



# White Ribbon Bulletin

World's Woman's Christian Temperance Union

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## JOIN THE WCTU

**"You can't go back and change the beginning, but you can start where you are and change the ending."**

**--C. S. Lewis**



Stop **TODAY**  
the choice is  
yours!



## ***Jesus Calms the Storm***

We live in a fallen world filled with sin and all manner of evil, yet so often we put on rose-colored glasses and expect our life to be full of comfort, ease, and pleasure. And then when storms come upon us, bringing disruption, trouble, conflict, and heartache, we start wondering where the Lord is. After all, we are believers in Jesus Christ, and God is our loving heavenly Father. So why is He letting this happen?

The disciples would have preferred smooth sailing, too—across the Sea of Galilee. But in the storm, they saw Jesus in a new way. After He calmed the waves with His words, they asked in amazement, “What kind of a man is this, that even the winds and the sea obey Him?” (Matt. 8:27). Through that storm, they recognized Jesus as almighty God, who has power even over the physical laws of the universe. His purpose was not to drown them but to show them His glory.

The same is true of us. Storms in our life are opportunities to see the Lord in a new light and in a magnified way. It’s in our extreme need that we begin to see we have too small a view of God. We must be careful not to reduce Him to a doting Father who winks at our sin and just wants us happy, healthy, and wealthy.

Perhaps you are going through a personal storm of some kind right now. If so, ask the Lord to open your eyes to a greater understanding of Him. Even if your circumstances don’t change, Jesus Christ is the Lord of peace, and He can comfort you.

Source: [intouch.org](http://intouch.org)

Matthew 8:23-27

# President's Greeting



Margaret Østenstad  
President

Dear all,

In this time of turmoil around the world, let me first say I am SO proud of you. I really am! The simple fact that you are staying strong in difficult times tells me you have a caring heart.

We are still committed to God, the Home and Humanity and work to make a new strategy to get our message out.

The nice thing about putting together a new strategy is that it forces us to upgrade our knowledge base about alcohol and health.

International research on alcohol and health over the past 20 years shows significantly clearer connections between alcohol, illness, suffering and death.

Therefore, it can mean a lot from a public health perspective to strengthen the knowledge base. We believe that it can save many people from health problems

Member countries on every continent are united, taking care of what they already had - just refining it to meet today's circumstances. How amazing! India for example, see Anne's pages. Newly the majority of Australian States and Territories with New Zealand, made a commitment to support a highly visible, mandatory pregnancy warning label on alcoholic beverages. Wonderful! CONGRATULATIONS!

Let's share more GOOD NEWS: World WCTU has again received NGO ECOSOC-Creditation Special Consultative status. on 21 July our UN Representative, Leena Harake (Sweden) was able to participate in the Virtual Multi-Stakeholder Hearing on Beijing +25. She also used the opportunity to market WCTU on the Chat.

Enjoy reading this Bulletin! Love to hear from you: [margaretostenstad45@gmail.com](mailto:margaretostenstad45@gmail.com)

Closing with Kirk Franklin's song:

*You don't have to worry and don't you be afraid  
Joy comes in the morning, troubles they don't last always  
For there's a friend in Jesus, who will wipe your tears away  
And if your heart is broken, just lift your hands and say:  
My Life is in your hands*

In Christ's love,

*Margaret*

*I know that I can make it, I know that I can stand  
No matter what may come my way  
My life is in your hands*



*Charlotte Grydeland*  
*Youth Director*

## ACTIVITIES FOR YOUTH

A great way to bond with the youth is to engage with them and create arenas where they can connect and interact with each other. This way our organizations goes on being more than just simply an organization, it becomes a family. Firstly, I will sort out which activities that could be used under the three UN SDGs we have chosen to focus on, and then I will present the full list of suggested activities underneath.

### SUGGESTIONS:

- 1) Arrange bible-studies and youth-groups.
- 2) Arrange weekends and camps.
- 3) Take groups out on hikes and trips.
- 4) Arrange workshops where you discuss different topics related to your society, drugs and gender equality in your country.
- 5) Involve the youth in the bulletin.
- 6) Ask the youth to help you make content for your platforms.
- 7) Arrange different competitions.
- 8) Start a band, choir, dance-group or theatre-group for the youth to participate in.
  - a. Creative competitions like writing, making music, drawing and such.
  - b. Political competitions like writing the best letter to the government regarding drug-politics and gender equality or debates.
- 9) Arrange workshops in sports, creativity, healthy lifestyle-choices, cooking and mental health where the youth could learn how to live healthy and to give them good options to drinking.

