

**NEWS**

Every picture tells a story

**FAITH TALK**

Who am I? Who are we?

**MY STORY**

Asking for 'a little help'

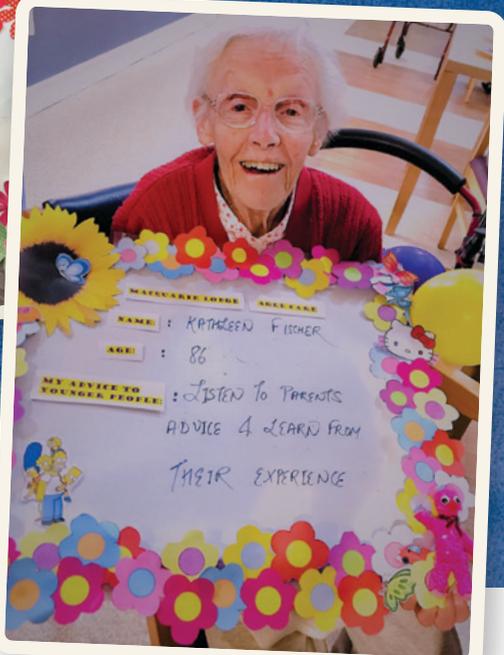
# International Day of Older Persons

Celebrating the world's senior citizens



# SALVOS

MAGAZINE





You are  
never too  
old to set  
another  
goal or to  
dream a  
new dream.

- C.S. Lewis



## The Salvation Army is about giving hope where it's needed most.

### What is The Salvation Army?

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church.

### Vision Statement

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia one life at a time with the love of Jesus.

### Mission Statement

The Salvation Army is a Christian movement dedicated to sharing the love of Jesus by:

- Caring for people
- Creating faith pathways
- Building healthy communities
- Working for justice

# Salvos Magazine

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[06] Feature

Celebrating our older people

[08] News

Tech threats impact family violence victims

[10] Faith Talk

'Who am I? Who are we?'

## Celebrating seniors

International Day of Older Persons will be observed on 1 October. It's a day to celebrate our seniors, thank them for their contributions to society and increase awareness of the challenges they face and the issues that affect them.

In our feature story this week, some of the elderly residents in The Salvation Army Aged Care centres share their words of wisdom with the younger generation. Their heart-warming words include advice around faith, looking after yourself, making the most of life and treating people with kindness, compassion and respect.

In his Faith Talk, Dean Simpson also writes about taking care of ourselves to reach out and connect with others, using a famous 'poem' from Muhammad Ali to illustrate his point. As so many people around the country are working with the challenges of lockdown, restrictions and separation from loved ones, these are timely words.

So many of our older people have reached their twilight years and, through time, experience and reflection, have realised what is really important in life. Hopefully, we can learn from their examples today.

Simone Worthing **Assistant Editor**

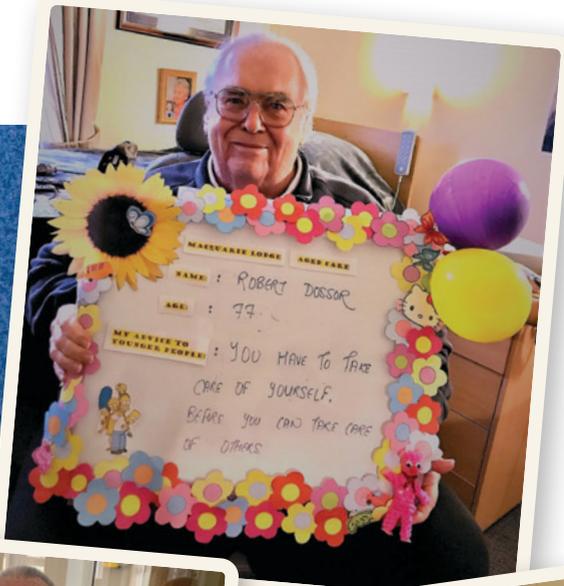
# International Day of Older Persons

The United Nations **International Day of Older Persons** takes place on Friday 1 October. It is a day to highlight the important contributions older people make to society and raise awareness about issues affecting the elderly.

