



// DFCY Newsletter //

MARCH 2014

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DFCY March Newsletter



(Image from <http://www.lovethepic.com/image/56584/2014-is-going-to-be-better>)

Hi All,

As this is the first newsletter for 2014 I would like to wish you all a **HAPPY NEW YEAR**. I hope that the year has started off on a positive note and that each one of us has decided to take on the challenge to make **2014 better than the year before**. "Look to the Lord and his strength; seek his face always. Remember the wonders he has done, his miracles, and the judgments he pronounced,..." 1 Chronicles 16:11-12

In this March Issue you will find:

- **Drugs in the media : INXS** – Many of you would have heard of or seen the documentary on the Iconic Australian band INXS and the later suicide of lead singer Michael Hutchence. Below is a brief biography of the talented Michael from his early life to his final struggle with depression and drug abuse.
- **Can We Prevent Alcohol Related Violence?** – With Collingwood's Marley Williams being the latest high profile violence charge, the message must be getting clear about the link between alcohol and violence. The article from Blog site Generation Next tackles the many issues surrounding the abuse of alcohol and violence in Australia.
- **Southeast Asia Travel: Harsh Punishments for Drug Use** – Schapelle Corby, Michelle Leslie and The Bali Nine need we say more about the realities of smuggling drugs in Southeast Asia. This article provides a quick overview on the drugs laws and penalties in Southeast Asia.
- **Know Your Drugs: Alcohol and Tobacco**

ANNOUNCEMENTS

- **FESTIVE SEASON MOCKTAIL WINNER:** Thanks to Andrina Prnich who ran a Mocktail Competition through Breathe's Facebook page in December. We are pleased to announce that Kahlie Blazicevic was the winner with this fantastic mocktail. Congratulations and well done Kahlie who said she had fun making and serving it to family and friends over the festive season.

Strawberry Margarita

Ingredients...

500g fresh strawberries, raspberries and blue berries

¼ cup (60ml) lime juice

½ cup (120ml) orange juice

2tbsp sugar to taste

12 ice cubes

Strawberry and lime wedge for garnish.

Method...

1. Prepare the margarita glasses by putting sugar in a shallow dish.
2. Wet the glass rims with a lime wedge and dab it in the sugar to thoroughly coat it.
3. Blend together ingredients and pour into glasses.
4. Serve and garnish with lime and strawberries.

NEWSLETTER FEEDBACK: Email carolinefordrugfreeyouth@gmail.com

NEW MEMBERSHIP STRUCTURE:

The Women's Christians Temperance Union membership fees will be due in May. We would like to bring your attention to the new fee structure and the fact that there are three easy ways to make a payment.

Fee Structure

Full member: (Children free when Mum is a member)	\$20
Associate Member Men:	\$ 5
Affiliate Member:	\$20
Senior Member:	\$10
Drug Free Christian Youth (13-26y):	\$ 5
Drug Free Kids (6-12y):	Free
Little White Ribboner (0-5y):	Free

Full Membership - Women who sign the Membership Promise and pay annually.

Associate Membership - Men who sign the Membership Promise and pay annually.

Affiliate Membership - Persons or organisations who wish to support and pay the annual fee but who do not wish to sign the Membership Promise.

*Associate and Affiliate Members cannot vote or hold office in the organisation.

Membership Promise

With God's help, I will advocate and follow a drug-free lifestyle free from all alcohol, tobacco and illegal drugs.

