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White Ribbon Bulletin

World's Woman's Christian Temperance Union

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World No Tobacco Day

May 31st



Make this one of **your** projects!



Margaret Ostenstad
World President

Dear all,

Greetings to you in the New Year! It is a privilege and blessing to continue to lead the WWCTU for another three years. The World Officers are meeting in Seoul, South Korea 3-7 May, 2017 to work on the clarification of our focus on the academic justification of our work for a drug-free world. Never has there been so much need in the world. I cannot stress enough the importance of PROJECTS! I will list a few: Alcohol and youth, domestic violence, tobacco and other addictive chewing substances, mental health issues for women, poverty, elderly and alcohol, malnutrition, etc.

The need is so great and we can all do MORE. Remember, we don't have to work alone! Get other organizations to partner with you and you will be amazed at the blessing God will give.

Below is an article I received today from IOGT - FORUT.

Margaret



Current controls on alcohol marketing are not protecting youth, warn public health experts

Leading public health experts warn that youth around the world are exposed to extensive alcohol marketing. Current controls on that marketing appear ineffective in blocking the association between youth exposure and subsequent drinking. This is documented in a Supplement of the prestigious scientific journal *Addiction*.

In a concluding article the authors T. Babor, D. Jernigan, C. Brooks and K. Brown present the following recommendations to more effective alcohol marketing regulations:

- The most effective response to alcohol marketing is likely to be a comprehensive ban on alcohol advertising, promotion and sponsorship, in accordance with each country's constitution or constitutional principles.
- Regulations should be statutory, and enforced by an appropriate public health agency of the local or national government, not by the alcohol industry.
- Regulations should be independent of the alcohol industry, whose primary interest lies in growing its markets and maximizing profits.
- A global agreement on the marketing of alcoholic beverages would support country efforts to move towards a comprehensive ban on alcohol advertising, promotion and sponsorship.
- Collaboration with other population-level efforts to restrict marketing of potentially harmful products, such as ultra-processed food, sugary beverages, tobacco, and breast-milk substitutes, should be encouraged and supported.



Tobacco

Introduction

The tobacco epidemic is one of the biggest public health threats the world has ever faced, killing around 6 million people a year. More than 5 million of those deaths are the result of direct tobacco use while more than 600 000 are the result of non-smokers being exposed to second-hand smoke.

Nearly 80% of the more than 1 billion smokers worldwide live in low- and middle-income countries, where the burden of tobacco-related illness and death is heaviest.

Tobacco users who die prematurely deprive their families of income, raise the cost of health care and hinder economic development.

In some countries, children from poor households are frequently employed in tobacco farming to provide family income. These children are especially vulnerable to “green tobacco sickness”, which is caused by the nicotine that is absorbed through the skin from the handling of wet tobacco leaves.



*Sarah Oh (Korea)
Education Director*



Surveillance is key

Good monitoring tracks the extent and character of the tobacco epidemic and indicates how best to tailor policies. Only 1 in 3 countries, representing one third of the world’s population, monitors tobacco use by repeating nationally representative youth and adult surveys at least once every 5 years.

Second-hand smoke kills

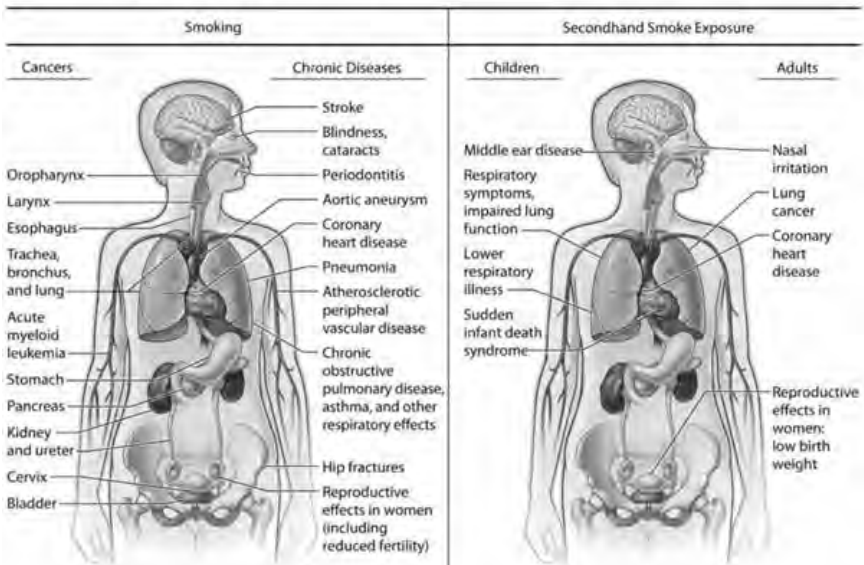
Second-hand smoke is the smoke that fills restaurants, offices or other enclosed spaces when people burn tobacco products such as cigarettes,

bidis and water-pipes. There are more than 4000 chemicals in tobacco smoke, of which at least 250 are known to be harmful and more than 50 are known to cause cancer.

