

# WHITE RIBBON Signal

Aug/Sept/Oct 2007  
Volume 112 No. 3

## National WCTU Mission Statement -

"To promote a drug-free lifestyle and Christian values in the home and community"

## PREGNANCY AND AUSSIE WOMEN

One in three Australian women don't understand how alcohol affects an unborn baby, and they say they will drink through their next pregnancy.

Child health experts have labelled as "frightening" the results of a new report which clearly show many women of child-bearing age have no idea that drinking in pregnancy can inflict serious, long-term physical and mental damage on a child. An annual physicians' conference held in Melbourne in June was told that the revelation should help shape new national guidelines for drinking in pregnancy due for release later this year.

An unpublished study showed that more than a third of 1,103 women questioned in a telephone survey did not know about the adverse effects of alcohol on the foetus.

Study leader Dr Elizabeth Peadon, from the Australian Paediatric Surveillance Unit, said the figures highlight the need for ongoing education for women and alcohol drinking in pregnancy

"While the majority of women in this survey were aware of the effects, a frightening percentage were not and nor were they concerned" Dr Peadon said.

Australian guidelines currently recommend no more than two standard drinks a day and no more than seven standard drinks a week for pregnant women, but both the US and the UK advise abstinence.

Professor Elizabeth Elliott, a leading paediatrician from the University of Sydney, said the new results were concerning and indicate that the "no alcohol" message may be the best choice. ***No safe level has yet been established so the safest option is to just avoid alcohol.***

Alcohol causes many problems in pregnancy including stillbirth, prematurity, low birth-weight and miscarriage. Affected babies can grow up with birth defects, neurodevelopment problems and, in the worst case, Foetal Alcohol Syndrome, a sever disorder linked to a raft of physical and mental problems.

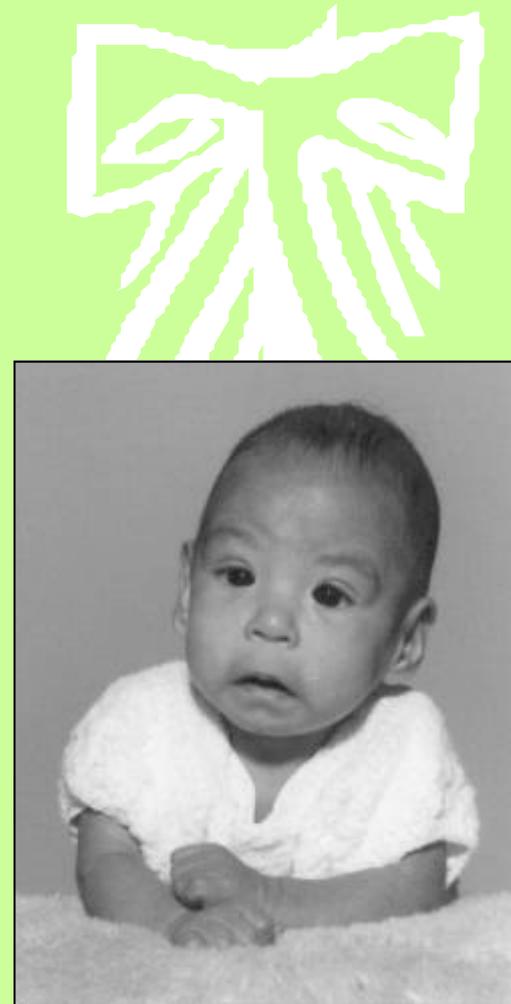
Prof presented new research showing that 92 cases were diagnosed in Australia between 2001 and 2004 with 64% in indigenous families. In half the cases another sibling was also affected.

Prof Elliott said she believed the condition was vastly under-reported because of lack of knowledge by health professionals, the perceived stigma attached to the diagnosis and the lack of diagnostic services in Australia.

