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Indigenous deaths in custody action urged 30 years on

Australian governments must urgently address the crisis of Indigenous deaths in custody, advocates say on the 30th anniversary of a landmark report on the issue.

The final report of the four-year Royal Commission Into Aboriginal Deaths In Custody was tabled in federal parliament on April 15, 1991.

The inquiry's 339 recommendations were designed as a road map to address the disproportionate number of Indigenous Australians dying in prisons and police custody.

But almost 500 Indigenous people have died in custody in the

Continued page 15

Former defence minister Christopher Pyne warns of potential war with China

The chances of a war in the Indo-Pacific region involving China are rising sharply, according to former defence minister Christopher Pyne, who warned Taiwan was the most likely the next flashpoint.

In an address to the University of Adelaide, the long-serving Liberal

Continued page 15



Last remaining ADF troops to leave Afghanistan within months

Scott Morrison has confirmed Australia will withdraw its last remaining troops from Afghanistan by September, in line with the US and other allies.

The Prime Minister said the number of Australian Defence Force personnel had been drawn down from a height of more

Continued page 15



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Scott Morrison is refusing to apologise to former Australia Post boss Christine Holgate



Prime Minister Scott Morrison is refusing to apologise to former Australia Post Chief Executive Christine Holgate after she accused him of "bullying" her in the wake of the Cartier watch scandal.

Ms Holgate told a Senate inquiry yesterday that she believed she was forced to stand aside by the chair of the company because the Prime Minister had "instructed" it.

Ms Holgate gave four senior executives the watches, worth around \$20,000 in total, for securing a lucrative banking deal for the organisation in 2018.

Yesterday, she told the inquiry she could have given them up to \$150,000 in bonuses instead.

Speaking in Question Time last year Mr Morrison said he was "appalled" by the decision to give four Cartier watches to executive staff, and that it "did not pass the pub test".

He said if Ms Holgate did not want to stand aside then "she can go".

She said the comment "humiliated" her and told 7.30 she wanted an apology.

"So maybe if the PM is watching, he could give me a call," she said.

"I would love an apology."

Speaking on Wednesday, the Prime Minister said he did not intend to offend Ms Holgate.

"The language in the Parliament was very strong," he said.

"It was not my intention to cause distress to Ms Holgate and I regret any distress that that strong language may have caused to her, and indeed did cause to her.

"That was not my intention."

But he said he would not apologise for the comments and did not think he needed to call Ms Holgate personally to express that he did not mean to cause her distress.

Auditor-General to probe Peter Dutton's community safety grants program



The Auditor-General will launch an investigation into a community grants program overseen by Peter Dutton after concerns were raised about the projects he picked.

The then home affairs minister's department recommended 70 projects for funding under a merit-based assessment through the Safer Communities program.

The ABC reported Mr Dutton reduced funding for 19 of the highest-scoring applications, redirecting

more than \$5.5 million to projects of his choice.

Auditor-General Grant Hehir on Wednesday wrote to Labor frontbencher Kristina Keneally confirming the inquiry.

The audit office will probe whether appropriate guidelines were in place and if the applications were properly assessed.

It will also check if funding decisions were appropriately informed and documented.

Not safe for twerk: Gyrating dance crew hired for 's-tshow' Navy event



Have you ever attended a military event and thought the only thing missing was a group of women twerking in booty shorts?

Well, apparently the Australian Defence Force did.

A recent military event has been dubbed a "s-tshow" by a senior MP, after the Royal Australian Navy invited a SydneY dance crew to (presumably) add some pizzazz.

Much to the delight of Twitter users, senior military personnel and government officials who came to witness the commissioning of a new Australian naval vessel got to witness a whole lot more.

The commissioning of HMAS Supply, which will assist the Navy's

operational support, was largely overshadowed by a dance troupe hired to twerk and gyrate in front of senior officials.

"We've got the CDF, we've got members of Parliament there, and the Governor-General's there, I don't think it's appropriate to be twerking. I think our standards in the ADF, and definitely commissioning a ship, should be a little bit higher than that".

Liberal MP Phillip Thompson, who is a former soldier, said the ADF needed to raise the bar.

The performance came as Mr Thompson called the ADF "too woke", and argued it had lurched "too far to the left".



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By Mamdouh
Sukkarieh

Driving is a huge responsibility

The 31-year-old Samuel William Davidson who drove into seven children last year, killing four and critically injuring another, has been sentenced to 28 years in jail. The man had consumed drugs and been drinking prior to the devastating crash.

Siblings Antony, 13, Angelina, 12, and Sienna Abdallah, 9, and their cousin Veronique Sakr, 11, were killed on February 1 last year when they were struck by an out-of-control ute that mounted a footpath where they were walking in Oatlands.

The children had been walking to the shop to buy ice-cream at the time of the crash.

The Abdallah and Sakr families chose to forgive driver Samuel Williamson David and to dedicate their lives to promoting the rare act in honour of their children.

We chose to carry our cross with dignity. We chose forgiveness and love over hatred.

"Forgiveness is the greatest gift you can give yourself and to others." Leila Abdallah said

Mr Abdallah revealed the inspiration behind he and Leila's difficult decision to forgive the driver was for the couple's other three children. "We had to make a choice on which path we wanted to take" he said. "I didn't want to lose my whole family; my three kids I have alive deserve to live a full life".

I4give Day was launched on Sunday 31 January 2021 at Sydney's Royal Botanic Gardens with Prime Minister Scott Morrison and NSW premier Gladys Berejiklian in attendance.

Sunday launched 'i4give Day', to be held each anniversary in memory of the children and to encourage people across the state to reflect on events and relationships in their own lives.

In a Sydney court on last Friday 9 January 2021, one year on, Davidson pleaded guilty to four counts of manslaughter and was today sentenced to a minimum of 21 years in jail.

His maximum sentence was set at 28 years, with a parole period of seven years. The court was told Davidson was travelling up to 133km/h in a 50km/h zone and was clocking about 111km/h at the time of impact.

He was also driving erratically, swerving across the road and went through a roundabout on the wrong side before losing control of the ute.

Judge James Bennett described Davidson's driving as "menacing" and a "horrific example" of misconduct.

"Tragedy was inevitable," Judge Bennett said.

"The magnitude of the tragedy, though, unimaginable."

