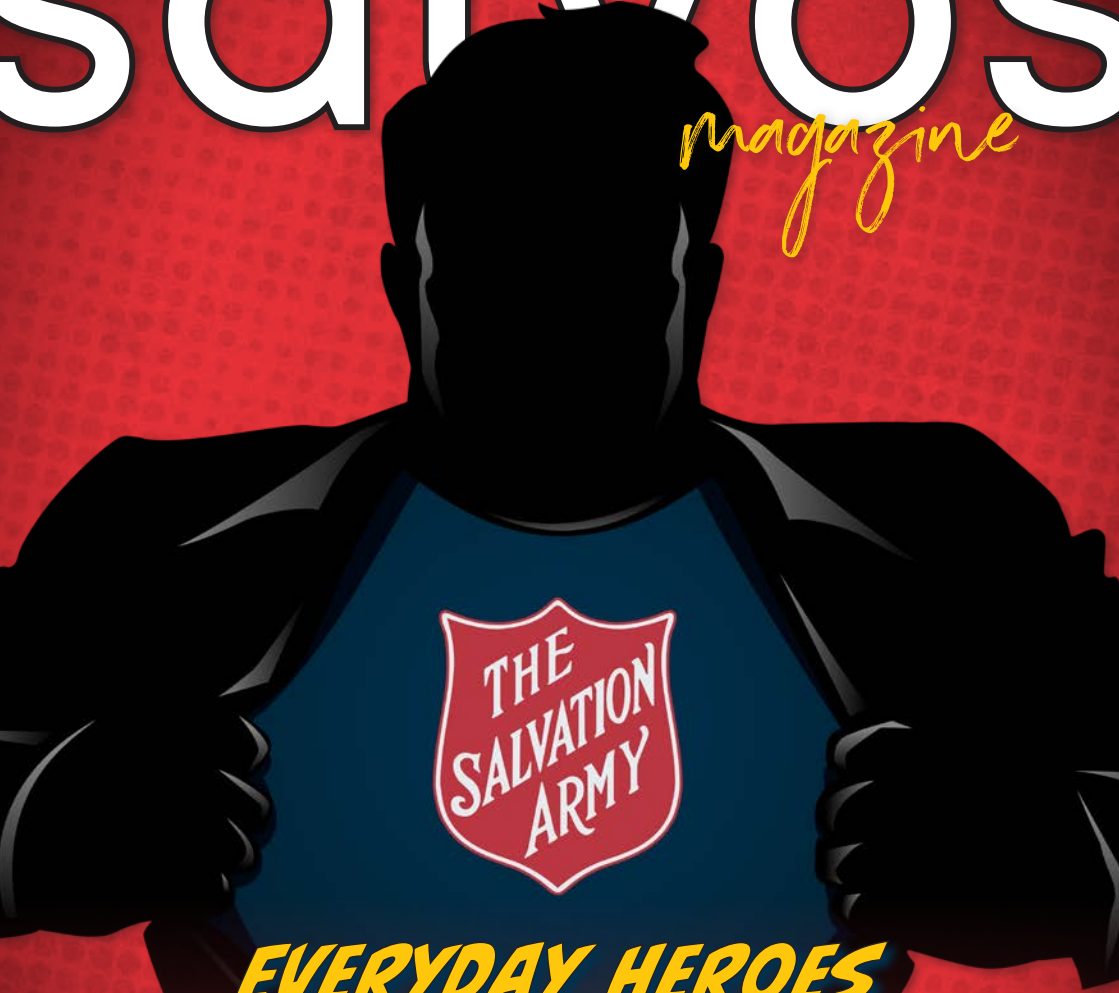


# salvos

*magazine*



## **EVERYDAY HEROES**

**BREAKING DOWN BARRIERS  
TO HOPE AND CHANGE**



Vol. 005 | No. 29  
10 August 2024  
AUD \$1.00  
PRINT POST APPROVED  
PP100001474

[salvosonline.org.au](http://salvosonline.org.au)

### **FEATURE**

From  
streets to  
the stage

### **FAITH TALK**

When the  
wheels  
fall off

### **MY STORY**

Weaving  
faith, hope  
and love

“You’re going to make a difference.  
A lot of times it won’t be huge,  
it won’t be visible even.  
But it will matter just the same.”

– Ed Brubaker





## The Salvation Army is about giving hope where it's needed most.

### What is The Salvation Army?

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church.

### Vision Statement

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia one life at a time with the love of Jesus.