Melissa Delaney, Lifestyle Coordinator at The Salvation Army Moyne Aged Care Centre in Western New South Wales, said it's an opportunity to listen to the wisdom of older people and the lessons they have learned. "People tend to forget that the elderly are people with a life, a story, with skills to pass on and are still central to the community."

Melissa and her colleagues at The Salvation Army Aged Care Centres asked residents to share their wisdom with the younger generation. The photos on these pages tell the story.





# Celebrating our older people

Highlighting the stories, skills and contributions of the older generations

The Salvation Army Aged Care promotes a unique experience of choice, lifestyle and belonging for all people as they age. Its services span Australia with 21 residential aged care centres, seven retirement villages, one respite centre, and various community care services.

These services offer support for seniors in different stages of life, whether its help in the comfort of their own home, enjoying a maintenance-free lifestyle in one of the vibrant retirement communities, or requiring 24-hour care in one of the residential care centres.

For more information, go to [agedcare.salvos.org.au](http://agedcare.salvos.org.au)

"Our aged care services are designed around the needs of our residents and making their lives as happy and purposeful as possible," says Melissa Delaney, Lifestyle Coordinator at The Salvation Army Moyne Aged Care Centre at Canowindra in NSW's Central West.

"My role is to provide a stimulating, engaging and fulfilling program in both the Memory Support Unit, which is designed to meet the needs of those living with dementia, and in our mainstream area."

Melissa says residents take each day as it comes in the Memory Support Unit. "We try to keep the unit as homelike as possible and encourage our residents to use skills they learned long ago to help keep them stimulated and prevent them becoming confused, which is one of the common symptoms of dementia," she says. "This can include daily tasks like washing-up and folding laundry, playing games, enjoying music, and looking after our pet rabbit, Gretchen."

Getting outside for daily exercise is also a regular part of the residents' day, with lockdown making this even more important. Melissa and her team escort the residents for walks in the local area, where they enjoy seeing cows, horses and even bison in



surrounding paddocks. Residents from across the centre's mainstream area join these walks.

"Lockdown [which lifted at 12.01am 11 September] is taking its toll on our residents, with many of them now realising that their families have not come to visit lately," says Melissa. "We are their family at the moment, so we're trying to keep them stimulated and replace, as much as we can, what they are missing out on. It's hard for us all to understand and deal with what is going on, and it's even harder for our residents."

The residents in the Memory Support Unit regularly interact with those living across the centre, both through activities suitable for both groups, and when the residents visit those in the Memory Support Unit.

"We are seeing a younger cohort in our Memory Support Unit residents," Melissa shared. "There are more people in their 50s and 60s coming in from all walks of life. It doesn't matter who you are, what you've done for the world or your financial status, dementia is no respecter of persons."

We are also educating our mainstream residents about dementia to increase their understanding and acceptance of everyone."

During Dementia Action Week (20-26 September), The Salvation Army Aged Care centres will be running COVID-appropriate activities and events. At the Moyne Aged Care Centre, this week coincides with the now-cancelled Canowindra Show. "We will have our own mini-show, complete with balloons, sideshows and activities, even though families won't be allowed in, due to the restrictions currently in place for residential aged care in New South Wales," says Melissa.

Other special events, such as lunches and morning and afternoon teas, will also take place in the various centres for International Day of the Older Person on 1 October.

"I've been in this role for 19 years now, and I just love it," says Melissa. "People tend to forget that the elderly are people with a life, a story, with skills to pass on and are still central to the community."



Scan here for more information on The Salvation Army Aged Care Services.



“  
The elderly are people  
with a life, a story, with  
skills to pass on...  
”





## Tech threats impact family violence victims

The Salvation Army has reported a 95 per cent increase in demand for support with technology-based threats in 2020, as more women found that perpetrators were using these means to exert coercive control.

More women are being stalked and monitored using drones, shopping rewards cards accounts, pet-tracking devices or other technologies, with calls for help to deal with this form of family violence nearly doubling during the pandemic.

“Wherever we’re using technology, you name it, they are using it,” said Alexandra Miller, a family violence specialist with the Salvos.

