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# Rusty to the rescue

Young labradoodle a popular addition to Wagga Salvos school program




# SALVOS

MAGAZINE





A person in a red jacket and dark pants is walking across a narrow, mossy rock ledge that forms a natural archway over the ocean. The ocean is a deep blue with white-capped waves. The sky is overcast with grey clouds. The rock is dark and jagged, with patches of green moss and small plants.

*"The whole world is a series of miracles,  
but we're so used to them we call them  
ordinary things."*

*- Hans Christian Andersen*



## 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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## Managing anxiety

"More people are experiencing anxiety than ever before," writes Jo-anne Brown in our feature this week. Jo writes about that general sense of unease and dread and how some simple techniques can help those who struggle with non-clinical anxiety.

Children also experience anxiety. Salvos writer Jessica Morris writes about a unique reading program in south-west NSW, where service dog Rusty is helping children with a range of challenges and unique needs to read with confidence.

We can often become anxious and distressed after a perceived failure or mistake, with the impact reverberating into many areas of our lives. James Burns briefly addresses this in Faith Talk, using the example of a young officer on the Titanic who refused to be defined by his supposed mistake.

My Story wraps up our focus on anxiety from different angles, with Karin's story – a journey of tragedy, anxiety, hope, and faith – and ultimately, a life restored.

In these challenging times, we pray that these stories can bring a sense of peace, hope, and faith, especially in the darkest of days.

Simone Worthing **Assistant Editor**

# Managing anxiety

The courage to change what we can, accept what we can't,  
and the wisdom to know the difference

**WORDS** Jo-anne Brown

After days of heavy rain, homes and roads were flooded, thousands of people were evacuated, and stores were running out of supplies. Our neighbourhood emerged relatively unscathed. Then, one afternoon we heard a crash and found our 'Shalom' tile in pieces on the ground.



This broken tile really spoke to me. When my 'shalom' [a Hebrew term meaning deep peace and completeness] – my deep sense of well-being – comes crashing to the ground because of events outside my control, it feels like more than just one tile is broken! This shattered 'shalom' seemed to reflect all the shattered hopes, dreams, and expectations of a world still reeling from a pandemic, now devastated by far-away war, and close-to-home floods.

## GENERAL ANXIETY

More people are experiencing anxiety now than ever before. Research shows anxiety disorders are the most common mental health issue that people face – and whether you have a diagnosable anxiety disorder or not, more of us are feeling a general sense of unease and a low (but ever-rising) level of worry.

"Anxiety is the mind and body's reaction to stressful, dangerous, or unfamiliar situations. It's

the sense of uneasiness, distress, or dread you feel before a significant event" ([anxiety.org](https://www.anxiety.org)).

Anxiety is part of being human and seems to be hard-wired into our brains. This response enables us to react quickly to threats and dangers. A certain level of anxiety pushes us to achieve what we need to, enables us to flee from danger, and keeps us alert and aware. However, anxiety loses its helpfulness when it becomes extreme or so vague and generalised that it paralyses us and prevents us from living life well.

Diagnosed anxiety disorders are serious issues and need to be dealt with by qualified professionals.

For many people, though, a generalised sense of unease or dread is becoming more prevalent – and more paralysing. Despite all the medical and technological advances of the past 100 years, we find ourselves still reeling from pandemics, battling environmental catastrophes, and unable to control or fix things as easily as we want to. Our natural warning system has gone into overdrive, so we're no longer easily able to regulate our response to our circumstances.

We'll never eliminate anxiety, and it wouldn't be helpful to do so, but we can learn to regulate our anxious responses to life's circumstances and find a way to live well in the midst of turbulence.

There are many techniques available to help us manage increasing levels of anxiety. Here are just a few:





### BREATHE DEEPLY

Since anxiety is a response from our brain that triggers our sympathetic nervous system to action, preparing us for fight or flight, it makes sense to deal with anxiety by soothing this nervous system. One well-documented way to do this is 'breathwork'.

