

salvos

magazine



Tattoos, tracts and tunes

The impact of the
older generation



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FEATURE

Coming
home

FAITH TALK

The inking
of three
generations

MY STORY

From
struggling
to safety

*“Anyone who keeps the
ability to see beauty
never grows old.”*

- Franz Kafka





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 wellbeing of people of all ages, particularly children.

Salvos Magazine

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Positive impact

It is estimated that, by 2050, around one-quarter of all Australians will be aged 65 years and over. Many older people, from a wide range of backgrounds and circumstances, and with varying levels of health and capacity, are making a positive impact in their families, communities and beyond.

In this edition, we feature stories that show just a handful of the ways that impact is being experienced. Anthony Castle shares a reflective piece about two stories – one from his father and one from his own life – that ultimately became the same story and changed his view on life, death and God.

Faye Michelson shares how a fun tattoo experience with the women in her family – instigated by her 90-year-old mother – has united the generations and helped create a feeling of belonging to something special.

We also share the story of a unique choir of older people who are helping teach their communities how to be dementia-friendly and improving their own quality of life in the process.

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

Simone Worthing **Editor**

Coming home – the story of my father

Precious memories of a life well lived

By Anthony Castle

I want to tell a story about my father, but I am unsure which story to choose.

It was my first Father's Day since my father, Greg Castle, passed away. In the first weeks since we lost my father in June, I found myself sharing stories about him. We often share stories about those we've lost. You might share the dates and details of their lives, the biography, but often, you need something more.

Sometimes, you need a story to reflect on who they were, to honour their memory.

My father was a man with many stories. There are stories he told, and stories that have been told about him, but I have been thinking about two stories in particular since he passed. In thinking about how to honour his memory, I have been unsure of which to choose.

“

**Sometimes, you need a story
to reflect on who they were,
to honour their memory.**

”

A BOY ALL ALONE

The first story is of a boy, standing at a front door in the dark, all alone, far from home. The boy is six years old, left at the door of a city pub at night, waiting for his parents who are inside. Someone sees the boy and asks *are you lost?*

The stranger gives the boy a gift. It is a picture, an image of Christ, knocking at the door. The boy keeps that gift and tells the story for the rest of his life.

A BOY RUNNING AWAY

The second story is of another boy, who opens his front door, leaves his home, and walks into the dark. The boy is six



I remember running away as a six-year-old (stock image).

years old, running away from home in the suburbs, after sunset. Someone sees the boy and asks *where are you going?* It is his father, who follows the boy, picking him up and carrying him home. The boy remembers that story for the rest of his life.

The first story is about my father, six years old, in 1948, waiting at the front step of a pub in the city of Adelaide . The stranger who sees him is a woman from The Salvation Army, giving the gift a gospel tract. My father pinned the picture of Christ above his bed as a child and told that story over and over for years.

The second story is about me, six years old in 1988, running away from home at dusk, running into the dark. I haven't been able to choose between these stories since I've lost my father. These stories seem so different, but in thinking about who he was to me, I haven't been able to separate them.

“

The boy in the dark, far from home, became the father who would carry you home, back to the light.

”

My father had known loss and difficulty in his early years, in his post-war home. There was tragedy and addiction in his own father's life, and it was The Salvation Army that reached out to that lost household, inviting that family on a journey out of that difficulty.



The gospel tract given to my father when he was six.

COMING OUT OF THE DARK

In the wake of that, my father chose to live a different story to the one he had been given, through his faith, through his service to others, through the home he built. My father's story was one of coming out of the dark, as it was for his father, too, over time.

Across his life, my father became known for reaching out to others and inviting them in. He befriended neighbours, helped strangers, opened his home. He was a volunteer leader at The Salvation Army for decades.

Every Sunday of my childhood, my father would go to the church in the city, open the front doors, turn on the lights, and welcome people home. Every Sunday. No matter what. ►



My father, Greg Castle, and two previous memories I found in his study after his death.

THE SAME STORY

I have been thinking about these two particular stories in the weeks since he died, unable to separate them. I think I have been unable to separate these stories because they are the same story. They are the same story, over time; the boy in the dark, far from home, became the father who would carry you home, back to the light. No matter what.

The story my father lived was that of coming home. For me, it was his life story.

