

The Australian Rechabite

Issue 2
September, 2011

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Inside

- 2 Editorial
- 3 Queensland News
- 4 Tent News, RSAC Report
- 5 Touring with Norm McIvor
- 6 New South Wales News
- 7 Jottings from Malcolm Campbell
- 8 Victorian News
- 9 Region News
- 10 Region Meeting Dates
- 10 Dalgarno Institute
- 11 2011 Scholarship Winners
- 12 IOR Caravan & Holiday Club
- 13 Strictly Personal . . .
- 14 Obituaries
- 16 Temperance & Service
- 17 Alcohol and Cancer in the Spotlight
- 20 Teaching responsible drinking . . .



*Rechabites:
People who enjoy an
alcohol-free lifestyle*

The Australian **Rechabite**

is the official journal of the
Incorporated
Rechabite Fraternal Societies
in Australia

Keeping Rechabites in touch



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**Peace and Plenty
the reward of
Temperance**



Editorial

WHILE waiting for "the girl of my dreams" to finish her College course in Brisbane, I spent most of those 14 months living with a Rechabite Tent Secretary and his wife, Bro Frank & Sis Maud Cabrera in Sydney. Frank told me I needed to take up \$1,000 Funeral Benefit for this girl who was to become my wife and to add to my existing membership the same amount, as funerals were around that figure then. I did as I was told!

Seventeen years later I was to join the staff of the NSW IOR District Office. It was then that I discovered just how good our Rechabites benefits were. So, in case I was prematurely taken from "my dream girl", I applied for a sizeable additional benefit.

A valuation recently received from the Ancient Order of Foresters Friendly Society, custodian of all our Rechabite benefits nation wide, show that the total current value of my benefits is almost nine (9) times greater than their face value. This is an excellent return! But in addition, the total contributions (premiums) paid was only 70% of the face value.

Today, regrettably, we cannot offer those benefits, but belonging to the Independent Order of Rechabites was a lot more than a good financial investment. It is the badge of a lifestyle, an "alcohol free lifestyle". A lifestyle that could bring peace and security.

Admittedly it is harder to sell an ideology without a financial reward, but today, as ever, it is important that we sell that ideology to as many of the younger generation as possible.

Your Queensland Rechabite Society has recently been accepted as part of the National Alliance for Action on Alcohol (NAAA). See the DCR's Report on page 3. This is just one important part we as Rechabites can

play in the "war against Alcohol". Sure, we can no longer supply the great financial rewards of yesteryear, but surely we have a responsibility to continue to help sound the alarm about the dangers of alcohol.

We are aware of falling Rechabite membership numbers across the country, that we are an aging Society; therefore, all the more reason to seek to encourage younger people to join us and stand up against the inroads of alcohol in our country. Support your Tent meetings, encourage one another, be part of the wider voice warning of the dangers of alcohol.

I'm proud to be a Rechabite, with or without financial benefits. I'm grateful to members who from age ten showed me the way of an "alcohol free lifestyle". My Band of Hope leader and Sunday School Teacher, Sis Ivy Biggs (nee Oates) now in her mid 80s – a good advertisement for an "alcohol free lifestyle", (I had the joy of speaking with her recently), the late Horace Memory, who had me join Excelsior Tent No.14 at age 16; both set my feet on the path of a fulfilling life without alcohol.

I am grateful to those who decided I could be a useful employee of the Society, including the late Angus Barr and, I discovered years after, the late Brother Frank Cabrera also played an important role in that appointment.

Let us press on to encourage many others to live an "alcohol free lifestyle" as a Rechabite, and where possible, in fellowship with their local Tent. Who will you encourage to join our ranks? Application Forms may be obtained from your State Secretary. Annual Membership fees vary from state to state but do not exceed \$20.

V (Ian) A Belcher
Editor

The Editors are not responsible for the
views expressed in contributions,
articles or communications.

**CLOSING DATE FOR
ARTICLES FOR THE NEXT
ISSUE IS**

15th January 2012

Queensland News



Queensland Tent Update

AT the request of the Tent, the Queensland District Executive has placed Invincible Tent No.3 on the Inactive Tent list.

The Executive places on record its appreciation of the dedication of Bro & Sis Turner in maintaining the Tent as a functioning unit for such a lengthy period, 22 years as secretary for Bro Turner, having taken over from the late Bro Les Doherty.

We do look forward though to continuing individual relationships with Invincible members through our social and legal commitments.

The remaining active Tents are;

Hope of Ipswich Tent No. 2

First Monday of each month at 10.30am.
Uniting Church Hall,
2 Pommer Street, Brassall

Secretary: Sis. Cora Williams
07 3201 5946

David Livingstone Tent No. 5

Fortnightly (use 16/08/2011 as start date) at 7.45pm
Stephens Fijian Congregation Hall,
Cracknell Road, Annerley

Asst. Secretary: Bro. Noel Andrews
07 3208 1848

Star of Mackay Tent No. 21

Second Wednesday,
First month of each calendar quarter at 7.45pm
Uniting Church Hall,
Bridge Road, Mackay

Secretary: Sis. Lyn MacDonald
07 4952 6524

Annerley Tent No. 67

Fortnightly (use 16/08/2011 as start date) at 7.45pm
Stephens Fijian Congregation Hall,
Cracknell Road, Annerley

Secretary: Bro. Peter Henderson
0419 640 493

From the District Chief Ruler

AT your District Executive's last meeting on 28th May 2011, it was resolved that *The Australian Rechabite* will continue to be published twice a year. The editors of the magazine, Bro Ian and Sis Rae Belcher, are also willing to continue in this capacity. Many thanks to them both.

Queensland IOR Joins NAAA

The Independent Order of Rechabites Queensland District No. 87 Inc is now a member of the National Alliance for Action on Alcohol (NAAA). NAAA is a new national coalition of health and community organisations from across Australia that has been formed with the goal of reducing alcohol-related harm.

Currently comprising 48 major organisations with an interest in alcohol and public health, NAAA has been established at a time when there is an urgent need for action to address Australia's drinking problems. It is the first time such a broad-based alliance that has come together to pool their collective expertise to address these issues. NAAA aims to put forward evidence-based solutions with a strong emphasis on action.

The adverse effects of alcohol impact on everybody. A recent survey of Australians showed that 84% of people are concerned about the impact of alcohol on the community.

Queensland is proud to have taken this step as it provides a solid foundation to continue the work started in 1872 and assists in achieving one of the central planks in our objects; *"to promote voluntary total abstinence from alcohol, and other drugs of dependence through temperance*

education and other activities in the community within Queensland including through the support, both physically, morally and financially of charitable organisations working in these fields."

Into the Future we go!

A website has been established and details will be provided shortly. It will show details of the Rechabite history, current and past issues of *The Australian Rechabite*, and, depending on each State's requirements, minutes of the Annual General Meetings and Annual Financial Statements.

Donations

Moving to continue to fulfil the Association Objects as stated in the Rules, the Queensland District Executive recently resolved to provide some financial assistance to organisations working in the fields of temperance education and other related activities.

The following grants were made;

Drug Arm Australasia

\$3,000.00 towards an educational DVD program.

Teen Challenge Queensland

\$2,000.00 general purpose donation, and

Life Education Queensland

\$2,000.00 general purpose donation. It is hoped that further grants can be made in this financial year.

It is with regret that Invincible Tent No. 3 has been placed on the Inactive Tent List. To the members, we look forward to catching up with you at all functions of the Order.

Continued over ►►►

From the DCR *Concluded*

I hope to see many members at the Annual General Meeting on 8th October 2011 at the Uniting Church Hall, Cracknell Road, Annerley at 3.00pm.

Sis Margaret Andrews
District Chief Ruler

News from David Livingstone Tent No. 5 & Annerley Tent No. 67

THE members of these two tents will be getting together for a picnic lunch on **Saturday 15th October 2011** at the Roma Street Parklands from 10.00am - approximately. Any members who would like to join them are most welcome.

We were sorry to hear of the death of Sis Merl Jackson on 9th July 2011. Sis Merl was a member of Annerley Tent No. 67 and over many years, was a regular attendee at our meetings. We extend our sympathies to Sis Merl's family and friends. ■

The Oops! Department

RECENTLY it was so refreshing to see a large national magazine needing a paragraph like the following one stating that in spite of careful proof reading and checking of facts, occasionally the gremlins creep in.

Your magazine is read no less than six times by four people and yet we had Bro George A McDonald turning 90 in 2020. Of course everyone knows he will be 100 then. **He did turn 90 in 2010.**

Also, he does not visit sick children at Westmead Children's Hospital; he works in the fund raising department. A fact I have misunderstood for 30 years. Talk about Chinese Whispers! Sorry Bro George. Ed. ■



Knowing the Difference

Knowledge is knowing a tomato is a fruit.
Wisdom is not putting it in a fruit salad. ■

Rechabite Social Activities Committee

ON Saturday 21st May 2011, the White/Williams/Cec Ward bowls competition was held in Ipswich at the Uniting Church Hall, Pommer Street, Brassall in conjunction with the first round of the Interdistrict Bowls Competition. Some excellent bowls were played with Bro & Sis Collingwood from Gatton the winners and Bro & Sis Williams from Ipswich the runners-up. A big thank you is extended to Bro George and Sis Cora Williams for the excellent lunch.



