



The True Story of "ICE" - written by an ex-addict

You could have said no, and just walked away
If you could live that day over, now what would you say?

*I turn kids from their parents and parents from kids,
I turn people from God and separate friends.
I'll be your master; you will be my slave,
I take everything from you, your looks and your pride,
I'll even go with you, when you go to your grave.*

*I'll be with you always....right by your side.
Now you have met me just what will you do?
You'll give up everything - your family,
and friends - you'll be all alone.
Will you try me or not? It's all up to you
You could have said "NO" and just walked away
If you could live that day over - what would you say?
By then it's too late, and you'll know in your heart,
that you are mine and we shall not part.
Now that you've met me, what will you do?
You'll regret that you tried me - they always do,
Will you try me or not? It's all up to you.
But you came to me, not I to you.*

Ice Babies

The addiction of the babies occurred because the mother used ICE whilst pregnant and the baby was born with the addiction.

Medical treatment of babies addicted to ICE is very difficult as they don't sleep well, feed as well, grow as well, are more difficult to comfort, cry all the time and are irritable.

Withdrawal from ICE addiction in new-borns is one of the most difficult to treat as there is little information about its effects on babies.

The number and severity of babies experiencing withdrawal from ICE, heroin and amphetamines is increasing. However, methadone addicted babies are more common.

The use of illicit drugs by pregnant women increases the risk of the baby being born addicted, born prematurely with low birth weight - a very unhappy babe.

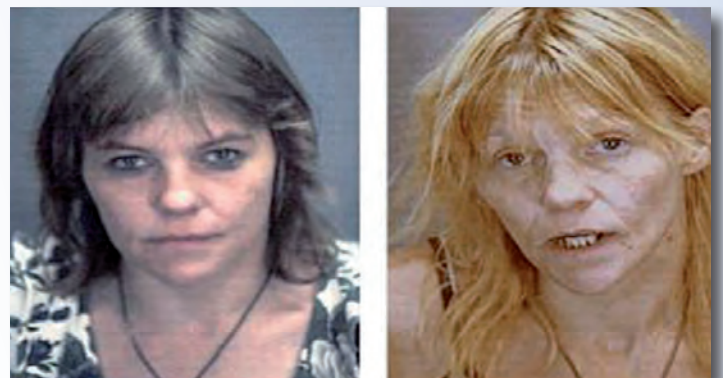
*I can bring you more misery than words can tell,
You knew this would happen, many times you were told,
But you challenged my power and chose to be bold.
Just try me once and I might let you go
But twice and I'll own you and when I am finished
you'll be lucky to live.*

*I'll take and I'll take until you have nothing -
You'll lie to your Mum and you'll steal from your Dad
When I possess you, you'll steal and you'll lie,
You do what you have to --just to get high.*

*If you try me be warned - this is no game,
If given the chance, I'll drive you insane.
The nightmares I'll give you while lying in bed,
The voices you'll hear, from inside your head.
I'll ravish your body, control all your mind,
The sweats and the shakes, the visions you'll see,
I'll own you completely - your soul will be mine.
I want you to know these are all gifts from me.*

*You'll forget you had morals and how you were raised,
I'll be your conscience, I'll teach you my ways
I'll bring you more misery than words can ever tell*

COME TAKE MY HAND, LET ME LEAD YOU TO HELL.



Before and 4 years later, after regular ICE use

LATEST NEWS - Drug traffickers in Thailand have created chocolate and strawberry flavoured methamphetamines because makers are trying to meet the likes of targeted groups!

SILK ROAD - this website for ordering drugs and guns etc. has been shut down but apparently other sites have quickly sprung up to replace it. Greed is a great motivator.

Smoking

We all know about second hand smoke but did you know that animals can be effected?



CATS exposed to secondhand smoke are twice as likely to develop feline lymphoma if a person in the house smokes and if two people smoke then the cat is four times more likely to get the disease.

DOGS are 50% more likely to get lung cancer if their owners smoke. Smoking has been banned at dog shows because dogs' eyes become watery and sore!



FISH - Cigarette butts are the second biggest cause of litter and can take up to 2 years for one cigarette butt to decompose. Because people throw away their butts without thinking,

millions of them just end up on the streets. When it rains they go down the drains and eventually out to the lakes, rivers and seas. Then the poor fish come along and think that the butt is a tasty morsel and eat it. Loads of chemicals seep out in the fish's stomach and kill it!

CHARLIE the Chimpanzee at a Zoo in South Africa has died, at least partly, because of his addiction to cigarettes people kept throwing into his cage. He started smoking to mimic humans.



