

WCTU New Zealand

Volume 64, No 2
Winter 2009

WHITE RIBBON DIGEST

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



Whangarei Falls, Northland, New Zealand

INSIDE THIS ISSUE:
Excessive Commercialisation of Alcohol
Poorer Wine to be Dumped
Special Days to Rember
The Action Continues!!

Plus more
WHITE RIBBON DIGEST
New Zealand Women's Christian Temperance Union (Inc)
Organised 1885

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"For God Home and Humanity"

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Choice Words

"Even if I knew the world would end tomorrow,
I would still plant an apple tree today."
Martin Luther

Contents

Excessive Commercialisation of AlcoholPage 4
 Poorer Wine to be DumpedPage 6
 News in BriefPage 7
 The Action Continues!!Page 8
 The Large Jar of CoffeePage 10
 Archives - What's in a name?.....Page 11
 Special Days to RememberPage 12
 WCTU News - Devotional PagePage 13
 Convention Report.....Page 14

FROM THE PRESIDENT'S PEN

I am still feeling a warm glow from the NZWCTU Whangarei Convention held in March. So many interesting issues came out of it. As a result we are sending Janet Palmer and Ruth Hillsden to the Australian WCTU Convention to be held early in June to gather lots of information that will help in future planning here in NZ. Please pray for them for God's guidance and help as they attend meetings and workshops and bring back ideas to share.

Although there are plenty of downsides to a recession there are also lots of pluses too.

Those born in the years of the 1930's depression learnt a lot of how to survive which they passed onto their children but later generations became the victims of a credit card mentality. Instead of saving until one had enough money to buy an article it became the norm for instant gratification and swiping a card.

The crunch has come and many people are returning to growing vegetables, making bread, preserving and bottling fruit, and making food from scratch. Not only are they saving money but also realising that the food tastes better and free of all the additives and preservatives that cause a lot of health problems.

There are those too who realise they have been spending a lot of money on alcohol and that it is not the elixir of life that the advertisements have been telling them. They now believe that pure grape juice is the healthy drink for all the family and that grapes are easy to grow and preserve.

We see the hospitality trade and the wine makers increasing their aggressive advertising and with the supermarkets, wholesale liquor stores competing for sales with huge discounts trying to capture the elusive dollar. It is an all out war between them with no thought for the health of our nation.

One of our members in Blenheim, Miss Elaine Hadfield has recently had a full page article (The Marlborough Express January 14 2009), 'Wednesday Focus' headed 'No Compromise' on her stand for truth and decency. Although letters came in to the paper criticising her stand (unfortunately some from professing Christians) there were others who admired her stand . It shows that she has backbone to swim upstream against the force of those who want to lower the standards of our society. She speaks and writes for those who often have not the courage to do so themselves. She has great concerns for the young people and the unborn and believes that they deserve to have a chance to grow up in a better society. In Elaine's book doing nothing is not an option.

She lives in the Marlborough area and over the years has seen productive fruit orchards torn down and mile upon mile of vineyards planted in their place. Certainly not progress. Elaine is a retired nurse and so has not lived a sheltered life Thank you, Elaine for your endeavours to help others and we are proud that you are one of our members.

William Booth, founder of the Salvation Army said,"...50 years hence it will matter very little indeed how these people treated us. It will matter a great deal how we deal with the work of God.



EXCESSIVE COMMERCIALISATION OF ALCOHOL IN NEW ZEALAND

The more commercialised a drug is, the more that drug will be used by members of the population. The power of marketing science utilised by liquor corporates in New Zealand is a significant factor in driving regular heavy drinking, which is both the source of great profit for these billion dollar global businesses yielding hundreds of millions of dollars of tax revenue to the New Zealand government, while also the source of great harm to the people of New Zealand.

The blame for the binge drinking culture that exists in New Zealand is more often directed towards the irresponsibility of the users themselves rather than the producers and marketers of alcohol. The mantra that is drummed out by the industry in various guises is that if people took more personal responsibility for themselves, the harm associated with their product would be mitigated; they are only there to help responsible people enjoy themselves and fulfil their chosen lifestyles.

