

W R S



Official Publication of WCTU Australia Limited - promoting a drug-free lifestyle and Christian values in the home and community

ALCOHOL - Rob Moodie, Prof of Global Health at the University of Melbourne.

“Historically alcohol has played a part in Australian life and culture since the first days of settlement. For a time, spirits were used to barter and convicts were part-paid in rum. In this way, rum became a currency of the colony. The control of alcohol gave enormous political power. And alcohol was reportedly involved in the only military coup in Australia - the Rum rebellion in 1808. **Before Research confirmed that alcohol was indeed a drug**, it was once seen as a good, healthy food that over time, has been consumed as a sacrament, a toast, a fortifier, a sedative, a thirst-quencher, and a symbol of sophistication.

Temperance organisations sprang up in the early 19th century, and became active in Australian colonies from 1830s. They initially advocated moderation and eventually demanded prohibition. The highpoint of the temperance movement came during World War I and the Depression, when consumption went down dramatically across the English-speaking world. But after World War II, there was a backlash against the anti-alcohol movement. Drinking rates began to climb again along with growing prosperity and cultural shifts such as the changing role of women, and European immigration shaped the way we drank.

Alcohol consumption in Australia began at an annual high point of 13.6 litres of pure alcohol per head in the 1830s. It declined to 5.8 litres a year during the economic downturn in the 1890s, then to a nadir of 2.5 litres during the Great Depression. After World War II, there was a long rise in per capita consumption to another high point of 13.1 litres in 1974-75. It then dropped again and rose slowly to the 2008-09 levels of ten litres.

Wine became a much more popular drink by the 1960s helped by Australia inventing the wine cask. A significant change occurred in Victoria in the 1980s with the Niewenhausen report, which promoted the liberalisation of licencing in Victoria. This was taken so keenly by successive Victorian governments that, on average, two new liquor licences were granted every day for 20 years from 1986. Binge drinking had become fashionable again.

Rob Moodie finishes - “And the harm these drinkers inflict on themselves and on a large proportion of the community is preventable”

ARE REFORMS TAKING PLACE? - of course because this is a worldwide problem e.g. 10 million men and women in England drink above the recommended limit. In Scotland volumetric tax is on the agenda and they are holding a consultation regarding lowering the BAC from 80 mg to 50 mg per 100 ml of blood which is the common standard in EU countries. While in Russia Zero tolerance is the standard for car drivers.

The City of Sydney, has re-defined the question ‘how do we fix alcohol-related violence’ to ‘how do we transform our city at night?’ This became a positive and has proven that involved residents, governments, police and licensees need to work together. They aim to establish a safe environment and are absolutely confident that outcomes will be positive. There is a clear link between the number of licensed premises in a given area and the number of alcohol related problems. The City of Melbourne devotes considerable resources to regulating licensed premises. As in many places, various public areas of the municipality are listed as being out of bounds for the consumption of alcohol at specified times. The Council acknowledges that they may need to seek reduced hours of operation and patron numbers in night clubs to achieve greater improvements. Shorter opening hours have worked well in Newcastle, Whyalla and various towns across the country but a court action in Melbourne prevented this happening

What more could be done? - Restricting advertising of alcohol at sporting events (see petition <www.change.org>) and sponsorship of sporting events (including the wearing of caps and pullovers with branded names). Alcohol Advertising needs to be regulated by a government body - self regulation is not good enough. Restricting numbers of Licensed premises and opening hours. More education of the prominence of FASD and address the problem that 42% of women still choose to drink when pregnant. There also needs to be an accurate diagnosis of the condition by doctors and specialists plus education of all health educators.

In Victoria all those convicted of drink driving must have an interlock system fitted.

Truck, bus or taxi drivers (professional drivers), probationary and learner drivers, and people who have previously committed drink driving offences must have a **zero blood alcohol concentration (BAC)**. All other drivers must stay under .05 BAC.

Young people may gain a Drivers Licence at 18 at which age they may also legally drink alcohol. There is a strong move to raise the drinking age to 21 (if you are interested in this action contact Dalgarno Institute)

So much change needed but it really starts with each individual - the one who is brave enough to say “Not for me thanks - I prefer non-al”. To face friends and colleagues who (as a prominent politician said recently) assume you are an alcoholic on the wagon if you say “No thanks” ! That is the key - enough people *always* saying a resounding NO THANKS - NOT FOR ME

