

FEATURE
Kicking life's goals

FAITH TALK
Wake me
up inside!

MY STORY
Helping
vulnerable youth

Best hoof forward

Strengthening families and students through equine therapy



SALVOS

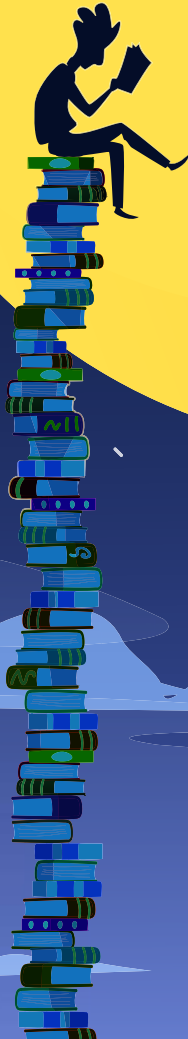
MAGAZINE



Vol. 003 | No. 33
3 September 2022
AUD \$1.00
salvosmagazine.org.au

“When I look back, I am so impressed again with the life-giving power of literature. If I were a young person today, trying to gain a sense of myself in the world, I would do that again by reading, just as I did when I was young.”

– Maya Angelou





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



The Salvation Army Australia acknowledges the Traditional Owners of the land on which we meet and work and pay our respect to Elders, past, present, and future. We value and include people of all cultures, languages, abilities, sexual orientations, gender identities, gender expressions, and intersex status. We are committed to providing programs that are fully inclusive. We are committed to the safety and well-being of people of all ages, particularly children.

Salvos Magazine

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Press date 22 August 2022

Printed and published for The Salvation Army by Commissioner Robert Donaldson at Focus Print Group, South Granville, NSW.

 salvosmagazine.org.au

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Youth outreach

This edition focuses on youth and some of the Salvos programs that support young people from a range of backgrounds.

We feature the Oasis Youth Centre in NSW, where Salvos teams work with vulnerable young people to support them in their journey to independence. This centre provides multiple education and social programs, as well as assistance with employment, housing and budgeting.

Importantly, programs at the centre focus on emotional and spiritual support, and give young people opportunities to develop friendships and confidence.

Nidia, a teacher at the Salvos Oasis Youth Centre in Sydney, shares her experiences and the many challenges she faces. She also writes about the rewards of seeing young people develop their potential and build "their best lives".

The equine therapy program in Victoria is a unique outreach to young people and their families, especially to children struggling to return to school after COVID-19 disruptions. The acceptance and sensitivity of the horses is building trust, assurance and confidence in the young people and having a direct impact on their happiness and mental health.

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

Simone Worthing **Assistant Editor**

Kicking life's goals

Oasis centre helping vulnerable Central Coast youth

International Charity Week runs from 5-11 September this year. This week raises the profile of charitable gifts in Wills and provides an opportunity for supporter charities, including the Salvos, to convey their importance to the life-changing work they do.

A generous legacy from the Richard and Ruth Wilson Charitable Foundation is helping The Salvation Army Oasis Youth Services centre in Wyong continue providing much-needed support to vulnerable young people on the NSW Central Coast.

The Oasis Youth Services is a Salvos initiative that delivers programs focused on prevention and early-intervention strategies to youth aged between 12-25. Their aim is to support young people in the region on their journey towards independence.

“

These programs and services build skills, knowledge, and confidence to support young people with making positive life choices ...

”

The Central Coast is a beautiful area, but it also has some of NSW's highest levels of family breakdown and domestic violence.

As Oasis program manager Robyn Bust reports, family breakdown is the biggest driver of disengagement from education, and significantly increases someone's chances of experiencing homelessness, escalating mental health issues and engagement with the justice system.

Another flow-on effect is that youth unemployment rates on the Central Coast are almost 50 per cent higher than in Greater Sydney.



Four of the Oasis Youth Services team at the Wyong centre on the NSW Central Coast. From left: Mathew, team leader, and caseworkers Dane, Emma and Rachel.

ABOUT OASIS

Programs at the Oasis Youth Centre provide support in anger management and drug and alcohol education, plus social programs that provide safe spaces to build positive friendships while learning new skills.

Young people are supported through case management – where a youth worker will help a young person identify and achieve practical goals.

Among the many programs on offer is Drive for Life, a driver training and mentoring program that equips young people who face barriers to education, training and employment to attain their driver's licence. The program removes these barriers and provides a pathway towards positive role models, developing independent life skills and improving

employment prospects. Oasis also provides vocational training courses in hospitality, community services and business (onsite).