There are a number of things that the alcohol industry prefers not to be up-front about with the New Zealand public regarding their product. Rather than facilitate subtle blame at the problematic end users, I suggest that the alcohol industry needs to use its considerable power and influence more responsibly. Rather than exploit the enormous commercial freedoms available to them in the service of its international directors and shareholders, it needs to act more responsibly in terms of its customers in this country, ordinary New Zealanders who choose to drink alcohol.

For example, alcohol has been classified by the World Health Organisation as a Class 1 carcinogen. This means it has been demonstrated to be "definitely carcinogenic" and sits in a list alongside asbestos, formaldehyde, mustard gas and plutonium-239. Why doesn't the Alcohol Industry inform its customers about this fact? If you drink alcohol in any quantity, you increase your risk of a variety of cancers, most particularly cancers in the mouth, voice-box and oesophagus. There is at least a doubling of the risk of cancer of the breast if you drink a bottle of wine a day.

It is also now well-known that the alcohol industry targets young people in its advertising. It uses very clever and subtle messages through a variety of media and formats, drawing on the best marketing science available from Universities. For instance, the alcohol industry exploits human needs, which are most intensely expressed in youth, as part of its promotion of alcohol. These include the need for inclusion as part of the "in-crowd", the "winners", and feeling grown-up. In this way, the marketing tactics of the alcohol industry appear to be very similar to that of the tobacco industry. Further, "ready to drink" (RTD) alcohol was previously

denied by the alcohol industry to be targeting minors through its sweet flavour. However, these lies have now been exposed by alcohol industry insiders who have gone public with the truth (The Age August 6, 2007).

Finally, published last year in the Journal of Psychopharmacology was New Zealand research demonstrating that if alcohol was to be examined by the Government's Expert Advisory Committee on Drugs (EACD) using the same criteria it uses to classify new recreational drugs, it would be classified as a Class B drug in the three Class system - Class A (Very High Risk), Class B (High Risk), Class C (Moderate Risk).

Professor David Hawkes has previously outlined what a socially friendly industry would like (Hawkes 1992). It would promote alcohol in a truthful way and not make false associations, encourage over-consumption or target vulnerable populations; it would not deliberately cultivate intoxication as part of the sale and serving of its product, subvert public education messages and public health policies enacted to ensure the safer use of its product; and it would acknowledge that its product is a potentially dangerous product that should not be regarded as a commodity ideally sold as cheaply and as freely as cabbages to an ever expanding market.

There are at least five regulatory changes required that together would make a real difference in decreasing regular heavy drinking in New Zealand, supported by the best scientific information at hand (Babor et al 2003) as follows: increase the price, increase the purchase age, decrease the advertising/marketing (including banning TV advertising and introducing health warnings on containers), decrease the accessibility (including supermarket and convenience store bans) and increase drink-driving surveillance. Finally, there needs to be an increase in intervention opportunities for problem drinkers.

The Law Commission is currently engaged in a "first principles" review of the full range of New Zealand Liquor Laws and the new National Government, to their credit, have encouraged an earlier than expected reporting of recommendations. Sir Geoffrey Palmer is heading this review and I encourage all thinking New Zealanders to make submissions.

There are also moves afoot for a national alcohol campaign to promote the following:

- (i) the five regulatory changes needed to decrease regular heavy drinking;
- (ii) what low-risk drinking is for those who choose to drink, and
- (iii) more alcohol-free options in the day to day life of New Zealanders.

Doug Sellman
Professor of Psychiatry and Addiction Medicine
University of Otago, Christchurch
Director, National Addiction Centre (March 2009)

POORER WINE TO BE DUMPED

With the wine glut of 2008 -09 wine makers are planning to dump poorer quality wine to make room for the anticipated good fruit from this year's crop.

