



DRUG DEMAND REDUCTION Newsletter



**Volume 1 Issue 3
March 2008**

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*We want to publish your
DDR stories in the DDR
Newsletter.*

*Send articles and photos to:
Maj Lynn Stuart
sleds88@msn.com*

A Message from the National Commander

Those of you reading this newsletter most likely know of the importance of our Drug Demand Reduction program. What about our fellow members in CAP who aren't aware? Many of them are unaware that the program has expanded to include ALL members of our organization. Let's work to inform them of the opportunities, and to support them on their journey as they find ways to weave the DDR program into their everyday CAP meetings, activities and communities.



Brig Gen Amy Courter

CAP's DDR program is a terrific example of the strong partnership that we have with the U.S. Air Force. The USAF has recognized the talents of the CAP's Officers and the strengths of the CAP's Cadet Program, and assists us with funding to ensure that as many youth as possible are exposed to our CAP programs. Specifically, the DDR program exists to coordinate programs that motivate Cadets to develop positive experiences in their drug-free lives. It ensures that they know there are choices around every corner - do you want to spend time with your fellow cadets investing in your future, or would you choose to hang out with kids who do drugs? Do you choose to expand your potential, or do you try to do the least to get by?

To the many Officers and Cadets who make our DDR program strong, THANK YOU! You are leading the way in our CAP quest for all our members to share our message that there are "Better Things To Do Than Drugs."

Amy S. Courter, Brig Gen, CAP
Interim National Commander
Civil Air Patrol

Happy Saint Patrick's Day

Lt Col Jett Mayhew, National DDR Team Leader



People who are celebrating are sometimes less cautious and risk driving after drinking. Just because it's a special occasion, it doesn't mean drinking and driving is OK. In fact, drivers need to realize that many special occasions are more dangerous for motorists than other days. To help keep drivers and passengers safe on St. Patrick's Day, the Auto Club recommends these tips:

- Don't drink and drive.
- Use a designated driver if you're attending a St. Patrick's Day celebration.
- Call a friend or family member or a taxi for a ride if you've been drinking.
- If hosting a St. Patrick's Day party, be responsible. Take car keys from party goers as they arrive and don't let them drive drunk. Serve non-alcoholic drinks and encourage each group to have a designated driver.
- If you observe an erratic driver while on the road, try to stay behind his or her vehicle and out of harm's way. If it's safe to do so, pull over and call 911 or alert local police, providing a detailed description of the vehicle and its location.

Enjoy and be safe.

NATIONAL DDR TEAM HOLDS FIRST DDR TELECONFERENCE TRAINING

By 1Lt Justin Adkinson
TNWG DDRA

On February 26, 2007, several DDRA's from around the Nation got a chance to be part of the first ever DDR Teleconference Training titled *DDR Basics* from the comfort of their home.

Lt Col Jett Mayhew and Maj Lynn Stuart of the National DDR Team walked us through the basics of establishing and running a DDR Program in our Wing by covering relevant topics including Activities, Funding, DDR Resources and a DDR Implementation Checklist.

The training lasted on the National Headquarters conference system for an hour with Maj Lynn Stuart presenting the well put together program. At the request of the DDRAs, and thanks to Lt Col Jett Mayhew, the training continued on a different conference system to include an additional training module for the Budget Process.

All the DDRA's feel that this was an awesome training session and look forward to the additional training sessions that Jett Mayhew and Lynn Stuart have put together.

Personally, this session helped me as a DDRA, in a wing where DDR is a new program, to get the feel of what I need to look at working on next and what goals the Wing Commander and I need to set and I look forward to the other sessions.

DDR TRAINING IS NOW AS CLOSE AS YOUR TELEPHONE

To increase the availability of DDR training for DDR Team Members, a series of Teletraining courses have been developed by the DDR Team. Participation in Teletraining is easy; all you need is a phone line and 60-90 minutes of your time. It is interactive and allows you to ask questions during the training.

To enroll in a Teletraining course, send an email specifying the course you would like to attend to Major Lynn Stuart at sleds88@msn.com. You will be notified by email of the date and time of the next available course. Completion of these sessions satisfy training requirements of the DDR Specialty Track.