In the lead-up to the National Summit on Women’s Safety earlier this month, Alexandra said stalking and monitoring were strong indicators of future harm to family violence victims. She added that technological safety must be a focus if women were to remain in their homes and not risk homelessness.

“If you look at domestic violence death reviews, frequently one of the things they say is one of the most indicative behaviours [of future harm] is stalking and monitoring ... if someone is going to that level, it’s extremely concerning,” she said.

Devices used by family violence perpetrators to monitor women included old iPods placed inside car upholstery as trackers, drones used

to film women in their homes, hacked iCloud, music, Microsoft or Samsung accounts and even a doorbell vision app.

Many women experiencing technology-facilitated abuse and stalking may not recognise it as family violence.

Alexandra said women should be able to stay connected with friends and family via technology that was integral to everyday life, but “we also want women to be aware of the ways in which technology may be used by perpetrators of violence and of the support available should they need it”.

– Wendy Tuohy

*The full version of this story first appeared in The Age on 6 September. Wendy Tuohy is a senior writer focusing on social issues and those impacting women and girls.*

**If you or anyone you know needs support, contact the National Sexual Assault, Domestic and Family Violence Counselling Service on 1800RESPECT (1800 737 732). eSafety resources can be found at [esafety.gov.au/women](https://www.esafety.gov.au/women)**



Scan here for more information on Salvation Army Domestic and Family Violence Services.

## Bike recycling program moves up a gear

The Salvos Re Cycle Bikes program in Brisbane has expanded to include online sales.

Coordinator Andy Steele said the bikes had only been available from the adjoining Red Hill Salvos Stores outlet, but recently the more expensive and sought-after brands were being sold online.

The workshop restores bikes to sell in Salvos Stores and has a repair and maintenance service to the public. The program has also begun converting conventional bicycles to electric using conversion kits bought in Melbourne.

Financial advisory and consulting company Deloitte Brisbane recently held an open day and auctioned some of the bikes as a fundraiser for the program. Andy said Deloitte had facilitated discussions and workshops to help the program move to “the next level”



Salvos Re Cycle Bikes program coordinator Andy Steele (right) and workshop mechanic Damien Saal check out one of the bikes for sale online.

with improved reporting systems, a framework for expansion and an increased social media presence.

To find the bikes online, go to [Salvosstores.com.au](http://Salvosstores.com.au) and search ‘bikes’.

– Darryl Whitecross

## Every picture tells a story

Stirring memories is the concept behind the Salvos’ newly-developed Picture Prompt pack. Fay Foster, Adults Ministry Secretary for NSW/ACT, said the resource aims to provide Aged Care chaplains – and others – with a relaxed way to encourage meaningful conversations.

“The chaplains wanted fresh resources, appropriate to the experience of residents, that would spark authentic conversations, as well as promote laughter, fun, joy and care,” said Fay.

The Picture Prompts pack comprises 60 A4 cards, divided into 12 sets of five, according to a theme. Themes include animals, art and music, celebrations, childhood, food, home, nature and outdoors, pastimes, people, spiritual, structures and travel. Each pack also contains an instruction card for a facilitator.

While the Picture Prompts pack was designed primarily with aged care residents in mind, Fay said it could be used in other discussion situations, such as conferences, recovery outreach and small groups.

Packs can be downloaded at no cost from The Salvation Army’s mySalvos: [my.salvos.org.au/toolkit/resource/picture-prompts---discussion-cards/2236/](http://my.salvos.org.au/toolkit/resource/picture-prompts---discussion-cards/2236/)

– Faye Michelson



Fay Foster shows off the Picture Prompt cards that help engage people in conversation.