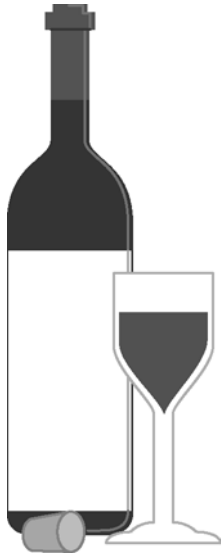
Growers would be paid and be allowed to harvest their crops and sell their grapes if they could get a market for them.

It was thought that the large harvest of 08 and the anticipated one for this year would exceed demand for the next few years.

The uncertainty of the recession also has an influence on the decisions of the wine makers.

Scores of new vineyards have been planted and are still adding to the number, many of these for a niche market.

It would be encouraging to see these good grapes made in to quality grape-juice with its resveratrol that helps towards a healthy heart and not contain alcohol that negates the usefulness of the grape.



A well-known TV entertainer was visiting a Rest Home for the elderly , to perform for the residents. He met an elderly woman in the hallway and asked her, "Do you know who I am?" "No.", she said, "but if you go over to the desk they will tell you."

NEWS IN BRIEF

BRAIN DAMAGED

The more you drink the more the brain shrinks according to researchers in an article in the magazine Archives of Neurology.

Lifelong teetotallers had the least brain volume loss as they aged, with former drinkers, moderate drinkers and heavy drinkers experiencing progressively more brain shrinkage. The effects in women were more pronounced.

BAN THE PORN

National director, of Family First Bob McCroskrie is pushing to ban porn from petrol stations. He said," It is inappropriate for porn magazines, some hardcore porn, to be displayed in stores where children and young people can be so easily exposed to explicitly sexual materials and where families are offended by the titles and the material on the covers.."

IS THIS WHAT IS MEANT BY EQUALITY?

In the past decade (1996 – 2006) there was an astonishing 82 per cent rise in drink –drive convictions for women over 40 years of age, while the male rate rose by only 13.45 per cent. Drink driving offences are now equal between both sexes.

WARNING TO SELLERS OF NEW PARTY PILLS

New party pills with names such as Spice and Dream to name two are now classed as a C drug.. As they are now more potent, than other party pills and are found to contain an illegal substance, the sellers have been asked to voluntarily withdraw them from their shelves. It is only a matter of time when the wheels of law will have them outlawed completely.

"USE" OR "ABUSE?"

The word "abuse" cannot have any part in the WCTU work of education for Total Abstinence. The word 'abuse" means to wrongly, improperly or misuse. When this word is connected with alcoholic beverages, it signifies that there is then a "right or proper use" of alcohol as a drink. This can be misleading to the general public, including children and youth, especially if the word is used by groups who are teaching total abstinence.

We first heard the phrase "alcohol abuse" by the liquor interests and those groups who do not endorse total abstinence, and therefore, want people to think that consuming alcoholic beverages is harmless and acceptable.

In Proverbs 20: 1 it says, "Wine is a mocker and strong drink is raging, and whoever is deceived thereby is not wise" (or stupid) Jesus called Satan "the deceiver", and what a deceiving tool he uses in alcoholic beverages! If we use the term "alcohol abuse" we also deceive.

THE ACTION CONTINUES!!

BOYS BRIGADE IN NEW ZEALAND

BB was first established in New Zealand back in 1886 and has been providing creative indoor and outdoor activities for young men ever since. Thousands of Kiwi young men have benefitted from the leadership training offered by Boys' Brigade.

BB NZ has developed a more modern youth programme for young boys from ages 6 – 18 years called ICONZ. ICONZ objective is to provide an exciting programme, mentoring and leadership training to young boys to enable them to become icons in New Zealand.

Over 350 volunteer leaders are involved in our Boys' Brigade programmes throughout New Zealand in 38 BB Companies



ICONZ:

To date just on 800 young people are involved in this growing programme in 33 active ICONZ Units. Six more units are in the process of "getting under way". ICONZ has a full time ICONZ Director who reports to the National Director. He is responsible for curriculum and assists with training of staff and volunteer leaders. Three staff (Development Managers) have been employed to assist with growing the organisation – one in the North and two in the South Island. Over 240 volunteer leaders are out in the community giving positive leadership for our ICONZ Units.