### ITEMS TO PRODUCE:

To increase the awareness of WCTU one can produce a lot of different items that the youth use in their everyday life. It may have a slogan, a saying, the logo or other WCTU- related prints on them. Here are a few items that can be produced to create awareness and inspire the youth:

1. Bags, purses and nets.
2. Cups, mugs and bowls.



3. Pens and school supply such as backpacks, pencil-cases, gym-bags and so forth.
4. Necklaces, pins, bracelets, rings and earrings.
5. Phone-covers and screen-cleaners.
6. T-shirts, sweaters and hoodies.
7. Cartoons related to the temperance work.
8. Cooking books and books with recipes for mocktails, also known as alcohol-free drinks.

As an addendum I would strongly recommend you all to think green and reusable in your production so that we can further the cause of environmental thinking and suitabilities.



## *Noontide prayer*

*Around the world, someone is always praying*



*Dr. Sheela Lal*  
*Vice President*

## “Speak up before it’s too late”

For the last four months, the whole world has been struggling with an unprecedented pandemic crisis. People have not only had to confront the deaths from COVID-19, but they have to deal with the fear and uncertainty that these situations have brought on them. As a result of the lockdowns and quarantines and the required social distancing many people have lost their jobs. In India, we have witnessed millions of labor migrants travelling hundreds of miles on foot, something our generation had never seen before. These migrants were returning to their homes after they lost their jobs because all the factories, shops and institutions closed down and they had no means to pay the house rent and buy food for their families.

As this lockdown increased from days to months, more calamities compounded the already taxed emotions of people in India. After the initial lockdown, there were locust attacks, earthquakes and floods. The toll this took broke down many people in different ways. From the financial devastation on the middle and upper-middle-class who were faced with an inability to pay for items they had purchased on installment plans to the loneliness that became pervasive in the youth between 16-35 years who were used to spending time with their friends and not with their immediate family. These factors and more have caused a surge in suicides. These were not limited to everyday members of society but also famous movie stars who lost their jobs due to the lockdown.

Witnessing all these things around us and seeing the magnitude of negative psychological effects they were taking, I realized that it is imperative to reach out to people at this time. We may be unable to do so in person but we have God-given powerful tools in the media and internet. To this end, I prepared a series of topics to open much needed discourse on mental health and stress management issues because suicide is often the end result when faced with extreme pressure and becoming entangled in bad choices, negative emotions and loneliness. In India, it is considered taboo to talk about mental health. Most people never go to a counselor or psychiatrist because they think only crazy or rich people have time or money to do so. I am trying to break the social barrier and reach out to those who are suffering from pandemic blues and encouraging them to engage in discourse or even giving them a sympathetic ear to vent out their frustrations and solve it on a positive note. Suicide never solves any problems because death cannot solve the problems of life. We have to believe that there is never a dead end in our life because there is always a choice, a side road, a way out which may not be according to our expectations but there is always light beyond the dark tunnel.

These are topics and issues I cover which I believe are common problems for many in these uncertain times.

**Loneliness** – Despite having hundreds of followers on social media, many people find themselves alone and if they are unable address this then it can become chronic loneliness which affects mental and physical health. Dementia, Alzheimer’s, Stroke, Sleep and Eating disorders, and many other health problems including early deaths can result from loneliness. It is

important to discuss strategies to recognize and cope with this problem.

**Broken Families** – There has been a lot of change in families over the past decades such as increased divorce rates and the rise of nuclear families. There is also an increase in isolation from couples moving away from their families to sending elderly members to old people homes. In addition not being able to give time to the family due to an increased focus on their careers can lead to stress on the family unit. Most people think that their approach is always right and there has been a rise in the concept of “my needs” as opposed to the “family need.” This can often leave a person frustrated, angry, and moody. One needs family support to sustain morality, satisfaction and joy.

**Addiction** – Addiction comes in many forms. It can be drugs, alcohol, money, job, pornography, social media, etc. It is a satanically attractive snare that gives someone a short-lived high or a feeling of satisfaction and joy but in the end, they often feel miserable and hollow because addiction makes them its slave. One can blame the situations and company for falling into addiction, but it’s always a choice and addicts cannot justify or avoid the negative effects. It is important to know how to recognize an addiction to be able to break free and to know when to seek help.

