

# White Ribbon Signal

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National WCTU Mission Statement -

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

## Call for change - ZERO BAC

The Daily Telegraph (Sydney) reported on the car accident that killed a 4 year old travelling in the family car which was allegedly sideswiped by a drink driver who returned a blood alcohol reading of .085. Police and experts in Sydney called for a zero tolerance policy on drink-driving. The Daily Telegraph joined the campaign and 70% of those responding to the online survey supported a total ban i.e. drivers be at zero BAC

Prof Steve Allsop from the National Drug Research Institute said that drinking *ANY* amount of alcohol before driving was a risk. He said "the safest thing is to do is not drink at all" Prof Allsop concluded that "alcohol had such varying effects that it is impossible to set guidelines that ensure all drivers are under .05" But the NSW Police Commissioner took a tougher stance stating "**I can't understand why anyone would risk their licence, their life or the life of others by drinking then driving**" he said.

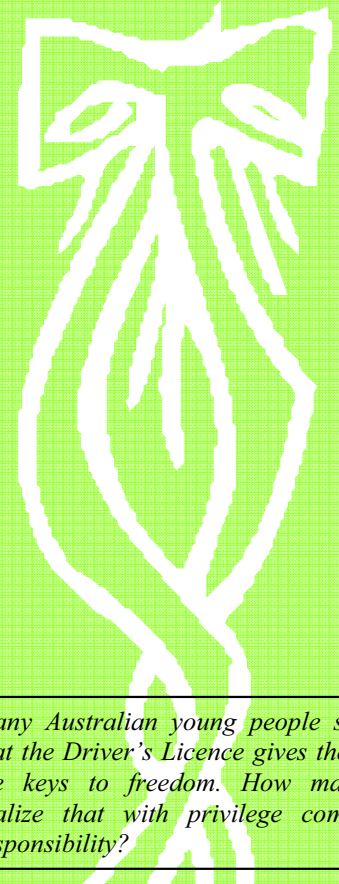
**The NSW RTA say that they have advocated a zero tolerance approach for some years** while The National Council on Drugs said a zero tolerance limit would be impossible to enforce because a liqueur chocolate could produce a reading!

Alcohol is a major factor in road deaths throughout Australia. Each year about one quarter to one third of drivers killed in road crashes have a blood alcohol concentration (BAC) of .05 or greater. In most States all learner drivers and probationary drivers must have a Zero BAC. As from July 1 drink driving offenders under 26 or on P Plates will have their cars fitted with alcohol interlocking devices. (in Victoria).

Gerard Byrne, the Salvation Army Co-ordinator of their drug and alcohol treatment programs, claims that their organization supported the idea of reducing alcohol advertising because some advertising encourages people to think that drinking encourages social or sexual success.

Meanwhile in Croydon, Melbourne a 38 year old woman recorded a BAC of .265 (5 times the legal limit). She was apprehended because a conscientious citizen reported her erratic driving to the police.

**Donald Cameron of PADD (People against Drink Driving)** has called for a petition to urge governments in all States to reduce the legal limit to .02 which is a practical way of introducing Zero tolerance allowing for all the medications, chocolates etc which may prevent an accurate reading.



*Many Australian young people see that the Driver's Licence gives them the keys to freedom. How many realize that with privilege comes responsibility?*



***Support lowering  
B.A.C Levels.***

***Safe driving begins  
with each driver***

## SPORTING GROUPS AGREE TO CODE

Sports Minister Kate Ellis said that alcohol was responsible for about 72,000 hospitalisations and 3000 deaths per year and, in seeking solutions, sport was an important part.

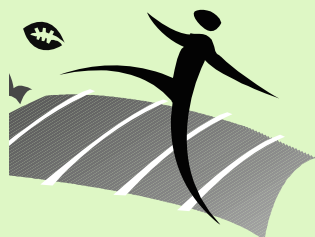
Under changes announced the AFL, The Football Federation, Cricket Australia, Netball Australia, Aust. Rugby Union and the National Rugby League have agreed to tough guidelines where sportspeople will be ordered to leave matches and venues if they are drinking or under the influence of alcohol.. The code also commits sporting organizations to do everything possible to provide food and non-alcoholic or low-alcohol drinks at sporting events. Footballers, cricketers and others are also required to “act as role models” for their sport and teams and behave in a dignified and professional manner that “promotes and upholds standards of integrity, dignity and professionalism”

The Federal Government hopes that changing sports culture will send a message to young Australians and assist in moves to combat the problem of alcohol abuse among the young.