After the verdict, Daniel Abdallah, father of Antony, Angelina and Sienna, said the sentencing was "another milestone in our journey of grief".

"We will all have our hearts broken until the day we take our last breath and no sentence can help ease that pain," he said outside court.

"Where my disappointment lies is the way our culture loves drugs and alcohol. That's where my frustration is, more than the driver."

Veronique's mother, Bridget Sakr said that there "are no winners from today's outcome, only losers".

We see a lot of traffic accidents on the roads every day, but not of this horrific nature. For instance, in 2019, 61 people were killed, and 285 seriously injured, in alcohol related crashes on NSW roads.

And also a lot of accidents happen because of high speed, illegal drugs (Cannabis, cocaine etc), and using the mobile phone while driving, which all affect the driving skills and concentration, even though some drivers may think they driving well.

Driving a car is a huge responsibility that requires adherence to all safety rules and regulations at all times. Anything that takes your mind or eyes off the road, or your hands off the wheel, not only compromises your safety, but that of everyone else on the road.

What can we learn from this - our attitude and mindset drive everything around us, some people are impulsive, self-centred and have a don't care attitude, which could cause tragedy for other people around them.

Such a tragedy due to the mindlessness of one person, which I am pretty sure he will repent for the rest of his life.

Should all the States and territories of Australia plan for harsher penalties to send a clear message to drivers who do not follow the road safety regulations, putting themselves and others at significant risk?



PRIME MINISTER

MESSAGE FROM THE PRIME MINISTER

RAMADAN 2021



I send my warm greetings to Australians marking Ramadan in 2021.

In this holy month, Muslim people across the world return to the essentials of their faith, and there find new strength. In discipline, you find compassion. In fasting, generosity.

In keeping and sharing this tradition, you enrich our wider Australian community as well.

Like so much else, Ramadan looked different last year, and it will look different again this year because of COVID-19.

I have so much respect and gratitude for the way our Muslim communities rose to this challenge.

You wholeheartedly supported our national effort responding to the COVID-19 pandemic. I honour the sacrifices you made for our country and for your fellow Australians.

Your efforts and the kindness and care you showed in a year of hardship made a difference – and I am grateful.

This year, we look to the future with confidence in safe and effective vaccines, and with trust in our strong, resilient and diverse nation to fully recover and return to the things we hold most dear.

That includes the religious festivals and rituals, like Ramadan, that remind us of the deepest truths and highest hopes. As you gather in COVID safe ways, may you draw from strength from those who you were separated from during 2020 and the faith that guided you.

For everyone celebrating Ramadan, may you be refreshed, inspired and renewed during this holy month.

Ramadan Mubarak.

The Hon Scott Morrison MP
Prime Minister of Australia

April 2021



THE HON ALEX HAWKE MP
MINISTER FOR IMMIGRATION, CITIZENSHIP, MIGRANT SERVICES AND
MULTICULTURAL AFFAIRS

MESSAGE FOR RAMADAN 2021



I send best wishes to all Muslim Australians who are observing the sacred and holy month of Ramadan, as you mark the miraculous revelation of the Holy Qur'an to the Prophet Muhammad.

Ramadan is a time for self-reflection, renewal of faith, and generosity to others. As one of the essential five pillars of the Islamic faith, fasting embodies sacrifice and forbearance.

Australia's Muslim community is an integral part of our vibrant multicultural and multi-faith society. More than 600,000 Australians profess the Islamic faith and identify with over 270 ancestries, and contribute to our nation in all fields of endeavour. At this time of reflection and gratitude, I thank Muslim Australians for all their contributions to our nation.

This year, as we emerge from a once-in-a-century pandemic, the long days of fasting will once again be rewarded with joyful gatherings of family and friends, breaking their fast together at sunset.

I wish you all a blessed and peaceful Ramadan—*Ramadan Mubarak!*

ALEX HAWKE

Scott Morrison will meet Brittany Higgins to discuss a 'range of issues' raised with his office



Prime Minister Scott Morrison has confirmed he will meet with Brittany Higgins to discuss a "range of issues" the former Liberal staffer has raised with his office.

It comes as Ms Higgins, who alleges she was raped inside a senior minister's office, says she will reveal the "toxic workplace culture" at Parliament in a book set to be released next year.

Mr Morrison said he extended an invitation last month, adding that a date for the private conversation had been set.

"I know there are a range of issues that she's relayed to my chief of staff that she would like to raise and I look forward to hearing her," Mr Morrison said.

Book royalties to be donated to crisis centre

The 26-year-old will call for "desperately needed" reform in her memoir, and has promised

to donate half of the royalties from her upcoming book to the Canberra Rape Crisis Centre.

"This is the personal account of a young woman who took on the most formidable institution in the country, spoke truth to power and sparked a reckoning with systemic abuse that will be felt for years to come," publisher Penguin Random House said in a statement.

"She has said that staying silent would have 'made her complicit' and in speaking out, Brittany has become a figurehead in what is a defining moment in politics and culture."

Ms Higgins said she felt privileged to share what she says happened to her inside Parliament House.

"This book will shine a light on the toxic workplace culture inside the corridors of power and provide a firsthand account of what it was like surviving a media storm that turned into a movement," she said.

Australia's biggest medicinal marijuana farm



Two medicinal marijuana companies have fast-tracked plans to build a large cannabis farm in the conservative heartland of Queensland.

Construction of the facility on the outskirts of Toowoomba is set to begin within six months and will produce 500 tonnes of marijuana a year with an export value of more than \$1 billion.

A merger of Australian-owned Australian Natural Therapeutics Group (ANTG) and Canadian-owned Asterion Cannabis Inc has hastened construction plans by up to two years, according to ANTG chief executive Matt Cantelo.

"We see Australia becoming the global leader in medicinal cannabis production," Mr Cantelo said.



أتمنى لك ولعائلتك رمضان مليء بالبركة والسلام.
رمضان مبارك

**Fiona Martin**

عضو البرلمان عن ريد

**James Paterson**

عضو مجلس الشيوخ عن ولاية فيكتوريا

**Jason Wood**مساعد الوزير لشؤون الجمارك و سلامة المجتمع والتعدد الثقافي
عضو البرلمان عن لا تروب**Scott Morrison**

رئيس الوزراء

**Alex Hawke**

وزير الهجرة والمواطنة و خدمات المهاجرين وشؤون التعددية الثقافية

**Jane Hume**وزيرة الادخار التقاعدي و الخدمات المالية والاقتصاد الرقمي
وزيرة الأمن الاقتصادي للمرأة
عضو مجلس الشيوخ عن ولاية فيكتوريا**Paul Scarr**

عضو مجلس الشيوخ عن ولاية كوينزلاند

صريح به Liberal Party of Australia A. Hirst, زاوية Blackall, Macquarie Streets, Barton, ACT, 2600.

