



# Drug Free Kids

For girls and boys aged 6 to 12

**HAPPY NEW YEAR!** 2017 has begun and the awards for last year have been sent out. Our Drug Free Kids Fun Pages are circulated in both Australia and New Zealand, so the following Drug Free Kids received awards from their country for points earned during 2016:



| AWARD WINNERS                   | POINTS |
|---------------------------------|--------|
| <i>Evlyn Carter (AUS)</i>       | 138    |
| <i>Ella-Mae Slack (NZ)</i>      | 78.5   |
| <i>Rhy Hoschke (AUS)</i>        | 77     |
| <i>Ariah Slack (NZ)</i>         | 69.5   |
| <i>Laughlan Orr (AUS)</i>       | 68.5   |
| <i>Bree-Anna McDonald (NZ)</i>  | 46     |
| <i>Emily Carter (AUS)</i>       | 43.5   |
| <i>Darryl Tafirenyika (AUS)</i> | 35     |

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| F | M | I | Q | M | Z | T | M | T | V | C | L |
| X | D | V | R | T | Q | X | U | L | G | S | F |
| Q | Z | M | H | V | M | V | L | H | T | Q | L |
| X | F | A | Q | R | E | Z | B | L | A | D | V |
| H | V | Q | I | V | X | V | V | F | I | Q | Z |
| M | X | T | L | S | I | A | L | V | Y | X | T |
| Q | C | L | X | L | Q | V | Q | C | H | I | Z |
| Q | C | F | X | M | N | Z | O | F | Q | L | V |
| V | X | L | T | Z | F | L | Q | V | L | T | C |

Colour in the squares that have the letters

**Q V X C I F H M Z T L**

You will find a message in the remaining squares. Write it in the spaces below.

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ |
| ★ |   |   |   | ★ | ★ |   |   |   |   | ★ |   | ★ |
| ★ |   | ★ | ★ | ★ | ★ |   | ★ |   |   | ★ |   | ★ |
| ★ |   |   |   | ★ | ★ |   |   |   |   | ★ |   |   |
| ★ | ★ | ★ |   | ★ | ★ |   | ★ |   | ★ | ★ |   | ★ |
| ★ |   |   |   | ★ | ★ |   | ★ |   | ★ | ★ |   | ★ |
| ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ |
| ★ | ★ |   |   | ★ |   |   |   |   | ★ |   | ★ | ★ |
| ★ | ★ |   | ★ |   | ★ |   | ★ |   | ★ | ★ | ★ | ★ |
| ★ | ★ |   | ★ |   | ★ |   | ★ |   | ★ |   | ★ | ★ |
| ★ | ★ |   | ★ |   | ★ |   |   |   | ★ | ★ | ★ | ★ |
| ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ |   | ★ | ★ |
| ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ |

Colour in the squares that have a star in them. Find out what to do if somebody offers you drugs.

Puzzles on this page were designed by Evlyn and Emily Carter.

| AWARD WINNERS                                  | POINTS |
|--|--------|
| <i>Bobby-Jae McDonald (NZ)</i>                 | 32     |
| <i>Daniel Tafirenyika (AUS)</i>                | 28     |
| <i>Kesani Hoschke (AUS)</i>                    | 26     |
| <i>Mikayla Beaty (AUS)</i>                     | 19.5   |
| <i>Akaylia Hoschke (AUS)</i>                   | 16     |
| <i>Bethany McDonald (NZ)</i>                   | 13.5   |
| <i>Stephanie Scott (AUS)</i><br>now DFY member | 10     |

Arpee didn't have to make up any puzzles in this issue as so many things were sent in by our DFK members. We

hope you enjoy their puzzles, poems and recipes. Remember to keep sending in your puzzles or poems for others to enjoy!

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# DRUG FREE KIDS

## FIND A WORD

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| A | E | O | S | P | E | E | D | L | I |
| T | K | I | M | N | P | K | J | N | O |
| C | O | C | A | I | N | E | O | K | Z |
| K | M | B | C | P | W | I | C | E | M |
| L | S | D | A | N | T | D | R | U | G |
| E | A | M | K | C | K | F | R | E | E |
| N | R | L | I | P | C | K | I | D | S |
| P | S | D | R | L | B | O | P | G | H |
| O | D | A | A | B | X | L | O | H | Z |
| A | L | C | O | H | O | L | X | B | E |

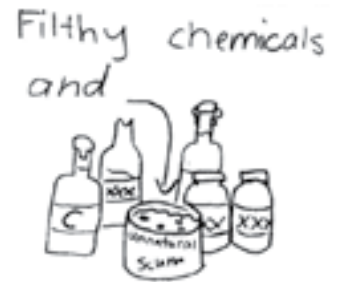
Find the following words in the puzzle above.

|           |         |
|-----------|---------|
| ADDICTION | LSA     |
| DRUG      | TOBACCO |
| FREE      | SMOKE   |
| KIDS      | ICE     |
| ALCOHOL   | COCAINE |
| SPEED     | GHB     |

### UGLY POEM - My Perspective of Drugs

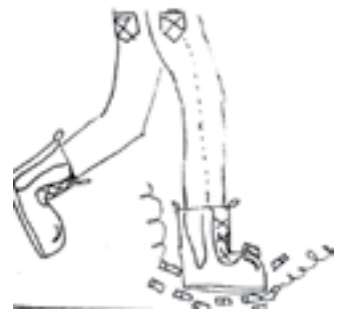
By Pearl Rabbas

Slimy bumps of warts and calluses  
Heat inside and on puffing cheeks,  
A brown that makes vomit appealing,  
Rotten eggs smell like  
flowers compared,  
Filthy chemicals and  
unnatural scum.