The Code is part of the Federal Government’s previously announced national binge-drinking strategy, which includes a \$20 million advertising campaign and \$20 million for early intervention to encourage young people to assume responsibility for their drinking. It does not address the issue of alcohol advertising and lucrative sponsorship deals clubs have made with alcohol brands.

A Parliamentary Committee is also considering a ban or limitation on alcohol and gambling advertising on television and radio.

- “The Age” 18 January 2009



## *Did you know that -*

- Australia’s high use of Cannabis is causing mental health problems
- Hundreds of French winegrowers held protest rallies against plans to ban free wine tastings and online advertising for alcohol saying it amounted to “prohibition”
- A study of 1300 NZ athletes found that those who are sponsored by alcohol brands are more likely to drink heavily.
- Call for FREE water in all pubs and clubs to help curb the alcohol fuelled violence
- In Indiana USA- a sad family tale of mother driving car with one year old son on board arrested for drink driving, Dad called in to take toddler. He turned up drunk. Grandmother called and she was smelling of alcohol so police took child home.
- There are immense social drinking problems in Britain - a child under 10 is admitted to hospital for alcohol related problems once every 3 days. Britain is soon to legislate the end of “Happy Hour” and discount drinks in the battle against the booze binge
- Young people are using alcohol labels to work out the fastest and cheapest way to get drunk
- Cyclists are warned not to drink and ride this summer
- Deafening music linked to binge drinking. Research shows that loud music made customers buy more alcohol and drink it faster
- People would no longer be able to claim bring drunk as a defence or a mitigating factor to crime in NSW and would face tougher sentences if intoxicated.
- 1 in 8 males and 1 in 15 females have used cannabis in the past year.
- Slavery and people trafficking is the second largest international crime after drug trafficking.

## LATEST RESEARCH-

### ALCOHOL SHRINKS YOUR BRAIN

New Research published in the journal *Archives of Neurology* shows that even a little more than one drink a day is enough to accelerate the natural ageing process of brain shrinkage, which occurs at a rate of about 1.9% a decade.

Researchers at Wellesley College, Massachusetts had thought moderate drinking might have had a protective effect and reduce shrinkage. But the opposite effect was discovered and the brain was consistently smaller the more people drank, regardless of age, weight or education background.

Women's brains seemed to be more severely affected probably explained by their smaller size and greater susceptibility to the effects of alcohol.

The participants, aged 33 to 88, were divided into five categories—abstainers, former drinkers, low (one to seven drinks a week), moderate and high (more than 14 a week).

Their MRI scans revealed brain volume of moderate drinkers was almost 1% smaller than teetotallers while those who had 14 or more drinks a week suffered 1.2% shrinkage.

This study appears to vindicate contentious new alcohol guidelines that people who had eight to 14 drinks a week had smaller brains than those who drank less or abstained.

This American Research which looked at brain scans of more than 1800 people, comes after Australian's National Health and Medical Research Council released draft guidelines warning that more than two drinks a day posed a health risk

**Absinthe** - which is now a renewed favourite in some bars, is a dangerous drink having at least 70% alcohol by volume and sometimes up to 90%. Whisky and other spirits rate at 40 to 50%. The alcoholic content alone would be responsible for the disastrous symptoms of "absinthism". Originally called the "Green Fairy", it is not a happy fairy tale.

### INFO FOR THE BINGE DRINKER

A group of researchers at Monash University has identified the precise mechanism by which binge drinking contributes to clogs in arteries that lead to heart attack and stroke according to a study published in the journal *Atherosclerosis*.

This study adds to the growing body of evidence that drinking patterns matter as much, if not more, to risk for cardiovascular disease than the total amount consumed.

According to the National Institute on Alcohol Abuse and Alcoholism going on a "binge" means having five or more drinks for men and four or more for women, in two hours. Many studies suggest that an irregular pattern of heavy drinking brings about a two-fold increase in risk for a fatal heart attack, even as moderate drinking has been shown to reduce risk.

