

WCTU New Zealand

Volume 66, No 2  
Winter 2011

# WHITE RIBBON DIGEST

“Promoting a Lifestyle Free of Alcohol  
and other Drugs”



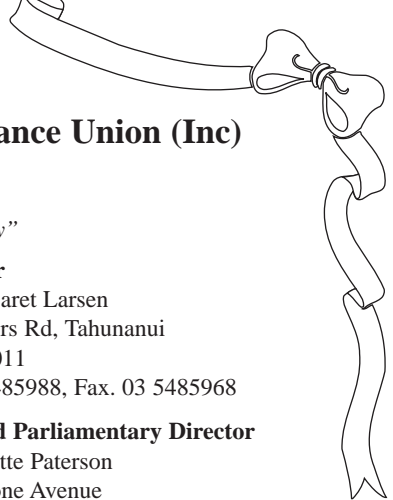
In the grip of Winter, South Island, New Zealand

## INSIDE THIS ISSUE:

U.S. Surgeon General—Exposure  
Kiwi Drinking Habits Disturbing  
Trevor Grice—Life Education  
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**

*"In England we have come to rely upon a comfortable time—lag of fifty years or a century intervening between the perception that something ought to be done and a serious attempt to do it" H.G. Wells*

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## President's Comments

At the time of writing this we are experiencing storms across the country, winter has hit us with a mighty force and I am mindful that by the time the digest goes to print it will be near to the middle of winter and we will be half way through 2011.

Over the time I have been involved in WCTU our main emphasis has been 'The Way Forward' and how can we make a difference? We continue to network with individuals and organisations looking for opportunities where we can contribute. As part of this process both within and without our organisation, I have often had it said to me, "that it is all being done" "there is nothing for us to do". My reply to that is, when there are no more children being hurt, no more young people dying, no more road accidents, no more Foetal Alcohol babies being born, or hideous items in the news that can be attributed directly or indirectly to the effects of alcohol or other drugs, then I will agree that it is all being done!

My mind is never far from this ongoing issue and when I received an article forwarded to me by our Vice President this week entitled 'Future of NZWCTU'

The words **"The purpose of WCTU will not alter"**, leapt out at me so I read the paragraph.

"The purpose of the WCTU will not alter, for the evils which were rampant in the 1880's, and recognised, fought and exposed by Frances Willard, and her supporters who rallied the women of their time are still with us and on the increase in our day. The methods and outreach will have to alter. The liquor trade has hi-jacked our sporting bodies and with them our TV viewing, showing only the top side and concealing the downside and pretending they are good guys".

Imagine my surprise when I went to the top of the article and discovered it was a discussion paper written by Herbert Styles on the 4th March 1991! Could have been written yesterday!

Herbert Styles comments further down the article "Put bluntly, our organisation will not survive without forward thinking," "But we have always done it this way" "Is not a satisfactory answer"

I know some will probably say that to report comments from a paper meant for our internal discussion is not appropriate for the Digest that is sent to both WCTU members as well as other subscribers. I believe, that if you are reading this digest,



*Ruth Hillsdon*

then you have a concern for these same issues whether WCTU member or not, whether abstainer from alcohol and other drugs or not.

Earlier this year, I attended a meeting hosted in my city entitled ‘**Alcohol Harm Reduction Taskforce**’. In attendance were representatives from community organisations, city council, liquor industry, police and Maori wardens.

The evening included speakers from the local police, highlighting how alcohol affects every day policing, a representative from the DHB outlining the impact alcohol has on the emergency departments in hospitals. This was followed by an open discussion forum and then feedback groups. Unfortunately I was unable to stay for the feedback groups but to hear such a diverse group discussing the problems and solutions during the discussion forum gives me encouragement and hope, that we can and should speak out and you may be surprised who else is looking for a solution as well.

WCTU began in New Zealand in 1885 and it is safe to say it is here to stay. However **WE NEED A REVIVAL** - We need to revive that Frances Willard and Kate Sheppard spirit - **We need you!** - If you are not already a member, won't you join us and help us preserve this heritage that has been handed down to us.