Anxiety causes our breathing to become fast and shallow, stressing our bodies and increasing feelings of anxiety. By focusing on breath – taking slow, deep breaths from our diaphragm and exhaling fully before our next breath in – we soothe our nervous system and activate the 'rest-and-digest' system, which calms our anxiety and puts us into a relaxed state.

Focusing on breathing is a simple way to change how we feel.

### QUIETEN OUR MINDS

As we slow our breathing, becoming more relaxed, we can focus on our thoughts, allowing them to settle down.

We can ask ourselves: Is this anxiety based on a real issue? If it isn't, can I let it go? If it is, can I do something about it?

We then decide what action we can take or if we need to let it go because there's nothing we can do about it right now.

Much of the anxiety we experience is triggered by circumstances we cannot change or by vague feelings of unease with no specific cause that can be dealt with. It is important to look clearly at what is making us anxious.

Even if we don't usually pray, these words ►



may express what we long for and highlight some truths for living well, and peacefully, with anxiety:

God, grant us the serenity to accept the things we cannot change,

Courage to change the things we can,

And wisdom to know the difference.

*(The Serenity Prayer)*

Acceptance begins when we look at an issue and decide if we can do something about it or not – like asking the above questions. We need wisdom for this, to see clearly what lies within our power and capability and what doesn't. We may feel sorrow or anger when we can't change difficult circumstances, and this is when we need to find a way to let it go, recognising that there are some things out of our control.

We will find that there are some things we can change, and then we need courage and determination. Sometimes we need help to find that courage. The change we're called to make may not necessarily happen all at once; change often happens slowly.

These wise words call us to acceptance, courage, and wisdom – and help us come to a place of peace.

By becoming aware of what triggers our anxiety, slowing our breathing and quietening our minds, we learn to recognise what we can change, find the courage to do that, and learn to accept and find peace about what we can't change.

There are many other ways of learning to live well with anxiety, including meditation, mindfulness, and creativity. You can find some helpful resources here:

***Anxiety.org***

***Creativity4wellbeing.com***

***Headspace.com*** (website and app)  
– managing feelings and thought through mindfulness

***Insight Timer*** – an app with guided meditations for reducing anxiety



Scan here for more on mental health.

# Eradicating digital poverty in Western Sydney

In a COVID-19 world, education and technology go hand in hand – but this can be difficult for families who have travelled to Australia as refugees. Now, thanks to a collaboration between The Salvation Army, the Parramatta-based Community Migrant Resource Centre (CMRC) and Dell Technologies, eradicating digital poverty in Western Sydney is one step closer.



Captain Tara McGuigan, centre, at the Digital Transformation Project launch with Keisha Naidoo and Durga Owen.

The Digital Poverty Project was launched when 20 families with school students were given a total of \$55,000 worth of equipment from Dell Technologies during an event held at the Parramatta Salvos. This will equip the students to complete their education and open up a future of possibilities.

“We are better together,” said Lieutenant-Colonel Miriam Gluyas, who oversees the Salvos in NSW/ACT. “The partnerships in this room are incredible, and the effect that this will have is enormous. We want everyone in this ‘melting pot’ of the Greater West of Sydney to have the opportunity to flourish.”

## GENESIS OF PROJECT

Captain Tara McGuigan, a Salvos manager for CALD (culturally and linguistically diverse) communities in NSW, came up with the idea

for the Digital Poverty Project last year after she encountered an Afghan woman named Ruqia at the CMRC Christmas party being hosted by Parramatta Salvos.

“I spoke to Ruqia, who arrived in Australia from Afghanistan three years ago. She told me she had three sons in high school, and they didn’t have a computer. They were using a mobile phone to complete their education,” remembers Tara.

“My heart broke, and I spoke to her case manager who said, ‘What you’re hearing from one woman is true for a lot of people in that position.’”



Captain Tara McGuigan tells the story of Ruqia (left) during the launch.

