



# DRUG DEMAND REDUCTION Newsletter



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*Civil Air Patrol:  
The Anti-Drug, pg 1*

*MER DDR Bi-Annual, pg 2*

*DDR After Activity Report,  
pg 2*

*AZWG Partners with AZ  
National Guard, pg 3*

*"In The Mix" airs June  
7-14, pg 3*

*Team Leader on the Road  
Again, pg 4*

*Alcoholism, pg 5*

*COWG Supports Cystic  
Fibrosis Foundation, pg 6*

*Character Development,  
pg 6*

*Wings and Wheels, pg 7*

*Community Clean Up Turns  
into DDR Event, pg 8*

*Thousands Visit SC DDR  
Booth at Air Expo, pg 8*

*Red Ribbons on the  
Western Slope, pg 9*

*Model Rockets, pg 9*

*DDR Teletraining, pg 10*

*DDR by the Numbers,  
pg 10*

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

*Send articles and photos  
to:*

*Maj Lynn Stuart  
sleds88@msn.com*

## Civil Air Patrol: "The Anti-Drug"

Lt Col Jett Mayhew  
National DDR Team Leader

Our cadets can have influences on their peers; they have the capacity to become positive influences and leaders in the ongoing efforts to prevent violence and the use of alcohol, tobacco, and other drugs among youth.

The following is from Civil Air Patrol's Constitution and By Laws, Article V, Objects and Purposes, Section 1:

*b. To provide an organization to encourage and develop, by example, the voluntary contribution of private citizens to the public welfare.*

*e. To provide an organization of private citizens with adequate facilities to assist in meeting local and national emergencies.*

*f. To assist the Department of the Air Force in fulfilling its non combat programs and missions.*

Our cadets, as they train to be leaders, have the opportunity to make positive contributions to substance abuse prevention efforts in their community, state and nation.

The CAP DDR Program and our Cadet Program provide opportunities for progressive leadership experience for our cadets to make a difference.

Remember leadership is not so much about technique and methods; it is about opening the heart. Leadership is about inspiration - of oneself and of others. Great leadership is about human experiences, not processes. Leadership is not a formula or a program, it is a human activity that comes from the heart and considers the hearts of others. It is an attitude, not a routine.

Leaders in the DDR Program don't force people to follow - they invite them to be part of a growing program that is making a difference. Are you ready to make a difference and be a good leader?

The DDR Program is a great opportunity for you to increase your membership, develop leadership, and increase retention. Are you ready to be a leader in helping others make responsible choices?

## Middle East Region DDR Bi-Annual Training

Submitted By Lt Col Bonnie Braun, MER DDRC

Middle East Region held DDR bi-annual training on Friday, 25 April 2008 at the Sheraton in Richmond Virginia. The bi-annual training was in conjunction with the Middle East Region conference held on the same weekend. The bi-annual training included an overview of the DDR program and the best part of the training was the outstanding exchange of great ideas and experiences from the trainers and attendees.



The training provided a great networking opportunity for members between different wings. The DDR conference seminar provided great examples of fun DDR games that could be played anywhere and by people of any age. Trainers and seminar leaders for the MER DDR bi-annual training and DDR seminar were Lt Col Jett Mayhew, National Headquarters DDR Team Leader, and Lt Col Bonnie Braun, MER DDRC. Members attending the bi-annual training were Joel Lipsey and Al Gonzalez from North Carolina Wing, Walter Murphy and George Mailer from Maryland Wing, Ceryl Johns and Lavonne Adams from South Carolina Wing, and Juanita Sanchez-Carter from NATCAP Wing.

## DDR After Event/Activity Reports

Submitted By Maj Lavonne Adams, SCWG DDRA

Don't forget to submit your DDR After Event/Activity Reports (DDR Form 2) no later than fifteen days after the activity. The reports should be sent via email to [ddr@capnhq.gov](mailto:ddr@capnhq.gov).

### What Should Be Reported?

- Any activity and/or discussion that is related to DDR
- Guest Speakers (law enforcement, alcohol/drug agencies, etc )
- Cadet Programs, Aerospace Education, Emergency Services, and/or Aircrew Training, etc with any discussion on alcohol & drugs
- Encampments/Cadet Training Weekends with discussions on alcohol & drugs
- Professional Development Activities: SLS, CLS, UCC, etc.
- DDR Conference Call Meetings
- DDR relationships with local substance abuse programs, local active duty AF, AF Reserve and ANG Bases, DEA, FBI Community Outreach, Army, Navy, Marines and/or Coast Guard Installations
- Air Shows, etc. for recruiting/DDR purposes
- The use of Cadet Ken as a tool for DDR purposes

The DDR After Activity Report form can be download from the DDR National Website at [http://www.cap.gov/visitors/members/drug\\_demand\\_reduction/budget\\_process/](http://www.cap.gov/visitors/members/drug_demand_reduction/budget_process/).

