



DRUG DEMAND REDUCTION Newsletter



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TEAM DDR WELCOMES NEWEST MEMBER AT NHQ

NHQ Educational Programs Directorate is pleased to welcome Gretchen Clayson, the new DDR Administrator. Gretchen is a military dependant; her husband is on a special duty assignment at Maxwell AFB teaching incoming 2nd Lieutenants at the Aerospace Basic Course. Gretchen comes with many years of administrative experience – her last position being Assistant Director for the DC Metropolitan campuses of Webster University. She holds a Bachelor of Arts in History and a Master of Arts in International Relations – but is currently pursuing a second Master of Arts in History. She is a strong advocate for education and drug awareness and is very excited to be a part of the DDR team.

Memorial Day Parade EauClaire Squadron, Wisconsin Wing Darrel Kress, 2Lt, DDRO WIWG

On May 25th, the EauClaire squadron had a great day handing out DDR pamphlets at the Memorial Day parade. We assembled over 800 packets that had info on drug prevention, counter drug and parent info. Nine of our cadets handed out the information along with 450 balsa airplanes. We ran out of



pamphlets and airplanes. The info was welcomed by the bystanders. We plan on going next year armed with twice the amount of packets and four times the amount of airplanes. Adults in attendance were Major Thompson and 2Lt Kress. Cadets were C/CMSgt Kress, C/MSgt Best, C/SSgt Brandt, C/A1C Tinkersacket, C/A1C Kress, C/Tinkersacket, C/Tempski, C/Button and C/Brown.

DDR Says Goodbye to Assistant Team Leader

After several years of service above and beyond the call of duty, Lt Col Lynn Stuart is stepping down as the Assistant Team Leader for the DDR Program. Lynn's steadfast efforts in helping make the CAP DDR program the best will surely be missed. We'll miss you but won't say good bye because you'll always be a part of the DDR family. You will be missed!

Former CAP Cadet supports DDR Program

Linda Eldredge, Major, DDRA, NCWG

Former Civil Air Patrol Cadet, and soon to be Senior Member, HN Nicholas Cooper stands beside the DDR poster presented to the 12th Dental Battalion at the Naval Health Clinic MCAS Cherry Point, NC, by Major Linda Eldredge, DDRA for Coastal Patrol Base 21, Beaufort. The poster was received by Capt. Donal Mcgonegal, Branch Clinic Director, and posted in the oral diagnosis hallway, where it will be seen by thousands of military personnel throughout the year.

Major Eldredge places other posters aboard the Air Station and in the local community to promote drug reduction in the area on a regular basis. HN Cooper is a dental technician with 12 Dental Battalion.



Hydration and Caffeinated Drinks

Carl Rod, Major, Health Services Officer, NHWG

With approach of summer activities, it's time to review the issues of hydration during exercise and high heat days. There are several rules that should be followed. We will review these issues and rules and discuss the use of caffeinated drinks.

As we expend energy with exercise or heavy activity (walking is included), our body's defense from overheating is to produce sweat. As the air temperature increases, so does the production of sweat. However, sweat is really a means of cooling the body by evaporation of water.

There are really two types of water loss by the body. Sweat is the primary source of loss (sometimes called "sensible" loss) and moisture is exhaled as we breathe out (sometimes called "insensible" loss). As we lose water, we must replace it by drinking more. Failure to maintain adequate water intake can lead to heat exhaustion and at the extreme, loss of consciousness, possibly coma and/or death.

As the air (ambient) temperature raises, along with more strenuous exercise, water loss increases. This can also occur in cold weather, but the effect isn't as noticeable.

So how do we maintain water balance? We should drink small amounts of water or juice to replace what is lost. How much should we drink? We should take small sips over the period of exercise or strenuous activity. We cannot depend on our "feeling" of thirst to trigger the sips, but must remember to take them as we continue with activity.

If you wait until you feel the need to drink, this could lead to taking in too much water at one time, which can lead to water toxicity. While that may sound funny, our bodies can only absorb so much water at any one time. If we take in more than our bodies can handle, it can cause nausea, vomiting as well as other medical problems that can be as serious as not drinking at all.

