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for Victor Harbor
Salvos volunteer

FAITH TALK

Hope in the
darkness

MY STORY

Continuing the
good work

Making each day count

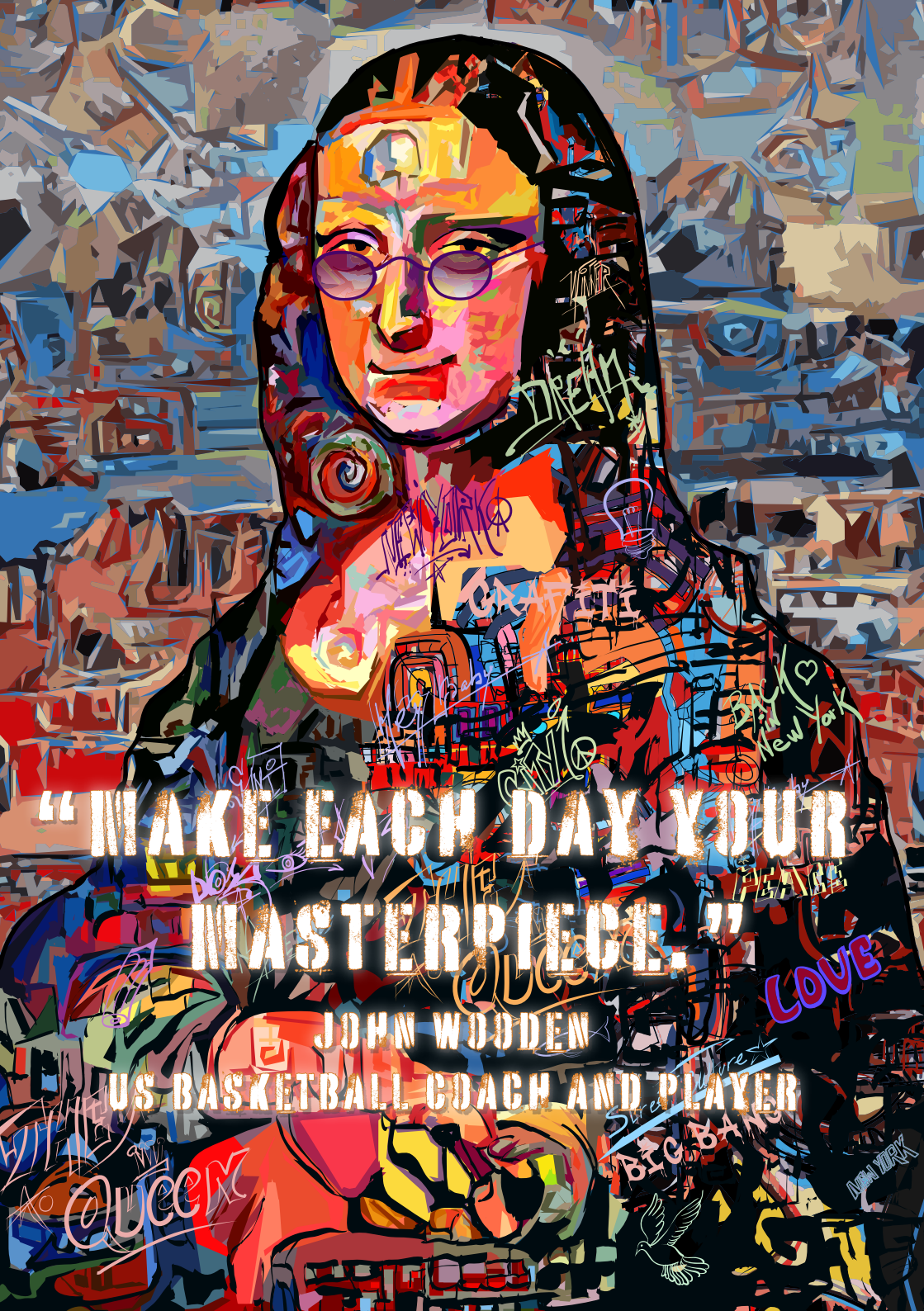
Learning to live in the moment



SALVOS

MAGAZINE





“MAKE EACH DAY YOUR
MASTERPIECE.”

