

WORLD'S WOMAN'S CHRISTIAN TEMPERANCE UNION



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WWCTU President
1891—1898

Lady Henry Somerset
WWCTU President
1900—1905

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The President's Page . . .

Sarah F. Ward

Dear White Ribbon Sister,

Our cover picture reminds us of the founder of the World's WCTU, Frances Willard, whose heavenly birthday is February 17. She served as the second World President and was succeeded by her close English friend, Lady Henry Somerset.

There has been renewed interest in Lady Somerset. Olwen Claire Niessen from Canada researched her life over an extended period of years, including several trips to the US National WCTU Willard Library. She also studied the archives at the Rosalind Carlisle House, headquarters of the Women's Total Abstinence Educational Union Ltd, formerly the British Women's Temperance Association. She visited the residents of Eastnor Castle, a former property of Lady Somerset's and looked at archival material there. She wrote a scholarly work entitled *Aristocracy, Temperance and Social Reform: the life of Lady Henry Somerset*.

Now Ros Black from Reigate, England has "discovered" Lady Somerset. Reigate Privy was Lady Somerset's home where she entertained Willard. It is now a school and has a small museum including information about Somerset. She has written *A Talent for Humanity: The life and work of Lady Henry Somerset*. We are pleased for this renewed interest in this remarkable social activist and temperance leader.

I hope you and your union have been forwarded material from the latest Program Kit, sent out in October. I appreciate the efforts of those who translate the material. It is imperative that your union select a **project** from **each department** and carry it out this year! The challenges we face are great and all our efforts are needed.

You will note that this issue is particularly heavy with educational materials but significant information has been received recently so we are sharing it with you and hope you will be able to share it with others.

Very soon the National Presidents will receive the requirements for the next President's Honor Roll. This time it will be a two-year program and recognition will be given at the next world convention. For your country to succeed, you, the members, will be counted on for promotion of our temperance work, especially through department work.

As we set out on a new year I am sharing an excerpt from *The Gate of the Year* written by Minnie Louise Haskins in 1908.

And I said to the man who stood at the gate of the year: "Give me a light that I may tread safely into the unknown."

And he replied: "Go out into the darkness and put your hand into the Hand of God. That shall be to you better than light and safer than a known way."



1st Vice President

Dr. Jung Joo Kim

Last year during my summer vacation in New Zealand, I was invited to share the temperance message with the students of Auckland Edinburgh College in Manukau City. The students represented more than ten countries. They came to study English. The faculty, staff, and student body received the temperance message with much zeal.

The alumni of Ewha Women's University in Auckland were greatly impressed by the documentary of Mrs. Kwi Ok Yeu entitled "Love Endures Forever." Some of them want to attend the next world convention in Australia.

After I shared the temperance work with six pastors and their wives at the Korean Presbyterian Church in Auckland, they plan to teach about the harmful effects of alcohol and tobacco at their youth retreats, using the power point materials provided by the Korean WCTU. They will also use video clips warning about FAS.

The Christian Life Magazine for Koreans in Auckland is going to feature articles about drugs.

May the Lord renew and revive His work in New Zealand for His glory in the coming years, following in the steps of Kate Sheppard, who through her victory in women's suffrage, is so well commemorated on the 10 dollar bill in New Zealand.

Korea WCTU recently held another successful seminar. The lectures on FAS and Smoking were very informative and well received.





Recording Secretary

Anne Bergen

Plan, Prepare, Act

As I write this devotional it is almost Christmas and I am reminded that God had a plan to save humankind that He had in mind before the foundation of the world. God knew that the people He created would sin and, from the beginning, He set in motion His plan of salvation through Jesus Christ.

The Old Testament reveals this plan in detail – the lineage of the Saviour; that His mother would be a virgin; where He would be born; what His names and nature would be; and what He would do. The Old Testament prophecies in the book of Isaiah, for example, prepared His people to expect the coming Messiah and, just before Jesus' birth, God sent John the Baptist to prepare the way for Him. Then, just at the right time, God acted. Jesus was born, lived a sinless life, died for the sins of the world and rose again in victory. God planned. God prepared. God acted.

God has plans for your life, too. In Ephesians 2: 10 we read, "God has made us what we are, and in our union with Christ Jesus He has created us for a life of good deeds, which He has already prepared for us to do." Jeremiah 29: 11 says, "For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope." Our task is to prepare our hearts through prayer and reading God's Word so that we will discover His plan and then act on His leading. We must act in faith.

