

Beyond 2020 Vision

A Publication of Morialta Uniting Church

June 2023

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Welcome to our June edition

Colin Cargill, Editor and Helena Begg, Publisher

In this issue, in an article contributed by David Purling, Tyler McQuilkin calls us to be imitators rather than just admirers of Jesus. We also bring you 'One day a church', a prayer poem written by Roddy Hamilton for the 46th anniversary of the Uniting Church.

There are obituaries for Jill Thompson and Bob Lomman, and photos from the Mother's Day Flower service.

The cut-off date for July Vision will be **30th June**. Either drop a copy in to Nicole at the Office or call/email Colin on 0427 122 106 or snout-n-about@bigpond.com

Go well!

One day a church

Prayer poem for the UCA Anniversary
by [Roddy Hamilton](http://RoddyHamilton.abbotsford.org.au), abbotsford.org.au

One day we will have a church that dreams ambitiously
loves with purpose and dances with danger
and celebrates joy as much as tradition
a church that believes mountains can be moved
and relishes the challenge of moving them
a church that lives the politics of the kingdom
and the faith that brings the kingdom into politics
a church that discovers the beauty of humanity
and celebrates their diversity and imagination
a church that find resurrection in sunrises
and trusts the promise that colours sunsets
a church that learns to live before it learns to worship
and discovers worship is life and life is worship
a church that loves to bless the stranger
because she recognises God in their eyes
a church that has the sense to leave behind
those things that do not bring it life
and a church with courage to step in faith
towards those things held by God
and stirred into life by the belief that
we are God's companions on this way.
Amen.

Germination

by Marianne Musgrove
– used by Rev Jonathan Barker on Sunday 21st May

Something new is growing inside you –
a split seed you didn't even know about.

Something unexpected is prising open
the bars of your ribcage,
reaching beyond your notions of what is.

It needles you with possibilities.

Its roots unsettle your soil.

You find yourself breathing in an unfamiliar scent,
one that mystifies, tantalises, invites.

Marianne Musgrove is an award-winning South Australian children's author and a workshop presenter.



Imitators or admirers

Adapted from a post by Tyler McQuilkin – Youth Pastor at First Presbyterian Church, Bend, Oregon (bendfp.org) – contributed by Rev David Purling

The Danish writer and theologian Soren Kierkegaard wrote for the sake of others so that his audience might be challenged to change, grow, and exist in the world.

One of the final pieces of his authorship is titled 'Attack Upon Christendom'. At the time, Christianity was the established state religion in Denmark. Kierkegaard observed that if everyone in his country is deemed to be Christian simply because they were born in a Christian nation, then they weren't actually Christian because it didn't matter how one lived or what a person truly believed and confessed. In short, what truly mattered to the Danish government and church was the large number of people claiming to be Christian. The hearts of the Danish people did not matter.

This led to Kierkegaard launching his attack on the established church in Denmark. His goal was to help the clergy recognize the lives they were living contradicted Christ's message in the New Testament, and that they were also leading their congregations astray. Kierkegaard writes that Denmark was filled with admirers of Christ. What Denmark needed, though, was imitators of Christ.

Kierkegaard's context for writing his Attack Upon Christendom is much different than the church context almost 200 years later, but I think this message still rings true today. Christ calls us to imitate him, not just simply admire him.

Imitating Jesus

When we admire Christ, we look at all the great things he did for others and clap for all the good he did. When we imitate Christ, we participate in Christ's work of serving, humility, caring for those in need, and denying ourselves so that others might flourish.

There are also so many ways to imitate Christ in our daily interactions, in how we see the world, and how we see others (especially other people that might be difficult for us).

So, this month, a simple question to ask is how we might move toward a life of imitating Christ that cares for our neighbours and the world?