## CAP and Arizona National Guard Partner For Training

Submitted By Donna Grimsley, AZWG DDRA

The Arizona Wing added a new twist to the training provided at a Desert Field Training Exercise. The Desert FTX is an annual survival and ground team training weekend provided by the Arizona Wing for Cadets and Senior members sponsored by Major Scott Kozakiewicz. This April, through the coordination of Major Kozak and Az Wing DDRA Major Donna Grimsley, the Arizona National Guard's Joint Narco-Task Force's Drug Demand Reduction Team joined with CAP to provide DDR training through teamwork and leadership exercises for 85 Cadets and 35 Senior members.

The National Guard DDR Team, consisting of Sgt James Rodriguez, Sgt Wayne Stephenson, and Cpl Charles McDonald, used an obstacle course to challenge cadets to work as a team and to test the leadership skills of cadet flight leaders. Cadets initially were given boards and bricks and required to build a bridge for their flight to cross. The Guard DDR Team threw in a few surprises: not enough boards and the cadets could not talk once they began the exercise. Cadets then had to crawl under simulated trip wires and use each other for a human bridge. The last obstacle involved working as a team to roll a marble down a long ramp. Generally, each flight had a few false starts and mock fatalities before completing the course. With a lot of laughter and hand gesturing, all flights were able to successfully complete the course.

After the obstacle course was completed, the Guard DDR Team held a debriefing and answered questions about the Guard, careers, the effects of drug abuse and the War in Iraq. All three members of the Guard DDR Team are Desert Storm Veterans and were able to present a vivid and first hand picture of the war to the cadets. Through the discussions and the exercises, the Guard DDR Teams were clear, living examples of "We have better things to do than drugs".

## Reality TV: Upcoming Segment on Alcohol on PBS' Teen Program 'In the Mix' Alcohol: What You Don't Know

Airing the week of June 7-14, 2008 (check local listings)

It's true: What you don't know CAN hurt you!

**In the Mix**, the national PBS program for teens and by teens, takes a hard look at drinking with hard facts. We meet some teens who are recovering alcoholics and a boy who paid a high price for drinking and driving: he was left partially brain damaged from an accident. In a powerful segment, two 21 year olds test the real physical effects of alcohol on the body as they drink and drive under supervision of the police and a doctor. They dispel myths about alcohol and ways to sober up.

In other segments they take a look at a high school program in which upperclassmen hold workshops on drinking for younger students; and we see what really goes on at a police sobriety checkpoint.

Visit [www.pbs.org/inthemix/alcohol\\_index.html](http://www.pbs.org/inthemix/alcohol_index.html) for show details, transcripts, resources, and more.

## National DDR Team Leader on the Road Again

Submitted By Lt Col Jett Mayhew

In May, I started my round robin trip spreading the Drug Awareness Message and how Civil Air Patrol is making a difference in our communities around this great nation. Many stops were made in route from the East Coast to the West Coast and then down to the South Western Coast...



Not only did I meet great people from the United States but met with 5 bus tours from Okinawa, Japan. Of course, this was great since we have a squadron in Okinawa! Over 200 brochures were given out across the nation on the opportunities that Civil Air Patrol offers.

Now, of course, no trip can go perfect. So what went wrong you ask? How about rain, sleet, hail, 60 knot crosswinds, snow storms, heat (115 degrees), sand storms and Border Patrol.

While in route to the Pacific Region Conference I met with folks from the Rocky Mountain Region including the Colorado DDRA, Idaho Wing DDRA, the RMR DDRC, and RMR Commander. The motivation and enthusiasm in that region is one that we should all have.

Next I headed for the Pacific Region Conference to work with the DDR Coordinator for the Pacific Region. Attendance for the training session before the conference was very well attended. Seeing the enthusiasm in the Pacific Region, we look for great things. During the conference, I had the opportunity to meet with the Nevada DDR Administrator, the representative for the Alaska Wing DDR Administrator, and Vice Commander for the Oregon wing. You go Pacific Region! On a personal note, I had an opportunity to see the Pacific Ocean...WOW. I think its beauty surpasses the Atlantic Ocean.

Then the trip goes down thru California to Edwards AFB. Yes, Edwards AFB is in the Mojave Desert and it is HOT! While at Edwards AFB, I had the opportunity to meet with the CAP squadron on base. The squadron is gearing up to implement a fantastic DDR Program. Also, while at Edwards AFB, I met with the USAF DDR Administrator, who will be partnering with squadron using the Air Force in the Drug Prevention Program.