God has plans for our work in WCTU, too. It is His work – not ours. As we ask His guidance and empowerment to work for 'God, Home and Every Land', we need to prayerfully seek how we can put the ideas He gives us into effective action. There is much to do in every country. Plan, prepare, and act.

Planning is under way for the next World WCTU Convention to be held in Adelaide, South Australia, at the beginning of May 2013. This may seem a long way ahead but the time will go quickly. A beautiful venue right beside the beach has been booked and we are looking forward to a good attendance at the convention. We are doing our best to keep costs down but it will be expensive. Part of your preparation should involve a savings plan, starting now, so that, when the time comes, you will have what you need to enable you to attend. Plan, prepare, and come!



Organization Secretary

Margaret Ostenstad

Please E-mail me articles and jpg photos about your work to wwctu.most@c2i.net

JAPAN/NORWAY At World Convention Japanese delegates Fusako Abe, Yoshie Muramatsu, and Akiko Arakawa, (newly elected National President), talked to Mrs. Torveig Kivle from Norway. Mrs. Kivle was a missionary for many, many years and spoke beautiful Japanese. Congratulations to Mrs. Arakawa on her election.



World President Sarah Ward and Japanese Honorary President, Mrs. Masako Sato, who with the help of her team of translators, have printed a second, more accurate copy of the Willard biography written by President Ward.



INDONESIA Newly received update from Johanna Widiastuti in Indonesia where they enjoy serving people and belonging to the WCTU.

Praise the Lord, since He always helps and shows the way for our activities. This past year we had several events including a Choir Service with 18 vocal groups and choirs of churches in Salatiga in connection with Independence Day and a Workshop for learning about narcotics, alcohol, cigarettes, HIV/AIDS, and trafficking attended by members of the 4 branch Unions (Salatiga, Ambarawa, Yogyakarta, and Gunung Kidul). We helped victims of the Merapi eruption by collecting money, clothes, rice, and many other things they needed and then cooked meals for about 700 people. We also had many activities together with the government and other NGOs.



NORWAY Former 3rd World Vice President, Mrs. Maria Molvik, recently celebrated her 90th birthday. We can hardly believe it because she is so vital and active. In just 6 weeks, she translated to Norwegian Sarah Ward's biography on Frances Willard! The book is now printed and Maria and Sarah are going to do a book-signing at the Norwegian National WCTU Convention in Tromsø in June. Congratulations!



FINLAND The WCTU honored a Matron and a nurse who are retiring from the staff at the Liisa Home in Helsinki, (WCTU sponsored home for former women alcoholics). A wonderful Social Service project, crocheting winter clothing for babies in Ethiopia, is a handicraft project of the WCTU members in Helsinki. Thanks for sharing this information, Irja.





Christian Outreach

Pastor Irja Eskelinen

Christ is the Tree of Life

During the Fall Reunion of the Finnish White Ribbon Union, we spent some time with our members reflecting on the values of our Union. We pondered whether our values are present in our daily lives or whether they are declared values only.

We face this question every day as we do our work based on Christian values. In daily life, we wake up in the morning with the mission of that day ahead of us and at night, we give it away- with its victories and defeats.

Many of you carry on your shoulders the responsibility for the advancement or at least the survival of local White Ribbon work. What kind of leadership do our Christian values bring to our organization? In my opinion, Christian leadership looks into the future, even when our efforts seem to go in vain. One cannot lead a Christian organization without speaking the name of Jesus Christ, or emphasizing His death on the cross and His resurrection.

When someone approaches us in need, the most insulting way to receive that person is with a chilly attitude. Sometimes the tragedy of White Ribbon work is in facing such difficult topics. People come to us in great need, looking for our encouragement and a message of the grace and forgiveness of God. Many times they are disappointed in us. They are dismayed because we are distant and cool, because we protect ourselves from disappointment. One of the most disappointing groups of people are those with a substance abuse problem. Substance addiction makes a person deceitful, irresponsible, and evasive.

Still, none of us can help such people or their close ones without entering their recovery process with genuine willingness to help and a committed attitude. We cannot feel their pain without losing our own peace of mind at times.

