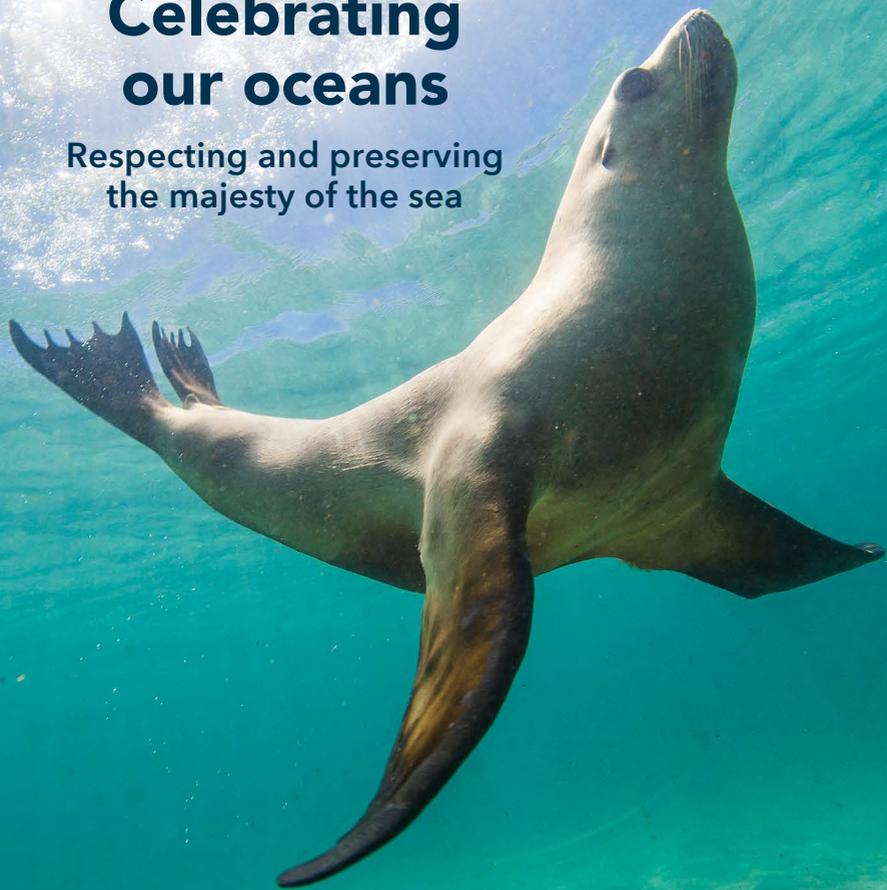


salvos

magazine

Celebrating our oceans

Respecting and preserving
the majesty of the sea



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FEATURE

Fighting
climate
change

FAITH TALK

Shedding
our heavy
loads

MY STORY

The chance
to see hope

*"The ocean stirs the heart,
inspires the imagination and
brings eternal joy to the soul."*

- Robert Wyland





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.

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	Feature [4] Celebrating our oceans
Faith Talk [10] Pictures of freedom	
	My Story [12] Responding to heartbreak

Act for the ocean

World Oceans Day will be observed globally on 8 June.

Our vast and beautiful oceans cover more than 70 per cent of the planet. It produces at least 50 per cent of our oxygen and absorbs about 30 per cent of human-produced carbon dioxide. Almost 80 per cent of Earth's biodiversity calls the ocean home, and it is the main source of protein for more than a billion people. The ocean buffers the impacts of global warming, its industries employ millions of people, and it's a source of awe, wonder, joy, peace and spiritual connection for many.

In this edition, Lerrisse Smith writes about her life-long love of the ocean and its physical, emotional and spiritual impact on her wellbeing. She also emphasises that the ocean is very much in need of support and the time to act is now.

Our 'Five minutes of social justice' column looks at actions we can take around climate change, and we highlight some Salvation Army initiatives in sustainable energy.

Join us as we try to do our part in caring for God's creation.

Simone Worthing **Editor**

Celebrating our oceans

Protecting our planet's life support system

As World Oceans Day 2024 approaches (8 June), *Salvos Magazine* journalist Lerrisse Smith writes about her love of the ocean, its role in her wellbeing and the need to protect it from the impacts of climate change and pollution.

