

NEWS

Affordable gifts
for Father's Day

FAITH TALK

Time to just be

MY STORY

It's never too late
to reconnect

Long days and short years

Making the most of the time you have to be a dad

FATHER'S DAY EDITION



SALVOS

MAGAZINE

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“My father
didn’t do
anything
unusual.
He only
did what
dads are
supposed
to do
- **be there.**”

- *Max Lucado*
American author, pastor, speaker





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

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Founders William and Catherine Booth

General Brian Peddle

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Commissioners Janine and Robert Donaldson

Secretary for Communications and Editor-In-Chief

Lieut-Colonel Neil Venables

Publications Manager Cheryl Tinker

Assistant Editor Simone Worthing

Designer Sienny Yoso

Editorial ph. (03) 8541 4562

Enquiry email salvosmagazine@salvationarmy.org.au

All other Salvation Army enquiries 13 72 58

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[04]
Feature

Long days
short years

[07]
Feature

Love never fails

[12]
My Story

It's never too
late to reconnect

Father's Day

Father's Day can evoke a range of emotions, depending on our experiences – or lack of them – with our dads. These can range from love and gratitude to sadness, grief, anger, rejection, and everything in between.

Our authors in this edition are all dads, each at different stages of the fatherhood journey. Anthony reflects on the importance of being available to his young children, despite the busyness of life with a large family.

Dean shares an experience with his daughter when she was only four, and how the lessons learned from that special walk together set the pattern for a close relationship that continues today and set her on a path that is grounded in God's love.

Cliff had a difficult relationship with his dad growing up, but he shares how he has reconnected with his dad and applies the lessons he has learned with his own adult children.

God understands each of our relationships with our dads and is there to encourage and love us as a father, in just the way we need.

Simone Worthing **Assistant Editor**



Long days and short years

Making the most of the time you have to be a dad

WORDS ANTHONY HUNT

At 9pm the other night, as I lay on the bed with my still rather energetic three-year-old boy, Rupert, I thought to myself, "It's been a long day." As a father of five children ranging from 18 years to three months, the days are long.

I am naturally an early riser, which means I think 6am is a sleep-in. This was a fantastic attribute when I was childless. I could get up early, have some time to centre myself for the day, and then have breakfast ready for me and my wife.

My eldest boy, seven-year-old Tobias, has inherited my early-riser trait. So now, rising early doesn't mean centring myself for the day. Rather, it means that my day begins with the

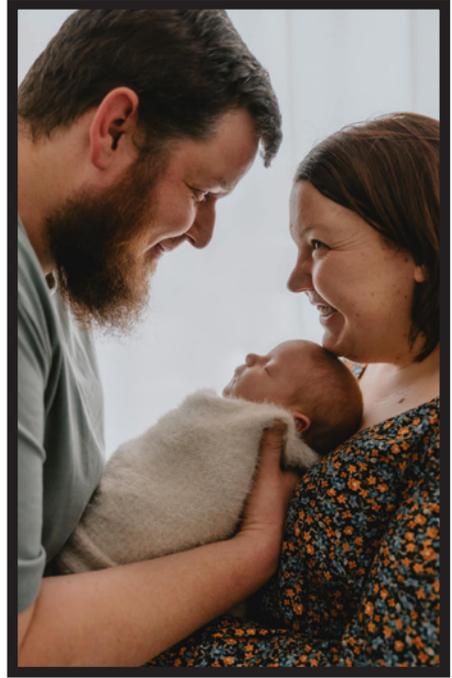
demands of a typical Year Two student, "Dad, I'm hungry", "Dad, can I watch Beyblade on TV?", "Dad, do you know where my shoes are?" Dad, Dad, Dad. The days are long.

My 'dad' moments last from about 5am to 9pm, excluding the efforts of our newest addition, Leonard, who is no respecter of the concept that night is for sleep.

As a father, I also get to have special moments with my kids. My five-year-old daughter, Esther, was a real 'daddy's girl' until recently. While most parents might not admit it, we do have favourite children, depending on the season of life, and Esther has always had a soft spot in my heart. This



Left: Anthony and Vanessa with their five children. Above: The four youngest Hunt siblings. Right: Anthony and Vanessa welcome the latest addition to their family. Photos courtesy Stefanie Plum Photography.



might be because my wife, Vanessa, had a stroke soon after Esther was born. While Vanessa is mostly recovered now, it meant that I was probably the primary carer of Esther in those early months of life, and so we have a bit of a special bond.

