

WCTU New Zealand

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# WHITE RIBBON DIGEST

*"Promoting a Lifestyle Free of Alcohol  
and other Drugs"*



Fireworks Usher in 2009

## INSIDE THIS ISSUE:

Alcohol Sports Link Damaging  
Time to Take Personal Responsibility  
Addiction 'Pandemic' Fears  
How Safe are 'Roll Your Own' Smokes

Plus more

WHITE RIBBON DIGEST

New Zealand Women's Christian Temperance Union (Inc)  
Organised 1885

# New Zealand Women's Christian Temperance Union (Inc) Organised 1885

*"For God Home and Humanity"*

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**Choice Words**

"Expect great things from God. Attempt great things for God"  
*William Carey 1761-1834*

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## FROM THE PRESIDENT'S PEN

2009 was ushered in with a hiss and a roar as fireworks lit up the skies with beautiful displays of colours and designs. To me it looked like a defiant gesture against the growing concerns of the financial downturn in the world economy. Every newscast has been giving up to the moment reports on where the dollar has slid or dipped to. While at the same time many commentators tried to guess the outcome and work out a solution.

If only the same intense interest in getting a solution was focussed on the world number one drug problem, alcohol.

Alcohol consumption is on the rise, with the resulting alcohol fuelled violence and crime on the increase, as is driving over the alcohol limit.

It will continue to increase until the legal drinking and purchase age is brought back to 21 years. Liquor licences are continuing to be given out too freely and premises placed near schools and hospitals without any regard (except on rare occasions) to the wishes of the public.

If aliens came from another planet they would think that alcohol was the elixir of life as most treat it has the remedy for everything. When you celebrate you drink, when you commiserate you also need to drink. No matter what the occasion whether hot or cold, you must have a drink or so we are told. Many cooking shows have the cook sloshing unlimited amounts into what they are preparing, wrongly believing that it will evaporate in the cooking.

I wonder if they ever think what we non-drinkers use instead when we turn out some stunning food.

We are very pleased to welcome back on to the NZWCTU executive Mrs Margaret Jackson of Cambridge who has been appointed our new Legal and Parliamentary Director. She comes in at a good time as we here in New Zealand have also had a change of Government . We hope that our new MP's will take seriously our flawed liquor laws and produce a document that will help turn round our binge drinking culture.

**A NEW YEAR BLESSING**

*God bless your year and give you  
Time for the task  
Wisdom for the work  
Peace for the pathway  
Friends for the fireside  
Love to the last.*



*Molly Aitchison*

## DRINKING AND DRIVING



This is a hot potato and previous governments over the years have avoided it like the plague. In the New Year and a new Government there is rumbling that the new minister may look at reducing the blood alcohol concentration (BAC) from the present .08 down to .05 to put it in line with many other countries i.e. Australia. The slogan that has been around for along time "If you drink, don't drive" is a good one and should be just that ,put into law and made mandatory. As it is, no one takes heed. Many studies both overseas and in NZ prove that the .08 is a dangerous level. There is no safe level as just one drink changes the drivers skills and attitude and makes them think they are better drivers than they are. Although we will encourage a reduction to .05 we believe that zero alcohol is the safest answer.

I have included this article below which has been abridged. It has been written by Daniel Naude, South Canterbury Road Safety Co-ordinator and published in the Timaru Herald.

## INTOXICATION AND DRIVING

### Effects of alcohol on people

Alcohol and vehicles are a deadly mix. Each year many families lose loved ones, or people are mutilated for life because an impaired driver makes a reckless decision to drink and drive.

Alcohol is a depressant. It is absorbed into the bloodstream and affects body functions. Although quickly absorbed, it remains in the body for an extended period of time.

Many mistakenly believe that strong coffee or a cold shower will alleviate the effects of alcohol.

These remedies do not work and only time will eliminate alcohol from the body. For this reason, alcohol may be detectable in the blood stream at lunchtime the following day.

## Alcohol Reduces Driving Skills

Alcohol has a depressant effect on all driving skills, causing drivers to misjudge their capabilities.

Some of the effects of alcohol which affect driving include.:

- \* **Reaction time** –slow reactions decrease the ability to react swiftly to situations.
- \* **Vision** – eye muscles function more slowly. Eye movements and perceptions are altered, possibly resulting in blurred vision.. Night vision and colour perception are also impaired.
- \* **Tracking** – the ability to judge the car's position on the road, the location of other vehicles, centre line, road signs etc can be adversely affected.
- \* **Concentration** – attention to driving decreases and / or drowsiness may occur.
- \* **Comprehension** – the depressant effect of alcohol hinders the ability to make rational decisions.
- \* **Co-ordination** – eye/hand/foot co-ordination will be greatly affected with alcohol.