### Mission Statement

The Salvation Army is a Christian movement dedicated to sharing the love of Jesus by:

- Caring for people
- Creating faith pathways
- Building healthy communities
- Working for justice



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

# Salvos Magazine

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**Press date** 26 July 2024

Printed and published for The Salvation Army by Commissioner Miriam Gluyas at Focus Print Group, South Granville, NSW, Darug Nation lands.

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## Everyday efforts

Our world is facing some huge crises – violence, loneliness, poverty, disasters, hate.

It's easy to be overwhelmed and despairing, but it's also encouraging to look at the people and organisations, both in Australia and around the world, working hard to bring hope and change to so many – charities and churches, researchers, first responders, aid workers, global institutions.

There are also those doing what they can to bring change in their local communities every day. They are transforming their space in the world and bringing hope.

In this edition, you can read about how everyday people use their time, values and skills to identify and respond to needs, and spread kindness, help, hope and encouragement.

In Faith Talk, Faye Michelson shares some humorous experiences of 'caravanning', God's love for us and how we can trust him when our dreams fade in tough times.

Loving our neighbours, as God intended, will help to change the world.

Simone Worthing **Editor**



# EVERYDAY HEROES

## FINDING SAFE SPACES - WITH HORSES

By Danni Stephens

When Salvation Army Envoy (pastor) Danni Stephens arrived at the Salvos Dooralong Transformation Centre, she looked after 12 horses and developed ways to use them for participants in the centre's rehabilitation program. When the budget for the centre was reduced, a private philanthropic foundation that donates to The Salvo for the needs of this program took over the funding.

The horses are now being used in a therapeutic sense for young people who have gone through trauma or who have emotional behavioural challenges. They are set up on a privately owned property in the Dooralong Valley, Central Coast, NSW, with stables, arenas and multiple paddocks. The property is owned by a neighbour to the rehabilitation centre, Jane, who has assisted through her care of the horses and her love and support for the program participants.

We are very, very blessed to be there, and to have Jane.

### UNIQUE CONNECTION

Many of the young people who come through our program struggle with emotional regulation and motivation and fail to recognise the consequences of their behaviours and attitudes. The horses give them a gentle, patient and honest mirror that guides and motivates them towards healthier responses.

Horses command respect, just by their sheer size – they are 500kg worth of animal. We try to invite people into a



THE HORSES ARE A FORM OF THERAPY FOR TRAUMATISED YOUNG PEOPLE.

space where they can feel safe. And then attention is on this beautiful, big, living thing and not so much on whatever is going on for the young person.

We have children who are instantly drawn and captivated; they're so excited and want to pat and groom and do everything with the horse. And that's often a very rich connection, that they are with another living thing that is so accepting of them, and they're able to nurture and care for them and have a sense of that other living being noticing them and appreciating their care and concern.

We also have young people who are extremely fearful, and it's just so beautiful to witness them courageously step out and understand that they can be loved by this being that looks so big and scary but is just very non-judgmental and desperately needing connection as well.

**"THEY LEARN  
ESSENTIAL LIFE AND  
RELATIONAL SKILLS  
AND FIND VALUE IN  
WHO THEY ARE AND  
WHAT THEY CAN  
CONTRIBUTE."**

The team of wonderful volunteers absolutely love these young people, are so patient with them and give them the space to really be captured by these beautiful, majestic animals.

### **MUTUAL RESPECT**

Some of the young people who come through our program have never learned to hug (or be hugged). Sometimes they

**DANNI ASSISTS THE YOUNG PEOPLE TO  
CONNECT WITH THE HORSES.**



spend an entire morning hugging their horse, with quiet whispers and gentle caresses.

All the young people who come through our program are given the opportunity to be leaders and gain confidence in their ability to take control of themselves and their horse in a mutually respectful and adventurous way. When they are leading their horses over and around obstacles, they are responsible for making good decisions, for maintaining safety, for giving clear communication, for assessing a failed attempt and making a good plan for a successful attempt, and for being patient when the horse doesn't get what they are asking.

They learn essential life and relational skills and find value in who they are and what they can contribute.

I would very strongly advocate for any outreach that connects people with God's creation. It's good for the soul and reveals the beauty and awe of our heavenly Father and his love for us.



## TACKLING YOUTH HOMELESSNESS ONE SHOW AT A TIME

Owen Davis, who experienced a life of drugs and crime as a teenager before being helped by the Salvos, is now helping young people in need through his company, Street 2 Stage. The team will conclude a week-long Homeless Rap Show tour across schools and Salvation Army centres throughout NSW on 11 August.

Owen's new concert series features rap, real-life stories, a five-minute video, lasers, 3D projectors and loud, heartfelt music designed to educate and entertain young people.