Meanwhile in the UK an expert says that the latest evidence suggests that it may be safer for women to abstain completely during pregnancy. While drinking heavily during pregnancy may cause serious health problems in some babies but there may well be subtle signs of brain damage even in those spared this.

In San Diego (US) they took two groups of children—one group known to have been exposed pre-natally to alcohol and another non-exposed group. The children were given simple reaction tests and more complex tests involving choices. While both groups did reasonably well in the simple test, those exposed to alcohol did significantly worse on complex tests. Probably because they involve more areas of the brain which may have been damaged. One of the researchers, Prof Sandra Jacobson, said "The adult liver may be able to clear large amounts of alcohol from the body in 12 hours but in the undeveloped foetal liver it might take two days."

The message is clear "**AVOID ALCOHOL ALTOGETHER**" when pregnant or hoping to be pregnant



A baby with Foetal Alcohol Syndrome  
(from [www.fasstar.com](http://www.fasstar.com))

Make an impact  
**PLAN FOR FAS DAY**  
**9th SEPTEMBER**

*Alcohol and Pregnancy*  
**DO NOT MIX**

# White Ribbon Signal

## 1st National Conference on Foetal Alcohol Spectrum Disorder

was held in Launceston in June.

WCTU was represented by Mrs Glenda Amos. The program was comprehensive with addresses ranging from "Indigenous Communities: Leading the way" to the "National Guidelines", "Screening Women for Substance Use", "Alcohol and Pregnancy", and from Canada "The Northwest Partnership Alliance of Governments working together to address FASD"

Professor Elizabeth Elliott gave an update of statistics and surveys, showing the numbers of women who continue to drink alcohol during pregnancy  
47% drink during pregnancy and breastfeeding.  
In W.A. research revealed that  
59% continue to drink,  
14% binge drink in the 3 months prior to pregnancy  
15% drink outside the guidelines : first trimester  
47% of pregnancies are unplanned.

In Australia increasing rates of -

- Women drinking high risk
- Binge drinking teens
- Binge drinking in Indigenous women
- Unplanned pregnancy
- Alcohol use in pregnancy
- FAS diagnoses

These factors all contribute to the numbers of innocent children born with the life time problems including

- Growth deficiencies
- Skeletal deformities
- Facial abnormalities
- Heart or kidney and urinary defects
- Central nervous system handicaps with a small brain, faulty arrangement of brain cells and connective tissue, mental retardation, learning disabilities, attention span and co-ordination.

Prof Elliott stated that 1 in every 100 live births may be victims of some level of FASD

The key to reducing the number of FASD effected people is education through activities and community events but Health Professionals have an important role in

1. Advising Pregnant Women of the dangers of alcohol
2. Early Diagnosis and appropriate treatment

***Congratulations to DEN (Drug Education Network) For organizing the Conference.***

## Do you know that .....

- some young drinkers in the UK are *snorting* vodka in order to get drunk more quickly
- employees of a food distribution company in the US will receive a \$25 bonus for every year they have been with the company, if they sign up for a Quit smoking program and abstain for 6 months
- this year the participants in the "Tour de France" had to sign an anti-doping Charter before starting in the race
- Philip Morris in the US is developing a new Marlboro Smokeless-tobacco designed to be placed between the cheek and the gum. Called "snus" - a popular form of tobacco in Sweden
- nicofix is another product available to those who cannot give up nicotine - and it is a hand gel
- "R" rating is being called for all films where smoking is depicted (US)
- Queensland's Youth taskforce is likely to recommend the prosecution of parents and other adults who supply alcohol to adolescents at parties and events
- the British Psychological Society's annual conference has identified that binge drinking and heavy drinking in 16-19 year-olds impedes memory and functional development of the brain.
- Colac (Vic) - Trinity College are to be congratulated on calling a meeting of parents to work with the staff on drinking problems
- so-called "cheese" heroin , a mix of black-tar heroin and Tylenol with Strawberry Quick for flavouring is snorted by new users who say that the flavoured version is more palatable.
- alcopops are becoming unpopular in the UK BUT the consumption of Rosé is rising, but Swiss teenagers have an unquenchable thirst for alcopops
- in Australia 230,000 children live with binge drinkers
- France has a law which forbids alcohol companies advertising on TV or in cinemas and alcohol sponsorship of cultural or sporting events. Imagine what it would mean here? No more **Foster's Cup** or **Heineken Open** or Little League in Dan Murphy's logo.