# Who am I? Who are we?

Looking to God to finding  
a balance in life

**WORDS** DEAN SIMPSON

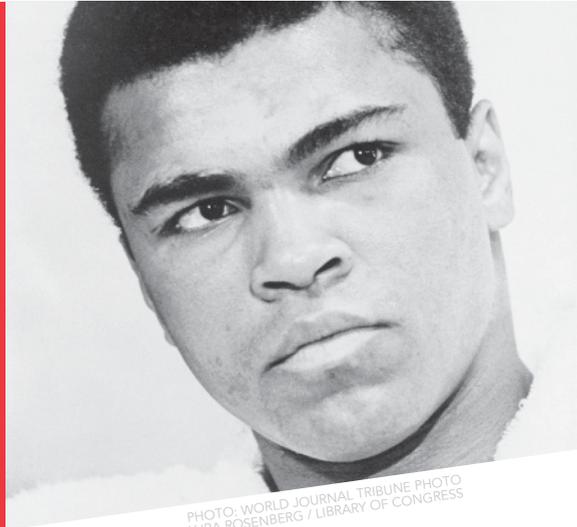


PHOTO: WORLD JOURNAL TRIBUNE PHOTO  
BY IRA ROSENBERG / LIBRARY OF CONGRESS

“Me. We.” These two words are attributed to the great boxer Muhammad Ali, who throughout his career was known for his poetic prowess as much as his ability in the ring.

Ali was at the peak of his popularity in 1975 when he was invited to speak to a gathering of Harvard students. Before he stepped down from the podium, one of the students shouted: “Give us a poem, Muhammad.” Ali hesitated for a few seconds then looked up and bellowed: “Me. We.”

It has been listed as one of the greatest short poems. Essentially, however, it also raises two important questions: Who am I? Who are we?

Individualism has become one of the central themes of 21st century culture. Expressions of individualism are everywhere you look, primarily perpetuated by products and devices we use every day and advertising themes that support them.

We have the iPod, the iPhone and the iPad. Advertising slogans that happily effuse: ‘You’re No.1’, ‘It’s all about you’; and the poster child for contemporary individualism: the ‘selfie’.

There’s even a ‘Me Bank’.

Biblically, there is a valid ‘me’ – someone created by God in his image and known in relationship to him. In the Bible, Psalm chapter 46, verse 10 says, “Be still and know that I am God”. It is in his presence that we are defined, not by how others see us. In essence, there is a time for giving attention to oneself and the Bible invites us to do this in the loving presence of God for self-reflection.

So, who are ‘we’? The Bible, in Philippians chapter 2 and verse 3, it says, “Do nothing out of selfish ambition or vain conceit.”

In an era of individuality and, indeed, empowerment, I believe it is getting harder and harder to cultivate the ‘we’. However, I think there is a point at which the individual and collective come together. Human beings



thrive on community. Despite the pressure to put yourself on a pedestal, in the end, we need each other.

Many years ago, my wife and I would spend a few hours every Friday doing a 'pub run' as part of our commitment to the Salvos. Dressed in full Salvos uniform, we would collect donations, hand out The Salvation Army *War Cry* magazine and generally spend time chatting to patrons.

One of them was Alf, an elderly chap of grumpy disposition. Alf spent most of his week at the end of a bar and generally kept to himself. However, whenever he saw my wife and me, his face would light up and we'd enjoy a brief chat.

One Friday, the bartender intercepted us as we walked in. He said Alf was in a distressed state and had been waiting for us all day. I walked over to him and the first thing he did was hug me and said, "I'm so glad to see you. I don't know what to do. Can you please help me? My brother has died."

Alf then described how he found his brother, his flatmate, dead in an armchair that morning. He had no idea what to do, so he went

to the pub and waited for my wife and me. My wife sat with him and consoled him with these words: "Alf, we can help you. We will work it out. You're not alone. We are here for you now."

The earlier verse, "Do nothing out of selfish ambition or vain conceit" goes on to state: "Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."

Muhammad Ali's short poem has been dissected many times and has become even more relevant in recent times. I believe the two powerful words, "Me. We", invoke the need for a balance in life – a time for self-reflection and a time for showing compassion for others.

Whatever Ali meant by his poem, the Bible affirms it is important to have 'me' times where we find our worth and, therefore, 'we' are able to forge a connection to others.

*Dean Simpson is part of the Communications team for The Salvation Army Australia.*



Scan here for more on finding meaning.

