never conceded the November 3 election, did not mention Mr Biden by name in his final remarks as president, when he touted his administration's record and hinted at a possible comeback.

He then boarded Air Force One for the last time and flew to his Mar-a-Lago retreat in Florida.

After a bitter campaign marked by Mr Trump's baseless allegations of election fraud, Mr Biden struck a conciliatory tone rarely heard from Mr Trump, asking Americans who did not vote for him to give him a chance.

"I pledge this to you: I will be a president for all Americans," he said

"And I promise you I will fight as hard for those who did not support me as for those who did."

Mr Biden also delivered a message to the rest of the world. He promised to repair alliances frayed by the Trump administration and act as a strong partner for peace, progress and security.

World leaders issued congratulatory statements, with several US allies expressing relief at Joe Biden's inauguration after Donald Trump's unpredictable tenure.

## Foods That Make You Look Younger



Part of getting younger-looking skin is yes, some quality skincare products such as those with retinol and UV protection to help reduce wrinkles. But you can also freshen and brighten your skin, as well as stave off fine lines by eating a nutritious diet. Foods such as avocado, pomegranate, watermelon, and lobster are rich in vitamins and minerals that fight skin-aging damage and help to erase the years. Watch the video for more.

**Don't have time to watch? Here's the full transcript:**

**Avocado:** They're full of oleic acid that helps skin retain moisture and plumpness.

**Blueberries:** They contain vitamins C and E, which brighten skin and fight off free-radical damage.

**Pomegranates:** The seeds contain anthocyanins and ellagic acid, which increase collagen production and reduce UV damage.

**Watermelon:** Its lycopene helps stave off UV damage that causes wrinkles and dry skin.

**Lobster:** Its zinc helps accelerate skin renewal and its anti-inflammatory properties can help treat acne.

## Getting In A Routine To Help Aid Your Fitness Goals

Deciding to dedicate your time to losing weight and get in shape can be a hurdle for a lot of people. Going to the gym is a burden and sticking to a healthy diet is never satisfying.

The biggest thing that you can do to help make losing weight less of a pain is sticking to a consistent routine. Plan out your meals ahead of time and stick to the plan. Don't go out to eat constantly. If you can have a nice little routine for your meals throughout the day, this will help you get over the fact that you miss buttery biscuits from Popeyes.

Outside of eating, you **MUST** get into a daily routine of exercise. Trying doing it the same time everyday. Go straight to the gym right after work or go on a neighbourhood job every morning as soon as you wake up.

If you make it a routine, your mind will begin to convince you its a mandatory activity that must be done. Like brushing your teeth or shaving your face, you must make it a habitual activity. Once you get to that point, meeting your fitness goals is only a matter of time.

They say it takes one month to form a habit. If you convince yourself to change your lifestyle habits for one month, it will become second nature after those 30 days. While achieving your health goals



may seem difficult, all it really takes is a change in mindset.

Do not let fear or lack of confidence stand in your way. A healthy and happy fitness lifestyle could be just around the corner. All it takes is tricking your brain and convincing yourself that no goal is too large to accomplish.

## Why you should keep track of your sodium intake



Did you know a fast food pizza or sandwich can contain over one hundred percent of the sodium you need per day? If you are like the majority of Australian, you may be taking far more sodium than your heart can handle.

The majority of people ingest approximately 3,500 milligrams of sodium daily—a lot more than the 1,500 milligrams recommended by the American Heart Association. The reason is obvious: Sodium can be sneaky. It plants itself in your favorite pizza and poultry and burrows into bread and rolls. It slinks into soups and cozies up to cold cuts meats. Sodium is a vital nutrient; however you do not need a lot in your daily diet. It accumulates so fast! For instance, a loaf of bread can contain as much as 230 milligrams of sodium, and a plateful of turkey cold cuts may have about 1,000.