**"I WALKED AWAY FROM FIGHTS INSTEAD OF TAKING THEM."**

Growing up was a struggle for Owen. He was kicked out of the house at only 13, lived on the street day and night, and was in and out of jail. Drugs and crime were the only things Owen knew. "The streets became my family; I learnt everything I know from them," says Owen.

The Salvos helped Owen, gave him a bed to sleep on, food and shelter, and helped him get off the drugs. Although there were ups and downs with Owen, the Salvos continued helping and providing for him.



RAP MUSIC HAS GIVEN OWEN DAVIS A PURPOSE IN LIFE.

### PAYING IT FORWARD

Now, Owen is passionate about helping other young people because he knows the struggle they go through every day. He wants to show that there is hope through the homeless rap genre, which he would like to promote in his shows and performances with Street 2 Stage.

This genre is about expressing the struggles of living on the streets through real-life stories and real situations and turning it towards rap music. Owen mentioned that once he started rapping, he felt like he had a purpose, a goal to do better and push for his dreams.

He said the genre of rap got him out of crime and strong drug use, and overall made him feel like a better individual: "I walked away from fights instead of taking them." – **Reece Carr**

For more information, check out [street2stage.com.au](http://street2stage.com.au)

## NO BARRIERS TO VOLUNTEERING

As a qualified chef, Joy volunteers to cook at Bendigo Salvos. In one day each week, she usually cooks around 50 meals for those who need them.



JOY VOLUNTEERS TO HELP MAKE THE WORLD A BETTER PLACE.

Major Andrew Walker, corps officer (pastor) at Bendigo Salvos, explained, "Joy reached out to us looking to volunteer. She wanted to give back to the Salvos because we assisted her family in the past.

"And at the time we were looking to start a cooking program for people who were struggling to cook and struggling to know how to prepare healthy meals. And so Joy being a chef, it was just a perfect fit.

"We had quite a few younger people who came through that program who were really lacking confidence and the skills they needed to prepare a meal. Joy just came alongside them. We saw some of those young people flourish and gain in confidence, just through learning simple skills.

"Joy comes to us, some people would say, with barriers to being able to

volunteer, being quite hard of hearing, but she doesn't let that deter her from helping others. And I think that because she overcomes her own disabilities to make a difference for others, she's actually quite inspirational and encouraging for other people that have barriers.

"They feel safe and comfortable around Joy and that they can make a difference as well."

Joy says that what she enjoys most about volunteering is feeling appreciated. "Very rarely do I not get a thank you. Just to think that you're helping somebody stretch their budget for the week... helping someone eat that normally mightn't eat.

**"SHE'S ACTUALLY  
QUITE INSPIRATIONAL  
AND ENCOURAGING  
FOR OTHER  
PEOPLE THAT HAVE  
BARRIERS."**

"You're getting far more out of it than you give. It's just been an awesome experience.

"And I'm really glad that I've done it.

"I think the world has got very, very greedy, and I like to think that, if everybody gave a little bit, the world would be a better place."

# Pathways to hope

Salvos respond to the threat, and reality, of homelessness

In part two of the *Salvos Magazine* series featuring Salvation Army research and the difference its services are making, we explore the issue of housing and homelessness.

The Salvation Army's Research and Outcomes Measurement team conducts research each year to better understand the experiences of the people we serve. The 2023-24 research project examined the financial circumstances, cost-of-living pressures, housing situations, life challenges, and aspects of health and wellbeing of more than 1500 community members who had accessed assistance from our emergency relief services in the past year.

## HOUSING INSTABILITY

Housing and rental affordability remains a critical social issue, further compounded by rising interest rates for mortgage owners and rising private rental prices. With limited stock available and vacancy rates at record lows, people are forced to pay exorbitant prices for housing each month or seek alternative living arrangements. These include sharing accommodation, living in substandard living conditions, or even facing homelessness.

More Australians are struggling to make ends meet, with little discretionary spending or savings to manage unforeseen expenses. This financial predicament is becoming more common, with many vulnerable people battling to keep a roof over their heads.

Most of the survey respondents experienced housing stress, putting them

at increased risk of housing instability. Financial difficulties caused many to fall behind on their rent or mortgage repayments, heightening the threat of eviction and homelessness.

Understandably, many were very concerned about the possibility of losing their homes and experiencing homelessness. Other concerns were also prevalent, such as high housing costs, poor living conditions, temporary accommodations, safety concerns, overcrowding, and isolation from family and friends.



33%

said they were worried about losing their home and becoming homeless.