## PERSONALITIES CONNECTED WITH WORLD CONVENTION



**MISS SARAH WARD (USA)** who has served as World President for three years is now seeking re-election at the coming World Convention to be held in Indianapolis, USA in September. Sarah's term has been noted for emphasis on team building and consolidating as well as introducing new methods and establishing new Unions. She has also travelled widely and met members in places as far apart as Tasmania and Russia. She has been supported by a team of talented enthusiasts with **Mrs Margaret Ostenstad** from Norway as Corresponding Secretary and our own **Mrs Anne Bergen** of Melbourne as Recording Secretary and **Mrs Dawn Giddings** of Adelaide a Vice- President.

**MISS HILDA HUGHES** of Sydney, NSW has completed her term as World Treasurer. Hilda has used her considerable skills in this financial area. As we are all aware, no organisation can operate effectively without the finances being kept in check and precise and thorough balance sheets produced as required. *Thank you* to Miss Hughes for her efficiency and dedication to the task and for her special contribution also at local and national levels.



### WORLD HONOUR

**Miss Gloria Betty Burr**, (Queensland) has been selected by National Union to **World Continuing Life Membership** in recognition of her commitment and work at all levels of WCTU for a long period of time. She has served her Local Union, her State Union and National Union with distinction. Miss Burr has attended many World Conventions and to be nominated for this special membership is most fitting.

The contingent travelling from Australia for World convention includes the **National President** -Ellen Chandler, **National Secretary**- Anne Bergen **National Directors**, Joy Butler, Dawn Giddings, Julie Nagle, Glenda Amos plus members Stephanie Bailey, Mary Davenport, Janelle Davis, Gail Ormsby and Jan Shattock also two husbands Roger Bergen and Doug Giddings.  
The Convention Venue -



### Contact Details for World Convention

Adam's Mark Hotel  
2544 Executive Drive  
Indianapolis IND 46241  
USA

Phone (317) 248 2481  
FAX (317) 381 6170

## White Ribbon Signal



### DEADLY SOCIAL SINS

POLITICS WITHOUT PRINCIPLE  
WEALTH WITHOUT WORK  
COMMERCE WITHOUT MORALITY  
PLEASURE WITHOUT CONSCIENCE  
EDUCATION WITHOUT CHARACTER  
SCIENCE WITHOUT HUMANITY  
WORSHIP WITHOUT SACRIFICE

- Gandhi



FSANZ has deferred bringing forward their recommendations re Health Warning Labels

### DO NOT GIVE UP

we must keep on with letters, cards, Emails etc. The recommendations will possibly be presented in the 4th quarter of this year.

#### Action you may take -

- Write a letter to the **Federal Health Minister** Hon Tony Abbott - something similar to below
- Contact/write letter to your **local Federal Member of Parliament** making clear your reasons for warning labels.
- Website <[www.den.org.au](http://www.den.org.au)> and sign their petition online
- Write a letter to the Chairman, FSANZ, PO Box 7186, CANBERRA B.C. ACT 2610 (below)

## PATRITTI

NON ALCOHOLIC NATURAL  
GRAPE & FRUIT JUICES

### Varieties available:

Dark Grape Juice  
Golden Muscatel Grape Juice  
White Grape Juice  
Apple Juice  
Canada Muscat Grape Juice  
Shiraz Grape Juice

For information concerning availability and distribution outlets throughout Australia, contact the manufacturers:

G Patritti & Co Pty Ltd  
13-23 Clacton Rd, Dover Gardens SA 5048  
Ph. 08 8296 8261 Fax. 08 8296 5088  
Email: [wines@patritti.com.au](mailto:wines@patritti.com.au)

Dear Sir,

Re Application FSANZ A576

I strongly support this application to require a Health Advisory label on alcoholic beverage containers, advising of the risks of consuming alcohol when planning to become pregnant and during pregnancy. I am aware that several countries have these labels e.g. US, Canada, France and the UK has recently approved similar labels.