Wishing you and your family a blessed Ramadan
Ramadan Kareem

Wendy LINDSAY MP

State Member for East Hills



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



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Federal member for McMahon

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Wishing everyone

a Happy and safe Ramadan

**MAY THIS SPECIAL TIME BRING LIGHT TO
THOSE SUFFERING HARDSHIP**

أتمنى للجميع رمضان كريم

أتمنى أن يكون شهر رمضان فرصة للعطاء
لنجعل الذين يمرون بمراحل صعبة يشعرون بالأمل

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

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RAMADAN KAREEM

Wishing all
the readers of the
World Observer,
peace, prosperity
& happiness for
Ramadan.

JASON CLARE MP
FEDERAL MEMBER FOR BLAXLAND

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Authorised by Jason Clare MP, ALP, Suite 7, Level 1, 400 Chapel Road Bankstown NSW 2200

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Ramadan mubarak

**Best wishes to everyone
celebrating this holy month
of Ramadan. Wishing you,
your family and friends peace,
happiness and prosperity.**



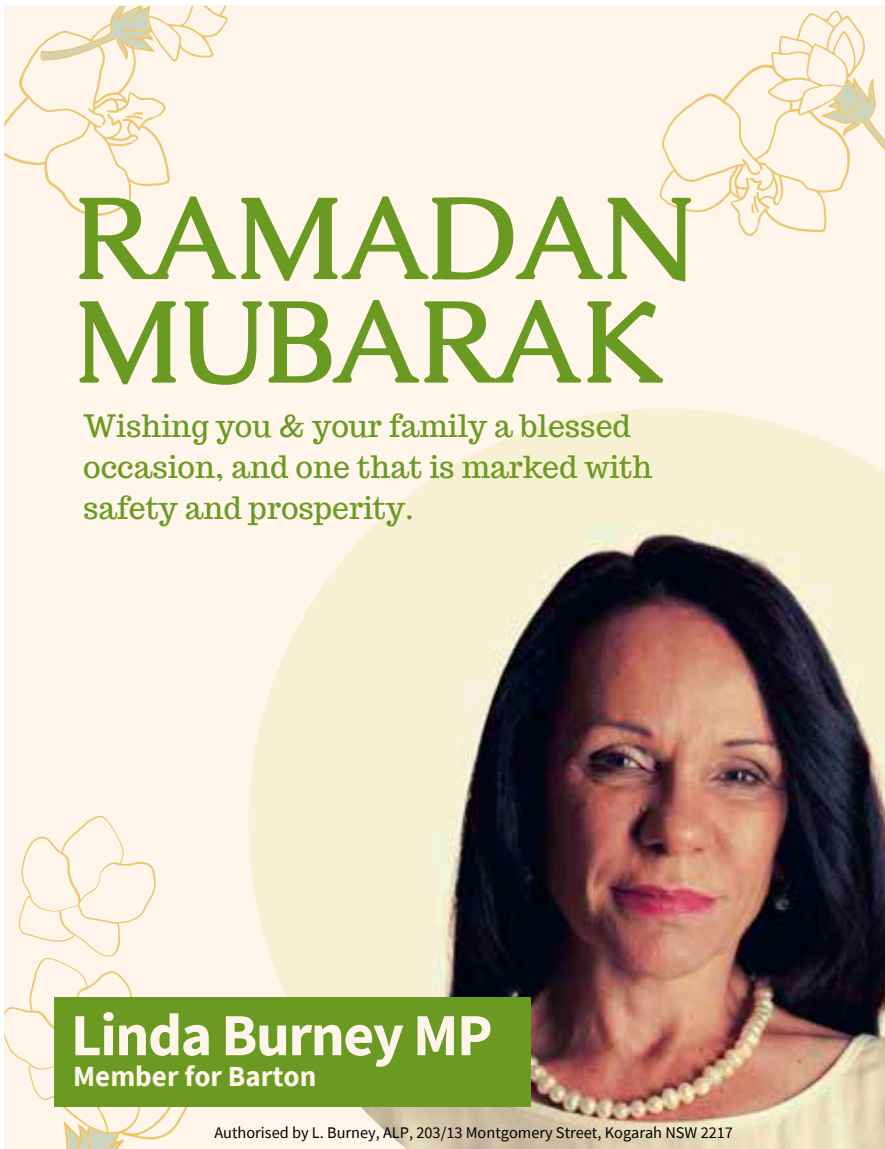
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RAMADAN MUBARAK

Wishing you & your family a blessed occasion, and one that is marked with safety and prosperity.



Linda Burney MP
Member for Barton

Authorised by L. Burney, ALP, 203/13 Montgomery Street, Kogarah NSW 2217

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The Holy Month of Ramadan is a time of fasting, prayer and charity and is a reminder of the important contribution Australian Muslims make in our community.

As we welcome the beginning of Ramadan this week, I wish all Muslims the very best for a Blessed Ramadan.




شهر رمضان الكريم هو شهر الصيام والصلاة والتضحية وعمل الخير. أتمنى لجميع مسلمي استراليا كل الخير والسعادة في هذا الشهر المبارك.

رمضان كريم

Tony Burke
TONY BURKE MP
MEMBER FOR WATSON



HON TONY BURKE MP
FEDERAL MEMBER FOR WATSON

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RAMADAN MUBARAK

رمضان مبارك

We wish you and your family a happy and blessed holy month of Ramadan
نتمنى لكم ولعائلاتكم شهر رمضان مبارك وسعيد

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The Hon.
Shaoquett Moselmane MLC

PARLIAMENT NSW

Wishing you and your family the blessings of the Holy Month of Ramadan

رمضان كريم
Ramadan Kareem

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RAMADAN
Kareem

Wishing you and your family the best for the Holy Month of Ramadan.