In pursuit of a computer for the family, Tara initially reached out to The Salvation Army’s Information Technology Department. Inspired by Ruqia’s story, they contacted Dell Technologies. Dell readily offered to lend a hand and agreed to provide \$55,000 worth of computers, software, and equipment to families identified by CMRC.

“These are the future leaders of Australia – they are all guaranteed a visa,” said Tara. “It would be great to track their stories because children from these migrant families work so hard.”

– **Jessica Morris and Peter McGuigan**

# Rusty to the rescue

Young labradoodle a popular addition to Wagga Salvos school program

**WORDS** Jessica Morris

When two-year-old labradoodle Rusty jaunts into the classroom, everything changes. The well-trained dog quickly gauges the mood of the room and makes a beeline for the child who may need him the most. Before long, children who frequently disengage from school sit quietly, reading to Rusty – and he is beside them, following along word for word without judgment.

Rural Community and Schools Worker Brigette Pritchett witnesses the ‘superpowers’ of Rusty three days a week when she takes the trained dog to five rural schools across south-west NSW. Together, they partner with schools and the wider community to tackle issues affecting young people through disadvantage, marginalisation, isolation, and lack of or gaps in services.

“

**It’s not about teaching [kids] how to read, it’s about engaging them and giving them motivation.**

”

“Rusty is so intuitive,” Brigette says. “He can go into a classroom and every time he will sit with the kid who needs him the most. He breaks down barriers and some kids just come and hug him, and he lies on their lap. He’s changed my job completely.”



Brigette reads to a young student with Rusty’s assistance.

After years of work in the disability and education sector, Brigette knew that most kids needed physical touch and support to regulate their emotions – yet as a professional, she couldn’t offer this. That’s when she expanded her team. Brigette began the process of selecting and training Rusty in 2019. With additional support from the Dog Education Centre in Wodonga, Rusty was soon ready for school – and he was an immediate hit.

## **RUSTY’S READING PROGRAM**

“I am an all-or-nothing person, so I talked to the Salvation Army officer (pastor) at the time and told them I had this idea for a trained dog to come and work with me,” explains Brigette, who was contracted to run the Schools and Community program for the Wagga Salvos six years ago. “We started by helping kids in juvenile detention, and then kids in schools. And eventually, the idea was I could develop programs around him – so





Rusty brings a special joy and comfort to children who need him the most.

we created Rusty's Reading program. It's not about teaching [kids] how to read, it's about engaging them and giving them motivation."

Like any student, Rusty's school week is packed to the brim with subjects as he alternates between schools. On Monday, he participates in a reading program. "As the child points, he moves his head along and looks like he's reading," says Brigette.

On Tuesday, he takes part in another reading program across four grades. On Wednesday, he is involved in individual wellbeing catch-ups (pet therapy) with Brigette and helps kindergarten children settle first thing in the morning. Thursday is his full day off at home with a bone treat left for him, and on Friday, he helps his mum with the paperwork.

Brigette and Rusty also take part in a range of other programs with the Wagga Salvos – breakfast programs, Mini Chefs, developing social skills, team building and self-esteem. Sometimes the food they provide for the kids is their only meal that day. It truly is a holistic ministry, and Rusty is the perfect dog for the job.

"There is a child where, as soon as it comes to reading or spelling, we generally see behaviours to avoid doing the work," says Brigette. "But as soon as I walk in the door with Rusty, he says, 'Can I read to Rusty?' And he will sit there and open five books, and then we will do a literacy exercise. This is exactly what Rusty is for."

For Wagga Salvos officers (pastors) Aux-Lieutenants David and Valerie Hopewell, Brigette and Rusty's work is a tangible expression of hope in their community. In fact, demand for the duo is so great they are on the lookout for more funding!

"The demand for Brigette's programs has spread across the south-west area with schools on a wait list for her help," says David. "Even without Rusty, she does an amazing job. God is working through Brigette."



Scan here for more information on The Salvation Army Services.

# Turning failures around

It's not our mistakes that define us

**WORDS** James Burns

Have you ever been accused unfairly of something? Then you may sympathise with David Blair.