I am available for discussion any time and would love to hear from you, your ideas, how you think we could make a difference and move forward into the 21st Century.

*Ruth Hillsdon*

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At all times be mindful, not to run before our God. BUT - **“In all ways acknowledge Him, and He shall direct thy paths.”** Proverbs 3.6 – WHO PROMISES - **"I will instruct thee and teach thee in the way which thou shalt go. I will guide thee with Mine eye.”**Psalm 32 v 8.

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## US Surgeon General

### **Any Exposure to Tobacco Smoke Can Damage DNA Immediately, Lead to Illness**

This is the 30th tobacco-related report issued by Surgeon General ,Vice Admiral Regina M. Benjamin, MD, MBA since 1964. It describes in detail the specific pathways by which tobacco smoke damages the human body. The scientific evidence supports the following conclusions:

**There is no safe level of exposure to tobacco smoke. Any exposure to tobacco smoke – even an occasional cigarette or exposure to secondhand smoke- is harmful.**

- You do not have to be a heavy smoker or long-time smoker to get a smoking-related disease or have a heart attack or asthma attack that is triggered by tobacco smoke.
- Low levels of smoke exposure, including exposure to second-hand tobacco smoke, lead to a rapid and sharp increase, which are implicated in heart attacks and stroke.
- Cigarette smoke contains more than 7,000 chemicals and compounds. Hundreds are toxic and at least 69 cause cancer. Tobacco smoke itself is a known human carcinogen.
- Chemicals in tobacco smoke interfere with the functioning fallopian tubes, increasing risk for adverse pregnancy outcomes such as ectopic pregnancy, miscarriage and low birth weight. They also damage the DNA in sperm which might reduce fertility and harm the fetal development.

### **Damage from tobacco is immediate**

- The chemicals in tobacco smoke reach your lungs quickly every time you inhale. Your blood then carries the toxins to every organ in your body.

*The chemicals and toxins in tobacco damage DNA which can lead to cancer. Nearly one-third of all cancer deaths every year are directly linked to smoking. Smoking causes about 85% of lung cancers in the US*

- Exposure to tobacco smoke quickly damages blood vessels throughout the body and makes the blood more likely to clot. This damage can cause heart attacks, strokes and even sudden death.
- The chemicals in tobacco smoke inflame the delicate lining of the lungs and can cause permanent damage that reduces the ability of the lungs to exchange air efficiently and leads to chronic obstructive pulmonary disease.(COPD), which includes emphysema and chronic bronchitis.

### **Smoking longer means more damage**

- Both the risk and severity of many diseases caused by smoking are directly related to how long the smoker has smoked and the number of cigarettes smoked per day.
- Chemicals in tobacco smoke cause inflammation and cell damage, and



can weaken the immune system. The body makes white blood cells respond to injuries, infections and cancers. White blood cell counts stay high while smoking continues, meaning the body is constantly fighting against the damage caused by smoking which can lead to disease in almost any part of the body.

- Smoking can cause cancer and weaken your body's ability to fight cancer. With any cancer — even those not related to tobacco use — smoking can decrease the benefits of chemotherapy and other cancer treatments.

### **Exposure to tobacco smoke can help tumors grow**

- The chemicals in tobacco smoke complicate the regulation of blood sugar levels, exacerbating the health issues resulting from diabetes. Smokers with diabetes have a higher risk of heart and kidney disease, amputation, eye disease causing blindness, nerve damage and poor circulation.

### **Cigarettes are designed for addiction**

- The design and contents of tobacco products make them more attractive and addictive than ever before. Cigarettes today deliver nicotine more quickly from the lungs to the heart and brain.
- While nicotine is the key chemical compound that causes and sustains the powerful addicting effects of cigarettes, other ingredients and design features make them even more attractive and more addictive.
- The powerful addicting elements of tobacco products affect multiple types of nicotine receptors in the brain.
- Evidence suggests that psychosocial, biological, and genetic factors may also play a role in nicotine addiction.
- Adolescents' bodies are more sensitive to nicotine and adolescents become addicted more easily than adults. This helps explain why about 1,000 teenagers become smokers each day.

