

FEATURE

An ethical Easter

NEWS

Hidden in plain sight

MY STORY

A place of safety

Beyond a bowl of pasta

Choosing joy, even in the toughest times of life



SALVOS

MAGAZINE





"JOY DOES NOT SIMPLY HAPPEN TO
US. WE HAVE TO CHOOSE JOY AND
KEEP CHOOSING IT EVERY DAY."

HENRI NOUWEN

DUTCH CATHOLIC PRIEST, WRITER
AND SOCIAL JUSTICE ADVOCATE



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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Ethical eggs

Easter is fast approaching – a time when many of us buy Easter eggs and other chocolates for family and friends. Much of the world's cocoa is harvested in West Africa, using some of the worst forms of child labour, child trafficking and other forms of labour exploitation.

Producers of Fairtrade and ethically-sourced chocolate (including Easter eggs!) ensure that cocoa farmers are paid properly, working conditions are good, communities are supported and that no exploitation is involved.

In this edition, we share information on some of the varieties of ethical Easter products available, where to buy them, and how to identify them. Please consider swapping to these products – your purchase really does have the power to change lives in some of the world's poorest nations.

Other stories this week include Jess Morris' personal story on learning to experience joy, even when life is tough; an update on The Salvation Army Slavery and Trafficking Safe House, and how a lonely man has found friends and community.

For all these stories and information on where to get help, go to salvosmagazine.org.au

Simone Worthing **Assistant Editor**

Have an ethical Easter

Use the power of your purchase to change lives and communities

WORDS ALEXIS MCKEAND



Easter. If you ask my children, they will tell you it is all about Jesus and chocolate. The hollow inside of the Easter egg is supposed to remind us of the empty tomb, and the signature cross of a hot cross bun alludes to the death and resurrection of the Son of God, but let's be honest – the chocolate doesn't always last long enough for too much contemplation.

However you celebrate the long weekend, and whether you're a 'chocoholic' or not, it is hard to escape the bright shelves full of sweet delights from as early as the start of each new year. The choices are endless and every year they seem to find new flavours to draw us in. But, is your chocolate ethical? Choosing Fairtrade this Easter can not only

be delicious for you and those you love, but it can help end the cycle of poverty for families all over the world!

Fairtrade is the process of buying and selling produce from developing countries. It allows and mandates that farmers earn what they deserve for their labour, under suitable working conditions. On average, cocoa farmers earn less than \$2 per day. When chocolate companies pay fair prices for cacao and cocoa, workers are treated well, farmers can earn enough to support their families, and children aren't forced to work and can go to school. Fairtrade means being just and fair to people as well as to nature, and choosing Fairtrade is a very simple way to 'spread the love' worldwide this Easter.

SYMBOLS TO LOOK FOR

So, what should you look for? There are three symbols which indicate that the 'chocolatey' treats you are buying are making a difference:



FAIRTRADE
INTERNATIONAL

Fairtrade is about stable prices, decent working conditions and the empowerment of farmers and workers around the world.



The UTZ logo means the company supports sustainable farming by sourcing UTZ certified coffee, cocoa, tea or hazelnuts.



The Rainforest Alliance certification on a product means the product or company has been audited to meet standards that require environmental, social and economic stability.

These symbols mean every effort has been made to make sure the producers are being supported and paid fairly.

BUYING ETHICAL CHOCOLATE

Wondering which brands carry these symbols, where you can buy them, and how much they cost? Well, fear not dear reader, we have done the research (and selflessly – the taste testing, too) on your behalf. Below is our list of some, but by no means not all, of the supermarkets, shops and websites where you can get yourself and your loved ones all the chocolate you need this Easter – listed according to price range. There are plenty more options out there, but these are some

we personally have taste tested and think are a bit of alright.

CHEAP AND CHEERFUL

Dairy Fine and Moser Roth:

Proving that Aldi isn't just the place to go for those amazing weekly special buys, the Dairy Fine and Moser Roth Easter ranges on their shelves each year proudly exhibit their ethical status. Is the chocolate for your connoisseur family members? No. Are they great for hunts and guilty late-night snacking? Yes. Ski gear and ethical chocolate? What could be better?

