



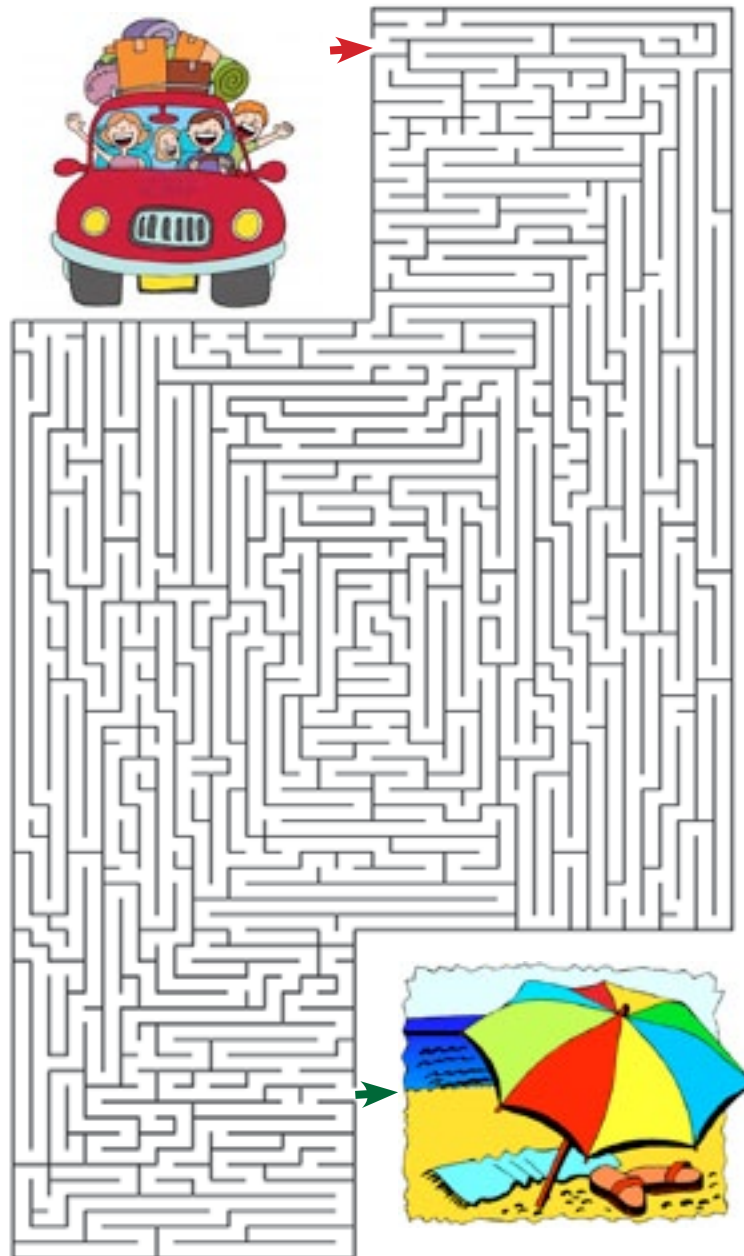
As you come to the end of 2015, are you looking forward to the end of school for another year, fun times on summer holidays, and Christmas gatherings with family and friends?

Unfortunately, some people will experience sadness instead of happiness during these holidays.

With increased time for leisure and celebration parties, they choose to drink alcohol. As a result, crime, domestic violence and road accidents can occur and bring hurt, sadness, tragedy and even death.

Choose to always be alcohol free and enjoy the holiday times with your friends without sadness or regret.

Help the family to find their way through the maze to the beach. They need clear minds to find their way. Unscramble the words below to find what they need to avoid in order to enjoy their holiday.



GRNKIIDN
HLOOAC

KNIGOSM

SURDG

IHFTGGNI

GGILNMAB

Published by WCTU Australia Ltd.

ABN: 88 840 697 352

Issue:

Nov 2015 - Jan 2016



Email:

webmaster@dfk.com.au

Website:

http://www.dfk.com.au

Healthy Body = Healthy Mind

If you want a healthy mind,
You must leave some things behind.



Say "No," to smoking,
drinks and drugs,
Those can turn kind folks
into thugs.

Smoking fills your lungs with tar,
Makes you cough – you can't
run far.



Drinks like beer, wine and rum,
Deaden your brain and make you
numb.