SOPHIE'S STORY

Sophie* connected with Oasis in 2020 for help with practical goals, including getting her ID and Centrelink assistance. Sophie was couch-surfing after experiencing family break-down in her home. A caseworker supported Sophie to both achieve her goals and apply for independent housing.

After over six months of applying for independent rentals, being in and out of temporary accommodation and couch-surfing, Sophie – at 18 – was able to secure independent housing.

She received support with her bond and two weeks advance rent through Housing NSW and was able to access brokerage for some furniture for her new place. While her furniture was in transit, Sophie's Oasis caseworker helped her purchase temporary items like a mattress, bedding, kettle, toaster and food supplies.

Oasis will continue to support Sophie to develop her living skills, budgeting and to find work.

HOW THIS GIFT HELPS

The generous legacy from the Richard and Ruth Wilson Charitable Foundation will be used to help address the rise of mental health issues young people have experienced throughout the COVID-19 pandemic. The funds will facilitate the delivery of a range of creative arts programs across the Central Coast.

Robyn is grateful to the Richard and Ruth Wilson Charitable Foundation for their generosity, as well as all those who value the work of the Salvos to leave a legacy for future generations. As she says, "Your donation makes a real difference in the lives of young people in our community, where breaking the cycle of disadvantage is a huge effort that takes a team."



Support from donors allows services like Oasis to develop innovative programs in response to social issues in the community, such as mental health, substance use, family violence, unemployment, and most recently, a global pandemic.

These programs and services build skills, knowledge and confidence to support young people with making positive life choices on their journey to independence.

**Name has been changed*

LASTING HOPE FOR FUTURE GENERATIONS

Leaving a gift to the Salvos in your Will is a special way you can keep on caring for people into the future.

To find out how and to download your free booklet, go to [salvationarmy.org.au/donate/wills-and-bequests](https://www.salvationarmy.org.au/donate/wills-and-bequests)



Scan here for more information on Salvation Army Services.

Best hoof forward

Strengthening families and students through equine therapy

WORDS Jessica Morris

Returning to school after the disruptions of COVID-19 has been challenging for many students. In Geelong, Victoria, this transition has been made a little easier with the help of some four-hoofed friends.



Lily is an affectionate, gentle and very curious mare.

The Geelong Salvos has provided 10 students across two local schools with access to equine therapy through its Life Engaged Program. And the results have been amazing.

“Coming out of COVID-19 and social isolation, kids have found it hard to refocus at school and relate to their peers and parents,” says Life Engaged Coordinator and Social Worker Rachel Morris. “By partnering with an equine therapist through Life Engaged,

a short-term program is actually having a long-term effect, strengthening families and assisting them to flourish in the community.”

HELP FROM HORSES

The Salvos have been running the Life Engaged Program since 2020 with a mission to increase the mental wellbeing of households. Life Engaged includes a youth group, empowerment programs and school workshops. But the fourth avenue of care is the busiest – connecting students and their families to practitioners, giving them free counselling, adventure therapy, play therapy and family therapy. And, of course, equine therapy, which has been shown to help people experiencing a lack of confidence, anxiety, social insecurities, learning difficulties and neurodivergent traits.

“

Equine therapy is an incredibly beneficial and transformative modality, particularly [for] children and teens ...

”

“Equine therapy is an incredibly beneficial and transformative modality, particularly [for] children and teens as they often find it hard to talk about problems,” says equine therapist Sarah Stares, who has been linked to the

Life Engaged Program since 2021 through her business Equi-Tribe Equine Assisted Learning and Counselling.

Over eight one-hour sessions, she and the horses respond to each client's unique needs – and it truly is a group effort. Extroverted gelding Kit is joined by the shy Arabian mare Lily, who is expecting in December. And we can't forget Astrid or Roisin, the small but intuitive ponies who dote on children. A session will involve building and leading a horse through an obstacle course, grooming, and going for a walk or meditation.

"Watching the horses interact with one another can help support clients to reflect on their own relationships. With children, this is particularly helpful when there are challenging relationships they wish to talk about and work through, such as bullying," says Sarah.

"I have seen the ponies laying down peacefully with a client with self-esteem challenges. This display of trust shown by the horses helped him to feel like he was a trustworthy and kind friend and supported him to grow in his capacity for self-love and trust."

Moolap Primary School has long partnered with The Salvation Army in the Geelong region, currently working with the Bellarine Peninsula Salvos and the Geelong Corps Life Engaged Program. They have seen their students thrive since starting equine therapy.

"One student has a background of trauma. She can struggle with maintaining friendships. [Now] she has spoken about her experience non-stop and is looking at taking up horse riding as a hobby," says principal Peter Knight.