Three Ways to Pay

We invite you to pay your membership through one of the following methods:

1. Online Internet Banking using our Westpac Banking Account
B.S.B: 736-011
Account No: 07-0081
Ref: MF-Giver's Name
In the "reference" line, please put MF (for Membership Fee) followed by your name, so we can identify you. Your receipt number or print out will be your receipt.
2. At any Westpac Bank
B.S.B: 736-011
Account No: 07-0081
Ref: MF-Giver's Name
In the "reference" line, please put MF (for Membership Fee) followed by your name, so we can identify you. The stamped deposit slip will be your receipt.
3. By giving it to your local WCTU member in the enclosed

Biography - Michael Hutchence

Michael Kelland John Hutchence was born on January 22, 1960, in Sydney, Australia. A vibrant and sensual performer, Michael Hutchence was the lead singer of INXS, a popular rock group in the 1980s and '90s. The son of a makeup artist and a businessman, he spent part of his childhood in Hong Kong. Hutchence grew up listening to the Beatles and the Rolling Stones, among others. In high school, he met keyboardist and guitarist Andrew Farriss, and the two became friends and bandmates. They formed a band with bassist Gary Beers. Later on, Farriss brothers, Tim, a guitarist, and Jon, a drummer, joined the group along with Kirk Pengilly, who played guitar and saxophone, forming what was then called the Farriss Brothers.



(Image from <http://www.biography.com/people/michael-hutchence-262382>)

After high school, Hutchence went to Perth with the band and played in some clubs there without a lot of success. They returned to Sydney and renamed themselves INXS. Landing a recording contract, the group released its first self-titled album in 1980. The group's first hit in Australia was "Just Keep Walking," and with their powerful live shows, they began to attract quite a following. With elements of funk and new wave, the band had a distinctive sound. Hutchence's strong vocals also won people over. He had great charisma with some comparing him to Mick Jagger or Jim Morrison.

In 1987, INXS released its most successful album, Kick. Along with the band's meteoric rise, Hutchence himself was extremely popular with his personable charm and good looks. He even took time away from the group for his own projects

In 1990, INXS released *X*, which failed to reach the heights of *Kick*. It did make it to the top 5 of the album charts and contained the top 10 hit "Suicide Blonde." The group did not fare as well with its consequent albums, but remained a popular live act, drawing large crowds to their shows.

Later that decade, Hutchence found himself in the headlines for his personal life. He started a relationship with a married woman, Paula Yates, a British talk show host. She was married to Sir Bob Geldof. Hutchence was labeled the other man in the couple's breakup and was the subject of intense media scrutiny. Yates and Geldof engaged in a very bitter divorce and custody battle over their three daughters. Hutchence is said to have suffered greatly under the stress of the situation.

At the age of 37, Hutchence was found dead in his hotel room in Sydney on November 22, 1997.

Article from: <http://www.biography.com/people/michael-hutchence-262382?page=1>

Carol's Note:

There are unfortunately many stories of artists, actors and athletes who whilst surrounded by many, live very lonely lives.

The main thing that sticks out for me is that drug and alcohol abuse can happen to anyone with or without all the money in the world.

The devil is skilled at reducing our self-value and leaving us without hope. This is the opposite of what scripture tells us, we are so precious to God that he gave his **ONLY** and beloved Son to save you and I (John 3:16). That is how much **YOU** are worth.

If there is anyone who is going through issues of depression, lack of hope and having suicidal thoughts please get help. There are more people who are affected by this than we realize. You are not alone.

Here are a number of links:

- 1) www.beyondblue.org
- 2) <http://youthfocus.com.au/>

or call Lifeline Australia on 13 11 14

Southeast Asia Travel: Harsh Punishments for Drug Use

Southeast Asia's governments impose the toughest drug laws on the planet. You can't blame them – the legendary "Golden Triangle", a patch of real estate bordering Thailand, Laos and Myanmar, is smack in the heart of the region, and is a world hotspot of narcotics production.

The CIA Fact book calls Myanmar the "world's second largest producer of illicit opium").

In spite of such draconian measures, certain places are flush with illegal drugs. However, you should still defer to local laws when offered a chance to indulge – your status as a foreigner does not make you less likely to be punished for drug use, quite the opposite!

Some general, unsolicited advice:

- Don't get conned into carrying drugs for others, whether as personal favors or for profit. The risks far outweigh the possibility of getting away with it. You can bet the Bali Nine or Schapelle Corby (see Notable Arrests below) thought they could get away with it, too.
- If you're bringing prescription drugs with you, play it safe and bring the prescription for these drugs.



