

salvos

magazine

Inspiring a gender-equal world

Challenging the system
to implement change



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FEATURE

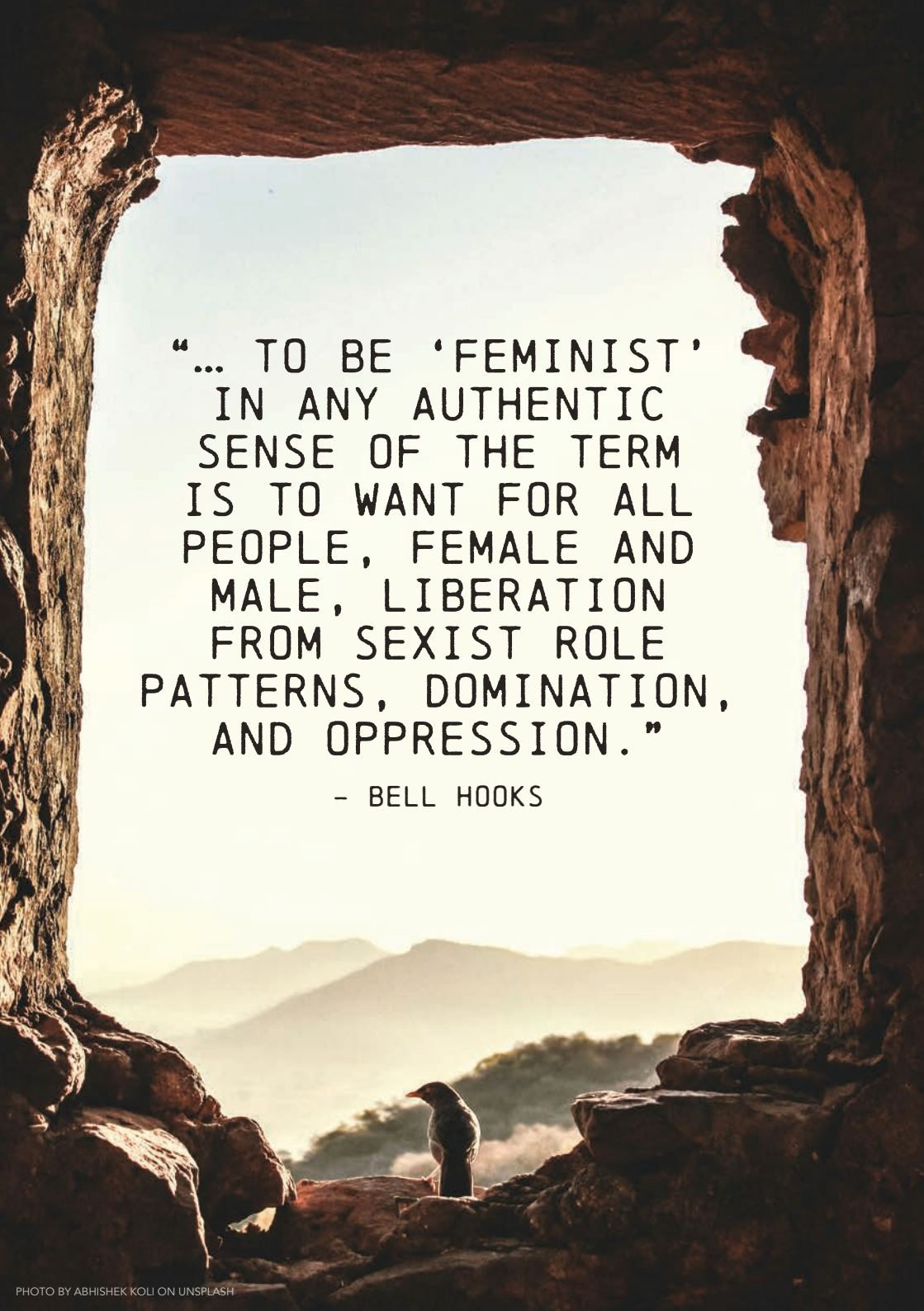
Medical
misogyny

FAITH TALK

Safe spaces

MY STORY

Overcoming
obstacles



“... TO BE ‘FEMINIST’
IN ANY AUTHENTIC
SENSE OF THE TERM
IS TO WANT FOR ALL
PEOPLE, FEMALE AND
MALE, LIBERATION
FROM SEXIST ROLE
PATTERNS, DOMINATION,
AND OPPRESSION.”