Lynda Voltz MP
Member for Auburn

Lynda Voltz MP
Member for Auburn

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I wish the Muslim community the very warmest of blessings throughout this holy Ramadan

أَتَقَدِّمُ مِنْ جَمِيعِ الْمُسْلِمِينَ بِمُنَاسِبَةِ
حُلُولِ شَهْرِ رَمَضَانَ الْمُبَارَكِ
بِأَحْرَارِ التَّهْنِائِيِّ وَأَطْيِبِ التَّمَنِّيَّاتِ
وَكُلِّ عَامٍ وَأَنْتُمْ بِخَيْرٍ

Authorised by Tania Mihailuk MP, Ground Floor 9A Greenfield Parade
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Guy Zangari MP
State Member for Fairfield

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55A Smart Street Fairfield NSW 2165
PO Box 771 Fairfield NSW 1860

Wishing everyone
a **Happy and safe Ramadan**
MAY THIS SPECIAL TIME BRING LIGHT TO
THOSE SUFFERING HARDSHIP

أَتَمْنِي لِلْجَمِيعِ
رَمَضَانَ كَرِيمٍ
وَأَنْ يَكُونَ شَهْرَ رَمَضَانَ فُرْصَةً لِلْعَطَاءِ
لِنَجْعَلَ الَّذِينَ يَمْرُونَ بِمَرَا حِلِّ صَعْبَةٍ يَشْعُرُونَ بِالْأَمَلِ



SOPHIE COTSIS MP
Member for Canterbury

I wish
you and your families
Blessed and peaceful
Ramadan



Suite 201, Level 2, 308-312 Beamish Street
Campsie NSW 2194
Phone: 9718 1234

Authorised by Sophie Cotsis MP, Funded using Parliamentary Entitlements

Wishing you and your loved ones all the blessings of Ramadan. I offer my respect, in advance, for the many acts of faith and charity you will undertake this month and wish you all the very best.

Ramadan Kareem

أتمنى لكم ولأحبائكم كل بركات رمضان

أقدم احترامي مقدماً للعديد من الأعمال الإيمانية الخيرية التي تقومون بها

هذا الشهر وأتمنى لك كل التوفيق

رمضان مبارك

Jihad Dib MP

Member for Lakemba
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Authorised by Jihad Dib MP
Funded using Parliamentary Entitlements



Member of the Legislative Assembly
Member for Rockdale

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Stephen Kamper MP

I would like to wish all
a safe and peaceful Ramadan
and take the chance to reflect on how lucky we are



نتمنى لكم الأمان والسلام خلال شهر رمضان المبارك،
وتذكروا دائماً كم نحن محظوظون في أستراليا

Authorised by Steve Kamper MP, 478 Princes Highway Rockdale.
Funded using Parliamentary entitlements April 2021



Rachelle Harika
Deputy Mayor

I wish
you and your families
a Safe and
Happy Ramadan

أتمنى لكم وعائلاتكم

رمضان كريم





The Blaxland True Believer Awards



Last Wednesday night Jason Clare MP held the Blaxland True Believer Awards at Bankstown Sports Club to recognise the service of branch members to our great party.

More than 100 local branch members were recognised on the night including 5 party greats who have been members for more than 50 years.

They are Kevin Boyd, Barry Barnett, Vann Cremer, Vern Falconer and

Marcus Kearns.

We also recognised a special group who have been members for more than 40 years, many of whom will receive their life membership at the NSW State Conference later this year.

One of these members is Bert Collins. Bert is also the oldest living member of the Labor Party in Australia. Last month he celebrated his 105th Birthday.



Wendy Lindsay MP

State Member for East Hills

MEDIA RELEASE



SMALL BUSINESS REBATE SCHEME KICKS OFF

Small businesses in East Hills are encouraged to sign up for a new \$1500 rebate scheme to help cover the cost of NSW and local government fees and charges.

Local State Member for East Hills Wendy Lindsay MP said the Small Business Fees and Charges Rebate was designed to benefit tens of thousands of small businesses across the state as NSW continues its post-pandemic recovery.

"The Government's November 2020 Budget committed nearly \$500 million to this rebate, which will leave more money in the pockets of eligible small businesses, sole traders and non-profit organisations," Mrs Lindsay said.

"Small businesses are the lifeblood of our economy and supporting them equals supporting jobs."

Mrs Lindsay said claiming the rebate would be simple and could be done online.

"Liquor licences, food authority licences, council rates and outdoor seating fees are just a few examples of the fees and charges that can be claimed back through this rebate scheme. I encourage all eligible small businesses in East Hills to register for the \$1500 credit through Service NSW."

Minister for Finance and Small Business Damien Tudehope said the launch of the rebate scheme coincided with a number of licence waivers coming to an end.

"It's so important that we continue to support the small businesses of NSW," Mr Tudehope said.

"Small businesses are the backbone of their communities and we want to make it easier for them to run a business and get ahead."

Small businesses who have total wages below the new 2020-21 \$1.2 million payroll tax threshold, and have a turnover of at least \$75,000 per year, will be able to register through their MyServiceNSW account and claim back eligible state and local government fees and charges.

The rebate will be available until 30 June 2022. To apply and for more information, including the program guidelines, visit www.service.nsw.gov.au/small-business-fees-and-charges-rebate



On behalf of myself and my fellow Councillors, I extend our sincerest wishes for a very happy Ramadan during this month of personal reflection and charity.

Mayor Joe Awada

Bayside Customer Service Centres:

Rockdale Library, 444-446 Princes Highway, Rockdale
Westfield Eastgardens, 152 Bunnerong Road, Eastgardens

Phone **1300 581 299** | **9562 1666**
Web **www.bayside.nsw.gov.au**



Ramadan Mubarak!

On behalf of Canterbury Bankstown, I offer my sincerest respects to our Muslim community during the holy month of Ramadan. May God's peace and rich blessings continue to be upon you, your family and loved ones.