I have always loved the ocean and the captivating beauty that lies beneath the waves.

And below the canopy of a beautiful South African ocean kelp forest, a wondrous story about a special encounter with an octopus taught me a profound lesson in life.

While watching the outstanding documentary, *My Octopus Teacher*, I couldn't help but be deeply moved as filmmaker and diver Craig Foster forged an incredible and unexpected friendship underwater with a beautiful octopus while the animal shared the mysteries of her sea world.

It was a profound life lesson in humility, of how this spectacular creature lives and dies, and how the oceans are a

world intrinsically interwoven where we need each other in order to survive on this planet. Furthermore, it was a vital reminder about the importance of respecting and preserving the majesty of the sea – a topic close to my heart.

“

To observe what lies beneath is truly an exhilarating feeling.

”

I grew up in Australia where I was surrounded by stunning coastal waters. From an early age, I have treasured exploring above and below the stunning beauty of the blue planet, and all the creatures great and small who call it home.

PRESERVING NATURAL WONDER

To observe what lies beneath is truly an exhilarating feeling, especially when your eyes set upon a vast array of breathtaking sights such as colourful reefs and extraordinary marine life of all sorts, enriched through a camera lens. The oneness I feel with the ocean plays an essential role in nurturing my overall wellbeing. With its innate purity and ability to provide solace and a sacred place to pray, the sea always draws me close to God. It compels me to not only care for his magnificent creation but





PHOTO BY ADELE MASTERS

forever embrace its vastness and depth with immense respect, wonder and awe.

And with the theme of this year's United Nations World Oceans Day being *Awaken New Depths*, there is never a greater time than now to delve deep into how we can all play a part in honouring and preserving the natural wonder that covers around two-thirds of our planet's surface. To awaken new depths of understanding, compassion, collaboration, and commitment for the ocean that sustains humanity and all life on Earth.

Understanding our ocean is essential to our future, yet its depths are still mostly unexplored. We know more about space than we do about the ocean. And while we know little compared to its immense vastness, what we do know is that the consequences of our actions are evident throughout its waters. Human activity is increasingly causing devastation – from overfishing and the effects of climate change, to habitat destruction, oil

and plastic pollution, and the killing of threatened species like turtles, whales and sharks.

“

We know more about space than we do about the ocean.

”

POSITIVE CHANGE

Positive change can happen – but we must educate ourselves on how to respect, preserve and save our wonderful blue planet. A plethora of oceanic websites, campaigns, films, documentaries and interviews to inspire and call us to action can be the start, plus supporting and/or championing marine conservation organisations and those dedicated to preserving the world's oceans.

For book enthusiasts, *Deep Water, the world in the ocean*, by Australian author, ▶

PHOTO BY ADELE MASTERS



James Bradley, is a great testament to the beauty, mystery and wonder of the ocean. Weaving together science, history and personal experience, it offers vital new ways of understanding, not just humanity's relationship with the planet, but our past and future.

Let us not underestimate the power of simple actions too – recycle, reuse and reduce. Next time you're at the beach (the therapeutic benefits are well documented!), look down and pick up. Invariably you'll find discarded beach gear, plastics and rubbish that need not end up in the ocean. Love seafood? Eating responsibly sourced fish wherever possible can be yet another positive action.

Together, we can all be a part of the global movement to save our oceans and protect this vast, irreplaceable ecosystem that is our planet's life support system – for our precious waters warrant nothing less.

AWAKEN NEW DEPTHS

The United Nations is joining forces with global policy-makers, scientists, managers, thought leaders and artists to showcase how our relationship to the ocean urgently needs to change. A free livestream event accessible worldwide will run on Friday 7 June to promote global engagement with vital ocean education. It is hosted by the United Nations Division for Ocean Affairs and the Law of the Sea, Office of Legal Affairs in partnership with Oceanic Global (see QR code below).



Scan here for more information and resources on World Oceans Day.

Five minutes of social justice – Climate change

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

In Australia, social justice challenges can be complex, but there are steps we can take to make all of them better.