(<http://www.knuj.net/2013/12/mn-ag-department-trade-mission/>)

Notable Drug Arrests

- **Schappelle Corby** - convicted of smuggling almost 10 pounds of marijuana into Bali. She could have received a death penalty – instead, the judge sentenced her to 20 years in prison. (Schappelle Corby – Wikipedia)
- **Nguyen Tuong Van** - hanged at Singapore's Changi prison in 2005. He had been caught with 14 ounces of heroin at Changi International Airport during a stopover between Cambodia and Australia. The Singapore government denied the Australian government's request for clemency. (Nguyen Van Tuong – Wikipedia)
- **The Bali Nine** – an Australian drug ring facing the death penalty for smuggling heroin into Bali. They are being held for attempting to smuggle 18 pounds of heroin into Bali. (Bali Nine – Wikipedia)
- **Michelle Leslie** - Australian model caught with two Ecstasy pills in 2005. She later pleaded guilty to possession, was sentenced to time served, and was

- **Kevin John Barlow and Brian Geoffrey Chambers** were hanged in Malaysia in 1986 for trafficking five ounces of heroin. (Barlow and Chambers execution – Wikipedia)

Drug Laws and Penalties in Southeast Asia – by Country

Southeast Asian countries have strict laws in place for drug-related offenses, and aren't afraid to use them.

The pertinent laws and penalties for each country are listed in brief below.

- **Cambodia:** The death penalty was abolished in Cambodia, but drug laws remain strict for those caught with controlled substances, at least on paper. Cambodia's laws prescribe punishment ranging from 5 years to life in prison, but law enforcement is lax.
- **Indonesia:** Indonesian drug laws prescribe the death penalty for narcotics trafficking and up to 20 years in prison for marijuana offenses. Simple possession of Group 1 drugs results in prison terms of four to twelve years. More on Indonesia's drug laws here: [Drug Laws in Bali and the Rest of Indonesia](#).



(Image from: <http://www.abc.net.au/news/2013-11-08/an-rising-consumption-of-synthetic-drugs-in-asia3a-un/5080120>)

- **Laos:** The Criminal Code of Laos penalizes possession of narcotics under Article 135. Under a new amendment to the existing Code, possession of at least 3.5 ounces (100g) of heroin can get you 10 years' imprisonment and a fine of up to \$35,000 (100 million kip).
- **Malaysia:** Long jail sentences and heavy fines are mandatory for suspects caught with controlled substances, and the death penalty is prescribed for drug traffickers. The law presumes you are trafficking in drugs if you're caught in possession of at least half an ounce of heroin or at least seven ounces of marijuana.

- **Thailand:** In Thailand, the law prescribes the death penalty for carrying category I narcotics (heroin) "for the purpose of disposal". The death penalty for drug trafficking has not been imposed since 2004, but rehabilitation counselling is often imposed on convicted drug users.
- **Vietnam:** Vietnam strictly enforces its drug laws. As prescribed by Article 96a and Article 203 of the Vietnamese Criminal Code, possession of heroin in quantities larger than 1.3 pounds gets you a mandatory death sentence. In 2007, 85 people were executed for drug related offenses.

Read more of the article at:

http://goseasia.about.com/od/travelplanning/a/seasia_drugs.htm

Back to Basics – Know Your Drugs



(image from <http://cittcit.wordpress.com/2012/05/31/juvenile-delinquency/>)

Alcohol

Alcohol is a popular liquid depressant drug, which means it slows down the messages travelling between the brain and the body.

Effects of alcohol

In small doses, some of the short-term effects of alcohol are reduced tension and relaxation, but these are also accompanied by reduced inhibition (your ability to stop yourself from doing something you know you shouldn't), coordination and reaction time – all of which put you at risk.

LONG-TERM EFFECTS

Alcohol travels through your bloodstream and can damage your brain, stomach, liver, kidneys and muscles. As a teenager, your body is still developing, so damage done to it now can affect the rest of your life.³ Over time, drinking can wreak havoc with your body and mind.