19%

of respondents had to couch surf or sleep in their car due to financial hardship in the past year.



# How the Salvos help 2022-23FY



The Salvos provided more than **1.2 million nights** of accommodation across all social programs



Salvos Housing provided more than **3000 people** with housing

## 2023



Salvos homelessness services assisted more than **38,000 people** and provided more than **317,000 sessions of care** to those at risk of or experiencing homelessness



**1.63+ million meals provided** to people who accessed homelessness services

# Dreaming of life in a caravan

What happens when the wheels (and doors) fall off?

By Faye Michelson

Do you sometimes have pictures in your mind about how things will play out? Lovely little vignettes of you doing something – say, creating a fabulous vegetable garden. There you are, cute gardening apron on and trowel in hand, surrounded by healthy broccoli and cauliflower plants with the glow of the late winter sun around you.

Or maybe it's the perfect Christmas meal with the family. Fairy lights twinkle and everyone is sitting around the festive table, laughing and happy in a time of heartwarming joy and harmony.

Mind-images like this are lovely, but usually they're not the whole picture, are they?

When we bought our caravan, I had a picture in my mind of what caravanning would be like. I imagined pulling up by a serene lake or maybe the ocean. I could see myself preparing a healthy lunch and

plunger of coffee in our little caravan kitchen while the kids played happily on the playground just outside the door.

## INTERRUPTED SERENITY

Our first weekend away in our caravan was pretty much like that. It was winter, so it was cold, but the six- and four-year-olds didn't care. They put on their jackets and ran out to the playground just outside the caravan door while I boiled a saucepan of water on the gas burner to make coffee. Through the little window above the sink, I could see the lake in the distance, a sliver of blue reflecting the cloudless sky. There was a sense of calm and quiet.

Then our four-year-old flung open the caravan door and projectile vomited into the van.

Life doesn't go to plan, does it? Sometimes that's because of factors out of our control, sometimes it's because







of choices we make. Either way, it can be hard to let go of the dreams and face reality, to realise that the beautiful pictures we imagined about our lives are not going to happen.

Cleaning up vomit in a caravan wasn't fun, but it wasn't the end of the world either.

“

**When you trust God,  
you know he's there  
when the dreams fade.**

”

It was the first of many times a kid would vomit in that van over the years. For me, it was simply a reality check. Caravanning is fun, but like the rest of life, the golden wash of what I'd

imagined it to be, needed to be thinned out. Vomit was just the start of our caravanning reality – doors would be ripped off while we drove, birds would kamikaze into the front panel, windows would be smashed by caravan park boom gates and tyres would blow out.

### **IMPORTANT TO GOD**

Whether your life is going well or whether it's not what you expected or wanted, one thing's for sure. When you trust God, you know he's there when the dreams fade. Failing or succeeding, you're important to the God who loves you. "How precious is your unfailing love, O God" (Psalm 36, verse 7 *New Living Translation*).



Scan here for more stories of hope.

# A tapestry of compassion

Maree plays a part in transforming her community

By Maree

**Being part of a beacon of hope is all-important for volunteer Maree, who has been part of the Goodna Salvos team in Queensland for nine years. She shares her story of hope and faithful beginnings for *Salvos Magazine*.**

My name is Maree, and I've been a proud member of the Goodna community for nearly two decades.

As a mother of three remarkable sons and with two beautiful grandchildren, family has always been at the core of my life. So, too, my unwavering faith in our Creator – and his son – has guided my path.

In 2014, I was baptised and 'born again,' and with renewed purpose, I embarked on a journey toward the Salvos.

## BEACON OF HOPE

The Salvos at Goodna, once a humble café, has transformed into a beacon of hope for our community. Around 2015, I first stepped into the Salvos. The café was a cosy spot where people could pay and enjoy coffee and meals.

Thursday nights were special, with a chapel service followed by a barbeque. During one of these gatherings, I met my dear friend Sharon.

I was inspired to contribute, so I started making salads to accompany Gene's mouth-watering rissoles and sausages. My informal volunteering extended to helping with post-barbeque clean-up.

Then came the unexpected – COVID-19. The café transitioned into a community kitchen, serving reheated meals prepared in-house. The Salvos continued

to offer showers for those living on the streets, a place to do laundry and charging stations for phones. These seemingly small services make a world of difference to our community members.

Volunteering opportunities still abound, and friendships blossom within these walls. Our local musicians and singers add soulful melodies to the atmosphere.

## REDUCING TENSION

During the past 12 months, we have experienced significant easing of tensions between community members. This positive change has directly contributed to a reduction in violence.



