



WARCRY

CULTURE & SPIRITUALITY

Volunteering rules

The joys of helping others





Never look down on anyone unless
you're helping them up.

Anonymous



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

WARCRY

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From the editor

No-one knows what curveballs life is going to throw at us.

Many of us have experienced that feeling of disbelief when something out of our control — illness, an accident, a relationship breakdown — changes our lives. Unfortunately, as well as coping with the emotional stress, we often have to deal with practical hardships, too.

This week's *Warcry* features Kingston Gardens Salvation Army (Vic.), one of our many centres offering help for people doing it tough. TV chef Liz Egan, who volunteers there every week, tells us what she loves about the work she does there and how it has enriched her life. She also shares how her life changed dramatically during a day in the surf with her family.

If you're going through a difficult time, remember you are not alone. In the last financial year, The Salvation Army provided more than one million sessions of care, and we can help you too.

Go to salvationarmy.org.au/contact-us or visit your nearest Salvation Army corps (church).

Faye Michelson **Assistant Editor**

Volunteering rules

TV chef Liz Egan finds her volunteer work at Kingston Gardens Salvation Army an enriching experience.

BY FAYE MICHELSON

Liz Egan admits with a smile that she is often recognised by people coming into The Salvation Army centre where she volunteers every Friday.

The well-known Melbourne chef, a familiar face to fans of Channel 7's reality television cooking show *My Kitchen Rules*, has been part of the team at Kingston Gardens Salvos for the past two and a half years.

"People do recognise me from being a judge on *MKR*, and I'm happy to say, they're usually thrilled," Liz laughs. "It's often a good ice-breaker."

Liz is part of the Kingston Gardens Salvation Army emergency relief team, which provides practical help to people in crisis situations. It's a scenario that happens in Salvo centres around the nation, working alongside others where there is hardship or injustice to transform one life at a time with the love of Jesus.

In the last financial year, The Salvation Army's annual report noted that 164,679 emergency relief support and assessment sessions were held, with 38,741 people who were homeless or at risk of homelessness receiving support and 5,941 people experiencing family violence receiving care. Altogether, Salvation Army programs provided 1,148,175 sessions of care to 189,795 people. More than 75% of the Salvos' workforce is made up of dedicated volunteers making a difference in the lives of many thousands of Australians.

Volunteering has always been on Liz's to-do list, something she wanted to be part of when she had "a bit of spare time". That time came sooner than the busy executive chef expected. In 2011 she had an accident while body surfing with her daughters.

"I smashed one side of my body and that was the end of my professional cooking career," she says.



Several operations and a long recuperation followed. Liz recalls filming *MKR* not long after her first operation. “I had a massive scar on my shoulder and was wearing a sling,” she says. “But the *MKR* team was fabulous. [Fellow judge and chef] Guy Grossi cut up my food off camera, I put my hair over the scar on my shoulder and took off my sling while we were filming.”

She describes the accident as “devastating and life-changing”.

“I sold the restaurant. For someone who is independent, it was very hard having to rely on other people to do even everyday tasks,” she says.

“You never know what life’s going to throw at you; I couldn’t believe that I didn’t have a choice in how my life changed. But I’m lucky because I had the right support network, and you learn about yourself and develop as a person through circumstances like this. It opened up different things for me.”

One of those is her volunteer work at Kingston Gardens Salvos. Liz found the listing on the Seek Volunteer website, applied, was interviewed (“My first interview for 25 years!” she adds), and now works with Salvo officer (minister) Steph Glover and the team to provide crisis assistance.

“Clients come in when they have an emergency. That could be through domestic violence, someone losing their housing and sometimes we have asylum seekers. We help wherever we can,” Liz says.

“We greet them, get their file or set up one, and always offer them a tea ▶

“

**If you volunteer, you
will be challenged,
but you will also be
greatly enriched.**

”

or coffee and a biscuit. Sometimes they want to talk to someone who is interested in listening to them, as much as they want a supermarket voucher or food. Sometimes people don't want to chat, and that's fine, too.”

The foyer is set up with a small pop-up supermarket consisting of a bank of shelves stocked with donated groceries.

“Sometimes we have fresh vegies and fruit, which are lovely, and frozen food. When we have people in need, it's fabulous when we can give them an abundance of choice, but even though we don't always have vegies donated, there's always something for them,” Liz says.

“We can arrange to get medications for people. This is really important, especially for those with mental health issues, because often they have to choose between paying for medications or buying food. I think it's cruel

to be in that position.”