- BELL HOOKS



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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Feature [4]
Inspiring a gender-equal world

Faith Talk [10]
Safe Spaces

My Story [12]
Overcoming obstacles

Inspire inclusion

'InspireInclusion' is one of the calls to action for International Women's Day on 8 March. The focus is on, together, building a gender-equal world free of bias, stereotypes and discrimination. A world that's diverse, equitable and inclusive. A world where difference is valued and celebrated.

The global and national statistics around women's access to human rights, equal pay, education and healthcare, as well as the spiralling rates of family violence and sexual assaults, show that action against patriarchy, misogyny and sexism must continue.

In this edition, Star Conliffe writes about systemic medical misogyny and its severe impacts on women's health. She encourages readers to keep up the conversations about women's experiences in the healthcare system so women can access the services they need without discrimination or bias.

When Jesus walked the Earth, he challenged the cultural and religious norms of the day by including and empowering women. There is no doubt that everyone is equal in the eyes of God.

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

Simone Worthing **Editor**

Inspiring a gender-equal world

What can we do to challenge the system and implement change?

By Keziah Bower

Since 1911, International Women's Day has celebrated the achievements of women all over the world.

The day provides an opportunity to acknowledge that women equally have a right to be recognised for who they are and what they bring to the world.

Each year, the day promotes a call to action to drive equality for women, and this year, that call is to #InspireInclusion. This means to openly welcome and encourage the diversity of women of all backgrounds, ages and abilities.

THE IMPACT

Throughout history, the world has not always acknowledged the incredible impact and contributions many women have made to society. We often recognise and remember those of men, at times to the exclusion of women.

In Australia, gender inequity has a significant impact on individuals and greater society. Gender inequity is the greatest driver of violence against women, contributes to Australian women retiring with, on average, 40 per cent less superannuation than men, and leads to Australia's gender pay gap.

A BIBLICAL CONCEPT

Gender equity is a biblical concept. The Bible teaches that all people, regardless of their gender, are made in the image of God, that everyone is valued equally by him and that there is no hierarchy in this value.

"There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus," Galatians chapter 3, verse 28.

Throughout the Bible we see many powerful examples of God working through both men and women, despite the world not always seeing or including them as God does.

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Gender equity is a biblical concept.

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GENDER EQUITY AND THE SALVOS

As Salvos, we have valued women and their contribution from our beginnings. Catherine Booth, co-founder of The Salvation Army, strongly advocated for equality between men and women. "Catherine Booth ... opened the door into female ministry for ... Salvationists of the coming generations. She gave them the right to preach, to break the Bread of Life to hungry souls, and to be servants of all for Christ's sake." (Larsson, F. (1974). *My Best Men are Women*. Salvation Army Publishing.)

This equality and inclusion of women resulted in women being considered some of the most influential people of the early days of The Salvation Army.

WHAT CAN BE DONE?

The Salvation Army's Policy and Advocacy team #InspireInclusion by challenging and advocating to change the systemic and structural barriers that impact a woman's ability to participate and thrive. We work to influence decision-makers and those in positions of power to implement changes that work towards the inclusion of women and ultimately gender equity – such as increased education and support for family and domestic violence services, more affordable and accessible childcare to support equal access to the workforce, and solutions to lessen both the superannuation and gender pay gaps.

Each of us can use our influence to inspire the inclusion of women and challenge gender inequity. This could look like asking "Why not?" when women are not present or included, and calling out gender stereotypes, discrimination and biases that suggest that women are of less value than men.