Concert by Coruscalia Collective in Morialta Church – 2nd July



Coruscalia Collective, Adelaide's new flute ensemble, will bring a program of both fresh and classic Australian compositions to Morialta UC on **Sunday 2nd July at 2.00pm**. The ensemble specialises in 21st century music and works by Australian composers. A shared love of chamber music motivated these members of the Adelaide Wind Orchestra - Melanie Walters, Tegan Beck, Mandy Hutchinson and Madeleine Stewart - to form the Coruscalia Collective.

Utilizing flutes of all sizes, from the half-sized piccolo to the double-length bass, Coruscalia Collective aims to introduce orchestra aficionados, as well as the classical curious, to the works of a bevy of Australian contemporary composers.

There will be no interval and afternoon tea and refreshments will be available at the conclusion. Tickets are \$25 (afternoon tea included) and can be purchased at <https://www.trybooking.com/CIQRH>

You can also book by calling the church office Monday – Friday before 12.30pm (8331 9344). You can pay later by credit card or cash at the door.

To know more about the ensemble and the musicians, click on <https://www.coruscaliacollective.com/about>

Fellowship News

From Arlene Lomman

Thirteen members of Fellowship visited the Mary McKillop Museum in Kensington for our May meeting. We found this to be a really interesting outing. The Museum is very modern with hearing “spots” to tell the story of Mary and her many friends and colleagues. We were reminded of the many hardships and poverty endured by so many of the early settlers in Australia. The help provided by these Nuns in the early years was often the difference between living and dying. When we had spent time reading and listening about the nuns, we enjoyed a light lunch in the adjoining cafe to finish off a most interesting time.

This museum is local to us (just off The Parade), so if you have a spare hour (or two) why not visit there. It will be worth your while.

Our June meeting on the 15th will be a Quiz and Games day. Everyone is welcome to join us at 10.00am in the hall, for fun and fellowship.



Home is where the heart is!

Ervine celebrated his 87th birthday recently. Milpara is his new home, but there is obviously a lot of love around. We wish Ervine well as he settles into

his new home and are pleased that Betty and his family are able to visit frequently.

Maintaining your balance

Adapted from “The Community Care Services (CCS) of the Greek Orthodox Community of SA Inc”

Have you been finding it difficult to stand with your feet not too far apart or get dressed without needing to support yourself? Do you find you are taking smaller steps and overbalancing when walking sideways or backwards?

These may be indicators of muscle weakness, tightness, medical conditions, or side effects from medication, but they always point to challenged stability. Everyday life can be demanding and often highlights the importance of good physical condition.

Balance is a skill that may decline as we get older, causing difficulties in many aspects of people's lives. It is important to understand the benefits of good physical balance and how to maintain or even improve it.

These simple balance exercises can be done at home to help regain steadiness.

1. Heel raise

In an upright standing position, lift heels and control when returning to the ground. Use sturdy support if required, without compromising posture.

2. Sit to stand from a chair

Sitting in a chair, back straight, engage feet to push from and stand. Use a cushion on the seat to make it easier as a starting point or use arms to slightly push off the seat.

3. Dorsi flexion

Heels stay down, lift toes, and keep tapping them down, like to the beat of music. This can be done standing or seated.

4. Ankle circles

Turn or rotate ankles in both directions.

5. One leg stand

Using sturdy support if required and good posture, don't lock knee out. Maintain balance while standing on one leg. Perform with opposite leg. Build up on the duration.

6. Foot self-massage

Using a tennis ball or a trigger point ball, apply pressure on the ball, while rolling it around on the bottom of the foot.

For exercises 1-4, start with as many repetitions you can manage until you can do 10-15. When that's comfortable, do a second and third set 2-3 times a week. Exercises 5 and 6 can be done 4-7 times a week.





Patricia Jill Thompson (1926 – 2023)

Patricia Jill Thompson was born on the 2nd March in 1926. She was the younger of Minnie and Ted Thompson's two daughters. The family lived at 3 Henry Street, Payneham opposite her Thompson grandparents so a lot of time

was spent there with uncles, aunts and cousins.

