



Really!?

55 Celebrities Who Won't Drink Alcohol

<https://www.harpersbazaar.com/celebrity/latest/g11644970/celebrities-who-dont-drink-alcohol/?slide=9>

Bottle Shop in Your Pocket! (with even less accountability)

Of people reporting alcohol delivery within two hours, 70% consumed more than 4 standard drinks on the day of delivery and 38% consumed 11 or more standard drinks on the day of delivery.

Only 38% of people report having their ID checked when receiving alcohol home deliveries in the previous 12 months. (F.A.R.E. 2020 *Annual Alcohol Poll. Attitudes and Behaviours*)

<https://fare.org.au/wp-content/uploads/ALCPOLL-2020.pdf>

A 2020 cross-sectional website content analysis of the 65 most visited Australian alcohol delivery websites found that three quarters (75.4 %) of websites advertised that they would leave alcohol

UN 66th Commission on Narcotic Drugs – 2023

The United Nations Office of Drugs & Crime hosted the [66th Session of the Convention on Narcotic Drugs](#) which was again staged at the United Nations headquarters in Vienna Austria, in March this year.

This important international event brings both government and non-government agencies and representatives from every continent to discuss, debate, review and otherwise examine the world drug problem.

The Dalgarno Institute has attended four of these events, and sent our Executive Director for the first time 4 years ago to be present along with the meeting of the World Federation Against Drugs – an event at which he was elected for the first time to the [WFAD board](#), as a deputy board member for Oceania Region.

2023 saw an important first for our Institute; with our recently achieved [ECOSOC \(Economic & Social Affairs Consultative\)](#) Status to the United Nations, we were able to not only attend

and represent in our own right, but we conducted our first Seminar in this context at a side event.

With so many *bad actors* hijacking sound drug policy frameworks and attempting to redefine or change the International Drug Conventions, the voice of prevention and recovery is being undermined – with the new cannabis trojan horse being a key tool in the pro-drug activists kit to change laws that currently protect communities and their families and children.



Our Executive Director – always advertising!

ALCOHOL COSTS

\$55 billion

Estimated cost of harm from alcohol and drug use*

Nationally

Two-thirds of young men who drink at risky levels consume **11 or more drinks** on one occasion*

Most harmful substances

1. Alcohol
2. Crystal methamphetamine
3. Heroin**

Dalgarno Happenings!

D.A.R. Team Think Tank

As you are aware, our Institute is one of the longest standing movements in the country. Even though we are a grass-roots based, public interest health education charity, we are by no means 'lay' in our approach or capacity.

Even though our original content and programs are developed and produced most often by un-paid staff and other volunteers, you can be rest assured all the evidence-based work is thoroughly backed by an exceptional and growing Resource team – The [D.A.R. Team Think Tank](#).

From the very outset or our latest iteration of our movement – the Dalgarno Institute, has had in play a highly qualified and deeply experienced **reference group**. This vital human resource boasts not less than three professors from various disciplines, but also practitioners and clinicians.

We are very excited to announce a new addition to this growing team from the United States, **Dr Karen Randall, MD**.

Legalising Cannabis:

Pre-emptive strike to all Victorian Upper House Members.

The relentless push of a small, but noisy and now tacitly media backed pro-weed cohort continues. We always knew that the strategy for liberalising cannabis was to frame it in the 'medicinal' context – [despite the damning evidence against it](#) – has been achieved. Of course, the next step is to decriminalise and quickly move to legalise this psychotropic toxin into the open public square – [A.C.T. first to do so](#).

The Dalgarno Institute, along with others in the Prevention Taskforce group have been publicly challenging this. First with submissions to the [2018 Federal push](#) initiated by liberal democrats, then two years ago with Sex Party MP Fiona Patten launching her own loaded parliamentary 'inquiry' into essentially legalising cannabis at which [Dalgarno also presented](#).

Of course, all this public posturing by pro-drug politicians are drivers to give further 'legitimacy' to the cannabis using cohort. The agenda is to make enough noise giving the illusion of 'normality' around this substance and present the unwitting majority non-drug using public that this is inevitable.

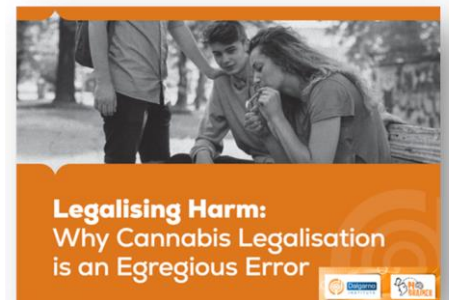
Even as Victorian parliament was just preparing to sit for the first time this year, the Dalgarno Institute sent a digital submission – a full briefing on the harms this very under-

estimated drug and the very real future harms any further liberalisation of this substance will bring.