Alcoholic beverages contain ethanol, which is mostly converted into acetaldehyde once in the human system at binge levels, with the levels of acetaldehyde remaining high for many hours after the binge has ended. This current study clarified, for the first time, that binge levels of acetaldehyde cause an important type of immune cell, the monocyte, to become better able to stick to blood vessel cells, an important step in initiating atherosclerotic disease.

Clarifying these mechanisms promises to empower the design of new treatments to counter the effects when combined with lifestyle change. Researchers said.



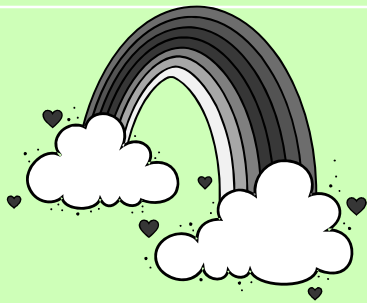
Associate Professor Stuart Piggitt is Director of the Centre for the History of Christian Thought and Experience at Macquarie University and Chairman of the Australian Christian Heritage Foundation.

**Stuart will be Guest Speaker at the Opening Dinner of the 39th Triennial National Convention.**



**It is easier and healthier to say "NO" to alcohol**

## White Ribbon Signal



For some the colour of love is red and fiery and hot,  
For some love is blue and placid and calm  
Or orange- rich and fruitful  
Lavender- is it gentle and kind?  
For some love is purple - sacrificial and giving  
Or maybe love is yellow - caring and cautious  
Love can be green - all action and go, go, go  
While white love is pure and undefiled.  
**But the rainbow, every colour, is a symbol of God's forever love.**

*Anon.*

# PATRITTI

NON ALCOHOLIC NATURAL  
GRAPE & FRUIT JUICES

Varieties available:

Dark Grape Juice  
Golden Muscatel 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  
Phone 08 8296 8261 FAX 08 8296 5088

Email -wines@patritti.com.au



## *39th Triennial National Convention*

*Will be held in Adelaide 2009 for the first time since 1991 and will be the sixth occasion that Adelaide has been the venue since the first National Convention in 1891.*

History notes that in 1891 **"It was considered by the Executives of the various Colonies, that the time had arrived when it would be advantageous for a united Convention to be held for the purpose of federating the various Colonial Unions and forming an Australian Union"**.

At the request of Miss Jessie Ackerman of the USA, the second Round-the-world Missionary, who had spent three months organizing in the State, the Victorian Union convened the Convention which was held in Melbourne and Miss Ackerman was chosen as the first Australasian President.

**It is believed that this was the first interstate gathering of women's organizations to be held in Australia.**

At that first National Convention there were obvious issues as to how the State (Colonies) could work together. It did give a united voice to become part of the World WCTU.

We may still wonder as to how we can work together but modern communication is on our side We can text, phone, Email, fax in minutes which means that distance has lost considerable significance. However, communication is two way to be effective.

During the last 3 years we have -

- Established a National Office
- Establishing an E-Issues Group nationally
- Negotiated a National Insurance Policy
- Endeavoured to assist Unions who have been disenfranchised by change
- Produced some literature that can be ordered and used throughout Australia

**There is much work to do and this coming National Convention will have a significant impact on the future.**

At a time when President Barack Obama is "the flavour of the month" the one who will be able to resolve all USA problems even if slowly, it is interesting to read some facts about another famous American, **Benjamin Franklin**. Benjamin defied all the popular beliefs of the time that alcoholic beverages were necessary to provide the body with power to do heavy work and his fellow workers marvelled at the strength of this "water-drinker" . It was Benjamin Franklin's experience that started the quest for scientific knowledge on the effect of alcohol on the body. He made a great contribution to society in various ways—with inventions, diplomacy and leadership.

## WEST AUSTRALI

Albany Union claims a successful response to their letter to QANTAS regarding duty free cigarette sales on international flights asking that the cigarettes not be prominently displayed on the duty free carts. QANTAS replied very courteously advising that cigarettes would be removed from the product range on 31 October.

