



DRUG DEMAND REDUCTION Newsletter



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*We want to publish your DDR success stories in the DDR Newsletter. Send articles and photos to:
Maj Lynn Stuart, CAP
sleds88@msn.com*

What a Year 2007 turned out to be. Our Drug Demand Reduction (DDR) Teams around the nation are getting into our communities and letting them know that we have “Better Things To Do Than Drugs”.

It has been an honor to serve as the DDR Volunteer Director and in 2008. I will be assuming the position of DDR Team Leader for the NHQ. Major Lynn Stuart will continue to serve as my Assistant. We both are looking forward to a fantastic year in 2008.

Some of the things accomplished in the DDR program in 2007 include:

- 40 Percent increase in DDR activities nationwide
- Approval DDR Specialty Track and Badge
- 111 members enrolled in the DDR Specialty Track
- DDR Administrator position filled in 48 of the 52 wings
- Procurement of a DDR Vehicle, which will be traveling around the nation (with the support of the Middle East Region)
- Providing a list of useful resource links for the DDR Program
- Development of 15 lesson plans for members to use at the local levels
- DDR Games on NHQ website to assist members in training and fun
- Participation in the World wide DDR Conference for USAFR
- Conference calls with DDR Coordinators
- Increased communication and support for more members at all levels
- Strategy meeting with DDR Coordinators to enhance our program
- Developed a working relationship with other Directors in CAP
- Training sessions at National and Regional Conferences
- Our teams around the nation have gone “outside the box” to educate communities on drug prevention and awareness

If you think we accomplished a lot in 2007, stand by because 2008 will be the best year that you have ever seen in the DDR Program. We will be reaching out to all of our members.

It is an honor to serve as your DDR Team Leader in the upcoming year. You are making a difference; we are “Citizens Serving Communities”

Lt Col Jett Mayhew, CAP
National DDR Team Leader

Team DDR,

Happy New Year and many thanks for your dedication and support throughout the year! As we reflect on the last twelve months, your efforts helped the CAP DDR program engage in a range of initiatives and activities to instill an aggressive, positive, drug-free attitude in CAP members, Air Force families, DoD civilians, and school-aged children.

On the national level, your efforts resulted in continued support for the President's National Drug Control Strategy's first priority, Stopping Drug Use Before It Starts, by educating and developing tomorrow's leaders in voluntary community service for a drug-free America.



Each of you...no matter where you are, no matter which level you served—region, wing, or unit, played a vital role in supporting the CAP DDR program. Your volunteerism and professionalism are a source of pride and strength for our country. Plenty challenges remain, but together we can make the CAP DDR program the best in the nation. Much success!

Mike Simpkins

Michael Simpkins
DDR Program Manager

"Better Things to Do Than Drugs"

Coming Soon... DDR Teletraining

DDR Officer training is offered at National, Region and most Wing conferences. Recently, we have learned that a number of people are unable to attend these training sessions due to time commitments or travel expenses. To increase the availability of DDR training, a series of Teletraining sessions are under development. Completion of these sessions will satisfy training requirements of the DDR Specialty Track.

We will begin the field trial for these courses next month. The initial topics include:

- DDR Basics - Implementing the DDR Program
- DDR Activities
- DDR Budget Process
- DDR for Cadet DDROs

The schedule for the sessions and registration procedures will be published upon completion of the trials.

Prescription or Over-The-Counter Drugs and Driving

When people take cold medications or a pill to ease their headache, they often forget that the medication has effects on their cognitive and motor abilities. It doesn't usually cross their minds that they are taking a drug and will be impaired. Even if they read the warning, it's common to assume that it only applies a few certain people and that "do not operate heavy machinery" means farm equipment or tractors, forgetting that cars should be included as well. Also, many drugs carry warnings about drowsiness or dizziness that people ignore. However, this is a serious problem that leads to thousands of automobile crashes each year. The danger of getting behind the wheel when a driver is too tired to drive can be fatal.

Drugs impair our bodies in a variety of ways. They may blur our vision; make us tired or too excited; alter depth perception; make us see or hear things that may not be there; raise or lower blood pressure; react too quickly, too slowly, or not at all. They cause problems with concentrating on the task at hand. These problems can result from taking any type of drug: illegal, prescription or over-the-counter. When our brain function is altered, our muscle and nerve function changes.