### Why Keep Track Of Sodium Intake?

A lot of people have hypertension (or high blood pressure), and this can be linked to a high-sodium diet. In most individuals, the kidneys have problems managing the surplus sodium in the bloodstream. As sodium adds up, the body system retains water to dilute the sodium as discussed in an article done by Shape. This raises both the volume of fluid surrounding cells as well as the amount of blood in the bloodstream. The higher amount of blood the more work for the heart and more pressure on veins.

As time goes by, the extra work and pressure get the blood vessels tensed, resulting in high blood pressure, cardiac arrest, heart failure, and stroke. Moreover, there is certain evidence that an excessive amount of salt can damage the heart, kidneys, and aorta without increasing blood pressure levels, and that it can be harmful to bones, too.

So what can you do? Start tracking your sodium intake with a sodium tracker. It is a smart and easy way to monitor the amount of sodium you are getting in your diet. Simply write down the foods you eat and the accompanying sodium stats. Don't forget that sodium levels can vary in the same food item based on the restaurant or brand.

Ultimately, it is easy to tally just how much sodium you ingested and that allows you to make better choices if necessary. Often a slight adjustment can produce great results when it comes to your health.



## From Kylie to Tool here are the albums turning 20 this year



*Kylie Minogue and her now-famous white jumpsuit went global in 2001 with her album Fever*

The year 2001 saw the rise of the iPod and the fall of the World Trade Centre — two events that shaped the world in very different ways.

Twenty years on, the ripples of both of those events are still felt. The former helped change the way we listen to music, paving the way for the now—ubiquitous streaming platforms and the sounding of the death knell on CD sales.

As for the latter, well, let's save that inevitable discussion for later in the year.

But for now, here are some of the big albums that shaped the sound of 2001 and are turning 20 this year. Feel old yet?

**Fever** — Kylie Minogue

Our Kylie had been reshaping her career since the mid—90s after leaving behind the Stock—Aitken—Waterman pop factory and gaining indie cred via a Nick Cave duet and her eclectic album Impossible Princess.

On her follow—up to 2000's Light Years, Kylie went global, finally cracking the US and winning a Grammy.

Fever sold more than six million copies on the back of earworm singles Can't Get You Out Of My Head, Love At First Sight and Come Into My World, and remains her most successful album to date.

Released in Australia before anywhere else in the world to capitalise on a Down Under tour supporting You Am I, the New York quintet's debut album is widely regarded as one of most important records of this century.

## Nicole Kidman

steps out in a \$6,000 designer outfit as she watches a theatre performance at the Sydney Opera House

Nicole Kidman enjoyed a trip to the theatre in Sydney on Friday, to see *The Merry Widow* with her mother Janelle and her husband Keith Urban.

Posting to Instagram, the Australian actress shared a sweet photo of the trio wearing face masks ahead of the performance, which was held at the Sydney Opera House.

The 53-year-old was dolled up for the occasion, wearing a designer outfit worth approximately \$6,000.

The *Big Little Lies* star looked glamorous in a pink ruffled dress from Australian brand Zimmermann, where dresses retail for an average of \$1,500.

She paired the look with a red floral face mask from designer brand, *The Vampire's Wife*, which is valued at \$81, and a pink studded Valentino bag which costs approximately \$4,560.



*Nicole Kidman stepped out in a \$6,000 designer outfit as she enjoyed a night out at the theatre in Sydney with her mother Janelle and husband Keith Urban*

Nicole captioned the post: "Thank you @operaaustralia! So beautiful to be back at the theatre. Making my mama happy at *The Merry Widow*."

## Sand sculptor Peter Papamanolis brings 'joy, wonder' to Gold Coast beachgoers



*Sand sculptor Peter Papamanolis hones his craft while holidaying on the Gold Coast.*

Peter Papamanolis sees himself as "just a guy on the beach" but the father of four has wowed Gold Coast families this summer with large animal sculptures made of sand.

The Brisbane-based jeweller discovered his knack for sculpting on a family holiday to Palm Beach more than 15 years ago.