My father was many things. He was a worker and a leader. He was a musician and a writer. He was a teacher, a builder, and an historian. He was a husband. A grandfather. A boy. For many, for me, he is someone who knew the journey of redemption and told this story with his life.

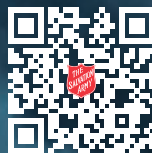
And that isn't an easy story to live. It's difficult. And each of us makes our own way too, finding our own way home,

taking a different path. Everyone in my family plays a different part in this story. My father played his part. He played his part very well.

The day before my father's funeral I looked through his study, searching the things he kept. There I found a picture of Christ, knocking at the door, first given to him in 1948. It was a gift he kept all his life, a gift he never lost, and now passes on.

I've lost my father, but he wasn't lost. He was someone who knew what it was to be found. He wouldn't want his passing to be seen as a time of darkness, but of light. Not an end for him, but an open door.

My father's gone, but he's home.



Scan here for more stories of hope.

Five minutes of social justice – Older Australians: discrimination and hardship



Social justice means different things to different people, but it generally includes the idea of a fair and equitable society.

In Australia, social justice challenges are multifaceted. Some of the issues we face are huge and will take effort to fix, but all of them can be improved.

Many older Australians grapple with significant hardships, encompassing financial struggles, social isolation and inadequate access to essential services. The seriousness of the problem is evident as a growing number of older Australians face challenges such as poverty and difficulty accessing affordable healthcare.

GOT FIVE MINUTES?

Visit the Meaningful Ageing website (see QR code below) and listen to the short video *See Me. Know Me.*

WANT TO DIG DEEPER?

- 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 leaders, carers, grandparents, mentors and volunteers.
- We can connect with older people in our community, even in small ways. Do we know our older neighbours or colleagues? Can we offer help when needed (like mowing the lawn or picking up groceries) or simply ask an older person how they are, and listen to their story?



Scan here to go to the Meaningful Ageing site.

Creating dementia-friendly communities

The power of Singing by Heart

By Jason Simmonds

Any community can be a dementia-friendly community: one where people living with dementia are integral in creating spaces where they are understood, respected, supported and empowered.

Dementia Action Week, recently celebrated 16-22 September, included World Alzheimer's Day on 21 September. During this time, we are encouraged to make a difference in our community by exploring and acting on what it means to be dementia-friendly.

Dementia is a brain condition affecting thinking, behaviour and the ability to carry out everyday tasks. It's not a normal part of ageing, yet it affects over 421,000 Australians. This number is expected to double in the next thirty years, which means it's probable that you know someone in your family or circle of friends or work colleagues living with dementia, whether they are aware of it or not. Younger onset dementia (sometimes called early-onset dementia) describes any form of dementia diagnosed in someone under the age of 65. Dementia is more common in older people, but people in their sixties, fifties, forties and even thirties can develop it.

Dementia is the leading cause of death for women, and the second leading cause of death overall. With no known cure, dementia-friendly communities are an important part of Australia's future.

ACTIVATING MEMORY

Part of The Salvation Army's response to this growing need in our community is a new program called 'Singing by Heart', a dementia-friendly singing group. Singing by Heart commenced in the UK in 2017 and is now running in over one hundred locations across the UK and Ireland in both Salvos churches and aged care facilities. Resources have been developed for the Australian context, including a mix of sacred and secular songs like *Waltzing Matilda* and *Sadie, the Cleaning Lady*, as well as other popular tunes on the radio from the '40s, '50s and '60s, and well-known hymns like *Amazing Grace*.

“

Dementia-friendly communities are an important part of Australia's future.

”

The strong neural pathways in the brain that connect music and memory mean that songs from childhood and youth are those which last the longest and can activate memory, calm people's mood and have lasting effects on quality of life for people living with dementia.



Singing by Heart

Australia

Singing by Heart now has resources developed specifically for the Australian context.

More than just a singing group and not a performance choir, Singing by Heart is a worship experience, with each song in the resource material bookended with a relevant scripture and prayer. Each session finishes with a rousing rendition of *Home Among the Gum Trees* and a reading of The Lord's Prayer. Songs have been thoroughly researched and selected to resonate with people living with dementia. The sessions are designed to activate memory, while also ministering to the needs of carers and family members of people living with dementia.