OK, now it is time to start heading east to Yuma, Arizona, to meet with the DDR Administrator and her Assistant DDR Administrator. WOW, does Arizona have plans for the DDR Program. Look out folks, Arizona is going to give you a run for your money for the DDR Wing of the Year.

Time to keep going east and get stopped by Border Patrol 3 times. Not because of suspicion but because they recognized the airplane on the side of the truck and wanted to say THANK YOU! So to all those pilots out there THANK YOU for your service to Civil Air Patrol.

Stopping off at Ft Worth Texas, I met with the Southwest Region DDR Coordinator to work on the DDR Excellence Program and talk about enhancing the program.

Driving through Tennessee I was stopped by law enforcement not for speeding, not for doing anything illegal they wanted information about the DDR Program and Civil Air Patrol and of course wanted pictures.

Then back to the East Coast and home.  
(Continued on Page 5)

(Continued from pg 4)

During the travels I have noticed several things. Our local units are missing some great opportunities. I noticed that at many rest areas there is advertisement on drug awareness and especially drinking and driving. You could do that also. Truck drivers are a great way to advertise Drug Awareness during Red Ribbon Week. Most of these drivers only run within 3 to 4 states then transfer their trailers to someone else in the company. Law enforcement officers love what we are doing to help our communities, so take the time to get involved with them. When I first started my travels I did not realize that it was National Tourism Week and most of the rest stops had snack, coffee, sodas they were offering to drivers and handing out literature. Why not set up a safety break at a rest stop with some cadets to promote CAP and DDR?

You are making a difference! Thank You!

## Alcoholism

Submitted By 2d Lt Paul Janssen, Rome Composite Squadron, Georgia Wing

Just about everybody knows that the legal drinking age throughout the United States is 21. But according to the National Center on Addiction and Substance Abuse, almost 80 % of high school students have tried alcohol.

Deciding whether to drink is a personal decision that we each eventually have to make.

When people drink alcohol, they feel pleasure and relaxation for the first 30 minutes or so. They often become talkative and socially outgoing, but these feelings are usually replaced by drowsiness as the alcohol is being eliminated from the body. To keep feeling good, people keep drinking, resulting in intoxication. People who have overused alcohol may stagger, lose their coordination, and slur their speech.

### **Why do some teens drink?**

Experimentation with alcohol during the teen years is common. Some reasons that teens use alcohol are:

- Curiosity
- to feel good, reduce stress, and relax
- to fit in
- to feel older

From a very young age, kids see advertising messages showing beautiful people enjoying life and alcohol. Because many parents and other adults use alcohol socially, having beer or wine with dinner, for example, alcohol seems harmless to many teens.

### **Why teens shouldn't drink:**

In addition to the possibility of becoming addicted, there are some downsides to drinking:

- the punishment is severe: teens who drink put themselves at risk for obvious problems with the law.
- Alcohol will compromise learning and memory
- You can really look stupid: the impression is that drinking is cool, but the nervous system changes that come from drinking alcohol can make people do stupid things.
- Alcohol puts your health at risk: one half of all drowning deaths among teen guys are related to alcohol use. Use of alcohol increases the chance that a teen will be involved in a car crash, homicide or suicide.

Don't forget to sign up for the DDR Training offered at the National Conference in August! The pre-conference training provides the basics on the DDR program (member pays the \$15 fee) while the conference workshops provide dynamic DDR insights and perspectives. It is your opportunity to learn the ins and outs of the program from National leaders. There will be number of special guests who bring new insight and perspective to the challenges of Drug Demand Reduction.

## COWG Supports Cystic Fibrosis Foundation

Submitted By Chaplain Gordon Rourk, COWG DDRA



Since 2007 the COWG DDR Program has manned a DDR booth and assisted The Colorado Chapter of the Cystic Fibrosis Foundation at many events including the Denver Great Strides Walk, the Boulder Ride for the Roses, and the CF Awareness Day at the Colorado Rapids Stadium. The CF Awareness Day is an annual event that the COWG has helped to establish between Cystic Fibrosis Foundation and The Colorado Rapids Pro Soccer Team.

Cystic Fibrosis is a life-threatening genetic disease affecting approximately 30,000 children and adults in the United States. A defective gene causes the body to produce abnormally thick, sticky mucus. This abnormal mucus leads to chronic and life-threatening lung infections and impairs digestion. Individuals with CF do not develop the disease, they are born with it. When the foundation began in 1955 children were not expected to make it to elementary school. Even though many still do not live to reach 21, individuals with CF now have hope for a brighter future!