Jill enjoyed her years at the Payneham Primary School where she made many friends and was dux of the school in year 7. After gaining her Intermediate Certificate at Norwood HS, she completed a business course before starting work in the office of E.S Wigg and Son.

Here Jill worked under Kath McEntee, who was a big influence in helping her develop work and community ethics. She then worked briefly for Nicholas Pty Ltd (Aspro and Vitamins) before moving to Seppelt's. The result of drinking too much free champagne and wine at a staff ball contributed to Jill's decision to become a teetotaler. Seppelt's sent Jill and co-worker Joan Cornish to New Zealand where they spent nine months travelling around the islands and walked the Milford Track.

As a child Jill attended the Payneham Methodist Church with her parents and grandparents, but left in her teens. Whilst in New Zealand her friend Joan introduced her to a deeper understanding of the Bible and upon her return she continued to attend the Maylands Church of Christ. She taught Sunday School, was an officer in the Girls Brigade and was very involved in Christian Endeavour. She had thought she would become a missionary, but instead was led to join the Aboriginal Protection Board as a Welfare Officer, where she became familiar with the Adelaide Aboriginal community. Two years later she was appointed a Welfare Officer for the Northern Territory.

While escorting two Aboriginal ladies from Darwin to a World Country Women's Conference in Melbourne in 1962, she met Fay Goldsworthy and her sister Jan from Tasmania. Thus began an enduring friendship.

In 1964 Jill commenced a four year degree in Social Studies and an honours degree in Aboriginal Community Development. On return to South Australia Jill joined the Department of Aboriginal Affairs in Port Lincoln to commence a Community Development project with local Aboriginal families. Fay joined her at the end of 1968 and was invited by the Aboriginal Community to take over the Save the Children Fund's welfare centre, developing a preschool to help prepare their children for entry into mainstream education.

Jill developed programmes and activities to enable the Aboriginal and non-Aboriginal communities to come together so the Aboriginals became able to solve their own problems and be involved in decision making. In the process Jill and Fay were accepted into the community, a relationship that continued long after they left Port Lincoln. Jill described it as a time of both joy and disappointment.

In the early 1970s Jill was asked to help the Koonibba Mission Settlement to become self-managing. This involved many trips to Ceduna and her job grew to include working with the Aboriginal Community Workers employed in the district offices throughout the region. Jill described it as "a happy gypsy lifestyle!" Jill later moved back to Adelaide, where she was the only non-aboriginal member of the Aboriginal Coordinating Unit.

Following her retirement Jill joined the Australian Retired Person Association and became an avid bush-walker, climbing mountains (Cradle Mountain) and completing the 1200+ km Heysen Trail. She took up table tennis, kayaking, snorkelling, caving, white water rafting, made a tandem parachute jump, went gliding, power hang gliding, ballooning, learning to fly a Cessna and twice, pole sitting at Glenelg. She also did the Sydney Harbour Bridge climb and in 2019 - aged just 93 - did the roof climb at the Adelaide Oval. When asked by the journalist what advice she would give to other seniors wanting to get more out of life, Jill replied "Give it a go, give it your best shot."

Jill loved travel and with Fay she made several journeys overseas and within Australia - making many good friends along the way.

In 2018 she moved into the new Gaynes Park Manor where she became the residents' advocate and served on the management committee. And despite health issues of her own, Fay continued to care for her friend until the end.

The last entry in her memoirs sums up Jill's attitude to life: "Recently Fay gave me a small plastic medal of the Queen and she is waving constantly to her subjects. The secret is a solar panel - but it does need the sun to shine as the sun is always somewhere shining."

OLD JILL

Written by Jill Thompson

- whose contributions were many and varied

Poor old Jill, she's over the hill,
it's time for her to go.
The good Lord said she should be dead
and he's the one to know

The western world says "No, not yet.
We want to keep her here."
And so prolongs a useless life
of pain and pills and fear.

So please be glad when off she goes,
they'll say her time has come.
At last she leaves this dear old world
to be with God and Mum.