L to R: Sis C Williams, Bro G Williams, Bro T Collingwood and Sis C Collingwood.

Our next function will be the Juster/Nalder Bowls Competition in conjunction with the second round of the Interdistrict Bowls Competition to be held on Saturday 30th July 2011 in the Lutheran Church Hall in Gatton.

Don't forget the **Household Fair** which will be held on

Saturday 10th September 2011
at the **Uniting Church hall,**
Cracknell Road, Annerley
commencing at 11.00 am.

Note the new venue!

Please contact me on 3208 1848 if you would like a schedule for the fair.

Margaret Andrews
Secretary RSAC



Independent Order of Rechabites Queensland District No. 87 Inc.

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District Office: 6 Colette Street Wakerley 4154
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Notice is hereby given of the Annual District Council to be held on

Saturday, 8th October 2011
Commencing at 3.00pm

Uniting Church Hall
Cracknell Road, Annerley

1. Adoption of Financial Statement and Verification Statement
2. Appointment of Auditor
3. General Business

Note: There are no matters requiring adoption by special resolution.

A copy of the Financial Statements is available by sending a stamped (\$1.80), self addressed standard envelope to the above address. Also available by e-mail.

Robert A. Cook
District Secretary.

Beaudesert & Beyond

WE had a pleasant clear day for our *Mystery Tour* on Thursday 24th March. With forty-seven on board, including our Coach Driver Gordon, we left Brassall at 8.30am and drove through Ipswich and on to Springfield for a look at the beautiful Lakes, where children were feeding bird life at the water's edge.

Circling Springfield Lakes we proceeded through Greenbank, past the Army Camp and on to Jimboomba for morning tea in the park. Everyone enjoyed the break as many of us worked out that Gordon had entered the village from the opposite direction to that which we had approached it on a previous occasion. (*Keeps the older minds active! Ed.*)

Refreshed, we travelled on to Beaudesert where Gordon took us into the Show Grounds for a look and for him to check out changes that had been put into place since he was last there, as he said he was coming back the next Saturday for a Camp-draft.

A half hour stop in Beaudesert town allowed some of us to have a look around and make a few purchases. Then we drove on to Boonah for a sumptuous sit down catered lunch.



Cora & Company enjoying a sumptuous lunch.

After lunch we all went for a walk down the main street to look at the shops in this lovely country town. There was a lot of talking, but I don't know about buying. It was noted that the local Garage and Petrol Station was established in 1901 and had proudly offered service for over 100 years. Well done!

Touring with Norm McIvor of Hope of Ipswich Tent No. 2



Relaxing on the side-walk – Boonah.

Back on the coach we drove over to Moogerah Dam to see how high the water level had risen. It is a long time since the dam has been so full.

Travelling on, we passed through the beautiful country town of Kalbar that has rather interesting connections for two members on board going back to 1949 when they attended a Christian Endeavour Easter Convention there as teenagers. They have reconnected nearly 60 years later. Small world!!

Then we drove on down the Middle Road to Peak Crossing and back to Brassall ending a very good day. With all the rain we have had the countryside looks beautiful.

A very grateful thank you to Cora and George Williams for all you have done for us. Thanks also to Gordon for a safe trip. ■

Kilometres to Kingscliff

LEAVING Brassall at 8.30am on Saturday 11th June, John, our Coach Driver, drove through Ipswich Town to pick up at Booval and Ebbw Vale. There were also members from Brisbane tents awaiting us at Logan Central giving us yet another forty-seven contingent.

Returning to the highway we headed for Kingscliff Bowling Club south of the border, stopping at the BP Service Station at Coomera for a comfort stop.

Back on the road again, we enjoyed the drive getting a good view of all to

be seen from the coach. And what there is to see! How things have changed – new buildings covering the landscape – the Tugun By-pass and the Runway over the highway - it was amazing to see the amount of work that has been done in the Gold Coast area.

Arriving at Kingscliff about 10.30am, John let us off the coach at the Markets and then, to escape the wind that was becoming somewhat uncomfortable, we walked over to the club house for a most enjoyable lunch.



Lunch at Kingscliff

Refreshed, we boarded our coach around 2.30pm to begin our journey home. On our way home John pulled into the famous Yatala Pie Shop so anyone could buy a pie to take home for their dinner.

Then it was back to Logan Central to let our Brisbane friends off before making our way back to Ipswich at about 4.30pm.

We had a pleasant day and it was good to see the grandparents with their grand children and the grand children enjoying the outing.



Again we thank Cora and George Williams for arranging a great day out. Our thanks also to John our Coach Driver for a safe trip. It is happy touring with the Ipswich Rechabite Social Club. ■



New South Wales News

NSW State Chief Ruler's Report

ON March 8th Bro John Dixon and I visited Excelsior Tent No. 8, where we met Sis Helen Hanna and Sis Cristy Yeung and their children Chloe and Jayden. Helen and Cristy are Bro Malcolm Campbell's daughters. John spoke on the Fraternity and I spoke on "moving forward".

On March 15th Bro John Dixon, Bro Frank & Sis Marcia Pidgeon and I visited *Friendship Tent No. 20*, Strathfield. There was lot of positive discussion when Bro Dixon mentioned that our NSW money would run out in three years. Strathfield members took 'moving forward' to another level, coming up with alternative places to meet. A home was offered, meet in a park near a café (wet or winter time) no insurance, no rent and no expense. Don't have meetings but go out each month and have a short discussion while they are on a day trip and just be friends who enjoy the alcohol free life. The Strathfield Tent wants to see the Rechabites survive; if not they have a plan "B".

The 2nd Birthday Cake was cut by Sis Dorothy Royle, the youngest member and newly elected Chief Ruler. The Tent officers elected are:

Chief Ruler – Sis Dorothy Royle
Deputy C. R. – Sis Dorothy Cubben
Secretary – Bro John Dixon
Social Secy. – Sis Dorothy Cubben
Welfare Officer – Sis Irene Carder

Congratulations to the officers for 2011-12.

On June 27th Bro John Dixon and I visited Newcastle Tent for a State Visit and the election of officers. Those elected were:

Chief Ruler – Bro Phillip Wrightson
Deputy C. R. – Bro Ted Septom
Secretary – Sis Shirley Reed

To each meeting this year, Bro Septom has brought a selection of mugs, glasses and other Rechabite memorabilia and given a talk on his collection. Bro Ted had two glasses from *William IV*, which were the pride of his selection that day. *William IV* was not a Royal, but a paddle steamer. It was the first ocean going paddle steamer built in 1831 on the Clarence River. The glasses were from 1988, not 1831. In 1988, a replica paddle steamer was built for the bi-centennial (Hunter Region) and has now been refurbished and is to be re-launched as a tourist attraction. A glass can give us a wonderful history lesson.

The three Tents visited by the Committee this year were brought up to date on the Rechabite Foundation, 'moving forward' and the suggestions that came from the last Annual Conference.

We note the arrival of two babies: Elizabeth Barry, born in December 2010, daughter of Sis Felicity and Jason Barry, the first grandchild for Bro Dennis & Judy Quinlan, another addition for Sis Winsome McPherson and the McPherson Clan; and Tammy Hanna, daughter of Sis Helen and Bassem Hanna, a sister for Chloe and 3rd grandchild for Bro Malcolm Campbell. Congratulations to the parents and the grandparents.

On May 15th 2011 Sis Ruth Blackbell passed away. NSW Rechabites lost not only a member but a dear friend. Ruth would have been one of the most active members of the Society from 1950 to 1990s, always at the side of her husband, Jim, when he was District Chief Ruler (DCR) three times, and when he was District Superintendent of Juvenile Tents.

Ruth was on various committees: Camp, Ball, Youth and Bowls Committee and well as the Centenary Committee. She was active in her

own Tent, *Hurstville Lifeboat Tent No.53*, as Chief Ruler and Secretary until her health deteriorated and she was admitted to a Nursing Home.

Our Sister was farewelled with a beautiful service where her son Bruce spoke on behalf of the family. Bruce's tribute to his mother appears elsewhere in this magazine. On behalf of the members and State Committee we offer our sincere sympathy to Bro Jim Blackbell, Bruce and Roslyn and their families.

This item is my last as SCR. 2010-11 has been a busy year for the NSW State Committee with the mail out of the calendars, accounts and working on the suggestions that came up out of the discussion from the Annual Conference.

I would like to thank several people who have assisted me this year:

Bro David Williams, whose suggestions at the 2010 Annual Conference put the Rechabites on a road that is moving forward;

Sis Margaret Campbell, who is working on a web-site and a Think-Tank for younger members;

Bro Paul & Sis Jeanette Sheldon, who drove me to meetings;

Bro John Dixon, who drove me to the Tents for the State Committee Visits & Bro John & Christine Dixon for allowing the Committee to invade their home to do the mail outs over several days;

Bro 'Ian & Sis Rae Belcher for correcting my grammar and spelling in these write-ups.

Thank you too, **Sis Ruth Allen, DSCR**, for stepping in in my absence when I was on holidays.

Congratulations to Ruth who will be SCR for 2011-12. I hope you have an enjoyable year.

I also hope the NSW Rechabites will continue for many years to come.

