

FEATURE

Talking to kids
about war

REVIEW

An Anzac story for
the generations

MY STORY

Serving those
who serve

The privilege of peace

Teaching our children the meaning behind Anzac Day traditions



SALVOS

MAGAZINE

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The Ode

*They shall grow not old,
as we that are left grow old;
Age shall not weary them,
nor the years condemn.
At the going down of the sun
and in the morning
We will remember them.*



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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Cover: Captain Alexis McKeand passes on Anzac Day traditions to her daughter, Lillian (story page 4).

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A day in the life of ...

A time to reflect

As Anzac Day approaches this year, wars and conflicts continue to rage around the globe, most recently in Ukraine. Tragically, the 'war to end all wars' (World War One) was not, and the death and destruction of war impacts millions of people every year.

In Australia, as we commemorate and remember those who have died in wars for our nation, and those who are serving around the world today, it's important that we talk to our children about what this all means.

In this edition, Captain Alexis McKeand, Salvos officer (pastor), Flight Lieutenant and Chaplain with the Royal Australian Air Force, shares her experience in helping make Anzac Day more meaningful for children.

In Faith Talk, Jessica Morris shares the story of Jo, a Salvos officer who wrote a children's book about Anzac Day to give youngsters a deeper understanding of the traditions of the day, and the importance of sacrifice.

Salvos psychologist Maris Depers continues this theme, writing about ways to talk about wars and tragedies with children, and tools to equip them with for building resilience and hope.

Lest we forget.

Simone Worthing **Assistant Editor**

The privilege of peace

Teaching our children the meaning behind Anzac Day traditions

WORDS Alexis McKeand

When I became a Salvos officer (pastor) in 2012, I had no idea where it would take me. If you had said I would get the opportunity to serve communities within the Salvos and my country with the Royal Australian Air Force, I would have asked you where on earth that fitted in as a mum of (almost) four!

While I am still not sure how we fit everything in, I get to put on my blue camo uniform and help defence members every day. This makes me extraordinarily happy, and I am honoured to stand with those who give so much of themselves for us all.

As a mum, I have always wanted to do something with my life that would make my children proud and teach them that service to others is an honour. They know that not everyone's

mummy gets to do what I do, but my daughter especially, who is now eight years old, learnt two years ago a little bit more, thanks to our continued lockdowns in Victoria.

In 2020, right at the start of this crazy pandemic, it was with great sadness that the chaplaincy team at RAAF Base Williams was told that our usual Anzac Day activities could not go ahead. We had a dawn service planned and were all set to march, alongside our squadron, as is tradition.

Feeling a little deflated and wondering how we could draw people's attention to the planned 'live-streamed' service, something that seemed so new and different at the time, I turned to the only thing I knew would make me feel better – baking!



As a chaplain, Captain Alexis, centre, is an integral part of the Royal Australian Air Force.

ANZAC BISCUIT CHAPLAIN

Within hours I had been to the supermarket, bought ingredients, and had the plan to bake Anzac biscuits to be included in a pack with the service details and a candle for the inaugural driveway vigil. I thought the kids would love to help me in the kitchen since they were stuck at home anyway. Imagine my shock when 'Mr four' walked away two minutes in to play elsewhere!



See page 14 for the Anzac biscuit recipe.

Lillian, who was six at the time, gravitated to the idea instantly. What ensued was half a day together, baking, answering her questions about Anzac Day and the start of what has become a growing understanding for her of these lands we now call Australia.

She saw the whole baking process through, including packaging, and then asked if she could come with me to do deliveries to not only my Salvo colleagues, family, and friends but also the 150 biscuits we had baked for those who were in lockdown on base (all done in a COVID-19 safe, socially distanced way, of course).

In total, 200 packs were delivered and to this day, I am known as the Anzac biscuit chaplain with the adorable assistant. What she learned that year is still talked about, and she was so proud of what we achieved.

Not everyone gets to do what I do or is allowed to walk onto a secure military base, but that doesn't mean we can't teach our children

just why we do what we do every 25 April. Schools do an excellent job educating the next generation and celebrating in their own ways, but what we say at home is just as important.

With my younger children, this means yearly readings of books like *Anzac Ted* by Belinda Landsberry, *Meet the Anzacs* by Claire Saxby, or *My Grandad Marches on Anzac Day* by Catriona Hoy; eating copious amounts of biscuits; and telling them stories of those we love who have served their country.