We then followed this up two weeks later with a physically delivered hard copy of all the pertinent data around this drug.

As we have now fully realised, it is not fact, or evidence or even best-practice that is a driver for policy making, it is the vested interests of those who leverage to control.

After MLC Patten Inquiry recommended cannabis for recreational purposes be legalised, Premier Andrews stood on steps of parliament and declared 'not on his watch'. We only hope this best-practice intervention stands.



For copy of the main paper go to

https://d1r9bdsrv6vekg.cloudfront.net/images/resources/pdf/aod/Legalising_Harm_24-02-23.pdf

Heritage 100 Club: Soft Launch

Two Funds:

'Future Fund & Fighting Fund'

Our first Award was presented to long-time supporter, Silver Partner – Fighting Fund*

More to come
*Requested anonymity.



No Brainer Education

New Offerings: Mental Health issues in the emerging generation is a growing and deeply concerning phenomenon.

Many factors and elements contribute to this growing public and personal health crisis, including emotional deficits, omissions and various traumas of abuse and neglect. However, one factor that has both a disturbing, and all too often irreversible impact on mental health and wellbeing, is the alcohol and other drug factor (AOD).

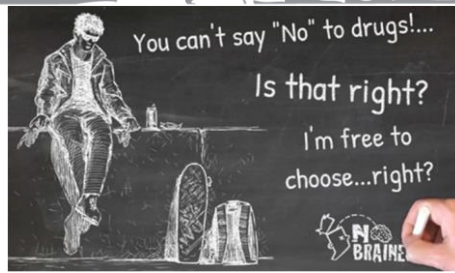
As some 'grown ups' clamour for greater liberalization of drug laws and the egregious example to the emerging generation that brings, students often continue to look to these models as a cue, not merely from a poor behavioural choices aspect, but all too often the model of self-medication being passively and [actively foisted on the developing child](#).

All humans were designed for [Reward and Exploration](#), but this pattern is so easily hijacked by [Rebellion and Experimentation](#) counterfeits, which often are unwittingly reinforced by inaccurate cultural memes, like... *'all kids are gunna rebel, can't do a thing about it!'*

The United Nations Office on Drugs & Crime ([UNODC](#)) continues to promote [prevention and demand reduction](#) for not only children (up to 18 years of age) but those still in developing brain stage - 12 to 30 years of age) The World Health Organisations (W.H.O) [Comprehensive Mental Health Plan 2013-2030](#) also seeks to give young people the best chance to develop sound mental health frameworks in which substance use has no place.

As part of the Dalgarno Institutes educational offerings (alongside our [Humpty Dumpty Dilemma Resiliency Project](#)) we have developed a number of key workshop/seminars on AOD and Mental Health for your teachers and students. Including...

- Mental Health in a Bottle???**
- Which substance will help my 'mental health', Hmm, let's try?**



Apparently, we were 'wrong'? You CAN'T SAY 'NO' to Drugs, after all?

A Follow up: Late last year the Executive Director presented a webinar on Alcohol & Mental Health after being approached by a charity in that space. After much preparation the presentation was delivered in our usual Demand Reduction and Primary Prevention fashion - in line with the First Pillar of the National Drug Strategy.

Of course, our messaging wasn't just about the harms of alcohol - which are excessive, but more about the need for proactive options that help people put it down. However, more importantly, to empower the young to delay or even deny uptake for as long as possible.

The hosts were very happy with our presentations and said, in private, it was one of the most professionally presented webinars we had, as the following comments affirm... *"Hi Shane, Last week's seminar was extremely helpful, professional and excellently delivered. Apart from that it was enjoyable and entertaining. It has added a lot to our discussions about addiction, causes and necessary responses. Many thanks..."*

Ah, but alas a large and well-funded competitor in the 'mental health' arena, took exception and went after them for using this 'Just say NO to drugs' group!

Despite our presentation being fully researched using current data on alcohol harms, we simply didn't want to just play the now so well-worn mode of 'just telling people how to use more 'safely'...' If best-practice care for the developing brain is a priority, we need to be giving them protective tools to deny the drug and give themselves best chance to develop more healthily.

The 'chastisement' was not only insulting, but in classic cancel-culture fashion, it was bullying.