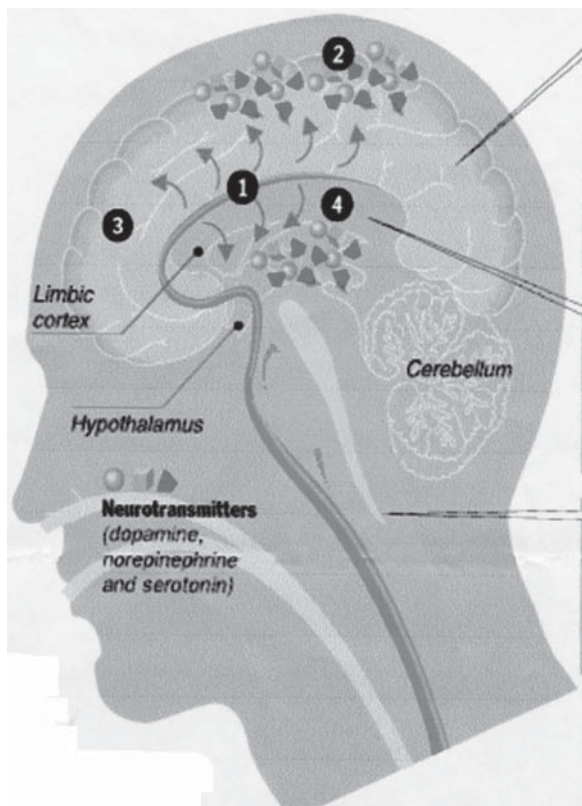
In our yard there is a pine tree. As I have observed the mighty old tree, I have noticed how it tries to disperse its cones as far from its trunk as possible. This is a sign of life- just like the White Ribbon work we do. This is our aim, to be faithful to the basic Christian values in our work, to the ends of the earth, keeping and strengthening our connection to the Tree of Life, Christ. It is important to remember that our purpose is not to build a comfortable oasis for ourselves. It is to make room for the Tree of Life, Christ, to grow. The foundation is laid with the principles of White Ribbon work: the Golden Rule of Jesus, the principle to "Do Everything," for God, home, and every land. Thanks to these principles, an increasing number of people are partaking or about to partake of the Tree of Life. In Revelation 2:7 we read: *Whoever has ears, let them hear what the Spirit says to the churches. To the one who is victorious, I will give the right to eat from the tree of life, which is in the paradise of God.*



Education Director

Dawn Giddings

ICE— street name for the form of methamphetamine that is smoked. It is a stimulant. This is how meth works in the body.



Cerebra cortex

It is devoted to the senses. It enables an individual to see, hear, smell, taste, and touch. It also facilitates speech and the understanding of words.

Limbic system

The limbic system influences instinctive behavior similar to animal responses that relate to survival.

Brain stem

It's the brain's lowest portion and controls basic functions such as heart rate, breathing, eating, and sleeping.

1. Meth enters the brain cells from the bloodstream.
2. It produces a storm of neuro-chemical activity having the brain release chemical messengers, called neurotransmitters, to stimulate sections of the brain.
3. Meth affects the cerebral cortex and causes the experiencing of heightened energy, elevated euphoria and powers of reasoning and thinking.
4. The drug also targets the limbic area--or pleasure center--which controls food, fight, flight, and the sex drive.



Children's Director

Glenda Amos

Sharpening the Next Generation

In ancient Israel, Moses was given directions regarding the worship of the one true God and the lifestyle that God's people were to adopt. These commands were written down in the books of Moses and in the closing sermon that Moses gave to the children of Israel before he died, he set before the people the blessings that would come to them if they aligned their lives according to God's Word and the consequences that would follow a rejection of God's Ways.

He emphasized the importance of remembering that our whole life is to be consecrated to the Lord our God, that we should serve Him with all our heart, soul and strength and that His commands should be upon our heart (See Deuteronomy 6:1-6). The commands of God were not to be a duty that we perform, but an outgrowth of a love relationship with God.

In Deuteronomy 6:7, Moses instructed God's people to ***"Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up."*** (NIV)

Not only are we to have that heart connection with God and a knowledge of His ways and purposes, but God wants us to pass this on to the next generation. How do we do that? By living consistently the principles that God has given us and communicating those ideals on a daily basis to our children: by finding ways to set these ideals before our children so that they can see clear images of the results of following God or rejecting His principles.