"I got into it by accident, carving things for the kids with a paddle pop stick," he said.

"Eventually I got better tools, made them [the sculptures] slightly bigger and people started enjoying them. I just enjoy the whole process of it."

When the local newspaper caught wind of his work and published his photo, Mr Papamanolis was asked to design a major sculpture for a conference.

"I said, 'You've got the wrong guy. I'm just a guy

on the beach."

After convincing his wife to let him buy a sandpit, Mr Papamanolis turned the front yard of their home into a training ground to hone his craft.

Mr Papamanolis has had his share of interesting encounters while working in public.

"I had a fisherman come up to me on the beach one day and he said, 'Mate, you have a lot of patience, haven't you?'"

"I said, 'Mate, you just sit there all day and wait, so I think you've got more patience than me.'"

Bringing joy and wonder to beachgoers is all the motivation Mr Papamanolis needs to create works of art along the water's edge.

"I just love to watch people's reactions. I see their hand actions like, 'Oh wow,'" he said.

## Arnold Schwarzenegger says Donald Trump is 'worst president ever', calls for US to support Joe Biden

Former California governor Arnold Schwarzenegger has called President Donald Trump a failed leader who "will go down in history as the worst president ever."

In a video posted on Twitter, Schwarzenegger, a Republican, took solace that the Trump presidency was coming to an end and "would soon be as irrelevant as an old tweet".

He called for national unity in the wake of last week's attack on the US Capitol and vowed to support president-elect Joe Biden.

"We need to heal, together, from the drama of what has just happened," Schwarzenegger said in a seven-and-a-half minute video posted on Sunday. "We need to heal, not as Republicans or as Democrats, but as Americans."

A former actor and body building champion, Schwarzenegger served as the 38th Governor of California from 2003 to 2011.



Arnold Schwarzenegger condemns the Capitol riots

Born in Austria, the 73-year-old drew on memories from his childhood in Europe just after the end of World War II to raise the alarm on mob violence. Schwarzenegger compared last Wednesday's siege in Washington DC to attacks by Nazis against Jewish communities in Germany and Austria in 1938, which was known as the Night of Broken Glass.

## World No 1 Novak Djokovic

### waves at fans from his quarantine balcony as he prepares for the Australian Open

Tennis world number one Novak Djokovic was all smiles after settling into day one of hotel quarantine in Adelaide.

The Serbian-born Djokovic, who has won the Australian Open men's singles crown eight times in his glittering career, arrived in the City of Churches on Friday ahead of his 14 days in mandatory quarantine.

Djokovic, 33, was spotted basking in the sun from his balcony before chatting to fans, clutching his phone in one hand.

He was dressed casually, donning a grey jumper and blue tracksuit pants.

Widely considered one of the best to ever play the sport, Djokovic has snared 17 grand slam titles after first entering the professional circuit in 2003.



Tennis star Novak Djokovic (pictured above) has started 14 days of hotel quarantine in Adelaide

## Anna Wintour defends Kamala Harris Vogue cover after backlash over photo of US vice-president

US Vogue editor-in-chief Anna Wintour has addressed the backlash over Kamala Harris' February cover photo, saying the image was chosen to reflect the pandemic and the vice-president "approachable and real" nature.

The cover features Ms Harris wearing casual clothing and Converse sneakers, which became something of a trademark for her after she sometimes wore them on the campaign trail.

A person involved in the negotiations over how Ms Harris would be featured on the cover said her team was blindsided by the choice, expecting the cover to be a more formal image of her wearing a powder blue power suit.

But Wintour told The New York Times there was

no formal agreement about what the cover would be.

Vogue released both images online, but the photo of a sneaker-clad Ms Harris will be on the cover of the print edition.

Wintour spoke to journalist Kara Swisher in a New York Times podcast about photographing Ms Harris for the magazine a day before the cover was released.

The interview was prefaced by an introduction, including comments given by Wintour, about the backlash after the fact.

She said it was not the magazine's intention to diminish the "importance of the vice-president elect's incredible victory".