Liz says working at the Salvos has given her insight into the hardship and disadvantage experienced by many in the community.

“It opened my eyes to injustice; I have so much more empathy and understanding for the disadvantaged and disenfranchised,” she says.

“Even three or four years ago, I had a complete lack of understanding about the Newstart allowance and what people are trying to achieve on so little money. It's ridiculous. I've been shocked at the level of disadvantage in the community, and I think the general public would be too, if they knew more about it.”

Sometimes, she says, it's overwhelming to listen to someone's story and the hardships they have to deal with.

“The first few months I struggled with that. After working here on Friday, we'd go out for dinner and I would feel this immense sense of guilt about my life, but as a team we always debrief, which is really helpful,” Liz says.

“I want to put back into the community and help people who haven't had the opportunities and the luck I have had. If you volunteer, you will be challenged. But you will also be greatly enriched and receive so much out of giving to others.”

If you need emergency help, go to www.salvationarmy.org.au/need-help

To volunteer with the Salvation Army, go to www.salvationarmy.org.au/get-involved

Red shield appeal raises almost \$78m

The 2019 Salvation Army Red Shield Appeal raised nearly \$78 million, including \$6.7m through the Community Doorknock campaign between 13 May and 2 June.

“This is an amazing result,” Salvation Army Head of Fundraising Janine Kewming said.

“The Red Shield Appeal creates a unique platform for The Salvation Army to tell its story. Our massive army of volunteers are walking advocates of our mission and we can’t thank them enough for their commitment.”

This year, in every capital city and at dozens of regional centres, Red Shield Appeal launch events raised a significant amount of money towards the overall appeal total. Generous corporate partners were also key to the appeal’s success.

Chief Secretary Colonel Mark Campbell commended Salvationists and volunteers, and the Salvos’ corporate partners for the great result.

“What a fantastic effort, everyone! I want to thank each and every person who contributed in any way shape or form,” he said. “It’s because of your efforts we can continue to transform Australia, one life at a time with the love of Jesus.”

Official figures:

2019 National Red Shield Appeal total:
\$77,957,326

2019 Community Fundraising total:
\$6,734,973



Help the Salvos help others with a gift in your Will

After providing for those you love, why not leave a gift for those in greatest need? Including a gift to The Salvation Army will enable us to continue to assist more than one million Australians every year.

For a **FREE** copy of our **Wills information booklet** **FREE CALL 1800 337 082** or complete and send this coupon to **The Salvation Army**

- Send me a **FREE** copy of your Wills information booklet
- I am interested in leaving a gift to The Salvation Army
- I have already included The Salvation Army in my Will

Name _____

Address _____

Postcode _____

Email _____

Phone _____

Send to (no stamp required):
Wills & Bequests, The Salvation Army,
Reply Paid 85105, Blackburn, Vic 3130.

The science of catching killers

The search to hunt down the mindset of evil shows how close to home it might be for us all.

BY MARK HADLEY

“How do we get ahead of crazy if we don’t know how crazy thinks?”

In a sentence, this is a question driving the drama that is *Mindhunter*. Based on the book, *Mindhunter: Inside the FBI’s Elite Serial Crime Unit* by John Douglas and Mark Olshaker, the series covers the Bureau’s early forays into criminal psychology.

Its dramatic retelling revolves around FBI agents Holden Ford (Jonathan Groff) and Bill Tench (Holt McCallany), and their assistance by psychologist Wendy Carr (Anna Torv). In the first series, Ford and Tench were struggling to convince their superiors that serial killers had anything to contribute to law enforcement other than a quick trip to the electric chair. The second series introduces an FBI that wants the Behavioral Science Unit at work

catching killers as soon as possible. The question is: have the agents developing this new science come to grips with the truth about evil?

Each episode follows a basic ‘quest’ format. With the assistance of his team, Ford interviews serial killers, piecing together a list of elements likely to produce a psychopath — a ‘profile’.

What keeps the audience engaged is the tricks the team employs to probe the minds of serial murderers. But each answer seems to raise five more questions as they come to realise that evil is more complex than they ever suspected, and yet still staggeringly simple.



The first thing the *Mindhunters* uncover is a challenge to our conventional thinking about the nature of good and evil. We live in a world where the information and entertainment media still tell their stories in terms of good and bad people, heroes and villains.

If someone does something particularly despicable, journalists dig until they discover acceptable symptoms that seem to suggest their acting out was inevitable. Our comfortable conclusion is they were born that way, a ticking time bomb. However, *Mindhunter* suggests evil lives much closer to home.