## Mixing Alcohol and Other Drugs

If alcohol is used in conjunction with other drugs (legal or illegal) the effects of both substances will be increased – an even more deadly situation.

Education is offered to increase awareness about this effect as well.

In the case of prescription drugs, health professionals should be educating patients about the dangers of combining alcohol with medication they are prescribing.

### Right Question – Wrong Answer

*The driver started weaving in front of a police car. The policeman hit the siren and waved the hapless driver to the curb. As the elderly driver wound down his window to see what the officer wanted, the traffic cop was hit by the strong smell of alcohol. He asked the driver, "How much have you been drinking and when did you start?"The driver replied "I don't know how much I've had, but I started drinking in 1967."*

**Getting Home Afterwards**

Blood alcohol concentration is affected by weight and number of drinks ingested. If you are going to drink the safest course of action is to make alternative transportation arrangements before you start drinking. These might include:

- \* Public transportation
- \*Taxis
- \* Designated drivers, with someone you trust to remain sober.
- \* Prior arrangements to stay overnight.
- \* Calling someone to come and pick you up.

**Intoxicated Driver Ahead**

If you observe a drunk driver, do not attempt to approach with your vehicle. Instead, call the police. Drunk drivers are risking their own lives and the lives of others. Signs of a drunk driver include:

- \* Unable to stay within the lane.
- \* Driving too fast or too slow.
- \* Taking wide turns
- \* Slowing down and speeding up erratically.
- \* Driving too close behind another vehicle.
- \*Pulling over recklessly.
- \* Driving without using headlights.

**Reduced Driver Performance Even At Low Levels**

Performance becomes much worse as the blood alcohol concentration (BAC) increases, for example:

- \* .02 to .05 BAC – the ability to judge distances and to see or locate moving lights correctly is reduced. The tendency to take risks is increased, and the ability to respond to several stimuli is decreased.
- \* .05 to .08 BAC - the ability to judge distances is further reduced, reactions are slower, and concentration span is shorter.

Drivers are five times more likely to have a crash than before they started drinking.

- \* .08 to .12 BAC – over confidence sets in and one’s abilities lead to reckless driving, and peripheral vision and perception of obstacles are impaired. Drivers are 10 times more likely to have a crash.

There is so much information available to help someone make an informed decision, but it is up to the individual to take the first step.....

**THE ALCOHOL SPORTS LINK DAMAGING**

A study of 1279 athletes from Canterbury, Otago and Auckland showed that many players from the team sports such as rugby, hockey ,football and others sponsored by alcohol companies, were shown to drink to excess as a result.

Co-author, Dr Kypros Kypri, a senior researcher at Otago University who is involved in the injury prevention unit, after a survey, commented that half of those surveyed received sponsorship which included free or discounted alcoholic drinks.

He would like to see all alcohol sponsorships discontinued. The sports teams survived the ban on tobacco and would survive a liquor ban also There are many other companies which would take up a sponsorship if given a chance.

Ross Bell, Drug Foundation Chief Executive said that it was time alcohol sponsorship was banned because of the harm alcohol did to society.

The Masters Games were held recently in a South Island town and the motto was “Play Hard ,Party Harder”.

The Games sponsor was Tui Breweries and there were many photo opportunities in the recreational times over the two weeks for the sponsors logo to be featuring in many.

In letters to the editor of the local newspaper on two different occasions and from two different 15 year old readers who wrote saying that they believed the Games motto was giving a wrong message to young people linking alcohol and sports There was a flurry of letters from some who had attended or had taken part and the organisers strongly denying that this message was going out, but it did to at last two young people, who had the courage to speak up. Several other letters defended the young people and commented on how many 15 year olds would take the time to put pen to paper.

Adults do have a responsibility to young people and put their well-being before their own selfish desires.

**What Are You Doing?**

*It’s not what you would do with a million dollars, if a million dollars should be your lot; it’s what you are doing right now with the dollar or two that you’ve got.*

## TIME TO TAKE PERSONAL RESPONSIBILITY

A report released under the Official Information Act shows 5270 beneficiaries receive weekly sickness and disability payments because of alcohol and other drug problems.

