

FEATURE

Paralympic
chaplainscy

FAITH TALK

Faster, stronger,
higher – together

MY STORY

An extreme
marathon journey

Going for gold

Making two nations proud at the Paralympic Games



SALVOS

MAGAZINE





The strength of
the team is each
individual member.
The strength of each
member is the team.

Phil Jackson, American former
basketball player and coach



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 Alberto has been training intensely in preparation for the Paralympics.

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Accepting the challenge

The Paralympic Games never fail to inspire, encourage and help get life into perspective. The achievements of these athletes and the courage, resilience and determination they show in reaching their dreams is both humbling and motivational.

In our cover story this week, we share the story of Alberto, a young man with an intellectual impairment who has faced a challenging start to life and many obstacles along the way, to finally run at the Paralympics. It's inspiring to read his story, not just because of the records he holds and competitions he has won, but because of the care he has towards his fellow athletes and the faith he shares so openly.

Salvo Bill Hunter has the privilege of serving as Paralympic chaplain during these Games and talks about how he is looking forward to supporting the team and being there for them.

Following the faith and sporting theme, Sharon Callister talks about her extreme ultramarathons and the courage, leadership, and faith she has discovered along this remarkable journey.

For these stories and more, go to salvosmagazine.com.au

Simone Worthing **Assistant Editor**

Going for gold

Making two nations proud at the Paralympic Games

WORDS DARRYL WHITECROSS

Australian champion runner Alberto 'Bertie' Campbell-Staines, a Salvo from Queensland, is to compete in this year's Paralympic Games in Tokyo. He will be running in his favourite event, the 400m, but it won't be in the green and gold. In his first Games, he'll be running in the colours of his native Jamaica.

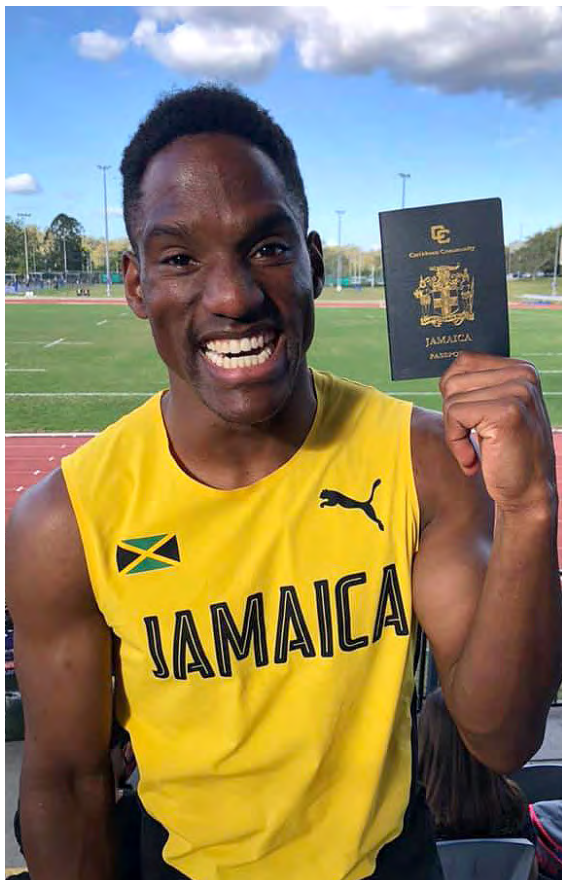
Alberto, 28, was born in Kingston on the Caribbean island of Jamaica but moved to Australia in 2003 with his adoptive parents, Paul and Julie-Anne Staines.

CHANGE OF ALLEGIANCE

Paul says Alberto would have competed for Australia in Tokyo, but, as this year's delayed Games rolled around, Australia chose not to send any athletes in the T20 category ['20' is a broad classification for athletes with an intellectual impairment. 'T' denotes track events]. Alberto then decided to change his running allegiance to his home country.

While Paul says his son would be the first T20 athlete to represent Jamaica, Alberto was quick to point out that this was not only in athletics but "in any sport!"

"They [Jamaica] don't have any other T20 athletes, so when they heard that Australia wasn't looking at taking T20s to the Paralympics, they sent Alberto an email saying, 'Hey. We'd love to have you on the team'," Paul shares. "Every race Alberto's run this season has been under the qualifying time, so they were quite happy to have him on board."



Alberto, an Australian citizen, will officially represent Jamaica in the Paralympics but hopes to make Australia proud as well. (Right) Alberto with his parents, Paul and Julie-Anne, at a recent family wedding.

