



THE FENCE BUILDER

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REALLY!

1. The alcohol industry's best customers represent just 20% of Australians aged 14 and above, yet they account for 74.2% of all the alcohol consumed as a nation each year. If the top 20% of the population reduced their consumption to within national guidelines (no more than two standard drinks per day), then the total alcohol consumed in Australia would decrease by 39% or 38 million litres of pure alcohol. The top 10 per cent of drinkers had increased their proportion of alcohol consumed from 48.9 per cent in 2001 to 53.2 per cent in 2013.¹

2. "A 10% increase in the number of outlets in the child's community was linked to a 17% higher chance they would be consuming alcohol by the following year." Deakin University 2015²

3. Alcohol harm is a tremendous burden on the young people of the world: Alcohol consumption causes death and disability early in life – relative to other health hazards. The age group 20-39 is @ 25% of the total deaths are alcohol-attributable!³

1. <http://www.smh.com.au/national/health/one-in-five-australians-consume-three-quarters-of-alcohol-report-finds-20160119-gm9ah6.html#ixzz3xptIM6vf>

2. <http://www.dailytelegraph.com.au/news/teenager-alcohol-use-more-likely-in-victorian-areas-with-higher-licensed->

3. <http://www.who.int/mediacentre/factsheets/fs349/en/>

"I Quit!" A recent and true story.

With every Tarantino movie, the soundtrack plays a pivotal role. Each song is a carefully selected piece of pop culture iconography, with a strong resonance to the script. So when Pulp Fiction, the most quotable crime movie of all time (IMHO), came out in 1994 with a wild story and an eclectic soundtrack, I thought I had found the soundtrack of my life!

I was away at boarding school and it certainly became the theme song for my rebellion over the final three years of high school.

You see, I was the eldest son in our family and from the country. Though reasonably adept in my social skills, I always felt like I wasn't part of the partying in-crowd, unless of course, I was drinking - willing (and able) to drink as long and hard as them.

So despite my insecurities, I found acceptance in high school through drinking regularly and heavily - often, stupidly in fact.

All this came flooding back, recently, when I returned to the National Capital after 15 years in Melbourne, to attend my 20-year School reunion at one of the most prestigious schools in Australia. We were all 20 years older. Many were a bit hairier, most were a bit fatter and a lot of them had made lot money. Some of us were a little greyer or balder but one thing certainly hadn't changed an iota ... our drinking habits. Everyone except me, that is.

The main 'luncheon event' was great (though the luncheon consisted of lots of beer and wine and half a dozen canapés). What happened next was exactly what everyone expected. After watching the First XV Rugby for an hour, most of us retired to the Public Bar in nearby Manuka, where we started out around bar tables with some deep and meaningful conversations with past friends, most of us, after almost twenty years apart. But I decided to leave after three hours drinking nothing but sparkling water.

You see, just two weeks before, I had quit. Not smoking but drinking.

After watching all the other 'Old Boys' buying rounds of drinks at an alarming rate of four or

five pints an hour, I decided to leave and catch up with some other friends who couldn't (or chose not to) make the Reunion lunch.

Most of my high school mates could never understand why anyone (in their right mind) would choose not to drink. It was unheard of - certainly antisocial, almost heretical.

The main reason was that I had come to realize I had a problem with alcohol.

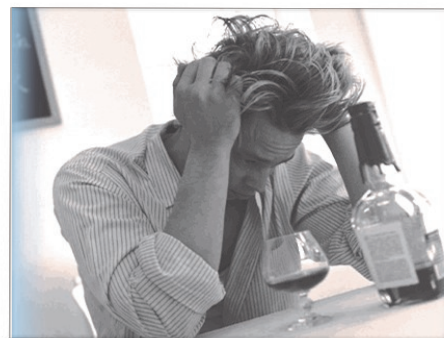
You see; I told everyone that I loved 'the taste' of alcohol. I really loved the taste of a great Cab Sav from Margaret River or a Peter Lehman Shiraz. I also enjoyed an occasional crisp Sauvignon Blanc from Marlborough NZ. I also loved hearty craft beers and the odd Irish whiskey.