## Hamilton

### Australia challenged by shortages of thread and elastic for 500 period costumes



Costume associate Jude Loxley says she is excited to be working on the musical.

Making the costumes for a dazzling musical production is hard enough without contending with shortages of essential items such as elastic and thread.

That is just one of many COVID-related challenges Hamilton Australia costume associate, Jude Loxley, has taken in her stride.

"Things that we would take for granted, [like] freighting supplies and fabrics and physical costume samples around the world, has been tricky," she said.

"If you go to buy elastic from our suppliers, they're asking if it's for masks because if it is, they're trying to push people into a different product so that they can keep what we need available."

And with more than 100 metres of lace per dress, every reel of thread counts.

Despite this, the production's 65-strong costume team have come up with the goods, creating more than 500 period outfits, replete with handmade shoes and accessories.

Not to miss a single historic detail, a specialised "Hamilton fabric" has even been created to allow the dancers to wear a stretchable material that looks like traditional woven moleskin.

No obstacle has proven too great for the production's talented costume team.

The production has been granted an exemption from the NSW Government which will allow it to play to a 75 per cent audience capacity when it opens at Sydney's Lyric Theatre in March, in conjunction with the venue's own COVID protocols.

Producer Michael Cassel said keeping the company and audience safe was the number one priority.



## Prince William was left deeply worried by his younger brother's unhappiness

Prince Harry is 'heartbroken' over his rift with the Royal Family, a close friend has claimed.

Tom Bradby said the past year had been 'painful' and there were still 'a lot of hurt feelings on all sides.'

But the ITV news anchor insisted Harry and Meghan were 'pretty happy' with their new life pursuing lucrative careers in the United States.

Bradby has known Harry since he was a teenager and filmed a controversial documentary with him and Meghan on their 2019 tour of Africa.

He made the comments about the couple's acrimonious exit from royal life in an interview with Alan Titchmarsh for a show on ITV tomorrow.

Asked whether he thinks Harry and Meghan seem any happier in California, Bradby said reports that the prince was missing his old life were untrue. But he confirmed that 'Megxit' had been a trying and deeply emotional experience for all involved.

'I think they are feeling better, yes. I mean there has been a huge amount that has happened over the last year that I can't talk about and I don't want to talk about and an awful lot of what has been said is kind of not accurate and not right,' he said.

'So are they unhappy? No, I think they are content, the things they are doing they are quite excited by.'

'I think he is heartbroken by the situation with his family, you don't necessarily need to have knowledge to know that, but I think it is true.'

Pressed on whether he was referring to the distance between Harry and William, both of whom he has collaborated with, Bradby said: 'The situation with the family clearly isn't ideal and it has been a very difficult year for them all.'

'To some extent, I felt a little bit caught in the middle of them with that [2019] documentary, which is a deeply uncomfortable place to be.'

'But are they unhappy out there? No, I don't think that's



Prince Harry, Duke of Sussex and Meghan, Duchess of Sussex visited Nyanga Township during their royal tour of South Africa

right, I think they are pretty happy actually, but I think they wrestle with their position in life, I think they all do. I think William does too, I don't think he finds it easy.'

Bradby first got to know Harry when he collaborated with him on a documentary about Lesotho during his gap year after leaving Eton. He went on to attend his 2018 wedding to Meghan.

The presenter had also enjoyed a warm friendship with William and was handpicked to conduct his and Kate's first joint interview after they announced their engagement in 2010, as well as being a guest at their 2011 nuptials.

But the Mail understands there was deep concern in palace circles about his 2019 documentary with the Sussexes, during which Meghan memorably complained that no one ever asked her if she was 'OK' and Harry confirmed tensions with his older brother. William was left deeply worried by Harry's unhappiness when he watched the programme and

some aides felt strongly that Bradby had taken advantage of Harry's 'clear vulnerability.'