CIGARETTES AND CHILD LABOUR

Australia's cigarette trade worth more than \$16 million

Is exploiting children. Cigarettes now come from mainly India, the Philippines, Thailand and Malawi where child labour is rife. Many children are taken out of school and working seven hours a day and earning less than \$1 a day reports ASH Australia (the anti smoking organization).

- Children are likely to get a terrible disease from handling raw green tobacco because the nicotine is absorbed quickly through the skin. One of them is five year old Olofala who works every day in one of Malawi's tobacco growing areas and shrugs his shoulders when asked when he will go to school. His sister Ethel is 12 years old and only in Year 3 because she either has to work or she is sick and misses school. "I cough" she says "I have chest pains and headaches. Sometimes it feels like I don't have enough breath".
- Malawi has 80,000 child tobacco workers and many suffer from a disease called green tobacco sickness or nicotine poisoning with severe headaches, cramps, muscle weakness, high blood pressure and fluctuations in heart rate (World health Organisation)

It's all happening

MLDA - MINIMUM LEGAL DRINKING AGE 21?

This campaign instigated by the Dalgarno Institute (of which WCTU Victoria is linked) is gaining momentum with a Forum launched in Queens Hall, Parliament House, Canberra last month.

AUSTRALIAN of the Year, Ita Buttrose wants the nation to trial a drinking age of 21, calling for a shift in attitudes to alcohol that should include voluntarily restricting it.

Ms Buttrose, who will speak at the 2013 State Library of South Australian Foundation Oration Dinner, said she was alarmed by the number of children who end up in hospital because of alcohol abuse., She said there was a tendency among many teenagers to "drink until they are drunk".

"If they are drinking like that at 16 and 17 where will they be when they are older?" she said.

"It is very easy to buy alcohol in Australia, we have long hours in pubs, liquor stores are fiercely competing, you can buy alcohol cheaply and it all makes it a lot more accessible for children."

"We do have to recognise we have a problem with alcohol," Ms Buttrose said. "A lot of Australians drink more than is good for them, and long term that is not good for their health. Whether raising the drinking age to 21 would work or not, I don't know. ...I think if we were serious about it, we could trial it"

Dr Michael Carr-Gregg is just another of a growing number of leading academics who understand the value of raising the Minimum Legal Drinking Age back to 21.

Any change to the drinking age is vigorously opposed by the Australian Hotels Association, which lodged a detailed submission to the parliamentary review arguing against any change. MPs on the parliamentary committee say they are still examining submissions and there are still more witnesses to testify.

A forum is planned for Adelaide on this topic and much interest has been aroused by articles in the Adelaide "Advertiser."

Meanwhile the AMA has called for drinking age to be lifted to 25.

And Victoria's top Traffic Police Officer has called for Probationary Driving Licences to remain in place until age 25 with a zero level BAC for an extra 3 years.



As part of a NSW State Government Review of liquor laws, a submission stated that the term "drunk" should be replaced by the narrower term "unduly intoxicated", which would target the excessively drunk such as those who are "swaying, asleep, aggressive [or] belligerent" and

in the USA judges are currently contemplating whether a person who is extremely drunk can be responsible for their actions!

FOR YOUR INFORMATION

- US authorities report that there have been several cases of people using a caustic, homemade heroin-like substance called "krokodil" that can rot the flesh and bone. This drug was popular in Russia about 10 years ago as a cheap replacement for heroin.
- *In Australia in 2011 approximately 1383 people died of drug overdoses. About 50% of these deaths were related to heroin*
- India Home Minister Sushilkumar Shinde said no society can progress without respecting women.
- *Brazil -Recent statistics show that every 15 seconds a woman is assaulted; every two hours a woman is murdered; 59 per cent of people know a woman who has been a victim of violence; and 65 per cent of attacks on women happened behind closed doors. It has the seventh highest rate of violence against women in the world and within the past three decades, at least 92,000 women have been killed inside their homes.*
- Australia's population is ageing, and as a result older people who currently use illicit drugs are an emerging demographic.
- *Deadbeats and druggies are heading North from the State of Florida (USA) because it is the first State to bring in testing for drugs before any welfare payments can be made.*
- Ambulance call-outs in Victoria show an increase of 27% for alcohol related traumas.
- *Express magazine on a study in the European Journal of Public Health showing that excessive drinking of alcohol was responsible for 49,000 deaths in France in 2009.*
- Congratulations to Samantha Menenzes a concerned parent in WA who received an Award for being foremost in the action to introduce Secondary Supply Laws in that State.
- *The recently released Alcohol and other drug treatment services in Australia 2011-12 shows that there were 146,948 episodes of closed treatment for AOD dependence, of these: 12,834 were aged 50 - 59 years old 4,620 were aged over 60 years*
- Drug traffickers in Colombia must be going bananas after a shipment of cocaine ended up in a Danish supermarket. Why? Because the white powder was put into boxes labelled "Bananas" and exported to West Denmark and to Copenhagen. About 100 kilograms in all.
- *A smartphone app has been released to help serving Defence Force Personnel keep track of their drinking habits.*