Alberto has competed for much of this athletics season as a Jamaican runner.

It can take up to three years for the International Paralympics Committee to approve an athlete's application to change their allegiance, but this time, Paul says, "It took only about three months to go through," adding that Australia had been "fantastic" in fast-tracking the change of allegiance to allow Alberto to compete in Tokyo.

HIGHEST HONOUR

For Alberto, competing at the Paralympic Games is the highest honour. "I don't have any words to explain what this means to me," he shares. "Oh my goodness. I'm going to the Paralympics! I am so blessed. I'm counting down the days to the opening ceremony [24 August]."

Having competed around the world, representing Australia seven times and running against "the best of the best", Alberto says going to the Paralympic Games is "the icing on the cake", even though "I was not expecting to go for Jamaica".

Alberto says being part of the Tokyo Games will make up for the disappointment of missing out on the Rio de Janeiro Games in 2016. He had been part of the squad of T20 athletes for Rio but was cut when the final team was announced – due to a quota system each country is required to abide by.

It was a "huge upset" to miss out back then, says Alberto, but as with any of the situations he has faced in his life, his faith remains solid.

“

I don't have any words to explain what this means to me.

”

"No matter what happens, I give the glory to God. If I don't win or run a good race, I thank God that no one got injured or hurt. Before every race, I pray for all the other runners and everyone involved in the race. After 2016, I knew that God would intervene and have something even better for me."

SUPPORTIVE FAMILY

Unfortunately, Paul and Julie-Anne, Alberto's biggest fans, won't be there to see their son's historic races. "There's no international spectators [allowed] at the Games," Paul explains. "It's the first international competition that we've missed, which is sad." ▶





In 2003 Alberto received his first sports award while at school in Kingston, Jamaica.

Paul and Julie-Anne adopted Alberto when he was nine. They met him when they were teachers at The Salvation Army School for the Blind in Kingston. At the time, Alberto, although not visually impaired, was living in the Army's orphanage, The Nest, on the grounds of the school. Julie-Anne was his Grade 1 teacher.

They all returned to Australia in 2003, and Alberto became an Australian citizen in 2006. It wasn't long before Paul and Julie-Anne realised they had a champion in the making.

"We were getting ready for Alberto's first-ever sports day," recounts Paul. "We said, 'Just do your best and see if you can keep up with your mates'. We had no idea. He won absolutely everything, and the PE teacher came up to us afterwards and said, 'You might need to look

at getting this guy some professional coaching. He's got some talent'. From there, he's just gone from strength to strength."

Alberto received his classification as an athlete with a disability in 2013. He went on to compete in his first world championships representing Australia and won a bronze medal in the 400m. "We thought that was brilliant," says Paul. "Since then, he's got another couple of bronze."

Alberto has a string of awards, medals and achievements to his name. He has been the Queensland 400m champion for the past 11 years and has held the 400m Australian title eight times. He has also won the Australian 200m title.

Paul says the T20 community is close. "They all know each other, and Bertie has mates all around the world. He's looking forward to catching up with them and competing against them because they haven't had any international meets since 2019."

PASSING THE BATON

Alberto is passing on his experience as an elite athlete to the students at Citipointe Christian College on Brisbane's southside, where he works as a physical education teacher aide three days a week. "The school has been an absolutely great support giving him time off to train and compete," Paul says.

Alberto is determined to "do everything in my power in Tokyo to make Jamaica proud, make Australia proud, and make myself proud."



Scan here for more on the need for community.

Salvo to serve as Paralympic chaplain

Salvo Bill Hunter will serve as a chaplain on the Australian team for this year's Paralympics in Tokyo, which will take place from 24 August to 5 September.

Bill is the leader of 'God's Sports Arena', a Salvos church in Brisbane and the Sunshine Coast, and is no stranger to elite sport. He was chaplain to the Brisbane Broncos rugby league team for 20 years and has competed in top long-distance running competitions around the world.

As a member of the three-person Paralympics Australia welfare team, Bill said he would be "the first port of call" should any situation develop within the team not of a physical nature. The other two members are a doctor and a psychologist. The team will meet regularly during the Games to discuss issues and potential issues, such as homesickness or other personal concerns.

Bill said he was looking forward to the challenge of supporting athletes who may be struggling. He added that being able to support the team members in athletics, cycling and swimming, where Australia has its "best medal chances ever", is "unbelievable".

The team chaplain since the 2000 Paralympic Games in Sydney had been Murray Lydeamore, a long-time Australian and Paralympics Welfare Coordinator at the Australian Institute of Sport and with Cycling Australia's High-Performance Program in Adelaide.

