

**FEATURE**

Talking with teens

**FAITH TALK**

Maybe it's time to look up

**MY STORY**

A brighter future ahead

# Safety. Stability. Hope.

Red Shield Appeal to focus on family and domestic violence

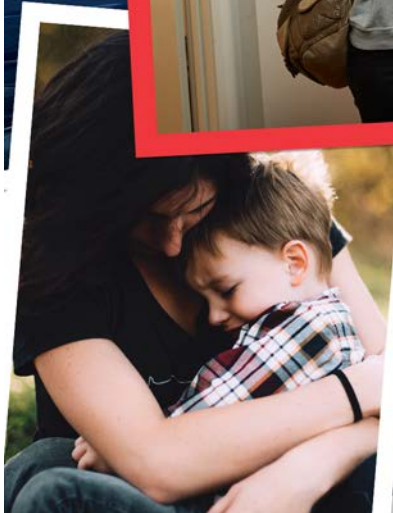


# SALVOS

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RED SHIELD APPEAL 2022 EDITION





Let us  
remember:  
One book, one  
pen, one child,  
and one teacher  
can change the  
world.

Malala Yousafzai

**RED SHIELD APPEAL 2022**

For more information on the Red Shield Appeal or to donate, go to [salvationarmy.org.au](https://salvationarmy.org.au)  
To start your own digital fundraising, go to [digitaldoorknock.salvationarmy.org.au/signup](https://digitaldoorknock.salvationarmy.org.au/signup)



## 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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**Feature [4]**  
**Talking with teens**

**Faith Talk [10]**  
**Feeling sea sick in life?**

**My Story [12]**  
**Facing a brighter future**

## Be part of the solution

The Salvos help tens of thousands of people nationwide every year through their varied services and programs. These include people of all ages and backgrounds who are struggling in life – those facing homelessness, financial challenges, a sense of hopelessness, or family and domestic violence.

This edition looks at the Salvos' major annual fundraiser, the Red Shield Appeal, which is underway across a range of online platforms and physical donation points. The money raised through the appeal provides much of the income needed to run Salvo services, which are seeing an increase in demand due to natural disasters, social injustices, cost of living and spiritual hunger.

The appeal's focus this year is family and domestic violence. We look at a unique program that works with high school students to help prevent unhealthy relationships, and feature Chloe's story of healing and transformation after years of domestic violence.

Your support of the Red Shield Appeal, however seemingly small, can also help make a difference in the lives of those facing some of their darkest days.

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

Simone Worthing **Assistant Editor**

# Talking with teens

Unique program helps teens navigate challenging relationships

**WORDS** Dawn Volz and Simone Worthing

Recognising the uncertainty and pitfalls of teenage years, Love Bites is a respectful relationship education program for young people that has been facilitated in schools across Australia for many years.

Established by NAPCAN (National Association for Prevention of Child Abuse and Neglect), the program began at a local high school on the mid-north coast of New South Wales, where teachers were concerned about some of their students who appeared to be in disrespectful and unhealthy relationships. In a show of community support, Love Bites began as a group effort between health workers, police, domestic violence services and teachers to address this problem by developing a prevention program for young people.



In co-ed schools, interactive sessions are conducted with participation by both male and female students to discuss and explore respectful relationships in a collaborative effort to address problems that may arise.

## TRAINED FACILITATORS

Salvation Army Family Violence and Early Intervention case managers Annie Berrell

and Sonya Button have completed the Love Bites training activities through NAPCAN and now run the program following requests from schools. Annie works in Sydney and Sonya in Wollongong. They also offer one-on-one sessions with teenagers who come to The Salvation Army services for help.

The Love Bites program has been developed as a flexible model that allows those working with young people to utilise the programming to fit in with their setting and meet their needs at a local level. It also includes a specific section on domestic violence.

Acknowledging the complexity of adolescence, as young people contend not only with life-changing physical, intellectual and social changes but also begin to explore sexuality and romantic relationships, Annie says, "We are trying to get teenagers to think, understand, and reflect on what are healthy relationships and what is okay and not okay. Most of them are in relationships already or will be soon.

## RED FLAGS

"We discuss red flags, early warning signs and following their intuition that something is not quite right. One of the first activities we run is making a line down the middle of the room and presenting different relationship scenarios to the students. We ask them whether what happens in each one is okay or not, and they move to the side of the line that they agree with."

Annie says there is no embarrassment or awkwardness about the frank discussions, and the young people respond well, being engaged and mature about the content.