The ironic part is that they are not compelled to undergo treatment and will not motivate themselves to change.

This increasing problem is costing the taxpayer more than a \$1million a week.

Figures show that 2540 beneficiaries give drug use as the main reason for being unable to work; twice the 1297 recorded in 2004.

As well as that 2739 list alcoholism as their reason for being unable to work. Some are said to be using this as an excuse to keep from working and continue to receive the benefit. In the Court news it appears that this benefit is often supplemented by proceeds of crime.

Unemployment benefit rates have seen a large drop while the sickness and invalids benefit have risen over the past five years from 105,000 to 127,000. One does not have to be a rocket scientist to work out why the change in numbers.

For those who are work-shy having specialised medical staff to cull out the genuine from to the fake.

It could also be established for those who need treatment for their addiction to be made compulsory in an effort to improve their health and then be able to train for re-employment.

Social workers are noting third generation families who have never worked, are dysfunctional and allow their children to stay home from school. They allow the use of alcohol to dominate their lives and use their spare time to commit criminal offenses.

### True Love Waits

*The response one teenager gave when her peers taunted her because she was still a virgin, was "I can at anytime become what you are, but you can never again be what I am."*

## NEWS IN BRIEF

### ACCIDENTS AND DIY'S

New Zealanders are a nation of DIY's (Do it yourself) A recent study by Auckland University found that adults 25 – 60 age group were four times more at risk of injuries in falls at home if they had two standard drinks within the previous six hours.

Accident Compensation Corporation (ACC) reports an alarming increase in home accidents.

### CANCER RISKS IN WOMEN

NZ Women are being warned that just one standard drink a day increases their risk of breast and bowel cancer. Even if there were any long term heart benefits from alcohol these are outweighed by other cell and organ danger.

### AUSTRALIAN UNDERAGE DRINKING

A study shows that 500,000 young people aged between 12 to 17 years drank about 175 million standard drinks in 2005 costing \$A218 million.

The report also showed high rates of drinking in the younger age with approximately 17 per cent of 13 year olds drinking four drinks a week and 30 per cent of 14 year olds consuming six drinks a week. Like many in NZ they are drinking excessively and they are drinking to get drunk.

### REPLACING ONE DRUG WITH ANOTHER

Methadone, a painkiller that has been used to treat heroin addicts for decades, has emerged as an increasingly popular and deadly street drug. It was cited in nearly 13% of all overdose deaths reported in the USA in 2004, up from about 4% five years earlier. Methadone has been viewed as a relatively safe and effective narcotic drug partly because its effects are gradual and it can ease withdrawal symptoms for recovering heroin addicts. However, it is also very addictive.

Here in NZ with so few drug rehabilitation clinics available it seems easier to put an addict on this drug and leave them on instead of quickly weaning them off and getting them into a work programme and a productive life.

### POKIE MACHINE PROFITS DOWN

Nationwide gaming machine spending in pubs and clubs has declined in the past 12 months. In the Mackenzie District ,South Canterbury it has dropped more than a third. With the downturn in the dollar and an increase in the unemployment number it is hoped that people will be wiser with their money.

### IRISH LOSING THEIR TASTE FOR GUINNESS?

The economic downturn along with a changing drinking culture has seen the closing of 400 pubs in Ireland. With the downturn in the economy and poor public transport more people are opting to stay and entertain at home. As one wit said the news that Ireland is starting to dry out is positive for the health of the nation renowned for being as soaked in alcohol as rain!

### FRANCE LEADING THE WAY

France a country held up to us as civilised drinkers of wine has faced serious alcohol related health problems. To help combat these, their laws now and for some time, will not allow advertising of alcoholic beverages on television, movies, billboards and no sponsorship of sporting events and teams. When are we going to wake up here in NZ?

### WORSE THAN LOS ANGELES

NSW Police say that Sydney's alcohol-fuelled violence is already worse than Los Angeles due to Australia's 24 hour liquor licenses. There are more than 600 24 hour licensed premises in Australia, with more than 400 in NSW.

This drink -to- get -drunk culture must stop. LA doesn't have the problems that we do. They close the doors at 2am." It's time to give the neighbourhood back and take the hoods out," says the NSW police Commissioner, Andrew Scipione .He is fed up with seeing his officers assaulted and backs a government move to cut back on licensing hours.