### **There is no safe cigarette.**

- The evidence indicates that changing cigarette designs over the past five decades—including filtered, low-tar and 'light' varieties - have NOT reduced overall disease risk among smokers and may have hindered prevention and cessation efforts.
- The overall health of the public could be harmed if the introduction of novel products encourages tobacco use among people who would otherwise be unlikely to use a tobacco product or delays cessation among persons who would otherwise quit using tobacco altogether.

- The only proven strategy for reducing the risk of tobacco-related diseases and death is to never smoke, and if you do smoke to quit.
  - Quitting at any age and at any time is beneficial. It is never too late to quit, but the sooner the better.
  - Quitting gives your body a chance to heal the damage caused by smoking.
  - When smokers quit, the risk of a heart attack drops sharply after just 1 year, stroke risk falls to about the same as a non-smoker after 2-5 years; risks for cancer of the mouth, throat, esophagus and bladder are cut in half after 5 years; and the risk of dying of lung cancer drops by half after 10 years.
  - Smokers often make several attempts before they are able to quit, but new strategies for cessation, including nicotine replacement and non-nicotine medications, can make it easier.
  - Talk to your doctor or call the Quit Line now and get started on a quit plan today.
- (Permission given to use article from The Union Signal Winter 2011 (US WCTU))
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## New in Brief

### **Crime Stats**

Alcohol is blamed for 90% of weekend crime.

### **Brain Damage**

For men six standard drinks consumed daily for 8 -10 years and for women three standard drinks daily for the same period can lead to permanent brain damage.

### **Ministry of Education report that:**

Figures released under the Official Information Act shows that children as young as seven have been removed from schools for smoking cigarettes, using alcohol and other drug offences during this past year.

### **Outsize not Standard Glasses Used**

Wine drinkers are being warned over the trend to use huge wine glasses in stead of standard glasses at home and that these can amount to a third of a bottle.

### **The Daily Pint**

A pint of beer a day can shrink the brain, is the finding of a USA study. The more you drink the smaller it gets!

### **Homebrew**

28.8% of alcohol consumed around the world is homemade.

### **Korean Gambling**

Korea reports that the number of gambling addicts increased 5 times during the past five years.

## **Wimps**

Many sports club officials surveyed felt that a 'ban on alcohol related sponsorship would have a huge effect on them if introduced and doubted if they could survive.'

## **NZ Gambling**

Pokie machines make more than 50% of their revenue from problem gamblers.

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# Editorial

## **Kiwi Drinking Habits Disturbing**

Justice Minister Simon Power commenting on the World Health Organisation(WHO) report on NZ drinking habits said that "our own statistics show that alcohol is estimated to contribute to 1,000 deaths per year and is the major cause of crime, being implicated in 30% of all police-recorded offences, 34% recorded family violence and 50% of all homicides."

This shows up poorly when it is known that only a fraction of offences are reported to the Police for various reasons.

The popular drinks, in order, are beer, wine and spirits.

Professor Doug Sellman, Director for National Addiction Centre, commenting on the report said that New Zealanders drank an average of 9.6 litres of pure alcohol each. (only 16 % are non-drinkers)

Mr Sellman said that amount equalled 750 stubbies a year of 4% beer, or about 100 bottles 12% of wine, or 24 bottles of 40% spirits.

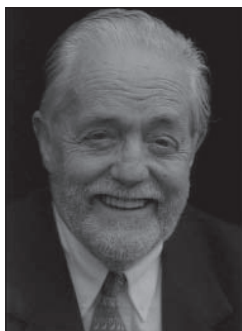
The WHO report that 71% of countries report an increase in underage drinkers.