We all know great women who have had and who continue to have a significant impact on our lives. Perhaps you could challenge yourself to learn more about a woman whose contribution has not been recognised and share what you've learned with someone.

This International Women's Day, we urge you to consider how you can #InspireInclusion as an individual and celebrate the women in your world.

Keziah is a policy and advocacy advisor for national Policy and Advocacy team.



Scan here to read more stories of hope.



Medical misogyny

Women's healthcare in the spotlight

By Star Conliffe

Last year, I had a hysterectomy, and it changed my life. This was not a decision I took lightly, but after years of trying everything to manage chronic pain, which regularly left me bedridden, I accepted that this was the only effective treatment option left. I was incredibly lucky to have a supportive general practitioner (GP) and a gynaecologist who took my pain seriously and scheduled the surgery as soon as I was ready.

“

Many women cannot access the healthcare they need, either because of a lack of services or because of medical misogyny.

”

It still feels like such a gift to wake up every day without pain. The surgery has improved my quality of life and improved my relationship with my body. However, I am acutely aware that many women cannot access the healthcare they need, either because of a lack of services or because of medical misogyny. There is now growing evidence of what women have been saying for decades – there are systemic problems around the world in medical research and how healthcare is delivered, which means that women suffer poorer health outcomes than men.

POORER HEALTH OUTCOMES

Medical misogyny means that women's pain is ignored, they are not believed about their symptoms, or they are infantilised and are not permitted to make decisions about their bodies. Consequently, women experience higher rates of delayed diagnosis, overprescribing of anti-depressants, and failures to properly investigate symptoms.

Just one example of medical misogyny is the exclusion of women from drug trials until the 1990s. Scientists testing drugs did not want to account for hormonal and other biological differences between men and women, so only male test subjects were used. Drugs that were never tested on women's bodies are still prescribed to them with higher rates of side effects than in men. More evidence is the fact that women suffering serious heart attacks are half as likely to get proper treatment and twice as likely to die than men. Women's symptoms are different to men's but sometimes they are not believed. This is why it still takes longer for girls to be diagnosed with ADHD (and some other conditions) and 7-10 years for women to get diagnosed with endometriosis. Medical misogyny can lead to serious suffering for women, and sometimes even death.

I've had my own fair share of bad experiences in the healthcare system, including not being believed, being misdiagnosed, and having treatment refused. Each time it seriously impacted



my quality of life. Migrant women, Aboriginal and Torres Strait Islander women, and people who don't fit into gender norms face even more barriers to being heard by medical professionals.

I am also living proof that good healthcare improves women's lives. In turn, it also improves women's families' and communities' outcomes.

KEEP UP THE CONVERSATION

Around the world, The Salvation Army has been working for decades to ensure that women receive the life-saving treatment they need. There are Salvation Army women's healthcare clinics and midwifery schools in many countries, including a maternal and child health centre in Balga, Western Australia. In Melbourne, there is a special women's residential rehabilitation centre that allows mothers to bring their children with them so they can get the healthcare they need. It's also exciting to see governments listening to stories like mine and working to resolve medical misogyny in public health. In Victoria, the government has recently opened publicly funded endometriosis and pelvic pain clinics, which will help hundreds of women each year.

This International Women's Day and International Women's Health Day (28 May), I'm celebrating that women's health is finally on the agenda. Let's keep the conversation about women's experiences in the healthcare system going in our homes, schools and workplaces. Only then will women be able to access healthcare without discrimination.

For more information:

healthline.com/health-news/why-women-are-more-likely-to-die-after-a-heart-attack

sciencedaily.com/releases/2020/08/200812161318.htm

Editor's Choice - Impact of initial hospital diagnosis on mortality for acute myocardial infarction: A national cohort study | European Heart Journal. Acute Cardiovascular Care | Oxford Academic (oup.com)



Scan here for more information on Salvation Army services.

Five minutes of social justice – Gender Inequality

Social justice means different things to different people, but it generally includes a society that is fair, equitable and equal.