Professor Ann Streissguth and other researchers have found that the damage from even one bout of drinking during pregnancy can cause foetal alcohol spectrum disorders leaving a child with physical and behavioural disabilities for life.

The AMA Media Release 12/9/05 clearly stated that **NO** amount of alcohol during or before pregnancy is safe.

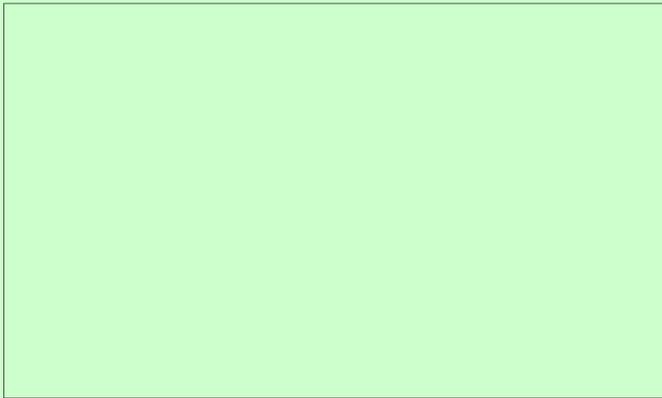
I would urge that a rotating series of graphic labels, should be designed and attached to all beverage alcohol.

Yours etc.... (Sign and add your full name and address)

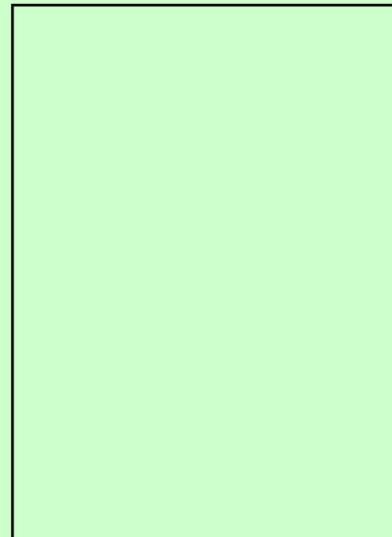
being run by the Barrator family. Captain Reynolds spoke of a daily train in Victoria where adults go after the action program for 16 weeks. This is proving to be very successful. She also mentioned a new program "Breaking Easy" for sniffers which has yet to be assessed.

**At the recent Kernewek Lowender (Cornish Festival)** the grave of WCTU member who died in 1983, Mrs Mavis Stevens, was selected to be included in the Dressing of the Graves Ceremony. Photo shows her niece and nephew with the floral tribute and citation in the foreground.

Mavis had been involved in "everything except a circus" and at different times holding every position within WCTU as well as being a loyal member of Wesley UC, CWA and various other women's groups.



**Congratulations** to Miss Elaine Unkles, daughter of long time member Mrs Olive Unkles and her husband George of Bundaberg, Queensland, who received an OAM in the Queens Birthday Honours List "for services to Physiotherapy and Health Administration through Wesley Mission, Brisbane, Queensland".



**VICTORIA** celebrated the Cancer Council's "Biggest Morning Tea" again this year and our representative joined in the celebratory Morning Tea at the Council's Headquarters where all whose organisation which had joined in this project for more than 8 years were honoured *with a crown*. Picture shows Jan Inns trying on the crown, holding the special Biggest Morning Tea Mug with poster in the background.