THE FUTURE:

ICONZ is the future for the Boys' Brigade organisation and we are experiencing a time of unprecedented growth. Many of our ICONZ Units have waiting lists of boys wishing to join. There is a huge interest in the community for our programme and it is all we can do at the moment to cope with the new enquiries and training of the volunteers. Not many programmes offer adventure and rough tough blokey activities all wrapped up in Christian values for young guys. The parents are not only appreciating the programme but are also getting involved as leaders.

THE CHRISTIAN OBJECTIVES:

The object of Boys Brigade, "The Advancement of Christ's kingdom...." still is our number one and our vision is "To have every boy in New Zealand participate in our Life Development Programme."

GIRLS: Such is the success of ICONZ that the Girls Brigade is starting their own IFG (Iconz4girlz)

See our web sites: www.bb.org.nz and www.iconz.org.nz

Graham Creahan, National Director
16 March 2009



THE LARGE JAR AND THE COFFEE

When things in your life seem almost too much to handle and when 24 hours in a day are not enough, remember the jar and the coffee.

A Professor stood in front of his Philosophy class and picked up a very large jar and proceeded to fill it with golf balls. He then asked his students if the jar was full. They agreed that it was.

The Professor next picked up a box of sand and poured it into the jar. Of course the sand filled up everything else. He asked again if the jar was full and the students answered with a unanimous "yes".

He then produced two cups of coffee and poured the entire contents into the jar, effectively filling the spaces between the sand. The students laughed.

"Now", said the Professor, as the laughter subsided "I want you to think of this jar as representing your life. ...the golf balls are the important things – your family, your children, your health, your friends and your favourite passions – things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house and car. The sand is everything else – the small stuff. If you put the sand in the jar first" he continued," there is no room for the pebbles and the golf balls."

He pointed out that the same goes for life. If you spend all your time and energy on the small stuff, you will never have time for the things that really matter. Pay attention to the things that are critical to your happiness, spend time with your children, take time to get medical check-ups, invite a friend for dinner and there will always be time to clean the house and fix the dripping tap.

"Take care of the golf balls first ~ the things that really matter. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented. The Professor smiled "I'm glad you asked. It just goes to show that no matter how full your life may seem, there's always room for a cup of coffee with a friend."



ARCHIVES

The Sun (Blenheim) page 11 25.2.09

WHAT'S IN A NAME

Muller Road

Muller Road was named after Dr Stephen Lunn Muller, who came to Blenheim from Nelson in 1857.

The son of a French Count, he was sent with a commission to become the Wairau District's first resident magistrate and postmaster. Even though he had been educated in medicine at London University, Dr Muller never practised the profession in Blenheim.

Dr Muller's wife Mary Ann is now better known that he was, being the first women's franchise campaigner in New Zealand

(WRD Ed. This article sent in by our member Elaine took me to a copy of "The Challenge Not A Truce" by Mrs Jeanne H Wood QSO who wrote the NZWCTU History book (page 30) and I have abridged the article to save repetition.)

Mrs Mary Muller was the wife of Dr Stephen Lunn Muller who was the first Resident Magistrate for that area, and she has been called the first NZ suffragette.

As a great reader and writer she considered that under the law, the treatment of women was very unfair. Her husband, deeply involved through positions he held in Legal, Customs, Postal and Land Office, did not share the idea of women having any connection with politics. Mrs Muller, therefore, worked for the enfranchisement of women in New Zealand without the knowledge of her husband.

She expressed her views in the Nelson Examiner under the penname of Femina. The sympathetic Editor, Charles Elliot, shared her views and preserved her anonymity. In 1869 Mrs Muller wrote a pamphlet 'An Appeal to the Men of New Zealand'. It contained a pertinent question – 'Why has a woman no power to vote, no right to vote, when she happens to possess all the requisites which legally qualify a man for that right?'

Her pamphlet did not go unnoticed and was circulated widely and to the politicians and her aims began to take root in legislative thinking. In fact the Married Women's Property Act 1870 indicated that many of her views had been noted and that a climate favourable to the Women's Suffrage Movement was becoming established.