**Nepotism** – It is becoming more commonplace in most workplaces, sports, film industries, companies, or politics for nepotism to be present. This causes a disadvantage to the talented and deserving people who suffer and face a lot of mental pressure and depression at being passed over. There is a need to address coping mechanisms for people as they face down this social evil.

**Time management** – Everyone has 24 hours in a day yet most people fail at time management. Many people disproportionately spend their time in activities such as TV, web-surfing and social media on phones and thus they lack time and lag behind in more important things such as relationships and work. It is important to learn how to budget our time and prioritize meaningful activities so one can live a happy and fulfilled life without feeling overwhelmed.

**Money management** – We all know money is a good servant but a bad master. It has become commonplace to spend beyond ones means to compete and fit in with our peers. Luxuries such as name brand clothing, expensive vacations, eating out, etc. result in overspending and being in constant debt. Then in times like these when jobs are lost and the future is uncertain, people fall into stress and depression from the crushing debt and resort to suicides to free themselves or have a mental breakdown. It is very important to learn money management and to live frugally.

**Suicide** – How to spot the symptoms and be able to reach to a suicidal person when they are silent is very important. Suicide is often the culmination of many problems which lead a person into hopelessness and darkness, leading them to feel pressured and trapped them from all sides. The worthlessness, emotions of failure, anger, frustration and anxiety become a very real pain and cause many mental and physical disorders. We need to be able to identify and reach these victims and show them how to break free. If we can ignite a desire strong enough to for them to want to come out of the pit of depression we can help them. We need to show them that circumstances are a small part in the end it’s their choice and they can choose life, not death.

Our God is God of second chances and he can save you no matter how bleak the circumstances.



Anne Bergen  
Organization Secretary

## News Around The World

Dear WCTU members, as I write this page it is just a year since about 160 members from 21 countries were gathering in Helsinki, Finland for our Forty-First World Convention. It included people from such diverse countries and cultures as Egypt, India, Japan, Korea, Myanmar, Mongolia, Vanuatu, Zimbabwe and USA. We are so thankful that the convention was scheduled for last year, not this one. Those who attended will never forget the happy, productive time we spent together.

Sadly, the Corona Virus pandemic has impacted every country and we in WCTU have had our activities curtailed and plans put on hold. However, there are things that we have been able to do.

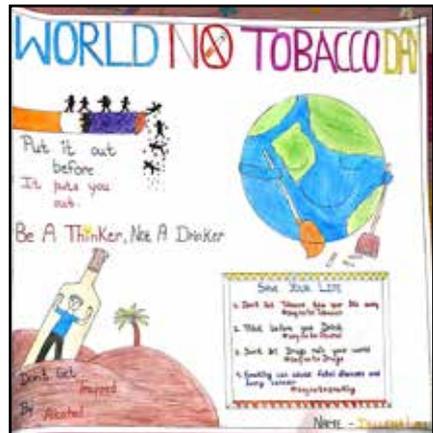


**In Australia** each State WCTU is paying to have a short video running in the waiting rooms of several doctors' surgeries, warning women who are planning to become pregnant or are breast feeding, that alcohol can harm their baby. We can change the video three times in a year so we are beginning to think about new ads.

We also have an FASD warning on the side of 2 buses and the back of another one.

**In India** we observed World No Tobacco Day. As we all are in COVID19 lockdown, we organized an online drawing and poster competition for children and youth, and also a song competitions. We got a good response from youth. It was a wonderful experience. Something new and different.

We also distributed food to 75 families, held a stress management workshop and online prayer.



The **Democratic Republic of Congo** is a country which has many difficulties and no representative was able to attend World Conventions. However, the DRC WCTU President, Mrs Laurentine Mbe Ndala Kitenge, works very hard, to spread the message of the dangers of alcohol and other drugs. Each Christmas she runs an excellent party for children and in recent years , Australia, Norway, Korea and USA have provided presents for the children.

In a recent email, Laurentine wrote:

“We were invited with the children to Show TV, which is a Christian channel, to talk about our fight against the consumption of drugs (tobacco, alcohol and other drugs).

In a program in April, I talked about Covid 19, not to mention drug abstinence because people who use drugs are more likely to get Covid 19 and use it and pass away.