**In Australia, over three million people are living below the poverty line. That's one in eight people. As we approach Anti-Poverty Week – 17-23 October – the Salvos are encouraging those doing it tough to reach out for help. Financial hardship can happen to anyone at any time, and accessing support early is important for a positive outcome.**

**Over the next four weeks, *Salvos Magazine* will feature the stories of those who have accessed the Salvos Moneycare and Doorways (emergency relief) services and the difference it has made in their lives.**

Heavily pregnant with her first child, Diya\* had recently escaped domestic and family violence (DFV). Her partner had forced her to leave her job, move interstate and had also coerced her into a range of debts.

When she finally left the relationship, Diya had no family support. What she desperately needed was some breathing room to establish a new life without the threat of spiralling into an even deeper financial black hole.

Diya was referred to Liezl, a Salvos Moneycare financial counsellor who strongly advocated with banks and financial

## Diya's financial journey changes family destiny

It all began with asking for 'a little help'

**WORDS** NAOMI SINGLEHURST



institutions. Liezl helped Diya gain a moratorium on her debts until she could get back to work. She also helped build Diya's confidence and clarity around her options and organised a voucher through Doorways for some baby items.

For Diya, this support was life-changing.

She recently wrote to Liezl to thank her for her support and to tell her that financial counselling had helped change the direction of her life.

### HELP IN HARD TIMES

Diya wrote: "You were so kind and gentle and understanding. You helped me take out a moratorium on all my loans for 12 months to allow me to prepare for my child and life as a single parent. That triggered my journey to financial freedom.

"Over the course of a year I was able to pay back every cent of that debt that I had accrued, and I am now in a position where I am not only debt free, I can say that I actually have wealth. I have you to thank for that!

"I am now a single mother with a two-year-old girl, and we are thriving ... Our lives have been transformed and for the first time I am living a life without excessively worrying about my finances.

"I am forever grateful for your gracious help and now also share my story and encourage others in similar situations to visit financial counsellors.

"You have impacted me so much that I am actually studying to become a financial advisor myself and currently work in finance! Please just know that the work you are doing is truly God's work. You have been beyond

a blessing to my family and there will never be a day that I won't be thankful for meeting with you."

### EMPOWERMENT AND HOPE

"Diya has worked to turn around her life, and Moneycare was just there to help her through a tough time," says Liezl. "We actively advocated to banks for extensions, worked on financial literacy, looking at how to pay smaller debts off first, then as payments changed, how to redo a budget.

Diya took the support and advice and ran with it.

"It is so important to ask for help and to access support early. There are always options to look at, and there are so many negative consequences when you don't. Sadly, too often we tend to see people at the point of crisis, rather than early intervention."

Diya advises those in similar situations to hers to reach out for help – the earlier the better – and that no financial situation is too much for financial counsellors to handle.

The incredible and empowering journey to financial freedom, independence and control all starts with [asking for] a little help.

**To contact Moneycare's free online counsellors, call 1800 722 363.**

*\* Name and some details changed for privacy*



Scan here for more on finding meaning.

# Baked beans



PHOTO: STOCK/GETTY IMAGES

## Ingredients

1½ cups dried haricot beans, 1 medium onion, chopped, 1 tbs butter, 1 tbs molasses or treacle, 1 cup tomato sauce, 1½ tsp salt, 1½ tsp dry mustard, 2 tsp Worcestershire sauce, ¼ tsp pepper, extra butter for greasing.

## Method

- Soak the beans overnight in enough water to cover.
- Drain and cover with fresh water. Cook, covered, for about 30 minutes or until beans are tender.
- Mix the cooked beans with onion, butter, molasses/treacle, tomato sauce, salt, mustard powder, Worcestershire sauce and pepper.
- Pour into a buttered casserole dish, with a lid.
- Bake in a low-medium oven (150°C) for 30 minutes.
- Remove lid of dish, stir contents, and bake for another 30 minutes.
- Makes 6 generous servings.

## Bible byte

Here is a simple, rule-of-thumb guide for behaviour: Ask yourself what you want people to do for you, then grab the initiative and do it for them.

Matthew chapter 7, verse 12a  
*The Message translation*

## Tum-Tum

On which page of this week's *Salvos Magazine* is Tum-Tum hiding?