JOHN WOODEN
US BASKETBALL COACH AND PLAYER

QUEEN

BIG BANG

LOVE

NEW YORK

QUEEN

QUEEN



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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Continuing the good work

Learning to age well

In a world of uncertainty, there's one thing we can be sure of – we're getting older. The years and decades just keep rolling on. Have you ever looked in the mirror and thought, "When did you grow up?" or "How can you be old enough to be a parent?" and "Are you really a grandparent?"

International Day of Older Persons is marked annually on 1 October and, God willing, we'll all make it to an age to celebrate it personally during our lifetime. It's a date set aside to recognise the contribution older people make to our community. It's also an opportunity to highlight issues they face and the support they need to age with dignity.

In this edition Jo-anne Brown reflects on some of the joys of growing older and imparts a secret or two on how to age well, concepts that anyone of any age will find valuable. But there's also a sobering side to the story – The Salvation Army's Social Justice Report gives an insight into the hardship and discrimination faced by many older Australians.

Growing older is a part of life and something to be embraced. As the psalmist in the Bible says, "Teach us how short our life is, so that we may become wise" (Psalm 90, verse 12 *Good News Translation*).

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

Faye Michelson **Assistant Editor**

Teach us to number our days

Making each day count

WORDS Jo-anne Brown

Recent research indicates that almost one quarter of retirees will die with their superannuation wealth intact. Anxiety about digging into our superannuation or savings, especially when we have no idea how long we will live and what financial needs we might have in the future, means people could be struggling to make ends meet, or to enjoy life now, out of fear of not having enough for next year, or 10 years down the track.

Long ago Moses, a Hebrew prophet, prayed, "Teach us to number our days, that we may gain a heart of wisdom" (Psalm 90:12 NIV). Yet this seems to be an impossible thing to do. We cannot know how many days we might have left, which makes it hard to spread our savings to cover all eventualities.



Imagine what a waste it would be to scrimp and save now and die with much of our superannuation intact. At the same time, it would be foolish to live extravagantly and end up with nothing to live on for the next 10, 20 or 30 years of our lives.

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This one day, this moment even, is the only moment we can be sure of.

”

LIVING WELL AND WISELY

Growing older is not just about managing finances. It's about how we live our lives, recognising that life can be fleeting and fragile, as well as uncertain. Another way of expressing the heartfelt prayer of Moses is to ask, "Teach us how to live well and wisely" (MSG).

Many of us struggle to live well in the present moment. Some are continually looking forward, thinking about what's coming next and worrying about a future we cannot yet see. We can be consumed with anxiety about things that may never happen. Others seem to be constantly looking back, either remembering 'the good old days' or filled with regret at missed opportunities or perceived failures. Whether we are focusing on good memories or struggling with negative ones, allowing the past to take up too much space in our hearts and minds will mean we're not



able to live well right now. And now is the only moment that we really do have.

This is where we need wisdom in getting the balance right, so that at whatever age we are we can find joy and fulfilment. We need to plan wisely for the future but this doesn't mean we are to live in the future or worry about what is to come. And yes, it is good and healthy to learn from the past – from both our good experiences and our mistakes – but it won't serve us well if we live in the past and allow ourselves to be consumed by regrets.

LIVING IN THE MOMENT

One of the secrets to aging well is learning to let each day, each moment, count – because it is the only moment we have! We recognise there's much uncertainty in life, and much we don't have control over. We might plan for tomorrow, but we have no guarantee things will go according to that plan.

As we age, we become more aware of our limitations (at least we do if we are honest with ourselves), and it's our choice what we

do with that awareness. We can focus on the limitations, on the things we can no longer do, and become discouraged, even bitter or negative. Or we can embrace the new possibilities and friendships that come our way, choosing to focus on what we can do and being brave enough to try new things. We need to be honest about the losses we face and to grieve them – then we can let them go and move on to new opportunities.

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One of the secrets to aging well is learning to let each day, each moment, count.

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French philosopher and writer Jean-Paul Sartre wrote, “There is only one day left, always starting over: it is given to us at dawn



and taken away from us at dusk." This one day, this moment even, is the only moment we can be sure of. We can make it count by living it fully, by enjoying whatever it is we are given right now, and by allowing love, grace and hope to shape us rather than the limitations we may encounter.