The COWG DDR Color Guard presenting the colors and leading warm-ups at the 2008 annual Cystic Fibrosis Great Strides Walk.



## Character Development

Submitted By Lt Col Jett Mayhew, NHQ DDR Team Leader

If you're lucky, people will judge you by your character and not just by your appearance, but what do people mean by "character"?

Your character is the sum of all the qualities that make you who you are. It's your values, your thoughts, your words, your actions...in other words, it's YOU. Like it or not, you will often be judged by your character. Why is it important that you develop strong character traits? What are some of the ways in which your character might shine?

- Being Leader. Lead a team in developing 25 ways to say NO to Drugs.
- Being creative. Come up with new thoughts or ideas, or new ways to get our Drug Prevention message to the public.
- Being responsible. Do you accept responsibility to make a difference in our organization?

Civil Air Patrol Cadet Programs and Chaplain Services create an admiration for quality of character that assures our cadets there is a right choice in a moral dilemma. Understanding that personal responsibility is admirable, behaviors sometimes have consequences and good character gives a sense of well being to each cadet as they make their choices in life.

## Easton Composite Squadron at Chesapeake Airport's Wings & Wheels

Submitted By SM Kelly Maricle, DDRO

On Saturday, May 31st, Easton Composite Squadron (MD-079), under the leadership of Squadron Commander Capt Eric Hughes, assisted with Chesapeake Airport's Annual Wings & Wheels Show.

While the Cadets were proudly and efficiently worked the flight line, the squadron's Senior Members worked the DDR and Recruiting booths.



Junior Cadet Samuel Hughes (left) and 1st Lt Colin Fischer (right).

With over 5,000 people in attendance, the DDR booth drew a lot of attention and interest in Drug Awareness activities and CAP. Using 16 Frisbees with pictures on the underside, SM Kelly Maricle, Easton's DDRO, made a Match Game that drew of many visitors from ages 3-93, and was a big hit. From there, the conversations of Drug Awareness grew and several valuable contacts were made in the community, including the Department of Natural Resources, who asked us to join forces for their upcoming *Take A Kid Fishing - Fishing Derby*. Easton also compiled a substantial list a perspective new members.

2Lt Walter Murphy, MD Wing DDR Administrator, was there to assist and lend his expertise. With Fatal Vision Goggles in hand, both 2Lt Murphy and SM Maricle set out to target upcoming and new teen drivers, many with their parents, to offer them the opportunity to experience an impairment situation. They were given tasks to do while wearing the goggles, like walking a line and picking up simple objects off the ground. Everyone was surprised to see just how far off they were. When they were finished, each was asked, "seeing how far off you were, would you trust yourself operating a vehicle if you were under the influence? Would you feel safe getting in a car as a passenger with someone who was under the influence?" Each and every one of them replied "No," to which we replied, "That's the whole point." The parents thanked us for safely teaching their teen driver a valuable lesson. Many State Police and County Sheriffs stood close by and observed. Many took notes and asked for our contact information so we could partner with them at future activities.



2d Lt Walter Murphy with DDR Display

Easton's DDR Program really did make an impact on the community, and will be getting really busy in the near future.

## Community Clean Up Day Turns into DDR Activity

Submitted By Lt Col Mary Ann Croker, NH Wing DDRA

Ten Cadets and four Senior Members of the Highlanders Cadet Squadron, helped in the Rochester Community Clean Up Day. They first enjoyed a big breakfast at 8:30 and then were dispatched to a rural road, where they worked from 0900 to 1200, with a police cruiser providing an escort for safety.

The event turned into a DDR event as the cadets saw first hand the huge amount of alcohol containers thrown out on the side of rural roads. This proved to them that there had been major drinking parties there, as there was a steady stream of bottles lined on the side of the road. Also they could see that people were using this road while drinking and just threw their empties on the side of the road.



Photo by 1<sup>st</sup> Lt Marc Behr

We, then, had grilled dogs and burgers at the community center with JR ROTC and other groups. The cadets finished the day with adult vs. kids dodge ball. The adults won with a high score!

## Thousands Visit South Carolina Unit's Booth at Air Expo

By Col. Bob Townsend, Commander, Coastal Charleston Composite Squadron

SOUTH CAROLINA – For the second time in as many years the Coastal Charleston Composite Squadron and the Charleston AFB DDR office played host to thousands of visitors this past April at "Wings Over Charleston" Air Expo 2008 at Charleston Air Force Base.

According to the base's chief of media, "We had more than 100,000 in attendance", and almost 3,000 of them stopped by the Civil Air Patrol and DDR display. In addition to the information booth, the CAP unit also displayed their corporate aircraft, a Cessna 172.