"Our partnership with The Salvation Army is extremely worthwhile and valuable to the school. We have also had two families engaged in family therapy, and have sessions coming up with Year 3-6 students based on self-esteem and positive mental health. Anything we can



Kit is an extroverted gelding who enjoys attention and a pat.

do in this space to support our students and families has a direct impact on their happiness, self-worth and overall mental health."

SUPPORT AND DIGNITY

As the Life Engaged Program moves forward, families across the Geelong region experience the tangible love of God. And in its simplest form, that means the Salvos connecting people to the support and dignity they deserve, one life at a time.

"When I look at the life of Jesus, his message about the Kingdom of God was about connecting with people who had lack of access in society, and we see that these are schools that are working with families who are doing it tough," says Rachel.

"The people that need these services the most are the people who can't access them. We are excited to continue to partner and learn from these schools."



Scan here for more on mental health.

Ari unearths emotional find in artefact hunt



Ari James is an intern with the Salvos, organised through CareerTrackers, a national program that creates paid internship opportunities for Indigenous students.

Ari James, a proud Wiradjuri and Wailwan woman, is studying Psychology and Justice at Queensland University of Technology. She is completing an internship with the Salvos through a national program that creates paid opportunities for Indigenous students.

"I joined The Salvation Army through an organisation called CareerTrackers that gives First Nations students opportunities to intern in a corporation they may have never gotten the chance to on their own," Ari says.

"I worked in the Enterprise Project and Strategy Management (EPSM) team, seeking to help departments with upcoming projects and the logistics of how to achieve their project goals."

One project that Ari contributed to is the Reconciliation Action Plan (RAP).

"It's a framework to guide how we engage with Aboriginal and Torres Strait Islander peoples and the reconciliation initiatives," Ari says.

"A significant commitment is the Returning of Artefacts [program], which involves returning back to Country Indigenous artefacts that have been donated through Salvos Stores."

While organising artefacts at the Salvos' Divisional Headquarters in Brisbane, Ari was surprised to see an item from her Country, and referred to reference materials to find out more.

"I saw in the blur of this book that the author was from Coonamble – my mob's area. When I opened the first page of the book and saw my great-grandfather's name I went into complete shock," she says.

"I hadn't been close to my extended family and was so shaken that I called my mum, having a hard time keeping my composure. This experience made me realise how important the RAP commitment is to Indigenous peoples."

Ari is in the second year of her four-year undergraduate studies and will continue to complete winter and summer rotations as part of her internship until she graduates.

"Job-wise, I would love to be a part of EPSM in the future, but I am open to anything," she says. "My one criterion is that what I do will help others." – **Danielle Pianta**

Remembering the sacrifices at Kokoda

The Rotary Kokoda Memorial Wall at Cascade Gardens, Broadbeach (Qld), formed the backdrop to the Kokoda Day 2022 commemoration service held on 8 August as part of the 80th anniversary of the defence of Kokoda.

Panel four of the wall features the Salvos' Major Albert Moore providing comfort and refreshments to wounded soldiers on the Kokoda Track in Papua New Guinea during World War Two.

The battle for the village of Kokoda against Japanese invaders took place on 8-10 August 1942. Further fighting occurred over the next four months along the Kokoda Track, resulting in more than 600 Australian soldiers losing their lives, the largest Australian death toll of any World War Two battle.



Gold Coast Salvos Joy Irwin, left, and Pat Sandry share their Kokoda Track connection with Governor General David Hurley.

Major Moore, a Red Shield Representative, developed a reputation for the courageous efforts he went to, often at great personal risk, to take news, encouragement and comfort to the troops. He was the founder of the famous 'coffee and comfort bar' beside the Kokoda Track.

"It's an honour to lay a wreath at the mural to honour the work of Albert Moore and to remember why we do what we do," said Major Brett Gallagher, Chief Commissioner RSDS (Red Shield Defence Services). "He is held in high esteem in our team and across The Salvation Army broadly."



Major Albert Moore, left, after 14 days serving on the Kokoda Track.

Major Lauriee Arthur, Officer in Charge, RSDS Senior Representative, Enoggera (Qld), laid a wreath with Brett during the service. "It's a very privileged place that The Salvation Army has among our Defence Forces, and a lot of that goes back to the work of such people as Albert Moore."

Australian Governor-General David Hurley delivered the keynote address, noting that more than 54,600 Australians have journeyed to the Kokoda Track to honour the sacrifices of Australian soldiers. He believes there is a real spiritual connection with Kokoda that matches Gallipoli. "The story of Kokoda really does still captivate us," he said, "and we shouldn't forget the cost that was paid to allow us to be as we are today."

