



WCTU | Woman's Christian
Temperance Union
Drug Free Life

White Ribbon Signal



MESSAGE FROM THE PRESIDENT

Thank you for reading this message - thank you for being a member or supporter of WCTU. Thankyou for being a friend - we need everyone who cares to be a part of this important organisation which has existed **since 1884** in **New Zealand** and since 1885 in Australia. We care about people, about children and about the future of our nations. Australia and New Zealand want to work together more closely to get a stronger message to both our countries. WCTU has been strong in leading women to speak up and claim their place as citizens and helping to hold **Christian values** for **God, Home** and **Every Land**. We must keep doing this.

The story of Bertha of Kent - a hero of prayer, has inspired me and urges me to keep praying to see God at work. In the year 578 Bertha moved to -Canterbury in Kent, England to marry the ruler Ethelberht so long as she could practice her Christianity.

Christianity had not been established there. Ethelberht restored an old Roman church as a private chapel for her where she prayed diligently for the conversion of her husband for 18 years. When Agustine arrived he first preached to Ethelberht and at last the ruler acknowledged God and was converted. Within a year more than 10,000 people followed the ruler's example. Canterbury became the basis for Christianity in England and to this day it is the home of the Anglican church. Bertha left no writings, no record of a speech, but through her faithfulness and persistence in prayer, she had a huge impact on the evangelisation, not just of England but for the world. Her prayer chapel is recognised by UNESCO as the oldest place of unbroken Christian worship and witness in the English speaking world. She was interceding for generations to come. **SO CAN WE.**

Ephesians 3:20 - "Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us."

JOY

President, WCTU Australia Ltd

It is time to renew your membership for WCTU Australia. Please go online and PAY NOW or contact Min, our Treasurer. You may wish to post your cheque for \$20 to the National Australia WCTU office, PO Box 7612 Dandenong, Victoria, 3175.

THANK YOU for your membership! We look forward to sharing another exciting year.

RENEW
ONLINE NOW

WHAT'S INSIDE THIS ISSUE



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GLOBAL SUPPORT FOR A
DRUG FREE LIFESTYLE

WCTU partners with a newly formed Global Organisation advocating for a drug free lifestyle

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President of WCTU Australia visits New Zealand WCTU NZWCTU has been a powerful source of good for almost 140 years.

'Without Compromise' is a small booklet giving a brief history of the New Zealand Women's Christian Temperance Union. The booze tradition had been introduced by the early whalers in 1829 but a temperance movement started soon after in the 1830s. The first WCTU meeting, 1884, was held in Invercargill with 50 women present. When Mrs Leavitt, from the USA, the first WCTU missionary arrived in 1885, the women were ready to expand the organisation and Unions sprang up all over the country. Thousands joined the WCTU.

The NZWCTU was formed amid a wave of international temperance sentiment and organisation; alcohol was seen as the cause of many of the problems of industrial society, such as poverty, poor health, neglect of women and children, and immorality. Church groups led the way in encouraging abstinence among their congregations and forming various temperance groups.

Maori women had set up their own temperance groups before the establishment of the NZWCTU. They were concerned at the effect of alcohol on their communities and its relationship to land sales. Some men were said to be getting drunk and signing sales papers or selling land to pay debts to tavern owners or to buy alcohol. Many of the women joined the NZWCTU.

The NZWCTU from the start, matched words with deeds in not just opposing booze and bars but in providing practical alternatives to them.

WWW.WCTU.ORG.NZ

They were active in the following ways for the next 100 years:

- refreshment booths and rest tents at agricultural shows
- luncheon and afternoon tea rooms at A & P Showgrounds
- fruit juice recipe books
- production of the White Ribbon Digest for 117 years!
- first women's organisation to agitate for women police officers
- flourishing children's and youth work with 19,225 total membership (included adults) in 1935
- strong promotion of Christian morality and values
- soup kitchens and funds for night shelters
- prison-gate-mission for released women prisoners
- 'Victoria Home for Friendless Girls' in Invercargill
- education centres where girls and boys were taught practical skills and temperance
- temporary homes for soldiers and 'Sailors' Rest' - with no alcohol
- Maori Girls' Hostel in Auckland

In our next WRS we will focus on the most remarkable achievement of NZWCTU and for which they are famous - they led the way for women to vote - the first nation in the world to do so in 1893.

NZWCTU has been a powerful source of good for almost 140 years.