Guidance centres around challenging the participants' way of thinking, and listening to their peers' thoughts and opinions gives a powerful dimension to the interaction.

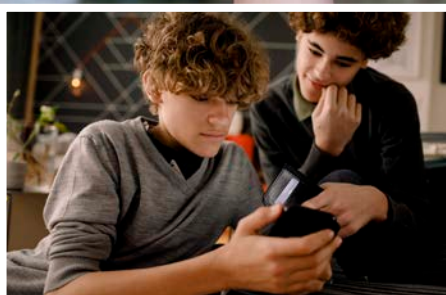
"In every break, we also offer the kids the opportunity to come and speak personally to us. We can provide services in the local area so they can make their own contact.

"Another focus area is consent. We go through the laws around consent and discuss it openly, talking about how they would directly check consent with a person and think about it themselves."

### PRE-TEENS COMPONENT

With the onset of puberty starting at an earlier age than previous generations, and with such a range of sexual content available online, the Love Bites program has now been expanded to pre-teens. Love Bites Junior focuses on developing respectful relationships for those aged 11-14.

The program starts in Year 7 and includes frank and open discussions about abusive behaviour, bullying, gender roles and stereotypes, sexual harassment, homophobia, jealousy, supporting friends and seeking help. There is specific Love Bites material, including



role plays and activities, for students in Years 7-10, Annie says, commenting that when it comes to educating young people around healthy relationships, the younger the better.

### CHALLENGING STEREOTYPES

"We like to challenge myths and stereotypes – challenge the young people's ways of thinking – and give them time to think and reflect on these things," says Annie. "It's such an amazing opportunity to capture so many young people at that stage of their development.

"To be with such a group of kids at one time and hopefully be able to guide and teach them about making good choices and have strong expectations of how to be treated in a healthy relationship in the future is a real privilege."



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

## 'Ward-walk Warrior' steps up for Red Shield Appeal

Not even a stint in hospital could stop 72-year-old Lindsay McCormack from fulfilling his '10,000 Steps Challenge' for the Salvos' Red Shield Appeal.

The Sydney grandfather was on track to achieve his fundraising goal of walking 10,000 steps a day throughout April when an ear infection landed him in St George hospital for 11 days.

He had been walking 12 kilometres a day through picturesque parkland along the Georges River in approximately one hour and 40 minutes. He tried to replicate this pace by walking up and down the hospital's long corridors, but sometimes didn't reach his daily goal until 10pm.

"I had every opportunity to lay down and not do this, but I wanted to challenge myself," he said. "I said to myself that I can use this as an excuse, or I can use this to motivate."

Crowned the 'Ward-walk Warrior', Lindsay's dedication inspired some nurses and allied health staff to also get their steps up, which he was "really tickled about".

Lindsay retired two years ago, after working in outreach for almost 30 years at an inner-Sydney hospital, but his passion for helping the marginalised has not subsided.

"I worked as a Health Education Officer when HIV first hit Sydney, educating impacted communities on safe practices. We did lots of outreach and walked around the streets looking for people who needed medical assistance, food, blankets or just someone to talk to," he said. "We crossed paths with the Salvos as we often worked together to support at-risk youth and homelessness. The Salvos were caring, compassionate and approachable."



Lindsay took 10,000 steps out of his comfort zone each day to raise money for the Red Shield Appeal.

### HAPPY PLACE

Lindsay heard about the Salvos' 10,000 Steps Challenge on social media. "I wanted a challenge in my retirement and to get out of my comfort zone, so I signed up," he said.

Lindsay congratulated his fellow 'steppers' via video at the end of the challenge. "I'm proud of you guys ... I've seen some people struggle on this challenge ... but you had a go, so in my eyes, you're all heroes."

Lindsay continues to walk 10,000 steps each day. "It's my happy place now," he said. "I enjoy singing to my music as I walk and saying g'day to people as I pass them." – **Gen Globke**

For more information on the Red Shield Appeal or to donate, go to [salvationarmy.org.au](https://salvationarmy.org.au)

To start your own digital fundraising, go to [digitaldoorknock.salvationarmy.org.au/signup](https://digitaldoorknock.salvationarmy.org.au/signup)

Join us

**FOR THE  
RED SHIELD  
APPEAL**



For more information on the Red Shield Appeal or to donate, go to [salvationarmy.org.au](https://salvationarmy.org.au)  
 To start your own digital fundraising, go to [digitaldoorknock.salvationarmy.org.au/signup](https://digitaldoorknock.salvationarmy.org.au/signup)



Have you taken care of your Will?