During the confinement I was again invited to the Christian Brotherhood Radio and took photos. “

At the TV Station.





## United Nations

### *Interpersonal violence rises in times of crisis*

Increases in interpersonal violence during times of crisis are well documented. But wide under reporting has made response and data gathering a challenge, with less than 40 per cent of women who experience violence seeking any help or reporting the crime. Of those women who do seek help, less than 10 per cent go to the police.

However, early data shows that help lines in **Singapore** and **Cyprus** have registered a more than 30 per cent increase in calls. In Australia, 40 per cent of frontline workers in New South Wales reported more requests for help with violence. In France, domestic violence cases increased by 30 per cent since the lockdown on March 17. In Argentina, emergency calls for domestic violence have increased by 25 per cent since the lockdown on March 20.

“Unfortunately, every country in the region is already all too familiar with the scourge of interpersonal violence”, says the World Health Organization (WHO) Regional Office for Europe.



António Guterres  
@antonioguterres

Confinement under stay-at-home orders is “a perfect storm” for violent behavior behind closed doors, says Ms. Mlambo-Ngcuka, as it exacerbates tensions about security, health, and money.

“Peace is not just the absence of war. Many women under lockdown for #COVID19 face violence where they should be safest: in their own homes.

Today I appeal for peace in homes around the world. I urge all governments to put women’s safety first.”

In his message, UN Secretary-General António Guterres said that for many women and girls, the COVID-19 threat looms largest where they should be safest – their own homes. “We know lockdowns and quarantines are essential to suppressing COVID-19,” he said. However “they can trap women with abusive partners.”

He urged all Governments to make the prevention and redress of violence against women a key part of their national response plans. Over 140 Governments have supported this call.



## WHY WE ARE NEEDED

**Drug-ravaged face shows tragic decline of 'beautiful' ice addict.**

**The drug-ravaged face in a shocking mugshot of a 26-year-old ice addict shows her tragic decline since her photo on Facebook last August attracted comments like "you are beautiful girl".**



Elizabeth Ann Pennypacker's once attractive looks seem ruined by drug abuse, with her face and neck covered in sores and abscesses.

East Pennsboro Township Police Department in the US state of Pennsylvania arrested Ms Pennypacker on suspicion of stealing her friend's car, phone and ATM card. She was arrested on Tuesday for the alleged crimes which took place back in January.

On January 20, 2020, at approximately 12.53pm, East Pennsboro Township Police were dispatched to Camp Hill, about 180km west of Philadelphia, to investigate unauthorised use of a vehicle.

The car's owner stated Ms Pennypacker, who was her flatmate, took her vehicle, mobile phone, and ATM card without permission.

Police found drug paraphernalia at the home near where Ms Pennypacker had been sitting before leaving the residence.

She allegedly used the victim's ATM card and withdrew money.

Police arrested Ms Pennypacker on Tuesday this week, and charged her with identity theft, theft by deception, unauthorized use of cars, possession of drug paraphernalia, access device fraud, and driving while operating privilege is suspended or revoked.

On the same day, a Crimewatch Pennsylvania site posted the shocking photo of Ms Pennypacker with the details of her alleged crimes.

The accused's Facebook page reveals her shocking decline from drugs, with a photo posted in August last year showing a pretty young woman with clear skin.

Posted below that photo of her, people have written, "You are beautifulllll girl", "I love your face!!" and "Marry me".

candace.sutton@news.com.au

# Women are drinking more during the pandemic, and it's probably got a lot to do with their mental health

June 2, 2020 7.26am BST

Shalini Arunogiri, Caroline Gurvich, Jayashri Kulkarni, Monash University



COVID-19 has significantly affected our collective mental health. For many people, social disconnection, financial strain, increased obligations in the home and ongoing uncertainty have created distress – and with it, a need for new ways of coping.

One way people may choose to cope with stress is through the use of alcohol.

We're now starting to understand the degree to which alcohol use has increased in Australia during COVID-19. While the data aren't alarming so far, they suggest women are drinking at higher levels than usual during the pandemic, more so than men.

This trend is likely linked to the levels of stress and anxiety women are feeling at the moment – which, research suggests, are disproportionate to the distress men are experiencing.

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## Alcohol consumption and COVID-19

Early reports of increased alcohol purchasing raised the alarm that we might see an increase in alcohol use across the population during lockdown.