Next we need to look at the temperature of the water. Most of us would automatically assume that ice cold water is called for to help lower the body's temperature. However, very cold water can cause difficulty breathing, and can cause headaches (remember those "ice cream" head buzzes?). When doing strenuous work in a warm to hot environment, water at the same temperature as the air is actually better. Our bodies can absorb warm water at a faster rate as well as help prevent over cooling of the body.

So the rules for water replacement are:

1. Take sips of water over the time of strenuous activity.
2. Drink water that is at or near the air temperature.
3. Avoid drinking large amounts of water at the end of activity.
4. Don't wait until you are "thirsty" to start taking those sips.

Now what about caffeinated drinks? Caffeine rich drinks are not appropriate for hydration. Caffeine has several effects on the body that will actually work against your need to hydrate.

The first effect of caffeine is a diuretic effect. Drinking large amounts of caffeine causes the body to produce urine, which adds to the water loss from strenuous activity. So instead of replacing the lost water, it actually adds to the problem.

The second effect is more subtle. Many of us use caffeine rich drinks to help us stay awake, to wake up in the morning and to provide "energy" to get through the day. While small amounts of caffeine can be helpful, large amounts of ingested caffeine will cause the heart rate to increase, as well as the blood pressure. For cadets, it can lead to exhaustion at a faster rate and can lead to problems that will need medical attention. The interesting thing here is to remember that even "decaffeinated" drinks still contain enough caffeine to produce these effects.

Drinks high in caffeine are found easily in convenience stores. Among the drinks that should be avoided are Mountain Dew and its competitors, Red Bull, AMP and other "energy" drinks, as well as anti-sleep aids such as "No-Doze" tablets. These can produce, again, short bursts of energy, which will lose its effect over time of continued ingestion. The stress on the body caused by ingestion of caffeine can produce rapid heart rates, increased blood pressures and a sudden "burn out" as the feeling of energy disappears.

For caffeine use, the only rule is not to use it for energy boost or for hydration. It works poorly for both, and is in fact more expensive than drinking plain, old, safe water.

As always, this health note is a guideline only. If there are any concerns, it is best to discuss the concern with your primary medical caregiver.

NH Wing Cadets visit Coast Guard

Mary Ann Croker, Lt Col, DDRA. NHWG

Saturday May 9, the cadets and seniors of Seacoast Composite Squadron had the opportunity to visit the Coast Guard cutter, USS Campbell at the Portsmouth Naval Shipyard in Portsmouth, NH. This cutter has had a very long time serving our country in war and peacetime.

We were taken on a 3 hour tour of her by LTJG Aimee Hart and MK3 Brian Giunta. We went from the bridge, where the cadets saw the many instruments that helped with navigation, to the engine rooms down in the lowest decks. The last half hour was spent with LTJG Hart an MK3 Giunta telling with a slide show about the many different missions that the Coast Guard does. They also told us about her many voyages in which she had intercepted drug smugglers in the Gulf of Mexico. In fact, she has on display the Columbian flag that was given to her Captain at the time for the Counterdrug missions that were successfully completed.



Civil Air Patrol Supports Drug Demand Reduction at Rocketry Challenge

Christopher Colvin, Captain, DDRO, VA-040

The Civil Air Patrol's Middle East Region, Virginia and Maryland Wings, and predominantly by the Winchester Composite Squadron from Winchester, Virginia, represented the Civil Air Patrol's National HQ Aerospace Education and Drug Demand Reduction Programs at this year's Team America Rocketry Challenge (TARC).

The Civil Air Patrol's Drug Demand Reduction program instills an aggressive, positive, drug-free attitude in Civil Air Patrol members, Air Force families, Department of Defense civilians, and school-age children through a comprehensive program that promotes;

- Civil Air Patrol as a positive community service lifestyle.
- Encourages youth to remain in school.
- Focuses on drug abuse education, prevention and awareness.
- Provides positive activities as an alternative to drugs and gang violence.



Members from the Middle East Region HQ and the Virginia Wing and Maryland Wing HQ spoke with hundreds of people as they visited Drug Demand Reduction and Aerospace Education displays set up a short distance from the rocketry challenge launch pad. Visitors to the display were greeted by cadets and senior members with the same message, the Civil Air Patrol striving to be a leading force in America's drug demand reduction strategy.