Cadets and Seniors from the squadron were on hand to answer questions and provide hands on opportunities to interested area youngsters wanting to sit in the unit's aircraft. "It was a real chance for us to reach out to aviation interested adults and youngsters and tell them the Civil Air Patrol story", said squadron commander, Colonel Bob Townsend. "We were able to get out the Drug Demand Reduction story as well," he said

The Air Expo is a yearly chance for the military to display its latest aircraft and this year the open house was capped off with dozens of hair-raising maneuvers by the Air Force's demonstration team, The Thunderbirds.

## COWG DDR Takes the Red Ribbon and DDR Messages to the Western Slope

During Red Ribbon Week last October, schools on the Western Slope of Colorado had to cancel activities due to weather and schedule conflicts. As a result, the activities were rescheduled near the end of the school year.

Working with local squadrons and the Colorado National Guard, the DDR team delivered the Red Ribbon messages to over 3,000 students in the Grand Junction area.



Capt Ryan Brock told the story of DEA agent Enrique "Kiki" Camerena and the meaning behind Red Ribbon Week. Chaplain Rourk and the CAP Cadets spoke about making right choices in life concerning drugs and how CAP has played an important role in their lives.

Beckie Hughes, Miss Colorado USA was a special guest and spoke to the students about making right choices in life and staying drug free.

## Model Rockets – Aerospace, DDR, or Community Outreach?

When most people think of CAP and model rockets their first thought is generally about the AE Model Rocketry program. However, model rocketry is one of the many ways the DDR program reaches the community.

On June 2<sup>nd</sup>, Chaplain Gordon Rourk and Capt Michael Lawson, assisted by members of the Foothills Cadet Squadron, spent the day talking DDR and AE to the 5<sup>th</sup> grade students of Stukey Elementary School.



Chaplain Gordon Rourk, COWG DDRA, assists a student in loading a rocket engine.

First, Chaplain Rourk talked to the students, teachers, and parents about making good life choices and avoiding the drug scene. This was followed by a discussion of safety issues.

After the Cadets and Senior Officers assisted students in building rockets, Capt Lawson set up the launch pad and began calling up the students with rockets to launch their rockets.

What a great way to demonstrate that there are "Better Things To Do Than Drugs."

## DDR Teletraining

Submitted By Maj Lynn Stuart, NHQ DDR Assistant Team Leader

I would like to thank the 160+ members that participated in the DDR Teletraining sessions over the last several months. It has been a wonderful experience for me and I really enjoyed getting to know each of you. The most rewarding experience has been seeing the success of many of the participants after attending the training.

Since we began the Teletraining sessions, the number of activities reported has increased. In addition, the number of DDR Duty Positions reported in e-services increased by 42 and there have been 57 new enrollments in the DDR Specialty Track.

Even though we were able to reduce the time and expense of travel to attend classroom training, meeting the needs of a national audience can be challenging with the different in time zones. In the last session, we had participants from every region and from the east coast to west coast, including Hawaii. Many of the members attended late night sessions and there was one who even participated via cell phone during his commute home from work, of course we know he was using a hands free unit. This reflects the interest in the DDR program and the desire for training.

The feedback from students has been overwhelmingly positive and has enabled me to refine the presentations to address the needs of DDR Team members at all levels.

Shortly, the DDR Teletraining will be transitioned to Region DDR Coordinators. I know they will do an outstanding job in providing the training.

Finally, I would like to express my appreciation for the support of Lt Col Jett Mayhew, who we all know is the heart, soul and head cheerleader for the DDR Program.

## DDR BY THE NUMBERS

DDR Duty Positions as reported in E-Services

Region	DDRC	DDRA	C/DDRA	DDRO	C/DDRO	Total
GLR	0	5		40	1	46
MER	1	8	2	77	9	97
NCR	0	3	0	33	1	37
NER	1	2	0	57	4	64
PCR	1	3	1	48	4	57
RMR	1	4	1	42	4	52
SER	0	3	1	38	3	45
SWR	1	5	0	49	4	59
Total	5	33	5	384	30	457*

\*Increase of 24 since May 1, 2008

Specialty Track Enrollment by Level

Region	None	Tech	Senior	Master	Total
GLR	12	3	1	0	16
MER	26	6	1	3	36
NCR	13	8	0	0	21
NER	24	6	2	1	33
PCR	9	2	0	0	11
RMR	12	5	1	3	21
SER	12	6	0	1	19
SWR	13	6	0	1	20
NHQ	0	0	1	2	3
Total	121	42	6	11	180**

\*\*Increase of 29 since May 1, 2008