There is no safe level of exposure to second-hand tobacco smoke.

- In adults, second-hand smoke causes serious cardiovascular and respiratory diseases, including coronary heart disease and lung cancer. In infants, it causes sudden death. In pregnant women, it causes low birth weight.
- Almost half of children regularly breathe air polluted by tobacco smoke in public places.
- Second-hand smoke causes more than 600 000 premature deaths per year.
- In 2004, children accounted for 28% of the deaths attributable to second-hand smoke.

Diseases caused by smoking and exposure to second-hand smoke



Every person should be able to breathe tobacco-smoke-free air. Smoke-free laws protect the health of non-smokers, are popular, do not harm business and encourage smokers to quit.

Over 1.3 billion people, or 18% of the world's population, are protected by comprehensive national smoke-free laws.

Tobacco users need help to quit

Studies show that few people understand the specific health risks of tobacco use. For example, a 2009 survey in China revealed that only 38%



of smokers knew that smoking causes coronary heart disease and only 27% knew that it causes stroke.

Among smokers who are aware of the dangers of tobacco, most want to quit. Counseling and medication can more than double the chance that a smoker who tries to quit will succeed.

National comprehensive cessation services with full or partial cost-coverage are available to assist tobacco users to quit in only 24 countries, representing 15% of the world's population.

There is no cessation assistance of any kind in one quarter of low-income countries.

Picture warnings work

Hard-hitting anti-tobacco advertisements and graphic pack warnings – especially those that include pictures – reduce the number of children who begin smoking and increase the number of smokers who quit.

Graphic warnings can persuade smokers to protect the health of non-smokers by smoking less inside the home and avoiding smoking near children. Studies carried out after the implementation of pictorial package warnings in Brazil, Canada, Singapore and Thailand consistently show that pictorial warnings significantly increase people's awareness of the harms of tobacco use.

Only 42 countries, representing 19% of the world's population, meet the best practice for pictorial warnings, which includes the warnings in the local language and cover an average of at least half of the front and back of cigarette packs. Most of these countries are low- or middle-income countries.

Mass media campaigns can also reduce tobacco consumption by influencing people to protect non-smokers and convincing youths to stop using tobacco.

Over half of the world's population live in the 39 countries that have aired at least 1 strong anti-tobacco mass media campaign within the last 2 years.

"Look at the power of the cigarette... Remember this face and that smoking killed me."

Barb Tarbox died at 42 of lung cancer caused by cigarettes.

You can quit. We can help.
1-866-366-3667
gosmokefree.gc.ca/quit

© The Edmonton Journal Health Canada



Ad bans lower consumption

Bans on tobacco advertising, promotion and sponsorship can reduce tobacco consumption.

- A comprehensive ban on all tobacco advertising, promotion and sponsorship could decrease tobacco consumption by an average of about 7%, with some countries experiencing a decline in consumption of up to 16%.
- Only 29 countries, representing 12% of the world's population, have completely banned all forms of tobacco advertising, promotion and sponsorship.
- Around 1 country in 3 has minimal or no restrictions at all on tobacco advertising, promotion and sponsorship.

Taxes discourage tobacco use

Tobacco taxes are the most cost-effective way to reduce tobacco use, especially among young and poor people. A tax increase that increases tobacco prices by 10% decreases tobacco consumption by about 4% in high-income countries and about 5% in low- and middle-income countries.

Even so, high tobacco taxes is a measure that is rarely implemented. Only 33 countries, with 10% of the world's population, have introduced taxes on tobacco products so that more than 75% of the retail price is tax. Tobacco tax revenues are on average 269 times higher than spending on tobacco control, based on available data.

Source: <http://www.who.int/mediacentre/factsheets/fs339/en/>

WORDS OF WISDOM

A genuine leader is not a searcher for consensus
but a molder of consensus.