DDR Basics

Topics include:

- Brief history of the DDR Program
- DDR Goals and Objectives
- Roles and responsibilities
- Program updates
- Obtaining Support
- Resources to support DDR Program
- DDR Budgets
- Reporting Tools
- Continuity Books

DDR Budget Process

Topics Include

- Funding Guidelines
- Authorized expenditures
- DDR Catalog
 - Process
 - Forms
- Non-Catalog Items
 - Process
 - Forms
- Reporting Requirements

DDR Activities

Topics Include:

- Internal Opportunities
 - Lesson plans
 - Presentations available by target audience
 - Games
- External Opportunities
 - Identifying target groups
 - Presentation ideas
- Success Stories
- Measuring success (Form 2)

AND THE ADDY GOES TO....

The public awareness efforts of Civil Air Patrol National Headquarters Public Awareness and Membership Services Directorate garnered five Silver Addys, awarded at the Montgomery Advertising Federation's 2008 Addys Awards held Feb. 16 in Montgomery.

A Silver Addy was awarded in the category of "vehicle graphic, wrap category" for the Drug Demand Reduction vehicle designed by Lt Col Jett Mayhew.



Col Kay Walling, MER Commander, presents the Addy Award to Lt Col Jett Mayhew, National DDR Team Leader.

IT IS TIME FOR YOUR UNIT TO SHINE!

For the months of March, April, and May 2008 the unit that submits the most activity reports to ddrideas@verizon.net will receive a terrific prize!

Here are the contest rules:

DDR Form 2 Activity Report must be filed with a sign in sheet (must include CAPID number). For Community Outreach activities, the name of the contact should be listed on the DDR Form 2. This can all be done electronically. DDR activity must cover one of the following:

- Education
- Training
- Outreach activity

REMEMBER YOU MUST HAVE A DDR CONNECTION!

The unit that REPORTS the most to ddrideas@verizon.net will receive 20 sports bags.

For the DDR representative that conducted the LARGEST outreach program and have the metrics to support it will receive a DDR Watch. To be eligible, the DDR duty position must be listed in e-services.

This is a contest from your NHQ DDR Team Leader so please direct ALL QUESTIONS to ddrideas@verizon.net.



COWG DDRA RECEIVES CITATION FROM PRESIDENT BUSH FOR DDR ACCOMPLISHMENTS

Last month we reported that Chaplain Gordon Rourk, COWG DDRA, was selected as one of the Daily Points of Life by the Points of Light Foundation. Since then, he has received a citation from the foundation and President George W. Bush.

From the Presidential Citation:

Congratulations on being named a Daily Point of Light. This award recognizes your efforts to meet vital needs in your community.

Volunteer service reflects the compassion and decency that make America great. I applaud your dedication to helping others. Those who give their time and talents to serve those in need are helping to transform our Nation one heart and soul at a time.

Laura and I send our best wishes.

George W Bush



Chaplain Gordon Rourk displays awards from President Bush and the Points of Light Foundation.

FLWG DDRA RECEIVES CONGRESSIONAL AWARD GOLD MEDAL



Col Christian Moersch III, FLWG Commander, presents Congressional Award Gold Medal to Capt Tim Mederios.

Timothy Richard Medeiros, Florida Wing DDRA, has been awarded the Congressional Award Gold Medal. His quest for the Congressional Award Gold Medal began in 2002 at the age of 16. During the ensuing years, he completed over 4600 hours of volunteer service to the community.

While the vast majority of those hours were in the service of the Civil Air Patrol in the development of information technology services for the National Honor Guard Academy, the remainder was spent gathering complete Thanksgiving dinners for the needy, annually for 4 years, which fed over 312 people.

The personal development portion entailed obtaining his solo wings on his ongoing journey to his private pilot license, assisting his Group Commander in the area of computer technology, posting member training on the national database, and in teaching fellow members in the proper methods of updating records on the database. He also taught himself several program languages, which he used during the creation and continued maintenance of the National Honor Guard Academy website.

Tim's physical fitness goal was accomplished by taking scuba lessons and obtaining his rescue diver certification. Along with that he became fit enough to pass his Spaatz exam, fitness testing. Ultimately, he finished his shuttle run in 8:02 seconds, had a 49 cm in the sit and reach, and did 56 sit-ups passing the run plus 2 out of 3 events.