As we approach World Environment Day this year (5 June), this segment of 'Five minutes of social justice' looks at the issue of climate change and the difference we can make.

Climate change refers to long-term changes in weather patterns caused by an increase of heat-trapping gases in the Earth's atmosphere. These trapped gases cause an increase to the Earth's average surface temperature which has already seen devastating consequences - more frequent and extreme heatwaves and bushfires, prolonged drought, devastating floods, melting in polar regions, rising sea levels, larger and more intense cyclones, and the decimation of vulnerable habitats such as coral reefs.

Without intervention, climate change will be catastrophic and not only threaten natural systems that life is dependent on, but increase food insecurity, decrease access to clean water and sanitation, cause displacement through loss of livelihoods, homes and liveable areas, change the spread of disease, increase poverty, and cause a rise in mental illness.

Most carbon emissions in Australia are produced by energy, transport and agriculture, and it can sometimes feel like the issue of climate change is too



big for us to solve. We have identified some actions we can all take to make a tangible difference.

GOT FIVE MINUTES?

Take the 5-minute Carbon Calculator quiz to see how you can reduce your carbon footprint - climatehero.me

WANT TO DIG DEEPER?

Look into ways that you can reduce carbon emissions and minimise waste. For example, recycling and reusing everyday items, walking to work or school, shopping ethically and sustainably, planting a tree or veggie garden. Small changes implemented consistently by many of us, together can have a huge impact.



Scan here for more on World Environment Day.

Salvos to open solar farm

The Basin site in Victoria, owned by The Salvation Army since the 1890s, will soon be home to the Salvos' first solar farm.

The farm will add five megawatts (MW) of clean, renewable energy into the Salvos capacity every year, while also providing long-term, cost-saving benefits.

Due to be turned on in January or February 2025 (approvals and weather depending), the solar farm will add more energy to the existing 2.8 MW of solar energy generated across Salvos' rooftops, bringing total solar capacity up to 7.8 MW – enough energy to power approximately 6240 homes.

This is expected to reduce the Salvos' carbon emissions from electricity by 60 per cent in Victoria, which will significantly move the Salvos closer to its emissions reduction plans.

The solar farm will support The Salvation Army's environmental policy – as people made in the image of God (Genesis chapter 1, verse 27), we have been entrusted with the care of the earth's resources (Genesis chapter 2, verse 15). This drives the Salvos to demonstrate sound stewardship of these resources to ensure the wellbeing of present and future generations.

The solar farm is also expected to have a positive social impact, due to the likelihood of increased demand for Salvos services with the ever-increasing intensity and frequency of natural disasters. By having its own energy source, the Salvos can reduce its reliance on power sourced from the grid and meet the increased demand for its frontline services.



Rooftop solar is expanding across Salvos properties.

SUSTAINABILITY INITIATIVES

Additional initiatives include:

- A commitment to annual greenhouse gas accounting, to better understand our impact on the environment and develop projects to reduce our carbon emissions.
- Contributing to the circular economy through our second-hand goods stores, Salvos Stores, diverting over 120 million items from landfill each year.
- Expanding rooftop solar across our properties and services in the eastern states.
- Developing a transition to an electric vehicle fleet, starting with pool vehicles in urban hubs.
- Introducing and expanding sustainable procurement practices.
- Working for positive environmental legislation.



An occasional column on all things books and reading



Why we love local libraries

As a lifelong library patron, I'm still quietly astounded each time I head out of my local public library with a stack of books. I always think: "They just let me take all these ... for free!" Yes, I know they're on loan. Yes, I know I can't keep them. But you get the point: libraries rock.

But investigate beyond a library's bookshelves and you'll be amazed what else is on offer. Most public libraries also have audiobooks, eBooks, eNewspapers and eMagazines for loan. Many run book clubs and writers' groups, host author talks and hold regular children's story times.

Some offer book matching services where you tell library staff some of your favourite books and they reply with a curated personalised reading list of titles they think you'll enjoy.