However, recent data from the Australian Bureau of Statistics suggests overall, alcohol consumption remained relatively stable during April. Only 14% of Australians reported increased use of alcohol in the previous month.

But women are over-represented in this group. Some 18% of women reported increased alcohol use in the previous month, compared with only 10.8% of men.

14% of Australians reported they were drinking more than usual during April.

Similarly, preliminary results from our COVID-19 mental health survey of 1,200 Australians in April found a significantly higher proportion of women had increased their alcohol intake: 31.8%, versus 22.5% of men.

Why are we seeing this disparity between women and men? The answers may lie in what we know about why women drink, and in the disproportionate burden of stress women are facing as a result of COVID-19.



### **Women tend to drink for different reasons to men**

In Australia in 2016, 14% of men and 7% of women drank alcohol to risky levels.

Although fewer women than men drink alcohol regularly, alcohol consumption among women has increased in the past decade, particularly in middle-aged and older women. This mirrors international trends that suggest women may be catching up to men in terms of their alcohol consumption

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Overall, Australia has observed a reduction in risky drinking across the population, with increasing numbers of young people choosing not to drink.

In contrast, women in their 50s are the only subset of the Australian population with rising rates of alcohol use. In 2016, data showed for the first time, they were more likely to drink at risky levels than younger women.

Drinking has become more normalized among women in this middle-to-older age group, potentially contributing to the rise in alcohol use. Alcohol has become a commonly accepted coping mechanism for distress, with women feeling comfortable to say “I just had a bad day. I needed to have a drink”.

This highlights a theme that frequently underpins problematic alcohol use in women: what's termed a "coping motive". Many studies have found more women drink alcohol to cope – with difficult emotions or stressful circumstances – as compared to men, who more often drink alcohol in social settings or as a reward.

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### **Women seem to be struggling more during the pandemic**

With this in mind, it's unsurprising we're seeing increased alcohol consumption among women during COVID-19. International data show women have been more likely to experience symptoms of stress, anxiety and depression during the pandemic.

Meanwhile, Australian data show loneliness has been more of a problem for women (28%) than men (16%) during this past month under lockdown.

Caregiver load has also been a source of stress, with women almost three times more likely than men to be looking after children full-time on their own during COVID-19.



Many women have had to work from home while looking after their children. Shutterstock

While we don't have enough evidence yet to tell us conclusively whether family violence incidents have increased during the pandemic, this may add to the mental health burden for some women during COVID-19.

Further, younger female workers are disproportionately affected by the economic crisis in the

wake of COVID-19. The fact women make up a majority of the casual workforce makes them highly vulnerable at this time.

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Together, it seems COVID-19 is having a different mental health impact on women compared to men. And this is likely to be intertwined with their increased drinking during the coronavirus pandemic.

Whether we'll see higher rates of problem alcohol use or dependence in women after the pandemic remains unclear. However, we know women who drink at unsafe levels experience complications more quickly, and enter treatment later, with perceived stigma a barrier to help-seeking.

It's vital we draw our attention to these gender-specific differences in mental health and alcohol consumption as we formulate our mental health pandemic plan.

## International Day Against Drug Abuse and Illicit Trafficking | 26 June



A staff member of the Liberia National Police Anti-Drug Squad reviews the municipal dump outside Monrovia, Liberia, where they are burning nearly 400 kg of marijuana and other drugs that were confiscated between 2011 and 2012. UN Photo/Staton Winter

By resolution 42/112 of 7 December 1987, the General Assembly decided to observe 26 June as the International Day against Drug Abuse and Illicit Trafficking as an expression of its determination to strengthen action and cooperation to achieve the goal of an international society free of drug abuse.

Supported each year by individuals, communities, and various organizations all over the world, this global observance aims to raise awareness of the major problem that illicit drugs represent to society.



Recently, the field of addressing the world drug problem has been 'plagued' by misinformation of many kinds.

The theme for the 2020 International Day Against Drug Abuse and Illicit Trafficking "Better Knowledge for Better Care" emphasizes the need to improve the understanding of the world drug problem and how in turn, better knowledge will foster greater international cooperation for countering its impact on health, governance and security.

UNODC encourages individuals, non-profit organizations, the private sector and Member States to get involved in its social media campaign to mark this day and invites them to draw on the resources provided in the social media campaign package.

ACCESS TO CLEAN WATER AND SANITATION IS A HUMAN RIGHT



KEEP CHILDREN SAFE