HOW ALCOHOL ATTACKS THE BRAIN

A guide to the sequential damage alcohol inflicts on neural tissue

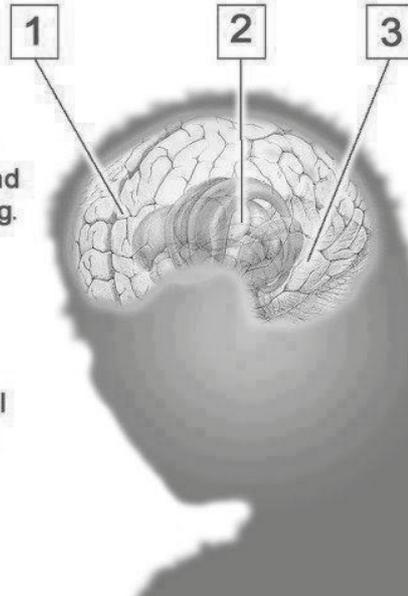
This diagram shows the exact stages of drinking alcohol and what happens in the brain.

Drinking alcohol and fighting seem to go together for some young men in particular, although the press does report on young women involved in fights.

The combination of drinking and then fighting can be a lethal combination. One king hit can be fatal.

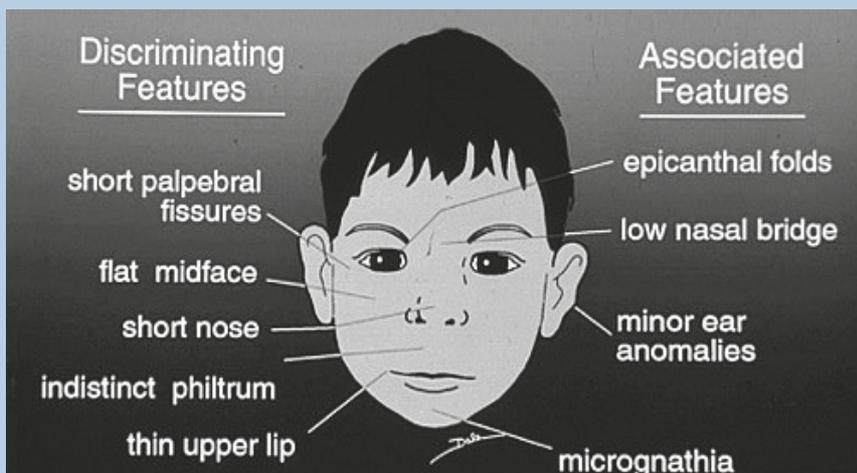
1. First, alcohol affects the forebrain and **assaults motor coordination and decision making.**

2. Then, alcohol knocks out the midbrain, and you **lose control over emotions and increase chances of a blackout.**



3. Finally, alcohol batters the brainstem as it affects **heart rate, body temperature, appetite and consciousness, a dangerous and potentially fatal condition.**

Foetal Alcohol Spectrum Disorders These disorders cover a wide range that may result from alcohol exposure while in the womb when, if the mother drinks alcohol, the foetus is bathed by blood containing alcohol which can disrupt development of the brain, internal organs and the face. Foetal Alcohol Syndrome is the biggest cause of non-genetic mental handicap in the western world and the only one that is 100% preventable. A TRAGEDY.



This is "Matthew's Poem" from FAS Aware UK. Matthew was born with this condition because in ignorance, his mother, a university student, drank alcohol



Thoughts of a "FASD" child

How can you know, how can you see
 What it's really like for me
 To never know from day to day
 What I will do, what I will say
 You see me as a child with issues
 Not with damaged cerebral tissues
 That makes me see and make me do
 Things differently from the rest of you
 My habits of perseveration
 My actions without reservation
 You see me as a wilful child
 Sometimes calm and often wild
 But I am trapped by time and space
 I cannot read what's on your face
 You make your judgements that is true
 Because I don't conform to you
 But inside me, just as with you
 A person lives and wants to do
 The same as you, and live my life
 Without hassle, without strife
 But this "FASD" child will walk the earth
 Always the victim of my birth

W R S —



Congratulations Castlemaine -

Time to celebrate the decision of the Civil and Administrative Tribunal of Victoria to disallow more pokies in the town of Castlemaine. An impressive victory for local community action. This win should give heart to other town community groups where the insidious creep of Pokies has reached a limit. There are now almost 25,000 machines in Victoria and this is not counting those at Crown Casino

“Alcohol-free boat Races: the role of youth networks and social campaigns to change social attitudes on alcohol”

In Thailand StopDrink Network has used mixed approaches with high community involvement to address alcohol related problems. One campaign is to change social attitudes towards drinking by using counter alcohol marketing, particularly during Thai cultural festivals.