However, libraries don't just exist for their community's bookworms. 'Crafternoons' for knitters and crocheters, basic IT and smartphone lessons,

brain training and board game nights are held regularly in many libraries across the country. You can also attend lectures on everything from menopause and nutrition to history and photography.

For the outdoorsy types, many libraries offer loans of sport equipment, and my local public library has even started a seed library for gardeners.

There is more on offer for free in Australia's public libraries than I have space to tell you about. Of course, the size (and funding!) of a public library determines the number and variety of programs and services available. But even Queensland's smallest library in McKinlay, for example, offers public internet access.

Why not check out what's on offer at your local library? Drop in or check their website. You might just discover the perfect book, course, lecture or club waiting there just for you.

– **Andrea Redford**

Pictures of freedom

Shedding the loads that weigh us down

By Belinda Davis

Does this picture of the ocean at sunset speak to you of freedom? If not, what is your picture of being free? Perhaps it includes the following:

Completing school drop-off for the day?

Walking out of your workplace for the evening or weekend?

Enjoying a few moments to yourself?

Being on a swing in the playground?

Being caught up in a book?

For me, freedom is when there are no specific demands on my time or energy – even for a few short moments.

A WEIGHT LIFTED

I admit to feeling relief when I am set free from something that has been weighing me down. I love being a mum, for example, but that sense of freedom when my cherubs are not my responsibility for a time is something to savour. It's probably how they feel when they walk out of the school grounds just before school holidays!

The ocean at sunset also speaks to me of freedom – that moment when I am not bound by expectations, by duty, by required tasks, by demands, by stuff.

I recognise that many of the things that I am 'bound' by are generated from my own thinking and sets of values. This is something I struggle with, particularly expectations of others, but I am trying to do better.

I am a little envious of the woman in this image because that place is somewhere I would like to be and walking along the beach is something I would like to be doing.



TRUE FREEDOM

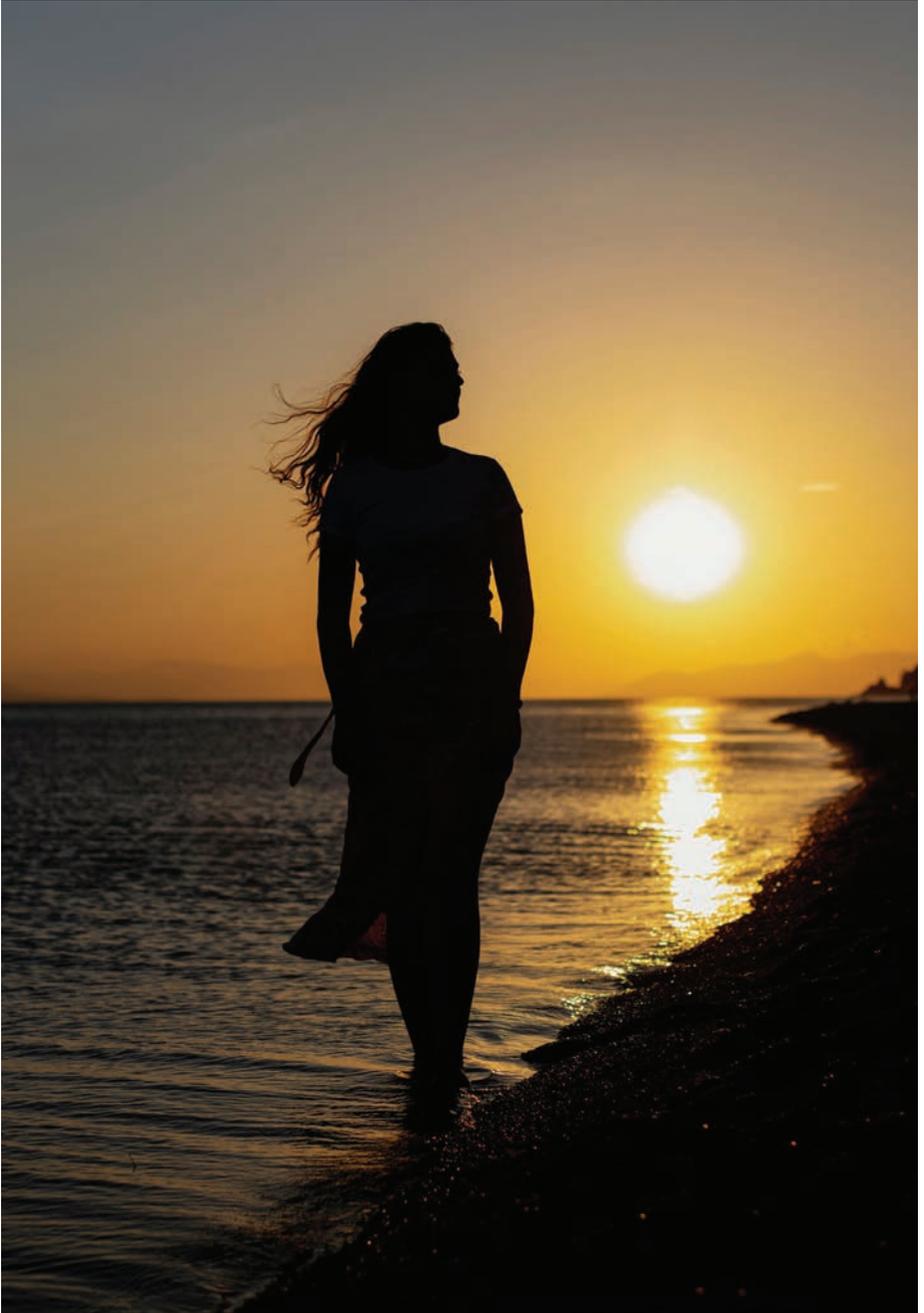
When Jesus walked this earth, he told his followers that "If the son (that is, Jesus) has set you free, you will be free indeed." This verse in John chapter 8, verse 36, reminds me that I don't need to be bound by stuff because there is freedom in knowing Jesus and living in the way that he taught. That thought can help me feel free, even if I'm not standing at the water's edge at sunset!