Woolworths Select:

Looking for a home-brand alternative to the big brands? Woolworths Select range of Easter eggs are made using Rainforest Alliance certified cocoa.

MID-RANGE

Darrell Lea:

Okay, so they aren't Fairtrade certified, but Darrell Lea's partnership with the cocoa sustainability program, Cocoa Horizons, has seen the iconic Aussie brand move to using 100 per cent sustainable cocoa. Rocky Road egg anyone?

Lindt:

With their own sustainability program and a 100 per cent traceable supply chain, the gold bunnies glittering on the shelves of major supermarkets could never be a bad choice.

Chocolatier:

With a delicious and gourmet range of truffles and eggs, Chocolatier is truly delicious and can be found at many local Foodworks and ▶

IGA supermarkets nationwide. They are also available online.

Ferrero:

For Fairtrade and sustainable Ferrero treats, look no further than Ferrero eggs in both hazelnut and cocoa, as well as the classic Ferrero Rocher golden squirrels. Ferrero are also a champion of sustainable palm oil, so our orangutan friends will thank you for your choice.

GOURMET

These are available mostly online.

Hey Tiger:

This Melbourne-based social enterprise uses only ethically-sourced ingredients. Partnering with The Hunger Project, their plan is to help communities in Ghana, one block of deliciousness at a time.

You can buy their flavour combos in block or egg form and, in a truly eco move, their Easter cartons can then be reused to create something crafty!

To order, head to heytiger.com.au

Haigh's:

No celebration in my husband's family is complete without a bit of Haigh's chocolate (in fact, on more than one occasion, family arguments have been won, and apologised for, with these treats.). The fact that Haigh's are UTZ certified as part of the Rainforest Alliance means that I can safely partake in family festivities without feeling guilty.

Bars, shaped chocolates, truffles and eggs (plus bilbies), can be found in their stores or bought online. With \$15 shipping

Australia-wide, why not give them a go?

Take a look at haighschocolates.com.au

ALLERGY AND DIETARY REQUIREMENT FRIENDLY:

Treat Dreams:

"My family are vegans and picky, what do I do?" you ask? Fear not, I've got you! Treat Dreams are a Sydney-based company with a serious number of awards and 'street cred' to back them up. They were even awarded Best Vegan Milk Chocolate 2020 for their Peanut Crunch!

Cream eggs, bunny truffles, bars and even a full range of pastries and cakes can be ordered, with their packaging even having an ethical spin.

Check them out at treatdreams.com.au



Moo Free:

For our vegan and gluten-free friends, the organic and non-GMO sea salt and caramel, dark chocolate, original or bunnycomb eggs of Moo Free are made using single-origin

organic cocoa from plantations in the Dominican Republic. You can buy them online from David Jones and lots of independent supermarkets.

So, whether you are a chocolate partaker, a parent searching for the compulsory egg hunt items, or just a generous loved one wanting to give the perfect gift – we hope that this year, making your Easter an ethical one will be the simple choice!

Got your own suggestion of a company we have missed? Why not head to our social media pages – @salvosocialjustice on Facebook and Instagram, and tag us in a picture with the details.

Hoppy Easter every-bunny!

Captain Alexis McKeand is a Policy and Social Justice Adviser for The Salvation Army Australia, and a Chaplain in the Royal Australian Air Force.

***The views and opinions expressed in this article are those of the authors and do not necessarily reflect the official policy or position of The Salvation Army**



Scan here for more on finding meaning.

JOIN THE MOVEMENT

The Global Slavery Index of 2014 estimated that over 35 million people are enslaved around the world, including in Australia. According to the United Nations, people are trafficking by force or deception for the purpose of “sexual exploitation, forced labour or services, slavery or practices similar to slavery, servitude or the removal of organs”.

People, including children, are often forced or deceived into harmful situations where they are required to farm our everyday products, such as the cocoa used to make chocolate! Forced to work in unsafe conditions, millions of people are living a life of imprisonment.