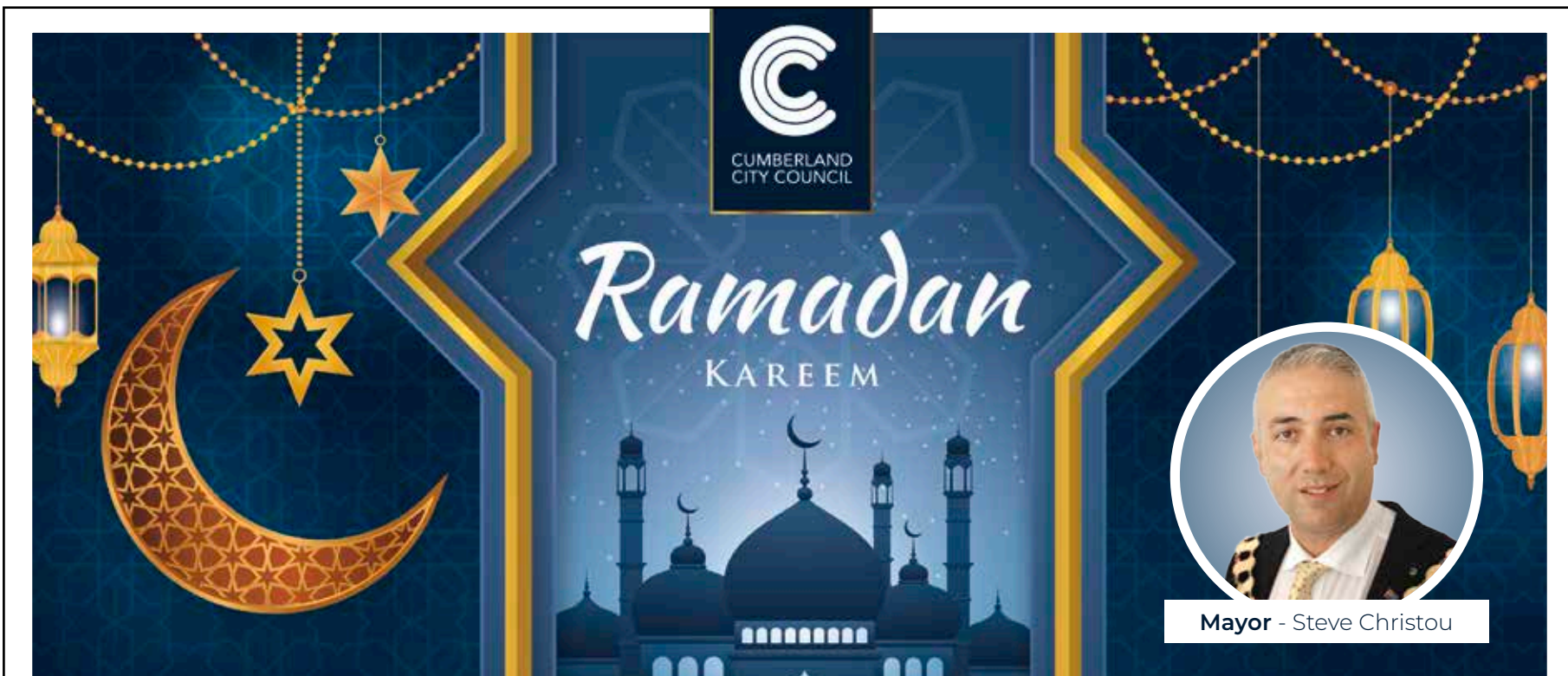
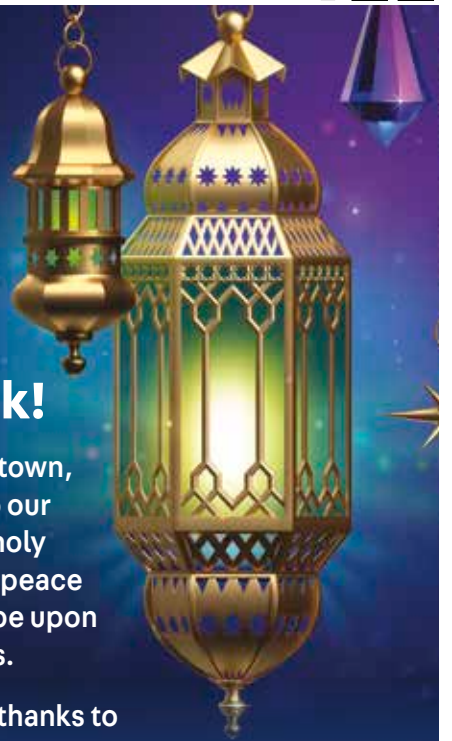
I would also like to express my thanks to Suprovat Sydney. Over the years, this leading Bangladeshi community newspaper has provided outstanding support and contribution to our multicultural community.

I look forward to continuing to work with you and all Bengali-Australians to make our country and our City a safe, healthy and better place to live, work in and enjoy!

Yours sincerely,

Khal Asfour

Clr Khal Asfour
MAYOR
City of Canterbury Bankstown



Mayor - Steve Christou

I extend my best wishes to the Muslim community as the holy month of Ramadan begins.

It's a time to reflect on the wisdom and guidance that for many people comes with faith. It's a time to honour each day of Ramadan as a day of patient endurance through fasting, and each night as a night of gratitude through prayers.

It is also an opportunity for families and friends to come together and extend their generosity to the less fortunate.

Australia is home to nearly half a million Muslims, with the Australian Muslim community being diverse and drawn from several ethnic backgrounds.

Here in Cumberland City, Islam is one of the largest religious groups. We'll be celebrating Ramadan with fun competitions for our local schools and residents, and we'll also be hosting an open-air dining experience in the Auburn Central forecourt from 7-9 May in light of the Ramadan spirit.

For more information, visit www.cumberland.nsw.gov.au/celebrate-ramadan

May this holy month be a time of contemplation and celebration.

I wish you a Ramadan Mubarak.



Candice Warner

announces surprise new TV role as she returns to Channel Seven after appearing on SAS Australia



Cricket WAG Candice Warner, 36, (pictured) has announced she will be joining Channel Seven's studio commentary team for the Tokyo Games

Candice Warner has landed her 'dream' TV gig following her appearance on SAS Australia last year.

Posting to Instagram on Sunday, the former Ironwoman, 36, announced she will be joining Channel Seven's studio commentary team for the upcoming Tokyo Olympics.

'I'm excited to announce today that I'll be joining the @7olympics commentary team for the Tokyo Games,' she wrote.

'Sport is my first love and it will be an honour to call both the men and women's triathlon and open water marathon swim events at this year's Olympics,' the mother-of-three added.

Discussing her new role with The Sunday Telegraph this weekend, Candice said: 'Sport is my first love and will always be a huge passion of mine.'

'I never got that opportunity with my sport, but to be part of the commentary team. It's honestly a dream come true and I really am honoured.