Now, to go and pick up the children.

Major Belinda Davis is a Salvation Army officer (pastor), living and working on Kaurna land, Adelaide.



Scan here for more Stories of Hope.



Responding to heartbreak

The Red Shield Appeal and the chance to see hope

By Kirralee Nicolle

I haven't cried in public in almost a decade, but recently, my downfall came in the form of an Elsa dress.

I attended the Red Shield Appeal launch in Melbourne's CBD, a timely event amid a soaring cost-of-living crisis.

The stories told were heartbreaking yet hopeful, as time and again, speakers testified of how the assistance provided by the Salvos helped them, their friends or family, to get back on their feet and even reach out to others again.

A FAMILY'S STRUGGLE

I left the event well-fed, caffeinated and ready for an afternoon of work.

As I sat on the train pondering how I could best capture all the highlights in a story, into my reverie burst a family of five.

The woman, who looked in her 20s, was in tears. She stood on the train, shakily scrolling her phone, swearing under her breath. The man sat huddled with three small children, an older boy and girl and a baby boy. The baby slept in the stroller, and the older children silently nestled close to the man.

They all stared ahead. Every now and then, the woman would shake her head and vocalise a complaint. At one point, I caught the eye of the man and mouthed, "Are you ok?" He nodded slowly, then looked down.

The two adults eventually began talking. I wasn't trying to listen but could hear

everything. They discussed Centrelink payments that had failed to arrive, whether they could get home with the fuel that was in their tank and how long before their next fuel voucher arrived.

A QUIET ELSA

Throughout this, the little girl sat silent and close-mouthed. Beside her, the boy, slightly older, the same. They didn't meet eyes with anyone but sat rapidly scanning in every direction.

The little girl wore a pale blue Elsa dress with a fluffy tulle tutu.

She must have been the same age as my own daughter. In the five or so stops that they were on the train, my daughter would have asked for a snack, giggled loudly and possibly gotten the whole carriage singing a rousing rendition of the *Wheels on the Bus*.



They exited the train, and I watched the small bundle of blue disappear out of sight. Then, I did the thing I hadn't done in years. I began crying in public. A kind stranger behind me heard me pulling back sobs, and we quietly discussed the

pain we felt watching the struggles of those we felt unable to assist.