The crashing sound of  
drums beating,

Stringy, lumpy slime  
like hatred;  
The crunching sound of  
cigarettes under feet.



Enter

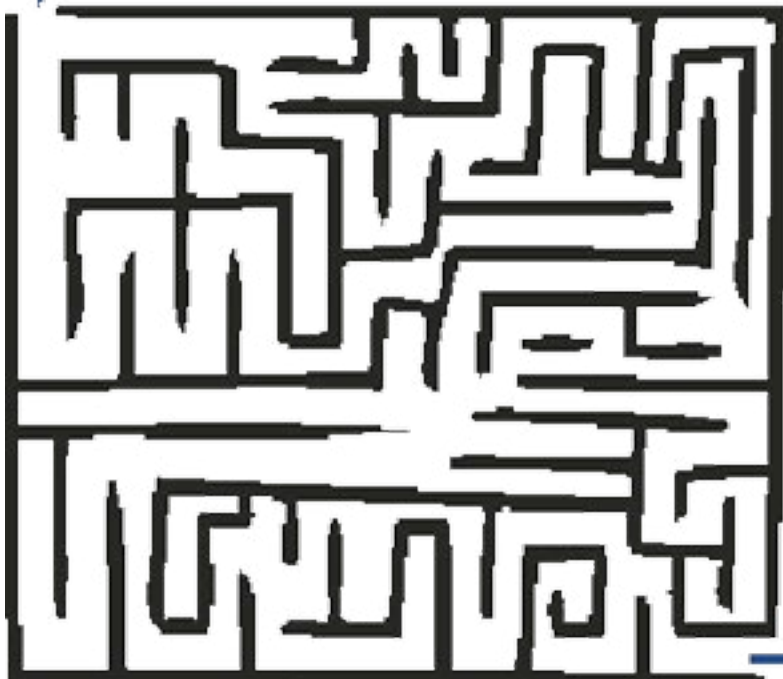


Help Arpee find his  
way to a safe place.

Where can you  
find an ocean  
with no water?



On a map



**SAFETY!**





Email: [webmaster@dfk.com.au](mailto:webmaster@dfk.com.au)

Welcome to the club!

Savannah King-Adams,

Annabelle Orr,

Rosema McDonald, Amelia Palmer  
& Pearl Rabbas joined DFK Club.



Pearl submitted a number of puzzles totalling 104 points,  
which appear on pages 2 & 3. Well done!

Bethany McDonald earned 5 points by inviting a friend.

What a great start to 2017!

Another DFK member earned 19 points and I am waiting  
to find out who it came from. Please let me know if you sent  
any work in to me in December.

Remember to always include your name on the work you  
send in. When you choose to join the club, always get your  
parent or guardian's permission as your names appear on  
our website and in this Fun Page.

Remember to check the website for your contributions if  
they do not appear in this issue:

[http://www.dfk.com.au/web\\_pages/bits\\_pieces.html](http://www.dfk.com.au/web_pages/bits_pieces.html)



**HAPPY 13TH BIRTHDAY!**  
You can now join Drug-free Youth.

[www.drug-freeyouth.org](http://www.drug-freeyouth.org)

I'm Worth It - Teens Facebook group

We wish you God's blessing, happiness, success and  
courage to stay drug-free. Remember to make good  
choices and keep your promises.

Other club members who celebrate a birthday between

February - April are listed on our webpage:

[http://www.dfk.com.au/web\\_pages/birthdays.html](http://www.dfk.com.au/web_pages/birthdays.html)

## Coconut Oatmeal Cookies

Sent in by Ella-Mae Slack

- 5 cups quick oatmeal
- 2 cups whole-wheat flour
- 2 cups all purpose flour
- 1½ cups white sugar
- 1½ cups dark brown sugar
- 2 teaspoons baking soda
- 2 teaspoons salt
- 4 tablespoons cornflour
- 4 cups shredded coconut
- 1¾ cups chopped walnuts  
(or your favourite nuts)
- 2 cups carob chips, dates or raisins
- 2 cups oil
- 1 cup water
- 4 teaspoons alcohol-free  
vanilla essence

Mix all dry ingredients together in a large bowl.  
Stir well until combined.

In another bowl, mix all the liquid ingredients.  
Stir until blended and then pour over dry  
ingredients and mix well.

Measure out 1 heaping tablespoon and shape  
into a ball.

Place on a baking sheet that has been sprayed  
with a non-stick cooking spray.

Gently press down just a little. Continue with rest  
of dough. (You can also use a 1/8 measuring  
cup.) Bake at 180° C for 15 minutes.

Remove from oven and let sit on cookie sheet for  
1 minute, then transfer to a cooling rack.

## 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.

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

[webmaster@dfk.com.au](mailto: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.

Full name of person who asked you to join DFK Club:

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Signed:..... Date: \_\_\_/\_\_\_/\_\_\_

First Name: .....

Surname: .....

I live at: .....

State: ..... Postcode: .....

I was born on: Day \_\_\_/ Month \_\_\_/ Year \_\_\_