Gail Kalaitzis
State Chief Ruler

2011-12 Calendar for **Friendship Tent No.20 Strathfield**

2011

20th September

Tour of Hunters Hill
Conducted by Dorothy Cubban

16th October

Meeting at Uniting Church Hall,
Carrington Street, Strathfield

15th November

Christmas Lunch

2012

21st February

Get together Meeting

20th March

State Committee Visit &
Election of Officers
3rd Birthday Celebrations

17th April

Trip to Parkes
(dates to be confirmed
or a trip to The Rocks)

15th May

Trip to Sydney Historic
Buildings
– GPO etc.

19th June

Meeting at Uniting Church Hall
to plan 2013 July, August and
September Trips.

17th July

Trip to Hyde Park Barracks

21st August

Trip to Balmain

18th September

Trip to Springwood

16th October

Meeting at Uniting Church Hall

20th November

Christmas Lunch.

Anyone interested in joining us
is welcome. Please call Gail on
(02) 9670 4602

or Frank on
(02) 9645 3456

Love to see you.



New South Wales Rechabite Fraternity

127th Annual
General Conference

**Saturday
15th October 2011**

at
The Crescent Hall
The Crescent
Berala NSW

Arrive 9.30am for
10.00am start

30th September 2011 Deadline
for Reports to be sent to
Bro John Dixon
Post Office Box 305
EASTWOOD NSW 2122
E-mail:
jwdixon8@bigpond.com

Oops of a Different Kind

*Extracts from letters to the
Pension Department*

I WANT my money as quick as you
can send it. I have been in bed with
the doctor for a week and he doesn't
seem to be doing me any good. If
things do not improve I shall have to
send for another doctor.



I AM writing to tell you that my baby
was born 2 years old, when do I get
the money?



I AM very annoyed to find that you
have branded my eldest son as illiter-
ate. Oh it's a dirty lie as I married his
father a week before he was born.



YOU have changed my little boy into
a little girl. Will it make any differ-
ence? ■

Jottings from Malcolm Campbell

IT was just as well that Sis Gail
Kalaitzis, State Chief Ruler, rang
ahead to advise of the Tent
Visitation by the State Executive
Officers because it had been decided
to hold the meeting at the home of
the Chief Ruler, Sis Helen Hanna due
to the impending birth of her daugh-
ter Tammy, who arrived in May. Bro
John Dixon, PSCR, State Secretary,
accompanied Sis Kalaitzis.

While husband Bassem took daugh-
ter Chloe off to bed, the most
well-behaved of the night was
Jayden, son of Cristy Yeung, who was
attentive and did not once interrupt
the meeting.

Being brought up-to-date meant the
latest Membership numbers had
shown a sharp decline. It was how-
ever, good to know that the Williams
Family (*Campsie Tent No. 81*), had
submitted ideas for discussion at the
Annual General Conference. Sis
Dorothy Killingbeck had asked what
had happened to the Aveum money
due. Sis Irene Carder, (*Campsie Tent
No. 81* and without a vehicle) had
been unable to attend, but noted was
her contribution to *Friendship Tent
No. 20* and the Uniting Church.

Mr Shane Varcoe, Executive Director
of the **Delgarno Institute*** hosted
the NSW Branch meeting to honour
Rev Dr Clyde Dominish AM, who was
accompanied by his wife Margaret.
Ms Rosslyn Oliver discussed the
move to a "virtual office" for the New
South Wales Campus.

Only

**Post Office Box 672
STRATHFIELD NSW 2135**

remains the NSW contact.

Sis Winsome McPherson also attend-
ed. I regret to advise that Rev Dr
Dominish is very ill.

**Malcolm Campbell – Secretary
Excelsior Tent No. 8
Campsie Tent No.81**

* See item on page 10 re Delgarno
Institute



Victoria District No. 82 Celebrates 150 Years

THE history of the Rechabites in this country is rather interesting. Based on Friendly Society concepts and to be known as **The Independent Order of Rechabites**, it was formed in Salford, England as a result of the union of the Salford Temperance Burial Society and the Manchester & Salford Temperance Society in 1835.

Australian Adventure

It is surprising that just seven years later in 1842, a Tent was opened in Sydney, Australia. Bro John Garnett, who was High Deputy Ruler in 1836, emigrated to NSW in July 1840. He established *Star of Australia Tent* on 20th April 1842. A second tent called *The Morning Star Tent* was also instituted in Sydney in May the same year.

As part of the Sydney District a third tent was opened in Launceston later in 1842. It appears that Bro Garnett, who was the driving force behind the Sydney District moved to Tasmania and as a result the work in Sydney collapsed.

The Nineteenth Movable Conference was held in Sheffield, commencing on 6th August, 1861. In his report the High Chief Ruler, Bro John Sharples, made the following comments: *"It will be gratifying to the members of the Movable Conference to learn that the Order is progressing most satisfactorily in the Australian Colonies. Recent communications may well be termed 'glad tidings from a far country'. There are three districts – viz., Tasmania, Hobart Town and South Australia – in those parts of Her Majesty's dominions, (that's Queen Victoria by the way, Ed.) and the best spirit appears to animate the brethren in all their proceedings."*

The South Australian District was still in the process of being established,

the Conference approving its Laws.

At the Twentieth Movable Conference, held at Tunstall in 1863 the High Chief Ruler, Bro Daniel Joughin, noted in his address: *"During the past two years new Tents have been opened [in various English and Irish Districts] while in the Australian Colonies the accessions have been numerous, in No. 79, Tasmania District; No. 80, Southern Cross District; No. 81, South Australia District; No. 82 Victoria District."*

"The additions have been such as to give promise that a powerful brotherhood will ere long be formed at the Antipodes, that may in time rival in number and activity the present body. This is encouraging."

It is sad on the one hand that the English-Irish Society no longer exists in any form, but encouraging that we in Australia seek to continue the fight against alcohol and other addictive drugs.

Victoria District Established

Victoria District No. 82 was established from Tasmania District No. 79 on 28th January 1861 with the Bro D Crook as District Chief Ruler. Membership in Victoria District in 1885 stood at 7,000. In 1910 its membership of 15,122 was the largest of any District in the world!



The Hon. Samuel Mauger, PDCR

This photo of the Hon Samuel Mauger, PDCR, was published in the English **Rechabite History**, printed in 1911. He was made Chief Ruler in 1899 at the Bendigo Conference. Our Bro David McGee, currently on the Victorian State Committee, is this man's great grandson. The District has a long and proud history.

150th Celebrations

As 2011 is the 150th Anniversary of IOR in Victoria the State Committee is planning to celebrate this Anniversary at our Conference in October and at each Region Meeting, starting with Region 9 (Kyabram) on September 21 and then at all region meetings in October and November. Final arrangements are yet to be made, but some of the following have been arranged or are in the process of being finalised.

A special Medallion will be struck and can be ordered by members.

A celebratory anniversary cake will be cut at each Region Meeting.

A display of memorabilia (some items may never have been seen by some members before.)

Anniversary presentations will be made to Tents and Regions at the Conference.

All members are asked to make a special effort to be present at one of the Region Meetings on this very important occasion, even if you have not attended before.

We do ask however, that you contact your Region Secretary (see list on page 10) to make arrangements for catering. Thank you. Looking forward to meeting you. ■

State Secretary
Sis Gwenda Martyn

Victorian Region News

Region 6 (Gippsland)

OUR Region had another successful meeting in May 2011 at the Morwell Neighbourhood House. Our meeting President, Bro Ron Pratt, is also our State President. The Neighbourhood House where we meet is a very modern building with equipment suitable for most of our speakers. The ladies of the House also provide us with a very delicious lunch as well as morning and afternoon teas. All in all we have a very social time together with lots of chatter and laughing. We have a meeting at 11.00am, lunch at 12 noon (approx) and a speaker in the afternoon.

The State Treasurer, Innes Russell and his wife Margaret, visited us and gave up-to-date information on State matters. Innes was also our speaker for the afternoon showing us pictures of his and Margaret's trip to New Zealand a day after the earthquake.

We were pleased to welcome Don and Rhondda Legge, who have moved into Warragul. It is great to welcome new people to our meetings and I am sure they had a pleasant time and plan to take an active part in our meetings in the future.

Our next meeting will be held on

**Saturday,
22nd October 2011
at 11.00am**

at Morwell Neighbourhood House.

At this meeting, we will also be celebrating our 150th Anniversary, so it will be quite special and I would encourage all members in the area to be present if possible, but please ring me on (03) 5177 8144 for catering arrangements and any information.

**Gwenda Martyn
Secretary**

Region 7 (Central Victoria)

THE Region 7 Lunch and Meeting of 20th March was again a pleasant time for all who attended. The day in Harcourt was clear and sunny. Travelling up from Traralgon for the day were our Visitors from the State Committee, Bro Ron Pratt, SP and Sis Gwenda Martyn, State Sec. They were accompanied by Bro Alan Martyn who was also warmly welcomed.



L to R facing: Bro Ron Pratt at the head of the table, Sis Gwenda Martyn, Bro Colin Loader, Sis Shirley Ford.

It was with regret that several deaths were reported, they were of:

Sis Olive Jenkin of Harcourt Tent, who was a regular attendee until 2004.

Sis Nola Parkhill of Bentleigh Tent, who attended to Tent matters whilst she was working at the District Office.