LEARNING FROM EXPERIENCE

The older we grow, the more experiences we have lived and learnt from, and the more wisdom we have gathered. By drawing on these experiences and learning from them, we are well-equipped to live each moment fully.

Perhaps we have learned the joys of simplicity – catching a moment of sunshine on a rainy day, seeing new shoots appear in the garden or hearing the laughter of children. Perhaps we've learned that what we do is less important than simply listening to what others have to say without judgment, and being there for them.

Maybe we've realised that we're obviously not perfect and that it's okay to be imperfect and get it wrong at times. This can be a challenging thing to admit to, but at the same time it can be incredibly freeing!

As we grow older we become more aware of how fleeting time can be and how very precious each moment of life is. This awareness can give us the wisdom to make each day count, to embrace the pleasure of each moment, and to wholeheartedly live right now with love, joy and grace. There will be no better moment!

Jo-anne Brown is a Salvation Army officer (pastor) and spiritual director in Queensland.



Scan here for more on Salvation Army Financial Services.



Older Australians discrimination & hardship

Older Australians generally live longer and healthier lives than those in earlier generations, but many older people still experience considerable hardship. Older people (65 years plus) are especially at risk of falling into poverty, homelessness and housing insecurity. The single Aged Pension, with additional supplements is around \$25,000. With the high cost of living in Australia, this amount leaves many in need. Home ownership is the most important determinant of the wellbeing of people on the full Aged Pension, and about 14 per cent of pensioners who don't own their home say they have suffered financial hardship – for example, they skipped meals, did not heat their home or were unable to pay bills on time.

Access to appropriate aged care can also be especially difficult for groups already experiencing disadvantage or discrimination, such as Aboriginal and Torres Strait Islander and culturally and linguistically diverse (CALD) peoples, Veterans of the Australian Defence Force and their families, older people living in rural or remote areas, those who are homeless or at risk of becoming homeless, older women in private rental accommodation and lesbian, gay, bisexual, transgender, intersex, queer, asexual and other sexuality and gender diverse (LGBTQIA+) people.

Older Australians can also face ageism which remains the most accepted form of prejudice in Australia. Ageism has economic costs, with recent research

suggesting that an extra three per cent in workforce participation by people aged 55 years and over would lead to a \$33 billion boost to Australia's GDP. Older Australians are also one of the groups most vulnerable to loneliness, marked by transitional life changes that can increase the risk of, or act as a trigger for loneliness, especially for older men.

Older Australians have made, and continue to make, an enormous contribution to Australian society and we need to ensure they can live with dignity in their retirement years.



In 2017, there were **3.8 million** Australians aged **65 and over** (15 per cent of the total population). The number and proportion of older Australians is expected to continue to grow with the population of older people expected to comprise **8.8 million people** (or 22 per cent of the population) by 2057.



Apart from income, a major indicator of poverty in Australia is age. In Australia, the poverty rate for those over 65 years is **19.5 per cent**, rising to **28.7 per cent** for those over 75 years.



A third of older Australians have experienced some form of age-related discrimination, most commonly as employment-related discrimination.

What we can do?

AS A NATION

- » **We can provide adequate funding for the care of older people.** This involves ensuring there is appropriate health, aged care and social services, with wrap-around supports that allow all people to age 'in place' where they feel safe and connected.

AS A STATE OR TERRITORY

- » **We can develop programs for older Australians informed by lived experience and evidence-informed research about the needs of older Australians.** These might include education around digital literacy and safety, accessible transport, financial literacy, elder abuse, social connection and loneliness, training to (re) enter the workforce and increased volunteerism.

AS A COMMUNITY

- » **We can reduce stigma associated with ageing.** We can do this by providing welcoming spaces for older Australians that are inclusive of their many varied roles in society, including as carers, grandparents, mentors and volunteers.

AS INDIVIDUALS

- » **We can connect with older people in our community.** This might be to offer help when needed (like mowing the lawn or picking up groceries) but could also be to learn from and enjoy the company of our elders.

Medal honour for Victor Harbor Salvos volunteer



From left, Captain Nathan Hodges, Victor Harbor Corps volunteer Chris Marshall, and fellow Country Fire Service personnel Emily Pettman

Victor Harbor Salvos volunteer Chris Marshall has received a National Emergency Medal in recognition of his contributions to the Black Summer fires of 2019.