Whatever your views on war, and regardless of the presence of children or serving members in your life and families or not, I pray that this Anzac Day you might find ways to pause and reflect on the amazing country we live in, and the privilege that is ours to live in peace and safety.

Lest we Forget.

A PRAYER FOR THE AUSTRALIAN DEFENCE FORCE

Eternal God, the only source of peace,

We pray for all who serve in the Defence Force of this land. Give them courage and comfort in danger, patience in waiting, and discipline in the just use of force.

Help us to seek for all people the freedom to serve you and each other in compassion and peace.

We ask this through Jesus Christ our Lord.

Amen

Captain Alexis McKeand is a Salvos officer, and Flight Lieutenant and Chaplain in the Royal Australian Air Force.



Scan here for more information on The Salvation Army Services.

Focus on international development

The Salvation Army International Development (SAID) works globally in specific countries, empowering vulnerable communities to prosper in their economic, social, and spiritual lives.



SAID works in partnership with The Salvation Army in other countries in two key areas: community development, and supporting The Salvation Army mission work globally.

Building better lives

A Salvation Army sponsorship program in the Philippines is making a significant difference to the lives of many families in the South-East Asian country.

The Espinosas* are one such family. They are part of SIKAP, a Salvation Army International Development initiative that helps transition children and families out of individual child sponsorship and empower them to support their own livelihoods.

SIKAP stands for Sponsorship Isang Kaagapay Program and aligns with the United Nations Development Goals.

Young Henrico Espinosa is reaping the rewards of his parents' involvement in the project. In the past, Henrico's father had inconsistent work, and the family struggled to make ends meet.

Since joining SIKAP, Henrico's father has gained regular work in the fishing industry, which has helped boost their income and

savings. The money management training from the project has been beneficial for the family in learning the importance of savings and avoiding unnecessary financial pressure from impulsive spending, complementing the regular income.

Henrico is now more settled at school, particularly as the project encourages better social interaction between other families and children. After he finishes his schoolwork, Henrico is often seen helping his father with fresh catches off the boat or at the fishing farm, sorting out the best fish for sale at the market.

** Name changed*



View a copy of
SAID 2021 Annual
Report here

Parenting for a peaceful world

Talking to kids about war, natural disasters, and trauma



Psychologist Maris Depers is a case manager at the Salvos First Floor Program in Wollongong, NSW, and online. The program is a holistic drug and alcohol service supporting and empowering families and individuals impacted by substance abuse, mental health issues, grief, and loss. Below, Maris speaks to *Salvos Magazine* about talking to children about conflict and traumatic events.

Salvos Magazine: Where do you start with a topic like this?

Maris Depers: Firstly, it starts with the age of the child. For those under five, who are cognitively and emotionally vulnerable, we should be limiting their exposure to news reports, graphic images, and similar content.

In the five to eight age group, the exposure should still be limited and controlled. Research shows that kids this age will increasingly be aware of and privy to information being shared in other families, at school, and in the community, and will be absorbing it whether we know it or not.

SM: Can you suggest some ways parents can create opportunities for discussion?

MD: There are several steps parents can take.

- **Check in with the kids**

Find out what the kids are seeing and hearing and what sense they're making of the seemingly endless progression of horrible things in our world. This can create a great opportunity for parents or caregivers to connect with their kids' feelings and find out what is going on in their inner world.

If we are willing to talk about what is going on and share our feelings too, it helps give them words to frame events. It also helps equip them to navigate these realities and to grow their resilience and capacity to cope.

Discussions can also open doors to transformational thinking – talking about becoming the best versions of ourselves and what we can do to help in these ►

tragedies and preventing future ones from occurring.

- **Link discussion to the developmental stage of the child**

For kids under six, linking acts of war and aggression to their own bodies and using everyday examples can assist – making sure they know that nobody has a right to touch them or treat them aggressively. Help them see that, just like an act of aggression, such as throwing toys or hitting someone, has a big impact on them, so too does that occur between nations. Bullying and big emotions can quickly become acts of violence.



Maris Depers emphasises the importance of discussing traumatic events with children.

For later primary school-aged children, focusing on the topic of consent can help. Any act of aggression that a country doesn't consent to is a dangerous one. Help the young person understand how they can use that information to make decisions in their own world.

We can reassure our children if their response is fear-based. Reassure them, as realistically as possible, that they are safe.