Bro Geoff Williams, PDCR/PDT.

Bro Pratt addressed the meeting giving a report on the last Conference and details of the coming Conference where it is planned to have a special dinner to commemorate the 150th Anniversary of the formation of the Victoria District. It is likely that special medals will be struck to commemorate the event.

Sis Martyn then addressed the meeting giving information regarding the Scholarships to children and grandchildren of members and she mentioned that for the 150th Anniversary a Birthday Cake was planned and some of it or others would be taken to subsequent Region Meetings by

District Committee visitors. (I guess we at Harcourt will be the first to receive some at our next meeting on 16th October.) She was also pleased to note that the Premier, Mr Baillieu was a teetotaler so good things could be expected, contact is to be made by the Committee.

Region Secretary, Bro Flett, reported how his investigations revealed that *Castlemaine Tent No. 2* opened with 13 members on 8th March 1860 and in consequence thereof with two tents in Victoria those tents were moved from the Tasmanian District to form the Victorian District. Without the *Castlemaine Tent* the District would probably not have been formed on 28th January 1861.

One of the foundation members of *Castlemaine Tent No. 2*, Bro William Wilson, became DCR at the 1897 Conference that was held at Maldon. He was also the Chief Ruler

of the Tent.

The first tent formed by the new District was Tent No. 3 at Ballarat, on 6th February 1861. That Tent was closed/transferred in 1899 to Tent No. 18, also in Ballarat, that opened on 14th July 1864. That Tent, to this day, has continued to meet in Ballarat and some members are here today.

After *Melbourne Tent No. 1*, our *Ballarat Tent No. 18*, with its current Secretary, Sis Audrey Page, is the longest continuing meeting Tent in Victoria.

Bro Ray Buckingham also reported on the last trip by the IOR Caravan & Holiday Club and in particular on the Robotic Milking Shed they visited at Winnindo where the cows are milked without any human involvement – absolutely amazing!

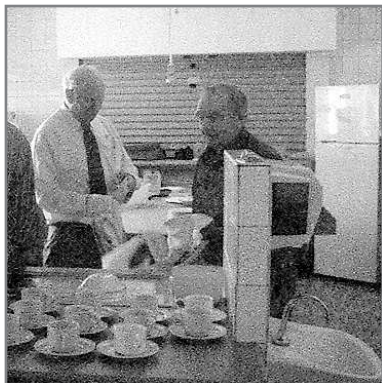
The afternoon tea from the Ballarat Ladies was beautiful. Some farm pro-

Continued over ►►►

Region 7

Continued from page 8

duce from Bro Eric L. soon disappeared. Thank you to all who helped on the day.



Men in the kitchen

Members who read this report, please consider coming along on

**Sunday,
16th October 2011
by 12.30pm**

at the Harcourt Recreation Centre when Committee Members will be present to continue the 150th Anniversary celebrations of IOR Victoria.

For catering arrangements, please call me on 9306 4968 or 5446 8439.

John Flett
Secretary



2012 Victorian Scholarships

THE IOR Fraternity (Vic) is offering three (3) Scholarships valued at **\$500.00** each per annum for two (2) years to the Children, Grandchildren or Great Grandchildren of Victorian Fraternity Members.

Students in Year 10 this year (2011) who are attending a State or Registered Secondary School and who do not hold any other award, are eligible to apply.

The Scholarships will be awarded after consideration of the applicant's scholastic results and school reports.

Application Forms for these Scholarships can be obtained after **1st November 2011** from

IOR Fraternity (Vic) Inc.
Post Office Box 4532
KNOX CITY CENTRE VIC 3152

Dalgarno Institute

THE former Victorian Temperance Alliance of which WCTU Victoria is a part, (later Drug Arm Victoria then COADE) and NSW Temperance Alliance which also became part of COADE, has now taken a new name **Dalgarno Institute**.

It is in honour of Mrs Isabella Dalgarno who arrived with her husband in the Colony of Victoria in 1843. She became the first Victorian woman to campaign against the problems that were being caused in the community as a result of alcohol consumption.

Isabella's List

The **Dalgarno Institute** has set up

"Isabella's List" and aims to obtain many signatures of women who wish to be part of this new proactive movement, dedicated to helping their children and grandchildren to grow up in a community free of the scourge of illicit drugs and committed to preventing the harm of legal drugs, alcohol and tobacco. They want to give the young people of the next generation the best opportunity to reach their potential.

You can read more about "*Isabella's List*" and sign on to it by typing "Isabella's List" into Google. I am sure you all want the best for the coming generation so I urge you to check this out and add your name to the list. Then pass it on to your contacts. ■

Anne Bergen
National Secretary of WCTU

Region Meeting Dates for 2011-12 – Victoria

Date	Region	Secretary	Tel. No.	District
September Wednesday 21st	9	L Jukes	5763 5584	Kyabram
October Sunday 16th	7	J Flett	9306 4968	Harcourt
October Saturday 22nd	6	G Martyn	5177 8144	Morwell
November Sunday 13th	4/5	N Robilliard	9580 8614	Mordialloc
November Thursday 17th	1	B Chandler	9879 0357	Wantirna

These meetings will be celebrating our 150th Anniversary with a special cake, Memorabilia Display etc. Ordered Medallions will also be given out. Please make a special effort to attend, but please notify the Secretary first for catering arrangements.

2012 (Dates to be confirmed)

February Sunday 12th	4/5	N Robilliard	9580 8614	Mordialloc
February Thursday 16th	1	B Chandler	9879 0357	Wantirna
March Wednesday 21st	9	L Jukes	5763 5584	Kyabram
March Sunday 18th	7	J Flett	9306 4968	Harcourt
April Saturday 28th	6	G Martyn	5177 8144	Morwell

The Victorian
IOR
State Committee

State President

Ron Pratt

Past State President

Alen PellDeputy State
President**Graeme Hicks**

State Officer

Allan Clark**David McGee**State Officer/State
Secretary**Gwenda Martyn**

Treasurer

Innes Russell



2011 Scholarship Winners

THE following young people have received Scholarships this year from the Victorian District valued at \$1,000 each over two years.



Cherie BRUMLEY

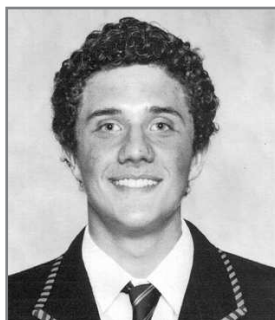
Daughter of Robin & Irene Brumley, Tent 267.

AT THE moment I am studying via Distance Education from Australian Christian Homeschooling in the State of Queensland. Some of my subjects this year are Chemistry, English II, Christian Counselling, British Literature, History of Civilisation, Mathematics, Old Testament Studies and Advanced Art.

When I am not doing school work, I love to be outside with our pets and farm animals. I also do recreational art and craft work, bike riding, canoeing, walking, camping, gardening and I enjoy listening to Christian music. I am involved in our Church Youth Group activities and extra school things such as choir, drama and sports activities. I also enjoy drawing and sketching, as well as painting and photography.

After I finish my Year 12 studies, I am interested in pursuing a career in the drafting/architecture field.

Thank you very much for giving me this scholarship. I consider it an honour to receive it. I think IOR is doing a wonderful job and I firmly believe that Temperance needs to be promoted more in today's society. ■



Joel PINCHES

Grandchild of John Pinches, Tent 174

CURRENTLY a student of Melbourne High School studying English, Music, Visual Communication and Philosophy, I also enjoy music activities such as the Chorale Singing Group.

Outside of school I enjoy attending Church and Youth Group Camps and yearly events like the State Youth Games. I also sing and play on my saxophone and help run a Sunday Morning "Kids Church" program.

I have many hobbies and interests that include; singing, piano playing, digital photography, graphic design, music recording, fencing, reading, archery, sports and acting.

My current aim is to make the most of the education that Melbourne High School provides. The school motto, "Honour the Work", encourages me to aim high and always give my best in everything I do.

After VCE I would like to study Australian Law or Physiotherapy as well as some kind of music degree. I would also like to return to my Church's Youth Group to serve as a leader and help bring fun to the next generation of Youth Group kids.

My thanks to Victoria IOR Fraternity for this scholarship that will assist me to reach my goals. ■



Natalie WYATT

Grandchild of John Pinches, Tent 174

CURRENTLY I attend Bayside Christian College and at the beginning of 2009 I found the desire to draw. I have now expanded that interest to other mediums of art, including digital drawings, and water-colour painting. I have also been given the opportunity to be featured in a magazine in America.

My subjects in Year 11 are:- Art, Media, Maths, English and Outdoor Environmental Studies and hopefully these subjects will give me the best possible chance of pursuing my dreams as an artist.

In December 2004 my mother passed away and this was a turning point in my life. Life is short and we cannot predict the future, so we should take every opportunity we have to make the most of it. This has been reflected in my attitude towards my school work and I am more determined to make the most of life and seize every opportunity instead of drifting along.

Receiving this scholarship is a wonderful way to thank my grandfather for his lifetime of abstinence from alcohol. I know for a fact that alcohol is a dangerous drug that can take hold and ruin a person's life. I thank the IOR Fraternity for giving me this support. ■

IOR Supporting Youth

IOR Caravan & Holiday Club

THE Holiday Club with 40 members left Salford Park on 28th April 2011 for a 5-day coach tour to Apollo Bay. Travelling on the new Geelong Bypass, our first stop was at Anglesea for morning tea.