Candice's announcement to her social media account was quickly flooded with comments from her celebrity friends.

Kim Kardashian

gathers all four of her children together on the couch for heartwarming post... after being declared a billionaire



The 40-year-old reality star posted a heartwarming album of herself on the sofa with all four of her children - North, seven, Saint, five, Chicago, three, and Psalm, one

She was declared a billionaire this week.

But Kim Kardashian spent a bit of time focusing on what matters most this weekend, she revealed on her Instagram page.

The 40-year-old reality star posted a heartwarming album of herself on the sofa with all four of her children - North, seven, Saint, five, Chicago, three, and Psalm, one.

'Tucked in tight, it's my heart where you'll stay. Tomorrow I'll love you even more than today,' she wrote in the caption.

Kim was quoting a children's book about fathers and children called Made For Me, written by Zack Bush and illustrated by Gregorio De Lauretis.

The father of her own four children is Kim's estranged husband Kanye West whom she married in Florence back in 2014.

Her latest posts come just days after she followed in Kanye's footsteps and made it onto the Forbes Billionaires List for the first time.

Kim ranked at 2674th place with an estimated \$1 billion net worth while Kanye was ahead of her at 1750th as he is reportedly worth about \$1.8 billion.

Before Kim wound up on the list her baby sister Kylie Jenner, the 23-year-old lip kit mogul extraordinaire, made her own way into the rankings in 2019.

Lily Allen highlights her slender frame in chic navy lingerie as she captures a sizzling mirror selfie at home

She gave up alcohol 20 months ago as she embarked on a lifestyle overhaul.

And Lily Allen showed off her incredible figure in navy lace underwear on Saturday as she captured a sultry selfie in her bedroom mirror at home.

The singer, 35, uploaded the chic image to her Instagram Story as she gave her social media followers a quick insight into her life during lockdown.

Lily appeared to go make-up free for the snap, instead framing her visage with her signature block fringe as she swept the rest of her tresses back in an updo.

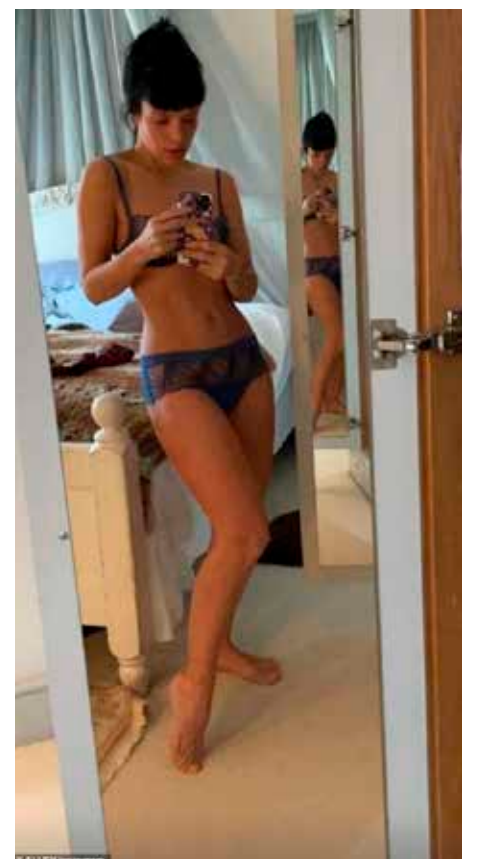
She strategically pointed her toes, elongating her slender legs as she posed in front of her comfy bed.

The songstress has been proudly showcasing her figure on Instagram over the past few months, after noticing a change in her physique after giving up alcohol.

In April last year, Lily said she was 'very pleased' because 'an ab was appearing' after nine months of going tee-total.

Fast-forward to this January, the singer marked a milestone 18 months of sobriety, having spoken candidly about her struggles with addiction in the past.

The star, who married Stranger Things actor David Harbour in Las Vegas last year, has been candid about her addiction struggles and has now celebrated the milestone since quitting drink, drugs and cigarettes.



Lily Allen showed off her incredible figure in navy lace underwear on Saturday as she captured a sultry selfie in her bedroom mirror at home

Prince Harry

Police called to Harry and Meghan's Santa Barbara home nine times in just a few months

US police have been called to the California mansion of the Duke and Duchess of Sussex nine times in as many months, official figures indicate. Since Harry and Meghan moved in to their Montecito home with one-year-old son Archie in July last year, the Santa Barbara County Sheriff's Office has responded to calls listed as phone requests, alarm activations and property crimes. The data, obtained under Freedom of Information laws by the PA news agency, was released after the couple shared their security fears in their interview with Oprah Winfrey.

Officers were called four times in July last year after Harry and Meghan moved to Montecito from Los Angeles, where they had been temporarily living since leaving Canada at the start of the pandemic.

One call is listed as a phone request while the others are labelled "alarm activations" and all occurred in the early hours of the morning.

An August request is listed as a "(Miscellaneous) Priority (Incident)," while there was a further alarm in November.

At 4.13pm on Christmas Eve, sheriff's deputies were called to the property after a man was alleged to have trespassed.

Officers returned to the mansion on Boxing Day at 2.54pm for a call listed under "Property Crimes".

Nickolas Brooks, 37, was booked in to jail on a misdemeanour trespassing charge and later released, the sheriff's office said.



Prince Harry, Duke of Sussex and Meghan, Duchess of Sussex

The most recent call was at 2.21am on February 16 this year and is listed as an alarm activation.

Representatives for Harry and Meghan declined to comment.

The couple's security arrangements hit the headlines following the interview with chat show host Winfrey in March.

The duchess, who is pregnant with a daughter, said she sent letters pleading with Harry's family not to take away his personal protection officers, warning he was facing death threats.

Heather Graham: Star, 51, wows in a cream-colored bikini while enjoying beach time on a 'girls trip' in Mexico

Heather Graham looked to be in top form, when she was spotted enjoying some sunny beach time with gal pals on the coast of Mexico.

The Austin Powers actress, 51, showed off her scintillating curves in a light cream-toned bikini.

Her blonde hair was gorgeous and natural, hanging down over her shoulders.

Heather accessorized with a large straw sunhat, adorned with a black sash and matching detailing at the brim.

She also sported big black and gold sunglasses to shield her eyes from the bright beach day.