The best way to right a wrong is to do better.

You make a mistake - go on,
for what you do NEXT is what matters.

Our lives begin to end the day
we become silent about things that matter.

If you find something you love doing
you will never work a day in your life.

JOIN THE WCTU!



The power of prayer

At this time of the year, many of us make New Year's resolutions, a tradition that offers an opportunity to reflect on the significance of promises. As we all know, humans often fail to keep their promises and commitments. In contrast, God's promises cannot be broken, but stand firm for all eternity.

This year, every moment of it, God's promise is as valid as ever: **"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."** (Matt. 7:7) Therefore, what we should do is to praise God and ask Him for help.

I recently heard the following words of wisdom: "Prayer moves the hand that moves the world. Where prayer abounds, blessings abound, but where there is little prayer, there are few blessings."

When things run smoothly unfortunately we easily forget the importance of prayer. However, difficulties compel us to pray. Our older White Ribbon sisters who have experienced World War II, tell us that while the war was ongoing and people feared for their lives, everyone prayed.

Why is prayer such an important thing? Prayer is the breathing of the soul and therefore of utmost significance for one's spiritual life. If one stops praying, one's faith will eventually die.

The Bible frequently and in various contexts reminds us of the role of prayer: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." (Phil. 4:6)

The early Christians prayed constantly, following the example set by Jesus. Indeed, Jesus often withdrew from the others in order to pray: "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." (Mark 1:35) Jesus is praying for us and helps us since we are weak at praying.

It is a great thing that the White Ribbon has remained a praying movement from the very beginning. As praying Christians, we have many role models. One of them, Dietrich Bonhoeffer, is an example of a man of faith who prayed even for those who persecuted him. Perhaps one of the most beloved hymns of the Finnish Hymnal is "By Gracious Powers So Wonderfully Sheltered". The original hymn was written by Bonhoeffer shortly before his death, while he was surrounded by the horrors of a Nazi concentration camp.

May the Year of the Lord 2017 be one of strong prayer across the entire White Ribbon movement!

*By gracious powers so wonderfully sheltered,
and confidently waiting come what may,
we know that God is with us night and morning,
and never fails to greet us each new day.
(D. Bonhoeffer)*



*Irja Eskelinen
3rd Vice President*



Anne Bergen
Organization Secretary

As the Organization Secretary I will be preparing the centre pages of the World Bulletin. If your WCTU has done something of interest I would love to hear about it for future Bulletins.

Anne Bergen

Empowering Music: Workshop as a Vision and a Tool

Taru Koivisto, M.Mus, Music therapist,
The Finnish White Ribbon Union (FWRU)



Taru encouraging some young musicians

I was honoured to join the 40th WCTU Convention in Ottawa, and to give a workshop called “The Rhythm of Life – Music as a Path to Empowerment and Wellbeing”. It was a memorable event with so many people, and cultures, around the world.

Do everything, has been the guiding principle for the interactive music work, that has been implemented in FWRU from the roots of music education, music therapy and health promotion. The music interventions implemented for promoting wellbeing, social inclusion, and equality, include eg. collective cultural sensitivity art workshops, trauma peer support groups for victims of bullying, collaborative singing groups in retirement homes, groups for people with multiple disabilities, and health promotion events. Our *Self-Made Everyday Life* community art workshops for female asylum seekers and their children have been published as one of the “100 acts for gender equality” to celebrate Finland’s independence in 2017. Let’s meet in music!



Some Activities From Around the World

Canada

In November the Verona Union planned and manned a display in the Harrowsmith F.M. Church in conjunction with a Christmas Fair to raise money for community projects. They featured a sampling of the Fruity Southern Sweet Tea from one of our recipes. Pencils, pens, computer screen sweeps, recipe cards, and marijuana information were available for free.



Cambodia

On Dec. 20, Cambodia WCTU were able to give a **temperance lecture at Pornng Teuk Middle and High School on the outskirts of Phnom Penh** and the school was very supportive. After our lecture, we had our regular CWCTU meeting and had a Bible Study with students who participated in it. Missionary

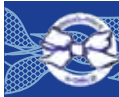
Kyung Ran Shin was leading the Bible session. For the Christmas season, the missionaries prepared nice gifts and shared them with the students. Thank you very much for your support and prayers for Cambodia WCTU.

Doing **Drug Education** classes in schools is a very important outreach that WCTUs could attempt. The Drug Ed worker for Victoria, **Australia**, WCTU presented programs to more than 2000 students in 2016.