### TOBACCO USE

Tobacco use is declining in NZ. A new survey reveals that just under one quarter of New Zealanders are smoking. In 2006 the figure in the 15 to 64 age group was 24.3 and in 2008 it had dropped to 23.9.

### DID YOU KNOW

Just one or two drinks of alcoholic beverage will increase blood pressure approximately 15%, and high blood pressure is one of the most important risk factors for strokes and heart attacks.

Dr. WR Spence,MD

## MYTHS ABOUT ALCOHOL

What most people think they "know" about drinking ,is wrong. The following statements are often accepted as fact, but NONE of these hold any truth.

1. Alcohol is a stimulant.  
Alcohol can make people act crazy, but it is a depressant and actually depresses their body's system.
2. People are friendlier when drinking.  
Some may be, but many are dangerous, hostile, homicidal or suicidal. Half of the murders and one third of the suicides are alcohol related.
3. Mixing your drinks causes a hangover.  
The major cause is simply alcohol.
4. It's rude to refuse a drink.  
What's rude is trying to push a drink on to others.
5. Drinkers only hurt themselves.  
And their families, friends, employers and strangers on the highway.
6. A good host never lets a guest's glass get empty.  
There is nothing good about pushing alcohol or any other drug.
7. A few drinks helps unwind and relax.  
If you use alcohol like a medicine, it's time to see your doctor.
8. Alcoholism is just a state of mind.  
It is more than that. It is a very real problem with scientific evidence that physiological dependence is involved.
9. Most alcoholics are skid row bums.  
Only three to five percent are; 70 percent of alcoholics are married and employed.
10. Black coffee will sober up someone.  
Only time can get alcohol out of your system. There is no other way to hurry it.

- 11. It's only beer, it's not as strong as other liquor.  
One beer is equal to one ounce of whiskey. People get just as drunk on beer as any hard liquor, it just takes more of it.
- 12. Thank God my kid isn't on drugs.  
If he is drinking, he is on drugs. It's time that people stop pretending that alcohol isn't a drug.
- 13. I don't know any alcoholics.  
Maybe you just don't realise it. Most try to hide this problem, even from themselves.

Illinois White Ribboner approx. 1993

With all the emphasis put on the drug 'P' alcohol still remains the number one drug problem in NZ as it is in many Western countries.

**The Importance of Names**

An editor of a small town newspaper was instructing the newest cub reporter on how to write a good article. He said, "It is important to record time date and place and never forget the importance of getting the names correct."

During the night there was a terrifying electrical storm and next morning the editor received the following report on his desk.

"Last night at 10.30pm a severe electrical storm hit the Northern outskirts of Townsville. A lightning strike killed three of Farmer John Brown's cows. Their names were Daisy, Millie and Ginger."

**ADDICTION 'PANDEMIC' FEARS**

*The Christchurch Press, 5 September 2008*

Every dollar spent on alcohol and other drug treatment could save taxpayers at least \$5, say experts.

They warn of a "pandemic waiting to happen" if the country's addiction problems are not addressed.

A paper released by the National Committee for Addiction Treatment (NCAT) yesterday revealed what one member called "horrifying" statistics, detailing devastation wrought by alcohol and other drug addicts.

It also cited a 2005 United Kingdom study, which found that money spent on standard treatment therapies for alcohol problems saved five times that amount in expenditure on health, social and criminal justice services.

National Addiction Centre director, Professor Doug Sellman, said the difference was even more marked for drug addicts, where \$8 could be saved for every dollar spent.

The statistics included:

- \* 89 % of serious offences are committed under the influence of alcohol and other drugs.
- \* Between 75 % and 90 % of weekend crime is alcohol-related.
- \* Up to 50 % of men who physically abuse their partners have substance-abuse problems
- \* Alcohol plays a role in 30% of fatal car accidents.
- \* 70% of Emergency Department admissions are caused by alcohol abuse.

This happened in an environment where only 22,000 of New Zealanders with addictions accessed treatment in any given year, leaving an estimated 138,000 unaided, NCAT co-chair Christine Kalin said.

Treatment costs ranged from \$80 dollars for an intervention for a low-level problem to more than \$8000 for months of residential treatment.

Kalin, who released the paper at the Cutting Edge Addiction Treatment Conference in Christchurch, said that staff in the sector were sick of turning away people who needed help.

"Anecdotally, I know that there are services that have waiting lists. Rather than building prisons, having health budgets overspent, having police resources stretched, let's put some of the money into services at the front end rather than the ambulance at the bottom of the cliff.