However, we can all take simple steps to ensure that the products we purchase do not have slavery in the supply chain. Purchasing ethically-produced goods is an easy way to guarantee the products we consume in our everyday life - tea, coffee,

chocolate – are free from modern slavery and human trafficking.

When you choose to swap to Fairtrade and ethically-sourced products, you are joining a movement that is directly changing the lives of more than 1.65 million farmers in more than 74 countries. Not only does buying Fairtrade ensure the local producers are paid a fair price for their crop, it also includes an additional payment to help the local community develop infrastructure such as fresh water, education and health services.

Rainforest Alliance, UTZ and other brands are taking steps to improve working conditions across their global supply chains.

Will choosing Fairtrade products cost you a little more? Probably. Will finding them take you a little more effort? Possibly. Will it make a difference? It already has. Join the movement.

Modern slavery – hidden in plain sight

Salvos Safe House supports victims of modern slavery and human trafficking

WORDS SIMONE WORTHING

On 25 March, Australia will join the observance of the United Nations International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade. Tragically, modern slavery exists today on a massive and global scale.

Through the country's only Trafficking and Slavery Safe House, The Salvation Army run a unique support service for people who have experienced human trafficking, slavery, or slave-like offences. This includes those who have experienced, or are at risk of, forced marriage.

"Since living at the Safe House, I have learnt a lot about myself, being brave and to stand up and speak for myself. My greatest achievement is to become more independent and more sociable. I have become confident; before, I was scared of doing things."

These are the heartfelt words of a former client and three-year resident of The Salvation Army Trafficking and Slavery Safe House, Sydney. She is now living independently, working, studying and building a new life for herself.

"It's of paramount importance to us that our clients experience, not only healing, but are able to grow in confidence, learn new skills and build an independent life," said Claudia Cummins, Acting Program Manager at the Safe House. "This includes learning how to access support and services, as well as making new friends.

"We know survivors may have had limited choices, often for significant amounts of time, and so we work from a strengths-based and trauma-informed support framework to help them build self-confidence, explore options

and make decisions for their future."

SUPPORTED ACCOMMODATION

Human trafficking and modern slavery are something many Australians think of as happening overseas. Tragically, this is not the case.

The Global Slavery Index 2018 estimated that on any given day (based on research from 2016), around 15,000 people were living in slavery-like conditions in Australia. It is also estimated that, for every victim identified, there are four that go undetected.

The Safe House provides supported accommodation and comprehensive case management for up to 10 single women over the age of 18. Outreach case management support can also be provided to around 15 women, men, families and young people living in the community.

This year, as pandemic restrictions are scaled back, the Safe House team aims to be out and about in the community more, providing information to Salvation Army centres and



PHOTO BY SCOTT WEBB ON UNSPLASH

A new pilot housing program is helping survivors of slavery transition to their own homes.

churches, and other service providers, on how to identify modern slavery (see back cover) and how to respond.

PANDEMIC IMPACT

Claudia explained that, although referrals to the Safe House decreased during the last year, some of that is because people have not had the same access to schools, community centres, churches and other avenues of potential support during the pandemic.

"Modern slavery is always hidden in plain sight," she said. "In Australia now, even more people are vulnerable to exploitative labour situations due to financial hardship and international trends.

"Although borders are closed, we have still been getting referrals in the areas of forced labour, sexual exploitation and domestic servitude."

Forced marriage also remains a growing issue in Australia. Historically, many referrals to the Safe House for those potentially at risk of forced marriage are made through teachers and school counsellors. The team also supports asylum seekers fleeing a forced marriage or women who have experienced one.

Other referrals to the Safe House come from other service providers and people who recognise the signs of modern slavery. They include state and federal police, refugee and asylum seeker services, hospitals, Salvation Army and other churches, community centres, everyday citizens, and mental health and domestic violence services.

PILOT HOUSING PROGRAM

To deliver long-term housing options for survivors, based on a new model aimed at supporting people into independent living, the Safe House is piloting an innovative transitional housing program in partnership with Salvos Housing, and with generous funding from the Sisters of Charity Foundation.