Chris, who has been volunteering in the Country Fire Service (CFS) for more than 13 years, was one of a number of people who received medals at a ceremony on Sunday 24 July.

The National Emergency Medal, established by Queen Elizabeth II in October 2011, is awarded to persons who render sustained or significant service during national emergencies in Australia.

Chris' recognition comes for his service fighting fires with the CFS on Kangaroo Island during the Black Summer disaster of 2019. Dry lightning strikes resulted in fires that burned for six weeks, destroying 211,474 hectares across the island.

The fires destroyed 56 homes, injured 23 firefighters and tragically claimed the lives of two men. Chris helped fight the fires with the CFS, and on two occasions while there he was fed by The Salvation Army Emergency Services (SAES) Team.

"Seeing the Salvation Army Emergency Services teams at work has inspired me to also volunteer in that area with feeding people in emergencies when I am not out with the CFS," Chris says.

Victor Harbor Corps Officer (pastor) Nathan Hodges says Chris is a valuable 'jack of all trades' at the church, helping with maintenance work and even answering security calls.

"Chris really does anything that's needed – including volunteering at Doorways [the emergency relief space that offers relief assessment, free groceries and hampers to people in crisis]," says Captain Nathan Hodges, corps officer (pastor) at Victor Harbor (SA).

After eight years of volunteering with the Salvos, it's the sense of need and the difference he can make that drives Chris.

"I serve with Salvos because I have a sense of wanting to help those who need food and shelter and of being able to help the community during a time of extreme occurrences," he says. – **Anthony Castle**

Innovation keeps Salvation Army stores open in Denmark



The opening of the first automated recycling shop in Frederiksberg, Copenhagen

The recycling program run by The Salvation Army's Denmark and Greenland Territory has come up with an innovative solution to the problem of falling volunteer numbers – an automated store that can open without any staff present.

Territorial Recycling Manager Gert Pedersen explains: "We were already finding it difficult to recruit enough volunteers but the COVID-19 pandemic made things worse. In the past few years we had to close four shops because of the lack of volunteers, so we looked at how we could run a shop without needing volunteers to be present from 10am to 5pm."

The first automated shop was opened in June in the Frederiksberg area of Copenhagen. The Salvation Army recycling shop on the site had been running for about 10 years, but in recent days had to reduce its hours because of the difficulty in recruiting volunteers.

The system at the automated shop is simple.

"There is a sign on the shop door with a phone number on it," Gert says. "You send a text message to that number, the door clicks open and you can enter."

Once in, customers can browse as usual, with cameras recording for security purposes.

"The stock is 95 per cent clothing," says Gert. "You can try things on and then, when you've decided what to buy, you scan a barcode and pay with your card or smartphone."

The automated shop can open for longer hours – currently 8am to 8pm – and volunteers are only needed to help with restocking. Gert says this is another advantage, and three months into the experiment the shop is running even better than expected.

A second automated shop was due to open recently at a new location. Gert will be keeping a close eye on how it works, with the potential that more automated shops will open.

That is for the future. Today, the Frederiksberg shop continues to support The Salvation Army's ministry to Denmark's most vulnerable people. How it works in the long-term remains to be seen but, for now, Gert simply says: "We are thrilled." – **Kevin Sims, The Salvation Army International Headquarters Communications Department**

Hope in the darkness

Hearing the truth, though painful, brings healing

WORDS Phil Inglis

Elie Wiesel is one of my heroes. Born on 30 September 1928, he was a Nobel Peace Prize-winning survivor of the Auschwitz concentration camp in World War Two.



PHOTO: DAVID SHANKBONE VIA WIKICOMMONS

He wrote of his experience in his memoir, *Night*, and in his Nobel Lecture in 1986, he said: "Just as man cannot live without dreams he cannot live without hope. If dreams reflect the past, hope summons the future."

Elie went on to describe the sensation that God had abandoned the universe: "Night after night, seemingly endless processions vanished into the flames, lighting up the sky. Fear dominated the universe. Indeed, this was another universe; the very laws of nature had been transformed. Children looked like old men; old men whimpered like children. Men and women from every corner of Europe were suddenly reduced to nameless and faceless

creatures desperate for the same ration of bread or soup, dreading the same end."