In Australia, social justice challenges are multifaceted, including issues such as poverty, homelessness, Indigenous rights, and discrimination based on factors like race, gender, disability, and socioeconomic status. Some of the issues in Australia are huge and will take a lot of effort to fix – but all of them can be made better.

In this segment of 'Five minutes of social justice' we are looking at the issue of gender inequality and the difference we can make as an individual, community, state or territory, or as a nation.

Gender inequality in Australia manifests in ongoing disparities between men and women, in areas such as wages, career advancement, and societal expectations. The magnitude of the problem is highlighted by the gender pay gap, where women systematically earn less than men for similar work, and the imbalanced representation of women in leadership roles across industries.

Every day around the world, women and girls face discrimination, violence and unequal treatment at home, work, school and in their wider communities.



GOT FIVE MINUTES?

Contact a woman in your life and share how she has inspired you.

WANT TO DIG DEEPER?

Take a look at the Status of Women Report Card – 2023 | PM&C (pmc.gov.au)



Scan here to take our Social Justice Stocktake survey.

Scan here to read the Status of Women Report Card – 2023.



A place of safety and nurture



The dedicated staff at the Balga Early Years Services are focused on equipping and empowering all people to thrive.

The Balga Salvation Army in Perth has supported local families in the diverse, complex, multicultural and growing community for over 40 years.

“It’s one big, beautiful hive of activity,” said Jo Ineson, Director of the Early Years Services at Balga Salvos.

“We are a safe space, supporting people to make informed choices and empowering and equipping them to thrive. We know that women often take the bulk of the care and education of children, and we want to ensure they know there is a place here for them.”

The centre features early learning services, emergency relief, case workers, Foodbank, women’s Bible studies, a coffee shop, Orange Sky laundry services, and more.

Women and their families can access the services of a holistic and evidence-based midwife, a lactation consultant, children’s health nurses, a psychologist

and other referral pathways. Information and classes are available on topics such as sleep, toilet training, weaning and parenting. Groups for mums are also popular, as are the garden-based play-group and Mainly Music sessions.

The Early Learning Centre (ELC) is fully accredited and focuses on children from zero to five. “We overstaff our centre to support the children and ensure our dedicated team has the resources they need to provide excellent outcomes for the children,” said Jo. “Many of the children have multiple and complex needs and are not accepted at other centres. We love and accept them, and it doesn’t matter where they’re starting from. We offer a place of safety and nurture where we do life with them and their families.

“Complexities and vulnerabilities still happen but we support the families and equip them with a toolkit so they can step in and problem solve. It’s all done with the ‘Salvos twist’ – the love of Jesus.”

Safe Spaces

When we need to retreat

By Belinda Davis

For Christmas one year, we gave our second child permission to own a pet rabbit. Before said pet was sourced, we had to ensure that we had a suitable habitat for it, as well as the many other bits and pieces to enable this pet to reside safely with us.

This rabbit would need a hutch to keep it contained and free from risk of injury or attack. Within that hutch there needed to be two distinct 'zones' – one area for sleeping and retreat, and the other to eat and move around in.

COMFORT AND PROTECTION

Sooner than expected we became home for a male grey dwarf lop-eared baby rabbit who we called Velvet. I had not had close contact with a



Luke is constantly squeaking for food.



Velvet felt safe in his enclosed sleeping space.

rabbit before and so was intrigued to watch Velvet grow and to observe his behaviour. If he was in his 'play' space and I walked out close to his hutch, his first response was to quickly retreat to the safer, enclosed sleeping space until he could sense that I was no threat.

While Velvet no longer resides at our house, my youngest child has been the pet parent to a guinea pig – Luke. He has a dual-sectioned hutch as well, and while he constantly squeaks for food and/or attention, as soon as someone heads over to his hutch, he immediately ducks for cover in his sleeping space.

Watching this behaviour has made me ponder the concept of 'safe spaces'. These small pets need a safe space



It takes time for animals to trust us and feel confident that we are not a threat to their wellbeing.

where they can feel comfortable and protected and we, too, may need a safe space to retreat to if we feel threatened or unsure. Sometimes this is in the form of people we can talk to that we trust, or a physical place we can go to, or an internal place in our mind.