- **Make a difference**

Most young people want to make the world a safer, fairer, more just place. Parents and caregivers can help their young people do something with that

feeling. If they are sad, that is a valid response. Crying, talking it through, using art – these are valid responses we can help young people use and regulate.

We can also value-add – help them grow empathy towards victims of war. Empathy is a powerful tool we want young people to learn and take into their families and communities.

Helping children respond to feelings of outrage is also important. Help them make a stand – find a local petition to sign, write a letter of support, donate to a charity involved in the tragedy. It's important and healthy to have opportunities to turn feelings into action, however limited. This is also something you can do as a family.

The older a child gets, the more information they can absorb and process – the drivers of war, human greed and malice, geopolitical nuances. Hopefully, we can equip them to be the next generation that can stop war.

It's the same with floods and other traumas closer to home.

EARLY-MID TEENAGERS

The aims would be the same for this group – not denying their feelings, encouraging them to have a voice, and reassuring them that they can still get about their day.

This group is more prone to depression and anxiety – we need to be mindful of this for older primary school children and even more so for adolescents. If you know they have existing anxiety or similar issues, are shy or deep thinkers, or become highly emotional, then it's even more important to be talking about and exploring what is happening, what impact it will have on their mental health, and to connect them with managing self-help, care, and anxiety issues.



They may also want to seek professional help and develop their own ways of managing the anxiety that comes up.

Older kids are also more connected to social media and can sign their own petitions and seek out organisations to engage with. Their opinions around what is happening may not agree with yours, but it's important to acknowledge them and keep the discussions open.

We can all feel overwhelmed and powerless too, but, as citizens of the world, we also have a duty not to turn away from this as well – for ourselves, our families, our communities, and for those people impacted.

Find a way to acknowledge your own feelings and take care of yourself but contribute in whatever way you can.

STORIES OF HOPE

As well as acknowledging how sad it all is, we all need to see that there are also powerful stories of action and hope.

As we find them, use any opportunity to talk to your kids about how caring people are and

magnify this, so it doesn't get lost. This is not a denial of what is happening. Rather, it's a bookend, a place that grows. We can bookend it with hope and opportunities to make it different, to connect with the reality that it's not happening here. We can also explain why we have safety but check our language too because not everyone is safe here.

RESOURCES

There are many parenting resources for families online, such as the Raising Children Network (raisingchildren.net.au)

You can also access social justice organisations and sites such as Verywell Mind ([verywellmind.com](https://www.verywellmind.com)).

Read widely, and resource young people as well. Let's all be parenting for a peaceful world.



Scan here for more on mental health.

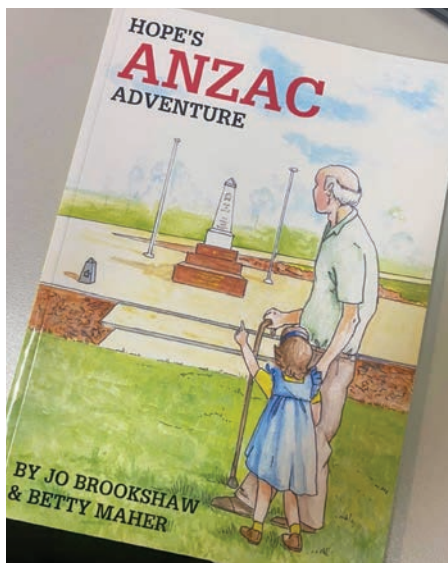
An Anzac story for the generations

Sharing the message of sacrifice with our children

WORDS Jessica Morris

Walk past the shop at the Melbourne Shrine of Remembrance and you will quickly spot a children's book called *Hope's Anzac Adventure*.

The beautifully illustrated story, about a girl named Hope who learns about her grandpa's history in World War Two, is a conduit for storytelling between the generations. And every copy sold raises funds for the War Memorial and Remembrance Committee in Craigieburn, a satellite suburb in Melbourne's north.



The book's author is Jo Brookshaw, a Salvos officer (pastor) now serving in Perth. However, it was during her previous appointment as the Craigieburn Salvos officer with her husband Pete that she was contacted by the Craigieburn War Memorial and Remembrance Committee.

The committee wanted to publish a children's book that would explore the nuances of war and, in particular, Anzac Day, to equip caregivers and parents. But telling a six-year-old about the realities of war is tough – just ask Jo, a mother of three.



"It is difficult communicating the seriousness of war without bringing trauma to kids or adults as we discuss Anzac Day," says Jo. "It's a balancing act – families sharing their own stories about war is important but finding the language to talk about it with kids can be difficult – that's where I hope storybooks like ours can be a gentle opener."