"At a very minimum, we need to have the capacity to treat the 160,000 who we know need special help, and help now," she said.

Alcohol Healthwatch director Rebecca Williams said the problem was probably worse than it appeared because people who could not access services were likely to be incorrectly recorded.

"This is a sort of pandemic waiting to happen.... I actually think services, if they were actually presented with all of the cases that needed help and support, they would simply not be able to cope."

Experts warned that turning people away often meant the windows of opportunity to help them were missed.

Kalin said investment in the sector could take the form of community – based treatment options, aimed at specific high-risk groups such as schools and prisons.. Only one third of alcohol and other drug addicts were brought to receive treatment while incarcerated," she said.

Associate Minister of Health, Damien O'Connor, who addressed the conference yesterday, said that the Government had increased its spending from \$65 million in 2001 to \$94m last year.

National health spokesman Tony Ryall said the party recognised it was an issue for families of drug-affected young people, and would address it in its health policy.

## Drug Free Kids

[www.dfk.com.au](http://www.dfk.com.au) ages 6 to 12 years.

## RED BULL LINK WITH HEART ATTACKS

Australian medical researchers are warning users of Red Bull and similar caffeine-laden beverages that there is an increased risk of heart attacks or strokes with regular use of these stimulants

Many young people, students who want to stay awake to study, workmen, sportspeople all wanting an instant 'pick-me-up' have, since the introduction of these products are putting themselves in danger with frequent or prolonged use.

It has been found to cause the blood to thicken and become 'sticky', a condition which is a fore-runner of a stroke.

Tests showed that within one hour after drinking (in this case) a can of Red Bull, blood tests showed readings comparable with a patient with cardio-vascular health problems.

## HOW SAFE ARE "ROLL YOUR OWN" SMOKES?

Most smokers who use 'roll their own' cigarettes do so in the belief that it is much safer than the tailor-made ones.

Unfortunately for them recent research has proved otherwise....

It was found that the five top-selling brands of loose tobacco used in 'rollies' when tested, came up with very unexpected results.

It was found that these brands produced more cancer-causing substances than the tailor-made ones. Mr Ashley Bloomfield, National Director of Tobacco Control, said, "There are a lot of myths around tobacco harm, like loose tobacco is more natural with fewer additives, it must be less harmful. Unfortunately that is not the case with some 'rollies' potentially more harmful.

The brands marketed by the companies as "mild" were found to be just as harmful as regular tobacco.

He also said that adding a filter made no difference to the risk of exposure to cancer-causing substances.

Mr Bloomfield went on to say, "We know that most New Zealand smokers want to quit.

If 'rollie' smokers needed another reason to quit smoking, this is it.

## BE HONEST, SIPPING SAINTS

If you are a Christian who chooses to drink beverage alcohol, I challenge you to be honest about it. Don't justify your indulgence by using Jesus or Paul as an alibi. Be honest enough to admit that you drink because you like the taste; because you seek an exhilarating effect; because you refuse to allow anyone to interfere with your freedom. Be honest enough to admit you are not above getting habituated, just as millions of honest people have. Be honest enough to acknowledge that your taste for beverage alcohol could lead to alcoholism, if allowed to grow.

If you choose to drink, don't be a closet user. Don't be a hypocrite. If it is not a sin for you to indulge, drink in the presence of your children, your pastor, your trusted friends and relatives. If it is not a sin against God or your body, His temple, then permit yourself to drink before going to a secret closet of prayer. Drink, not only at mealtime, but celebrate all of God's goodness to you with a drink in hand. Drink to your health, to your salvation, to eternal life, to divine protection.

If you cannot drink to your faith, then it is a sin, because the Bible says, "... whatever is not faith is sin" (Romans 14:23)



If you cannot hold up your glass of beverage alcohol and look into the face of God to thank him for it and experience the witness of the Holy Spirit, then, like Adam and Eve, you are hiding behind fear.

If you cannot drink under the steady gaze of the holy Christ; if you cannot drink in the glow of the indwelling Holy Spirit; you cannot drink with a pure and yielded conscience, then you should not drink at all! It would be dishonest.

If the world has lost its morals – God hasn't. He is still the unchangeable holy Father who commands a universal family of sanctified children. Let us be honest enough to place our moral standards under divine scrutiny until they conform with His.