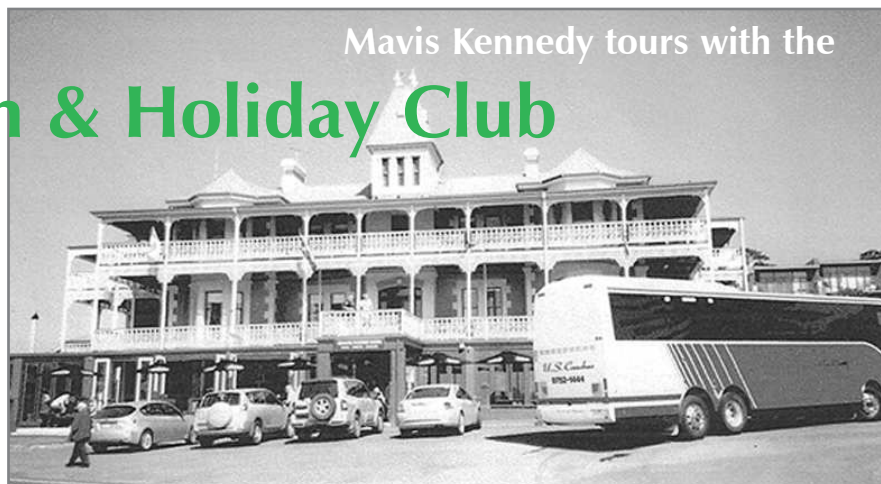
Here we met two Dutch cyclists. One of our members engaged them in conversation discovering that they were cycling their way around Western Victoria. They had previously toured New Zealand and Tasmania. Coincidentally, we met up with them each day afterwards.

Whilst at Anglesea we had a most interesting visit to the Alcoa Power Station and lookout. This was opened in the late 1940s by the then Premier, Henry Bolte. The Alcoa mine produces black coal that is converted to electricity using half the power required for Gippsland brown coal.

Travelling the Great Ocean Road is awe-inspiring when it is remembered that it was built by returned servicemen from the First World War with just picks and shovels. There is a Memorial Gateway and a sculpture at the beginning of the road, that tells the story. The present Memorial Gateway is a replacement for the one burnt in the 1983 bushfires.

Our lunch stop today was at the Grand Hotel at Lorne – and it was Grand! A beautiful building on a hill overlooking the sea, built in the late 1800s.

There is evidence of many land slides along the Great Ocean Road, the result of the recent very heavy rains and flooding in the Western Victorian area particularly. However, the countryside at the time we were travelling was looking beautiful with lush green paddocks. Our coach driver, who travels this area regularly, said he had never seen the countryside looking so well for this time of the year.



The Grand Hotel, Lorne

On Day 2 we travelled through the small towns of Tanybryn, Haines Junction and Beech Forest and on to the "Otway Fly", a magnificent tree top walk – nearly up in the clouds. All did either the tree top or the ground level walk and some did both. Some also walked to the top of the tower! Quite a few of us were glad of the opportunity to return to the start of the walk, courtesy of the little bus, as it was all uphill.

We had lunch that day at a lovely little café at Laver's Hill. Travelling back to Apollo Bay through beautiful beech and myrtle forests, we stopped to visit Cape Otway Lighthouse. This is mainland Australia's oldest lighthouse. Building was started in 1846 with the light being first lit in 1848. This area is known as the "Eye of the Needle", being the western entry to Bass Strait and across the strait the southern land mass is King Island.

Day 3 found us travelling further west on the Great Ocean Road. Our morning tea stop being at the Information Centre on "Shipwreck Coast", so named as 180 ships were wrecked along this coast, the best known being the "Loch Ard", that was lost in what is now known as Loch Ard Gorge.

There is now access to the coastal strip via an under-road walkway. Although the day was rather wet and windy, many walked out to the coastline. A few brave souls took the helicopter flight over the coastline.

After lunch at the Port Campbell Hotel, we travelled to the Cheese

Factory at Allansford, where we sampled many varieties of cheeses and many other "goodies". This area is known for its dairying and was also a post 2nd World War Soldier Settlement around Timboon.

On Day 4 we visited the Old Cable Station at Apollo Bay. This was most interesting as the caretaker gave us a very descriptive history of the station. It was from Apollo Bay that the under-sea cable was laid to connect Victoria with Tasmania as this is the closest point.

The Bass Strait Shell Museum was fascinating too, with thousands of shells, all laid out in their particular varieties, with such a rich diversity of colour.

We also visited the "Goats of Gaia Soap Co" and made friends with the cute little goats. Many of us purchased products produced on the premises.

Day 5 saw us say "Farewell" to Skene's Creek Lodge and set off on our homeward journey. Our first stop was at Narana Creations at Geelong. This is a Government funded indigenous venture on three acres, set out in beautiful native vegetation and gardens, with the buildings blending into the landscape. A former indigenous school teacher gave us a very interesting story of the local area dealing with both past and present issues affecting the indigenous society.

From there we went to a little bit of Egypt in Geelong, the "Sphinx Hotel" for our lunch in "Pharaoh's Bistro" - quite an experience!

Continued ►►►



Enjoying cute little goats at the Goats of Gaia.

On from there we had a tour of the Ford Discovery Centre, with cars dating from T Model Fords to the latest in racing cars. Then we went to see the history of wool at the National Wool Museum. This area of Victoria,

known as the Western District, was the home of the wool industry. It was very interesting to see the progress of manufacturing from the early days to the present time. A visit to the retail section of the complex was most

disappointing as everything for sale was labelled, "Made in China"!

And so to home and the end of another most enjoyable tour. Our thanks must go to our coach driver, Mike Readon, for whom nothing is ever a trouble. Also a big thank you to Joyce Wallace, our very hard working Secretary, without whom I'm afraid our Club would not function. ■

OUR NEXT TOUR

5 Days to Cooma – Monday 24th to Friday 28th October 2011.

For further information contact the Secretary: Joyce Wallace on (03) 9807 4044 or Mavis Kennedy on (03) 9887 1057

SOCIAL NEWS

Strictly Personal ...

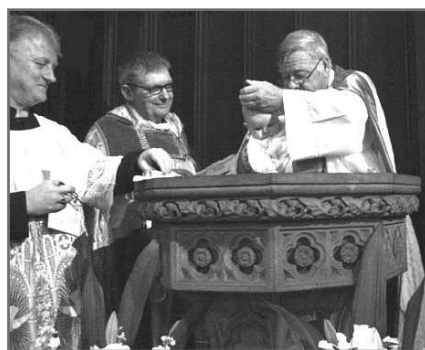


REMEMBER that very talented NSW Scholarship Recipient (1999-2001) who in 2006 took out three University awards so she could go play in the dirt with her husband, who is also an Archaeologist? Well, they have decided that as interesting as historic aboriginal tools and digging into the past might be, looking to the future is just as exciting and are now devoting heaps of time to their first child, **Elizabeth May Oakes Barry**, who was born on Friday 17th December 2010.



Our warmest congratulations to **Sis Felicity Barry** and husband **Jason**. Of course grandparents, **Bro Dennis & Sis Judy Quinlan** are over the moon,

as are Elizabeth's other grandparents from Canada, retired Anglican Priest Father Bob & Mrs Marguerite Barry. Father Bob had the joy of baptising his granddaughter at Christ Church, St Lawrence, Railway Square, Sydney, on Easter Day.



Elizabeth's great grandfather, the late **Bro Eric B McPherson**, would have been so proud and delighted with birth of this beautiful little girl.

SHE knows what she is looking for when she tours with her Grandpop, **Bro Cyril Gee**, the new Chief Ruler of **Hope of Ipswich Tent No. 2**. She entertains the older folk



who love to have her travel with them. **Hayley Walter** had a great time looking for cows that were in abundance outside of Beaudesert.



She also took the long trip to Kingscliff in her stride and enjoyed her lunch.

ENJOYING being grandparents for the sixth time, **Bro Peter & Sis Janet Henderson** welcomed their fifth grand-daughter, **Eloise Kate Nealon**, born on 10th June 2011; the daughter of **Kathryn Nealon** (nee Henderson) and **Clint Nealon**. A Sister for Thomas to boss around? Not likely! Well, not usually. ■



In Remembrance

Sis Nola Jean Parkhill (nee Lovelock)

A **CAPACITY** gathering at the Leighmoor Uniting Church, Moorabbin (Melbourne) on 3rd March 2011 celebrated and gave thanks for the life and service of **Sis Nola Jean Parkhill**.

Nola Lovelock was born on 10th September 1930 in Ormond, Victoria (a Melbourne Suburb). An only child, she remembered a childhood spent with cousins, plenty of pets and gardening with her Dad. One of her favourite sayings was, "I was an only child and look at all our family now!"

She grew up in Bentleigh, close to her birth-place and attended Bentleigh West Primary School and Hampton High School.

Nola joined the IOR at about 15 years of age. The beginning of 65 years of IOR Membership. After completing school, she began work at the Railways Head Office in Melbourne as a clerk.