Myths and realities on the Voice

Adapted from a post on <https://www.lyrebirddreaming.com> by Gregory Andrews, contributed by Chris and Pam Ayles

There are many myths on the Voice. But the Voice is nothing to fear. It's something Australia can be proud of.

Myth: The Voice will create a third chamber of parliament.

Reality: The Voice will only be an advisory body. It will have no power to veto or approve legislation.

Myth: The Voice would be undemocratic.

Reality: The Voice will not replace elected representatives. It will have no legislative powers. It will simply provide advice and guidance.

Myth: The Voice would be expensive.

Reality: The cost of the Voice will be relatively small compared to the overall budget. And it will improve the effectiveness of expenditure on closing-the-gap.

Myth: The Voice would be divisive.

Reality: The Voice will actually promote reconciliation and bring together Indigenous and non-Indigenous Australians by creating a culture of listening and a forum for dialogue and collaboration.

Myth: The Voice would be unconstitutional.

Reality: The proposal has been carefully designed to be consistent with Australia's Constitution. It does not infringe on Australia's laws.

Myth: The Voice would give Indigenous Australians special treatment.

Reality: The proposal is not about special treatment. It's about acknowledging the unique place of Indigenous cultures and history in Australia and ensuring that Indigenous voices are heard in the political process.

Myth: The Voice would be ineffective.

Reality: There is evidence from other countries that similar advisory bodies can be very effective. Canada, New Zealand and the US all have bodies like the Voice. Better-informed parliaments make better laws which can have a more positive impact on the lives of everyone.

Myth: The Voice would create more bureaucracy.

Reality: The proposal is designed to be lean and efficient, with a small secretariat.

Myth: Indigenous Australians are divided on the Voice.

Reality: The proposal has been developed in close consultation with Indigenous communities and is inclusive and representative. Over 80% of First Australians already support the Voice.

Myth: The Voice would undermine the authority of elected governments.

Reality: The proposal is advisory only. It will have no power to veto or approve legislation. Ultimate decision-making power remains with elected Australian governments.

To summarise, the Voice to Parliament will promote reconciliation, acknowledge the unique place of Indigenous cultures in Australia, and provide an effective forum for dialogue and collaboration. It will not be a third chamber of parliament. It will not be undemocratic, unconstitutional or prohibitively expensive. It will not create more bureaucracy. It will not be divisive for Indigenous Australians, and it will not undermine the authority of elected Australian governments.



NAIDOC Week 2 - 9th July

The theme in 2023 is **For Our Elders**. Across every generation, our Elders have played, and continue to play, an important role and hold a prominent place in our communities and families. They are cultural knowledge holders, trailblazers, nurturers, advocates, teachers, survivors, leaders, hard workers and our loved ones. They pick us up in our low moments and celebrate us in our high ones. They guide our generations and pave the way for us to take the paths we can take today. They provide guidance, not only through generations of advocacy and activism, but in everyday life and how to place ourselves in the world.



We draw strength from their knowledge and experience, in everything from land management and cultural knowledge to justice and human rights. Across multiple sectors like health, education, the arts, politics and everything in between, they have set the many courses we follow.

We pay our respects to the Elders we've lost and to those who continue fighting for us across all our Nations and we pay homage to them.

In 2023, how will you celebrate For Our Elders?
<https://www.naidoc.org.au/awards/current-theme>

Sally Stamp

Sally Stamps asks that people continue to send stamps to the Uniting Church office, to help with this ministry. The group also suggests that people consider asking local businesses to save their stamps, with doctor's surgeries being one of the best sources of stamps! Any donations of private collections

no longer required are also gratefully received. In 2022 donations were made to the following: South Pacific School Aid Inc. (\$4,700); Frontier Services (\$1,000); and The Grove UC Kids Craft Group (\$1,000). Pick up can be arranged in metropolitan areas. Contact: Maxine Haines (Convenor), Phone: 0427 972 417, email: jimmax.haines@bigpond.com.