First Lieutenant Walt Murphy, Assistant Drug Demand Reduction Coordinator for the Middle East Region and Drug Demand Reduction Administrator for the Maryland Wing said, "the Civil Air Patrol's participation in event's like TARC do more than increase awareness of the CAP Drug Demand Reduction program. It allows CAP through its DDR program to reach more of America's youth before they fall prey to drugs. The DDR program can be followed by the positive features of the Cadet Program if they desire membership. It involves adult mentorship and the positive influences made by other cadets, more advanced in the program. It teaches our youth to have the self discipline to set goals, to make a plan to reach those goals."

CAP members met a very special guest, the Secretary of the Air Force, Michael B. Donley, who not only took the time to thank everyone for their efforts but also went through the Drug Demand Reduction obstacle course using Fatal Vision goggles designed to impair vision as if the wearer was under the influence of alcohol or narcotics. The visual impact of watching people use these goggles and try to perform the simplest tasks was funny to some and sobering to others. When each person removed the goggles at the end of the course they were asked if they would drive a car in the condition just experienced or if they would ride with someone else who is under the influence of alcohol or drugs. The answers always came with a quick shake of the head.



Murphy continued, "The most important thing I take away from an event like this is we get to reach kids from the elementary school age range to the young adults going to college. Before they have been reached by drug abuse, they get to see, while sober, what some of their actions would be like if impaired. They get the problems with perception. Sometimes they get the nausea associated with being drugged or drunk. They get the loss of balance. The difference is this time they can take it off. They can make it stop. The reality of drug abuse is you can't take that off like a pair of "Fatal Vision Goggles."

Colorado's Cystic Fibrosis Great Strides Walk and Colorado Rockies Military Appreciation Day

Chaplain Gordon L. Rourk, Major, DDRA, COWG

Since the beginning of FY 2009, COWG DDR has made Drug/Alcohol Awareness Presentations to more than 41,000 students and more than 44,000 individuals. Three recent DDR events where the COWG DDR and special guests really shined were the May 16th Denver Cystic Fibrosis "Great Strides" Walk, the May 25th Colorado Rockies Military Appreciation Day and the June 6th Longmont Cystic Fibrosis "Great Strides" Walk.

May 16th – Bob Sawdon, Regional Cystic Fibrosis Executive Director and Jan Klepinger, Denver Walk Director could not praise CAP cadets and Colorado Nobility Pageant girls enough. At the last minute, several vendors who were to



come and be responsible for the "Kids Area" backed out. Jan and Bob were devastated thinking the Walk would not be successful. But the Foothills Cadet Squadron and Colorado Nobility Pageant girls stepped in and picked up the slack. The cadets assisted during the actual Walk passing out water and guiding the Walkers along the route. The Nobility girls walked along side the Walkers encouraging them along the route and when asked, stepped in as MC's for the Walk. Both the cadets and girls were great in the "Kids Area" keeping the kids busy and entertained.

L-R: Miss CO Galaxy Jessica Smith, Miss CO Teen USA Taylor Schettler, me, Miss CO International Teen Jamie Patrick, Mrs CO Galaxy Erin Feltes, Mrs CO International Michelle Fields and Miss CO Teen Coed Alina Perry.

May 25th – The Colorado Rockies called Chaplain Rourk May 21st and wanted to know if we could provide 30 cadets and or senior members Memorial Day, May 25th to unfold a large American Flag during Pre-game activities. Even though COWG was already committed to other Memorial Day Activities, Chaplain Rourk was able to provide 27 COWG members. As a result, with the quick response, the Colorado Rockies have asked 4 COWG Cadet Squadrons to provide Color Guard for 3 games each this year.

June 6th – Bob Sawdon wanted both the COWG cadets and Colorado Nobility Pageant girls to assist in the Longmont Cystic Fibrosis "Great Strides" Walk. As on May 16th in Denver again the cadets and girls helped wherever needed. As a result, Bob has asked if CAP can assist in Missoula and Helena Montana with the Cystic Fibrosis Walks there.



The request was forwarded to RMR and to the Montana Pageants. Bob wants to treat the cadets to a Pizza Party and has given Cystic Fibrosis shirts and 2 tickets to Elitch's Amusement Park to each of the cadets and Pageant girls.