When she was 16, Nola met Laurie Parkhill and so began a long, loving and caring life together for over 64 years. They married at Centre Road Methodist Church, Bentleigh. They lived in Newborough and Morwell in the Latrobe Valley for several years, where Laurie was employed as an inspector at the SEC (State Electricity Commission).

They returned to Melbourne in 1955, living with Nola's parents until Laurie and Nola's Dad built the home where Laurie still lives in East Bentleigh. (Another favourite saying of Nola's was, "We built this house you know!!") Both had health issues and

each cared for the other through many major medical challenges.

Nola spent over 30 years at home looking after her brood of 4 girls – she was there when they came home from school, she attended every choir performance, worked at the school tuckshop and mother's club, wore funny hats for dress-up days at school and ran the Brownies as Brown Owl for many years. Her family was her greatest joy in life and she delighted in sharing times with her ten grandchildren and later her three great grandchildren, as they grew up.

Nola and Laurie were active members of the Methodist and Uniting Church since their marriage. Nola taught in the Sunday School for many years. These were the days when there were over 500 children in the Sunday School. Teaching and attending Ladies Guild produced lifelong friendships.

Because of her long association with the Victorian Independent Order of Rechabites, during May 2010, Nola was presented with a 40 Year Service Award and later, a Certificate of Appreciation for her many and varied contributions to the Order. She stood by the Rechabite principles and would clearly explain to anyone, "We're teetotallers!!"

At a local voluntary level, she was involved as the long serving Secretary of the Bentleigh and Elsternwick Tents until she retired in December 2009. In her fifties, Nola's world opened up in new ways when she began working at the Victorian District No.82 IOR Head Office. Another of her favourite sayings was, "I went to the office to help out for a week and stayed on for 22 years!" She enjoyed the adult company of the working world and the challenges of many different roles within the Friendly Society.

At a time when female board members were a rarity, she served for 8 years on the IOR Salford Park

Retirement Village Board and the Bentleigh UFS Dispensary Board. Tent 600, for General Members, was for about nine years under the secretaryship of Nola, until her retirement about June 2010.

With her family still her first priority as well as work, volunteering and social activities, you would think there would be little time for other interests. However, Nola managed to fit in an amazing amount of craft – from sewing for all the girls – (another favourite saying was, "I made 21 dresses in one year!"), to knitting, decoupage, cross stitch, beading and leadlighting. She passed her love of craft to her girls and many family craft sessions have been spent chatting and stitching together.

Despite having three chronic illnesses with all their associated disabilities, Nola lived life to the utmost, never complaining about the pain. She strived to achieve goals and showed great determination in being positive each day.

Nola was an inspiration in all she achieved. Her legacy will live on through an amazing extended family network, which she and Laurie created together.

10/09/1930 – 28/02/2011

(Nola lived long enough to hear the article acknowledging her service to the Order which appeared in the last issue of this magazine. Ed.)

Bro Geoffrey David Williams, PDCR

It is with sincere regret that we have to advise the passing of **Bro Geoff David Williams, PDCR**, on Thursday, 3rd March 2011 after a short illness.

Bro Williams was a Junior Member

before joining the Seniors in 1941. He attended Annual Conferences during the 1960s and 70s taking an active interest in the affairs of the Order. In 1960 he was appointed to re-open *Glen Waverley Tent No. 519*. The twenty members grew to 120 by 1972.

Elected to the Victorian District Board in 1972 he Chaired the Annual Conference in Bright in 1973, "went through the chairs" and stayed on the Board becoming District Treasurer in 1977, a position he held until retiring in 1982. The Board did not wish Geoff to retire but were unable to persuade him to reconsider.

Geoff had two life long business affiliations, his life from a Junior in the IOR to becoming the District Chief Ruler and his career in the Motor Registration Branch in Victoria from which he retired as Chief. Both of these 'interests' were interrupted by his service as an airman during the 1940-1945 conflict. He subsequently led the Remembrance Services at the Conference.

Geoff's Chapel Service was very well attended with mention during the eulogy of the service he had given to IOR.

Vale a fine member who's work for the Order was lost too soon.

13/09/1925 – 03/03/2011



Ruth Muriel Blackbell (nee Beaver), SCR

BORN on Monday 4th March 1930 **Ruth Muriel Beaver** was the youngest of eight siblings, 5 girls and 3 boys. Ruth's mother attended Central Gospel Hall (Open Brethren

Assemblies) in Hurstville and early in her life Ruth accepted the Lord Jesus Christ as her Saviour.

It was at church that she met the love of her life, Bro Jim Blackbell 54 years ago. They were married in 1956.

Ruth quickly became a member of the NSW Rechabites and due to her accountancy and bookkeeping skills began working at the Sydney District Office. It here in 1975 that your Editor met Ruth when she was given the task of training the "new boy" in her skills. He tried her patience some what, but owes everything he learned about Friendly Society administration in those early days to Ruth. She was an excellent teacher.

She ably supported her husband Jim in the years he was on the NSW IOR District Executive and when he was District Chief Ruler in 1970-71 and recalled in 1972 and again in 1985-86. Ruth was also elected to the District Executive rising to the position of State Chief Ruler in 1991-92.

Ruth's other interests included cooking at Christian Youth Camps at Mt Victoria; singing in the Voice of Melody Quior, an Interdenominational singing group that travelled extensively throughout Australia and was well known on radio. She enjoyed playing tennis, swimming, reading and dancing at the Rechabite Balls.

She was part of the Women's Bible Study Group at Oatley where she attended church up to 1998 before residing in a Nursing Home at Peakhurst where she passed into the presence of her Lord and Saviour on Wednesday, 18th May 2011.

Ruth was a valued member of our Order, who served in many ways by herself and with her husband over many years.

04/03/1930 – 18/05/2011

Rev Garland James Dillon

WELL done Gar! A century, and what a great innings.

A Service of Thanksgiving for the life of **Rev Garland (Gar) James Dillon** who died on 15th April 2011, age 102, was held at the Eastwood Uniting Church (Lakeside). [Gar was born in 1908, the same year as Sir Donald Bradman.]

In 1926 Gar attended the Christian Endeavour Convention in Melbourne which influenced his decision to enter the Ministry and in 1936 was ordained as a Methodist Minister.

Following retirement from full-time ministry Rev Gar Dillon was involved with the Temperance Movement and published a book entitled, *'A Delusion of the Australian Culture'* (1985) and as a member of the Executive of the NSW Temperance Alliance, became the editor of 'Tempo' being the newsletter for the Drug and Alcohol Awareness Council. The Alliance has evolved into being part of the Dalgarno Institute*.

In addition to family and friends the service was attended by temperance supporters in the struggle against the impact of alcohol and drugs in the community. It was a pleasure to see Mr Norrie Boorman, former NSW part-time volunteer office assistant and Mr Malcolm Campbell from the Rechabites (also a former member of the executive of the New South Wales Temperance Alliance and Dalgarno Institute representative).

Gar's endeavours, as well as his unwavering passion, will be greatly missed.

* Dalgarno Institute: See page 10



Much of Bro Ramsay's Part 1 material was included in The Editorial of the last issue of The Australian Rechabite. We present here the remaining material.

OUR Friendly Society has a proud history. Now, welcome "the ball in our court". The clue to success has always been temperance work. The blending of Christian concern with the practical implications of social reform.

It was successful in many countries following World War 1, notably the United States of America. Could it happen again – here? With us?

Yes, if we care enough. All that is needed is to have our pulses beating with social outrage – and a legal voting pencil in our hand. I do not say success will come easily – or quickly. It took America a hundred years of preparation. Then it came, State by State: People at the ballot box saying, "Enough is enough. Social sobriety hasn't failed, it hasn't been tried!" The near-14-year success, was sabotaged by "public servants" who refused to administer the very law they were paid to uphold. Disloyalty wrecked the 18th Amendment, with a helping hand by President F. D. Roosevelt, a vacillating "dry" who back flipped by using his power to introduce Repeal, resulting in the wrecking of the 18th Amendment.

In origin, IOR had social welfare as its passion, its heart-beat, long before governments introduced schemes of social security. As good sons and daughters of Rechab, we could repeat history by applying our own innovations, but first, we have to think what they are! Weaken our convictions and we die!

Firstly, and basically, we are a "friendly" bunch. An undistinguishing regard for human need – wherever we see it. But the greatness is in our "Society", the doing of good things in concert; working as an honorary

team. It is linking two themes, **temperance and service**, as naturally as bacon goes with eggs. Neglect the latter and the best part of our Tent Agenda slips off the table. As every soldier knows, there is honour in front-line service. Pleasing self by being absent, or, changing to another figure, the footballer who takes his eye off the ball (momentarily to see oncoming opponents) invariably drops it!

The important thing to remember is that we are not alone. I know it goes against the grain of hardened anti-drink campaigners, but I kid you not. The majority of moderate drinkers are on our side. They are the flip side of sobriety's coin! Our job is to convince those disciplined drinkers to join hands with us. Just a tiny shift from self-interest. A common vote for the addicted would do it! So long as we regard "moderates" as half way to alcoholism, they will retaliate by calling us "**wowser**". That's true! Wear it! **We Only Want Social Evils Removed**. It takes a lot of bias to put "moderates" with "evils".