When the war ended, the horror of the depths to which humanity had fallen was too much for the world to bear. For many years, the world didn't want to look, didn't want to take on board what had happened, and didn't want to acknowledge the injustice because it was too shameful.

Except Elie and other survivors couldn't forget. How could they? Elie's parents and little sister had been killed, and he was left alone after the war. He had survived the Holocaust, but now the whole world had sunk into silent denial. This was a greater cause for hopelessness than any that had come before.

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It was his book and others that drew out the humanity, pain, regret and shame.

”

The Holocaust could be written off as the absolute evil of a particular man, party, nation, philosophy or ideology. The Holocaust could be understood as an evil injustice perpetrated by people against the will of God. But when the whole world sank into denial, it felt as though all of humanity became complicit in the actions of the Nazis. No longer did it feel like evil people had perpetrated this injustice

against the will of God; it felt as though God himself had abandoned humanity.

Jewish historian Shimon Dubnov, in the ghettos of the Latvian capital Riga, encouraged all the Jews to “write it all down”, and they did. There are writings all over Europe and the world from countless chroniclers, from the ghettos and concentration camps.

For Wiesel, the writings formed the basis of his book, *Night*, which was the most powerful picture of the Holocaust. It was his book and

others who stood up that told the story in all its horror and forced the world to slowly take notice, recognise, accept and mourn. It was his book and others that drew out the humanity, pain, regret and shame.

At the same time, for those who told, wrote, painted and presented their stories, hope began to return as the world listened and as people saw, read and cried.

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Hope begins to build when people are willing to listen and acknowledge abuse, pain and suffering.

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The truth is, hope begins to build when people are willing to listen, hear the stories, and acknowledge abuse, pain and suffering.

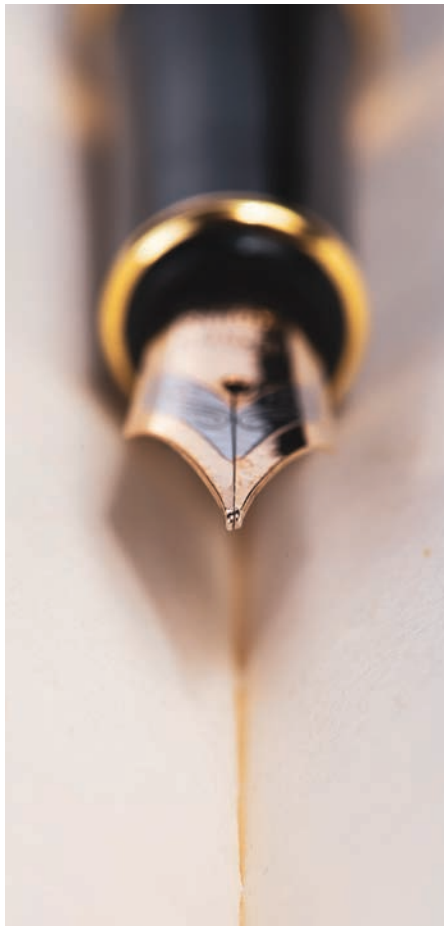
The Salvation Army is called to supply hope where it’s needed most by hearing the lost and hurting.

And, backed by our love for God, we are ultimately called to offer these people our acceptance and attention above and beyond simply caring for their physical needs – and introduce them to the source of all hope, Jesus Christ.

Phil Inglis is a Salvation Army officer (pastor) serving in Victoria.



Scan here for more on mental health.



Continuing the good work

The idea of giving back and helping others motivates Richard

Richard has been a supporter of The Salvation Army for 33 years. He recently celebrated his 100th birthday and said he supports the Salvos because they help everyone in need and without hesitation.

Can you tell us a bit about your background?

I was born in England in 1922 and my family migrated to Perth, Western Australia, in 1929.

I grew up in Perth and started working for the State Government as an office boy for what is now known as the Public Trustee. I worked my way through the ranks and became a trust officer who administered estates and managed the wellbeing of those not able to do so.

Although I loved this work and helping others, I heard that a new refinery was being built in Perth and they were looking for an internal auditor, so I applied and was successful. I worked at BP for over 30 years.