They were also aggrieved by briefings the ITV journalist later gave about Harry and Meghan feeling they had been 'driven out' of the Royal Family. In the interview Titchmarsh remarks that most people just want Harry and Meghan to be 'happy and at peace.'

Bradby responds: 'The whole thing has just been incredibly painful, that is obvious to everyone. It is painful all round, painful for everyone, difficult to manage.'

'Effectively they have just decided to completely leave the Royal Family, that has never been done. You could go back to the Duke of Windsor, but that was in very different circumstances.'

'It's never been done voluntarily before and no one still is absolutely clear how it is going to work.'

'There are still a lot of hurt feelings on all sides and it's very difficult. And I agree with you, I think the public

desperately wants them to be OK and everyone to be happy and clearly that hasn't been the situation over the past year. It is not a very easy or comfortable situation.'

A royal source expressed surprise at Bradby's comments last night, saying: 'Surely it would have been better, if this is what Harry feels, that he had said this to his family rather than a journalist.'

The Mail detailed last week how the Queen took decisive action to stop Harry and Meghan profiting from their royal roles after they demanded to be allowed to pick and chose royal duties while pursuing commercial deals. She told them firmly: 'Either you are in, or you are out.'

This newspaper also revealed that the 12-month review of their new roles, with a view to the couple retaining some of their royal duties, was 'dead in the water' after they secured a string of multi-million pound deals with Netflix and Spotify as well as publicising a new 'wellness latte' brand



# Mediterranean diet

## is best way to tackle obesity, say doctors

A Mediterranean diet may be a better way of tackling obesity than calorie counting, leading doctors have said.

Writing in the *Postgraduate Medical Journal* (PMJ), the doctors said a Mediterranean diet quickly reduced the risk of heart attacks and strokes. And they said it may be better than low-fat diets for sustained weight loss.

Official NHS advice is to monitor calorie intake to maintain a healthy weight.

Last month NHS leaders stressed the need for urgent action to tackle obesity and the health problems that often go with it.

The PMJ editorial argues a focus on food intake is the best approach, but it warns crash dieting is harmful.

Signatories of the piece included the chair of the Academy of Medical Royal Colleges, Prof Terence Stephenson, and Dr Mahiben Maruthappu, who has a senior role at NHS England.

They criticise the weight-loss industry for focusing on calorie restriction rather than “good nutrition”.

Better than statins

And they make the case for a Mediterranean diet, including fruit and vegetables, nuts and olive oil, citing research suggesting it quickly reduces the risk of heart attacks and strokes, and may be better than low-fat diets for sustained weight loss.

The lead author, cardiologist Dr Aseem Malhotra, says the scientific evidence is overwhelming.

“What’s more responsible is that we tell people to concentrate on eating nutritious foods.

“It’s going to have an impact on their health very quickly. We know the traditional Mediterranean diet, which is higher in fat, proven from randomised controlled trials, reduces the risk of heart attack and stroke even within months of implementation.”

The article also says adopting a

Mediterranean diet after a heart attack is almost three times as effective at reducing deaths as taking cholesterol-lowering statin medication.

The authors argue the NHS is in a “key position” to set a national example by providing healthy food in hospitals and by ensuring doctors and nurses understand the evidence. ‘Common sense’

Prof Stephenson says the service can exert a powerful influence, for good or ill.

“Our hospitals and surgeries are the frontline for delivering health, it’s nothing more than common sense then that we should be leading by example.

“We wouldn’t dream of letting people drink alcohol or smoke in any healthcare environment, so I find it incomprehensible that we facilitate and sometimes actively promote food and drink that in some ways cause as many problems. And although some positive steps

have been taken on the food given to patients in hospital, their visitors and staff also deserve better.”

Public Health England is reviewing the dietary advice conveyed in the “eatwell plate” - which is used across the UK for guidance on what food to eat. Its recommendations include calorie-counted recipes to help achieve a healthy weight.

Dr Alison Tedstone, the chief nutritionist at Public Health England, said there was no single silver-bullet solution.