It was noted that Mrs Muller's political identity remained unknown until after the death of Dr Muller in 1889 when a short notice in the White Ribbon in December 1890 gave the announcement.

Mrs Muller avidly followed Kate Sheppard's Franchise activities and just three years before her death in 1901 she wrote a letter to Kate and in it dated 14 March, 1893 said ".....I like to feel in touch with those carrying on this struggle. Old and failing, it is cheering to watch the efforts of younger women striving bravely to succeed in obtaining rights, so long unjustly withheld. It was a triumph to obtain the Suffrage. The Married Property Act was to me even greater. The effort will give us freedom that thousands yearn for."

SPECIAL DAYS TO REMEMBER IN THE WCTU CALENDAR FOR 2009

- MAY 31 World No Tobacco Day
- SEPTEMBER 9 International FAS Day (Fetal Alcohol Spectrum Disorder Day)
- SEPTEMBER 19 Franchise Day (N.Z)
- SEPTEMBER 28 Frances Willard's Birthday (World Founder)
(World WCTU Day of Prayer)
- OCTOBER 2 World No Alcohol Day

The Directors of the different departments will send out newsletters to the Unions with ideas of how to activate this work in your area. If you need any further advice please contact National Secretary, Mrs Janet Palmer.

*A traffic cop stopped an 86 year old woman for speeding.
 "Why are you going over the speed limit?, he asked.
 "I'm in a hurry to get there before I forget where I'm going"
 she replied.
 Thinking of his own grandmother he smiled and waved her on.*

WCTU UNION NEWS

DEVOTIONAL PAGE

THINK ABOUT IT read Philippians 4: 1 – 9.

"If there is any virtue and if there is anything praiseworthy – meditate on these things." Phil.4 v 8.

According to one little boy, "Thinking is when your mouth stays shut and your head keeps talking to itself."

The ways our head talks to itself tells a lot about how we are doing morally and spiritually. To guard our mind and to keep out the influences that hinder our walk with God is to use our mind in the way He desires.

The Bible gives clear guide-lines -- spelling out the kinds of things we should think about. For example, Psalm 1:2 and Psalm 119: 97 tell us to meditate on God's Word day and night. That should be our first priority in the thinking department.

But we have a life to live and we can't spend all our waking moments meditating on Scripture. Yet even when we are thinking of mundane aspects of life we need guidance. Paul told us that we should think about things that are true, noble, just pure, lovely, of good report, virtuous, and praiseworthy. In our daily activities, those words should govern what is on our mind.

When our head, "talks to itself", it needs to say, "Keep the impure and ungodly thoughts out of here!" When we are thinking that way, we'll know what to do, how to behave, where to go, and what to say.

'Right thinking leads to right living.' Dave Branson from Our Daily Bread

Our Father in Heaven, we thank You that Jesus Christ has revealed You to us, and that we know You through Him and through Your Word.

Your Word is our constant refuge and Your Word as a Lamp in an unknown highway.

May we move in the sphere in which You have placed us as those whose hearts are united in You.

We desire that Your Spirit, in union with our spirits, so control us each day, that we will bring honour to Your name.

These things we ask in the precious Name of the Lord Jesus Christ.

Amen

NZ WOMEN'S CHRISTIAN TEMPERANCE UNION 122nd ANNUAL CONVENTION

Northland turned on fine warm weather for the 122nd annual convention of the NZ Women's Christian Temperance Union (NZWCTU) held 10 -12 March 2009 at Motel Sierra Convention Centre, Hills Road Drive, Whangarei.

Over thirty members who came from all over the country attended various meetings and functions.

Morning devotions were taken by Pastor Ken Curtis, Seventh Day Adventist Church, Rev. Graeme Young Baptist Church, and Captain Cathie Elkington Salvation Army.

Ron Webb from the Whangarei Bridge programme spoke on his work with those with alcohol and other drug dependencies.