Robert (Bob) Frank Lomman (1933-1923)

Robert Frank Lomman was born at Auburn in South Australia on the 5th of September 1933. He was, the 7th child of Reverend Frank and Mrs Ethel Lomman who lived in the Methodist manse at Auburn. Bob had

one brother and five sisters, three of whom married Methodist ministers.

In those days Methodist ministers moved to a new church every 3 years. The Lomman family moved from Auburn to Broken Hill, then to Millicent, where his mother wrote a story for the church paper telling of the delights and difficulties of travelling so far in a car with 7 kids! Then to Port Augusta, Salisbury, Blackwood, Tusmore then to Croydon, from where his father retired.

After frequent changes of school, Bob spent 3 years at Prince Alfred College and then 2 at Adelaide Boys High School where he gained matriculation. His father recommended working as an electrician but Bob favoured the new electronics which became his life's work. He started at ETSA as a trainee and studied at the School of Mines. The work often meant putting new elements in toasters and jugs. While at the Electricity Trust he played table tennis.

He married Julie James in 1958 and lived next to his in-laws for 18 months. In 1960 they bought a house in which Bob lived until a few weeks before his death.

Bob then joined General Electric Company at the Weapons Research Establishment at Salisbury and this involved frequent flights to and from Woomera. In 1965 he moved to AMDEL at Glenside.

In 1971 the family moved to Coonabarabran where Bob worked on the electronics of the ANU's telescopes. Nine happy years were spent living on Siding Spring Mountain. In 1974 Prince Charles performed the opening of the new 150 inch British telescope, for which the Lommans were asked to lunch.

With 4 children to educate it was decided to relocate back to Adelaide. Bob returned to ETSA with a job of looking after the battery backups for electricity sub-stations. In March 1981 he went back to AMDEL to work on a Direct Reading Spectrometer. In 1985 he moved to the Lands Department, where he stayed until they paid him to leave at the age of 72.

While at Coonabarabran Bob joined Rostrum, where he enjoyed learning public speaking and the fellowship of other men who were not workmates.

As a young man Bob taught himself to play a reed organ which is still in the shed. After professional lessons he became organist to a succession of churches for 60 years, stopping only when Kensington Gardens Uniting closed.

Building radios was a skill he enjoyed when young. He also did radio repairs for local shops. Before computers became ubiquitous Bob built a 'kit set' from Dick Smith into a working computer. He was an expert with a soldering iron.

He collected postage stamps for many years, particularly first day covers. This led to exchanges with people from many countries. Family history became an absorbing interest which meant meeting previously unknown relatives, and kept him busy in retirement. Bob was a competent handyman and gardener with a special interest in tomatoes.

A lifelong member of first the Methodist then the Uniting Church, he served for some years as Secretary of the Adelaide East Parish of the Uniting Church. Enduring chemotherapy he thought of resigning when a preacher spoke of a man who believed "God would not take me until my work is done." He was persuaded not to retire just yet.

In 2018 Bob and Julie received a card from the Queen in honour of their 60th wedding anniversary.

Bob died peacefully in his sleep on April 22nd at Regis Burnside, leaving a wife, 4 children and 4 grandchildren.

How altruistic are Australians?

From NCLS

Mateship is a strong motif within Australian culture. We have a reputation for being there for one another and lending a helping hand, yet our world is growing increasingly individualistic. So, we ask, do we still help one another?

In advertising, 'you', the customer, are the most important person in the world. But the research shows that amongst Australians, and especially amongst church attenders, altruism and a focus on others lives on.

In 2022, 83% Australians said that they had informally helped others in the previous year (2022 ACS). Among church

attenders, around 90% said they had informally helped others in the past year (2021 NCLS).

Around half of all Australians (51%) had donated money to charity, which was the most common action. This was followed by visiting someone in hospital (34%) and helping someone through a personal crisis, not sickness (31%). When the proportion of informal actions among Australians is compared with church attenders, it is evident that churchgoers are more likely to engage in altruistic acts. Two exceptions were visiting someone in hospital and those who had 'tried to stop someone abusing alcohol or drugs', where the results are similar.