So, the downside is that whilst we are still very much valued by this group, we are on hold in the public space for the moment. The upside? Such a big and well-funded 'mental health group' took enough notice of 'little ole' Dalgarno Institute to take a swipe.

Our small Coalition is almost a lone voice of reason in a cacophony of drug use normalisation messaging - that's why it is vital we not only stay in play, but secure funding to better broadcast our proactive and protective message to the overwhelming silent majority who do not want their families having to fight against 'agencies' who are tacitly espousing the faux 'normalcy' of drug use.

Our Priorities, Unabashedly Hold.

The Dalgarno Institute's priorities still stand. We are utterly committed to the health and well-being of our communities, and most **particularly our kids**.

The priority pillar of the National Drug Strategy is **Demand Reduction** - Not promotion, permission, or provision, it's **reduction**. Messaging that generates cognitive dissonance in this space, especially for kids, is a cynical ploy that only harms, never helps. We need to resource our message more and more, and your generosity is invaluable to help us **do this**.

<https://www.givenow.com.au/nobrainier>

Yet not all 'actors' in the AOD, Mental Health and Youth space share this same bewildering mindset.

Youth Wise Magazine had

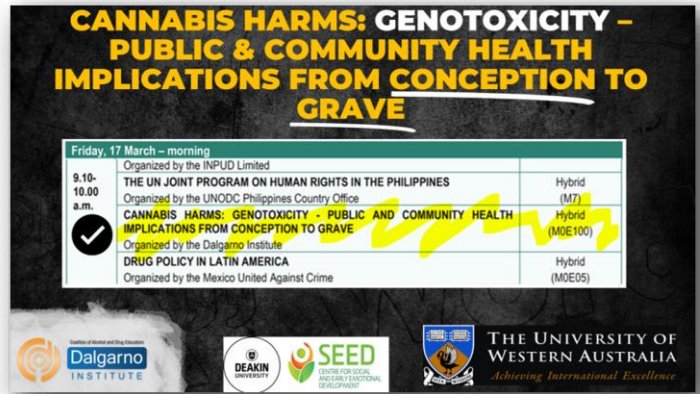
approached The Dalgarno Institute to submit an article, and to promote Prevention Education Programs. One of our own Board, Tracey, wrote an amazing article on her journey into drugs and the utter lack of prevention and demand reduction in her youth that she so wished she'd had. So impressed were they that we were given inside cover of the **Magazine to promote our program**. <https://www.youthwise.com.au/index.html>

At this year's event our Institute took a team to Vienna including two Professors; one from Deakin University and one from University of Western Australia. Along with an online presentation from Professor Stuart Reece, Messrs. Toumbourou and Hulse gave outstanding presentations on the genotoxic, neurotoxic, and subsequent community harms of cannabis at all stages of the life journey.

Our presentation titled ***Cannabis Harms: Genotoxicity – Public & Community Health Implications from Conception to Grave*** was allocated a session time later in the week, annoyingly a time where many delegates have left the conference. Despite that, we had good in person and online attendance.

The 50-minute session was introduced and facilitated by our Executive Director and then 10 to 20-minute strong evidence-based presentations on published research was given to the attendees, many who were ignorant of the deeply concerning harms of cannabis in this arena.

The presentations and the video recording of [all three were loaded up to](#)



[our website](#) and links circulated to not only our networks nationally and internationally, but numbers of delegates from the 66th CND. Though this was our second foray into presenting in the United Nations arena, it was our first as an [ECOSOC consultant](#).

Team@ Dalgarno Institute



Dalgarno Team Presenting

SUPPORT OUR WORK!

HELP US MAKE IT EASIER TO SAY... 'NO THANKS!'

Name

Address

Postcode

Email Phone

Please debit \$ from my credit card: Mastercard Visa

Card No CW

Expiry Date / Signature

Schools Education Fence Building Bounce (Parent Night)

LEAVING BEQUESTS

Many long time and faithful supporters have and will choose to leave a portion of their estate to the work of Temperance. Whilst over the years, the labour and passion of our movement has not changed, its name has.

Consequently we have had recent experiences of Estates leaving bequests to our work, but under a previous name. As you can imagine, this creates some legal issues and often delays or denies our movement receiving the gracious gift.

To avoid this, we would like to simply request that if you have, or intend on, leaving a bequest to the work of Temperance that you stipulate it be given to DALGARNO INSTITUTE (C.O.A.D.E Inc.) This will ensure your gift contributes to the continuation of helping Australians have a better chance of a safer and healthier future.

Thank you for your understanding in this matter.



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