L-R: Miss CO Teen Coed Micayla Keeley, Cystic Fibrosis Regional Director Bob Sawdon, Me, Miss CO Teen USA Taylor Schettler, Miss CO Teen-World Jenny Weatherred and Longmont Cystic Fibrosis Director Adrinne Tuck.



Jake, one of the children we were Walking for, blasts me with his Star Wars Blaster



Jake and me with a huge banner she had commissioned which stated "Just Say No to Drugs". She even made arrangements to have CAP's Cadet Ken make an appearance.



Grilling and Drinking could be hazardous

DDR-MDWG Supports Special Olympics

Walter Murphy, 1Lt, DDRA, MDWG – DDRA MD WG

June 6, 2009 Towson State University- The Civil Air Patrol, Maryland Wing DDR program supported the Special Olympics. The event was attended by 2nd Lt Kelly Maricle, 1st Lt Walter Murphy, Lt Col. Jett Mayhew, who drove the National DDR truck, and the DDR mascot, Cadet Ken. The DDR program distributed anti drug print material and candy for the attendees. Even the candy passed an anti drug message, "Better things to do than drugs" printed on each individual bag. The Special Olympics attendees were engaged in DDR games. After completing a game they were given the candy or other promotional material as prizes. The event was attended by over 4000 attendees with about 1600 participating in the DDR games or getting print material from the booth. Lt Murphy stated "this was a great way to give back to the community and to meet other like minded organizations and companies with the same goal."



Cadets at Honor Guard Academy Challenge Coordination

Loucendy Ball, Lt Col, IDWG

Fatal Vision Goggles are used to simulate what it is like to be drunk. Lt Col Flowers talked to the cadets about the dangers of driving under the influence of substances. By catching a ball, walking a straight line, and picking up loose change on the ground, a few cadets demonstrated the normal behavior without drinking and then used the goggles to see what it is like to lose control of vision and motor skills. "A very eye opening experience," said one cadet and for those cadets that do not drive yet realize that getting in a vehicle with someone driving under the influence could be deadly.



Remember, Drinking and Boating Don't Mix

Bonnie Braun, Lt Col, DDRC, MER

Here we are in the hot summer weather. How about taking a boat ride or how about going fishing? We often discuss with CAP members, family and community members not to mix drinking and driving cars, vans or airplanes but we should also include boating. Our region has a lot of waterways to include rivers, lakes and ocean.

Did you know that drinking while driving a boat is worse than drinking and driving a car? According the U.S. Coast Guard, "alcohol is more hazardous on water than on land." As the driver or passenger, boating under the influence is a bad idea.



Photo courtesy U.S. Coast Guard

The effects of being on a boat, including continual motion and vibration, sun, and engine noise, all collaborate to increase impairment more so than when a person is on land. The result is a sharply increased chance of boating accidents for both drivers and passengers.

The Coast Guard estimates that in over half the boating deaths involving alcohol, the victims fell overboard or capsized their boat. An intoxicated person in the water faces a double danger - being unaware of the onset of hypothermia and increased disorientation resulting from inner ear disturbances.

Alcohol can decrease a person's ability to handle a boat in many ways. As a depressant, alcohol goes straight to the nerves, blood stream, and the brain. As recreational boaters, rules need to be followed and regulations need to be followed.

Alcohol rapidly dehydrates the body and the following happens:

- Eroding sense of balance - Most boating deaths result from falling out of a small open boat.
- Vision fades - Because of the sun and reflection of light, objects on the water can be hazy and difficult to see. Color perception and peripheral vision deteriorate and, at night, depth perception decreases.
- Coordination suffers - Should a person fall into the water, he or she may have trouble just floating, let alone grasping onto a life ring or throwable device. Add the shock of the cold water and the risk of cramping and drowning is increased significantly.
- Surface blood vessels dilate - Blood vessels on the surface of the skin dilate to increase the rate of body heat loss while in the sun. If, while these vessels are dilated, you fall overboard into cold water, hypothermia sets in quickly. This further reduces your decision-making abilities.
- Judgment is impaired - One of the things that drinking tends to do is to make you lose your judgment. After a drink or two, people tend to become relaxed and are more likely to perform dangerous acts that they might not do if not under the influence.
- Environmental stressors - Natural stressors such as exposure to sun, glare, wind, noise, vibration, and motion on the water produces "boater's hypnosis" or fatigue. This in itself reduces reaction time almost as much as being under the influence. Adding alcohol to these environmental stressors intensifies their effects.