“

We too may need a safe space to retreat to if we feel threatened or unsure.

”

SAFETY IN THE ONSLAUGHT

Over the years, I have sometimes felt buffeted by an onslaught of many different things and in desperate need of a safe space. At these times, the Bible promises to bring me comfort and an element of peace.

There are many, many references to God being a safe space available for me to hold onto, especially in these times. One such example is Psalm 18 verse 2, “The Lord is my rock and my place of safety. He is the God who saves me. My God is my rock. I go to him for safety. He is like a shield to me. He’s the power that saves me. He’s my place of safety” (*New International Reader’s Version*).

While this reminder of a safe space does not take away the situations we may be facing, it does give me hope that through it all, God is with me in the experience. He is my place of safety, and I am grateful.

Major Belinda Davis is a Salvation Army officer (pastor) in South Australia. She blogs at a-blessed-life.com



Scan here to read more stories of hope.

Overcoming obstacles

Salvation Army women from a range of countries recently shared life experiences that, although challenging, gave them hope and helped shape them into who they are today. We share two of these stories below.

BECOMING AN AGENT OF CHANGE

Grace, 20, is a member of The Salvation Army living in Kenya.

Education has helped me to understand my rights and gain critical thinking skills and confidence. It has also empowered me to make informed decisions about my life and the future, to break the cycle of poverty and has enabled me to become an agent of change in my community.

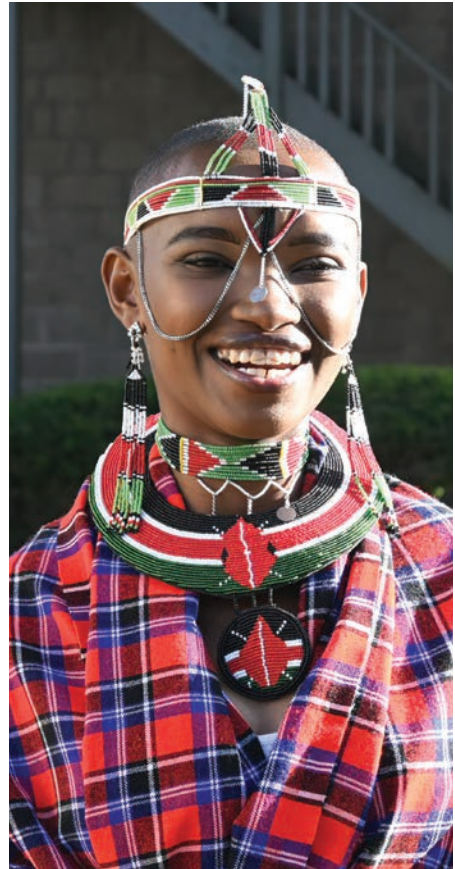
“

The knowledge I have gained from attending school from an early age empowers me to overcome any kind of discrimination . . .

”

I am an information technology graduate. It is a male-dominated field and thought to be a career for men only. I had an internship at the Ministry of Interior and Coordination of National Government in Kenya, which is a rare opportunity for women. I am glad to have gained additional skills and knowledge and to be appreciated for my hard work.

The knowledge I have gained from attending school from an early age empowers me to overcome any kind of discrimination and helps me find



strength in pursuing more education and the confidence to offer my thoughts on a project requiring critical thinking.

Knowing that I have no limitations in pursuing any profession through education gives me a lot of hope and helps me advocate for my fellow women.

SLOW DIAGNOSIS: THE WEIGHT OF ENDOMETRIOSIS

Lauren works as Communications Specialist for The Salvation Army Women's Ministries section at International Headquarters, London.

At 17, I underwent emergency surgery for severe abdominal pain. A surgeon explained the risks, and I listened with as much intent as my pain allowed. As I waited in my hospital gown, silently lifting nervous and clumsy prayers to God, I remember feeling a distinct grief at the loss of health, youth and control over my body.