We'd just seen a snapshot of an unfinished story.

THE MESSY MIDDLE

As a writer, many of the stories I tell have a complicated beginning, a point of change and then an upward trajectory at the end. Writers don't like the middle of stories. Being stuck in the middle means you haven't finished the task.

One of my favourite parts of the Bible tells of a time when Jesus hung out in the messy middle. Jesus was very familiar with discomfort, which is really quite impressive for someone used to the luxuries of heaven. His friend Lazarus had died, and even though Jesus knew he could bring him back to life, he was heartbroken.

Before he resurrected Lazarus, Jesus wept.

I don't have the power, the position or the training to fix many problems firsthand. I can't do the resurrecting; I can often only cry, pray and support those doing the work.

The power of the Red Shield Appeal is that it gives those with stories that might otherwise stay in the messy middle the chance to see hope.

Frontline workers may not perform daily resurrections from the dead, but with assistance from people like you and me, they can continue helping someone every 17 seconds to resurrect lives from a place of profound hardship to one of flourishing. And when one soul is helped, it has a positive effect on those around the person too.

Children, parents and friends all feel a weight lifted from them.



A broken heart is a doorway to a solution, and with the rising cost of living and other challenges darkening our world, we are all going to be confronted with more and more pain.

May we acknowledge our limitations, and may we be motivated to give.

When all it takes is an Elsa dress to break a heart, imagine all it might take to mend one.



Scan here to donate to the Red Shield Appeal 2024.

Baked Zucchini with Mushrooms



Ingredients

60g butter; 250g sliced mushrooms; ½ tsp salt; 1 clove crushed garlic; pepper to taste; ¼ tsp oregano; 3 large, grated zucchinis; ¼ cup breadcrumbs; 4 tbsp parmesan cheese, grated; 1 tbsp cream; 4 beaten eggs; fresh salad (optional)

Method

- Melt butter in saucepan, add mushrooms and cook.
- Add salt, garlic, pepper and oregano.
- Combine zucchini, breadcrumbs, 2 tbsp cheese and mushrooms in oven-proof dish.
- Pour combined cream and eggs over top and bake at 180°C for 30 minutes.
- Serve topped with remaining cheese, and salad (optional)

HAVE A LAUGH



How do divers communicate?
They use speech bubbles.

Why don't fish do well in school?
Because they are always
below sea level.

Where do sharks holiday in Europe?
Finland.

What kind of sharks do you
find at a construction site?
Hammerheads.

SIGNING IN



Sudoku

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

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



Quick quiz

1. How many oceans does the earth have?
2. What is the name for the famously treacherous region of ocean between Bermuda, Puerto Rico and Miami?
3. What is the term for a scientist who studies the ocean?
4. What is the world's largest ocean?
5. What is the name for the deepest point in the ocean?
6. What is the name of the perilous strait between South America and Antarctica?

Tum-Tum



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

Bible byte

"He calmed the storm to a whisper and stilled the waves."

Psalm 107:29
New Living Translation

ON THIS DAY...

1 June, 1974

The Heimlich manoeuvre is published.

2 June, 1953

Queen Elizabeth II is crowned.

3 June, 1492

Martin Behaim presents the world's first globe.

4 June, 1984

Bruce Springsteen releases *Born in the USA*.

5 June, 1883

The first Orient Express leaves Paris.

6 June, 1984

The video game *Tetris* is published.

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

Tum-Tum: is hiding in the leaves on page 7.

Quiz answers: 1. Five. 2. The Bermuda Triangle. 3. Oceanographer. 4. The Pacific Ocean. 5. Marana Trench. 6. The Drake Passage.



GIVE A NEW BEGINNING...

"I came from a situation where I had no savings, no money to even buy food for the kids at times."

– Sarah*

*Names changed to protect privacy.

In these desperately hard times, their only hope is you. Your tax-deductible Red Shield Appeal gift today will help give families like Sarah's a new beginning.



Donate today.

salvationarmy.org.au/Sarah



**RED
SHIELD
APPEAL**