Enjoy the summer weather and have fun but be careful and think safety.

Colorado School Enrichment Program helps students choose a different "gang"

Chaplain Gordon Rourk, Major, DDRA, COWG

Colorado's newest SEP School, Wyatt-Edison Charter School Cadet Squadron held its first Squadron meeting Thursday, July 16th. Wyatt Edison is a "High Risk" school located in the heart of Denver's Gang Area. Wyatt-Edison has been established as a Neutral Zone by Rev Leon Kelly, a highly respected Anti-Gang worker in Denver.

Chaplain Rourk was invited to assist the Colorado Army National Guard DDR Unit with Its "Stay on Track" Program in March, 2009. After explaining the Civil Air Patrol SEP Program to Rev Kelly, Chaplain Rourk was asked about starting the program at Wyatt-Edison. Over the course of the next couple of months meetings were held with the parents and students to explore interest in the The Civil Air Patrol. The squadron was started with 28 Middle School students.

1st Lt Phillip Martinez, an Iraq veteran, is the Commander for the Wyatt Edison Squadron. While in the U.S. Army, Lt Martinez had command of more than 1,000 soldiers. Jessica Smith, the newest Colorado CAP member and the current Miss Colorado Galaxy is the new Deputy Commander and DDRO. Jessica has assisted Chaplain Rourk in numerous DDR Presentations and has a real desire to work in Drug/Alcohol Awareness.

Other supporters of the Squadron include Buckley AFB DDRO; Colorado Army National Guard DDR Unit; Open Door Youth Gang Alternative; and The Denver Police Gang Unit.



CAP Helps Local Organization Commemorate Columbine Tragedy

Chaplain Gordon Rourk, Major, DDRA, COWG

The Colorado Association of School Resource Officers began their conference in Breckenridge July 6th with a 10th Year Tribute to Columbine. Chaplain Rourk was contacted by Deputy Deborah Johnson, Summit County Sheriff's Office, and asked to provide a Color Guard and someone to perform The National Anthem for the 10th Year Anniversary Tribute to Columbine. Chaplain Rourk has worked with Deputy Johnson and other Colorado School Resource Officers through Red Ribbon Week and The Channel 9 School Health Fair.



The Color Guard was made up of cadets from Mustang and Valkyrie Cadet Squadrons. The two boys who sang the National Anthem were Chaplain Rourk's grandson, Joey and Joey's friend Brandon. The 2 boys have been invited to sing the National Anthem for The Colorado Rockies, The Colorado Rapids and the

Patriotic Section of The International Ambassador's Pageant. Joey is on his way to University of Northern Colorado, Greeley this Fall and Brandon is a Junior at Rangeview High School in Aurora, Colorado. The International Ambassador's Pageant was held the day prior to the Tribute and Nobility winners representing various Colorado, Kansas, Florida and California Pageants were also invited to attend.



Joint National Guard, Civil Air Patrol DDR at the 2009 Maryland-Delaware Encampment

Article by Walter Murphy, 1Lt, DDRA, MDWG
Photos by Cadet PA NCO Ruiz



Cadet Sisk and Specialist Algarin working the tricycle course while cadet Sisk wears "Fatal Vision Goggles"

At the Maryland Delaware Encampment held at Camp Fretterd, Reisterstown, Maryland Cadets from Delaware and Maryland joined to participate in many fun and educational events including Drug Demand Reduction (DDR). The DDR program at the encampment ran for three days with flights rotating into the event for three hours of instruction, discussions, and "Fatal Vision Goggle" activities. The Maryland National Guard Counterdrug DDR Team interacted with the cadets, asking questions like "what are good drugs?" and "what are bad drugs?" "What makes a bad drug bad?" "What are some of the good drugs?" "What can make a good drug bad?" Questions like these were



1Lt Murphy (DDRA), National Guard members, Sgt McCoy (DDRA) and Specialist Algarin lead discussion with cadets.

asked of the cadets to get them thinking. The cadets were shown things like the tar that accumulates in a smoker's lung from smoking a half a pack of cigarettes every day for a year. Also, discussed were the effects that smoking has on a person's mouth. Discussed were the negative social effects of smoking or chewing tobacco. The cadets also talked about addictions from drugs. The National Guard cleared up some misconceptions cadets had about Marijuana. They spoke of the negative affects brought on by its use. The Guard DDR team also covered inhalants and alcohol abuse.