Life

from Made Wirawan, a Balinese Hindu friend

Hidup ini bukan transaksi tapi hidup ini adalah interaksi!

Life is not a transaction but life is an interaction!

What is a First Nations Voice

Adapted from the Assembly Website

The First Nations Voice is the first proposal contained within the **Uluru Statement from the Heart**. It is a **constitutionally protected** body of First Nations people which will advise the Federal Parliament and the executive government on legislation and policy of significance to Aboriginal and Torres Strait Islander peoples.

If the Referendum vote is successful, Parliament will then design the Voice via legislation. The proposed Constitutional amendment states that the Voice “may make representations” to Parliament. The Voice will have no veto power and will have no role in passing legislation.

A set of design principles to guide the process of establishing the Voice, include that the Voice will be independent, chosen by First Nations People and be representative of First Nations Communities.

Will the Voice make a difference?

A Voice to Parliament will further the self-determination of Aboriginal and Torres Strait Islander peoples by giving them a greater say on matters that affect them. A Voice will mean the Government will have better quality information about First Nations communities and issues, provided directly from communities themselves. Information from communities will result in better quality laws and policies, better targeted investment and ultimately better outcomes for First Nations people across many sectors.

Does the Uniting Church support the Voice?

In a joint statement, President of the UCA, Rev Sharon Hollis and UAICC Interim National Chair Rev Mark Kickett affirmed their strong support for a Voice to Parliament as a critical step toward honouring the sovereignty of First Nations Australians in this land and furthering the work of truth-telling and treaty. The Assembly Standing Committee (ASC) declared the support of the Uniting Church in Australia for the change in the constitution to recognise an Aboriginal and Torres Strait Islander Voice to Parliament.

You can do your own research using the following links

<https://ulurustatement.org/education/design-principles/>

<https://ulurustatement.org/education/faqs/>

<https://uniting.church/voice/>

<https://justact.org.au/first-people/actions/>



Health benefits of keeping pets in aged care facilities

Adapted from an article by Anne Layton-Bennet in the Veterinarian 2023



A recent study published in the International Journal of Environmental Research and Public Health and led by researchers at the University of South Australia, explored a practical model of hosting companion animals in aged care facilities. It confirmed the health benefits of human-animal relations cannot be underestimated for residents in aged care. The model included both foster animals and personal pets.

Study leader and co-author Janette Young said it was morally imperative to provide older people in residential care with a supportive, healthy environment, and although many people had shared their domestic lives with other species, in residential aged care settings multi-species sharing was rare.

Australia has one of the highest rates of pet ownership in the world. Pets help us feel happier and healthier and they can do this in different ways: we take them for walks and play with them, so they help us stay active; we feed and care for them, so they give us purpose; but most importantly they're always there to give us unconditional love and companionship.

The Foster Cat Project was a joint venture between an animal rescue service, an aged care facility and university researchers. It aimed to develop a practical working model of companion animals which could be replicated in other facilities. It is part of creating health-promoting environments which include peace, shelter, food, education, social justice, and sustainable resources.

The pilot program was disrupted by COVID-19 which limited access to aged care facilities, but the pandemic had also presented an opportunity to gain reflective insights into the perceived barriers, enablers and tensions involved in seeking to implement pet animal inclusion in residential aged care.

Pets can also improve other aspects of aged care, such as the largely unrecognised issue of touch deprivation. Pets that are there to cuddle and pat can make all the difference to someone when they're feeling sad or down.

The program involved two adult cats living among residents in a dedicated wing of an aged care facility. The cats were cared for by a select group of trained staff and volunteers. By living with the residents, the cats helped ease residents' loneliness, as well as relieve stress, anxiety and depression by being there to pat, talk to, care for and love – and provide that special sense of companionship.