- Taking sedating antidepressants even 10 hours before driving is equal to driving drunk.
- 10 mg of Valium can cause greater driving impairment than a blood alcohol concentration of 0.1 (at or above the legal limit in all states).
- Antihistamines - which block allergic reactions - slow down reaction time and impair coordination.
- Over-the-counter decongestants can cause drowsiness, anxiety, and dizziness. Drowsy driving is responsible for an estimated 100,000 traffic crashes and about 1,500 deaths every year, according to the National Highway Traffic Safety Administration (NHTSA).
- Common prescription drugs (including medications to treat allergies, pain, diabetes, high blood pressure, cholesterol, ulcers, depression, anxiety disorders, and insomnia) can cause drowsiness, affect vision and other skills that can be serious hazards on the road.
- Tranquilizers, sedatives, and sleeping pills slow down the central nervous system causing drowsiness and diminished reaction time, and impairing the ability to concentrate.
- Over-the-counter drugs such as cold and cough medicines, antihistamines, drugs to prevent nausea or motion sickness, pain relievers, decongestants, and diuretics can cause drowsiness or dizziness that can impair a driver's skills and reflexes.
- Some drugs may make you feel alert and confident in your driving. In reality of the situation may be quite different. Drugs can fool you into believing you are in control of your driving when you are, in fact, impaired.

To avoid harming yourself or others, partner with your physician and pharmacist to learn information regarding your medication's side effects, and what drugs are usually safe to combine-especially behind the wheel. Never take more than the prescribed dose, or take anyone else's medicine. Ask for non-sedating forms of your prescriptions if you are behind the wheel, or operate heavy machinery. Allow your body time to adjust to new medications before you drive. Most importantly, each of us is responsible for knowing the signs and symptoms of being drug impaired before we get behind any wheel.

Red Ribbon Week

Red Ribbon Week is the nation's oldest and largest drug prevention program in the nation reaching millions of Americans during the last week of October every year. By wearing red ribbons and participating in community anti-drug events, young people pledge to live a drug-free life and pay tribute to DEA Special Agent Enrique "Kiki" Camarena.

Armed with Red Ribbons, CAP members delivered our anti-drug message to schools, churches, and community events throughout the nation. This year the CAP DDR theme of Better Things to Do Than Drugs was selected as the official 2007 theme for the Air Force Red Ribbon Week. That was just the beginning; the pictures below are just a sampling of the activities demonstrating our support and commitment to Red Ribbon Week.



Chaplain Capt. Gordon Rourk, Colorado Wing Drug Demand Reduction Administrator, and Colorado Wing members joined forces with local DEA, the CO National Guard Counterdrug Task Force and other local groups to present the Red Ribbon Week story to over **50,000** students from 62 elementary schools and 13 middle schools. Also included was a rocketry presentation by Capt Michael Lawson, and special guest appearances by Miss Teen USA 2007 Hilary Cruz and the Colorado Rapids mascot.



Amid 50 hot air balloons and thousands of spectators, the North Carolina Wing Drug Demand Reduction Program celebrated Red Ribbon Week at the Carolina Balloon Fest. Civil Air Patrol members distributed some 8,000 red ribbons during the Balloon Fest, held Oct. 26-28 at the Statesville Regional Airport.



The Oklahoma Wing's Cleveland Composite Squadron Color Guard -- (from left) Cadet 2nd Lt. Patrick Davis, Cadet Lt. Col. Casey Cole, Cadet 2nd Lt. Rebecca Thompson and Cadet Staff Sgt. James Bradshaw prepare to lead Cleveland County's annual Red Ribbon Parade through the streets of Moore, Okla., on Oct. 27.



Pumpkins, popcorn, games and the rewards of a drug-free lifestyle were the centerpiece when the MOWG Cass County Composite Squadron held its Drug Demand Reduction/Red Ribbon Week Party on Oct. 30 in Harrisonville's city park.

The Party in the Park was a new addition to the yearly campaign to raise awareness of drug and alcohol abuse throughout schools and the community.

"I was really pleased with the attendance from the community," said Maj. Tony Belto, Cass County squadron commander. "This was a great outreach to the community to let them know who we are."



No Pictures but another great Red Ribbon Week Report.....

WYOMING -- Lt. Col. Susan McDonald, the Wyoming Wing's Drug Demand Reduction Administrator, and Maj. Dennis Cornell, the Prairie Wind Composite Squadron's Drug Demand Reduction officer, teamed up for Red Ribbon Week visits to local schools to get out the message of the dangers of drugs and alcohol use.

The two visited Glenrock Intermediate School's fifth- and sixth-graders, Yoder and La Grange schools' kindergartners through sixth-graders, and sixth- through eighth-graders at five schools -- Chugwater School, Guernsey-Sunrise, Lingle/Fort Laramie Middle School, Wheatland Middle School's and Torrington Middle School..