The actress was spotted lounging on a shaded chaise lounge, and taking a dip with her friend in the azure ocean waters.

Her swimsuit featured triangular panels at the chest, held up by a halter cord adorned with decorative knotting.

Heather's thong was also triangular, and padded with multiple layers of fabric.

The thong's straps were twisted cords of fabric hanging seductively low on the actress's hips.



Heather accessorized with a large straw sunhat, adorned with a black sash and matching detailing at the brim

Lachlan Murdoch and his model wife Sarah will call Australia home 'for years not months' after relocating their family from Los Angeles to Sydney



The family, who are based in Bellevue Hill, have settled into life in Sydney

Fox CEO Lachlan Murdoch and his model wife Sarah are enjoying life Down Under after relocating their family from Los Angeles to Sydney last month.

And it seems the couple, along with their three children - sons Kalan Alexander, 16, Aidan Patrick, 14, and daughter Aerin Elisabeth, 10 - are here to stay.

On Saturday, the Sydney Morning Herald reported that the Murdochs will be in Australia 'for years, not months, as initially believed.'

The family, who are based in their Bellevue Hill compound, Le Manoir, have certainly settled into life in Sydney after Sarah was seen at the Royal Easter Show in Olympic Park with her children. The publication also confirmed that the Murdoch kids are enrolled in Sydney schools.

Sarah has also recently returned to the social scene, stepping out to attend the Australian Ballet's opening night of New York Dialects.



Matildas have a mountain of work to get through ahead of Tokyo Olympics after back-to-back thrashings



Just over three months out from the Olympics. Back-to-back thumpings for the Matildas.

It's a worrying situation for one of the nation's glamour teams ahead of Tokyo amid concerns that another big tournament may slip by for this hugely talented group of Australian footballers without any silverware to show for it.

There may be a home World Cup on the horizon in 2023 but if Tokyo comes and goes without a podium finish, it's likely to be all in on that for Sam Kerr, Caitlin Foord, Hayley Raso and co in the hope of capitalising on this golden generation.

Right now, that seems the most likely

scenario after The Netherlands tormented the Matildas just as much as the Germans had a few days before.

They may just be friendlies and it may just be the infancy of new coach Tony Gustavsson's Matildas reign but — defensively at least — Australia looks a mile away from its seventh-placed world ranking and there is a mountain of work for the Swede to do to get this group to match its lofty Olympic expectations.

Former Matilda Amy Chapman, who played 20 matches for the national team, said it was arguably the worst situation the team has been in recently.

Aldi investigates after woman claims she found live snake in bag of lettuce



Supermarket giant Aldi has launched an investigation after a Sydney woman claimed she found a live snake in a bag of lettuce.

Lesley Kuhn took to social media to warn shoppers this week after the strange discovery.

"Last night my son found a baby pale headed snake in with his baby cos lettuce from Aldi," she posted on the Facebook group Mosman Living.

"Check packaged lettuces carefully." Photos show the small black and grey snake wrapped around lettuce

leaves.

Aldi said it was not sure how the snake found its way into the plastic bag.

"We've worked with the customer and the team at WIRES [Wildlife Information, Rescue and Education Service] to identify the snake's natural habitat, which is certainly not an ALDI store," a spokesman said.

The snake is being released near Toowoomba in Queensland, where the lettuce was picked.



Clr George Zakhia



Clr George Zakhia hope you have a wonderful and safe

Ramadan

يتقدم السيد جورج زخيا

عضو مجلس بلدية كانتربري بانكستاون
من الجميع بأطيب الأمنيات بمناسبة حلول

شهر رمضان المبارك

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Indigenous deaths...

30 years since the report, including five across the country since the start of March 2021.

Thousands marched across the country last Saturday to demand action after the recent deaths.

“We are amongst the most incarcerated peoples on earth and have been waiting on real government action for too long,” said Meena Singh, legal director at the Human Rights Law Centre.

“If governments believe that the lives of First Nations people matter, then they would take urgent steps to remove unjust laws and policies that contribute to this crisis of over-imprisonment.”

Indigenous Australians Minister Ken Wyatt said improving education outcomes for Aboriginal and Torres Strait Islander people would reduce incarceration rates.

“As we’ve seen with tertiary education, once our kids make it there, they have the same outcomes as non-Indigenous Australians,” he told ABC radio.

But Labor senator Pat Dodson, who was one of the commissioners for the 1991 inquiry, said that was not enough.

He wants the Commonwealth to convene a meeting of state and territory ministers to address the issue.

“There’s been a lack of leadership and responsibility by the federal government to work with the states,” Senator Dodson said.

Change the Record, a First Nations-led justice coalition of 18 organisations, wants for six changes to address Indigenous deaths in custody.

They include raising the age of criminal responsibility and repealing punitive bail laws.

The group also wants all the 1991 royal commission recommendations to be fully implemented.

A 2018 Deloitte review found 64 per cent of the royal commission’s 339 recommendations had been implemented. Thirty per cent were partially implemented and 6 per cent had not been implemented.

Meanwhile, in NSW, a parliamentary committee report to be tabled on Thursday will make 39 recommendations to address Indigenous incarceration levels and oversight of deaths in custody.

Most of the recommendations have the support of MPs from the Coalition, Labor, the Greens and One Nation.

Labor’s Adam Searle, who chaired the committee that conducted the inquiry sparked by the global Black Lives Matter protests in 2020, said the report would deliver a “practical pathway” for action.

“The fact that governments around Australia, including here in NSW, no longer report on implementation of the royal commission recommendations, and the fact that so many remain unfulfilled, shows that NSW and the country has lost its way on this pressing issue,” he said.

“The live question is whether we have the will to find our way back.”

The 2018 Deloitte review found the proportion of Indigenous people in the prison population had doubled since 1991.

It also found the mortality rate of Indigenous people in custody had halved.

Continued from page 1

Former defence minister...

politician told graduating students “the strategic posture of the People’s Republic of China is not as benign as it was”, and is causing discomfort to the United States and its allies.

“The reality is that China is confident and capable and is not embarrassed to show it,” he warned students on Monday.

Mr Pyne, who stepped down as defence minister in 2019, said the likelihood of a “kinetic war” in the Indo-Pacific was now much higher than when he first served as minister for defence industry.

“Five years ago, I would’ve said that the possibility was very unlikely, now I would have to say that the possibility is more likely than it was then,” he said.