Upon retirement my life took another path – I began working for the Australian Ballet as their secretary and then managed the building of the Australian Ballet Centre, and after five years there I retired.

When you look back on your working life, is there any one moment/event that touched your heart or a role that you are most proud of, and, if so, why?

My Public Trustee role was the role that meant the most to me because I was able to help so many people and on a number of different levels.

There were personal interactions where I offered support and guidance for those grieving. I had times where I supported and



guided families with loved ones who were not capable of managing their personal finances and affairs and assisted spouses of incarcerated clients with safety and help where needed.

Who has been the biggest influence in your life?

My late wife Violet was my greatest influence. I hope I'm a better person because of Vi.

To have someone who walked life with you and shares your ups and downs and stands strong with you is a blessing. Together we had two children and four grandchildren and now there are great-grandchildren. I celebrated my 100th birthday at the Victorian Golf Club with my family recently and a photo of the family taken on the day is a reminder of all Violet and I created together.

What led you to supporting The Salvation Army?

The idea of giving back and helping others.

This further supports why I enjoyed my role as a trust officer at the Public Trustee office.

“

Supporting The Salvation Army allows them to do the wonderful job they do to help others.

”

Supporting The Salvation Army allows them to do the wonderful job they do to help others because they are on the forefront of where the need is greatest. Together we help others – the Salvos do it up close and personal and I do it from a distance!

How would you like to see your gift used or what would you like to see it provide?

The Salvation Army can see first-hand where the priority is and where best to place the funds to help everyone in need, so I leave it to them to decide.

Why would you encourage other people to donate to The Salvation Army?

The Salvos do wonderful work – they are face to face and work with those in need from the beginning to the end. They don't leave anyone in need and give to those who need help.

What is a piece of advice you'd like to share with the next generation?

There is a lot to be done in the helping of others. This generation needs to take the best of the previous generation and use it to continue the good work being done to help everyone in need.



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:

Call: 1800 337 082
salvationarmy.org.au/wills
or scan the QR code



Jam slice



Ingredients

125g butter, ½ cup castor sugar, 1 egg, 1½ cups self-raising flour, ½ cup raspberry jam

Topping: 1 egg, ¼ cup castor sugar, 1 cup desiccated coconut

Method

- Preheat oven to 180°C and grease a slice tin.
- Place butter in a large saucepan and melt over low heat on stove. Remove from heat once butter is completely melted.
- Add the sugar and egg to butter and mix well.
- Sift the flour into the mixture and stir until well combined.
- Place into the slice tin, press into pan evenly and spread with jam.
- **Topping:** Place the egg, sugar and coconut in a bowl, mix well and sprinkle evenly over the jam.
- Bake for 30 minutes until golden on top. Remove from the oven, let cool and cut into squares.

FUNNY THINGS KIDS SAY



PHOTO: STOCK / GETTY IMAGES

Seven-year-old Daisy and her four-year-old brother Ollie were sitting together in church.

Ollie was laughing, wriggling and speaking loudly.

Finally, Daisy had had enough. "You're not supposed to talk out loud in church." "Why? Who's going to stop me?" Ollie asked.

Daisy pointed to the back of the church and said, "Those two men standing by the door? They're hushers!"

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.

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



Quick quiz

1. 'When I'm Sixty-Four' is a song by which English band?
2. What is the only remaining Ancient Wonder of the World?
3. Who is the oldest person in the Bible?
4. Which movie is this line from: "Life is like a box of chocolates"?
5. How much does a "stitch in time" save?

Tum-Tum

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



Bible byte

"Wisdom belongs to the aged, and understanding to the old"

Job chapter 12, verse 12
New Living Translation

Quiz answers: 1. Beatles 2. The Pyramid of Giza 3. Forest Gump 4. Methuselah (969 years old) 5. Nine
Tum-Tum: is hiding in the sidacar on page 6.

DID YOU KNOW?

In 1834, ketchup was sold as a cure for indigestion

From 1900 to 1920, Tug of War was a team event of the Summer Olympic Games

A 10-year-old mattress weighs double what it did when it was new due to debris that it absorbs over time

A "jiffy" is an actual unit of time: 1/100th of a second

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



salvos
STORES

OLD FAVES NEW LIFE

Shop Salvos Stores online to find your new favourite outfit. Thousands of preloved items listed each week.