Norway - The photo, right, shows some of those who attended Margaret Ostenstad's local Christmas meeting that was open to the public. It is good publicity to hold some open meetings.



To see pictures in color, go to our website.



*Sarah F. Ward
President Emeritus*

OUR WCTU HERITAGE

It is important to know from whence we have come. I will start with the structure created to form the WWCTU and then introduce a few early, prominent leaders.

Starting in December, 1873, and continuing into the early months of 1874, the Woman's Crusade occurred throughout the eastern part of the United States. Women prayed and then marched to places selling alcohol and begged the owners to close and return their husbands with their pay checks to their homes so the women could care for their families. Within three months, liquor was driven out of 250 towns in 31 states and 750 breweries closed.

After the first successes and some time had passed, liquor outlets opened again and the women marched again. They realized then that they needed to get organized. Fredonia, New York is recognized as the first place where the women organized using the name Woman's Christian Temperance Union. In the summer of 1874, at the first Sunday School Conference held at Chautauqua, New York to train teachers, the temperance women attending were given permission to meet. They made the decision to hold a national convention in Cleveland, Ohio since many states had already organized. On November 18, 1874, the NWCTU became a reality. Annie Wittenmyer was elected President and Frances Willard was elected Corresponding Secretary.

In 1879, Frances Willard was elected the second National President. With her secretary, Anna Gordon, she traveled throughout the United States speaking and organizing unions. In 1883, Willard visited opium dens and houses of prostitution side-by-side in San Francisco, California. As she looked out over the ocean she stated, "We are one world of tempted humanity." It was then that the vision of having a worldwide woman's organization was born.

At least two unions had been organized in Canada in 1874 and in 1876 the women organized in England. Margaret Bright Lucas of England was appointed first World President but died in 1890. In 1891, the first world convention was held at Faneuil Hall in Boston, Massachusetts, USA. There were 14 countries represented. Of those first countries, the following were represented at the time this speech was given – Canada, India, Japan, and the United States. Frances Willard was elected President. At the second World Convention, held in 1893, 40 countries reported.



Now for some thumb-nail sketches of early leaders.

Letitia Youman (1827 – 1896) from Canada was well educated and a bright student. At the age of 23 she married a widower with eight children. Letitia enrolled hundreds of children in a Band of Hope. She attended the 1874 Chautauqua meeting and as a result organized the second WCTU in Canada in Picton later that year. She moved into a new sphere. She was a dynamic speaker and possessed tremendous energy. She traveled throughout Ontario, Canada, organized unions. In 1877 the Ontario province was organized with her as President. She continued to travel, speak, and organize. In 1883 the Canada Dominion was organized and again she was elected the first President.

Letitia was very active in efforts to bring prohibition to Canada but she phrased it as Home Protection. When she spoke, she assured her audiences she had not come to advocate for women's rights but to remonstrate against women's wrongs. She argued that every wife had a right to have a sober husband and every mother to have a sober son and a comfortable home for her and her children. When the law was changed in Canada allowing widows and spinsters to vote, she argued that the same logic should only allow bachelors and widowers the same privilege.

Letitia made many trips into the United States. She was a popular speaker and was eager to gain new ideas. She is pictured at the 1886 US National Convention in Minneapolis, Minnesota along with Frances Willard and Margaret Bright Lucas (UK), World President. Letitia loved to comment on the Canadian/US WCTU relations as "women tying together across Lake Erie the Union Jack and Stars and Stripes with ribbons that are total abstinence badges, while the Yankee eagle soars above and the British lion crouches beneath."

She wrote an interesting autobiography, "Campaign Echoes" after being confined to her bed because of painful inflammatory rheumatism in the last years of her life.

In 1876, Mother Stewart of Springfield, Ohio, USA was invited to England to speak about the WCTU. She spoke and organized for six months in England, Scotland, and Ireland. As a result the British Women's Temperance Association was formed. Margaret Bright Lucas was the first President.

In 1884 Mary Clement Leavitt of the United States began her trip as the first WCTU round-the-world missionary. She sailed for Hawaii with \$35 and later apologized for using some of her funds to buy stockings and handkerchiefs. Earlier in 1884 at the National Convention, Frances Willard announced her vision of sending Leavitt around the world, without sharing it with Leavitt.