COMMUNITY EFFORT

The book was truly a community effort, and the public fundraised for the project's costs. Donations were given on behalf of relatives, veterans, and heroes.

Coming up with the story of Hope, who wants to know why her grandpa wears so many medals, Jo completed the manuscript in a few days. And once Betty Maher matched the story with illustrations of local landmarks, the new resource was ready to publish.



Jo Brookshaw, her daughter Hosanna, and illustrator Betty Maher want the book to be a gentle opener to Anzac Day discussions.

“My youngest daughter was little at the time, and I finally had this book I had written, and I wanted to see how she would interact with the story and how it would impact her,” reflects Jo. “I also found it a positive way to connect with the community and people of a like heart – they really wanted to share [Anzac Day] in a loving way that builds connection.”

As a pastor, Jo was also able to share the book with her congregation, giving her a way to tangibly express her faith by resourcing the people around her to have these important conversations.

SACRIFICIAL LOVE

“On Anzac Day, we are always involved in a message sharing about Jesus,” Jo says. “We remember what it is to sacrifice for others, and remember we are blessed to have family who are safe today because of their experiences.”

That message is found in the Bible, in the book of John: “Greater love has no one than this: to lay down one’s life for one’s friends.” That same verse (John chapter 15, verse 13) is also engraved at the Shrine of Remembrance,

making Jo’s contribution to the community initiative all the more important.

As we approach Anzac Day this year, a new generation of children across Australia will learn about the sombre significance of our veterans’ sacrifice. And through In Memoriam donations, the Craigieburn War Memorial and Remembrance Committee was able to deliver free copies to libraries, childcare centres, kindergartens, and primary schools in their region, so no one is left behind. Because this is an essential conversation for every Australian.

Hope’s Anzac Adventure is available for \$15 plus postage through the Craigieburn War Memorial. Email contact@craigieburnwarremorial.com. Copies are also available by visiting the Shrine of Remembrance.



Scan here for more on finding meaning.

A day in the life of ...

Over the coming months, *Salvos Magazine* will feature different people from all walks of life who are part of the varied work of the Salvos across the country. In this edition, to coincide with Anzac Day on 25 April, we feature Major Brett Gallagher, Chief Commissioner of The Salvation Army Red Shield Defence Services (RSDS)*.

Salvos Magazine: Can you give us an overview of your role?

Brett Gallagher: I lead the team of Salvation Army representatives that are embedded in defence units around the country. Through the presence and support of these reps, the RSDS provides care, counsel, and physical support.



Major Brett Gallagher leads The Salvation Army Red Shield Defence Services (RSDS).

SM: What's the first thing you do when you arrive at work (even if that's at home!)?

BG: Water my plants and check my plan for the day, triage my emails, and get to work on my first task.

SM: What can a typical day involve for you?

BG: Every day is different. Some days I will be prepping for a meeting with Defence or Salvation Army leadership; other days, I am making sure that all the administrative processes are running well for the team; and

still others, I can be getting our Sallyman [RSDS reps are often referred to as the Sallyman or Sallyma'am] truck ready and heading out to spend time with serving men and women, listening to their stories, and sharing the love of Jesus through practical means.

SM: What's the most challenging part of your work?

BG: That no day looks the same, and that at a moment's notice things can change – and change rapidly. But I love the challenge, and it is what motivates me to keep on turning up.

SM: What's the most rewarding?

BG: Seeing people's lives transformed whether physically, mentally, emotionally, or spiritually.

“

Anzac Day provides an opportunity to reflect, not only on the first to put up their hand for our country but all who have put up their hand.

”

SM: How has COVID-19 affected your work?

BG: For a while it meant that we were unable to spend time with those to which we minister.



The RSDS supports defence personnel on the ground both in Australia and overseas.

But the team is a creative bunch that loves the people in their units, so they thought of ways to continue to connect, to continue to reach out, and continue to minister.

SM: Why is Anzac Day so important?

BG: Anzac Day is possibly the most solemn of all our national days. It provides an opportunity to reflect not only on the first to put up their hand for our country but all who have put up their hand.

It is a time of commemoration, of reflection, and of remembrance, and as we do that as communities and individuals, we are called to never forget the sacrifice of those who have gone before so that we can live lives of peace.

SM: Would you like to add anything?