Jennie Connor, spokesperson for Prevention and Social Medicine, Otago University, said that the international comparisons to NZ by WHO were less important than our own problems, including an unregulated environment that was like "The Wild West ." The key issue is that people are being destroyed by alcohol in this country, physically and socially. We can choose to change that."

Almost every day we read in our newspapers of how promising sportspeople, young people with leadership skills, and those in various professions have had their lives and careers shattered by alcohol use.

*"Wine is a mocker, strong drink a brawler, and whoever is intoxicated by it is not wise." Proverbs 20 v.1. (NAS)*





**Trevor Grice**

*The Founder Director of Life Education, recently gave a speech at the Women's Christian Temperance Union AGM Convention, held at Arahina in Marton.*

During his speech he spoke of the complexities of the human brain and its stages of development throughout life. He also discussed the use and abuse of our body, in terms of what we put into it, and how this impacts on the brain and on human behaviour.

Trevor's comprehensive understanding of the human brain and the benefits of looking after it, together with his lifelong experience and passion for improving people's lives through preventative measures, inspired him to bring the Life Education programme to New Zealand, with the vision of reaching every child.

Life Education focuses on creating sensitivity to values and an appreciation of human life. Their programme teaches children about their bodies, what they need in order to live a healthy, happy life, and that putting substances into

their bodies can upset the delicate equilibrium that we operate on.

**Life Educations philosophy is:**

- You are unique – we aim to make each child comfortable with their identity. In the whole world there will never be another you. You are unique, you are special. It's OK to have freckles, be tall or short, have big ears or nose, different coloured skin or hair. We keep reinforcing to little children "you are very special".
- The human body is magnificent –we show children the magnificence of the human body – its sensory, circulatory and digestive systems, showing how the body functions and what its needs are – food, oxygen and water. We illustrate how the earth provides these needs and teach how we should protect our internal and external environments.
- We need to support and respect each other – because of the delicate and complex nature of life itself, regardless of sex, race, religion or beliefs.

Life Education is a charitable trust that delivers a health programme to children in preschool, primary and intermediate schools. They go into schools by invitation, not by right, and see over 220,000 children each year.

Their programme has 19 learning modules that schools use as a resource and link into the health and physical education curriculum.

They have 38 community trusts around

the country that are licensed to teach the programme. It's a community initiative. They have over 300 volunteer Trustees who fundraise to bring the programme to the children in their community.

Money raised in the community, stays in the community. There are no levies paid to the national body of Life Education. All local money goes toward the delivery of the programme.

A lot of useful information that Trevor draws on in his speeches can also be found in his bestselling book, *The Great Brain Robbery*, which he co-wrote with Tom Scott.

Information supplied by:  
Kelly Moran Marketing &  
Communications Manager

Trevor's presentation was inspirational, much appreciated and well received by those at the AGM and the icing on the cake was the other team members who took the time to come and be there as well, especially the youngest member.

Life Education Trust Team Members at the National WCTU AGM March 2011.



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## From Dream to Reality—Oak Tree Lodge

For several years my husband, Grant, and myself could be found randomly checking out some large multipurpose house or building in varying stages of disrepair, wondering, "Could this be the one?"

Grant had a vision, a dream, call it what you will, he was sure God had given it to him. It was to provide a 'next step' after the twelve steps of drug and alcohol rehabilitation programmes.

Over the last ten years he has been involved with such programmes and observed a sadly familiar pattern emerging following the initial euphoria of successfully completing such a programme. They've made it! Weeks, months without alcohol or drugs, now what? Home? But that's often where the problem began and going back to old neighbourhoods can be a real trap. Despite the best of intentions, time and again he's seen people slip back into the familiar patterns of drinking and taking drugs. Outside of the institution where they did their programme they know no other way of life.