Each class attended a fun assembly featuring games and giveaways, as well as serious information about drugs and alcohol dangers. The students also learned the significance of Red Ribbon Week and the legacy of U.S. Drug Enforcement Agency special agent Enrique "Kiki" Camarena's life.

Each school was shown the Honor Guard Academy 2007 Drug Demand Reduction commercial and was challenged to prepare their own entry for Wyoming Wing's Drug Demand Reduction commercial contest, with a submission deadline of Dec. 31. The winning entry will be unveiled at the Wing Conference in April 2008, with plans for use in future school visits. The contest is also open to CAP cadets.

In addition, the Cheyenne Composite Squadron's commander, 1st Lt. Miguel Acevedo, participated in the Laramie County School District's Red Ribbon Week event in the state capital. He also joined forces with Al Dyke, the F.E. Warren Air Force Base Drug Demand Reduction officer, to visit schools attended by children of Warren personnel. Cheyenne squadron members also enjoyed an ice skating party that capped the week of events, handing out DDR giveaways and recruiting brochures.

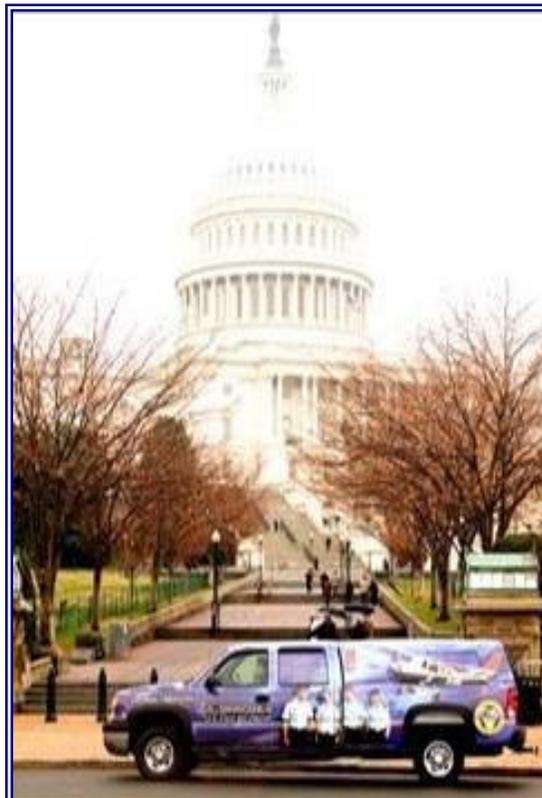
Last year, the Wyoming Wing passed out 726 Red Ribbons, compared to a total of nearly 11,000 this year.

DDR on the Move in Middle East Region

Members of the Honor Guard created a float for DDR with the support from the Mt Airy Squadron Maryland Wing.

In the COLD windy weather SM Kelly Maricle from the Easton Squadron in Maryland and Capt Rose Reeder from the Hagerstown Squadron in Maryland and Lt Col Jett Mayhew for 2 days in the COLD windy weather designed a DDR Float over 1,000 lights and a lot of construction proved to be a huge success.

The Honor Guard and members of the Hagerstown Squadron in marched in the parade and passed out sweets reminding the communities that there are "Better Things To Do Than Drugs"



On Dec 10, 2007 the MER Honor Guard placed a wreath at the Nations Capitol to kick off the Wreath Across America. The new DDR Vehicle, seen on the left in front of our Nations Capitol, toured all around Washington DC. Pictures were taken by many tourist and members of the Honor Guard delivered a Drug Awareness messages.



Puerto Rico Wing Drug Demand Reduction Event

By 1st Lt. Oscar Perez

Cadet Programs Development Officer

Capt. P.F. Guisti Piazza Cadet Squadron

Puerto Rico Wing

More than 150 senior members and cadets from all over the Puerto Rico Wing participated recently when the Yauco High School Cadet Squadron held a Drug Demand Reduction activity to raise awareness of drug abuse.

The Civil Air Patrol members joined more that 40 members of the community at the event, which came from 10 units. The CAP members came from not only the Yauco High School squadron but also wing headquarters, Group 4 and Group 5 and the Mayaguez, Caba Rojo, Capt. P.F. Guisti Piazza, Sabana Grande, Capt. Lawrence E. Erickson and San Sebastian cadet squadrons.