BG: I would like to encourage everyone to take some time this Anzac Day to pause, to go to a place of remembrance and spend time reflecting on the meaning of sacrifice and the call from those who have been before to seek all means for peace.

***Red Shield Defence Services**

The RSDS is comprised of men and women who live and work with Australia's defence personnel and support them in their time of need. These Salvo representatives have provided comfort and ministered practically and spiritually to soldiers in different conflicts around the world for more than 120 years.

Today, the RSDS continues to be a presence in Australian military life, proudly serving those who serve, and their families. Representatives are available to support units and members, at all levels, on base, in the field, overseas, in peacetime, and during hostilities. Wellbeing support and care is also given to families, particularly spouses, of serving members.



Scan here for more information on The Salvation Army Services.

Anzac biscuits



Ingredients

1 cup rolled oats, 1 cup plain flour, 1 cup sugar, $\frac{3}{4}$ cup desiccated coconut, $\frac{1}{2}$ cup butter or margarine, 2 tbsp golden syrup, $\frac{1}{2}$ tsp bicarb soda, 1 tsp boiling water.

Method

- Mix oats, flour, sugar, and coconut.
- Combine butter or margarine and golden syrup and heat until melted.
- Mix bicarb soda with boiling water and immediately add to the melted butter mixture.
- Mix wet and dry ingredients until combined. Place spoonfuls of mixture onto lined trays, allowing plenty of room to spread.
- Cook at 150°C for 20 minutes or until golden brown.
- Cool on trays before eating or packaging.

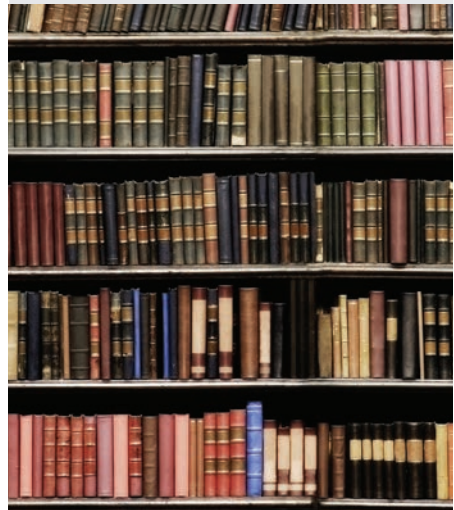
Tum-Tum

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



Quick quiz

1. How many words are in the sentence Victor Hugo wrote in *Les Misérables*, said to be the longest sentence printed?
2. Bill Gates paid \$30.8 million for Codex Leicester, a book written by whom?
3. What is the word for loving the smell of old books?
4. Who is said to be the first author to write a novel on a typewriter?
5. What is the best-selling book of all time?



Bible byte

Every word of God proves true.
He is a shield to all who come to him
for protection.”.

Proverbs chapter 30, verse 5
New Living Translation

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

Wordsearch

Words are hidden horizontally, vertically, diagonally, forwards and backwards. Enjoy!

- | | |
|----------------|-----------------|
| Anzac | Ode |
| Army | Peacekeeping |
| Australian | Poppies |
| Ceremony | Remembering |
| Commemorate | Reveille |
| Conflict | Sacrifice |
| Corps | Service |
| Dawn | Silence |
| Gallipoli | Soldiers |
| Gratitude | Sunrise Sunset |
| Last | Unknown Soldier |
| Post | Veterans |
| Lest We Forget | War |
| New Zealand | Wreaths |

HAVE A LAUGH

Did you hear about the family whose house was infested with Easter eggs? They called an eggs-terminator!

What day does an Easter egg hate the most? Fry-day!

Why shouldn't you tell an Easter egg a joke? It might crack up!



DID YOU KNOW?

The United Nations World Book and Copyright Day is held on 23 April.

The date was chosen because it marks the anniversary of the birth or death of a range of well-known writers including William Shakespeare, Inca Garcilaso de la Vega, and Maurice Druon.

Bibliophobia is the fear of running out of reading material.

J.R.R. Tolkien typed the Lord of the Rings trilogy with two fingers - and said the process was "exhausting".

The oldest bookstore, Livraria Bertrand, has been operating in Lisbon, Portugal, since 1732.

Answers: 1. 823 2. Leonardo da Vinci 3. Bibliophilia 4. Mark Twain, The Adventures of Tom Sawyer 5. The Bible
 Turn-Turn: is hiding behind the chair on page 8.

Turn your
Passion
+ into your
Profession

APRIL INTAKES

10742NAT

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