See article “The Globe 2012”



StopDrink network with sign “we race with no alcohol”

“All young people need high quality drug and alcohol education so they have a thorough knowledge of their effects and harms and have the skills and confidence to choose not to use drugs and alcohol”

Australian Government Drugs Strategy

France has been congratulated in the past for its stance on alcohol advertising and Warning Labels on alcohol. However, now there are counter moves -

THE Institute of Alcohol Studies UK, reports that in France moves are afoot to teach children from aged 6 to 11 years of age about wine making and the culture of wine. The French wine industry says that this is necessary because of the current “anti-alcohol” public policies that mean French children are being denied knowledge of their wine heritage. In addition a book “Vines and Wines”- a World to Discover” aims to tell children aged 7 –12 how lucky they are to live in a country where the culture of the vine plays such an important role.

How Poor we are?

One day a rich father took his son to stay in the country specifically to show him how the other half lives and just how poor people can be. When he returned the father asked "How was the trip? Did you see how poor people can be?" "Yeah" "And what did you learn?"

Son answered "They do not have to walk up and down stairs, their home is one level and they are sharing and never alone. I saw that we have a poodle and they have 3 farm dogs that run with them on the farm. We have a pool in the middle of our garden that has to be cleaned but they have a creek that has no end. We have put solar lights to light our yard but they have the stars. Our garden reaches to the fence, they have the whole horizon. They do not have TV or DVD's, they are too busy. And they do not text people -they visit. When his son had finished, the father was speechless.

Son added— "Thanks Dad for showing me how poor we are!"

Our outlook on life depends on the way we look at things. But the most important things in life are faith, hope and love and the greatest of these is love.

If you have these you have everything!

Who am I?

I am as old as history, mightier than kings and conquerors because I have driven rulers from their thrones and overturned dynasties.

I kill more people than all the wars ever waged. I cause social degeneracy and am a more deadly foe than all the enemies combined.

I fill prisons and hospitals with patients. I cause divorces and am equally powerful in wrecking the lives of men and women.

I spread misery wherever I go and have blighted more homes than all the plagues of history and robbed more children of their birth-right than all the thieves ever born.

Nevertheless I am coveted by many Governments because I yield them revenue notwithstanding the fact that I consume more wealth than has been spent in building all the railways, ships, schools and colleges of every nation. I am the costliest inhabitant of every country. I demand expenditure of untold millions on prisons and police courts, hospitals and doctors and nurses.

I unlock liabilities on to the unsuspecting taxpayers. However, I am widely respected and the most powerful factor in the world. I remove Governments, sway parties and corrupt politics.

I have all the powers of evil on my side.

I laugh at all efforts to restrict me and I am completely lawless .

I am the most subtle, the most insinuating, the most alluring of tempters. I wear the guise of joy, of happiness, of fellowship and I am vivacious and sparkling.

I promise heaven and bring hell.

I charm the rich as easily as the poor. I am embraced by the educated as often as by the ignorant. The young and the beautiful dance with me. I am loved by them as much as by my victims who are already in the gutter.

I have a place at the tables of the most cultured and the most exclusive. Few can say I am not wanted.

I am so prized that few functions of State, brilliant social gatherings, great public occasions, programs on TV or Film are considered complete without my presence.

In times of great family happiness - I am there

In times of sorrow and loss - I am there

To welcome a new baby or say goodbye to a friend - I am there

To celebrate a win or commiserate a loss - I am there.

WHO AM I?

(source unknown)



*Established in 1926
by Giovanni Patritti,
the Patritti family
produces an extensive
range of natural,
non alcoholic
sparkling grape*

juices and still fruit juices.

Available varieties include:

*Dark Grape Juice, Golden
Muscatel Grape Juice, Canada
Muscat Grape Juice, Shiraz Grape
Juice, White Grape Juice, Apple
Juice, and Apple & Pear Juice.*

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outlets throughout Australia,
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or email us.*



G.PATRITTI & CO PTY LTD 13-23 CLACTON ROAD, DOVER GARDENS SA 5048
Tel 08 8296 8261 / 8377 2722 Fax 08 8296 5088 juice@patritti.com.au



The theme is "I was a stranger and you welcomed me" and was written and prepared by the Christian women in France. The focus was for Christians to welcome the stranger, the refugee and the alien where they are - to love and care for each other as Jesus taught.

France is referred to as 'the eldest daughter of the Church' and there are a great many cathedrals and monasteries to testify to this. But now there are no official religious statistics, banned since 1945. Christians are challenged to witness in a deeply de-Christianized society.