A TOY company has sparked outrage after creating a "crystal meth lab" for children with "Breaking Bad" play sets. Cost just about \$270 Sold out on the internet and not available in Australia. Let us keep it that way

Lego has distanced itself from the product, which resembles a classic Lego set, but is not connected to the Danish company.

Breaking Bad the fictional story of Walter White, a struggling high school chemistry teacher, played by Bryan Cranston. White is diagnosed with inoperable lung cancer at the beginning of the series and turns to a life of crime, producing and selling methamphetamine in order to secure his family's financial future before he dies. Independent US company Citizen Brick has created a 500-part toy set including all the drugs paraphernalia used in the American television crime drama series, according to the Daily Mail. The play kit called "SuperLab", inspired by TV show *Breaking Bad*, allows users to build their own drug dens from "Lego-like" bricks.



Research from Liverpool John Moores University shows how pop songs are increasingly glamorising alcohol. 19 per cent of UK Top Ten pop songs in 2011 contained references to alcohol - up from 8per cent in 2001. These songs are promoting 'excessive drinking and

risky antisocial behaviour." Interestingly alcohol was much less frequently mentioned in songs in 1981 and even declined further in 1991 because ecstasy was the popular drug of choice. American pop stars are increasingly associated with alcohol marketing. Hence alcohol is most commonly mentioned in American pop songs and those from the rap and R&B genre. The trend is likely to increase wherever music is viewed on social media sites such as YouTube, often directly linked to alcohol advertising.

God won't ask what kind of car you drove but might ask how many people you gave a lift to

God won't ask the size of your house but might ask how many people enjoyed your hospitality

God won't ask if you wore designer clothes but how many people you helped to clothe.

God won't ask your highest salary but if you stuck to your values to earn it

God won't ask how many friends you had but how many people to whom you were a friend

Be the change you want to see in the world!




The Directors of WCTU Australia met in Melbourne on 2nd October to consider our plans for the next three years and settled on several projects.

- We are financially supporting the production of a documentary film about two of the Bali 9 drug smugglers that is aimed at showing secondary students the dangers and consequences of drug use.
- We are ordering more of the FASD "seedsticks" that we used successfully ten years ago, for use leading up to FAS Day 2104. It will be up to each of us to find ways of getting the message of these "seedsticks" into the hands of young women. There will be more information later.
- In Guatemala, Dr. Dora de Barrientos, 2nd World WCTU Vice President, runs an excellent Christian-based program called Foundation Debora to improve the living conditions, skills and health of women and children in one of the worst areas of Guatemala City. The program is currently largely supported by the WCTU of Norway but it is in desperate need of more funds if Dora is to continue this important work. The Australian Directors would encourage local unions and members to make this a fund-raising project in 2014. Donations can be sent to the office in Dandenong.

Thank you for your efforts for WCTU during 2013. I wish you a very happy Christmas and God's richest blessings in 2014.


Anne Bergen
National President



Established in 1926 by Giovanni Patritti, at metropolitan Dover Gardens, 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. For information about availability and stockists details throughout Australia, please contact us.



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Reach out and Make a Difference

Talk with your local or State officers for the latest information on a specific project or put an idea you may have.

Welcome new members or supporters



Around the States

Mrs Dorothy Harris of South Australia celebrated a century. Dorothy has been a faithful member of Adelaide Union for many years and still attends State Executive - catching 2 buses to arrive on time. She is an inspiration to all through her care and concern for others especially for her knitting.

Dorothy wrote "During school days the children were given a pledge to sign and they knew what that meant and there was never any doubt with no alcohol in our home. We would never have thought of taking any and I have followed that for my whole life."

It was at a Church Guild that a speaker introduced Dorothy to the WCTU and when she moved to Adelaide she joined the movement and plans to continue as a member as long as she lives.

THREE Cheers for Dorothy!



TRINITY, QUEENSLAND

The "Ekka" was once again celebrated in style with a competition, a game and paper hats. Lunch was Hot Dogs and strawberry ice-cream complete with a huge strawberry on top.