So the dream was for an ‘in-between place’ to go. A place to transition, to consolidate, to reflect, to plan and to prepare for this whole new way of living. A safe place where they would feel supported, yet a definite move away from an institutional setting to

a more independent way of life. But no place was right. Too big, too small, too expensive, too run-down ... in July 2009 feeling disillusioned after yet another one turning out to be ‘unsuitable’, Grant ‘randomly’ stopped off in Pahiutua for a coffee. Parked outside a Real Estate Agent he glanced at the properties and ‘Oak Tree Lodge Motels’ caught his eye. Minutes later he was driving slowly past it and the owner who just ‘happened’ to be in the front garden invited him to have a look around. The rest is history as they say, and we were reminded again that the events of our lives are never ‘random’ and that God is always in control, we just need to wait for his timing. ‘For everything there is a season and a time to every purpose under the heaven’ Ecclesiastes 3 v 1.

We were soon the owners of four fully furnished studio units with a communal kitchen and laundry, alongside a charming old character home. It has a lovely established garden and a real sense of tranquillity and peace. It is exactly what we needed.

Our good friends, David & Alison Adams, had been very supportive right from the very beginning and agreed to join us as trustees of ‘Outer City Mission’, as we decided to call our trust. We prayed about house parents/supervisors and although Grant and I are looking forward to fulfilling this role ourselves at some time in the future, we both feel the time is not yet. Our two teenagers are very settled in Palmerston North, involved in church and have good friends here. But the Lord led us to Ian & Heather Russ and they have settled in well, caring for Heather’s mum as well over the past nine months, as due to ill health she needed to move in with them.

It has been small beginnings, with only three residents so far and only one staying longer than 6 weeks. She has some intellectual disability and was frequently taken advantage of in previous living situations, so a safe supervised environment was ideal for her. She has developed a good rapport with our house parents and seems quite settled after a year, which is apparently the longest she has stayed in one place for some time. While we expected to have had higher occupancy, we know

that with God it is not about numbers, it is about being available and working with each person he brings us. We have seen God working and answering prayer over and over again. We are amazed at how he has provided financially each month, as well as the materials needed for projects. Grant has built a large raised garden bed behind the units, repaired and extended sheds and built a gate to improve security behind the units. Ian has built a chicken coop and five hens now provide fresh eggs most days. We have applied for and received Charitable Trust status and have just created a website, although this is still in 'construction stage' at the time of writing. We are trying to make ourselves known to appropriate groups and organisations such as your own, to those who may come across people who would benefit from the supported housing we offer. Our target areas are Tararua, Manawatu, and Wairarapa.

So the dream is becoming reality and we praise God for that. We feel we are very much in the early stages but already we are learning lots and have had our faith stretched, but also strengthened, as we prove the faithfulness of God. Our desire and prayer is that he will use Oak Tree Lodge to help many addicts to reintegrate successfully into society, as useful citizens, having learnt a new pattern of life that encourages them to stay free from alcohol and drugs. During their time there, the residents' focus is on individual goals set and regularly reviewed. These goals are based around home skills, budgeting, social skills, transition to work, reestablishing links with family and so on. We long that each of them will also find Jesus as their Saviour, coming to know their 'higher power' as the person of the Holy Spirit living in them. Please pray with us that he will lead us to the people he wants to be there.

We want to say how much we appreciated the warm welcome we received recently at your conference in Marton. The genuine interest as well as your practical support was a real encouragement.

Thank you all,

*Val and Grant McCullough*

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*website [www.outercitymissiontrust.org.nz](http://www.outercitymissiontrust.org.nz)*

# Union News

## Convention Report

The 124th National Convention of the Women's Christian Temperance Union was held at the Arahina Mission and Conference Centre, Marton 7th – 10th March 2011.

Arahina is a beautiful stately complex set in large park-like grounds, which many will remember as the Girl Guides Training Centre.

President, Mrs Ruth Hillsdon welcomed all present and opened the convention. Greetings were to be sent out to all Christchurch members plus another 31 members. The verse chosen to send was Ephesians 6.v10 – 20.

### **Communion Service**

This was led by Mrs Sandy van Wyke, Pastor from the Palmerston North Seventh Day Adventist Church. Her talk was on the 'Seven Phrases Jesus spoke from the Cross' She illustrated with a power point presentation.