The Puerto Rico Police Department, Yauco Municipal Police Department, the Yauco Municipal Government, Custom and Border Protection and many other organizations supported the activity -- a first for the Yauco High School squadron. All participants agreed that the event a success and should be held again next year



Martinsburg Squadron Wins Award

By Dennis D. Barron, Lt Col, CAP

WV Wing DDRA

The Color Guard from the Martinsburg Composite Squadron received a second place trophy in the annual Apple Harvest Parade. This year, the Apple Harvest Parade, which snakes through the streets of Martinsburg for over two miles, was the largest parade ever with over 200 units. There were numerous Color Guard units in the parade but the CAP Color Guard was judged the second best out of all the units.

The Color Guard team was composed of Cadets Jennifer Kroening, Joshua Rock, John Dye, and Joseph Dye. In addition, Cadets Joel Lyons and Jonathan Browne carried the squadron's DDR banner. C/2Lt Chris Frey was in charge of the marching unit.

Please join us in congratulating these cadets for their outstanding performance during the parade. They showcased the CAP cadet program in front of tens of thousands of people and did themselves and the CAP cadet program proud!

Great job by the Martinsburg Color Guard!

Did you know ...

the DDR program has been expanded to include to ALL members of CAP. For more information on how to incorporate DDR programs in your Unit, contact your Wing DDR Administrator.

The Answer Is... Scott M. Burgess Composite Squadron!

By 1LT Jennifer L. Smith, CAP
GLR-MI-257

Led by C/SMSGt Krista McLean, and under the guidance of DDRO 1LT Jennifer Smith, the cadets of the Scott Burgess Composite Squadron in Lansing, MI participated in a spirited Drug Demand Reduction version of jeopardy. As the Cadet Drug Demand Reduction Officer (C/DDRO), C/SMSGt McLean expertly designed the game's PowerPoint template and read the questions.

Like the well-known television game show, the cadets correctly answered various DDR questions in the form of a question for points. The questions were based on past squadron DDR lessons and included the six categories of Heroin, Alcohol, Wild, MDMA, Cocaine, and Meth. The Wild category pertained to facts regarding National Red Ribbon Week and other important program issues. The squadron's cadets enjoyed this exercise and it provided a proactive opportunity to use knowledge gained from past DDR lessons. Prizes were awarded to all participating cadets in the form of CAP pins.

The DDR jeopardy activity was subsequent to a visit from Drug Enforcement Agency's Special Agent Richard Issacson earlier this year. S/A Issacson, from the Detroit, MI DEA office, gave a presentation to the squadron relating to drug trends in Michigan and the grim realities behind the trafficking and use of certain drugs. Along with continued lessons and such interactive events, the Scott M. Burgess Composite Squadron is dedicated to education and mitigation relating to drug use and abuse.

Editor's Note: DDR versions of Jeopardy, Wheel of Fortune and Are You Smarter than a C/SSgt? are located on the NHQ DDR website under Resources. These games are developed in a PowerPoint format and can be modified to meet your Unit's needs.

Idaho's Nampa Composite Squadron Supports Governor's Meth Abuse Awareness Campaign

By Lt. Col. Lynn Colson
Commander
Nampa Composite Squadron
Idaho Wing PAO



Lt. Col. Lynn Colson and cadets explain CAP on wide gamete of areas from DDR to AE at a display & recruitment table.

The Nampa Composite Squadron provided support for the Idaho Governor's Meth Abuse Awareness Campaign presented and sponsored by Greg Poe Air Show. Greg Poe is a Nampa local, National Aerobatic Pilot, who flies all over the world with the Blue Angles and alike.

The Nampa Composite Squadron assisted by providing the security and handling parking. They also promoted CAP and DDR with a large display table on abuse substances, and paraphernalia.



Lt. Daniel Harris and Lt. Dean Blanton of the Nampa Composite Squadron of Idaho explain how CAP can help to keep kids off the streets.

Drug Problem?

Over the years, I have been sent various versions of this “drug problem” story. This is a copy of the version written by Jim Shouse that was published in the Centralia, WA Chronicle, April 19, 2005. I think many of us can relate!

I read in The Chronicle that a methamphetamine lab had been found in an old farmhouse off U. S. Highway 12 and I asked myself a rhetorical question,

"Why didn't I have a drug problem when I was growing up?"

I answered my own question:

I did have a drug problem when I was young.

I was drug to church for weddings and funerals.

I was drug to family reunions and community socials no matter the weather.

I was drug by my ears when I was disrespectful to adults.