– **Cliff Worthing**

Wake me up inside!

Wanting more out of life is part of the human condition

WORDS Mal Davies

In 1994, guitarist and singer Ben Moody met classically trained pianist and singer Amy Lee at a Christian youth camp. They quickly struck up a friendship based not only on their shared faith and love of music but – more specifically – on their mutual desire to make music their life.



They formed the band Evanescence in 1995, released some independent albums as they did gigs and sought to win a major contract. In 2003, this happened, and their first full-length professionally produced and promoted album, *Fallen*, was released.

It sold 17 million copies, and Evanescence had arrived. It was a worldwide top-10 album and hit number one in nine countries. This was largely due to the success of the first

single from the album, 'Bring Me To Life', released in April 2003.

The song was a hit around the globe – including number one in Australia, the UK and US – and, to date, has sold more than five million copies and won a Grammy. It also did well on some Christian music charts.

DESPERATELY NEEDING HOPE

The lyrics are deeply introspective and speak of someone who feels as though they're dying inside: "I've become so numb/ Without a soul/ My spirit's sleeping ...", and they long to be reinvigorated: "Wake me up inside/ ... Save me from the nothing I've become."

“

How do you class a song that moves between tinkling grand piano and crunching heavy metal guitars?

”

While words like 'soul', 'spirit' and 'save me' will instantly give a song a religious feel, the lyrics get even more obviously biblical: "Breathe into me and make me real/ Bring me to life." That's pretty much a direct reference to Genesis chapter 2, verse 7, when God "breathes into" the first humans "the breath of life" and they come to life.

The song goes on to say, "There must be something more/ Bring me to life." It's a



song that's quite ambivalent in its outlook: it pessimistically says, "Life is soul-sapping and empty and hollow," but then optimistically states that salvation is possible. There is hope!

This has been the lived experience of billions of people over the past two millennia. Life has seemed somehow empty or meaningless, even though you are, indeed, "numb" inside – and there's been either a silent or, at times, spoken cry to be saved from "the nothing I've become".

But at the call to be saved, a saviour arrives. People have found that a relationship with Jesus offers the wake-up call they crave; they are brought 'to life' and given fresh hope in a way that had not previously seemed possible.

In his letter to the church in Rome, the apostle Paul said, "Everyone who calls on the name of the Lord will be saved" (Romans chapter 10, verse 13). Note that little word "will" – it's a promise.

SALVATION IS PROMISED

'Bring Me To Life' also seemed to find favour with fans because of its blending of different styles. Broadly, by genre, it's described as gothic metal or hard rock, but it contains passages performed in rap style, and it features the operatic mezzo-soprano voice of Amy Lee. How do you class a song that

moves between tinkling grand piano and crunching heavy metal guitars?

This meant that when the single was released, it found popularity with a range of fans and landed on alternative, mainstream, heavy rock, metal, Christian, adult top-40 and pop charts! Now while some of that was definitely due to the sound of the song, I think some of it was due to broad empathy with the lyrics. It wasn't a lyric that struck a chord just with metal fans or just with teenagers or just with Goths – everyone felt it!

No matter your background or life experience, you can know this urge to be saved. Wanting more out of life is not a cultural thing; it's part of the human condition.

So, if you feel like crying with the singer, "Wake me up inside", remember that salvation is at hand in the person of Jesus. He saves people; that's what saviours do.

Major Mal Davies is an Australian Salvation Army officer (pastor) serving in the UK Communications team.



Scan here for more on mental health.

A day in the life of ...

Helping young people achieve their full potential

Nidia Danza is a secondary school teacher and Vocational Education and Training (VET) coordinator with the Salvos' Oasis Youth Network in Surry Hills, Sydney. Oasis College is an independent secondary school for Years 11 and 12, delivering an accredited Higher School Certificate (HSC) program in a safe and supportive environment to support young people in overcoming adversity. She recently spoke to *Salvos Magazine* about her work.

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

Nidia Danza: I teach Year 11 and Year 12 students in HSC subjects of Community and Family Studies and English Studies, the VET Certificate II in Hospitality (Food and Beverage) and Certificate II in Skills for Work and Vocational Pathways.

SM: What's the first thing you do when you arrive at work?

ND: Coffee! Once I've had a sip of that golden amber, I'm good to go! At Oasis College, we are a close-knit team of four, and each morning we check in and connect as individuals. I cherish those moments. It is important we safeguard our own wellbeing to ensure we are able to support the wellbeing of our students.

SM: What does a typical day involve for you?