A gift in your Will can help The Salvation Army create a long-lasting impact in the lives of those experiencing hardship.

Together, we can give hope where it's needed most and you can start or continue your legacy of generosity.

For information or a free copy of Your Will booklet



**Please contact:**

[salvationarmy.org.au/wills](https://salvationarmy.org.au/wills) or scan the QR code



## Red Shield Appeal funding keeps wheels turning at Norwest

As leadership teams of churches, clubs and other organisations know, while it's amazing to receive one-off funding to purchase something like a van, what's often crippling is the ongoing running costs of such 'one-off' donation acquisitions.



The Hope Markets help support around 400 people a week.

Norwest Salvos in Sydney's north-west had that very issue. Salvation Army expressions in the region work together to operate two Hope Markets that support around 60 families (400 people) a week.

The Salvos truck is used regularly to pick up donations, including pallets of food, and to deliver this food to people in the area who are isolated due to mental or physical health issues or COVID-19.

"It costs us \$25,000 a year to operate the truck and the van," said Norwest Team Member Liam Holland. "And if we don't have them, we can't collect donated food and then distribute it to people in need."

The operation of the vehicles seems more of a practical expense than anything else. Yet, providing necessities like food and other goods is the start of key relationships between the Salvos in the area and the local community.

"Red Shield Appeal funds help us meet the direct need and fill gaps, but then the people – Salvos personnel and our volunteers – help connect with people in relationship, which is even more vital," said Liam.

Another key area in the Norwest where Red Shield Appeal funds are key is supporting families connected with Project CSC.

Project CSC (Connect, Support, Community) supports families of children with medically complex or additional needs practically, socially, spiritually and emotionally within Sydney's Hills District and further into the north-west Sydney corridor.

"The Red Shield Appeal funds allow us to target our support," said Liam, who is also Team Leader of Project CSC. "That might be a Project CSC program to help engage siblings of children with special needs so that they can go and have fun as kids. It's our meals-at-short-notice service where we take meals to the hospital to families who are in need. It's our medication support where families might be paying out \$800 a month for medication, and we might be able to help pay \$100 towards that."

Knowing what funding is available through Red Shield Appeal funding coming back to local communities allows for churches and areas to plan and allocate and target their assistance and care for the people they support. "We have more opportunities now," says Liam. – **Lauren Martin**



## Northern Territory MP drops in on Katherine Hub

Northern Territory MP Kate Worden dropped into the Salvos' Katherine Hub during a recent visit to the area to chat with senior management about people experiencing homelessness and domestic violence.



Northern Territory MP Kate Worden (left), with Salvos Kaye Viney, Samuel Higginbottom and Michellie Higginbottom, and Eli Sherman at the Katherine Hub.

She was given a 40-minute tour by Katherine Salvos officer (pastor) Auxiliary-Lieutenant Samuel Higginbottom. Samuel told Kate that temporary shelters, transitional housing and accommodation were the critical needs of that vulnerable area of the community.

The Hub, in Katherine's main street, is a drop-in centre and community space that supports people experiencing homelessness or at risk of homelessness. People can seek respite, shelter and food and have access to shower and laundry facilities. Other social service organisations use the Hub to support the people there.

## Food, fellowship and faith in Blacktown park

Every Friday, around 200 people doing it tough in the precincts of Blacktown and inner-city Sydney enjoy a special meal. Nandos Australia, in collaboration with the Salvos and the ecumenical organisation One Heart, provide lunch at Alpha Park.

Staff and volunteers arrive before the guests to clean and set up tables in the park.

"We want to focus on sitting with people, asking how life is treating them and getting to know them," Blacktown City Salvos team member Captain Fouzia Mubarik said. "We want people to know they have friends who care and that they don't have to do it alone."

Captain Louise Beamish, Team Leader of Blacktown City Salvos, said she was overjoyed with the first event and how the momentum has continued.

"Doing life with those doing it tough is what we are about, and this would not be possible without the collaboration of big-hearted partners like Nandos," she said.



Locals enjoy a regular lunch and support and encouragement from the Salvos in Alpha Park, Blacktown.

# Feeling seasick in life?

Maybe it's time to look up

**WORDS** Dean Simpson

The Great Barrier Reef is one of the most vibrant and picturesque locations in the world.

On a recent holiday to Cairns, I took my family on a cruise out to the reef, where we spent the day snorkelling and enjoying the unique environment around us.