This then followed into the

### **Memorial Service**

This was led by Secretary, Mrs Beverley Boardman, who challenged members to enlist more new members to follow in the footsteps of those who have left us.

After each name was called out, a short comment about their involvement with WCTU was made and a white carnation was placed in a vase.

|                      |                     |
|----------------------|---------------------|
| Mrs Margaret Jackson | Hamilton /Cambridge |
| Mrs Vivienne Walker  | Wanganui            |
| Mrs Joan Milne       | Manawatu            |
| Mrs Mary Smith       | Tauranga            |

Reports were read and received.

## **Headquarters**

The sale of our Headquarters at 200 Nile Street, Nelson, has been recently finalised.

## **Guest Speakers**

Grant McCullough from the Outer City Mission spoke of his journey with people needing support with problems caused by alcohol and other drugs. He shared about the work in Pahiataua and described the 12 steps progress programme.

The other guest speaker was Trevor Grice from the Life Education Trust ( Harold the Giraffe) and his supporting team gave a very interesting talk about how alcohol and other drugs can affect various parts of the brain. A dangerous time for the immature brain cells is the teens and early twenties.

## **Election of Officers**

### **The following were elected**

|                |                   |
|----------------|-------------------|
| President      | Ruth Hillsdon     |
| Vice President | Ruth Gray         |
| Vice President | Janet Palmer      |
| Secretary      | Beverley Boardman |
| Treasurer      | Margaret Larsen   |

### **Nominated by Executive**

|                                  |                  |
|----------------------------------|------------------|
| Legal and Parliamentary Director | Annette Paterson |
| White Ribbon Digest Editor       | Molly Aitchison  |

## **Election of Directors**

|                    |                                 |
|--------------------|---------------------------------|
| Christian Outreach | Margaret Larsen and Joan Griggs |
| Education          | Beverley Boardman               |
| Home Protection    | Annette Paterson                |
| Social Services    | Fay Ralston and Beryl Watts     |
| Youth and Children | Rowanne McRae                   |

Lengthy discussions were held on “The Way Foward” and all members were able to express their opinions.

The Toomer Cup was won by Nelson Union

The Shield was won by Auckland Union

World Certificates were presented to the families of;-

Cleata Keyte received by Rowanne McRae and Beverley Boardman

Margaret Jackson received by Averil Groom for Jackson family and

Vivienne Walker received by Janet Palmer for the Walker family.

A presentation was made to Averil and Phil Groom in recognition of their work done for WCTU. They will be sadly missed as they move to Australia to live.

The call was made for the 2012 convention and Auckland responded as they felt it was their turn. Next year it will be held in May instead of March.



*WCTU 2011 Convention Marton*

### Obituaries

*“Gone from our sight  
But never our memories  
Gone from our touch  
But never our hearts.”*

## Tauranga Union



### Mrs Emily Ruth Harnett

*27.02.1915–9.09.2010*

Mrs Harnett was married to Dick and had eight children, five boys and three girls.

She was a dedicated member of the Seventh Day Adventist Church and at times worked in the SDA hospitals in Sydney and Auckland. She was a faithful member and regular attender of the Tauranga WCTU and served in her community helping others in their need.

She was a prayer warrior for WCTU and regularly took devotions. She always wore her White Ribbon bow with pride.

Since March 2008 she was a resident of Hodgson House Rest Home contented in the loving care of the staff. She died at 95 years of age.

Our condolences to her family and friends

### Mrs Olive Mary Smith

*20.2.1932–5.2.2011*

Mary was married to Harold (a vintage car enthusiast) and had three children, 10 grandchildren and three great grandchildren.

A very faithful member of Tauranga WCTU, joining as a delegate for St Stephen's Methodist Ladies Fellowship, Brookfield.

She was a willing WCTU worker and was the agent for the White Ribbon Digest for many years.

She was well known for her kindness and helping others.