But about a month ago, I decided to be honest with myself, for a change.

I had to admit the main reason I drank was that I had alcoholic tendencies, developed in high school.

It also changed the way I felt about myself and the world – it made me feel like I fitted in, it silenced my doubt and negative self-talk, it reduced my stress and silenced any anxiety - i.e. I was effectively self-medicating.

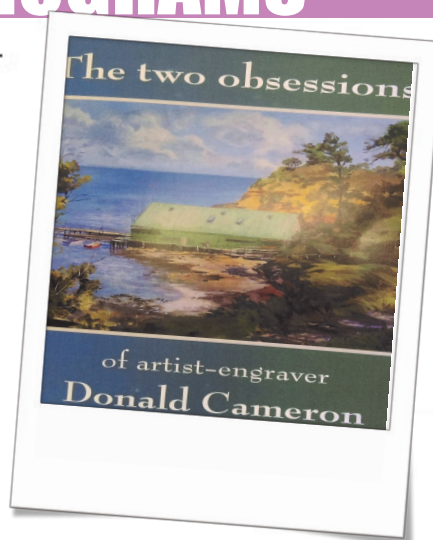
I also recognised that I lacked the self-awareness or self-discipline to regulate my drinking, to stop at just one or two. On most occasions, I would not stop until the bottle was empty or there was no more left. I always felt better when I was drinking. That is why I drank. The problem was that the aftereffects - tiredness in particular, but also anxiety and lack of clarity - dragged on for 2, 3 or 4 days afterwards.



Continued on back page

PROJECTS & PROGRAMS

P.A.D.D.: People Against Drink Driving continues to be an important part of the Dalgarno Institute stable of advocacy resources. Although most Australians are across this issue and making smarter decision around drinking and driving (thanks in large part to PADD and other Dalgarno historical initiatives) the issue still warrants attention from time to time. Drug driving is not overtaking drink driving as an issue and as such the PADD brief easily envelopes this new disturbing incredibly dangerous phenomenon. One of PADD's founding members, the renowned Australian artist Mr Donald Cameron, has published his latest book: *The Two Obsessions of Donald Cameron!* Which explores both his remarkable artistic journey and his long and invaluable campaigning against the scourge of drink driving. For a copy of the book you can contact



21 Be There: Whilst this particular advocacy project has gone a little quiet in the public space, it does not mean it remains inactive. The website and petition continue to be in play and with Twitter feed and blog updates, the project continues to be a good source of data on alcohol and the young. Along with www.greaterrisk.com, members, friends and others can find succinct and accurate data on the impact of alcohol on the emerging generation.

Partae Girl DVD Curriculum—NSW Project: Deployed 100 copies of this excellent resource to Principals of key Sydney and rural NSW Secondary Schools.

This resource produced by The Dalgarno Institute and co-written with Australian Teachers Of Media (ATOM) is not only a quality Demand Reduction Education resource, but has been heartily endorsed by two of NSW's most proactive anti-drug educators Mrs Angela and Mr Tony Wood. (*Authors of 'Anna's Story'*)

We were able to provide this curriculum at no cost to the 100 schools due to the generous funding of I.O.R. NSW. This long standing community based, not-for-profit public interest group, was very keen to support the deployment of this quality resource. We acknowledge both I.O.R. NSW generosity toward, and vision for, the emerging generation.

Partae Girl is a very easy curriculum to utilize with its plug-and-play format. This two session format takes the student on a journey of drug uptake, habituation, the influencing factors and the all too often inevitable consequences of drug use. The presentation is done graciously and wisely, with a sensitivity to the issue, yet focusing solely on Demand Reduction and Prevention agendas – not 'safer' drug use. It will generate a great deal of positive dialogue around smarter choices.