Blair was the second officer on the Titanic but was replaced at the last minute and left the ship at Southampton. As he hurried to leave, he took with him the key to the cupboard in the crew's nest where binoculars and a telescope were locked. After the disaster in April 1912, some crew members said it could have been averted if they had had binoculars to spot the iceberg. Now, I don't know about you, but that seems excessively harsh to me, for surely on an ocean-going liner, there must have been more than one set of binoculars?

“

**It's not our mistakes that define us, but how we learn from them and go on to show our true worth with God's help.**

”

When he heard about the disaster, Blair must have initially considered himself very fortunate, but not when former colleagues accused him of being partly to blame.

That mistake on his part could have defined his life, but Blair went on to win medals for his

bravery. First, in 1913, he dived 12 metres off the SS Majestic to help save a crew member from the freezing waters of the Atlantic. This resulted in the award of the Sea Gallantry Medal. Then he won more bravery medals whilst serving in the Navy during World War One. So, the scapegoat became a hero!

The Bible tells many tales of people who seemed to be failures but came good, including Joseph, who was sold as a slave by his brothers. Falsely accused of raping his employer's wife, he was sent to prison. Eventually released, Joseph later rose to be the second most important ruler in Egypt and organised the country so that they were prepared when a famine struck, which otherwise could have killed many thousands. Rather than blame his original misfortune on his brothers, he told them, "You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people" (Genesis chapter 50, verse 12).

It's not our mistakes that define us, but how we learn from them and go on to show our true worth with God's help.

*James Burns is a freelance writer from the Dunstable Salvos in the UK.*



Scan here for more on finding meaning.





# Getting my life back

An accident in 2014 left Karin traumatised and with a brain injury, but the Salvos have helped restore her confidence, hope, and faith, and she is determined to continue rebuilding her life.

**WORDS** Karin

I migrated to Australia from South Africa many years ago. I had been working in social services there. In Melbourne, I volunteered as a case manager with the Salvos and was then offered different jobs as soon as I could be employed. These included case manager roles and working for the Salvos Employment Plus.

Different organisations 'head hunted' me, and I had case manager and marketing jobs that involved working with those who had breached the law and helping people with disabilities and victims of discrimination. Assisting people in life and helping them feel good about themselves has always been my ambition.

When I first left South Africa in the late 1990s, my young sons were organised to follow me. I had to go through courts to find them and eventually have them returned to me. It was an extremely long, lonely, and difficult time. I was struggling with my emotions, working two jobs, and studying for a learning and development degree. The only way I could deal with my pain and agony was to keep busy. I didn't tell anyone what I was going through, as I was afraid of being looked down on.

I finally got my kids back, and they attended my university graduation. We were so happy to be together.



Karin, centre, with Salvos officer (pastor), Major Allan Morrison, and financial counsellor, Tracey.



Karin is a keen collector for the Red Shield Appeal.

One day at work in 2014, I fell, broke my nose, and sustained a range of other injuries, including cognitive and memory issues and a permanent disability. My employer wouldn't grant WorkCover payments, although they did pay my medical bills.

I was struggling financially, emotionally, and in so many ways. I didn't know what to do, and it seemed like every time I tried something, I couldn't do that either.

### CONFIDENCE REGAINED

Centrelink put me in contact with Tracey, a financial counsellor at the Salvos Moneycare program at Boronia Salvos.

I met with Tracey and explained that I wanted to get back into work and or study and turn my life around. She helped me with my finances, budgeting, and planning. She also introduced me to Majors Allan and Glenda Morrison, the Boronia Salvos officers (pastors).

They suggested I become a volunteer, and, after interviews and some COVID-19 delays, I began organising the files and doing some client work in community engagement. It was my first attempt back at my professional life. It was scary as I hadn't done it for seven

years, but after I got some good outcomes for my first client, it felt like my confidence was coming back.

The Salvos genuinely care and want to help and are always there for people. After my mother died in South Africa, I could only attend her funeral on Zoom and was down about it. The Salvos were lovely. They reached out to me and made me feel loved and special. I can now trust people again.