SHORT YEARS

While I might be terrible at plaiting hair on Barbie dolls, knowing the correct Beyblade combo or remembering the name of a particular My Little Pony, I'm readily available to hear what is happening in my kids' worlds. This is because, while the days are long, the years are short.

It only feels like yesterday that my seven-year-old was born, and now he is in his second year at school. He is learning to navigate his way through school life without me being a readily available physical presence. As a dad, you hope you've instilled enough self-confidence in your children so they can transition into the big wide world and feel ►

“

You can make a difference in your child's life if you embrace the long days that make up those short years.

”



Anthony with his newborn son, Leonard.

they are safe in who and where they are.

Thanks to her wonderful early-childhood educators, my five-year-old daughter has become fascinated with understanding the history of First Nations Australians. She will often tell us how we, as non-Indigenous Australians, need to do better at loving and caring for our Indigenous brothers and sisters. As a father, I hope that my kids see the things that I value being lived out in my life enough to take it on board for themselves. As a Christian, I hope they see enough of Christ in my life to want to follow in his way.

My three-year-old boy has some challenges, but he is always filled with joy. He might not always have the words to communicate what he wants or how he is feeling at any given moment, but his joy is infectious. His laugh makes you want to know what is so funny in his world that he feels the need to share it loudly with anyone and everyone. As a father, all you want for your children is for them to be happy and healthy. You want them to be able to enjoy life in the good times and have big

enough joy reserves to get through the bad.

My newborn boy is completely dependent on my wife and myself for his every need. While as a father, you hope and pray that your children will grow to a point where they won't need you so much, there is a place in your heart that will forever see them as your baby child that you would do anything to protect and provide for.

Finally, we have our 18-year-old daughter, our 'baby adult' as we jokingly call her. She is not our biological child but came into our family by choice. It wasn't an easy choice, and it's a choice you must make every day. Her backstory is hers to tell, but as someone who chooses to be a father to her, as much as her young adult life can drive me bonkers, I am proud of the young woman she is becoming.

Fatherhood isn't about changing the whole world, but it is about changing the world for those in your care, enough that they can thrive and become all that God intended them to be, whether they are yours biologically or not.

The days are long, but the years are short. Make the most of the time you have to be a father to your children. Know that some days you'll be Mike Brady and others you'll be Homer Simpson, but ultimately know that you can make a difference in your child's life if you embrace the long days that make up those short years.

Lieutenant Anthony Hunt is a Salvation Army officer (pastor) in Queensland.



Scan here for more on the need for community.



Love never fails

This week's *Salvos Magazine* has a seasonal focus on Father's Day in which I'm delighted to share some thoughts.

Being a dad of four children has been the greatest joy and greatest challenge of my life. I can recall each birth, and I have numerous milestone memories in each of their lives – first words, first steps, first tantrums, first injury, first day at school, first sporting game, first date, first heartbreak and so on. What I love most about being a dad are the chats we have had together over the years, sitting by their bedsides, around the kitchen table, in the car and more commonly now, in the local café.

My own father recently passed away, but his presence remains as I fondly recall the special moments and relationship I had with him. My dad was a great encourager. He always emphasised character over achievement,

reputation over success, humility over position. He was also a special grandfather to my children, having a particular interest in each one of them, keen to listen rather than tell.

I am fortunate that my relationship with my children and my father has been built on a common foundation of love. Love that is born out of a Christian tradition: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails ..." (1 Corinthians chapter 13, verses 4-8a).

– Lieutenant-Colonel Neil Venables,
Editor-in-Chief

Minimising harm

International Overdose Awareness Day is on 31 August. The day focuses on raising awareness about overdose – what it is, the signs, and how to respond. It's about educating people to reduce the stigma surrounding drug-related deaths, and it's also about acknowledging the grief of families and friends who have lost a loved one to an overdose. The day spreads a critical message – deaths from overdose are preventable.