The final part of this endeavor was the expedition. This was a 16-day Youth Peace Camp conference as the guest of President and Mrs. Mubarak in Cairo, Egypt. Tim was one of 25 young delegates from the USA and one of 65 from around the globe who came together and focused in workshops on how to improve peace in the world.

CARBON MONOXIDE: A DEADLY INHALANT

SM Kelly Maricle, Easton Squadron, MD, MER

Through the recent loss of a family member last month, I found it compelling to share a story that may just help in saving another life. It is about the dangers of the silent, odorless killer, Carbon Monoxide. May this story serve as a reminder of the importance of having a Carbon Monoxide Detector in your home, and to stress the need for the use of proper ventilation when using space heaters and generators.

I received a very upsetting call last month, to learn that my 25 year old cousin had passed away. He had just bought this old home in November and was restoring it as a surprise gift to his bride-to-be, and 2 month old daughter. He was a licensed electrician, and was working on updating the electric service in his home. In order to do the work safely, he cut the main power to the house, and ran a gas powered generator outside the rear of the house to run power for heat and lights. He took all the right steps. When he did not show up at work that next morning, one of his employees went over to the house, figuring that he must have gotten carried away working on the house, and did not realize what time it was. It was then that he was found dead in the home. An autopsy showed that he died of Carbon Monoxide Poisoning. Through the investigation it was discovered that he had placed the generator outside, and ran a power cord in through an open basement window. The exhaust from the generator was being blown in through that open window, carrying the Carbon Monoxide to the upper levels of the home where he was working.

Learn from this tragedy. If you do not already have a Carbon Monoxide Detector in your home, install one. If you use kerosene, or another type of combustible flame space heater, make sure that you have a window open and insure that there is proper ventilation. If you have the need to run a generator, make sure that is far away and down wind from the house, away from any open windows and/or doors. Taking these simple steps can and will save your life.

An excellent resource for information on Carbon Monoxide is [Carbon Monoxide](http://knowaboutco.com/faqs.html) (knowaboutco.com/faqs.html)

YOUTH WHO ARE HEAVY DRINKERS ARE AT RISK FOR HEART PROBLEMS

Not only do youth have to worry about the short term effects of heavy alcohol use, but now new research reported in [Reuters](#) shows that people who drink heavily in their youth may have a higher risk of developing problems such as heart disease and stroke later in life.

In a study that examined the lifetime drinking habits of more than 2,800 adults, researchers found that those who drank heavily in their teens and young adulthood were more likely to have metabolic syndrome than those who drank more moderately throughout adulthood. Metabolic syndrome refers to a grouping of risk factors for heart disease, stroke and diabetes -- including abdominal obesity, high blood pressure, low levels of "good" HDL cholesterol, high blood sugar and high triglycerides, a type of blood fat. People who have three or more of these problems are considered to have metabolic syndrome.

"There are already many reasons for encouraging young people to avoid heavy drinking," Dr. Marcia Russell, one of the researchers on the study, told Reuters Health. "Long-term health consequences, such as an increased risk of cardiovascular disease, may be another."

The findings are published in the *Journal of Clinical Endocrinology & Metabolism*.

TOO DRUNK TO NOTICE

By a CAP Member, who is a retired police officer and DDR Advocate.

Location: Unimportant, as this could happen anywhere.

A number of years ago, while I was assigned to the Criminal Investigation Division, I had occasion to investigate the death of a 19 year old college student. Part of my job, as a Detective, included attending the autopsy, where this young man was laid out on a metal table and cut open, so that his organs could be removed and examined. As I stood there, it occurred to me that this young man, whose parents had sent him off to a church affiliated school with a good reputation and who had high hopes and aspirations for his future, had died a totally senseless death. As part of a frat initiation, he had consumed a lethal amount of alcohol. While many fellow pledges had gotten sick and thrown up, emptying their stomachs of the potentially deadly amount of alcohol, he had not. As the evening wore on, more and more alcohol entered his blood stream, until he finally stopped breathing. His friends were too drunk to notice.