ND: At Oasis, we have a five-period day of formal one-hour lessons. On average, I deliver three to four periods of face-to-face learning each day. At 9am, we have the school circle, where students, teachers and staff check in and give a rating out of five about how we are feeling that morning. If a rating is low, the hope is that by the end

of the day we have lifted the spirits of the student to a four or five rating. At 3pm, we hold another school circle and farewell our students for the day. When all is quiet, I check my emails, and mark student work and assessments.

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

ND: Unpacking trauma. Every young person is different, and students come to us with symptoms and experiences that influence behaviour. We strive to understand, support and ultimately not to re-traumatise. In an ideal world, we teachers would not have to do admin. We could simply teach, which is where our passion lies.

SM: What's the most rewarding part?

ND: Although teaching can be frustrating, hectic and tough sometimes, I love what I do! For the most part, it is fun, meaningful and an honour. Knowing we have helped to give our students the skills they need as they enter the world of work is so fulfilling. The greatest reward for a teacher is seeing their students happy, motivated and living their best life.

SM: How has COVID-19 affected how you work?

ND: To be honest, at the time I comfortably yielded to COVID lockdown, although I missed face-to-face contact with colleagues and students. COVID gave me an opportunity to reset and to find a work-life balance. I could be all I needed to be for my colleagues and students online and in phone calls (facilitated by strong relationships and connections fostered before the pandemic) while being available in all aspects for my family.



Nidia Danza describes her teaching role at Oasis College as “fun, meaningful and an honour”.

SM: What motivates you to get up each day and go to work?

ND: Every day there is something new and different. Just like the students I teach, I’m always learning – learning from their experiences and learning new ways to engage and inspire my students. Learning enhances self-confidence and feelings of trust, so we can tackle anything that may come our way.

SM: How do you see your work achieving the Salvos’ mission to transform lives?

ND: At Oasis College, our mission is to support and facilitate opportunities for our students. We provide relevant and interesting experiences that develop their strengths, foster resilience and encourage learning. With our support, we encourage them to step outside their comfort zones and trust in self. We carry the faith in them until they are ready to carry it for themselves.

“

The greatest reward for a teacher is seeing their students happy, motivated and living their best life.

”



Scan here for more information on Salvation Army Services.

Chinese Dumplings



PHOTO CHARLES CHEN ON UNSPLASH

Ingredients

FILLING: 150g minced pork or beef, 1 tbs chopped spring onion, 1 dstspn sesame oil, 1 dstspn soy sauce, 1 tsp ginger, 2 dstspns water.

DOUGH: 60ml hot water, 1 tsp vegetable oil, 150g plain flour.

Method

FILLING:

- In a large bowl, add all ingredients and mix well. Place in fridge.

DOUGH:

- In a bowl, add water and oil to the flour and knead into smooth dough. Place on a floured work surface and divide into 20 equal size pieces.
- Roll each piece into a ball, and then roll into a thin 8cm circle.
- Place 1 tsp of filling into centre of dough, brush edge with water and fold in half. Press edge gently with your fingertips or a fork to seal.
- Boil water in a pot, add dumplings and gently stir. Bring to boil. Cook for 3 minutes on low heat. The dumplings are ready when you poke their centre and the dough springs back.
- Remove from water and serve hot with extra soy sauce.

HAVE A LAUGH

I used to be in a band called 'Missing Cat'.
You probably saw our posters.



PHOTO: STOCK / GETTY IMAGES

I accidentally took the cat's medication
last night, don't ask meow.

What animals should you never trust?
Big cats, because some are cheetahs,
and some are always lion.

SIGNING IN



PHOTO: STOCK / GETTY IMAGES

Sudoku

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

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

Tum-Tum

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



Bible byte

"Don't be interested only in your own life, but care about the lives of others too."
 Philippians chapter 2 verse 4
 Easy-to-read Bible translation

Tum-Tum: is peaking over the pool table on page 5.

Quiz answers: 1. Kindle 2. Blue 3. 10 per cent 4. Snuggling 5. Trm.



Quick quiz

1. What is the term for a group of kittens?
2. All cats are born with what colour eyes?
3. What percentage of a cat's bones are in its tail?
4. What is it called when a cat 'kneads' a rug or soft covering?
5. What was the name of explorer Matthew Flinders' cat?

PHOTO: STOCK / GETTY IMAGES

DID YOU KNOW?

R U OK? is a harm prevention charity that encourages people to have conversations that can help others through difficult times in their lives.

The **R U OK?** vision is a world where we're all connected and protected from suicide.

Asking "Are you OK?" is a great place to start. Learn how to ask at ruok.org.au

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



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