Mary Leavitt wrote that the Convention made no provision of money to carry out the plan and no letters of introduction. The members in Hawaii

gave her \$400 so she proceeded on to New Zealand and Australia. Missionaries were wonderful to her throughout her travels. They provided her with translators, audiences, support, and food, and clothing.

In 1885 Willard wrote what became known as the Polyglot Petition. It was the first worldwide request appealing to world leaders to stop being partners in the liquor traffic and opium trade. Leaders and citizens of almost every country signed this attempt to set a standard of purity and total abstinence for the individual and every nation.

Willard sent the petition to Leavitt to circulate. The petition contains 7.5 million signatures representing 50 countries and almost 50 languages, It is presently displayed in the Frances Willard House in Evanston, Illinois.

Leavitt returned to her home in Boston, Massachusetts, after an absence of almost eight years. When asked if there was a need for temperance she replied that there was an urgent need everywhere. In all her travels she never saw a familiar face. She travelled 100,000 miles, visited 433 countries, crossed the equator eight times, had 229 interpreters for 47 languages, spoke at 1,600 meetings to 130 groups and spent only \$8,000. Countries where she visited and organized work that still exist include New Zealand, Australia, Japan, Korea, Thailand, India, Sierra Leone, Germany, Norway, Finland, and Egypt.

Margaret Bright Lucas, first English President and appointed first World President, had many and rare gifts. As early as 1883 in a public address she emphasized that for temperance legislation to be successful, the woman's vote was required.

Lady Henry Somerset followed Lucas as the British President. She was a close friend of Frances Willard. Lady Henry founded a colony for inebriate women at Duxhurst which was very successful in reforming alcoholic women.

Jessie Ackerman from the United States was the second WCTU round-the-world missionary with work in New Zealand, China, India, and the Pacific Islands. The main portion of her work was in Australia and she

was elected their first National President in 1891. She was later made a Fellow of the Royal Scottish Geographical Society, one of only a few women to have this honor.

Olafia Johannsdottir was the first woman in Iceland to finish high school. In 1893 she became a WCTU member in Oslo, Norway. She had missions





to Iceland, Canada, and the United Kingdom. She settled in Norway. She had a hostel for the poor, alcoholics, and prostitutes. The Olafia Clinic is still part of the Oslo University Hospital. She wrote a book, “De Elendige” (The Most Miserable).”

The World Officers in 1895 were Frances Willard, President; Lady Henry Somerset, Vice President; Agnes Slack (England) Corresponding Secretary – a position she held for 50 years; Anna Gordon, Assistant Secretary; and Mary E. Sanders (Canada) Treasurer.

You are encouraged to learn about the WCTU history in your country. Perhaps you still have members who founded the work. Listen to their stories and record them.

One final comment. To learn about our leaders is important and inspiring but no one can be a leader without followers so each of you is a valuable member of the WCTU.





*Rev. June Ballard
World Christian
Outreach Co-Director*

Philippians 4:4 “Rejoice in the Lord always. I will say it again: Rejoice!”

Attending the World WCTU convention in Canada this past year made me truly aware of this organization's outreach into many lands other than my own. It was eye-opening as well as a blessing to hear reports of work being accomplished in so many areas of the world. Let us praise the Lord for what He is doing through our White Ribbon Sisters in every land and be faithful in praying for them. While considering the desires of my heart for my own country, I realize the same concerns are worldwide.

RELIGIOUS LIBERTY should be a God-given right, but the lack of it has led to terrible persecution, imprisonment, torture, and murder in many parts of the world. Are we praying enough for the faith of believers to stand strong, for their protection and deliverance? For the Holy Spirit to work in the hearts of the persecutors and bring miraculous changes?

FAMILY STRUCTURE, even in Christian households, has broken down considerably. Let us pray for marriages founded on Christian teaching what will withstand the societal changes that are breaking down the family structure, affecting the welfare of parents and children.

ALCOHOL- AND DRUG-ADDICTION are at the root of many family problems, as we are all aware. Let us pray for faithfulness in giving forth our message and open hearts to receive the good news that there is a better life through the regenerating power of salvation in Jesus Christ.

HOMELESSNESS, ORPHANED AND ABANDONED CHILDREN are the result of these conditions. There may be limits to what we can do, but there are no limits to how we can pray.

Let us be the prayer warriors God calls us to be.

“For everyone who asks, receives; he who seeks, finds; and to him who knocks, the door will be opened.” Matthew 7:8



Noontide prayer

Around the world, someone is always praying

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