A DDR SAFETY MESSAGE

Avoid extreme temperature changes. A cool shower immediately after coming in from hot temperatures can result in hypothermia, particularly for elderly or very young people.

CAP Drug Demand Reduction "What If" Game

*Cadets and Senior (Officers) DDR Presentations and Discussions
Bonnie Braun, Lt Col, DDRC, MER*

What would you say and what would you (Cadet, Senior/Officer) do?

What if:

1. Someone at a party wanted to hand you a drink?
2. Someone at the party offered you or a friend a ride home from a party?
3. The person who was responsible for your transportation to and from the party was drinking?
4. Person you called to pick you up from work had been drinking?
5. Found out a friend was abusing either over the counter drugs or prescription drugs?
6. What if someone asked you to go with them to pick up some illegal's drugs.
7. You were at a non-alcoholic party and someone brings out a couple bottles of alcohol?
8. You knew that someone had a few alcoholic drinks a couple hours before flying an airplane or driving a car or van?
9. Someone offered you drugs?
10. Someone wanted you to join in a game of drinking alcohol?
11. You saw someone selling drugs a few blocks from your home or school?
12. You went on a boat ride and the driver was drinking during the boat ride?
13. Your friend wanted you to hide his drugs?
14. Your friend who had been drinking decided they had to drive their car?
15. You knew that someone was taking medication for allergies or a cold and planned to go either in an airplane for a flight search for a rescue activity or go as a ground team member?
16. You suspect a family member is abusing drugs?
17. It's a hot day and you were told to go spray bug spray in a small enclosed area?
18. You were told to clean a floor with a special cleaning solution and right after you started cleaning the floor you felt nauseated?
19. If you found some illegal drugs?
20. A friend asked you to go at night to an area you've never been before away from your school or home?
21. You weren't feeling well and someone had some drugs they wanted to give you?
22. You were at someone house and suspected they were growing marijuana or cooking drugs?
23. Your friend was acting really strange, very hyper, and jittery, not like themselves?
24. Your friend or a relative suddenly past out or you find them past out?
25. Someone comes to your room and asks you to hide a box for them?
26. Someone tells you to not say anything about their drugs?

WHAT IF YOU DIDN'T DO ANYTHING COULD THAT EFFECT HOW YOU MAKE RESPONSIBLE CHOICES?

A DDR SAFETY MESSAGE

Consult with a physician about effects of sun and heat exposure while taking prescription drugs such as diuretics, antihistamines or other drugs.

DDR GOES TO HARFORD COUNTY FAIR

Walter Murphy, 1Lt, DDRA, MDWG DDRA

August 2, 2009 Bel Air Maryland- Senior Member Scott A. Wise, the Public Affairs Officer of Harford Composite Squadron, the newest Drug Demand Reduction Officer in the Maryland Wing DDR program, worked with 1Lt Murphy, the Maryland Wing DDR Administrator at the Harford County Farm Fair. Thursday, opening day, was the day the summer camps brought the youth to the fair. After participating in DDR (Fatal Vision Goggles) activities each of the youth were given a small snack bag of candies as a “thank you” for wanting to learn about the effects that drugs and



alcohol would have on them. Not only did the camp kids come by the DDR activities area, many of the 4H, FFA and other youth staying at the fair with their show animals, stopped by. Many of them would



return with friends in tow to get the chance to participate in the DDR activities. The fair operated from July 30 to August 2, 2009. On Thursday alone the DDR activities had over 2000 participants. That’s how many snack bags of candy were handed out before the supply ran out. On Friday and Saturday slightly smaller numbers of people stopped by. We went through 1500 red ribbons, each day. They were passed out instead because the candy supply for the event was exhausted. Most of the youth seem just as happy to get the ribbons.