Murray was unable to be part of the team in Tokyo and recommended Bill replace him. He said the chaplain's role was important and that athlete welfare was of "paramount importance" to Paralympics Australia.



PHOTO: SHAIRON PATERSON



Top: Bill Hunter leads 'God's Sports Arena' in Brisbane. Above: Bill (left) with Ryley Batt, Paralympic wheelchair rugby player.

COVID-19 restrictions on team segregation, village movement and meeting together will put more strain on the athletes this year as they will not be permitted to "move about as freely" as at past Games.

Athletes will be away for a minimum of seven weeks, "which puts extra strain on them and their families," Murray explained. "This makes a focus on ensuring athlete welfare even more important this year."

– Darryl Whitecross

Doorways delivers meals in Top End lockdown

The Salvos Doorways (emergency relief) community support team in Darwin plays a significant role in the lives of people experiencing homelessness in the Top End.

Jamie-Leigh Barnard, Team Leader at Doorways in the Northern Territory, said an example of this was her team's significant role in the COVID-19 lockdown last month. She said she coordinates several Salvos departments and community businesses to regularly provide food, information and masks to the homeless across the city.

Tevy Hok, the Fair Dinkum Tucker takeaway shop owner, again provided the meals for the Salvos to deliver, having done the same thing when COVID-19 emerged last year. During the recent extended lockdown, Tevy provided 100 meals a day for three days.



Salvos Major Peter Jones and Jamie-Leigh Barnard deliver food, masks and information to some rough sleepers in Darwin during a recent COVID-19 lockdown.

"I'd say 90 per cent of rough sleepers don't have access to mobile phones or the internet or any sort of reputable source to get information," Jamie said. "They wouldn't have received any information about the lockdown in time."

– Darryl Whitecross

Safe Space living up to its name in Burnie

When the 24/7 Burnie Safe Space opened a year ago, it filled a gap for rough sleepers and people at risk of homelessness in Tasmania's north-west. The Tasmanian Government backed the pilot program in Burnie for six months through its \$4.3 million COVID-19 response to homelessness throughout the state.

Now, 12 months in, with continued funding from the state government, the Safe Space is proving more vital than ever. It is filled every night and has supported 128 individuals with 3569 cumulative night stays, case work and referrals.

This service gives up to 18 people – and their pets – a safe space to sleep at night and stay throughout the day to receive ongoing support.



Salvation Army and local officials celebrating the opening of the Burnie Safe Space a year ago. Photo courtesy Brodie Weeding/The Advocate.

"Safe Space is really living up to its title," shared one client in a letter earlier this year. "I felt welcome and feel safe ... knowing that help/support is out there, I'll never be scared, ever again, to ask for help." – Jessica Morris

Salvos support Nova Peris and 'black excellency'



The Salvation Army Bellarine Youth Ambassadors, and their mentors, travelled to Melbourne to support Nova Peris and the new statue made in her honour in Federation Square.

Nova Peris, a Murran and Bunitj woman and the first Aboriginal woman to win an Olympic gold medal, last month attended the unveiling of a 2.2-metre-high statue made in her honour at Melbourne's Federation Square. And the team from the Bellarine Peninsula Salvos were right there with Nova, celebrating the momentous occasion with her.

"We got to know Nova in 2020 as part of our Youth Ambassador Program," explains Bellarine Salvos officer Captain Peter Hobbs. "So, it was good for them to come and support her. This is so significant for us because the Bellarine Salvos are passionate about empowering and including Indigenous culture into everything we do."

"Our going was purely relationship building – there were no strings attached to that gathering other than to support her. She is such a great ambassador for women and Indigenous people."

The statue was created as part of the Statues for Equality initiative, which redresses the lack of gender diversity and representation of black,

Indigenous and people of colour in Australian public statues. The bronze likeness of Nova is the first statue of an Indigenous woman in Australia and a part of only 1.5 per cent of statues depicting women in the country.

At the unveiling, Nova said, "It's not just a statue of me; it represents black excellency. It represents any kid out there who dares to dream big ... this is for all the mob. This is for all the Aboriginal children out there who are so super-talented; I want them to see black excellence," she said. "It's not just a black excellence statue. It's a woman statue. It's a mother statue. It's women who can achieve heights over adversity and who keep waking up every day."