Maree is an active part of the Goodna Salvos catering team.





Maree, right, chats with Jessica Londhe, social and prison chaplain.

The new manager, Ameet, with wisdom and determination, has implemented boundaries that set clear expectations for respectful behaviours. By also regulating access to areas where homeless individuals congregate, we've created a safer environment for all.

Goodna Salvos café has undergone a metamorphosis. No longer confined to reheated meals, it now serves freshly cooked dishes and exceptional coffee. The atmosphere has shifted, to one of being more relaxed, community-friendly and inviting. Volunteers, members and staff alike find solace within these walls.

### **EMBRACING GROWTH**

Change is our ally. It propels us forward, fostering growth and adaptability. As a volunteer, I've embraced these transformations wholeheartedly. The Salvos' mission resonates deeply with me. It's not just about food; it's about making a tangible difference in countless lives. Here, we form an extended family bound by a shared purpose.

Our collective efforts, inspired by faith, contribute to a better community. We weave compassion, resilience and love

into the fabric of Goodna. Goodna Salvos isn't merely a place; it's a testament to what humanity can achieve when we come together in God's strength.

“

**We weave compassion, resilience and love into the fabric of Goodna.**

”

I express my gratitude for the privilege of being part of this transformative journey. Each meal served, each conversation shared, and each smile exchanged contributes to a tapestry of compassion.

Together, we weave hope, resilience and love into the fabric of our community.



Scan here for more information on Salvation Army services.

## Eggs in tomato



### Ingredients

1 onion, thickly sliced; 1 capsicum, thinly sliced; 2 x 400g cans diced tomatoes; 4 eggs; ½ cup parsley leaves

### Method

- Heat large frying pan over medium-high heat.
- Add onion and capsicum and cook for 5 mins, stirring occasionally until onion softens.
- Add tomatoes and cook, stirring, for 5 minutes, until it boils and thickens slightly.
- Using the back of a spoon, make 4 large indents in the tomato. Carefully crack an egg into each indent. Reduce heat to low.
- Partially cover pan and cook for 10 minutes for soft yolks.
- Sprinkle with parsley leaves to serve.



## Quick quiz

1. The Draco lizard is named after the Latin word for dragon. What dragonesque ability does it possess?
2. On which continent are the venomous lizards of the Heloderma genus found?
3. When faced with a threat, what special escape ability do basilisks and collared lizards have?
4. What is the thorny devil's special ability to obtain water?
5. What is unusual about Australian yellow-bellied three-toes skinks that live in high elevations?
6. How do lizards distract their predators while being pursued?

## Bible byte

"The heavens proclaim the glory of God."

Psalm 19, verse 1  
*New Living translation*

## Tum-Tum

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





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

# Wordsearch

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

- Alias
- Batman
- Cape
- Courageous
- Daring
- Fearless
- Flying
- Heroic
- Inspiring
- Invincible
- League
- Legendary
- Mighty
- Noble
- Rescue
- Resilient
- Right
- Selfless
- Spiderman
- Strong
- Supergirl
- Superman
- Unstoppable
- Wonder

## HAVE A LAUGH



What did Mrs Wayne put over Bruce's cot?  
 A bat mobile.

Which superhero is the most curious?  
 Wonder Woman.

What does Peter Parker tell people he does for a living?  
 A web designer.

## WHAT AM I?

**I can be open or closed, big or small.**

**I can reveal the truth or hide it.**

**I am almost always welcome and can spring up unannounced.**

**Everyone has one, but not everyone shares.**

**Laughter often comes after me.**

**Quiz answers:** 1. They can fly. 2. North America  
 3. They can run on two legs. 4. It can collect water on its  
 back and channel it to its mouth. 5. They give birth to live  
 young. 6. They drop their tails.  
 I am: A Smile  
 Turn-Turn: is hiding behind the thorny devil on page 14.

# EVA BURROWS AUSTRALIAN LEADERSHIP SCHOLARSHIP

*for women*



The 2024 Eva Burrows Australian Scholarship for women will be awarded to a female who has undertaken substantial paid or unpaid work in the delivery of the mission of The Salvation Army in the previous two years and is seeking support to develop their leadership capabilities.

We strongly encourage applications from Aboriginal and Torres Strait Islander peoples and the Culturally and Linguistically Diverse ( CALD ) community.

Applications for the 2024 Eva Burrows Leadership Scholarship are now open , until Friday 16 August 2024.

To find out more or apply visit

<https://evaburrowscollege.edu.au/students/scholarships/australian-leadership-scholarship-for-women/>



*Eva Burrows*  
College