Weed And Seed Has Community Safety Day

From Chattanooga News.com

East Chattanooga Weed and Seed, the Chattanooga Fire and Police Departments and the Civil Air Patrol joined together to show how to improve and increase personal and home safety without breaking the bank in May. The Community Safety Day was held at Carver Recreation Center, 600 North Orchard Knob Ave., Chattanooga from 10 a.m.-2 p.m.

The Community Safety Day is a fun and relaxed fair-like atmosphere where residents can interact one-on-one with police officers, firefighters and other safety officials, garnering tips and methods to improve their safety while also getting to know the men and women who protect them.

The Civil Air Patrol presented their Drug Demand Reduction program and had Fatal Vision Goggles – goggles that simulate the feeling of being intoxicated – for attendees to try on. The CAP had games such as Twister for attendees to play while wearing the Fatal Vision Goggles.

Representatives from Stop the Madness, Inc., a faith-based youth violence prevention program, were on hand.

In addition to booths manned by safety professionals, there were 30-minute seminars led by police officers, firefighters and others. Topics include: crime prevention; crime suppression/gangs; drug avoidance; auto theft; identity theft; property theft; fire prevention and safety; and Block Leader/Neighborhood Watch information. The CPD Crime Prevention Unit and Explorers Post 2076 will be taking digital photos and fingerprints of children and the elderly which will be saved to a CD-Rom for easy access and sharing of the information should it ever be needed.

The CFD Fire Prevention Bureau helped out by signing people up to receive free smoke detectors and installation as well as taking appointments to perform free home fire safety inspections.

Representatives from area neighborhood associations were also on hand to talk about what makes for a successful and active association.

Weed And Seed Has Community Safety Day *Cont'd*

There was information on signing up for the CPD's Citizens' Police Academy and displays of home safety products from local do-it-yourself centers. Also on-site and available for tours were the CFD smoke trailer which simulates a room on fire, CFD fire trucks, the CPD SWAT armored personnel vehicle, a crime-scene truck and patrol cars.

Weed and Seed is a comprehensive strategy—not simply a program—to assist communities in bringing people and resources together to prevent and control crime and improve the overall quality of life. The Weed and Seed strategy stresses collaboration, coordination, and community participation. Weed and Seed was established by the U.S. Department of Justice in 1991. The Community Capacity Development Office, part of the Office of Justice Programs, supports local sites through its four-pronged Weed and Seed strategy of law enforcement; community policing; prevention, intervention, and treatment for residents; and neighborhood restoration.

About 4.5 million persons live in more than 300 active Weed and Seed communities throughout the country.

Congratulations Capt Tanya Southerland DDRO Chattanooga Squadron, Tennessee Wing

DDR by the Numbers

DDR Team Members (as reflected in e-services on 29 Jul 2009)

| Region | DDRC | DDRA | DDRO | Total | Region | None | Tech | Senior | Master | Total |
|--------|------|------|------|-------|--------|------|------|--------|--------|-------|
| GLR | 1 | 3 | 47 | 51 | GLR | 21 | 4 | 1 | 0 | 26 |
| MER | 2 | 10 | 82 | 94 | MER | 52 | 9 | 1 | 3 | 65 |
| NCR | 0 | 3 | 43 | 46 | NCR | 19 | 11 | 1 | 1 | 32 |
| NER | 1 | 7 | 67 | 75 | NER | 45 | 12 | 3 | 1 | 61 |
| PCR | 1 | 4 | 47 | 52 | PCR | 21 | 3 | 0 | 0 | 24 |
| RMR | 1 | 5 | 34 | 40 | RMR | 21 | 4 | 1 | 4 | 30 |
| SER | 1 | 5 | 51 | 57 | SER | 42 | 7 | 3 | 1 | 53 |
| SWR | 0 | 4 | 43 | 47 | SWR | 27 | 10 | 0 | 1 | 38 |
| NHQ | 0 | 0 | 1 | 1 | NHQ | 2 | 1 | 3 | 1 | 7 |
| TOTAL | 7 | 41 | 415 | 463 | TOTAL | 250 | 61 | 13 | 12 | 336 |



Don't forget to send your articles to Jettm14@aol.com. Let's spread the word of the work our DDR Team Members are doing!