To get your copy you can go to [Dalgarno Institute Store](#)

The Institute: Team & Transition

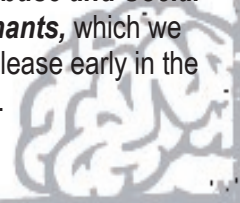
New Board—It is with both sadness and great appreciation that we said farewell to both our Chair and Deputy Chair at our October AGM. Both Ian Watkinson and Jo Baxter had served their allocated times on the Board with both enthusiasm, professionalism and hard work! Tenure timing and family issues were key elements in their decisions to move off the Board. Jo continues to be part of our partnership space and Ian continues his keen interest in our work. On behalf of our entire membership we say a huge THANK YOU to you both for your outstanding contribution over the past years.

We also take this opportunity to welcome to our Board two new members. Mrs Kathy Scott is a school teacher, Chaplain and mum and was a key contributor in the earlier development of our *I Wish I Never DVD Curriculum*. Our other new member, whilst actively involved in our **DART Team** in previous years, has now stepped up into this important Board position—Mr. Neil Meyer, State Director of Teen Challenge. Neil will bring another level of expertise and experience to the governance space. Our new Chair is Mr. Ian Mann, who brings a wealth of experience and expertise to

this important role, has already taken an active lead in our developing vision. Of course the back bone of the Board, our Treasurer and Secretary, Mr David Purnell continues his outstanding work—Big Thanks Dave!

Staff—The staffing focus is transitioning to partnerships and training. This new phase commenced mid last year with the Executive Director role transitioning to the National Partnerships and Training Officer position. Board members took over some of the administrative aspects of the E.D Role to free Shane Varcoe to develop the wholesale aspect of

our work. Dylan Redman continues on in a consulting role in the Operations brief. Whilst our Education Officer Deb O'Mahony got married and decided not to renew her two day a week contract—we wish her well! Our Research Officer, Derek Steenholdt continues to provide invaluable work in not only data collection/collation, but in assisting in our very soon to be released 14000 word White Paper on **Substance Abuse and Social Determinants**, which we plan to release early in the new year.



PARTNERSHIPS & EDUCATION—THE ROLL OUT CONTINUES



One80TC—#NotEvenOnce A.O.D. Education Team!

Beyond the Ambulance— Restoring and Rebuilding Resiliency in our Community: For Generation Now

The partnership with our friends at Teen Challenge continues to grow after our successful pilot with the Tasmania Crew last year. Over the last 12 months we have been dialoguing with the State Director of NSW Teen Challenge (known as **One80TC**) and the team with the plan to start training and rolling out the AOD education program this year.

The Hawkesbury Project is a collaboration with the NSW Police, Secondary School Principals in the area, and the Windsor RSL, who came together to look at the growing and very damaging drug issues in this part of Greater Sydney.

The RSL have funded the demand reduction education strategy for three years, and we commenced phase one this November. The three weeks training includes a Primer section viewing and reviewing key DVD resources. Followed by a two day in class training intensive

and then approximately 3 weeks in the apprentice mode, delivering to schools in the area. Our **NO BRAINER** product is licensed to Teen Challenge who deliver it under the **NOT EVEN ONCE** banner. Over the next 12 months we will continue to train the team in all three of our school incursion seminars, as well as our sporting club, community and parenting modules—along with the deployment of our DVD curriculum and resources where appropriate.