WCTU - promote a drug-free lifestyle and Christian values in your home and community

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PRAYER MATTERS

Please join us - we meet via zoom on the first Tuesday of each month at 9.00 am, for 40 minutes, to pray. Just send your email to joymariebutler@gmail.com

Please pray for:

- Rosemarie Honore as our new Citizen Advocate
- Sheree Nixon a new member near Newcastle with a passion for WCTU
- The future of WCTU in Australia and New Zealand working together
- The spread of the WCTU message and for new and younger members
- The government's new legislations regarding Vaping and its success
- More teachers to take the drug-free message to schools
- Please remember WCTU Noontide prayer - someone will be praying all around the world.



VAPING - Harmless fun-or is it?

The subject of VAPING is prominent in our media in Australia at the present time. WCTU is glad to say that we had a part in encouraging our government to make some new and radical decisions in how they will address the growing scourge amongst young people. Anne Bergen, president of Victoria WCTU, has prepared a brochure which we hope will be available to distribute to schools. The name above is the title of this brochure. We didn't even know about VAPING until quite recently although Vapes have been available for a few years now. They have become too easily available and young people and children have been able to purchase them easily. They were originally promoted as a harmless way for people to stop smoking harmful cigarettes. However vaping is dangerous and most contain addictive nicotine. The sad thing to note is - young people are 7 times more likely to take up smoking if they vape. There are many studies to show that vaping is harmful and can lead to death. For more information about what the government has announced in May, 2023 - **CLICK HERE to find out more.**

Reported by Joy Butler and Anne Bergen

JUNE 26 International Day against Drug Abuse and Illicit Trafficking

The International Day against Drug Abuse and Illicit Trafficking, or World Drug Day, is marked on 26 June every year to strengthen action and cooperation in achieving a world free of drug abuse.

And each year, individuals like you, entire communities, and various organizations (like WCTU) all over the world, join in to observe World Drug Day to help raise awareness of the major problem that illicit drugs pose to society.

Together, we can tackle the world drug problem! Please read about OVOM and what they are doing to address these serious issues.

WCTU in Australia is helping **OVOM** achieve their objectives. OVOM says - **One Voice, One Message - NO DRUGS.**

JOIN US BECOME A WCTU MEMBER

MEMBERSHIP PROMISE
With God's help, I will advocate
and follow a drug-free lifestyle by
abstaining from all alcohol, tobacco
and illegal drugs.

To join: www.wctu.org.au

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FRIENDSHIPS

There was an evening class at Stanford University, in which the last lecture was on the mind-body connection - the relationship between stress and disease. The speaker (head of psychiatry at Stanford) said, among other things, that one of the best things that a man could do for his health was to be married to a woman; whereas for a woman, one of the best things she could do for her health was to nurture her relationships with her girlfriends.

At first everyone laughed, but he was serious. Women connect with each other differently and provide support systems that help each other to deal with stress and difficult life experiences. Physically this quality 'girlfriend time' helps us to create more serotonin - a neurotransmitter that helps combat depression and can create a general feeling of well being. Women share feelings whereas men often form relationships around activities. We share from our souls with our sisters/mothers and evidently that is **VERY GOOD** for our health. He said that spending time with a friend is just as important to our general health as jogging or working out at a gym.

There's a tendency to think that when we are 'exercising' we are doing something good for our bodies; but when we are hanging out with friends, we are wasting our time and should be more productively engaged? Not true. In fact, he said that failure to create and maintain quality personal relationships with other humans is as dangerous to our physical health as smoking! So every time you have get-togethers with your girlfriend, just pat yourself on the back and congratulate yourself for doing something good for your health. We are indeed very, very blessed.

Thanks to Rhona Theodore for this.
Reported in the WCTU Victoria Inc. AGM

Drug Education Report

In Victoria, during 2022. Dawn Stark presented her drug-education programme to **nine schools**, five of them new schools, where the programme has never been presented before. This is a total of **836 students** - **700 primary** and **136 high school**.

The major development in the programme has been the inclusion information on Vaping, in fact taking out our somewhat dated smoking movie and including 'Vaping: The Hit Your Brain Takes'. This is an excellent summary of the issues and is easily sourced on Youtube. It runs for just over 2 minutes. This also makes it an excellent resource for teachers to revisit with their students, in revision. There is a need for additional resource material on vaping to include in support packages to teachers. This is a work in progress.

A post and brochure will be helpful. Dawn says "I am still exploring the best way to present the Vaping information to the various year levels and am actively seeking feedback from teachers regarding this specific issue."

Thanks to Dawn Stark. Reported in the WCTU Victoria Inc. AGM

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About Votergrams by Rosemarie Honore

Make Yourself Heard!