As we departed the marina, the views back to the tropical coastline and the rainforest-covered mountains were amazing. The salt air and the sea spray enlivened the experience, and the sight of distant islands increased the anticipation as the reef beckoned.

The only shortcoming was the stretch of ocean between the coast and the reef. A tropical storm the day before had increased

the swell significantly, and the journey out to the reef was quite a rough ride.

To combat any stomach upsets, the crew advised the 40-odd passengers to “look up” and out to the horizon and suggested the best place was from the top deck.

Keen to take in the views and engage in conversation with fellow tourists, my family and I skipped up the steps to the open deck. But we found ourselves mostly alone. Where was everyone?

I popped back down to the main cabin area for a drink and was dismayed to find most passengers still sitting there, heads down and absorbed in their mobile phones. I asked an



experienced crew member if this was a usual scenario. He sighed and said yes. But then, in a whispered tone, he confidently predicted what would happen next as the boat continued to rock and roll out to the reef.



Within 30 minutes, more than half the passengers were holding paper bags to their faces as seasickness took hold. To add to the scene of woe, many passengers continued to look down at their phones in some sort of futile solace – sick bag in one hand and phone in the other.

The people who decided to “look up” and come to the top deck not only started feeling better but started to engage in conversation and take in the views. But, still, many stayed in the main cabin looking down and suffered the consequences.

## ADVICE FROM GOD

The Bible talks about this very theme on another level.

King David, the man who wrote many of the Psalms, often felt ‘seasick’ in life, pouring out his heart when he felt discouraged, dispirited, depressed and disheartened. It wasn’t until he “looked up” that he felt God’s presence and a sense of peace.

In Psalm chapter 121, verses 1-2, David wrote: “I lift up my eyes to the mountains – where does my help come from? My help comes from the Lord, the Maker of heaven and earth.”

Other verses in the Bible pick up on this theme.

John chapter 4, verse 35 says: “... Look, I tell you, lift up your eyes, and see that the fields are white for harvest.” 1 Chronicles chapter 16, verse 11 says: “Look to the Lord and his strength; seek his face always.” And Luke chapter 21, verse 28 says: “Look up and hold your heads high because the time when God will free you is near!”

Over and over again, the Bible urges us to “look up” and look to God.

If you’re feeling down and discouraged today, or feeling ‘seasick’ in life, then “look up”. Look to the support of friends, look to nature, look to things that lift your spirits, and look to the Bible, where God will speak to you through his encouraging words. And I promise you that things will begin to ‘look up’.

*Dean Simpson is a member of the Communications team The Salvation Army Australia.*



Scan here for more on finding meaning.

# Facing a brighter future

A Google search of 'rehab' began a life-changing journey for Chloe\*

**WORDS** Chloe

I was born in a remote country town, and my parents broke up when I was just three months old. My grandmother stepped in to help Mum look after me and my sisters, and when she passed away my mother withdrew into herself and my sisters began self-harming, often ending up in hospital. With the focus on them, my own deteriorating mental health went unnoticed, leading to a troubled youth of addiction, homelessness and domestic violence. It's a long and twisted story.



## A TROUBLED YOUNG LIFE

I ended up living with my first boyfriend when I was 13 and he was 21. He was very abusive to me and used to lock me away. I escaped from that when I was 15 and then turned to drugs. My family distanced themselves from me because of my erratic behaviour and I began couch-surfing with my new boyfriend before we lived in the garage of an abandoned house.

When I became pregnant the relationship turned violent and my boyfriend was sent to

jail. I managed to get housing and a car before my daughter was born, but when my boyfriend was released from jail – before being sent back just three months later – he created so much chaos that I lost the house, and my daughter and I were deeply traumatised.

Suffering chronic mental health issues, I was taken in for a time by my aunt and uncle, but my baby was very clingy and needy, and I couldn't cope with looking after her. Separated from my daughter and deeply depressed, I became suicidal. At this time, I was living in a storage shed but managed to keep my car, which had all my belongings inside. I was devastated when the car was stolen and set alight. All my clothes, my photos, every last sentimental thing I had was burnt in that car and my life was a nightmare for about four years after that.

## LOOKING FOR A WAY OUT

On a downward spiral and facing the possibility of jail time, I received a heartbreaking wake-up call when a close friend of mine was murdered. I knew that if I kept going down the path of trying to numb my pain and trauma with drugs I would end up the same way. So, I decided to look up rehabs on Google and ended up getting accepted into the Salvos' William Booth House addiction recovery service in Sydney.