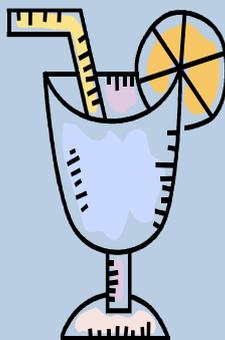
"Women rarely get to decision-making positions and wages are 23.5% less than for males in similar positions. Few women report domestic violence and foreign women are victims of racism and sexism and cannot exercise their rights. They are victims of prostitution, domestic slavery or exploitation in the workplace. France, as the 'land of gender equality' is a long way off." Joy Butler -Women of Faith and Excellence Facebook Group



KANGA KONNEXION - throughout Australia, members have been saving small coins to contribute to funds for special initiatives connected with World Convention. Thank you all! Tasmania, Western Australia, Victoria and particularly South Australia have used considerable funds to help make the World Convention a memorable occasion

NATIONAL CONVENTION will take place in a special time slot on the Tuesday afternoon (7th May) during World Convention. Of necessity this will be a shortened version. You will also have received prior notice of this and nomination forms for the election of new National Directors.

This is a very important meeting, for in many ways we are at a crossroad and decisions are important for our future work. Please take this seriously and prayerfully contribute to the decisions that must be made.



LIMEY - "Limey" is the US slang for a Britisher. The original phrase was a 'limejuicer' and was applied to British sailors in the 1880's because the British Navy enforced the consumption of lime juice.

Take some lime juice cordial mix with dry ginger ale or lemonade. Add one beaten egg white and mix well. Serve in a tall glass and garnish with a cherry on a cocktail

Newcastle NSW - have plans for speakers for this year's meetings. They sent a letter of protest to the Newcastle Council regarding the proposed closure of "The Loft" which is a space for young people.

Bayside, Victoria have strengthened links with the local Craft group which meets in the Uniting Church. These "crafty" ladies have helped with making bags for toiletries to go to the local Women's Refuge and other projects as well as supporting Luncheons through the year.

Kerang, Victoria received a letter of acknowledgement for all the Trauma Teddies knitted which were included in the 10,000 received and used by the Red Cross in 2012.

South Australia

255 Sir Donald Bradman Drive
COWANDILLA SA 5033
Phone/Fax 08 8354 4442
<wctusa@adam.com.au>

Tasmania

Phone Secretary (03) 6352 2994 or
Victoria Office

Queensland - National Office

National Office and Victoria

PO Box 7612
Dandenong 3175
Phone (03) 9791 8490
<drug-free@bigpond.com>

Western Australia

17/4 Ventnor Avenue,
West Perth 6005
Phone (08) 9322 1648

National Secretary

Mrs Anne Bergen
11 The Corso Parkdale Vic 3195
Phone/Fax (03) 9580 1675
<annebergen@gmail.com>

National President and Editor

Mrs Ellen Chandler
66 Jull Pde Ringwood 3134
<bande@uniting.com.au>

Victims of Crime in South Australia are the beneficiaries of 'Because we care' boxes containing, milk, sugar, tea, coffee, milo, biscuits, book on grief and one long stemmed red rose. Goods donated by local businesses to be distributed through 30 Police Stations in South Australia. The need is for between 420-500 boxes to be given annually. **Congratulations WCTU of SA for this initiative.**



Mothers' Day

In Australia the second Sunday in May -May 12th this year - is Mother's Day. In times past most people wore a white flower on that Sunday but this custom has largely vanished although people do often give mother a bunch of white flowers and some church congregations will present a white flower button-hole at the door. More than ever before Mothers' Day should be termed Family Day because fathers are no longer just the bread winners but are often the "stay at home" parent caring for young children while mothers are in the work force. Every family depends on all its members.

Let us give thanks for all those who have contributed to our personal growth and well being whether Mother, Father, Sister or Brother or the next door neighbour or grandparents up the street. The community has contributed to what we are and we thank God for those with Christian love and values who saw a little child or a young person who needed some encouragement or a word of kindness.

Did you know that -

- 200,000 people in the UK go to work with a hangover
- *every bar in the House of Commons (UK), should be closed to stop MP's passing laws while under the influence says George Galloway MP*
- Indonesia is considering a ban on all alcohol
- *Australian National Preventive Health Agency has been asked by the Government to model a floor price on alcohol as it is now cheaper than bottled water*
- the number of licensed venues rose from 2000 to 24,000 between 1995 and 2005 (Melbourne)
- *A woman blew 0.343 when picking her son up from school*
- on-line gambling addiction among children is increasingly raised as a problem throughout Australia
- *there is a call for a new National Hot-line to help employers and workers deal with bullying in the workplace says Federal Government Committee*
- alcohol related costs to the baby boomer generation (55– 74 year olds) far exceed the 16—24 year age group.
- *Street Choirs have been found to have a calming influence on revellers with alcohol related crime dropping by 22% in Staffordshire UK*