*Note- Albany Union have the privilege of the wisdom of experienced letter writer, Mr Melville Dale, who makes excellent suggestions at meetings. This Union aims to send at least two letters from each monthly meeting.*

## SOUTH AUSTRALIA

**Weetulta/Kadina WCTU** have a booking to repeat their program of education for Foetal Alcohol Syndrome in 2009. Late last year Dr Tim Wood presented a Workshop to Harvest Christian School senior students and Kadina High School senior students informing them of the dangers of alcohol consumption throughout pregnancy. The students were shown a series of pictures of the various abnormalities a baby can be born with if the mother consumes alcohol. Dr Wood explained that the current research has led many health professionals into education for young people. He answered many questions put by the students. Each student was presented with a small reminder—a Snickers Bar for the boys to remember that this issue was not something to “snicker” about and a Smarties Pack for the girls to remind them to have smart thinking about alcohol. Packs were also distributed to Maitland school senior students and Pika Wiya Health Services for distribution to aboriginal youth who no longer attend school. The packs of Snickers and Smarties were made up and donated by the Weetulta/Kadina Union.

## VICTORIA

The culmination of the Centenary of Women’s Suffrage was the performance of a women’s anthem “Love and Justice” especially composed by Kavisha Mazzella and sung by a choir of 300 women as a commemoration and the unveiling of the sculpture representing the “Monster Petition “



The Sculpture represents the 33,000 signatures which were obtained in 6 weeks throughout Victoria. (WCTU played a leading role in the collection) The original has all the signatures, sometimes in ink but often written in pencil, attached to a 260 metres of linen and rolled over a cardboard spindle. It takes 3 persons about 3 hours to roll the petition to another spindle. This sculpture should be seen as commemorating the leading contribution by WCTU in finally winning the “vote for women” in Victoria in 1908.

### A TALL ORDER -

More than 110 Litres Fruit Juice of all kinds  
 100 Litres Soft Drink  
 17 Litres Cordial  
 40 Litres Mineral Water

Plus many extras such as 12 litres ice cream and 14 cans of cream, 12 bags of ice, garnishes etc.

The National Christian Youth Convention held its bi-annual Convention in Melbourne and WCTU Drug-Free Lifestyles were invited to organise drinks for the Night Life venue of Mock n’ Mingle each night. It was a very pleasurable challenge and thanks is due to the different teams of about 8 persons who made up the orders. It was a popular, happy place and young people enjoyed the non-alcoholic cocktails, choosing from a Drinks List of 10 Drinks which had been chosen by the committee for colour and content matching up with each Community on Campus.

### Popular Drinks at NCYC.

#### GENNAROSE

Cranberry Juice poured over Ice. Topped with Mineral Water and then a scoop of ice cream sprinkled with Strawberry Nesquik. The finishing touch - a Pink Straw



Or maybe **PARTY HEARTY** is more to your taste  
 White Sparkling Grape Juice over ice into a sparkle rimmed glass. Scoop of ice cream then sprinkle with silver cachous and add a sparkle straw.

Miss Winifred Enderby celebrated her 91st Birthday at the Christmas Luncheon held at Victorian Headquarters. (pictured here with Mrs Joyce Thomson right)

A feature of the Luncheon was the empty Christmas Tree which became decorated with Christmas themed donation envelopes . Proceeds for ongoing work in 2009



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## **All Welcome**

New Members *please complete this slip and forward to your State Office with membership annual fee of \$10 (includes 'White Ribbon Signal')*

### **Membership PROMISE -**

"I hereby solemnly promise, with God's help, 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 .....

Email .....

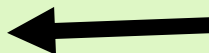
## **Gwendolyn Ethel May O.A.M.**

We give thanks for the life and work of Gwen May, whose funeral was held at Tiparra West Uniting Church on 12 November last. She was very active in earlier times conducting Camps for children and youth. Gwen was S.A. State President for a number of years and also Field Worker who travelled the back roads to small towns teaching and informing children and adults. Tradition claims that if Gwen's car broke down, she just got out and fixed it! She was the first woman in South Australia to make movies and some of her efforts have been copied by South Australian archives. Gwen was involved in women's suffrage issues and was a 'workaholic' devoting her whole life to WCTU - a tireless, energetic and faithful worker!

# URGENT

**ASK YOUR STATE OFFICE FOR -**

***A registration form to attend  
National WCTU Convention  
27th -31st May 2009 to be held  
at the South Australia CWA Club***



## **NEW MEMBERS - JOIN TODAY**