Drugs are an awful pain,
It's often hard to stop again.
So say "Yes," to clean water
and good food,



Bananas and spinach will put you in a
good mood.



Sleep and rest well at night,
That will make you happy
and bright.
Exercise makes you
strong and fit,
Run around – don't
just sit.



Go outside and get some sun,
Breathe the fresh air
and have some fun.
If you have troubles,
you can pray,
And God will show you
the right way.



So plan to follow these good rules
in life,
And you will avoid heartache
and strife.

Do these things and you will find,
You have a healthy body and mind.



by Evlyn



Club members who celebrate a birthday between
November & January are listed on our webpage:

http://www.dfk.com.au/web_pages/birthdays.html

We wish our listed members, who are turning 13 -

God's blessings, courage to stay drug-free,
wisdom to make good choices
and power to keep your promises.

You can now join Drug-free Youth.

Check out the webpage: www.drug-freeyouth.org

or link up with and like the Facebook group:

I'm Worth It - Teens!

C J N	R O E
S B T	U E A
D S V	H J I
V Q S	A B Y
P F O	U E R
N C M	? ! ;



Find the picture
that is
different
in each
square
and use
the letter
below it
to find the
Christmas
message
that was
to bring
peace
and joy
to all on
earth.



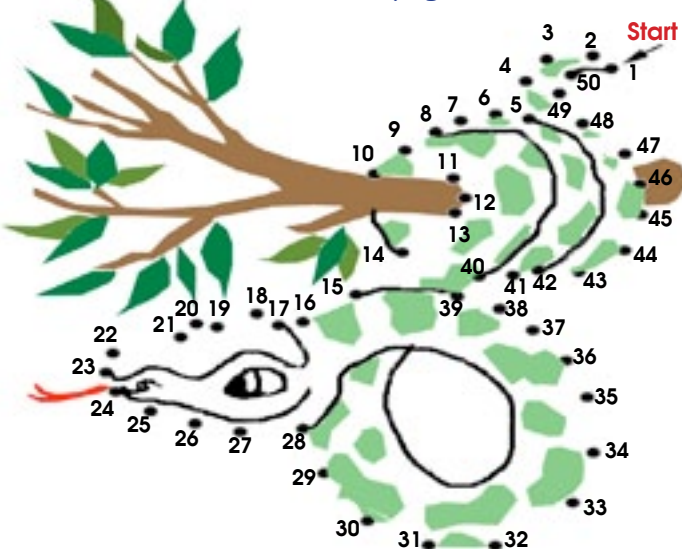
CRACK THE CODE!



Use the code below to crack the six questions above. Then find the answers to the questions on the back page.



Join the dots 1-50 to find the animal that is referred to on the back page, then colour it.



Ingredients

- 1/4 - 1/2 cup apple juice
- 1/2 cup dried apricots
- 1/2 cup dates
- 1/2 cup roasted peanuts
- 1/2 cup currants
- 1/2 cup almonds
- 1 - 2 tablespoons cocoa
- Coconut to roll balls in

Evlyn's Fruit Balls



Method

- Soften dates in apple juice.
- Blend all together in blender.
- Roll into balls and roll in coconut.

Enjoy!

Why not make them for Christmas!

JOIN THE CLUB - SIGN THE PROMISE!

I CHOOSE not to drink alcohol, smoke, use or experiment with any other drug not prescribed by my doctor.

Signed:..... Date: ___/___/___

To join the Drug Free Kids club (children aged 6 - 12), sign the promise above and email your details below to:

webmaster@dfk.com.au

or post this cut out section to

**Drug Free Kids, PO Box 4044
WOODRISING. NSW 2284**

Ask your parents or guardian for permission first.

First Name:

Surname:

I live at:

State: Postcode:

I was born on:

Day ___/ Month ___/ Year ___



Points were awarded to Evlyn (90) Daniel (39) and Darryl (33) for work sent in. **Well done!**

Check out Daniel and Darryl's badges on our website, and Evlyn's poem

in this issue. Are you missing out?

Why not send your answers to Arpee and earn points for prizes at the end of the year.

Email: webmaster@dfk.com.au

Send a riddle, maze, poem or puzzle for others to enjoy too!

Make sure you include your name and address when you send things in.

Ellie Amato & Chilufya Chileshe are new members from a circle union update.

Welcome to the club!

Join in the fun!