Our sympathy to her family and friends.





## **The Dash**

*By Linda Ellis*

*I read of a man who stood to speak  
At the funeral of a friend  
He referred to the dates on her tombstone  
From the beginning to the end  
He noted that first came her date of her birth  
And spoke the following date with tears  
But he said what mattered most of all  
Was the dash between those years  
For that dash represented all the time  
That she had spent on earth.*

*And now only those who loved her  
Know what that little line is worth.  
For it matters not how much we own;  
The cars, the house, the cash.  
What matters is how we live and love  
And how we spend our dash.  
So think about this long and hard.  
Are there things you'd like to change?  
For you never know how much time is left,  
That can never be rearranged.  
If we could just slow down enough  
To consider what's true and real  
And always try to understand  
The way other people feel  
And be less quick to anger,  
And show appreciation more  
And love the people in our life  
Like we've never loved before  
If we treat each other with respect ,  
And more often wear a smile  
Remember that this special dash  
Might only last a little while.  
So, when your eulogy is being read  
With your life's actions to rehash  
Would you be proud of the things they say  
About how you spent your dash?*

## DEVOTIONAL

### *Gleanings from the Past*

“If I could hear Christ praying for me in the next room I would not fear a million enemies. Yet distance makes no difference. He is praying for me. He ever lives to make intercession.” (Robert Murray McCheyne)

“In His providence, God knows how much joy and sorrow, how much pleasure and pain, how much prosperity and poverty is proper for His child. He knows the correct balance of sunshine and storm, the precise mixture of darkness and light it takes to perfect a son.” (Richard Halverson)

“When I get to heaven I shall see three wonders there. The first wonder will be to see so many people there I did not expect to see; the second wonder will be to miss many people who I did expect to see; and the third wonder of all will be to find myself there.” (John Newton)

The life of Moses consisted of one hundred and twenty years divided into three forties.

In the first forty years Moses was learning to be a somebody.

In the second forty years, he was learning to be a nobody.

In the third forty years he was proving what God could do with a man who had learnt the first two lessons. (D.L.Moody)

*“The Lord’s loving kindness never ceases  
The Lord’s compassions never fail  
The Lord’s faithfulness never diminishes  
(Charles Swindoll)*

### **“I am the True Vine.” John 15v1**

The first two words “I Am” gives us the key to the whole secret of fruitfulness. Not what we are but what He is; not what we do but what His life works in and through us is the question of the moment.”From in Me is the fruit found.” He is the true worker; He is the fruit bearer. We did not become believers by struggling but by trusting in what Christ has done for us; so we shall become fruitful by trusting the same Saviour to work through us” (J,Hudson Taylor)

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### **STOKE/ NELSON**

Pres. Mrs M. Larsen, 109 Parkers Road, Tahunanui, Nelson 7011, 03 5485988

Sec. Mrs R. Gray, 3 Piko Street, Nelson 7010, 03 5483809

Treas. Mrs B. Watts, 1/103 Tipahi Street, Nelson 7010, 03 5480633

### **NORTH CANTERBURY**

Sec. Mrs D. McCone, 2/9 Northfield Road, Christchurch 8051, 03 3526433

Treas. Mrs B. Osborne, 40 Uxbridge Street, Christchurch 8051, 03 3527482

### **TIMARU**

Contact Mrs M. Aitchison, 84 Glen Street, Timaru 7910, 03 6884642



# 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* .....

|   |                 |
|---|-----------------|
| <i>Membership fee \$15 per annum includes WRD</i> | <i>\$ .....</i> |
| <i>WHITE RIBBON DIGEST fee \$10 per annum</i>     | <i>\$ .....</i> |
| <i>Overseas \$18 per annum (includes postage)</i> | <i>\$ .....</i> |
| <i>Donation</i>                                   | <i>\$ .....</i> |

*Men are eligible for full membership*

*For further information contact Mrs Janet Palmer  
201 TiroTiro Rd  
Levin 5510*

*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 7011*