So far, three people have moved to their own homes – one 12 months ago, one six months ago, and another two months ago. "The clients have set their homes up the way they like them and are transitioning to

To make a referral, discuss matters of concern, or to donate to the Trafficking and Slavery Safe House, call 1300 473 560.



Scan here for more on mental health.

Beyond a bowl of pasta

Choosing joy, even in the toughest times of life

WORDS JESSICA MORRIS

I realised I had discovered joy when I was serving someone pasta. I was a waitress at the time, and my workplace was full of chaos and stress. I knew it well, because as someone who lives with chronic anxiety, I had been told multiple times that my best wasn't good enough.

It wasn't an ideal environment for experiencing joy – or even some sort of fleeting happiness for a job well done! And it definitely wasn't what I wanted for my life – I had big dreams that went beyond taking people's orders and smelling like pizza 24/7. But late at night, when I went home from a work shift, these goals felt far away. Hours of criticism, discontent and fear would come out in tears.

But, as I soon found out, that is the place where joy grows – in the wastelands of life.

Back to my pasta story.

I couldn't tell you exactly what type of pasta dish I was serving that day, only that there were 20 options on the menu and I had to remember them all. Thankfully, the couple I served didn't care about the pasta – they cared about me. And I knew, because as I served them, they said, "Doesn't she have a wonderful smile?"

You're right, most people don't speak to wait staff like that. But I knew this couple – we were acquaintances from church. In fact, one of them had been my school counsellor when I was diagnosed with severe depression years earlier. In some way, they knew about the darkness I had, and was, overcoming. And with

these simple words, they called out strength and joy in me that I had forgotten existed.

In that moment, I felt like my spirit transformed from a shrivelled succulent to a blooming desert flower. I was reminded that I could be a light in the dark places of this world – and that I was not defined by the circumstances I lived in.

“

Joy is popping up through the cracks of the desert floor ...

”

I was strong. I was hope-filled. I had joy.

And that is why I know what joy is. It's not moments of happiness, feelings of merriment, or a positivity that denies the struggles we are facing; it is a gift from God, that sustains us in the desert.

In the Bible, there is a book called Psalms, which is full of poetry and songs. It speaks about knowing God, saying, "You make known to me the path of life; in your presence there is fullness of joy" (chapter 16, verse 11).

The day I discovered joy, I had no idea what the path of my life looked like. I just knew I had to survive. But I knew the life-saving power of Jesus, and I knew I was living for a



PHOTO BY STEPHANIE HARVEY ON UNSPLASH

purpose – and that meant that even when I was unhappy, there was still joy in me. And it was enough joy to overflow into the lives of the people around me.

So, instead of chasing happiness, I'm going to keep looking for joy. Because even in the harshest seasons of life, while we deal with a pandemic, delayed dreams, disappointments

and illness, it is always there. Joy is popping up through the cracks of the desert floor to remind us that God is with us. Even here.



Scan here for more on mental health.

A place of safety

Mr Xaing at home with a culture of friendship and trust

Major Bryce Davies is a Salvation Army officer (pastor) who has worked for many years with marginalised communities in Queensland and New South Wales. In the final of a four-week series, Bryce continues to share the stories and struggles of people he has come across while serving in the often-troubled suburb of Villawood in Greater Western Sydney. This week we hear about Mr Xaing – some of the unique challenges he faces, and how he is connecting with his community with the support of his friends at the Salvos. Story printed with permission.



Mr Xaing feels accepted and at home with his Salvos friends in Villawood.

Mr Xaing is an 84-year-old Chinese man who lives in one of the units at Villawood.

He speaks almost no English but has been a treasured member of the Salvos community here for the past few years. He has one of the warmest smiles and the kindest faces you could imagine, is quite frail and walks very slowly. He is a very vulnerable person in a quite dangerous neighbourhood. His first interactions were to join us for a meal. It was here that we established a culture of friendliness and safety. He learned to trust us.

When the table tennis table came out, we asked him with sign language if he played and, of course, he had played all his life. So, we had a game and sure enough, even though he can't really move around the table, his traditional Chinese ping-pong bat grip was still effective, and he can sustain a long rally if you hit the ball straight back to him. There is no language required in ping-pong, and we would laugh and hoot at good shots or lucky net winners. Our relationship warmed even further. At one stage, he came to me with a Chinese friend who spoke some English and explained that his home internet needed to go to the NBN. So, I helped sort out a plan for him. Then he needed to update his expired passport.