“Government advice is to eat plenty of bread, rice, potatoes, pasta and other starchy foods, plenty of fruit and vegetables; and some milk and dairy products, meat, fish, eggs, beans and other sources of non-dairy protein.

“Foods high in salt, fat and sugar should be eaten less often and in small amounts. If you are currently overweight you will need to eat less to achieve a healthy weight and be active as part of a healthy lifestyle.”



## LYNDA VOLTZ MP LABOR MEMBER FOR AUBURN

### LABOR URGES RESIDENTS TO SEEK REFUND FOR COVID TESTS

The Labor Member for Auburn, Lynda Voltz is urging residents who've been wrongly charged for COVID tests to seek a refund.

There have been several instances of residents being charged for COVID tests at local pathology labs in Western Sydney since the Berala outbreak. This has particularly affected people with limited English skills and those with no Medicare cards.

"This has been an ongoing issue despite reassurances by the NSW Health Minister that COVID testing is free, regardless of whether you have a Medicare card," Ms Voltz said.

"I have spoken to the Minister for Health who has agreed to arrange a refund for anyone that may have been charged for a COVID test. I will also be asking for refunds for those that have been charged a consultation fee at a NSW Health nominated private testing clinic.

"It's unacceptable that some of the most vulnerable in the community are being charged for what should be a free test. It's also placed the community at greater risk because it creates a barrier to ensuring everyone who needs a test gets one.

"I would urge anyone that has been charged a fee for a COVID Test to contact my electorate office on 9737 8822 and provide a copy of their invoice or receipt and I will forward it to the Minister for Health on their behalf. You can also send an email to auburn@parliament.nsw.gov.au."



### Interim report: Indigenous 'Voice' will be heard but not necessarily heeded

The federal government will be obliged to consult the Indigenous Voice to parliament when crafting laws on race, native title and racial discrimination which impact upon Aboriginal Australians.

But the body will have no power to overturn policy or prevent laws coming into force, according to interim proposals.

Indigenous Minister Ken Wyatt on Saturday launched a second stage of Indigenous Voice co-design meetings, saying the consultative process will run for four months, with a final report expected between June and August.

The interim report, meanwhile, was published on Saturday, having been handed to Mr Wyatt in late October.

Along with the obligation to consult the body on race laws, parliament would also be expected to seek its advice on issues broadly relevant to Aboriginal and Torres Strait Islander people.

The national Indigenous Voice would be made up of either 16 or 18 members, either directly elected or drawn from regional and local bodies. Those local Voice bodies will also inform the national Voice.

The report makes clear the national Indigenous Voice will not deliver government programs, provide mediation between Indigenous organisations or serve as a clearing house for



research activity.

Mr Wyatt said more consultation with Indigenous communities was crucial and the government had not yet decided on its preferred approach.

"I want to ensure the voices of all 800,000 Indigenous Australians can be heard ... the more people that provide their feedback, the greater chance we have to refine the best possible options and set up structures that enjoy long-term success," he said in a statement.

But federal Labor said many Indigenous people would be disappointed the Voice won't be added to the Australian constitution, and said it was difficult to foresee progress on the issue before the next election.

The party said it remains committed to the full Uluru Statement, including a constitutionally-enshrined Voice, a committee to oversee the process of mediation and treaty-making and a "truth-telling" process.

"A voice must be able to provide full and frank advice. It must be secure and it should not be subject to the whims of the government of the day ... this report fails in that context," a group of Labor MPs led by Indigenous spokeswoman Linda Burney said in a statement.

Three working groups on the issue – taking in 52 members – have met more than 70 times since talks began on the Voice in October 2019.

The government selected its own advisers, Indigenous and non-Indigenous, three separate committees and a senior advisory group.

Terms of reference also imposed limits on what participants could discuss.

The federal government has never supported a constitutionally-enshrined Indigenous Voice and Mr Wyatt in November warned a referendum on its addition to the constitution could fail, destroying the entire movement.