## Quick quiz



1. When is World Rivers Day?
2. In which state does the Nymboida River flow?
3. Which river runs through Alice Springs?
4. Which is the largest urban area on the Murray River?
5. In which state is the La Trobe River?
6. Which river runs through Launceston, Tasmania?



What did the dalmatian say after lunch?  
That hit the spot.

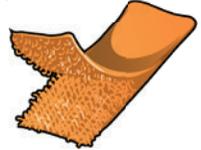
# HAVE A LAUGH

Why do bees have sticky hair?  
Because they use honeycombs.



Did you hear about the circus fire?  
It was in tents.

Why wasn't the woman happy with the Velcro she bought?  
It was a total rip-off.



## Wordsearch

R B A T T R N R E H C N M L S M D R G W  
 A Y C T M Y R T T N Y L A D D L T S V F  
 R I V E R S Y A W R E T A W T N O A A A  
 R Y N M D E M A A N R N E C S R N D A N  
 A G T A A A R T I O R N E C H H F R D N  
 Y G M U R R U M B I D G E E F L O W L W  
 R T N L L B A E O T M N W R I N A M O E  
 C N N I I D R M I A C R R N A R E N R R  
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 I E T O G N A G C R W E L Y N S I G A L  
 M E C E R K A T H E R I N E I M R B A L  
 I S A L A R M C H S B D R N O B T C A O  
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 A O U A D A D N D M R O M L N D R R E C  
 C W E V O I M N R L R D R L E E N N I G  
 B Y W T T F L A E A A I D R N T I A A W  
 L C A R N U O R G R I U I E D D A E D A  
 B S T H R B R D N A R I T R E I W I A Y

- Canning
- Clarence
- Condamine
- Conservation
- Cotter
- Dam
- Darling
- Flinders
- Flow
- Katherine
- Lachlan
- LaTrobe
- Margaret
- Murray
- Murrumbidgee
- Namoi
- Rivers
- Snowy
- Swan
- Tamar
- Tidbinbilla
- Todd
- Torrens
- Tributary
- Waterways
- Yarra

**Quiz answers:** 1. Sunday 26 September; 2. New South Wales; 3. The Todd River; 4. Albany-Wodonga; 5. Victoria; 6. The Tamar River; **Turn-Turn:** is hiding on page 7.

 High heels were originally made exclusively for men.

 Fish and insects do not have eyelids.

 Peanuts aren't nuts; they are legumes.

 The feeling of getting lost inside a mall is known as the Gruen transfer.

# DID YOU KNOW?

# Have you taken care of your Will?

Like ripples in a pond, a gift in your Will to The Salvation Army can impact more lives than you could ever imagine

When having your Will made or updated, please consider including a gift to The Salvation Army.

Please contact The Salvation Army's Wills and Bequests team to find out how you can start or continue your legacy of generosity.

Together, we can give hope where it's needed most long into the future.

For a free copy of our Wills information booklet, contact us on 1800 337 082, email [willsandbequests@salvationarmy.org.au](mailto:willsandbequests@salvationarmy.org.au) or complete and return the coupon.

[salvationarmy.org.au/wills](http://salvationarmy.org.au/wills)



- Send me a FREE copy of your Wills information booklet
- I am interested in leaving a gift to The Salvation Army
- I have included a gift to The Salvation Army in my Will

Name \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Postcode \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Best time to call  AM  PM

Send to (no stamp required): Wills and Bequests,  
The Salvation Army, Reply Paid 85105, Nunawading VIC 3131

1800 337 082

**ONLINE NOW!**

# Kidzone

[WWW.KIDZONEMAG.COM.AU](http://WWW.KIDZONEMAG.COM.AU)

**Kidzone mag has its own website!**

Leaders' Guides | Competitions | Games | Printables |  
Activities | Comics | Shop | Character Bios | Videos ...

The magazine cover features sections like 'LOOK UP! THE BOY', 'GRAPHIC NOVEL', and 'PAPER ANIMATIONS'. The website screenshot shows 'FREE THE LEGS', 'PAPER ANIMATIONS', and 'read now!'.