WORDS KATHRYN WRIGHT

The Salvation Army supports the proposed opening of a second Supervised Injecting Room (SIR) in Melbourne, adding to the existing room in Lennox Street, Richmond.

Endorsing these rooms for intravenous drug users has been a consistent stance of the Salvos since the introduction of the first SIR facility next door to Richmond Salvos. It is part of the Salvos' harm minimisation policy; an official way of working that informs our national service delivery.

Our decision to do our best to minimise the harm to people's lives and wellbeing, and support similar efforts, is consistent with our belief that there is no full-stop to offering grace and kindness – there is no use-by date for compassion.

Some people may think supporting supervised injection facilities is a risk to reputation or public support, but I think our stance demonstrates the strength of our national values coming to the fore in this conversation.



Lennox Street in Richmond, Melbourne, is the site of the existing Supervised Injection Room, opposite the Salvos.

It shows we can evolve ways of operating to fulfil our values and do the right thing for marginalised people at risk of harm.

You can make a comparison with the origins of the Salvos and our current policies. In Founder William Booth's day, they didn't just tackle drug use; they looked at broader community issues. While methodologies and medical and scientific understanding of addiction may change, we still consider issues beyond the use of a drug.

There is always hope. That bears repeating.

We believe that there is always hope that someone will reach out for assistance to break their cycle of misuse and change their lives.

The only person with a drug-related problem who we can't help is a dead one. If we say, 'Let's not help people stay alive', we are not true to who we are.

Kathryn Wright is the national general manager for the Salvos' Alcohol and Other Drugs Services.

Salvos Stores offer affordable gifts for dads

Salvos Stores are offering a range of affordable gifts and ideas for Father's Day, both in-store and online. These include men's cologne in assorted fragrances, coffee mugs, novelty design socks and quality pre-loved and new clothing, watches, wallets and other accessories. Check out the bargains at salvos-stores.com.au/shop/cl/fathers-day/95

In addition to hundreds of unique gift ideas, curated packs of new products are also available for delivery. You can check out the 'Best Dad' (bit.ly/3yLwvam) and 'Dad Joke' (bit.ly/2XuEpY2) gift packs available to purchase online.

Online items can be delivered anywhere in Australia. Postage, with tracking, is \$5.50 for regular post, and \$7.50 for express post.



Gift bundles like this 'Dad Joke' pack are available online through Salvos Stores. See story for the link.

To ensure gifts for dad are received in time for Father's Day, orders need to be placed by Monday 30 August.

And it's the gift that keeps giving. Last year Salvos Stores raised \$33,645,800 for Salvation Army social programs.

Street parties light up Grovedale housing project

When residents who had been homeless or at risk of homelessness in the Barwon region, Victoria, began setting up a new life at The Salvation Army Housing Victoria (SAHV) development in Grovedale, last November, they also gained a community.



Children and young families from the townhouses come together to celebrate birthdays and create community. Photo: [Unsplash.com/Vitolda Klein](https://unsplash.com/VitoldaKlein)

Since the development in Geelong's south was officially opened, the Salvos have seen these residents come together – not only acting as a support system for each other, but also celebrating kids' birthdays through regular street parties (COVID-19 restrictions allowing).

When a parent or guardian pops up a few balloons, sets up tables of snacks and invites every child in the community to join in, the adults automatically connect. And it has made for eight months of new friendships and hope.

"Putting 25 different households and strangers into the one community means teething problems are inevitable, but to see the incredible stuff like those parties and how they are supporting one another [has been amazing]," said Michael Haley, SAHV Housing Coordinator.

– Jessica Morris

Time to just be

Setting children on the right path in life

WORDS DEAN SIMPSON

When my daughter was pre-school age, I would often take her to the shops with me to run some errands.

The short journey by car often involved heavy traffic and carpark chaos, so I preferred the 15-minute walk. The route took us along a winding path by a creek and through a nature reserve full of flowers before arriving at the shopping centre.

I always seemed to be in a hurry, so, hand-in-hand, we would make the journey in quick time, my poor daughter at a trot as I almost dragged her along. Sometimes, I'd lift her onto my shoulders to make it quicker. My aim was always to be back home within the hour.

Over time, my daughter started showing signs of reluctance to accompany me on my "quick trip to the shops". I asked her why. With a sagging head, she mumbled, "Because you're always in charge, and you don't let me pick daisies on the way."