Also a Chocolate, Strawberry Birthday Cake for Joy Mc Donald's special day.

SPRING was the theme at the September meeting with members wearing floral attire to celebrate with an appropriate devotional.

FASD - a service was held at which candles were lit or a bell rung to remember the innocent babies born with FASD and once again two birthdays were celebrated with decorated cake and cream.

WESTERN AUSTRALIA

The recent State convention was held and a new President Christine White was elected. The members thanked Mrs Margaret Martin of Albany who had been the State President for something like 13 years. Congratulations to Christine!

VICTORIA has commenced a special promotion of Non-Al Drinks for end-of-year celebrations. Order Forms are being sent out to many schools, businesses and members. If you would like one dozen bottles of first quality non-al and have not received an Order Form please ring the office.

Drug Education visits to schools are on-going and the response is very positive.

Asylum Seekers - near the Victorian Office is an asylum seeker centre where many gather to choose food, clothing, or goods to help their small allowances. The urgent need this Christmas is for men's toiletries and donations of cash to purchase such articles most welcome.

SOUTH AUSTRALIA - visited a Girls' School for FASD Day and spoke to the students before giving out sample bags. Tastings of non-al drinks were part of a speaking engagement at the Flinders St Baptist Women's Fellowship

A fund raising evening on 22 November for Rehab Ministries who minister to prostitutes will be a fund raiser and the DVD "Nefarious - Merchant of Souls" about human trafficking will be shown.

TASMANIA - North East WCTU promoted FASD day at the Scottsdale High School.

Show bags were given to grades nine and ten girls at the school. Vicki Knight spoke about FASD to 65 students appreciated the information and the show bags.



PASSION PLUS

Put into a blender -
 1 banana
 60ml pineapple juice
 60ml orange and mango juice
 3 teasp passion fruit pulp

Blend till smooth then pour into tall glasses.

TROPICAL COOLER

For one serving -
 60ml Pineapple juice
 60ml orange juice
 30ml coconut cream

Put ice in a tall glass and pour ingredients one after the other.

Garnish with a slice of pineapple or cherries.

RAVE DELIGHT

30ml grenadine over ice in tall glass. Fill with lemonade and Float whipped cream on top.

Sprinkle with 100's & 1000's

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A great project to do with children at your home, a Day Care Centre, or Church etc.

Your Member Of Parliament

We are all greatly affected by the decisions made by our politicians as is the community in general.

When making contact with newly elected MP's here are a few simple facts to help make the contact as effective as possible -

- Do not assume an MP knows all about the issue that is important to you. They have many issues to master through a range of information.
- Use the form of contact that is appropriate to you - phone, Email, written letter or personal contact. Phone or personal contact is particularly appropriate if you are good at debating and know all the facts.
- Form letters are easily identifiable by MP's. These will usually result in a standard response or be fobbed off even find the waste paper bin.
- Remember if your MP is a member of a Party there will be a standard response provided by the Minister or Shadow Minister on particular issues. However, you can let your MP know you are interested in his or her position or how he or she will vote.
- Keep your contact to one issue per contact.
- Keep contacts short - at the most two pages. Keep phone calls short and to the point.
- Do not call, write or visit too often and wear out your welcome.
- Be polite - abusive contacts are counter productive. Most MP's will keep files on persistent abusive contacts.
- It creates a good impression to say if you normally vote for the MP or their party.
- *Do not wait for a crisis to contact your MP. It is important to make contact before their party makes a decision on an issue or bit of legislation.*

CHRISTINGLE - Christ's Light

The Christmas Christingle church service has its origins in Germany. The first Christingle service was at a Moravian Church in 1749 on Christmas Eve at Marienborn. The congregation wanted to enact a service that symbolised Jesus Christ's love and light. It was led by a Bishop called John de Watteville. A simple white candle and red ribbon was used as the Christingle. Their candles were made from bees wax because they burnt cleaner and represented Christ's purity.

However, our modern Christingle consists of:

- * An orange – representing the world
- * Red ribbon or red sticky tape around the centre of the orange representing Jesus who loves the whole world
- * Fruits, sweets, skewered on four cocktail sticks that are pushed into the orange representing God's good gifts of the fruits of the earth and the seasons
- * A lighted candle, or a glow stick pushed into the centre of the orange – representing Christ, the light of the world

The Glow Sticks are a much safer alternative and easy to manage.

May Christmas be special to you and yours beginning a year filled with hope, joy, love and peace.