“Positive ageing is not just about living a long life. It's about ageing well, enjoying your older years, and having purpose and comfort in your life. Pets can provide this.”

Just like exercise facilities have become a core part of aged care facilities – and are proven to boost movement capabilities and wellbeing – so too should pets be considered an essential part of aged care. It's no longer good enough for people to simply live longer. They need to be assured of happy, healthy, and meaningful older years, and for pet-loving older people, this means including their beloved pets.

Mother's Day Flowers

Special thanks to Jan Sillett, Rhonda Amber, Arlene Lomman, Pam Ayles, Ruth Wise, Ruth Pitt, Joan Wagner, Sharon Mackenzie, Christine Garner for their inspiring and beautiful creations.



Would you have made the same choice?

Contributed by David Purling

At a fund-raising dinner for a school that serves children with learning disabilities, the father of one of the students ended his speech with these words. 'My son, Shay, cannot learn things as other children do. He cannot understand things as other children do. Where is the natural order of things in my son? I believe that when a child like Shay, who was mentally and physically disabled, comes into the world, an opportunity to realize true human nature presents itself, and it comes in the way other people treat that child.'

Then he told the following story: Shay and I had walked past a park where some boys Shay knew were playing baseball. Shay asked, 'Do you think they'll let me play?' I knew that most of the boys would not want Shay on their team, but as a father I also understood that if my son were allowed to play, it would give him a much-needed sense of belonging and some confidence to be accepted by others despite his handicaps.

When I asked one of the boys, he replied: 'The game is in the 8th innings and we're losing by six runs. I guess he can be on our team, he can bat in the ninth inning.'

Smiling broadly, Shay struggled over to the team's bench and put on a team shirt. I watched with a tear in my eye and warmth in my heart.

In the bottom of the 8th inning, Shay's team scored but were still down three. Shay was made right fielder and even though no hits came his way, he was obviously ecstatic, grinning from ear to ear.

In the bottom of the 9th, Shay's team scored again. Now, with two outs and the bases loaded, the potential winning run was on base, and Shay was scheduled to be next at bat. Do they let Shay bat and give away their chance to win the game?

Surprisingly, Shay was given the bat. Everyone knew that a hit was all but impossible. Shay could not hold the bat properly,

much less connect with the ball. The pitcher, recognizing that the other team was putting winning aside for this moment in Shay's life, moved in a few steps to lob the ball in softly so Shay could at least make contact.

The first pitch came, Shay swung clumsily and missed. The pitcher again tossed the ball softly towards Shay, who swung at the ball and hit a slow ground ball right back to the pitcher.

The pitcher picked up the ball but instead of throwing to first base, he threw the ball over the first baseman's head. Everyone started yelling, 'Shay, run to first!' Never in his life had Shay ever run that far, but he made it to first base, wide-eyed and startled.

Catching his breath, Shay awkwardly ran towards second, struggling to make it. The right fielder who was the smallest boy on the team now had the ball and his first chance to be the hero. However, he understood the pitcher's intentions and threw the ball high over the third-baseman's head. Shay ran toward third base as the runners ahead of him circled toward home. Everyone was screaming, 'Shay, Shay, all the way'.

As Shay rounded third, the boys from both teams, and the spectators, were screaming. Shay ran to home, stepped on the plate, and was cheered as the hero who won the game for his team

'That day', said the father softly, 'the boys from both teams helped bring a piece of true love and humanity into this world'.

Shay didn't make it to another summer. He died that winter, having never forgotten being the hero and being so happy, and coming home and having his mother tearfully embrace her little hero!

As Mahatma Gandhi said: 'The true measure of any society can be found in how it treats its most vulnerable members.'

May your day be a Shay Day!

World Environment Day - June 5th

The theme for World Environment Day 2023 is solutions to plastic pollution, which is a visible threat that impacts every community around the world. More than 400 million tonnes of plastic are produced every year worldwide, half of which is designed to be used only once, and less than 10 per cent is recycled. Plastic not only interferes with marine creatures, it causes a new disease in birds called plasticosis.