MISS COLORADO USA AND MISS COLORADO TEEN USA SUPPORT THE COWG DDR TEAM AT CHANNEL 9 HEALTH FAIRS

On February 21, 2008, Chaplain Gordon Rourk, COWG DDRA was invited by the Douglas County High School to participate in the Channel 9 School Health Fair in Castle Rock, Colorado. Beckie Hughes, Miss Colorado USA, assisted in the morning at the Fair and Danielle Scimeca, Miss Colorado Teen USA, assisted in the afternoon.

There were large groups of students around the CAP area all day and many comments were received about how great the cadets, Beckie and Danielle were. Nothing but praises for them!



Cadets from the Douglas County Composite Squadron take a break from the activities to pose with Miss Colorado Teen USA, Miss Danielle Scimeca.



Chaplain Gordon Rourk with Miss Colorado USA, Miss Beckie Hughes.

The Fatal Vision Goggles and the push-up contest was a big hit with the students. The School has an enrollment of over 2200 students and we obtained 22 solid leads for new cadet membership for The Douglas County Composite Squadron and many inquiries from other students.

Both Beckie and Danielle have accompanied Chaplain Rourk and local squadrons at a number of DDR events, including Red Ribbon Week and several Health Fairs and been a real help in promoting not only DDR, but Civil Air Program as well.

BEER PONG

By Timothy Medeiros, Capt. FLWG DDRA

As we near spring break, I wish to make people particularly college age students aware of a potentially lethal game that is gaining momentum—Beer Pong. This game's popularity has spread quickly and recently in Las Vegas the “winners” netted \$50,000.00 in prize money in addition to their hangovers and whatever other consequences resulting from their stuporous behavior. Lives have been lost from alcohol intoxication and accidents relative to the contests.

The game is laid out on long tables or over a ping-pong table. Small beer filled cups are positioned in triangles at both ends and there are several layers of cups separated by pieces of plywood. Contestants then toss a ping-pong ball into a cup at the other end of the table. If the ball goes in the opposing contestant must drink the contents of the cup. Then the other contestant tries. This continues until there are no cups left. The last person to drink the last cup loses.

There are far reaching effects of this game. Because young teens often like to emulate what they see, there can be variations of this game without the use of liquor. The belief that there is no alcohol so it cannot harm you is terribly wrong. There are problems that result from drinking anything in that type of quantity. Too much water drunk in a short amount of time does have lethal results. Equally, too much fruit juice can have disastrous effects on your entire body, elevating blood sugars, producing gastro-intestinal issues, which lead to dehydration and electrolyte imbalances that may not be compatible with life.

Spring break is supposed to be a fun and carefree time. Please think before engaging in seemingly “harmless” games or pranks. The “prize” is not worth it if you go home in a bag.

MURPHY NAMED MARYLAND WING DDRA

2d Lt Walter Murphy, of the Howard Composite Squadron, has been named the new Drug Demand Reduction Administrator for the Maryland Wing. Lt Murphy will direct the DDR program at the Wing level, working with squadron DDR officers, and creating training opportunities dealing with substance abuse.

He has served as the Howard DDRO for the past year and also serves as the squadron's public affairs officer. He brings a wealth of knowledge, fresh ideas, and enthusiasm to the DDR program.

CADET LEACH NAMED FLWG C/DDRA

Cadet Deborah Y. Leach has been assigned as the FLWG Cadet Drug Demand Reduction Administrator and will be assisting in the planning and implementation of the wing DDR program, especially in regards to the cadets. Her previous assignment was as the Cadet Drug Demand Reduction Officer for Headquarters, Group 3.

She first got involved in the DDR program after attending the National Honor Guard Academy in 2005 and is currently a member of the General Chuck Yeager Cadet Squadron (FL-237).

Please join us in welcoming Lt Murphy and Cadet Leach to the DDR Team!

DDR LESSON OF THE MONTH

Maj Lynn Stuart

National DDR Assistant Team Leader

When you think of alcohol abuse, what picture comes to your mind? Many people think of alcohol abusers, they picture college binge parties or teenagers sneaking drinks before high school football games, at unsupervised parties. Seldom would we associate this problem with CAP members. However, it is uncommon for *any* member not to have been affected in some way by abuse of alcohol. If there is any doubt take a look at some of the recent research.