My next trip to the shops was on a Saturday. I had time. So, I decided to allow my daughter to be "in charge" and perhaps pick some daisies on the way.

So off we set. If I'd recorded the route on a GPS tracker, it would have looked like a plate of spaghetti. My daughter delighted in exploring every form of flora and fauna along the way, meticulously picking dozens



of daisies before sitting contently on a bed of clover and making a daisy chain. She then followed a trail of ants on her hands and knees, chased numerous butterflies, waded into the creek up to her knees to watch tadpoles go about their business and said a sweet hello to every passer-by. She generally soaked up every nuance and experience that the path offered, and time was irrelevant.

We finally made it to the shops. I carried out my list of errands, and then the return journey followed the same meandering pattern. The whole exercise took four hours.



CONNECTION

But it was the most precious four hours of my life. To see my busy little daughter in her element – exploring anything and everything that caught her eye – was an endearing experience I'll never forget. And we chatted. She told me about her little life – her play-friends, her joys, her sorrows, what she was reading, what food she liked and didn't like, how she was coping with her new little brother.

Over those four hours, I realised that I connected with my four-year-old daughter as I had never connected before. All because I gave her time to be. Just to be. That memorable journey set the pattern for a relationship

with my daughter throughout her childhood.

In the Bible, in Proverbs chapter 22, verse 6, it says, "Direct your children onto the right path, and when they are older, they will not leave it."

As a father with a strong faith in God, I learned early that I would play a vital role in how my children saw the world and understood right from wrong. Spending quality time and building a solid relationship based on biblical principles was part of that.

When she was born, I couldn't know what challenges and experiences my daughter would face on the path of life, and I couldn't control how she acted. But one thing I could do was start her on that path and trust that she will not turn from it.

My daughter is now 19. Every now and then, we hang out. Just hang out. Sometimes it's at the beach. Sometimes it's a walk or a café. Sometimes it's simply watching our favourite TV show, *Ambulance*. And we chat. And she tells me about her friends, her joys, her sorrows

Perhaps the greatest satisfaction is watching my daughter build a similar model into her life. Her 'love language' is gift-giving, and one of her attributes is giving time to others.

As a dad, I'm hoping I have directed my daughter onto the right path and, with God's guidance, she will not leave it.

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



Scan here for more
on finding meaning.

It's never too late to reconnect

Fractured relationships can be healed over time

WORDS CLIFF WORTHING

I could tell that my father was uncomfortable when I started to talk about my childhood experiences. I kept going, though, because I thought it would be helpful to me, to our relationship and maybe even for him.

I told him I loved him even though he was tough on me sometimes. I told him how I felt when he became angry, was physically and emotionally abusive, and when he wasn't there for me emotionally.

My dad didn't say sorry, at least not the first time. It was too tough.

I knew it was helping me every time we had a good chat about hurtful experiences, but also about the good things he did.

I told him I knew he loved me because of what he did for my siblings and me. He was a man of integrity, hardworking, and dedicated to being the best provider for us all. I was glad I told him that and was sorry I didn't do it earlier. It seemed to help.

After a number of conversations over several years, my dad finally did say he loved me and that he was sorry. I knew he had wanted to say these words for a long time but couldn't bring himself to. It was tough for my dad to show emotions and use emotional words (other than swear words or angry words).

I said thanks and that I was proud of him. I told him I forgave him and understood why he was the way he was. He was a product of his upbringing, just as I was, so I think we cut each other a bit of slack. We both agreed that

we did the best we could at the time.

The conversations were real and powerful. They lessened the hurt and mistakes (on both sides) and really cemented a strong bond that persists today. They were also tough, but I made some progress towards acceptance of the pain and hurt, acknowledged my father's role in shaping my view of myself, and took some tentative steps towards healing.



Cliff, left, with his dad and baby son, who is now a young adult.

AT PEACE WITH DAD

My one regret was all these conversations took place several years after my dad died. I would have loved to have had them earlier, face-to-face, but neither of us was ready then, nor would we have been able to manage them well.