Although I was sceptical about whether they could help me, I was determined to give it a try. I knew at this stage it was my last hope and was scared that my life would be nothing but drug addiction and trauma if it didn't work out.

I made strong connections with people at William Booth House, who connected with



me and shared my pain, providing me with the strength to overcome my trauma. It was such a lovely environment to be in and the support I felt from so many people was absolutely amazing.

### **A JOYFUL NEW LIFE**

Since completing the William Booth program there's been a massive turnaround in my life, and I now enjoy waking up each morning. I've been clean for nearly 18 months and I've got my own house in Sydney. I have a great relationship with my daughter and family, visiting and staying with them regularly, and I'm looking at shared custody with my aunt.

I help out at The Salvation Army Sydney Congress Hall as much as I can, doing volunteer work. It keeps me going and it keeps me sane – they couldn't get rid of me if they tried! Every Tuesday night I join fellow volunteers to take food, blankets and other necessities to the city's homeless.

I'm also studying to be a youth worker and my goal is to help young people the way I wish I'd been helped before things escalated out of control. The kids will see someone firsthand who has been to hell and back and who can absolutely resonate with what they're experiencing.

It's safe to say that if it weren't for my stab-in-the-dark search on Google and seeking help at The Salvation Army when I was at the lowest point in my life, I wouldn't be the person I am today.

\* Name has been changed



Scan here for more information on Salvation Army Alcohol and Other Drugs Services.

# Spaghetti Napolitana



## Ingredients

Pinch salt, 500g pkt spaghetti, 1 tbsp olive oil, 2 cloves garlic, peeled and crushed into large pieces, 800g canned diced tomatoes, ½ bunch fresh basil, 150g buffalo mozzarella, Parmesan to garnish.

## Method

- In a pot of boiling, salted water, cook pasta as per packet directions.
- Heat oil in a frying pan. Add garlic and fry until fragrant. Add the tomato and bring to the boil. Reduce to a simmer and cook for 5 to 10 minutes.
- Remove the cloves of garlic from the sauce. Tear basil leaves into the sauce.
- Add cooked pasta to sauce.
- Tear buffalo mozzarella and add to the pan. Turn the heat off and stir the cheese, letting it melt into the pasta and sauce.
- Serve with grated Parmesan.

# Quick quiz

1. According to the ancient rhyme, what does a red sky at night signify?
2. Which is the red planet?
3. Which colour has the highest wavelength in the spectrum?
4. What is the fear of colours called?
5. Which component in human blood produces its red colour?
6. What is the colour of the stripes on a newly born zebra?



# Tum-Tum

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



# Bible byte

"A generous person will prosper; whoever refreshes others will be refreshed."

Proverbs chapter 11, verse 25  
New International Version

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

# Wordsearch

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

- |             |                   |
|-------------|-------------------|
| Advice      | Homelessness      |
| Assistance  | Hope              |
| Bushfires   | Need              |
| Care        | Programs          |
| Collecting  | Red Shield Appeal |
| Compassion  | Referrals         |
| Counselling | Refuge            |
| Doorknock   | Safety            |
| Floods      | Services          |
| Fundraising | Support           |
| Future      | Volunteers        |
| Help        | Youth             |



CARTOON COURTESY LINDSAY COX.

# HAVE A LAUGH

- What happened when the red ship crashed into the blue ship?  
**The crew was marooned!**
- What happens when you throw a white hat into the Red Sea?  
**It gets wet!**
- Why did the bureaucrat decide it was time to retire?  
**He ran out of red tape.**

# DID YOU KNOW?

**The Red Shield Appeal, operating since the 1930s, was run in Sydney as a doorknock for the first time in 1965.**

**1970 marked the first nationwide Red Shield Appeal, using the tagline 'Thank God for the Salvos'.**

**The first nationwide Red Shield Appeal raised \$1million.**

**The Salvation Army was the first charity to hold a national doorknock, the first charity to run a national advertising campaign and the first to produce a national television ad.**

**Answers:** 1. Shepherd's delight 2. Mars 3. Red 4. Chromophobia 5. Haemoglobin 6. Brown  
**Turn-Turn:** is peeking out of a box on page 8.

# FINDING A WAY OUT IS JUST THE START.

Many women who flee domestic violence have nowhere to go. Their only options are homelessness or returning to their abuser.

But with your generosity, the Salvos can provide ongoing support across multiple services, helping survivors find a way back into a safe and stable life.

Donate today.



scan to  
donate today:



**Red Shield  
Appeal**

Leave no one in need