There is another trap in temperance advocacy – we have the bad habit of giving simple answers to overwhelming complexities. Nor is there profit in responding to the "enemy" with fear, denial or hysteria. Fight the good fight cleverly: "If using cars, stay out of bars".

What I am trying to say is this: If we welcome the company of the multi-disciplinary professionals, as we should, we have "to know our stuff". Respect is earned. If they do not see us "delivering the goods" our credibility flies out of the window. Become acquainted with the insights of Social Workers, Counsellors, Sociologists, toxicologists, medical officers, psychologists and those specialists in sobriety, Alcoholics Anonymous. This list is not meant to be daunting. We are volunteers, not professionals. Friendship opens doors. Don't tell them you believe all drinking is evil. It

isn't true and it causes offence.

Now to the substances liable to abuse. Thirty years ago "pill-popping" of prescription drugs was in fashion. Then came the barbiturates, the LSD adventurers and the "Speed freaks". Today it is ecstasy and Methamphetamines – not forgetting the youthful sniffers of paint solvents and petrol. In spite of changing fashion, there are the poor and desperate who buy the non-taxable methylated spirits. There is heroin, certain mushrooms, betel nut, kava - the list is endless.

We are turning now to the user. All pleasure seekers are risk takers. They purposely bend the mind. It is a deliberate search for new experiences. It may be trying to repeat that first "rush" or to simply seek oblivion. Seeking pleasure is not necessarily pleasant. It may be an attempt to reduce pain, guilt, reality – or more simply to transcend life's ordinariness. A particular substance for a particular result.

Here is a story from ancient Persia. It tells us something. Three addicted men were walking toward a walled city. Their mistake was a late start. When they arrived, early evening, the only gate was closed. As they discussed what they should do, the opium abuser said they should settle down and sleep it off until morning, when the gate would open. The alcohol abuser was all for smashing down the gate. The marijuana man thought it possible for all three to enter the city crawling through the keyhole!

Intoxication (toxic as in poison), substance abuse, and addiction have at least three components – the agent, a particular drug with its precise physical properties and effects. Then there is the setting in which the drug is consumed, with its social and cultural influences. Not least, there is the person taking the drug - expectation, mood, the effects felt by the person, behaviour observed, or by medical

Temperance & Service

Part 2

by Phillip Ramsay

reporting. Limiting ourselves to mind-altering drugs, one effect can be physical dependence. Another is psychological dependence. Some drugs can give both, e.g., alcohol.

Now a hard fact for temperance people to accept: Just as no substance liable to abuse is totally harmless (so far, so good) one cannot say that it is inevitably harmful. I push the thought further: Law breaking aside, I know people who remain moderate heroin users! The same can be said for tobacco smokers, alcohol users, coffee drinkers (fourteen cups a day is the measure of addiction) Pharmacologists say that any drug can be harmful. It all depends on the nature or "power" of the drug, its purity, the strength and frequency of dose, the means of ingestion, even the mood or attitude of the person taking it.

But back with that pleasure-seeking phenomenon. The extent of drug abuse says something about ourselves and our disaffected contentment with sober living. Why should senior scholars, "escaping from High School celebrate "Schoolies Week" with binge drinking and drunkenness? Why is Maryborough, a town of 26,000 north of Brisbane, planning the world's biggest "pub crawl" that it seeks to dispel England – in Guinness' Book of Records is one ego thing. The damage it does to sensible alcohol education in their town is another!

What is so wrong about modern life that we spend time, money, and risk health to escape from it? I suspect Maryborough is chasing notoriety. The opium smoker chases the dragon. The solitary drinker escapes from boredom. For the contest drinker, the goal is not quenching thirst, or seeking drunkenness, but ego boosting. So then, is alcohol a servant of man – or its master?

This is being written on a public holiday honouring Her Majesty the Queen. On the two occasions she invited me to luncheon. Other guests waxed eloquent on the fine wines, sampled a few, and were duly impressed. Our Queen, in her quiet style of command, stayed with orange juice. And so did I! ■

"alcohol is clearly one of the most carcinogenic products in common use"

Alcohol and Cancer in the Spotlight

Studies in Europe and Australia confirm alcohol as a cause of cancer, but role of moderate drinking controversial

ALMOST one in ten (9.6%) cancers in men and 3% of cancers in women in Western Europe are caused by former and current alcohol consumption, according to a paper published in the British Medical Journal. Another analysis, from the new Cancer Council of Australia, published in the Medical Journal of Australia, shows the level of cancer incidence caused by alcohol in Australia is higher than previously believed, with one in five breast cancers being linked to alcohol. The Cancer Council concludes that "alcohol is clearly one of the most carcinogenic products in common use" and, like the main author of the European study, recommends abstinence from alcohol to reduce the risk of cancer. However, critics of the European study argue that its results actually show that moderate drinking plays only a relatively small role in cancer, and that most of the cases of cancer attributable to alcohol arise from levels of consumption in excess of recommended 'sensible limits'.

Cancer in Australia

The new analysis shows the level of cancer incidence caused by alcohol in Australia is higher than previously thought, with more than 5,000 new cases each year linked to long-term drinking. Applying the latest international data to Australia, the analysis estimated that 22% of the nation's breast cancer cases were linked to alcohol consumption. It also factored in new evidence linking alcohol to bowel cancer in men.

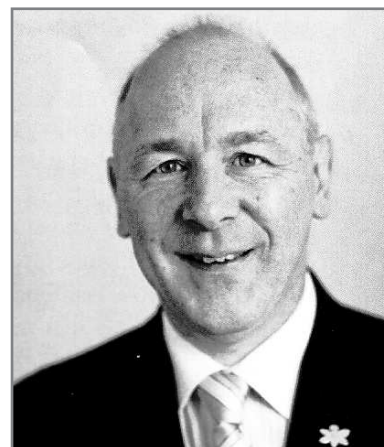
The Cancer Council of Australia has now published a position statement on alcohol and cancer, which recom-

mends abstinence from alcohol in order to reduce the risk of cancer. The main recommendations on alcohol use are:

Alcoholic drinks and ethanol are carcinogenic to humans. There is no evidence that there is a safe threshold of alcohol consumption for avoiding cancer, or that cancer risks varies between the type of alcoholic beverage consumed.

Cancer Council recommends that, to reduce their risk of cancer, people limit their consumption of alcohol, or better still avoid alcohol altogether. For individuals who choose to drink alcohol, consumption should occur within the Australian National Health and Medical Research Council (NHMRC) guidelines.

The Chief Executive Officer of Cancer Council Australia, and a co-author of the analysis, Professor Ian Olver, said community awareness of the links between alcohol and cancer should be raised so people could make more informed lifestyle choices to help minimise their cancer risk.



Professor Ian Olver

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Cancer Council Position Statement

Key Messages and recommendations

- Alcohol use is a cause of cancer. Any level of alcohol consumption increases the risk of developing an alcohol-related cancer; the level of risk increases in line with the level of consumption.
- It is estimated that 5,070 cases of cancer (or 5% of all cancers) are attributable to long-term chronic use of alcohol each year in Australia.
- There is convincing evidence that alcohol use increases the risk of cancers of the mouth, pharynx, larynx, oesophagus, bowel (in men) and breast (in women), and probable evidence that it increases the risk of bowel cancer (in women) and liver cancer. (Convincing and probable are the highest levels of evidence as determined by the World Cancer Research Fund and American Institute for Cancer Research and denote that the relationship is causal or probably causal in nature).
- Together, smoking and alcohol have synergistic effects on cancer risk, meaning the combined effects of use are significantly greater than the sum of individual risks.
- Alcohol use may contribute to weight (fat) gain, and greater body fatness is a convincing cause of cancers of the oesophagus, pancreas, bowel, endometrium, kidney and breast (in post-menopausal women).
- Cancer Council recommends that to reduce their risk of cancer, people limit their consumption of alcohol, or better still avoid alcohol altogether.
- For individuals who choose to drink alcohol, Cancer Council recommends that they drink only within the National Health and Medical Research Council (NHMRC) guidelines for alcohol consumption.

"We have known for some time that alcohol is a major risk factor for breast cancer, but only by applying international data to Australian drinking patterns were we able to estimate that more than one in five cases here are linked to alcohol," Professor Olver said. "Factor in the new evidence on bowel cancer in men and the established links to cancers of the mouth, pharynx, larynx, oesophagus and liver, and alcohol is clearly one of the most carcinogenic products in common use."

Professor Olver said the impact on breast cancer was a particular concern, as there were few other steps women could take to minimise their risk. "A lot of effort goes into raising breast cancer awareness, but how many Australian women are aware that reducing alcohol consumption is one of the best ways to reduce their breast cancer risk?" he said. Professor

Olver said the dose-response relationship meant the risk of alcohol-related cancer increased with every drink consumed. "The more alcohol you consume over time, the higher your risk of developing an alcohol-related cancer. So if individuals do choose to drink, our advice is to do so in accordance with the National Health and Medical Research Council guidelines, which recommend no more than two standard drinks a day".