The Civic Reception was held at 1.30pm Tuesday afternoon and was chaired by Mrs Doreen Wordsworth.

Greetings were brought by City Councillor, Mrs Sue Glen. Rev. Graeme Young for the Minister's Association and Mrs Maxine Neighbour President of Whangarei National Council of Women.

Items by Mr Laurie Wordsworth on the violin and his daughter on the keyboard and who later sang a solo, delighted those present.

The guest speaker was National President of the NZWCTU, Mrs Molly Aitchison.

She began with a tribute to Mrs Cleata Keyte who had been a member for the past 73 years. Cleata had spent the last year organising this convention but sadly died on New Year's Eve. The Whangarei members although very shocked rose to the occasion and as a result it has been an outstanding success.

Molly went on to say....." that for many years NZ authorities and hospitality trade have held up France as a country where people drank moderately and had a healthy life-styles and no alcohol health -related problems but this is not true.

For the past ten years France has banned TV liquor advertising and banned sports liquor



National Officers



Whangarei Convention Members



Bus trip to Whangarei Falls

sponsors because of the escalating alcohol related serious mental and other health problems.

A recent report from Britain stated that young people who started heavy and binge-drinking aged 15 years and younger were now showing up fifteen years later on at clinics and hospitals with serious alcohol related health and mental problems.

For the past 40 years USA authorities have been warning the public that the earlier a young person starts drinking the quicker they become an alcoholic. Their studies have found that brain cells are not fully developed until a person is in their early 20's and alcohol on these immature cells kills and damages This is the reason why



Above:
Whangarei members



Left: Sierra Motels
and Convention
Centre, Whangarei

most States in the USA have taken the drinking and purchase ages back from 18 years up to 20 and in some cases 21 years.

As an organisation the NZWCTU will continue to bring our concerns to the public and Parliamentarians which are to-

1. Raise the purchase age and introduce a drinking age both to 20 years, preferably 21 years.
2. Ban the advertising of alcohol as in the case of tobacco
- 3 Put a cap on the number of alcohol outlets granted and allow the residents to object to having licensed premises placed near schools ,kindergartens, hospitals ,rest homes ,parks and near residential areas.
4. Lower the blood alcohol level for all drivers of motor vehicles to zero or the lowest level to allow for a small amount that could be in food or medicines
5. Make mandatory health warning labels on all containers of alcohol beverages. Fetal Alcohol Spectrum Disorder (FASD) affects many NZ children, a good number are undiagnosed or misdiagnosed. Women of child bearing age are not getting the message that when you are pregnant or planning a pregnancy if you drink so does your unborn baby and it may be damaged.)

Our liquor laws are in a dreadful mess and we need all our M.P's to get on board and make a combined effort to make our country a safer place to live and educate the people to make good choices to live a healthier life style and for them to make sensible and logical laws." (abridged)

Reports from around the country, a workshop, discussions, remits, a bus trip, a fun night with MC Graeme Creahan entertaining and also spoke of his involvement with the Boy's Brigade. Other items brought to a conclusion a happy, informative and well planned convention.

OBITUARIES

Mrs Joyce Bagshaw

5 November 1920 ~ November 2008

Joyce was born in England and like her mother Mrs Dellow was a strong supporter of WCTU. She was a member of Stoke/Nelson Union for many years and like her mother held the position of Union Treasurer. She was also an active worker on the Headquarters Committee and was responsible for sorting out photos for the Archives. She compiled and had printed the book "Agnes Weston" from information gleaned from these records. Her husband Tony supported Joyce in her WCTU work. She is sadly missed and our condolences go out to her two sons, Robin and Roger.



Fruit Juice Recipe

In warm weather the body needs lots of cold drinks.
For a change from water,
try this refreshing fruity juice recipe.

Snowdon Gold

- 1 cup of pineapple juice
- Juice of 2 large oranges
- Juice of one lemon
- 1 cup apple juice
- one cup of crushed ice
- white of one egg.

Shake or whip all ingredients together well.
Before serving add one small bottle of orangeade.

(Australian WCTU)



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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
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