I am now open to anything and feel stronger with every day that comes. I want to give in a way that helps others. I continue to serve in case management and in the Hub with food parcels, delivery, and emergency relief. I am also getting involved with the church. I just love what I do.

### THE MISSING PIECE

I had always gone to church before but had given it up over the last seven years. It's a part of my life I have missed. I wanted to join a church when I first came to Australia, but as a single parent, I had to work on weekends. And then the accident really slowed me down.

I felt like I belonged with the Salvos, and I plan to become an official member of the church.

My faith is extremely important. As I prepare now for Easter, I think of Jesus dying for us so we can be reborn. It's an emotional but hopeful time for me. I am so grateful for his sacrifice and for what it means for me. Jesus saved me then, and today is helping me get my life back.

There is still a lot I can do, and I am doing what I want to do with the Salvos. They don't just do things; they make things happen and equip people to get where they want to go.



Scan here for more information on Salvation Army Financial Services.

## Sloppy joes



PHOTO ANDREA REDFORD

### Ingredients

1 tbsp butter or oil, 1 onion (finely diced), 2 tsp minced garlic, 1 green capsicum (diced), 500g beef mince, 1 tbsp Dijon mustard, ½ cup tomato sauce, 1 tbsp brown sugar, 1 400g tin diced tomatoes, 1 tbsp tomato paste, 2 tsp Worcestershire sauce, ¼ tsp pepper, 1 beef stock cube (crumbled), 6 soft bread rolls, cheese slices (optional).

### Method

- Melt butter or heat oil in a pan. Add onion and garlic and cook, stirring for 2 minutes. Add capsicum and cook for a further 2 minutes.
- Add mince and stir through to combine. Cook until mince goes brown.
- Add remaining ingredients to the frypan, turn heat to low, cover and cook for 30 minutes. Toast the bread rolls.
- Spoon the meat mixture onto the base of a bread roll and top with a slice of cheese (optional). Top with remaining half of roll and enjoy!

## Quick quiz

1. What month does autumn begin in Australia? In Europe?
2. Name the pigment that trees stop producing, which causes leaves to lose their green colour.
3. In 2009, Autumn was the 81st most popular name for girls born in which country?
4. What is autumn known as in North America?
5. SAD is sometimes known as autumnal depression. What do the initials SAD stand for?



## Tum-Tum

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



## Bible byte

Give all your worries to God for he cares about you.

1 Peter chapter 5, verse 7  
*New Living Translation*



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

# Wordsearch

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

- |           |             |
|-----------|-------------|
| Amber     | Frost       |
| Apples    | Gold        |
| Autumn    | Harvest     |
| Changing  | Leaves      |
| Cold      | Mild        |
| Colour    | Nature      |
| Cool      | Orange      |
| Cozy      | Pumpkins    |
| Crunchy   | Rain        |
| Dark      | Raking      |
| Deciduous | Red         |
| Equinox   | Season      |
| Fall      | Temperature |
| Foliage   |             |

## HAVE A LAUGH

Teacher: "What is the chemical formula for water?"

Student: "HIJKLMNO."

Teacher: "What are you talking about?"

Student: "Yesterday you said it's H to O!"

A mother texts her son: "Hi! Can you tell me what IDK, LY, & TTYL mean?"

He texts back, "I Don't Know, Love You, & Talk To You Later."

The mum texts back, "That's ok, don't worry about it. I'll ask your sister, love you too."



## DID YOU KNOW?

**Earth Hour is observed on the last Saturday of March every year.**

**To take part, turn off your lights from 8.30pm-9.30pm local time.**

**It was started in 2007 by the World Wide Fund for Nature in Sydney and is now a global movement.**

**Answers:** 1. March, September 2. Chlorophyll 3. USA 4. Fall 5. Seasonal affective disorder.  
**Tum-Tum:** is hiding in a guitar on page 13.

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  
or scan the QR code



**ONLINE NOW!**

# kid zone

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