Ford discovers that a shared pattern of experiences, rather than biology, opens the door to murderous behaviour. A broken home, bullying, shattered self-esteem ... elements that reveal that killers can be formed. All that is required is a combination of pressure plus opportunity, a finding the Bible could have fast-tracked for viewers.

Social circumstances, our education and upbringing, may put a brake on our behaviour, but the root of every vile act already resides within us. The Bible sees every person as someone deeply infected with sin-awaiting-opportunity. As Jesus sees it, our problem is heart-deep:

“For out of the heart come evil thoughts – murder, adultery, sexual immorality, theft, false testimony, slander. These are what defile a person” (Matthew chapter 15, verses 19-20).

The second series of *Mindhunter* confirms this axiom. Tench begins to realise there is very little distance between the crime scenes he

investigates and the home in which he lives. He returns one evening to find his back door swinging open, and immediately connects the detail with the methodology employed by a killer he’s been studying.

Days later a detective arrives at his front door with the distressing news that a child’s body has been found in a home that his wife Nancy is selling. The conversation that follows says a lot about his changing perspective:

Nancy: Ohhh, I can’t imagine. It’s awful. That just doesn’t happen around here.

Tench: It happens everywhere, Nance.

The growing realisation of *Mindhunter* is that evil is not confined to ‘bad people’, and it cannot be kept out by state borders or financial privilege. It resides within us; even mild-mannered people like you and me can easily shock ourselves with just how conniving and deceitful we can be.

Insights provided by teams like the FBI’s *Mindhunters* might help us curb evil, but they will not ultimately cure it. For that, we need an internal reformation so far-ranging and deep that it is beyond us. In fact, Jesus’ disciples, confronted with the impossibility of making themselves better, cried out: “Who then can be saved?” Jesus’ response wasn’t to give them false comfort, suggesting we just needed better law enforcement, education or funding. Instead, he pointed them to the only person who had any track record for turning the thoroughly evil into the eternally good: “With man this is impossible, but with God all things are possible” (Matthew chapter 19, verse 26).

Ahead of the pack

Lighten the load in your suitcase — and life — by not carrying around excess baggage.

BY BELINDA DAVIS

I hate packing! Whether it's to move house, go on holidays or to a conference, packing is one of my least favourite things to do. And because it is such a despised activity, I inevitably leave it to the last possible moment and pack all sorts of weird and wonderful items while forgetting the essentials.

I find it quite a daunting prospect to stand in front of an empty suitcase and start to work out what needs to go in. While my lovely husband writes packing lists to help him in this process, I find these are only part of the answer for me.

The list might say '5 x shirts', but then I wrestle with which shirts I should include. And then which pants should I take to go with those shirts? And what if I feel like swimming? Or running? Or hiking?

I often get stuck trying to make a decision and choose instead to walk away and find something less traumatic to do, such as defrosting the freezer. To be honest, I would be perfectly okay with someone else making these choices for me.

I usually pack too much in 'activities', such as books I intend to read, craft projects I might get around to doing, work tasks that need attending to, all with a 'just in case' mindset.

I don't want to be away from home and not have access to these things. So, I end up having a far heavier burden to carry in my suitcase and bags — and (let's be honest), as most of these items don't get touched, it's a pointless exercise that just ends up inconveniencing me along the way.

How often in life do we choose to carry around extra baggage that we don't really need? Those hurts and disappointments that remind us that others are not to be trusted? The painful moments that have caused scars in our life? Those times when we have not lived up to our own expectations or those of others?

Jesus spoke some beautiful, comforting words recorded in the book of Matthew (chapter 11, verses 28 to 30). They speak of all who are weary and burdened having the opportunity to exchange the load they are carrying with his, and have some rest. It doesn't say we end up with no burden, but a lighter one — his burden — which I imagine would have all the essentials we need without the extra stuff to weigh us down.

Belinda Davis serves as Salvation Army officer (minister) in regional Victoria..



Learning to lean on God

For 20 years, Daniel* has been in and out of prison, struggling with addiction. He recently celebrated a full year clean and sober.

Today I don't blame my past or anyone for my drug-taking and drinking, but for a long time I blamed everyone else for my behaviour.

I never fitted in as a kid so I used a lot of masks. I was class clown, but really I was full of fear and low self-worth. Coming into high school I was bullied. I hated being at school and I also hated being home.

My parents did the best they could. They had five kids and were flat out. I was a naughty kid, so most of the time I spent with my dad was when he came home from work and had to give me a 'clipping'.