**TRINITY UNION, Queensland.** At a meeting held at the home of Wayne & Joy McDonald, Joy gave the devotional based on Psalm 23 "Life's Green Pastures and the poem "God's Blessings" Interesting reports received on what family members are doing- Mrs Nutley's son in PNG rebuilding at Rarongo Theological College and her grand-daughter has been in Uganda with a team from "Spotlight" on a World Vision Project helping to teach girls who have been abused make patterns and learn to use a sewing machine. The garments they then make can be sold at the local market to give them independence. In November Sue Sparks will be going to Uganda with a team of Queenslanders to build cottages for orphans at Watoto. A team from Joy McDonald's Church helped local people to build an orphanage in the Philippines. A delicious BBQ lunch prepared by Chef Wayne concluded a beautiful winter's day.

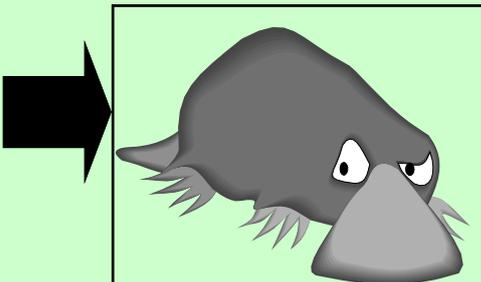
# Around the Nation

**Official Publication of the Woman's Christian Temperance Union of Australia.** National Office - 1st Floor, 15 Collins Street Melbourne 3000 Victoria, Australia



## STRAWBERRY CHAMPAGNE

Add a small amount of strawberry cordial or grenadine or similar red syrup in stemmed glass. Fill with Sparkling White Grape Juice Add a strawberry on the side for garnish. Then **celebrate** ..... when those Health Warning Labels become mandatory.



This is "**Hobart**" the platypus mascot of the Wyoming US junior baseball team the "Caspar Rockies" who have used this mascot as the inspiration for a logo on their **fund-raising beer**. Every bottle has a purple platypus on the label! Hobart does some good with visits to children in hospital and, of course, the kids love the strange creature.

*Should we tolerate this misuse of our unique native animal (even if he is purple) being used to promote the sale of beer?*

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**In Memoriam - ANNIE YOUNG** who had held numerous positions in Kogarah/Hurstville Union and was formerly NSW State Treasurer until ill health and blindness necessitated her transfer to a Nursing Home, died recently. Her funeral was held at the South Hurstville Uniting Church. Many would remember her commitment to WCTU and her participation in National and World Conventions. Mrs Young has been made a Memorial Member by the NSW State Union

**GRACE DIXON** was made a Life Member of Tasmania in 1963 recognising her selfless and staunch work for WCTU. She had fulfilled the role of State Recording Secretary and Secretary for the Queenborough Union until its closure when she then joined Southern Union living in Taroona now a suburb of Hobart. Grace was very active in community work and in the Church of Christ. Although in a Nursing Home for the last couple of years she took an interest in all WCTU work.

*We give thanks for the life and work of  
Annie and Grace*



**All Welcome -**

New Members *please complete this slip and forward to your State Office or ring the office for info*

**Membership PROMISE -**

"I hereby solemnly promise, with the help of God, to abstain from **all** intoxicating liquors, and all other harmful drugs, and to employ all proper means to discourage the use of, and traffic in, the same".

Signed.....

My Name is

.....

Of .....

.....

Postcode .....

A new Australian Bible was launched last month in Kriol the language that links indigenous people across the nation's north. The publication of **Holi Baibul** means the whole Bible is available in that language for the first time.

**First Portion Lord's Prayer in Kriol**

Det preya weya Jisas bin titjim im wekinmen olabat  
Dedi langa hebin, yu neim im brabli haibala, en memabat nomo wandim enibodi garra yusum yu neim nogudbalawei.  
Melabat wandim yu garra Kaman en jidan bos langa melabat, en melabat wandim ola pipul iya langa ebri kantri garra irrim yu wed en teiknodis langa