Four years, two further surgeries and several dismissive medical appointments later, I found validation in a diagnosis: endometriosis. A condition where cells similar to those in the lining of the womb grow elsewhere in the body. Symptoms can include chronic pain, fatigue and infertility.

When I think of 17-year-old Lauren, I have compassion. I admit, I'm a little proud of her. She brought out resilience and bravery in me. It is with her that I learned my greatest lessons so far in grace, honesty, kindness and gentleness for myself and others. She chose to press on. She is an overcomer. Most importantly, she went before me and showed what full surrender to God could look like in my life today.

Now, at 25, I feel like I have lived a lot of life. There are days when the pain and exhaustion are too much. Some days feel heavy with grief. But the deep and unexpected places my journey has taken me have brought me to a new strength of wisdom, a new store of gratitude, a new measure of empathy and new depths of joy. Today I live comfortably in the truth



that God's got me. He knows my need and he meets me there without fail.

Endometriosis affects 10 per cent of women worldwide. On average it takes eight years from onset of symptoms to receive a diagnosis in the United Kingdom.

ENDOMETRIOSIS IN AUSTRALIA

For more information or referrals, talk to a GP you can trust. Also, check out:

endometriosisaustralia.org/

healthdirect.gov.au/endometriosis

health.gov.au

jeanhales.org.au/health-a-z/endometriosis



Scan here for more information on Salvation Army services.

Pancakes for two



Ingredients

1 egg, $\frac{3}{4}$ cup milk, 2 tbs sugar,
1 cup self-raising flour, butter or
cooking oil

Optional: 1 cup chocolate chips,
blueberries, apple

Suggested toppings: Lemon and
sugar, maple syrup and cream, fruit
and ice cream, Nutella

Method

- Beat together the egg and milk then add sugar.
- Sift in flour and mix until batter is smooth.
- Add any optional ingredients.
- For a thinner pancake, add a bit more milk.
- Use hot pan over medium heat, with cooking spray or butter to cover surface.
- Spoon in mixture for small or large pancakes, cook until large bubbles form on the surface and then flip until golden.
- Serve with a suggested topping or one of your favourites!

Quick quiz

1. In 1903, Marie Curie was the first woman awarded a Nobel Prize for her work in what?
2. What did activist Rosa Parks do in 1955 to spark the civil rights movement?
3. In 1932, who was the first woman to cross the Atlantic solo, in an airplane?
4. Who was nicknamed 'The Iron Lady'?
5. Who was the first woman elected to the Rock and Roll Hall of Fame?

Bible byte

"Be still and know
that I am God."

Psalm 46, verse 10
Contemporary English Version

Tum-Tum

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



Wordsearch

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

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

- Batter
- Berries
- Breakfast
- Bubbles
- Butter
- Celebrate
- Delicious
- Eggs
- Enjoy
- Flip
- Flour
- Frypan
- Golden
- Maple
- Milk
- Mixture
- Oil
- Pancake
- Pour
- Sharing
- Shrove
- Spatula
- Sugar
- Topping
- Tradition
- Tuesday

HAVE A LAUGH



Why are dolphins so good at making pancakes?
 They're such good flippers.

Why aren't pancakes good singers?
 They're too flat.

How do you make a pancake smile?
 Butter it up

DID YOU KNOW?

The earliest references to pancakes are in poems from the 5th century BC.

William Shakespeare often mentioned pancakes in his plays.

Eating pancakes on Shrove Tuesday has been a tradition for over 1000 years.

"Flat as a pancake" has been a catchphrase since 1611.

The most flips of a pancake were 349 flips in two minutes, by Dean Gould in 1995.

Quiz answers: 1. Radiation 2. Refused to give up her seat on a bus to a white person 3. Amelia Earhart 4. Margaret Thatcher 5. Aretha Franklin

Turn-Turn: is hiding in the hutch on page 11.

*Turn your passion into
your profession*

February - March intakes

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