One time during a meal, I complained about a sore elbow and found out that Mr Xaing is a Chinese natural therapist. He uses manipulation to heal, and he started pressing into the sore muscle area of my arm. It was excruciating, but he seemed to know what he was doing and was quite confident.

I went to his unit to get a second treatment not long afterwards, and he showed me his extensive array of qualifications and published journal articles. It was impressive. The classic moment, though, was when I hurt

my back and he told me to lie down on a table. He proceeded to whack my back with what looked like a long-handled hairbrush. It hurt like nothing else, but the blood was certainly arriving in the sore area as it was burning hot. Everyone fell in love with this 'smiling assassin', who was loving every minute of the fun and banter. Well, almost everyone – I was the one getting flogged!

“

**He is a rich part of
our community.**

”

Mr Xaing loves playing games, including UNO and frisbee, and he always joins in our bocce games and laughs with great enthusiasm.

Mr Xaing showed me a video the other day that his son had made for him on his phone, with Chinese music and a whole heap of photos. There were maybe two photos of his family and all the others were of his Villawood Salvos friends. He pulled out his wallet and showed me the picture he keeps in there – a picture of us.

We all love Mr Xaing, and he is a wonderful and rich part of our community, where our aim is to share the love of Jesus. But if he gets his back-whacker out again – I may just give it a miss.



Scan here for
more on the need
for community.

Chocolate cake



PHOTO BY PURE JULIA ON UNSPLASH

Ingredients

2 cups self-raising flour, pinch of salt, 4 tbs cocoa, 115g butter, 230g caster sugar, 2 eggs, 3 tbs milk

Icing 90g chopped chocolate, 30g butter, 1 cup icing sugar, 2 tbs hot water

Method

Sift flour, salt and cocoa.

Cream butter and sugar, gradually adding the well-beaten eggs. Mix in sifted dry ingredients alternately with the milk. The mixture needs to be soft.

Line or grease two 20cm tins. Pour half of the mixture into each.

Bake in a moderate oven (180-190°C) for around 40 minutes.

The cake will come away slightly from the sides when cooked. Ice the cake when cooled.

Icing

Melt chocolate and butter in a bowl over hot water. Gradually stir in icing sugar. Add water as needed to mix to a spreadable consistency.

Have a laugh



Bible byte

"Don't be dejected and sad, for the joy of the LORD is your strength!"

Nehemiah chapter 8, verse 10

New Living Translation

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

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. 25 March 2021 2. Ending racism 3. 20 March 4. Keep Calm. Stay Wise. Be Kind. 5. It protects the heart, combats stress, lengthens lives.

Tum-Tum: is hiding behind a chocolate bunny on page 6.

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

Quick quiz



1. On which day in March is the United Nations (UN) International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade?
2. Which issue is the focus of that day this year?
3. The UN International Day of Happiness is also observed in March – on which day?
4. What is the 2021 theme for the International Day of Happiness?
5. What are some of the benefits of being happy?

Did you know?

- The heart of a blue whale is the size of a small car.
- Ears of corn always have an even number of rows of kernels.
- The can opener was invented 48 years after cans were introduced.

Indicators that a person may be in a situation of servitude, or a victim of trafficking – the person may be:

- forced to work through violence or threats;
- unable to leave the home where they are working, or only allowed to leave if someone goes with them, and their movements monitored;
- unable to choose to leave or to stop working for the person or family;
- not paid, or paid very little;
- deceived or lied to about the type of work they would be doing and the working conditions;
- little to no time off from working;
- physical, verbal, psychological and/or sexual abuse;
- tells you they have to 'escape';
- threatened with deportation or arrest;
- told they have to pay off a large debt to the person who brought them to Australia or for whom they are working;
- unable to hold their own travel or identity documents;
- afraid for themselves, their family, or others;
- isolated, degraded and humiliated.