Alcohol and Cancer in Europe

The figures for cancers caused by alcohol in Europe are based on risk estimates from the European Prospective Investigation into Cancer (EPIC) Study and representative alcohol consumption data compiled by the World Health Organisation (WHO). The study focuses on France,

Italy, Spain, United Kingdom, the Netherlands, Greece, Germany and Denmark. In the EPIC Study 363,988 men and women, mostly aged between 35 and 70 years at the time of recruitment were followed for cancer since the mid 1990s. The participants completed a detailed questionnaire on diet and lifestyle at entry into the study. Alcohol consumption was measured by specific questions on the amount, frequency and type of beverage that was consumed at present and in the past.

According to the International Agency for Research on Cancer (IARC) of the WHO, there is a causal link between alcohol consumption and cancers of the liver, female breast, colorectum and upper digestive tract. However, data had not been available on the number of cancer cases linked to total alcohol consumption or the proportion of cases caused by alcohol consumption beyond the recommended upper limit.

The authors, led by Madlen Schütze at the German Institute of Human Nutrition in Potsdam-Rehbruecke, argue that a substantial proportion (40% to 98%) of the alcohol-attributable cancers occurred in individuals who drank more than the recommended guidelines on upper limits of two standard drinks a day in men and one standard drink a day in women. (In this study, a standard drink is defined as containing 12g of alcohol and is equivalent to a 125ml glass of wine or a half pint of beer.)

The study calculated that in 2008, current and former alcohol consumption by men was responsible for about 57,600 cases of cancer of the upper digestive tract, colorectum, and liver in Denmark, Greece, Germany, Italy, Spain and Great Britain. Over half of these cases (33,000) were caused by drinking more than two alcoholic drinks per day.

Alcohol consumption by women in the eight countries caused about 21,500 cases of upper digestive tract, liver, colorectum, and breast cancer, of which over 80% (17,400) was due to consumption of more than one drink of beer, wine, or spirits per day. "Our data show that many cancer

cases could have been avoided if alcohol consumption is limited to two alcoholic drinks per day in men and one alcoholic drink per day in women, which are the recommendations of many health organisations", says Madlen Schütze, first author of the study and epidemiologist at the German Institute of Human Nutrition in Potsdam-Rehbruecke. "And even more cancer cases would have been prevented if people reduced their alcohol intake to below recommended guidelines or stopped drinking alcohol at all."

However, critics of the study accused the authors of downplaying the major finding that the principal link discovered was between heavy drinking and cancer, and of ignoring the alleged protective effect of alcohol in relation to cardiovascular disease. One, Professor Giovanni de Gaetano, Catholic University, Campobasso, Italy, concluded:

"The paper's conclusion is that only 10% of the total of cancer in men and 3% in women are attributable to alcohol consumption; however, the proportion of this that is attributable to 'moderate drinking' is very much smaller. This is especially the case for the truly 'alcohol-attributable' cancers such as upper aero digestive cancers and liver cancer, where the risk is appreciably increased only for very heavy drinkers and alcoholics. The authors' conclusion that these data support the efforts to reduce alcohol consumption in order to reduce the incidence of cancer is formally correct. However, as moderate alcohol consumption reduces cardiovascular disease and - what is more relevant - total mortality, their conclusion that one should totally abstain from alcohol is not justified based on current scientific data. Further, the authors surprisingly conclude that 'alcohol consumption should not be recommended to prevent cardiovascular disease or all-cause mortality.' They should more correctly say that heavy alcohol consumption should be avoided as it is associated not only with cancer incidence increase but also with increased fatal and non-fatal cardiovascular events and total mortality."

Australia tackles alcohol issues in football clubs

IN A move to prevent alcohol-related problems in community football clubs across the state, the Australian Drug Foundation has partnered with the State Government of Tasmania and AFL Tasmania to roll out their *Good Sports* program as part of the Government's new *Sporting Club Alcohol Strategy*.

The Australian Drug Foundation says that alcohol remains one of the major causes of preventable death and illness in Tasmania, and with growing evidence of a link between risky drinking and sports clubs, it is hoped that programs like *Good Sports* go a long way to protecting the community from the harms around alcohol, as well as helping to create enjoyable places for families and young people to socialise.

An initiative of the Australian Drug Foundation, the *Good Sports* program helps clubs implement alcohol management strategies such as removing the focus on alcohol in fundraisers and club events, providing safe transport options for members and ensuring bar staff are *Responsible Service of Alcohol* trained.

This is particularly important in Tasmania because

- alcohol is a factor in 25% of fatal crashes across the state;
- Tasmania has the highest proportion of young people who drink alcohol at risky or high risk levels (19.8%),

well above the Australian proportion of 15.3%, and

- more than one in ten Tasmanians currently drink alcohol at levels that put them at greater risk of long term harms, such as liver cirrhosis or cancer.

"Sports clubs are the hub of most Australian communities and provide a better way to change the way people think about drinking, and we are pleased to be able to offer assistance to clubs in making positive changes around their drinking culture," said Jane Crosswell, State Manager Tasmania, Australian Drug Foundation.

Evidence shows that *Good Sports* helps reduce risky drinking and increases the club's viability through new memberships and increased sponsorship. On average *Good Sports* clubs are increasing female numbers by 11% and growing their non-player membership by 17%.

The number of *Good Sports* clubs has grown by thirty percent in the last year with more than 4,000 local sporting clubs around the nation currently working to develop safer and healthier communities through the responsible management of alcohol.

For more information on *Good Sports* or to get involved please contact Jane Crosswell, State Manager, Australian Drug Foundation on 0419 535 993 or visit www.goodsports.com.au ■

Making 'Right Choices' from WCTU

THE news media plays such an important part in our lives today and in recent times reports of bullying and peer pressure and the sad results has been on our T.V. screens and in our newspapers.

Our young people must make many choices in this pressure-filled world, often with far reaching effects. Our National Office has prepared two leaflets to help them make the 'Right

Choices' and '*Stand up for Yourself'* when dealing with peer pressure and harmful behaviour. Supplies of these leaflets are available from the WCTU Office at our **new address**:

P O Box 24223, MELBOURNE VIC 3001 - or at the E-mail address: drugfree@net2000.com.au

Mavis Gerrish

Director of Education and Research
WCTU

Teaching responsible drinking 'doesn't work'

ALLOWING adolescents to drink alcohol under adult supervision does not appear to teach responsible drinking as teens get older. In fact, such a 'harm-minimisation' approach may actually lead to more drinking and alcohol-related consequences, according to a new study in the May 2011 issue of the *Journal of Studies on Alcohol and Drugs (JSAD)*.

"Kids need parents to be parents and not drinking buddies," according to the study's lead researcher, Barbara J. McMorris, Ph.D., of the School of Nursing at the University of Minnesota. Allowing adolescents to drink with adults present but not when unsupervised may send mixed signals. "Adults need to be clear about what messages they are sending."

In general, parents tend to take one of two approaches toward teen drinking. Some allow their adolescent children to consume alcohol in small amounts on occasion if an adult is present. The thinking is that teens will learn to drink responsibly if introduced to alcohol slowly in a controlled environment. This has been the predominant approach in many countries, including Australia.

A second approach is one of 'zero tolerance' for youth drinking, meaning that teens should not be allowed to drink alcohol under any circumstances. This less permissive position is predominant in the United States, with local laws and national policies often advocating total abstinence for adolescents.

To test how these different approaches are related to teen drinking, McMorris and colleagues from the Centre for Adolescent Health in

Melbourne, Australia, and the Social Development Research Group in Seattle surveyed more than 1,900 seventh graders. About half were from Victoria, Australia; the rest were from Washington State.

From seventh to ninth grade, investigators asked the youths about such factors as alcohol use, problems they had as a result of alcohol consumption, and how often they had consumed alcohol with an adult present.

By eighth grade, about 67% of Victorian youths had consumed alcohol with an adult present, as had 35% of those in Washington State, reflecting general cultural attitudes. In ninth grade, 36% of Australian teens compared with 21% of American teens had experienced alcohol-related consequences, such as not being able to stop drinking, getting into fights, or having blackouts. However, regardless of whether they were from Australia or the United States, youths who were allowed to drink with an adult present had increased levels of alcohol use and were more likely to have experienced harmful consequences by the ninth grade.

The researchers suggested that allowing adolescents to drink with adults present may act to encourage alcohol consumption. According to the authors, their results suggest that parents adopt a 'no-use' policy for young adolescents. "Kids need black and white messages early on," says McMorris. "Such messages will help reinforce limits as teens get older and opportunities to drink increase."

In a related study in the May issue of *JSAD*, researchers from The Netherlands found that, among 500 12 to 15-year-olds, the only parenting factor related to adolescent drinking

was the amount of alcohol available in the home. In fact, the amount of alcohol parents themselves drank was not a factor in adolescent drinking. These results suggest that parents should only keep alcohol where it is inaccessible to teens. In addition, parents should 'set strict rules regarding alcohol use, particularly when a total absence of alcoholic drinks at home is not feasible,' according to lead researcher Regina van den Eijnden, Ph.D., of Utrecht University in the Netherlands.

"Both studies show that parents matter," McMorris concludes. "Despite the fact that peers and friends become important influences as adolescents get older, parents still have a big impact."

The study by McMorris and colleagues was funded by the National Institute on Drug Abuse and the National Institute on Alcohol Abuse and Alcoholism. The research by van den Eijnden and colleagues was funded by The Netherlands Institute for Health Promotion and Disease Prevention. ■

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