Some simple ways to reduce our use of plastic are: say no to disposable plastic cutlery, plastic straws and other single-use plastics; avoid plastics that cannot be recycled if other alternatives exist; avoid products with excess or unnecessary plastic packaging; and adopt reusable items such as water bottles, shopping bags, keep cups and travel cutlery.

We all need to reduce our use of plastics for the sake of creation!

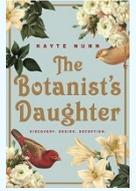
Book review: *The botanists' daughter* by Kayte Nunn

This novel is available in the Morialta library and is a fascinating tale of discovery and deception involving two strong female botanists more than a century apart.

The connection between them gradually becomes apparent as

the story takes us around the world and back in time, with intriguing twists and turns along the way.

There is an engaging mix of botany, travel, history and even a little romance in amongst it all!



To all lovers of chocolate – a direct plea from cocoa farmers

Adapted from a post by Joanna Ewart-James on Freedom United

While the global chocolate industry turns major profits, farming communities in cocoa producing countries of west Africa continue to live in poverty. The conditions also give rise to other issues, including forced and child labour, and deforestation.

We hear a lot about what changes are needed to make the chocolate industry fairer from NGOs, governments, and the industry, but the voices of cocoa farming communities are seldom heard.

Joanna Ewart-James recently travelled to the world's leading cocoa producing country, Côte d'Ivoire, together with Fuzz Kitto from 'Be Slavery Free'. Here is what local farmers told them.

Most farmers weren't earning enough for their cocoa, and their communities were suffering as a result. Agents or "middlemen" were paying them as little as half the price they were supposed to be getting. They are told by buyers that "there's no money to pay more."

Payments are often late and farmers say they want to see the price of cocoa increase to give them a 'living income' and cover the cost of production. However, a rise in cocoa prices could be negated by a simultaneous rise in the prices of goods and services. This includes agrochemicals and hire of labour, the cost of which has increased 43% and 51% respectively. Household expenses have also risen 50%.

Communities are also feeling the adverse impacts of climate change on cocoa production, as dry seasons last longer, temperatures rise, weather becomes less predictable, and the risk of flooding grows. Climate change is also causing rivers to

dry up and droughts to occur. This affects the productivity and lifespan of the cocoa trees. Farmers also need more drought-resilient varieties of cocoa trees to reduce the negative consequences of climate change.



Communities also stressed the importance of education for younger generations in the hope that their children could get a good education and later access better livelihood opportunities.

Sadly, village meetings were held with men, with women not formally present, despite also being involved in cocoa farming. Although a women's cocoa farming cooperative had been established in one district, it was difficult for the members of the cooperative to compete in the market. The members need financial support to make them sustainable and research shows that cocoa-farming households headed by women are higher risk for poverty.

Gender equality is key to sustainability both as a goal in itself, and because women are recognised as change agents in communities. Creating gender equality helps communities overcome a range of threats to sustainability, from deforestation to poverty.

While companies need to urgently review their cocoa purchasing practices, including increasing the farmgate cocoa price, they should also listen to communities to understand how their existing practices are making communities more vulnerable. Issues include poverty, child labour, trafficking, and deforestation.

As chocolate consumers we need to be very selective about which brands we consume, otherwise we are just being part of the problem!

Children can be wise!

The question "What does love mean?" was posed to a group of 4- to 8- year-olds. Amazingly the answers were broader and deeper than anyone could have imagined.

- "When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth."
- "Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs."
- "Love is what's in the room with you at Christmas if you stop opening presents and listen."
- "My mommy loves me more than anybody. You don't see anyone else kissing me to sleep at night."
- "During my piano recital, I was on a stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore."
- "Love is when Mummy gives Daddy the best piece of chicken."
- "Love is when Mummy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford."
- "I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones."
- "When you love somebody, your eyelashes go up and down and little stars come out of you."