The original words used in this text, refer to the sharpening of an instrument. A knife is passed over the whetstone, one way and then another until its edge is sharp and accurate. This is the picture that Moses paints of the way in which we need to impress God's principles upon our children – presenting them in one way and then another, in different life situations, at different times, until their lives are sharpened and they have a clear picture of what God wants to do in their lives so that they may have a long and blessed life.

This is the work of our children's department – to find different ways and methods of communicating to our children the message of the need of a relationship with God and the wisdom of choosing a drug-free life.

The most important factor is our modelling of a consistent relationship with God and the choices that we make because of that relationship. As we see the carnage in our communities from alcohol and other drugs, we need to take each opportunity to help our children make positive choices. We cannot afford to stop in our communication of this message to the following generations. **As circumstances present themselves we can highlight, like Moses did, the blessings that come from making wise choices and the consequences that arise from rejecting God's advice and admonition.**

Let's be faithful in continuing to sharpen the lives of our children until they are instruments in the hands of God, able to clearly discern between right and wrong. May we develop in them a cutting edge that makes a difference in the communities in which they live.

Alcohol - Most Dangerous Drug!

In December *The Lancet* published a significant study entitled, *Drug harms in the UK: a multicriteria decision analysis* by David J. Nutt, Leslie A. King, and Lawrence D. Phillips. It concluded that alcohol was the most harmful drug overall after comparing it with 19 other drugs including heroin, crack cocaine, methamphetamine, tobacco, marijuana, and LSD. Here is a brief summary of the study.

The specialists scored drugs on nine criteria related to the harms a drug produces in the user and seven to the harms it causes others. The most harmful drugs to the individual were heroin (score of 34), crack cocaine (37), and methamphetamine (32). Alcohol (46), heroin (21), and crack cocaine (17) were the most harmful to others. Overall alcohol was the most harmful drug by a wide margin with a combined score of 72 followed by heroin (55) and crack cocaine (54).

The purpose of the study was to offer better guidance to policy makers in health, policing, and social care. Their findings confirmed that the present day drug classification systems have little relation to the evidence of harm. The researchers concluded “that aggressively targeting alcohol harms is a valid and necessary public health strategy.”

The measurement for harm to users was considered in the categories of physical, psychological, and social. Factors considered under physical included mortality and the extent to which life was shortened by the use of the drug. Drug-specific and drug-related dangers to physical health included harms such as cirrhosis, stroke, and emphysema. Impairment of mental functioning was the psychological factor and included problems such as psychosis and mood disorder. Social factors included loss of income, housing, job, and criminal record.

The measurements for harm to others included the same three categories of physical, psychological, and social. The first two were measured together. The social aspect included crime, environment damage, family adversities, international damage, economic cost, and community. The economic cost included health care, police, prison, social services, insurance, crime and indirect costs of post productivity and absenteeism. The community is harmed by drug use in resulting in a decline in social cohesion and the reputation of the community.

The results of this study should encourage us in our constant efforts to educate about the dangers of drug use. It should also remind us of the importance of enlisting individuals to sign the total abstinence pledge.

Damage Resulting from Exposure to Tobacco Smoke

The U. S. Surgeon General recently released a very strong statement about tobacco smoke. Scientific evidence supports the conclusions made. Excerpts from the report are presented here.

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.

- Low levels of smoke exposure, including exposures to secondhand tobacco smoke lead to a rapid and sharp increase in dysfunction and inflammation of the lining of the blood vessels, which are implicated in heart attacks and strokes.
- 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.

Damage from tobacco smoke is immediate.

- Both the risk and the 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.

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.
- The powerful addicting elements of tobacco products affect multiple types of nicotine receptors in the brain.
- Adolescents' bodies are more sensitive to nicotine, and adolescents are more easily addicted than adults.

There is no safe cigarette.

- The evidence indicates that changing cigarette designs over the past five decades, including filtered, low-tar, and "light" variations, have NOT reduced overall disease risk among smokers and may have hindered prevention and cessation efforts.

The only proven strategy for reducing the risk of tobacco-related disease and death is to never smoke, and if you do smoke to quit.

- Quitting at any age and at any time is beneficial.
- When smokers quit, the risk for a heart attack drops sharply after just 1 year; stroke risk can fall to about the same as a nonsmoker's after 2 - 5 years; risks for cancer of the mouth, throat, esophagus, and bladder are cut in half after 5 years; and the risk for dying of lung cancer drops by half after 10 years.