- An estimated 6.6 million children under 18 live in households with at least one alcoholic parent.
- By the time they are high school seniors, 80% have used alcohol and 62% have been drunk.
- Underage alcohol use is more likely to kill young people than all illegal drugs combined.
- In the United States, roughly 50,000 cases of alcohol poisoning are reported each year, and approximately once every week, someone dies from this preventable condition.
- In 2006, the average age at first alcohol use among recent initiates aged 12 to 49 was 16.6 years. This is earlier than any other drug except inhalants.
- Those who start drinking before age 15 are five times more likely to develop alcohol problems later in life than those who begin drinking at age 21 or older.
- In 2006, an estimated 17,602 people died in alcohol-related traffic crashes. These deaths constitute 41 percent of the 42,642 total traffic fatalities.
- Alcohol plays a key role in accidents, homicides and suicides, the leading causes of death among youth.
- Alcohol kills six times more young people than all illicit drugs combined.

Next month (April) is National Alcohol Awareness Month, so we encourage all units to use this opportunity to educate members on the dangers of alcohol. There is a lesson plan available on the National DDR website at: [Lesson Plans](http://cap.gov/visitors/members/drug_demand_reduction/lesson_plans/) (cap.gov/visitors/members/drug_demand_reduction/lesson_plans/).

DDR RESOURCE SITE OF THE MONTH

There are two really great sites that I use for alcohol awareness and information, so this month there are two recommended sites:

- National Clearinghouse for Alcohol and Drug Information [SAMHSA's National Clearinghouse for Alcohol and Drug Information](http://ncadi.samsha.gov), (ncadi.samsha.gov) provides not only great information for alcohol awareness but other drugs as well.
- [The Cool Spot](http://thecoolspot.gov) (thecoolspot.gov) is a great site for teens

DDR ACTIVITY OF THE MONTH: CURTAINS UP

Submitted by Lt Col Jett Mayhew

Set up teams with a shower curtain that has a design on one side (this can be purchased at a dollar store). Have the team stand on shower curtain, design should be face down. The object is to flip the curtain back upright, so design on top, without anyone stepping off. You may use your hands. The team that reverses the curtain first without anyone stepping off in the shortest amount of time is the winner.

This is a great team building exercise. Nice and easy when team works together. Now that they have figured out the best way to accomplish this put fatal vision goggles on them and try it again. Compare the difference in the time and discuss why it is more difficult to accomplish a simple task with the goggles on. If you do not have fatal vision goggles get them to put large pair of garden gloves on reversed (left on right hand, right on left hand) and start all over again.

STAND UP AND BE COUNTED

Are you a DDRA or DDRO but have not updated your Duty Position in e-services? Recently, we have learned that many DDRAs/DDROs are not listed in e-services or that a number of people listed are no longer in their positions.

It is important that all DDR personnel are reflected in e-services. Having updated records in e-services allows NHQ DDR not only to provide accurate reporting data but to maintain an updated contact list.

In addition, all DDRAs/DDROs should enroll in the DDR Specialty Track.

Please verify that duty positions are current. Also, don't forget to update the duty positions for the Cadet DDRAs and DDROs.

DDR BY THE NUMBERS

Duty Positions by Region*				
Region	DDRC	DDRA	DDRO	Total
GLR	0	5	44	49
MER	1	10	88	99
NCR	0	3	24	27
NER	0	1	55	56
PCR	1	2	53	56
RMR	1	3	41	45
SER	0	6	40	46
SWR	1	4	52	57
Total	4	34	397	435

Specialty Track Levels By Region					
Region	None	Technician	Senior	Master	Total
GLR	8	4	1	0	13
MER	22	4	2	3	31
NCR	9	5			14
NER	15	7	2	1	25
PCR	6	2			8
RMR	10	3	1	3	17
SER	11	6		1	18
SWR	7	5			12
NHQ				2	2
Total	88	36	6	10	140

*As reflected in e-services on 01 Mar 2008
Totals include Assistants and Cadet Assistants

**We have
Better Things To Do Than Drugs**