It's important to note that Nova, her family, and the Bellarine Peninsula community are purely relational. The Olympian has poured out her knowledge and expertise to their emerging leaders and is shifting the way the Salvos community navigates their understanding of Country, and the complex history of injustice on Victoria's south-west coast.

– Jessica Morris

Faster, Higher, Stronger – Together

Keeping an eye out for others in the tough times

WORDS BELINDA DAVIS

Well, you can't be alive and not know that the 2020 Summer Olympic Games have just been held in Tokyo.

News about the highs and lows, successes and failures, medals, times and achievements, was everywhere over the two weeks of competition. Expectations were great, especially after having to wait an extra year for these Games.

Thankfully, Australia is in a similar time zone to Tokyo, so the traditional curse of bleary eyes wasn't an issue for sports fans who regularly stay up half the night to watch international sport.

My 13-year-old son fast became an expert on all things Olympic as he watched the coverage and soaked up the constant barrage of trivia that the commentators supplied.

There is something about watching an 'underdog' nation do the impossible on the international stage. At the Rio Olympics in 2016, I was blessed to witness Fiji win its first-ever Olympic medal, a gold in the men's rugby 7s. The emotion on the players' faces was overwhelming. After the match, we saw the Fiji captain call his team to prayer, and they sang a song attributing their win to God's power in their lives.



“

We can often feel like we are under pressure to perform, to win at every turn.

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They won the gold medal again in Tokyo, and the players this time sang 'We Will Overcome' with typical passion. The occasion had added meaning as the island nation of Fiji continues to battle a COVID-19 outbreak.

Before the Tokyo Games, the International Olympic Committee (IOC) chose to add the word 'Together' to the Olympic motto, unanimously approving 'Faster, Higher, Stronger – Together'. The IOC stated that this indicated the solidarity that we, as an international community, needed in these difficult times.

The even more amazing Paralympics are now set to begin on 24 August. Paralympians are so inspirational, especially when we consider the added obstacles they have overcome to achieve the physical feats they do. It is



difficult for me to watch these events and not be moved to tears.

Whenever I see major sporting events, I wonder about the journey that has brought each athlete to this very point. No one can do it in isolation. Together is very much what is required.

What about all those who helped them on their way? Parents, coaches and teammates who encouraged, cajoled and advised. I am reminded of a lovely verse in the Bible written to people of faith who were facing tough times. "Do you see what this means – all these pioneers who blazed the way, all these veterans cheering us on? It means we'd better get on with it ..." (Hebrews chapter 12, verse 1, *The Message* translation).

Life, sometimes, is like sport. We can often feel like we are under pressure to perform, to win at every turn. I don't know about you, but I am not convinced I deserve a medal

in the 'sport' of parenting! I am reminded, however, of how much easier life is when I feel like I have a 'pioneer' cheering in my corner. That gives me what I need to persevere and improve on past performance.

Inspired by all Olympic athletes, I aim to be faster, higher, stronger, together in my own life, and keep an eye out for others, so I can help them achieve this in their lives – especially when times are tough.

I hope you will, too. And in the meantime – "Aussie, Aussie, Aussie!"

Major Belinda Davis is a Salvation Army officer (pastor) in South Australia. She blogs at a-blessed-life.com



Scan here for more on the need for community.



An extreme marathon journey

A story of endurance, testing personal limits, and faith

Sharon Callister was CEO of The Salvation Army's Aged Care Plus for 10 years (2008-2018). During that time, she led her team to build a strong, vibrant and sustainable organisation that won national and international awards for the programs it ran. Sharon also introduced a wide range of new initiatives – including developing emerging leaders from Papua New Guinea through a leadership program that included running the Gold Coast Marathon.

Sharon is also an accomplished sportswoman and ultramarathon runner and has completed endurance events around the world – including in the Sahara Desert and Arctic Circle.

Below, Sharon, who maintains contact with the Salvos, shares some of her life's journey.

I was born in Northern Ireland in a town about 40 minutes outside of Belfast. We moved to Australia when I was 13. It was an amazing opportunity for our family to come to this incredible country.

I spent my teenage years growing up on Sydney's Northern Beaches. I lacked a lot of confidence in my ability in those years and was quite introverted.

At that time, I was training three days a week

in gymnastics. I moved into swimming, a bit of running, and team sports. Sport made me feel really good and was a way for me to make new friends as well. I got into surf lifesaving and was one of the first women back then to be eligible for my Bronze Medallion lifesaving course. I completed advanced resuscitation certificates and became a trainer.

After school, I trained to become a registered nurse. I was around 27 when my wonderful husband encouraged me to repeat Year 12 maths to get a better mark. I went on to do a bachelor's degree in health administration and then a Master of Business Administration degree – between working and having a baby.