I got the idea of having imaginary – but real – conversations with my father from a book focusing on how to cope with, and maybe even improve and heal, fractured relationships. One of the thoughts from the book was that if I disliked or hated my father, then



“

**We even have arguments,
but also some moments
of real connection.**

”

I hated a part of myself as well. So, to be at peace with myself, it would help to be at peace with my father.

It certainly worked for me. And still works because I continue to enjoy having other conversations with my dad that I never got to have when he was alive. I came to realise that there were lots of positive things about my dad that I never told him about either. Things between us couldn't be much better.

Some chats are harder to imagine than others, and it sometimes takes several attempts to get a true sense of how it might go and to have a sense of each other's responses. We even have arguments, but also some moments of real connection. I think we understand and appreciate each other more than before.

Having studied human relationships, change and grief, I understand what a powerful and quite normal and healthy tool such conversations can be. Speaking out loud seems to help more, writing letters, speaking to an empty chair (with dad in the chair and unable to escape!), or having the conversation in a place that we both knew, are all ideas that facilitate the conversations and make them more real and possible. Even writing this article has helped.

I don't want to die with many regrets, so I really try to have similar conversations with my children now. As I learned, it's never too late, but much better face-to-face.

Cliff Worthing is a team leader for the Salvos Youth and Homelessness Services in Gippsland, Victoria.



Scan here for more
on finding meaning.

Banana caramel



Ingredients

Caramel

30g butter, melted
 ½ cup brown sugar
 2-3 bananas
 Juice of one large lemon.

Sponge

1 egg
 ½ cup sugar
 60g butter, extra
 1 cup self-raising flour
 ½ cup milk
 1 tsp vanilla essence
 Cream or ice cream.

Method

Caramel: Cover base of pie dish, or individual dishes, with butter. Sprinkle with brown sugar. Place sliced bananas over the sugar and squeeze lemon juice over bananas.

Sponge: Beat egg, white sugar and extra butter to a cream. Add flour, milk and vanilla essence and beat until smooth.

Pour mixture over bananas and bake in moderate oven (180°C) for 30 minutes.

Turn onto flat plate and serve with cream or ice cream. Serve immediately.

HAVE A LAUGH



Why were they called the Dark Ages? Because there were lots of knights.

The guy that invented the umbrella was going to call it the brella. But he hesitated.



What does a baby computer call his father? Data.



Bible byte

Consider the kind of extravagant love the Father has lavished on us –
 He calls us children of God!

1 John chapter 3, verse 1
The Voice Bible translation

Wordsearch

S U N M E C S E R A V E N S
 W H C L A W S S P O C A E E
 O C W E N G S A R O Y C D E
 O T A H O A P B O C C D R U
 P A L E R Y P I T E L G A M
 I R K G N B R E E D I N G N
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| BEAKS | MAGPIES |
| BREEDING | NESTING |
| BUSHLAND | ORNITHOLOGY |
| CAROLLING | PECK |
| CHICKS | PREDATOR |
| CLAWS | PROTECT |
| CROWS | RAVENS |
| CYCLISTS | RUNNERS |
| FEATHERS | SCRATCH |
| GARDEN | SWOOPING |
| GRASS | TERRITORY |
| GRUBS | WALKERS |
| HABITAT | YOUNG |

Quick quiz



UNSPASH.COM/CHRIS STENGER

1. When is magpie swooping season in Australia?
2. What percentage of magpies swoop people?
3. Which birds are magpies closely related to?
4. Within what distance of their nests do magpies swoop?
5. How many magpie sub-species are in Australia?
6. What is the morning call of a magpie called?



Tum-Tum

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

Answers: 1. August to October. 2. Eight to 10 per cent. 3. Crows, jays and ravens. 4. 50 metres. 5. Nine. 6. Carolling.
Tum-Tum: is hiding inside a box on page 7.

DID YOU KNOW?


 Cows can walk up stairs but not down them.


 Hippopotamus milk is pink.


 Humming is good for your sinuses.


 The scent of apples can ease claustrophobia.

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 or complete and return the coupon.

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



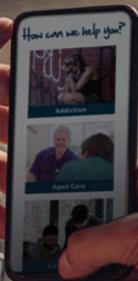
SALVOS

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emergency
family violence
homelessness
life meaning & purpose
financial stress
addiction
disasters

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