“Not a cyber war, but a real one involving loss of life, destruction of military platforms, with aggressors and defenders on different sides.

“This isn’t rhetoric, this is something that you and I may well have to confront in the next 5 to 10 years”

Delivering the graduation oration to the University of Adelaide Law School on Monday, Mr Pyne outlined China’s rapid rise as a military power.

“While the United States still accounts for one in every two dollars spent on the military in the world, a staggering statistic, China’s published defence spend will be \$US210 billion in 2021,” he said.

“China’s military is very capable in an asymmetric war against the US and its allies around the island chains of the western Indo-Pacific and South East Asia — Australia is one of those allies.”

Avoiding war ‘our paramount defence and foreign policy priority’

Last month, Admiral Philip S Davidson from the United States Indo-Pacific Command said it was imperative the US protect its Pacific territories from a possible Chinese incursion.

Mr Pyne has also pointed to Beijing’s recent actions, such as taking control of Hong Kong and staring down criticism of its treatment of ethnic Uyghurs, to highlight the growing threat posed by the Chinese military.

“It feels strong enough to press its claims over the South China Sea and despite assuring the second Obama administration in Washington that it would not militarise reefs and shoals, go ahead and do so anyway,” he said.

“Most concerning of all, it has turned up pressure on Taiwan, the most likely next flashpoint in the region.”

Earlier this month, a senior American diplomat confirmed Australia and the United States were discussing contingency plans in case a military conflict erupts over Taiwan.

However, Mr Pyne declared “avoiding any kind of war is our paramount defence and foreign policy priority as a nation”.

“That will not be achieved by hiving ourselves off from our allies like the US, Japan and India, in fact, the opposite is true.

“It is in no one’s interest to adopt a policy of containment of China, rather it is in everyone’s interest to promote a policy of engagement with China that lifts all the boats across our region.”

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Last remaining ADF...

than 1500 to just 80 troops in the past two years.

Mr Morrison choked back tears in Perth on Thursday as he read the names of 41 ADF troops killed while serving in Afghanistan.

“Our emotions are of no consequence compared to those who have lost their family members,” he said.

“It is an emotional day, but mainly, and most importantly, we must think of those who have been most significantly impacted – the families of those who

are lost and that sacrifice which they live with each and every day, but also those who bore arms with them and served with them.”

Mr Morrison’s announcement came a day after US President Joe Biden confirmed American forces would leave Afghanistan by September 11 – the 20th anniversary of the 9/11 terror attacks on the US.

The US will begin withdrawing its troops from what Mr Biden called “the forever war” on May 1.



Anti-Anxiety Foods You'll Love

Anxiety can make you feel nervous, panicky, or self-conscious, and it can strike when you least expect it. It is like an uninvited houseguest who drops in and stays for a brief visit or settles in for the long haul and becomes a constant unwanted companion. Anxiety disorders are the most common mental health condition in America, and anyone suffers from it wants it to stop. Just ask any of the 40 million Americans currently coping with some form of anxiety.

Anti-anxiety pills are often the first line of defense, but they aren't necessarily the best treatment option. Many people with this condition are looking for alternative ways to manage the problem, and with good reason. Brain SPECT imaging studies show that some anti-anxiety medications, such as benzodiazepines, aren't good for brain health. They offer a short-term solution that can create other long-term problems.

Nutritional psychiatry is a more natural approach that centers on the use of food and supplements to help manage mental health conditions. It is often used as part of a complete treatment program that can include psychotherapy and other solutions. If you're looking for ways to calm your nerves, try these 8 research-backed, anxiety-fighting foods.

1. Fatty fish

Salmon, tuna, herring, and sardines are high in omega-3 fatty acids, which have been found to calm anxiety. A 2014 study found that men who ate Atlantic salmon three times a week showed a reduction in self-reported anxiety. In a study in *Brain, Behavior, and Immunity*, medical students who supplemented their diet with omega-3 experienced a 20% reduction in anxiety symptoms. Eat fatty fish at least twice a week for optimal brain benefits.

2. Asparagus

High in potassium, fiber, the trace element chromium, and vitamins (A, C, E, and K), asparagus has strong anti-anxiety properties. In China, an asparagus extract has been government-approved as a functional food for its anxiety-reducing effects.



A 2013 study suggested that asparagus extract could be considered an alternative approach for the management of anxiety disorders.

3. Avocados

Rich, buttery avocados are high in B vitamins, which are involved in the production of the neurotransmitters serotonin and dopamine, which influence mood. In some people, B vitamin deficiencies have been associated with an uptick in anxiety. Avocados are also rich in brain healthy fats that may also protect against anxiety.

4. Fermented foods

If you suffer from social anxiety, which is a form of the condition that makes people experience extreme fear and discomfort in social settings, think about increasing your intake of fermented foods, such as sauerkraut and kefir, which are considered probiotic foods. A 2019 review of 34 controlled clinical trials in *Psychiatry Research* found that probiotic foods had a significant anxiolytic effect on anxiety. Earlier research has found that probiotics are particularly helpful for social anxiety.

5. Eggs

Eggs have been enjoying a culinary renaissance in recent years, and this is a good thing for people who suffer from nervousness. Eggs contain an amino acid called tryptophan that is involved in the production of the neurotransmitter serotonin,

which plays a role in the regulation of anxiety and mood.

6. Pumpkin Seeds

You don't have to wait until Halloween to munch on pumpkin seeds, which are packed with anti-anxiety nutrients, including magnesium, B vitamins, and zinc. A 2017 review shows that magnesium helps reduce anxiety, and B vitamins help lower mental stress, according to research in *Human Psychopharmacology*. Zinc also plays a role in managing stress. Be sure to opt for raw and unsalted pumpkin seeds for a healthy snack.

7. Dark chocolate

As if you needed another reason to indulge in your love of chocolate, a 2014 study found that it decreases perceived stress. Dark chocolate is also a good source of magnesium and it contains the neurotransmitter phenylethylamine, which is involved in regulating moods and releasing feel-good endorphins in the brain. For the full health effect, stick to chocolates that are at least 70% cacao.

8. Chamomile

Chamomile tea has been hailed for centuries for its relaxation properties. This herbal tea helps promote sleep, and in a 2016 study in *Phytomedicine*, chamomile significantly reduced moderate to severe symptoms of generalized anxiety disorder.