*Taken from David Wilkerson's "Sipping Saints"*

*(Do Christianity and drinking mix?) Chapter 5 pages 81 & 82*

## UNION NEWS

### WCTU Makes A Difference

A child was walking along the beach with her grandfather. As they walked, the child picked up every Starfish and tossed it back into the ocean, for she knew that the Starfish would dry up and die if they weren't returned to the water.

Her grandfather looked ahead and saw miles and miles of beach . Along the beach there were thousands of Starfish.

He looked at his granddaughter and said, "There are miles and miles of beach and thousands of Starfish. What you are doing won't make a difference."

As she tossed another Starfish into the sea, she said, "It makes a difference to this one."

Thank you members, for the difference you are making.

## OBITUARIES

### Ivy Evelyn Cuthbert

8.3.1910 ~ 1.12.2008

Mrs Ivy Evelyn Cuthbert was a member of the Timaru WCTU union for about 10 years during her time in Timaru. Her quiet manner and keen sense of humour made her a very popular member. She left and went to live in a rest home in Hamilton and kept in touch with us until health prevented it. She is survived by her two daughters and son-in-laws Elsie and Alfie and Janice and Phil , grandchildren and great grandchildren. Sadly missed.

"Forever with the Lord"



### Cleata Keyte

9.2.1920 ~ 20.1.2009

Cleata lived a very full, busy life and remained active in WCTU work until called home. As a young girl she met Kate Sheppard, who was an ardent WCTU worker who thought her position of Franchise Superintendent for the organisation, spearheaded and obtained the vote for women in 1893.

Cleata was inspired by the dedication of Kate and other WCTU women and from the age of 16 years became a loyal and active member for 73 years.

She held many positions in the work at national and local levels and was Whangarei President for many years. Her thoughts and prayers were always for the young people who she worked so hard to protect from the harm and dangers of alcohol use. She did this by supplying them with factual Temperance literature and holding the Annual Temperance Quice. She held parties and concerts where prizes were given out.

She had been busy all year planning the NZWCTU March Convention to be held in Whangarei. She will be sadly missed. Cleata has passed the baton onto her daughters.

Our condolences to Beverley, Rowan and Graham and families. "Now with the Lord she loved and served".



## LETTER TO THE EDITOR

*Timaru Herald*

I wish to thank the seven churches –St Mary’s, St John’s, Chalmers St.Paul’s, St. Phillips, St.Peter’s and Sacred Heart and their bell-ringers- that took part in ringing their bells at 9.09am on September 9 for Fetal Alcohol Spectrum Disorder (FAS) Day to warn the public of the dangers of women drinking alcohol during pregnancy.

This was helped by the newspaper articles prior to the day so that every home in South Canterbury could be informed.

In a survey that followed the bell ringing, people on the streets and in some shops and business premises were asked if they had heard the bells (most had) and the second question was did they know why they had rung? Only three women knew the answer and this was very disappointing as this was the fifth year we had conducted this exercise.Thank you for all taking part and next year we hope that all who hear the bells know why they are tolling out and pass the message on.

*Molly Aitchison*

*President, NZ Women’s Christian Temperance Union*

## HAPPY T.K. NEWS READERS



This picture is of pupils from Timaru Christian School Room 3 who receive the TK News papers and who sat the Quiz in November 2008. Congratulation children, you have done well.

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## MISSION STATEMENT

*"To reduce health and social problems by promoting a lifestyle free of alcohol and other drugs."*

### **YOU ARE NEEDED**

*You can assist the NZWCTU by becoming a member and/or subscriber to the WHITE RIBBON DIGEST.*

By signing the following pledge you may become a member of this organisation. "I affirm my life-long pledge of total abstinence from all intoxicating liquor as a beverage, and my willingness to pursue all proper means to discourage and prevent its use in society. I pledge myself to work and pray to this end by endeavouring to promote a personal purity of life, free from the menace of narcotic poisons and drugs, claiming always the promised guidance and help of God.

Signed .....

Membership fee \$15 per annum includes WRD	\$ .....
WHITE RIBBON DIGEST fee \$10 per annum	\$ .....
Overseas \$18 per annum (includes postage	\$ .....
Donation	\$ .....

Men are eligible for full membership

For further information contact Mrs Janet Palmer  
201 TiroTiro Rd  
Levin

Applications from Advertisers are welcomed also.

If you enjoyed reading this Digest and would like to receive future copies please send to  
Mrs M Larsen,  
109 Parkers Rd, Tahunanui,  
Nelson 7001.