Politicians earn a living by being elected and re-elected to parliament by voters. Only some of the people and some politicians are interested in any issue at one time. The majority of interested politicians will mostly do what the majority of voters ask them to do. The "silent" majority by definition, remains unheard and unheeded. **Voters can have a voice – they can be heard. Sending a Votergram is one way of being heard and having an impact.**

What is a Votergram?

A Votergram is a brief punchy message sent to every politician in one or several parliaments. Interested politicians read and react to it. It could represent the views of many voters. The more voters who send Votergrams on an issue, the more notice the politicians take of them. Votergrams are the key to voters politely persuading politicians to direct government into action. Therefore, the key to good Government lies more with voters than with their elected politicians. If you feel strongly about an issue – think Votergram. **A Votergram is a summary of the issue in approximately 100 words.** WCTU and Votergrams WCTU works with a not-for-profit, apolitical Christian organisation (Fair Go Voter Lobby) to direct Votergrams to members of parliament/s (MPs). Votergrams include the name and postcode of the sender. It may be a single person or several persons. The purpose is not only to raise issues but also to **build good relationships with MPs and their staff, irrespective of political affiliation.**

Although MPs may not respond to Votergrams, that does not mean they will not take your concerns on board and do something about it. When they do, a thank-you letter in return, helps to build trust between voter and MP. Next step We encourage our readers and members to firstly suggest topics for consideration. They can be related to, but **not necessarily limited to, alcohol/drug/nicotine addiction, gambling, domestic violence. Votergrams are often related to local issues, such as a new bottleshop opening, extended opening hours, a domestic violence incident etc.** Recently we sent Votergrams regarding Vaping and good results came from that. **Our WCTU Representative Rosemarie Honoré is WCTU Australia Ltd 'Citizens Advocate'.** If you have an issue you wish to raise, **please send an email to Rosemarie [rhonore@bigpond.net.au]** with a brief outline of the issue, including your contact details and any relevant information and any solution that you wish to propose. Rosemarie will draft a Votergram in consultation with you. Once the final wording has been approved, Rosemarie will send the Votergram to MPs of the relevant parliament/s with the help of Fair Go



WCTU have now partnered with OVOM - One Voice, Once Message. They are a global organisation advocating strongly for freedom - **NO USE OF ILLEGAL DRUGS AND ILLEGAL USE OF LEGAL DRUGS.** **Click here** to learn more about OVOM.

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What FASD-CAN does in NZ, and why it is important for Pregnant Mum's not to drink alcohol.

I was at a hui in Waikato a few years ago when I heard Valerie McGinn, clinical neuro psychologist and clinical director of the Fetal Alcohol Spectrum Disorder Centre, Aotearoa, speak on FASD. She clearly communicated FASD is a diagnostic term that describes the impacts to the brain, and the body, of individuals who have been prenatally exposed to alcohol during pregnancy and, that it is a life-long disability with no cure.

Valerie also stated that FASD children are unable to learn from mistakes or punishment. These children only learn from being guided or shown what to do. Given that FASD is a preventable but permanent disability it is imperative that pregnant Mum's not drink when thinking about becoming pregnant. Sadly, it's too late for many Mum's who do not know they are pregnant until around 6 weeks gestation, during which time alcohol may have already affected their unborn child's developing brain structure. Many FASD children and adults in NZ go undiagnosed and subsequently receive no help from services. Some FASD children are unable to understand instructions unless they are stated in very concrete terms. One example of this was shared with me by a respite care giver whom I met at our WCTU booth at Festival One in Hamilton. She explained that the young boy in her and her husband's care, would not respond when asked to, "shut the window" but, when asked to, "put the glass in the hole" he quickly understood and shut the window. So you might imagine the trouble these children, and later adults, get into when they don't understand enough to respond correctly. I also met some teachers at Festival One to whom I gave out some of the few copies I had of FAS-CAN's, Trying Differently, A Guide for Daily Living and Working with FASD, 4 th Edition (www.fassy.org) and they were very appreciative as it discusses many helpful topics, including guidelines for interventions.

In 2019, Judy McAnulty and I travelled to Wellington to meet with Leigh Henderson, Chairperson, FASD-CAN Inc to see if WCTU NZ could discuss funding a resource that could be made available to schools to help provide teachers with resources to facilitate communication with FASD students. In spite of the 2019 Covid lockdown, FASD-CAN were able to get their new resource of FASD for Learning Support Staff and Teachers completed by in August 2022. The funding from WCTU was ultimately used for the design and set out.
Reported by: Althea Hanna

CLICK HERE to learn more



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