ENGAGING RESPONSE

The program is being piloted at Balga Salvos, Western Australia, and already we are hearing great stories from participants who are engaging with the singing. One practically non-verbal community member was singing along with the songs and, at the end of each prayer, would call out an "Amen".

Singing by Heart is a free resource, which includes training on how to become a dementia-friendly community. An online forum for facilitators has been established where we can foster best practice and learn from each other, as well as share stories of life-transformation through the program.

A grant from The Coull Foundation has enabled the program to be adapted to the Australian context and a new Christmas edition of the resource is planned for release later this year. The Coull Foundation Grant will be pivotal in creating a younger onset resource which will draw on more recent songs from artists like Elvis Presley and groups like the Beatles.

“

**Songs from childhood
and youth are those which
last the longest ...**

”

Jason Simmonds is the Community Arts Engagement Coordinator for The Salvation Army Australia, on the traditional lands of the Kulin Nation, Melbourne, Naarm.



Scan here to read the full version of this story on *Salvos Online*.

The inking of three generations

A 90th birthday tattoo

By Faye Michelson

It couldn't hurt that much, could it?

Four generations of our family had gathered for the weekend to celebrate my mother's 90th birthday in a beautiful house by the beach. On the Saturday afternoon, three generations of the women of our family gathered in the living area for her special birthday activity.

So, how would a ninety-year-old choose to spend an afternoon with her daughters and granddaughters? Watching her favourite movie? Doing a fun craft activity together?

We were getting a tattoo.

An enterprising granddaughter had organised the tattooist to come to the house and, as she set up her portable bed and laid out her equipment, the nervous energy in the room increased. Five of the seven of us were ink-free, and to be honest, none of us had ever thought that status would change. But here we were, baring our arms, ready to be tattooed with a forget-me-not motive chosen by the matriarch of the family.

We made said matriarch go first, because if she didn't go through with it, we certainly weren't going to! So, she did. And so did we, one-by-one lying on the table, arms extended.

COMMON CELEBRATION

It was a group activity. We stayed in the room, watching and supporting each



Three generations now share a sign of being part of the same life story.



The 90-year-old chose the forget-me-not tattoo as a sign of family togetherness.

other as our little community of women with the same tattoo grew. And the sense of celebration increased with each completed forget-me-not.

“

**We were all proud
of each other.**

”

Our fourth generation, great-granddaughters, ranging from five to 12 years, watched on with interest as their great-grandmother, grandmother, great-aunts, aunt and cousin were tattooed.

Did it hurt? It was only a few weeks ago, and already I can't really remember. But what I can remember is the feeling

of being a part of something with the women of my family. We all have the same little flower in the same place on our arms, done at the same time.

Looking around at the four generations that afternoon reminded me of that lovely verse in Proverbs chapter 17, verse 6. "Grandchildren are the crown of the aged and the glory of children is their parents." It was so true. We were all proud of each other.

I also loved overhearing one of the youngest generation, a 10-year-old, say to her mum, "When I turn 18, I'm going to get the same tattoo."



Scan here for more stories of hope.

From struggling to safety

Keith's journey to helping himself so he can help others

Keith is the nicest man you'll ever meet according to people who have had the pleasure of meeting him. But Keith found himself in financial stress, always wanting to help others before himself. He came to The Salvation Army at the Philip Street Communities and Families Precinct* in Gladstone, Central Queensland, for support, encouragement and a helping hand.

"I always respected The Salvation Army," says Keith. "I am 85 years old. I came to Gladstone three years ago and I realised where they were. Then I had my son with me, and he had been diagnosed with schizophrenia. And probably we ran out of money, and we came here."

Sonya, a financial capability worker with the Salvos, said that, when Keith first arrived in Gladstone, it was obvious that he was struggling with managing his finances. "So, he was putting others

before himself, to the point that he was not paying what he had to pay in regard to his fixed expenses, and it was really starting to affect him," she explains. "It was getting to a point where he may become homeless because of his want to help people, but not realising that he had to help himself first. He would give his last dollar to somebody else to help them out. And then he has nothing."

“

Being here has helped me because we are all friends.

”

Mick, a Salvos community engagement worker, spent a lot of time talking with Keith and assisting him. "We have helped



Sonya, Salvos financial capability worker, assisted Keith in organising his fixed expenses.