My faith wasn't strong in those days and far less important to me than it is today.

I worked for the Australian Red Cross Blood Service and then for an aged care provider in Victoria before returning to Sydney and working for the Salvos. My faith was growing, and I felt very comfortable with a Christian organisation.

I've run marathons and ultramarathons around Australia and in many places overseas. I love distance and endurance events. I guess you could say I'm on an extreme marathon journey.

Two years ago, my son, then 23, joined me for seven days of running in the Sahara Desert in Morocco. Together we ran 250km. My husband and my son are training with me for the next event I'm planning for - COVID permitting – the Berlin Marathon.



Left: Sharon is determined to stay out of her comfort zone. Above: Sharon and her son run together in the Sahara Desert ultramarathon event. Right: Sharon completes the Gold Coast Marathon as part of the Salvos team.

EXTREME ADVENTURES

I love to test my limits, not just live in my comfort zone. And if you want to test your endurance and you love outdoor sports, then naturally, you're going to attempt some of those extreme events.

After the Moroccan ultramarathon, I decided to do a 230km event across the Arctic Circle. This was the most challenging endurance event that I've done by far.

Running has absolutely made me a better leader. When you're really testing yourself, you think you've reached rock bottom and have nothing left and, somehow, your body responds. And that does give you a sense of confidence, calmness, self-belief and courage. And I think courage and leadership go very well together.

FAITH JOURNEY

My faith has come to life more over the past decade. It has grown phenomenally and

has changed me. I really believe that God brought me to the Salvos. I felt from very early on that I was coming home to a family I never knew I had. I loved the fact that prayer and worship were a part of every day in those times. And it just made me feel very confident, very warm, grateful, loved and supported to do my job.

If I were talking to my teenage self, I would say, really look inside and develop your own self-confidence and self-belief because, when you have that, you can see so many more possibilities for your life. I would also say to



really value your faith – it makes you a stronger person and gives you purpose.

For me, the purpose has always been about becoming stronger and better, and also contributing and serving others. Impacting lives is what makes me feel like the richest person in the world.

For the full interview, go to <https://tinyurl.com/7ksvh2md>



Scan here for more on finding meaning.

Chocolate self-saucing pudding



Ingredients

1 cup self-raising flour, $\frac{3}{4}$ cup castor sugar, $\frac{1}{4}$ cup cocoa, $\frac{1}{2}$ cup milk, 30g melted butter, $\frac{3}{4}$ cup brown sugar, $\frac{1}{4}$ cup cocoa (extra), $1\frac{1}{2}$ cups hot water, icing sugar if desired.

Method

Mix flour, sugar and cocoa into a bowl.

Combine milk and melted butter and stir gradually into flour mixture.

Beat until smooth. Pour into baking dish, or individual baking cups.

Combine brown sugar and extra cocoa in a jug and gradually stir in hot water to make a sauce.

Pour the sauce over the pudding mixture in the baking dish.

Bake in a moderate (180°C) oven for around 50 mins.

To serve, dust with icing sugar if desired.

Delicious with strawberries and ice cream or cream.

DID YOU KNOW?

■ Duelling is legal in Paraguay as long as both parties are registered blood donors.

■ On average, a four-year-old child asks 437 questions a day.

■ One million Earths could fit inside the sun.

HAVE A LAUGH

What do dentists call their x-rays?

Tooth pics!



Why are frogs always so happy?

They eat whatever bugs them.

How do mountains stay warm in the winter?

Snowcaps.



5		7		6	2	1		
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					8			7
9	7	4	3	2	6			8
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3	1		7			4	5	
8					5	7	9	3
	5	9		3	4	2	8	1

Sudoku

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 to 9.

Tum-Tum

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



Answers: 1. 24 August – 5 September 2021. 2. Courage, determination, inspiration and equality. 3. 36. 4. 22. 5. Para-badminton and Para-tablekendo. 6. Spirit in Motion. **Tum-Tum:** is hiding behind the flowers on page 5.

Bible byte

So speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind.

The Message Bible translation

Quick quiz



PHOTO: WIKIPEDIA

1. When do the 2020 Summer Paralympics take place in Tokyo?
2. Which four values do the Paralympics stand for?
3. How many Paralympians will represent Australia in Tokyo?
4. How many sports do the Paralympics feature?
5. Which Paralympic sports are making their debut in Tokyo?
6. What is the Paralympic motto?

SIGNING IN





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