I was also drug to the woodshed when I disobeyed my parents, told a lie, brought home a bad report card, did not speak with respect, spoke ill of the teacher or the preacher, or if I didn't put forth my best effort in everything that was asked of me.

I was drug to the kitchen sink to have my mouth washed out with soap if I uttered a profane four-letter word.

I was drug out to pull weeds in mom's garden and flower beds and cockleburs out of dad's fields.

I was drug to the homes of family, friends, and neighbors to help out some poor soul who had no one to mow the yard, repair the clothesline, or chop some firewood.

Those drugs are still in my veins; and they affect my behavior in everything I do, say, and think.

They are stronger than cocaine, crack, or heroin; and, if today's children had this kind of drug problem,

America would be a better place.

By Jim Shouse

Fans Don't Let Fans Drive Drunk

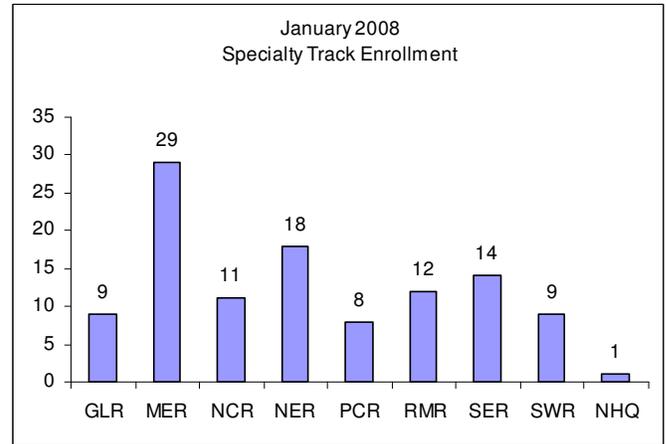
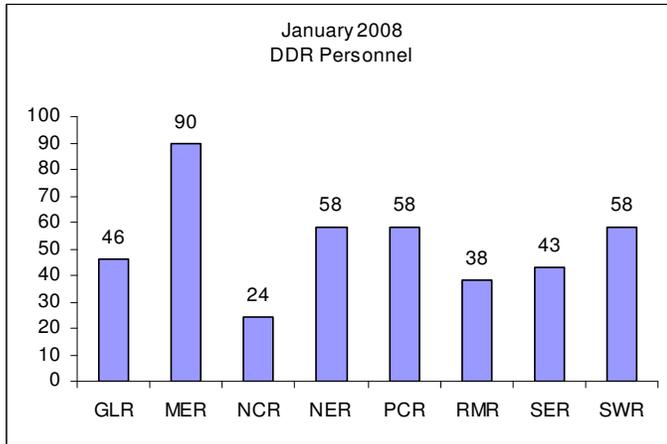
Super Bowl Sunday is one of America's biggest and most entertaining national sporting events as friends and families gather to socialize and watch the big game. Yet, it is also one of the nation's most dangerous days on the roadways due to impaired driving.



DDR By The Numbers

The official tool for tracking DDR positions is e-services. It is important that all DDR personnel is reported and reflected in e-services. Having updated records in e-services allows DDR not only to track current data but also opens communications channels as well.

Currently, there are 415 members with DDR positions and 111 members enrolled in the DDR Specialty track.



Wing of the Year Criteria

An annual award established to recognize the Wing who has contributed the most to the success of Civil Air Patrols Drug Demand Reduction Mission. Nominations describing the wings accomplishments with supporting documentation will be submitted by the Wing Commander to the Region Commander in narrative form on the back of a completed CAPF 120. This process will be completed NLT Feb 15th.

Items to be established for consideration include, but not limited to, the following:

1. Amount of personnel throughout the wing enrolled in the DDR Specialty Track and level held.
2. Activities held at Wing and Squadron levels.
3. Percentage of growth for Senior and Cadet DDR Officers.
4. Community Outreach Programs
5. Working relationships with Air Force and other DDR Representatives/Organizations.
6. Training for Senior DDR Officers throughout the wing.
7. Training for Cadet DDR Officers throughout the wing.
8. Activity Reports turned in through and timeless manner
9. Percent of activities at the wing and local level.
10. Support of Region and National activities.
11. Activities held at the local level.
12. Works with other Directors to incorporate DDR in their activities.
13. End of Year Report completed and submitted NLT 30 September.
14. Supports the Regions and National goals for Drug Demand Reduction.

NOTE** ALL nominations must have supporting documentation for verification to be considered. Nominations with supporting documentation will be forwarded to NHQ Awards Committee. Region nominees are forwarded to national to arrive **NLT Midnight, 15 March** each year.