The people I gravitated towards drank and used drugs. By the time I was 13 I was taking pot and drinking on weekends and by 15 to 16, I was smoking pot every day. At around 18, I started injecting.



I really only picked up drugs to fit in. In the beginning, the drugs relieved anxiety, but of course they created more anxiety and even lower self-worth. I became an addict and I ended up going through the prison system.

I was born into a Catholic family, so I always had beliefs. I knew the 12 stages of the cross and I knew of Jesus on the cross, but I didn't know you could have a relationship with him.

The Salvos (recovery service) taught me about connection and relationship with God, but because of fear or embarrassment, I couldn't talk about the relationship I had with Jesus and God. So I left God at the gate and consequently I went back to my own thinking — and picked up drugs again.

I wasn't ready to surrender. They were some of the darkest times I've known. More time in jail, in a toxic relationship, and our baby was removed from our care. Falling back into addiction after that first rehab took me into even deeper, putrid darkness, but I also reached the end of myself so God could start working.

One night I was sitting by the fire talking to God. I'd kept talking to him, even though I'd done what I felt was wrong, asking him to keep me safe. Sitting alone at the fire I literally heard a voice say: "Daniel, I know you can talk the talk, it's time you walked the walk. Slide over, put your feet up and let me steer from here."

From that day I reconnected to God and I started to do the 'right' thing, then the next right thing. I reconnected with the Salvos and eventually connected with Chad, my Salvos Doorways caseworker.

Through Doorways, I was accepted to a 'clean and sober' boarding house. On my first night I went to a 12-steps meeting. I also met Salvos chaplain Brian and did the Positive Lifestyle Program.

I started doing voluntary work at the Salvos, which turned into an opportunity to pay off my fines. I am still doing gardening once a week and Chad is still my case manager. Chad has helped so much. He and I come from similar backgrounds so it's easy for me to talk to him. He is also a man of faith and the way he explains stuff is not judgmental, it comes from a place of love and care. I have also started visiting my baby and I'm working at building relationships with my older children.

I've had a Bible app on my phone for just over 12 months, which I read every day. I lean a lot on God, wanting to know more about him and understand his word.

I understand now that I can't rely on my own strength at all. I need to trust God, clean up the wreckage of my past and serve others. I also have had to be honest with what I've done. It's been a massive journey and it still is today.

I go to church, to men's church weekends and in the future I want to do a ministry course and a fitness training course. I want to help others.

There have been so many 'God-moments' since I've stopped running on my own strength. I now live in a great apartment near the water. Every time I walk in, to me it is yet another physical example of God's amazing provision.

**Name changed*

Vegetable empanadas



Ingredients

3 sheets puff pastry, olive oil, 1 small brown onion (finely chopped), 1 tsp minced garlic, 2 cups frozen peas, corn and carrots, 1 tbsp curry powder, handful of baby spinach leaves, grated tasty cheese, 1 egg

Method

Preheat oven to 200°C. Leave pastry sheets on bench to defrost while you prepare filling.

In frying pan, add dash of olive oil and heat. Add onion and garlic, sauté until soft. Add frozen vegetables and stir until thawed. Stir through curry powder, fry for 1 min. Stir through spinach until combined. Season to taste and set mixture aside.

Cut four 12cm discs from each sheet of pastry. Spoon filling into the centre of disc, then top with grated cheese. Fold in half to create moon shape and pinch edges to secure. Be careful not to overfill.

Whisk egg in bowl and brush on each empanada. Place on oven tray lined with baking paper. Cook for 10-12 minutes until golden

Have a laugh

A man walked into the foyer of his office building, where several co-workers were waiting for the lift. The doors opened and his colleagues piled in.

“Aren’t you coming?” one of them asked.

The man shook his head. “I’ve got a phobia about lifts. I’ve decided to start taking steps to avoid them.”



Tip for the race of life

“The Lord helps those who are in trouble; he lifts those who have fallen.”

Psalm 145, verse 14

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

Sudoku

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

Tum-Tum

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



Answers: 1. Elisha Otis 2. By attention 3 13 4. His pupil Elisha 5. To calm fearful passengers using the 'new' technology
Tum-Tum: is hiding on the shelf behind Liz on page 5.

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



Offers *and specials*

Half-price coloured tags

Every week, selected clothing is 50% off. Just ask which colour tag is 50% off that week.

\$2 Monday madness

On Mondays, a rack of clothing at the front of the store will be on sale for just \$2.

Seniors discount day

Come into store on Thursday, show your health care, pension, veterans or seniors card to save 20%.

Student discount day

Every Wednesday, show your student card to save 20%.

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