Again, this is not only a further realization of our long time 'wholesale' delivery goal, but the further opening up of NSW to our Demand Reduction Education strategies and resources. The team at Teen Challenge are not only passionate about this new phase for them, but thoroughly committed to this strategy and engagement. This exciting component to the Dalgarno Institutes Education and Resourcing strategy continues to grow. Other partnerships/training pending are—Teen Challenge QLD—Access Ministries Chaplaincy— And we are in conversations with S.M.G. in South Australia. **Shane Varcoe, N.T & P. Officer**

One80TC—Big three weeks of training

Well it's been a very eventful 2nd week as ONE80TC in partnership with the Dalgarno Institute and Teen Challenge Tasmania continue to roll out their resiliency building seminars named NEO (Not Even Once)

We launched head first into 4 High Schools within the Hawkesbury Local Government Area (all of whom are experiencing the day to day battle) with school students experimenting and even dealing with illicit drugs. To say that we were greeted with open arms would be an understatement as staff at every level spoke openly and frankly of the need for such a program. We covered grades from year 7 through to year 10 and the response was overwhelmingly positive as evidenced by the feedback sheets and conversations with the students and staff after the presentation.

To date every school that we presented to has asked us to "please" come back and do the follow up seminars so we can further reinforce the "not even once" message and build both resilience and a positive culture change. I have been very impressed with the amount of energy and commitment to the program that Shane Varcoe has demonstrated and he is definitely a man with a deep desire to help young men and women make informed, educated decisions if and when confronted with life choice which include experimenting with drugs and alcohol.

I look forward to all that lays ahead for this wonderful program in 2017.

Regards, Mark Hill—CEO One80TC



Around the same time last month, I was talking to a friend who had been recently prescribed SSRI anti-depressants after he lost his job. He was told by his doctor "Do Not Drink while you're on these." This stumped me and came as a surprise. For I had been on SSRIs (anti-depressants) since a major accident/near-death experience 15 years ago but had never stopped drinking for more than a week. (N.B. I may have been told this by a doctor at some point but I can't remember). So when I thought about all the above factors, I realized that I needed to not just "slow down a bit" or "just drink with food" (advice given by friends) but to bite the bullet and QUIT. But there was still another factor, which needed to be dealt with and it related to both my childhood and the reason I started drinking in late high school. It was the interaction between what I believed and how I lived my life. Growing up, my parents were not big drinkers, in fact they were reasonably anti-alcohol, they never rammed this down our throats (although now, I wish they had) but they had decided together to not drink. In fact, I've been told it almost caused an uproar among their (heavy drinking) families when they decided to have an 'alcohol free' wedding reception. To the uncles and aunts, many whom were AA members, it was like asking people to come to a pool party with no swimming. As a result, we had very little alcohol in our home.

So when I thought I discovered "the joys of alcohol" and partying at 17, I thought my parents were crazy (and boring) for not drinking. Though they were Anglicans - and my Dad was an Anglican Minister, I thought the reason they didn't drink must have been purely "old-fashioned legalism" - like those other 'hyper-conservative' religious types. But it is only now that I'm discovering the benefits of not drinking, not only to physical health, but to mental health and emotional health as well.

So I've had to recognise after years of defending my own bad attitude and behaviour, that those who abstain from drinking might be on to something. To tell you the truth, I feel far better off without it — in both mind and body. In fact, I have more energy and more focus and less anxiety than I have had for a long, long time.

My decision wasn't about social conservatism, religion or moralism. It was about physical, emotional and mental health. So if you find yourself "needing a drink" at the end of the week; are forever feeling tired; suffer from depression or anxiety - or are on medication for it, or find you are drinking more than one or two on any given occasion. I strongly recommend you consider the health benefits of quitting.

Try it for one month—I promise you will notice the difference.

Yours in better health, Dean (Married and Father of two young children)

Support our work! Help us make it easier to say...
'No Thanks!'

Name _____

Address _____

Postcode _____

Email _____

Phone (____) _____ \$ _____

☐ please debit my credit card ☐ Mastercard ☐ Visa Expiry _____

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Signature _____

☐ Schools ☐ Education ☐ Fence Building ☐ Research (D.A.R.T.)

☐ Bounce (Parent Night) ☐ B.O.W.I. Mission (Better Off Without It)

Gifts of \$2 and over to COADE Inc (Dalgarno Institute) are Tax Deductible

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 at a safer and healthier future.

Thank you for your understanding in this matter.