Keith is enjoying a settled life with security, friends to spend time with and a safe place to go.

him out with food," he shares. "We have helped him out with things from the shop. And he has actually volunteered down at the shop for us. He is the kindest man you will ever meet. He really is."

“

You feel you have somewhere to go, and people to see.

”

A PLACE TO GO

Keith appreciates the time Mick has spent with him. "Mick is a man's man, and I enjoy his company," he says. "And I am sure we've had to face similar problems in life. Being here has helped me because we are all friends. And you feel you have somewhere to go, and people to see."

Sonya says that Keith is now in a space where his life is very settled. "He knows what is important and what he has to do financially, and he is now at the point where he is wanting to help others," she explains. "And that has become a real

goal for him because he has been on this journey of thinking that he is never going to get anywhere. And he has realised that the importance of being nice to yourself should be a priority to be able to be nice to others."

Keith's message is clear – "I say thanks to the Salvos for giving me support when I needed it."

To watch Keith's story online go to bit.ly/3XHAAHf

The Philip Street Communities and Families Precinct in Gladstone is the largest integrated social services hub in the Southern Hemisphere, working alongside community members, all three levels of government and multiple non-government organisations to deliver collaborative services and activities to meet the needs and aspirations of people in the region.



Scan here for more information on Salvation Army Moneycare Services.

Simple scones



Ingredients

3 cups self-raising flour; 80g butter, chilled and cubed; 1 to 1 ¼ cups milk; plain flour, for dusting; jam of your choice, and whipped or clotted cream to serve

Method

- Preheat oven to 200°C. Sift self-raising flour into a large bowl.
- Rub butter into flour until mixture resembles breadcrumbs.
- Make a well in the centre. Add 1 cup of the milk. Mix slowly until mixture forms a soft dough, adding more milk if required. Turn onto a lightly floured surface. Knead gently until smooth.
- Pat dough into a 2cm-thick round. Using a 5cm-round cutter, cut out 12 rounds. Press dough together and cut out remaining 4 rounds.
- Place scones onto prepared baking tray, 1cm apart. Sprinkle tops with a little plain flour. Bake for 20 to 25 minutes.
- Transfer to cooling rack. Serve warm with jam and cream.

HAVE A LAUGH



Why do ants never get sick?
Because they all have anty bodies.

What happened to the frog's motorcar when it broke down?
It was tead away.

Why didn't the leopard enjoy playing hide and seek?
Because he was spotted all the time.

Which is the least interesting beast in the entire animal kingdom?
The Boar.

SIGNING IN



Sudoku

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

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



- At age 73, Peter Mark Roget published the first edition of which famous book?
- In which movie did then 80-year-old Dame Maggie Smith star in 2015?
- At 58, Kenneth Wyatt became the first Indigenous Australian elected to which branch of government?
- In 2009, 61-year-old Tasmanian born Elizabeth Blackburn won which prize for the co-research and discovery in the genetics of DNA and their links to cancer and other illnesses?
- How old was Mahatma Gandhi when he led the 200-mile Salt March to protest the salt tax the British had imposed on the people of India?

Tum-Tum



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

Bible byte

"He has made everything beautiful in its time."

Ecclesiastes chapter 3, verse 11a
New International Version

Quiz answers: 1. Roget's Thesaurus 2. The Lady in the Van 3. House of Representatives 4. Nobel Prize in Physiology or Medicine 5. 61
Tum-Tum: is hiding behind Sonya on page 12.

ON THIS DAY...

30 September, 1960

Premier of *The Flintstones*.

The animated series *The Flintstones* premiered on television. It was set in the stone age and detailed the lives of the Flintstone and Rubble families. It ran for six years until 1 April 1966.

2 October, 1950

Peanuts published for the first time.

Charles M Schulz's comic strip, *Peanuts*, was printed for the first time in nine newspapers around the USA.

4 October, 1895

First US Open for golf, played at the Newport Country Club in Newport, Rhode Island.

Eleven people played the 36-hole competition in a single day. Horace Rawlins, a 21-year-old Englishman, won the tournament and took home a trophy and \$150 cash.

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

International Day of Older Persons 2024

1 October



BELIEVE
IN GOOD

